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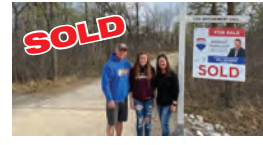
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Milestone celebration

TRIBUNE PHOTO BY THOMAS JOHNSTON

Jean Marshall of Oak Park Estates in Woodlands celebrated her 90th birthday with all the bells and whistles of your typical parade.

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Woodlands celebrates local senior's 90th birthday



By Jules Stevenson

On Saturday, May 15, Jean Marshall was surprised by her community with a parade to celebrate her 90th birthday.

Marshall says her daughter told



TRIBUNE PHOTOS BY THOMAS JOHNSTON

Jean Marshall was honoured with a community parade in honour of her 90th birthday.

her to get dressed up on Saturday to take pictures. She then sat outside her home at Oak Park Estates and watched the parade held in her honour in disbelief.

"I just sat there and just kept saying, 'I don't believe this,'" says Marshall, "It was unbelievable.

I knew nothing. I really knew nothing about it"

Decorated vehicles, including six Woodlands Fire Department trucks drove by. Her son had phoned and asked for one fire truck, but because they knew who Marshall was, they sent six.

"They gave me the most beautiful little teddy bear, and I love teddy bears. It's got a little t-shirt on it saying, 'Woodlands Fire Department,'"

says Marshall.

Marshall was born in 1931 and worked as a licensed practical nurse. She moved to Woodlands 52 years ago, in 1969, with her husband and eight children.

"I've been around here for a long time, the longest I've been anywhere," says Marshall, "This is my home."

In 2003, Marshall won the Governor General's Caring Canadian Award because of her work volunteering, advocating, and fundraising for the elderly.

"I said I don't deserve any award until I see another seniors home here."



Three years later, Oak Park Estates was built, and now Marshall lives there.

Following the excitement of the parade, Marshall said the residents of Oak Park Estates shared in her birthday celebrations when she and her friend prepared a COVID-19 safe taco salad buffet for everyone.

"We just all get along like a big family," says Marshall.

Stonewall council news in brief

By Jennifer McFee

At the May 12 committee of the whole meeting, RCMP Staff Sgt. Sean Grunewald provided council with a quarterly report.

He said the number of crimes are down, particularly for property crime. However, he noted that this reduction is likely due to the pandemic since people are at home more often.

Efforts are underway to continue with as many patrols throughout the area as possible, he added.

"We've done some rotation with amalgamation to manoeuvre people

as much as possible," Grunewald said. "We believe it's working pretty good."

Like every other sector, the pandemic has created additional challenges in relation to RCMP staffing.

"COVID has tested us. We're going through the same issues you guys are going through where someone has to stay home because a kid is sick, which is an absolute nightmare for us and across the board," he said.

"We still manage to maintain our operations, but at times it's picking pretty slim. We're trying to tell everybody that hopefully we're getting

close to the end of this and we're trying to maintain. Our primary role is emergency operations, and then everything after that is secondary."

Mayor Clive Hinds expressed appreciation for the RCMP's ongoing commitment to keeping the community safe.

"Thank you for the great job that you're doing for the community," he said.

"It allows us to sleep soundly at night, so thank you for that. I'm even snoring now," said Hinds.



RCMP Staff Sgt. Sean Grunewald

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Stonewall Centennial science teacher sick of COVID

By Tyler Searle

It started with a headache, sore throat, and fever. One week later, Maria Nickel was lying in a hospital bed sick with COVID-19.

Thankfully, doctors released her after one day, but four weeks later, Nickel is still suffering from the virus.

"Today's a better day than yesterday. Yesterday I was pretty exhausted and had lots of stomach pain," she said.

Nickel's husband contracted the virus at work, and she took ill shortly after, despite doing everything she could to impose protective measures in their home.

"I was protecting myself like crazy with shield, masks, gloves, the whole works, and even I still got it."

Nickel, a science teacher at École Stonewall Centennial School, deals with the virus one day at a time.

She suffers from bouts of nausea and fatigue and makes a point of celebrating the small victories like eating three meals in a day or sleeping through the night. The overwhelming response from her school community is helping, she said.

"The kids have been amazing; they're real troopers."

Nickel's students and colleagues check-in daily to share encouragement and support, with some even offering to pick her up groceries, she said.

"Being this sick has made me appreciate my students even more."

During her quarantine, Nickel

spends most of her time either sleeping or preparing lessons for her grade seven and eight classes. She collaborates closely with the substitute teacher relieving her to ensure there is minimal interruption to students' education, she said.

The staff at Stonewall Centennial do their utmost to maintain continuity in the classroom, said Principal Ed Harvie.

I give credit to our division office for hiring some amazing support teachers who've been able to blend right into our system, he said.

"We're trying to be proactive and ensure our kids stay in school, which is, in my opinion, a lot healthier for their mental health and ensures our kids get the best education possible."

While members of the faculty and student body have contracted COVID-19, the transmissions are coming from outside, and the middle school has seen no cases of community spread within its halls, Harvie said.

Students, staff, and parents diligently adhere to pandemic protocols and routines, and Harvie commends them for successfully mitigating the virus's spread.

The best way for parents to support schools is to stay up to date with the most recent Public Health recommendations.

Knowing when and how long to quarantine when a member of your household is sick is crucial to curbing the spread, Harvie said.



TRIBUNE PHOTO SUBMITTED

Science teacher Maria Nickel is recovering at home after contracting COVID a month ago.

"We thank them (parents) very much for what they have been doing so far."

Parents, students, and teachers form a team of people who have inadvertently found themselves on the frontline of the pandemic, and the responsibility weighs heavily on some, Nickel said.

"There's been tears—teachers crying in parking lots before they come into school, teachers crying in cars as they leave school because it's a tremendous strain on them."

"It's a lot that's being asked of all the teachers, and they've stepped up to the plate. They deserve a lot of gratitude," she said.

Nickel looks forward to the day when she is healthy enough to return to the classroom and resume her lessons and science experiments with the kids. Her advice for everybody is to give yourself grace and patience, don't sweat the small things, and above all if you can go and get vaccinated—do it.

Tips for wildfire readiness from the Canadian Red Cross

Submitted by the Canadian Red Cross

With dry conditions across the province, the Canadian Red Cross has some tips for keeping your home safe and your loved ones prepared for wildfires:

- Know the risks in your community as conditions can change quickly. The Government

of Canada has a fire management information system that monitors fire danger conditions across the country at Canadian Wildland Fire Information System.

- Take steps to keep your house and

Continued on page 6

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Interlake childcare centre closed after COVID-19 outbreak

By Nicole Brownlee

Woodlands Childcare Inc. remains closed for another week after public health orders deemed the centre's rise in positive COVID-19 cases an outbreak.

The centre, which cares for 50 children from ages one to 12, closed on May 6, said Woodlands' executive director Rachelle McKay.

"We are busy trying to get things organized and making sure that we're continuing to update public health," said McKay.

This is the first time the childcare centre has closed since March 2020, when the provincial government ordered all schools and daycares to close because of Manitoba's rising COVID-19 cases.

"There's a heightened anxiety because we're dealing with children," said McKay. However, the centre's families have been understanding and easy to communicate with, she added.

"We notify them as soon as something changes... and just make sure that we're being honest and open with them and they appreciate that," said McKay.

Woodlands School closed on May 7

after Woodlands Childcare identified two COVID-19 cases. Public health later confirmed that at least one of the cases was in the kindergarten to Grade 2 cohort and the Grade 3 to Grade 8 cohort on May 2, 3 and 5. On May 9, the school moved to remote learning from May 11-21.

"The temporary shift to remote learning for all students is being made out of an abundance of caution... The positive cases have resulted in a significant number of students and staff being identified as close contacts and required to self-isolate," said Margaret Ward, superintendent of the Interlake School Division, in a letter to Woodlands School parents.

"THERE'S A HEIGHTENED ANXIETY BECAUSE WE'RE DEALING WITH CHILDREN."

Teri Kotelko, assistant director of Woodlands Childcare and mother to two children, said she especially feels for parents who aren't deemed essential workers during outbreaks.

"I can't imagine having to make that choice. Do I go to work or do I provide for my family," said Kotelko.

Kotelko is deemed as an essential worker because she works in childcare. This status could allow her seven-year-old daughter to learn in person at school, but Kotelko said she is



TRIBUNE PHOTO SUBMITTED

Executive director Rachelle McKay said Woodlands Childcare Inc. plans to reopen on May 30, more than three weeks after the centre was forced to close because of a COVID-19 outbreak.

lucky because she and her husband can work from home, and their children can learn remotely.

The childcare centre has accessed the Pandemic Staffing Support Benefit and the Canada Emergency Wage Subsidy to help keep the centre open, and they hope they're eligible for

additional provincial supports, said McKay.

On May 12, the province announced they would commit \$1.9 million to support families and early learning and child-care facilities affected by the move to remote learning in Winnipeg and Brandon.

DATE CHANGE

The Unconventional Medium
JENNIE OGILVIE
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Due to the COVID-19 pandemic we have changed the date of the event to be Thursday, Oct. 7, 2021. If you cannot attend this date, please contact Christy by calling 204-467-5836 or by email at info@stonewallchamber.com to receive a refund.

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Mixing COVID vaccines could be safer than mixing drinks

By Patricia Barrett

Preliminary data on whether it's safe to administer different types of two-shot COVID-19 vaccines show participants experiencing more side effects than those receiving two jabs of the same vaccine.

Those findings were characterized as "short-term disadvantages" to mixing vaccine as no serious concerns were flagged.

The University of Oxford, England, study titled "Heterologous prime-boost COVID-19 vaccination: initial reactogenicity data," which is also referred to as the Com-COV study, was published online May 12 as correspondence in the medical journal The Lancet.

It's the first study to look at the "initial" reactogenicity [adverse reactions or side effects], safety and immunogenicity [immune response]. Data on immune response was not presented in the study but is expected to be released in June.

In February, the researchers recruited 830 participants, all of whom were 50 years of age and older. Participants included male and female subjects from different ethnic groups.

Researchers paired AstraZeneca's COVID vaccine with Pfizer-BioNTech's vaccine as well as the same vaccines in four groups: (1) AstraZeneca (first dose) and Pfizer (second dose), (2) Pfizer (first) and AstraZeneca (second), (3) Pfizer (first) and Pfizer (second), and (4) AstraZeneca (first) and AstraZeneca (second). They randomly assigned participants to one of the

four groups and looked at outcomes at 28-day and 84-day intervals.

The study found that using two doses of different vaccines resulted in participants' self-reporting more adverse effects compared to those getting two doses of the same vaccine.

"Both heterologous [different] vaccine schedules induced greater systemic reactogenicity following the boost dose than their homologous [same] counterparts," state the authors of the study.

Adverse reactions included feeling feverishness, experiencing chills, fatigue, headache, joint pain, malaise, muscle aches, nausea and diarrhoea, most arising after 48 hours. There were no hospitalizations reported, nor were there any incidents of rare blood clots occurring. The use of paracetamol (called acetaminophen in Canada) could tamp down those side effects.

Based on the study's "limited haematology and biochemistry data available," the researchers said "there were no concerns" with regard to the safety of mixing vaccines.

Potential harms can be difficult to determine depending on sample size. In terms of generalization to the wider population, large sample sizes in clinical research provide a higher degree of what is called statistical power, that is, a higher probability that a link exists between a drug, an intervention or other phenomenon and a particular outcome.

With COVID vaccines, that has been borne out in the real world, in which

millions of people of different ages, sex and ethnicity have received a vaccine. Both the AstraZeneca vaccine and the Johnson & Johnson vaccine have been linked the development of serious and/or fatal blood clots called vaccine-induced thrombotic thrombocytopenia (VITT) after significant numbers of people were immunized. The condition wasn't noted in clinical trials using relatively fewer test subjects.

The English researchers cautioned that because their data were obtained from those 50 years and older "reactogenicity might be higher in younger age groups."

In addition to assessing safety, the study was undertaken as a way to help mitigate worldwide vaccine supply shortages and to address concerns over AstraZeneca's link to VITT.

Several European countries, including Norway, Sweden, Germany, France and Denmark, are advocating the mixing of vaccines because of VITT cases that arose after people received AstraZeneca.

The English researchers wrote that "several countries are now advising that individuals previously primed with ... [AstraZeneca] should now receive an alternative vaccine [an mRNA vaccine] as their second dose," such as Pfizer-BioNTech's vaccine.

Last Thursday, Canada reported an additional 28 cases of VITT developing after AstraZeneca jabs. The blood clots and low platelet levels that characterize the syndrome can appear four to 28 days after immunization.

Earlier this month Canada's National Advisory Committee on Immunization (NACI) said the mRNA vaccines [Pfizer-BioNTech, Moderna] are "preferred" over the adenovirus vaccines (which use traditional vaccine technology) developed by AstraZeneca and Johnson & Johnson. AstraZeneca's vaccine delivers protection against COVID using a genetically modified chimpanzee cold virus. NACI said if people can wait for an mRNA vaccine, they should.

Several provinces are no longer offering AstraZeneca as a first dose but may offer it as a second dose to those who already received it and who cannot physically tolerate an mRNA vaccine.

Last week the Ontario government bumped up the chances of developing VITT from AstraZeneca to 1 in 60,000. Although the Manitoba government announced it is no longer offering AstraZeneca for a first dose, it said the vaccine can still be offered as a first dose at pharmacies and doctor's offices when people can't access other vaccines. The Canadian government is currently deciding what it should do with the 665,000 AstraZeneca doses it has in reserve and which will expire in August.

Studies involving the combination of Moderna's mRNA COVID vaccine with other vaccines are ongoing, said the English researchers. Studies on mixing vaccines are "crucial to informing the appropriateness of mixed COVID-19 vaccine schedules."

New GM for Keystone Agricultural Producers

Staff

Keystone Agricultural Producers (KAP) has a new captain at the helm.

Brenna Mahoney is coming on board as the agency's general manager next month.

"I am very pleased to welcome Brenna to our organization," KAP president Bill Campbell said in announcing the hire earlier this month. "She brings with her a wealth of agricul-

tural and communications experience that will build on the strong foundation we have at KAP."

Mahoney has contributed to and built national coalitions and partnerships focused on advancing grain nutrition and health, farm practices, market access, public trust, and sustainability.

Before joining KAP, Mahoney was the director of communications and

stakeholder relations for Cereals Canada. She was also a steering committee member for the Canadian Roundtable for Sustainable Crops (CRSC) and supported the development of the CRSC's code of practice.

Mahoney is a board member for the Canadian Agricultural Hall of Fame and Farmers Abroad Canada. She was formerly chair of the Healthy Grains Institute.

She holds a bachelor's degree in human ecology from the University of Manitoba and a certificate in human resource management from Red River College.

"I am excited to work for Manitoba's agricultural producers," said Mahoney. "Agriculture is a key economic driver and there are many opportunities for sustained growth through collaboration across the sector."

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> Got news?

Call Sydney Lockhart at 204-513-1128
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Province introduces paid leave for COVID-19 vaccination

Staff

The provincial government is making changes to the Employment Standards Code to ensure Manitoba workers are able to take the time they need to get their COVID-19 vaccine shots.

Finance Minister Scott Fielding announced last week that the proposed amendments will make it mandatory for employers to allow staff up to three hours of paid leave each time they require a dose of vaccine.

"We're obviously at a very critical point in Manitoba's third wave in the fight against COVID-19," Fielding said at a press conference in Winnipeg May 11. "Immunization is crucial to protect ourselves, protect our neighbours, and those around us. We want to encourage all Manitobans to get their COVID-19 vaccine as soon as possible.

"We want Manitobans to be confi-

dent to book COVID-19 vaccinations during work hours without worrying that they're going to lose out on regular wages. That's really important to make sure that all Manitobans are vaccinated."

The wage rate would be fixed at an employee's regular wage rate, or the average wage for employees whose wage varies, such as those paid on commission.

Employers would be able to require employees to provide them with reasonable verification of the necessity of the leave as soon as possible, but could not require a physician's note or medical certificate.

"We don't want to add additional burden to medical officials and doctors while we're dealing with COVID-19," Fielding said.

Employees who need more time to travel to vaccination appointments or

who suffer from vaccine side effects would be allowed to take a longer unpaid leave.

Fielding noted many Manitoba employers were already offering staff paid time to get vaccinated, but the government feels it's important to put this into legislation in light of the need for a second dose of the vaccine and potentially booster shots in the future.

"For the most part employers are giving employees time off to do this, but we wanted to make sure this is in legislation to make sure it is the law," he said.

"We all have a role to play in protecting ourselves and our communities," Fielding said. "The faster we can get vaccinated the sooner we'll be able to loosen ... restrictions to get our lives back."

> WILDFIRE, FROM PG. 3

surrounding area clear. Regularly clean roofs and gutters, and remove dried out branches, leaves, and debris. It is good practice to maintain a 1.5 metre non-combustible zone around the home by raking down to soil, rock, or concrete.

- In case of wildfires, keep a small household item like a rake or shovel handy to tamp down small fires before emergency responders arrive. Ensure that driveway entrances and house numbers are clearly visible for identification ease for firefighters.

- Keep an emergency kit on hand in

case of evacuation. A basic kit should include supplies for 72 hours after an evacuation and include non-perishable food, cash, a first aid kit, keys, medication, a change of clothes, water, and important documents, such as home insurance information.

Update your kit regularly to discard expired medication and food. Include items to avoid the spread of COVID-19 including masks, hand sanitizer, sanitizer wipes, and gloves.

Go to redcross.ca/ready to learn more about assembling an emergency preparedness kit.

- If an evacuation is imminent, back your car into the driveway with the

windows closed and valuables packed. If you have pets, keep them close and under control. Close all windows and doors in the house to reduce smoke and debris from entering your home. Move all combustibles away from the house, including barbecues, firewood, and lawn furniture.

- Be certain to listen closely for updates on TV and radio including road closures and evacuation routes. Follow instructions from emergency officials and stay safe.

Wildfires are unpredictable and evacuations are never easy, but with some preparation you can give yourself a little peace of mind.

Letter policy

The *Tribune* welcomes letters from readers on local and regional issues and concerns.

Please keep your letters short (ex-

cessively long letters are unlikely to be published), on-topic, and respectful. The *Tribune* reserves the right to edit, condense, or reject any submission.

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letter to the editor

Thank you for spreading the word

Dear Editor,

On behalf of The War Amps, I would like to thank *Stonewall Teulon Tribune* reporter Jennifer McFee (May 13) for featuring John Van Massenhoven, who grew up in The War Amps Child Amputee (CHAMP) Program.

Stories like this help bring important awareness to the many vital programs we offer for all Canadian amputees.

Although the Association has provided more than 100 years of innovative programs, there is still much to do to ensure amputees across Canada have the support they need. With the public's continued support of The War Amps Key Tag and Address Label Service, our commitment remains to improve the lives of amputees, like John, long into the future.

Sincerely,

Danita Chisholm
Executive Director

CHAMP Program The War Amps



TRIBUNE PHOTO BY JEN VANKEMENADE

The Van Kemenade kids from Rosser enjoyed a dip in the pool after temperatures reached 30 degrees C. this past Monday, breaking the hottest day on record since 1901. Pictured left to right Beck, Madden and Hayden Van Kemenade. 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.

Small businesses affected by further COVID-19 restrictions

By Sydney Lockhart

With personal services closing due to pandemic restrictions following case number spikes earlier this month, Manitobans will once again have to wait for a haircut.

"The third time is devastating, like we were saying after every lockdown 'this has got to be the last'," said senior stylist of Stonewall Hair & Tanning Source Janna Farthing.

Stonewall Hair & Tanning Source will still offer curbside pickup for product but will not be able to provide any of their usual services under the current provincial health restrictions.

"It's just not enough, it barely covers the bills. Bills don't stop just because they shut down so there is a bit of a help, but definitely not anything to cover all the costs," she said.

Farthing said she doesn't believe the province should have forced them into shutting their doors a third time when they have never had any close contacts at the salon.

"You feel very important that you are part of making people feel good

and look good. They almost need it for their mental health more than just vanity reasons," she said.

The provincial government announced further financial aid to businesses last week in a press conference.

This includes another bridge grant of \$5,000, an additional \$2,000 for restaurants to cover costs of food waste, wages, and insurance, and extra financial support to restaurants wanting to implement takeout or delivery services.

"It's not anywhere near enough. You know I think the reality for, most of these businesses that have been operating at less than 50 per cent over the course of, you know the past 14 months, \$20,000 is not going to be anywhere near enough" said Chuck Davidson, president of the Manitoba Chamber of Commerce.

As of Sunday May 9, restaurants, patios, and bars are no longer allowed to have in-person dining and can only provide takeout and delivery services if they choose to stay open.

"There's really no amount of dollars you could provide those businesses

right now that's going to sort of allow them to bounce back. I think the reality is I mean they just need the opportunity to be open," said Davidson.

Public places such as gyms, fitness centres, casinos and VLT's, museums, galleries and libraries are to close, along with salons, barbers, tanning salons, estheticians, tattoo shops and all other personal services.

"I mean, there's no question it's retail, hospitality, tourism industry, those have been the ones that have been most impacted any kind of businesses where that they're reliant on someone actually coming into the door has been impacted significantly over the course of this past year," said Davidson.

He added that he thinks a regional approach to public health measures could have helped avoid closures of public spaces not having COVID-19 exposures.

Retail stores, garden nurseries, and markets had their capacity dropped down to 10 per cent or a maximum of 100 people, whichever is smaller.

Indoor sports, including after school

programs are closed, as well as outdoor sports are limited to five people maximum. Organized team sport is now prohibited.

Kid's day camps closed along with all dance, theatre, and music schools.

Outdoor gatherings are limited to a five people maximum, with multiple households allowed. Households may not have anyone else other than its residents inside or outdoors on their property.

Indoor gatherings are now prohibited, this includes community, cultural and religious gatherings.

"Right now case numbers are far too high and the strain on our health system is rapidly increasing," said Dr. Brent Roussin. "I urge all Manitobans to do everything they can to reduce transmission of the virus - follow the orders, stay home as much as possible, reduce the number of contacts you have and wear masks when you are around others from outside your household." People aged 12 and over are now eligible for vaccination, for more information go to www.manitoba.ca/COVID19.

Inwood school makes room for interior greenhouse

By Nicole Brownlee

A Lakeshore school is devoting time to nurturing plants during the pandemic and have even turned their old computer room into a greenhouse.

Through plant and vegetable sales the new greenhouse at Inwood School is self-sustainable and raises enough money to purchase supplies for following years, said educational assistant Alana Morin.

There are two tent-like greenhouses for the seeds to start, and once they're ready to be transplanted they're moved to the former computer tables to grow under an adjustable lamp.

The school secured a grant in 2018 to build the garden and all interested students volunteer to help seed and care for the plants. There are now four raised garden beds and a large hexagonal shaped bed in the centre.

This year, two Grade 12 students are helping Morin care for the vegetables and seedlings.

Morin has worked at Inwood school since 2005 and guides the gardening students.

The students choose what plants they'd like in the garden, learn how to place an order for the seeds, and how to germinate and transplant the seedlings, said Morin.

"We even did some cuttings earlier in the winter," said Morin. "We have some geraniums and some ivies started from cuttings."

The students started the seedlings in the first week



Inwood School has transitioned an old computer lab into a makeshift greenhouse for students to learn how to germinate and transplant seedlings.

of April.

Most of the vegetables in the garden are root vegetables like carrots or potatoes, and the students are taught how to properly store the veggies for future use.

"And, of course we have to plant pumpkins," said Morin.

Classes get to carve the school-grown pumpkins in the fall for Halloween. Some classes have also



Grade 12 students Wyatt and Learyk are working with educational assistant Alana Morin at Inwood School to grow root vegetables and flowers.

opted to roast the seeds.

In past years, the school has been able to use the vegetables from the garden for Christmas dinners or home economics class. Morin said they have a few plans for these vegetables, but it depends on COVID-19 restrictions.

A grade 11 student will tend to the garden over the summer with Morin.

Province, Xplornet teaming up to improve broadband, cell service

By Ashleigh Viveiros

The Manitoba government is teaming up with Xplornet Communications Inc. to connect Manitobans in northern and rural communities with reliable, high-speed internet.

Premier Brian Pallister last Thursday announced the signing of a memorandum of understanding with the company.

The agreement will provide broadband services to nearly 30 First Nations and approximately 270 rural and northern communities. It will also provide 350 communities with

cellphone access.

The pandemic has made it clear that access to reliable internet isn't a luxury but a necessity in today's world.

"We've met virtually, we've shopped virtually, we've exercised virtually, we've marked the holidays virtually," Pallister said. "You name it, we've gone virtual."

"Being connected and living virtually are no longer choices. They're necessities. They're a way of life in 2021."

But not all Manitobans have equal access to that way of life. It's time, the premier stressed, to change that.

"Too many Manitobans, more than in any other part of

the country, are deprived of the opportunity of reliable internet and cell service," he said. "We'll advance as a province only when we advance our knowledge infrastructure that allows everyone to join in that progress."


Through Manitoba Hydro, the province owns thousands of kilometres of fibre-optic cable across Manitoba, however much of the network is surplus, unused capacity. The network was created to communicate with northern hydroelectric facilities and transmit data.

Xplornet will make use of this surplus capacity to connect more than 125,000 unserved or underserved Manitobans to its broadband and cell phone services as early as this fall.

"Xplornet looks forward to collaborating with the government of Manitoba and accelerating our facilities-based network investment plans to deliver improved speeds and unlimited data plans at affordable prices to rural Manitoban homes and businesses," said company president and CEO Allison Lenehan.

Communities across the Pembina Valley are on the list to receive increased broadband and/or cellular service under this project.

The Manitoba government, Manitoba Hydro and Manitoba Hydro Telecom are collaborating to finalize the contract in the coming weeks.



INFORMATION TOWNHALL


The Interlake School Division Board of Trustees invites all members of our community to an **Information Townhall on Bill 64: The Education Modernization Act** Thursday, May 27th at 7:00 p.m. (Zoom link will be posted on the ISD website - interlakesd.ca)

The agenda will include a short presentation on **Bill 64: The Education Modernization Act** and on the provincial government's "BEST" (*Better Education Starts Today*) strategy.

Following the presentation, community members are encouraged to engage in a Q&A session with the ISD Chair of the Board and Superintendent.

Please plan to attend to learn about the impacts of the government's plans on your local school division.

If you would like to submit questions in advance, please email them to: isd@isd21.mb.ca



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MLA for Lakeside
Constituency Office
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Stonewall, Manitoba R0C 2Z0
HOURS: Tues & Thurs 10 am - 2 pm
Tel: (204) 467-9482
Website: www.ralpheichler.com

South West District
Palliative Care

Annual General Meeting

Monday, May 31, 2021 at 7pm
Meeting moved to Zoom
Pre-registration is required.
Call 204-513-1728 or email s.w.d.p.c@hotmail.com

Rockwood council defeats a resolution for Canada Day fireworks

By Jennifer McFee

• At the May 12 council meeting, Rockwood council authorized the public works department to buy a 2021 Ford F150 from Steeltown Ford for \$41,045 plus tax.

• Council authorized the hiring of a public works seasonal employee.

• Council accepted the revised 2021 version of the Municipal Standards for Developments for insertion into all new development agreements.

• Council defeated a motion to apply and pay for dust control to Road 75N between Road 8E and 9E.

• The RM will authorize a \$1,053.15 credit be applied to a utility account for a Stony Mountain resident who had a large utility in the first quarter of 2021. The resident and the utility department determined that there was a problem with their water softener generating water, and there was also large water consumption for the first 17 days of the second quarter.

• The post office in Gunton is looking for a new location since the building has recently been sold.

• A resident inquired about burning during the burning ban. Council advised that no burning is allowed during the burning ban. The RM of Rockwood is currently in Level 2 (orange) of the fire ban, which will remain in effect until further notice. More information is posted on the RM of Rockwood website at www.rockwood.ca.

• Council hosted a public hearing regarding a request to vary the rear yard requirement to build a new single-family dwelling at a property in Stony Mountain. Council approved the request.

• Council granted conditional approval for owners to build a new home at a property on Road 2E and to allow the existing home to remain on the property until the new home is ready to be occupied.

• Council passed a resolution to grant permission for applicants to have two pet micro pigs within the RM of Rockwood. A military couple expressed interest in moving to Rockwood with their pet micro pigs, which are the size of a bulldog. The pair of pigs is house-trained like dogs and live in the house with the family. When they are outside, they are leashed for walks or leashed in a fenced backyard.

Councillors Terry Hartle and Curtis McClintock and Reeve Wes Taplin voted against the resolution, while councillors Art Goudy, Tom Huffman, Lyle Willis and Neal Wirgau voted in favour.

• Council defeated a resolution for fireworks in Stony Mountain on June 30 or an alternate date of July 1, 2 or 3 due to the fire ban.

• Council approved a resolution for fireworks by Stony Mountain Community Association on Aug. 28.

• Council approved Stony Mountain Community Association's application to change the date of the Stony Mountain Family Festival from June 30 to Aug. 28 and 29 on the grounds of the Centennial Park and the Bison Bandstand.

• Council approved a request from the Stony Mountain Community Association to hold a Canada Day parade on July 1. The parade route will be through the town site and lunch will be served at the park on the Rock-

wood Quarry grounds.

• Council authorized the Stony Mountain Community Association to host a Music in the Quarry event on Aug. 28 at the Rockwood quarry grounds, as long as they comply with the noise bylaw.

• Council tabled a request from the Stony Mountain Community Association to install pet "clean-up bag" receptacles in a few locations along the Stony Mountain Trail. The community association proposed to fund the project through donations.

• The RM of Rockwood will donate \$500 towards an outdoor movie fundraiser for the South Interlake Agricultural Society.

• Council passed second and third reading and adopted the 2021 budget and financial plan. Coun. Art Goudy opposed the resolution.

• The reeve and CAO will execute an agreement between the RM of Rockwood and Bell Canada for a right-of-way agreement to provide cable for an existing tower.

• Council conditionally approved a request to allow a secondary suite at a property in Stony Mountain.

• Council conditionally approved two subdivision requests.

• There is a cost associated with burning at the Winfield Transfer Station, and the fee is in place in an effort to recoup the cost. Whenever something is burned, leftover residue and ashes need to be removed so that the site is prepared to receive more burnables. In 2019, the associated costs for burning were approximately \$30,000. Residents pay the listed rate, while non-residents pay a double fee surcharge.

Caution advised in relying on protection from one dose of Pfizer

By Patricia Barrett

Researchers have determined that the Pfizer-BioNTech vaccine is only partially effective against COVID-19 after one dose, according to the results of an observational study carried out in Israel.

The authors of the study – some of whom hold stock and stock options in Pfizer – advised caution with regard to relying on one dose for protection against COVID and its variants as people will have lower levels of antibodies against the disease.

The study titled, "Impact and effectiveness of mRNA BNT162b2 vaccine against SARS-CoV-2 infections and COVID-19 cases, hospitalizations, and deaths following a nationwide vaccination campaign in Israel: an obser-

national study using national surveillance data," was carried out from Jan. 24 to April 3, 2021, and published online May 5 in the medical journal The Lancet.

It shows "moderate effectiveness" against COVID after one dose. But it is "highly effective" after two doses.

The vaccine's effectiveness against death was estimated to be 77 per cent two-three weeks after the first dose in contrast to 98.1 per cent two weeks or longer after the second dose was administered.

The authors wrote that "relying on protection against COVID-19 from a single dose might not be prudent; BNT162b2 [the Pfizer-BioNTech vaccine] was developed and evaluated

Continued on page 20

Tuesday—Saturday
11:00am-7:00pm

**TAKEOUT
MENU**

HANDHELDS	
Hamburger.....	\$5.99
Cheeseburger.....	\$6.99
Bacon Cheeseburger.....	\$7.29
Double Hamburger.....	\$7.79
Double Cheeseburger.....	\$7.79
Double Bacon Cheeseburger.....	\$9.49
<i>(All burgers topped with lettuce, tomato, relish, mustard, onions & pickles)</i>	
Chicken Burger Club.....	\$8.49
<i>(breaded chicken breast, cheese, tomato, lettuce, bacon & mayo)</i>	
Grilled Chicken Burger.....	\$8.49
<i>(grilled chicken breast, tomato, lettuce, purple onion & smoky bacon mayo)</i>	
Quesadilla.....	\$9.99
<i>add Chicken or beef.....</i>	
Hot Dog.....	\$3.49
Cheese Dog.....	\$3.99
Bacon Cheese Dog.....	\$5.29
Chicken Caesar Wrap.....	\$9.99
Taco Wrap.....	\$7.99
Turkey Club.....	\$10.99
BLT.....	\$6.49
Fried Egg BLT.....	\$7.99
Reuben.....	\$8.99
Denver.....	\$5.49
Add Cheese..... \$.99	
Add French Fries to the above.....	\$3.99
Gravy.....	\$1.19
APPETIZERS	
Wings (1 doz).....	\$12.99
<i>(salt & pepper, lemon pepper, honey garlic, barbecue, mexichili, second deg, third deg, buffalo, creamy buffalo, electric honey)</i>	
Zingers (1 lb).....	\$13.99
Dry ribs (1lb).....	\$8.99
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Pizza Sticks (6).....	\$9.99
Deep Fried Mushrooms (10).....	\$8.99
French fries.....	sm\$3.49 lg\$4.49
Gravy.....	\$1.19
Poutine.....	sm\$5.99.. lg\$7.49
Onion Rings.....	\$4.99
Sweet Potato Fries.....	sm\$5.49lg\$6.99
Bowl of Borscht/Soup.....	\$3.99
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Communities join forces for ParticipACTION challenge

By Jennifer McFee

Several local municipalities are in the running to be crowned Canada's Most Active Community.

The communities of Stonewall, Rockwood and Teulon have joined forces and residents are invited to participate in the ParticipACTION Community Better Challenge, which runs from June 1 to 30.

This physical activity initiative encourages Canadians to get active as they vie for the title of the country's most active community. Locally, Stonewall, Rockwood and Teulon have banded together to have their minutes tracked as one large community.

Everyone can participate by tracking their active minutes on an app or website throughout the month of June. After June 30, a total of 50 finalist communities will have the chance to submit an application to explain why they deserve to win the challenge.

The community deemed to be Canada's most active will win a \$100,000 prize. Prizes will also be giving for the most active community in each province and territory.

At the same time as keeping healthy, participants can celebrate ParticipACTION's 50th anniversary by taking part in this initiative.

The challenge is open to organizations, schools, sports groups, workplaces and individuals to track their physical activity.

In 2019, the winning community was Enderby, B.C. Last year's Community Better Challenge was postponed due to the pandemic.

Locally, Byron Gard has been working on the project as part of his practicum placement. Originally from Stonewall, Gard is nearly finished a two-year recreation program at Saskatchewan Polytechnic.

"We're trying to get people to be active and healthy. During the pandemic year, there hasn't been much activity," said Gard, who hopes to find work in Manitoba after he completes his post-secondary education.

"We want to get people out of their house and get their mind off the pandemic. Mentally, it's been draining. So if you can be active, I think it would be very helpful to people around the community."

Gard has already downloaded the app, which he says is easy to use.

"It's user-friendly. You log your minutes, and they go towards the municipality for the competition from June 1 to June 30," he said.

"They're also going to be sharing ideas on social media throughout the month, including workout lunches and activity breaks."

Laine Wilson, recreation facilitator for the RM of Rockwood and Town of Stonewall, encourages everyone to get involved while also keeping pandemic safety protocols in mind.

"June is Parks and Rec Month as well so it fits all together really nicely," Wilson said.

"We encourage anybody to have a healthy lifestyle at any point, but this is just an extra incentive to come together as a community and get our name out there in a national lens too."

To participate, you can download the ParticipACTION app through the App Store or Google Play. By using the app, you'll also have the chance to win prizes for yourself.

As another alternative, you can track your activity minutes — as well as the minutes for your family or organization — through the ParticipACTION website at www.participaction.com, starting June 1.

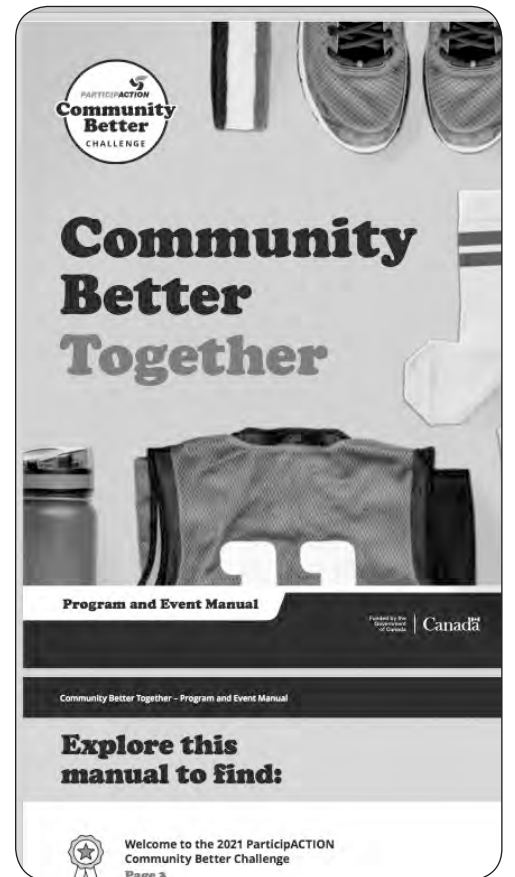


PHOTO SUBMITTED
Communities join forces for ParticipACTION challenge.

Amputee's story highlights importance of farm safety and PLAYSAFE Program

By Martine Lepine

With farming season here, Merrill Loeppky, a War Amps Regional Representative, is reminding parents to pass on an essential and possibly life-saving lesson to their children — PLAYSAFE!

Merrill grew up on a farm in Manitoba, and at three years old, his curiosity led him to get too close to a grain auger, resulting in the loss of his right arm. "Accidents can happen in a split second," says Merrill. "I hope my story will prevent even just one child from being injured."

The War Amps PLAYSAFE Program aims to make children more aware of the dangers in their environ-

ment and believes that no one is better qualified to deliver the message than amputees, many of whom have lost limbs in accidents while at play, like Merrill.

"It's important that families and educators help make kids aware of the dangers on the farm," says Merrill. "Kids should never be near grain augers, tractors, lawn mowers or other 'mean machines.'"

The public can access valuable safety resources, including PLAYSAFE: Don't Let It Happen to You, a video featuring young amputees who share their stories about how they lost their limbs in accidents, visit waramps.ca/playsafe.



TRIBUNE PHOTO SUBMITTED
Merrill Loeppky lost his right arm in a grain auger accident as a child and today warns of the dangers on the farm.

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COMMUNITY NEWS



Two best friends show they care by donating their hair

By Tyler Searle

Two local girls are donating their hair and raising funds for a non-profit organization that provides wigs for children across the country.

Cassidy Watts, 10, and her friend Rhiannon Stewart, 8, each plan to part with roughly one foot of hair in support of Angel Hair For Kids.

"I do have family who have cancer, so I've been thinking about doing this for a little while now," Cassidy said.

Cassidy wanted to support her family members battling cancer, so her mother, Jennifer Watts, suggested making a hair donation.

As soon as Watts introduced the idea, Cassidy became very excited, and it wasn't long before Cassidy enlisted Rhiannon's help.

"They are like two peas in a pod," said Rhiannon's mother, Brandie Stewart.

"I am just over the moon proud of the girls."

The girls settled on the idea around a month ago, and both mothers were immediately on board. Not only will their donation support a great cause, but a hearty chop will make brushing their hair much easier, said Stewart.

Making a single wig requires twelve hair donations and around \$2,000, so Watts and the girls set their fundraising goal at \$2,000. They hope to send their hair and \$1,000 to Angel Hair and give the remaining money to CancerCare Manitoba.

"When you send hair in, they (Angel Hair) actually ask for a very small donation—like they just say a loonie or toonie—but we decided that we would try and make a little bit more than that," said Watts.

Watts detailed the girls' plan to donate their hair in a Facebook post, and soon, donations were pouring in.

Within the first two days, they'd already collected \$590, and as of press time they had raised over \$1,000.

A Child's Voice Foundation hosts the Angel Hair For Kids program. The Ontario non-profit provides medical services for children across the country, focusing on equipment and resources not covered by healthcare systems or insurance. Its services include specialized furniture, dental procedures, hospital parking permits,



Left to right, Rhiannon and her mom Brandi Stewart stand beside Cassidy and Jennifer Watts. The young girls plan to donate roughly 12" of their hair to a non-profit in Ontario while raising \$1,000 to Angel Hair and \$1,000 to CancerCare Manitoba.



TRIBUNE PHOTOS BY JENNIFER WATTS

and wigs.

"It's important, and it's appreciated, and they need to know that they've changed someone's life just by their selfless act," said Child's Voice Executive Director Dee Esposito.

"It means everything because without the hair donations and financial donations, we would not be able to provide wigs to kids right across Canada free of charge."

Watts discovered the Angel Hair program online when searching for a suitable recipient of the girls' hair. The girls initially planned to donate locally, but there are no Manitoban charities accepting hair donations right now, she said.

The CancerCare Manitoba website cites COVID-19 and advancements in synthetic hair technology as factors in their decision to stop accepting organic donations.

Hair salons are closed under current pandemic restrictions, but fortunately, the girls have an in-home stylist in Watts' boyfriend, Matthew Farthing.

"I'll section it out and everything, but I want their mothers to actually cut the ponytails. I'm just going to come in after and do the finishing touches and fix it up," he said.

Farthing is a recent graduate of MC College in Winnipeg. He plans to specialize in barbering but said he is honoured to help the girls out with such a

fantastic cause.

The haircut is happening on May 23, and the young philanthropists will be accepting donations until then.

"Everyone has been touched in some way in their life by cancer, so I



Local barber Matthew Farthing will cut Rhiannon and Cassidy's hair. Farthing operates Hank's Barbershop from his home, he plans to open a retail space in Stonewall in the future.

think that it's a pretty universal cause for people to get behind," Stewart said.

Anybody interested in supporting can send an e-transfer to Jennifer Watts at jenniferleighfallis@gmail.com, or call her directly at 204 513 0207.

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Olivia Penner
Future Generation Manitoba Hog Farmer
Blumenort, MB

Manitoba seed company helps green thumbs go greener

By Iris Dyck

Two years ago, Kennedy Collins planted a cover crop on a portion of his garden for the first time. He scattered a mixture of grass and legume seeds where his vegetables normally grew, stomping the vegetation down before it went to seed. The following summer, he didn't need to fertilize that side of his garden, and there were significantly fewer weeds.

"I was really quite pleasantly surprised at the results," Collins said.

Collins is the co-founder of ReWild Garden Seed, a Manitoba seed company focused on improving soil health for backyard gardeners. The company's first seed mix is a cover crop blend like the one Collins used on his own garden.

"You're basically using plants to feed your future plants," he said.

Stomping down cover crops helps bacteria grow and forces the plants to pull more carbon into the soil. This trampled "green manure" gives the soil a chance to recover, restoring the nutrients agriculture strips away.

"Rather than just treating the soil as a medium, we need to treat it as the living ecosystem that it is," said Collins.

Collins saw the potential to market a cover seed blend to backyard gardeners after he saw what it did in his own garden. He connected with his friends at an agricultural seed supplier, Covers & Co. ReWild Garden Seed "grew organically," and in just five months, the Covers & Co. subsidiary was ready to launch its first blend, Spring Fling.

"We thought this is the next natural step, because gardeners are also green-minded," Collins said.

Spring Fling Cover Crop, contains a mix of annual grasses, broadleaves, and nitrogen-fixing legumes. It helps reduce weeds, and acting like green manure, can also eliminate fertilizer use by naturally adding organic matter into the soil. When Spring Fling is rotated annually through a garden, soil biology is stimulated, and the diversity of flowering plants is increased, offering valuable food for bees, butterflies, and other beneficial pollinators.

Regenerative agriculture is a sustainable way of farming and gardening. It improves soil health through cover cropping, moving away from chemical fertilizers. While fertilizers help plants grow, they don't feed the soil, causing it to erode. In 2014, the United Nations reported that all the world's topsoil could be gone by 2050. That weighs heavy on Collins's mind.

"It can be incredibly daunting and scary," Collins said. "That's in our lifetime."

Collins and his ReWild Garden Seed co-founders hope their seed blends will grow the conversation around regenerative agriculture and the importance of healthy, living soil.

"That's the bottom of the food chain," he said. "We need to take care of it so the top can survive as well."

The fifteen plant species in the Spring Fling mix are locally sourced whenever possible, and the company has two more blends in the works.

Spring Fling Cover Crop garden blend is available at seven garden centres across Manitoba: Alternative Choice Garden Centre, Morden Nurseries, Pilot Mound Home Hardware, Schott Ranch Greenhouse and Market, The Green Spot Home and Garden, Vervain Greenhouse, and online and in-stores at T&T Seeds.



TRIBUNE PHOTO SUBMITTED
Kennedy Collins saw the benefits of cover cropping in his vegetable patch and knew that other gardeners could benefit, too.

A new technology is making partial dentures way better

By Brock Vandor
DENTURIST

There is something new and very exciting when it comes to partial dentures! I am so excited about it because it is one of those things that is undoubtedly superior to the way we used to do it. They are fitting better than I have ever seen, and of course, patients are having more comfort than they have ever had in the past.

Since the beginning of metal working time, to make things like partials, we had to first make a mould of a certain shape (like a partial denture), then pour liquid metal into the mould and let it cool and harden. This method works great, but there is always a problem...when the metal cools, it shrinks! This means that no matter how perfect we make the mould of your denture, when we pour the

metal in, it will change shape and never have a perfect fit; requiring very careful adjustments to the denture. But now, I am very excited to say, we can totally get rid of that process where the metal distorts and partials don't fit as good as they should!

Today, we can design your partial denture on a computer, then use a computer controlled milling machine to actually make the exact shape of your partial out of hardened Titanium metal. This means no more distortion, and wow, the results are truly amazing! My brother, who is also a Denturist out in Medicine Hat, is also doing Titanium partials too and every time we get on the phone, we can't help but talk about how this new technology is just the best thing that has ever happened to partial dentures. We can

finally get the fit that we always wanted, and patients are absolutely loving them for 3 main reasons:

1. Titanium partials fit beautifully around the teeth, which results in much less food underneath.
2. Titanium is both thinner and smaller, making the partial more comfortable.
3. Titanium can clip more gently around the teeth than the usual metal and it just feels more "normal".

If you have had problems with your partials before, then there is a good chance that this is the answer. The process of making them is by far superior to the old way. Give us a call today to reserve your free consultation and we would be happy to see how we can help.

Thanks for reading! Brock Vandor, the Denturist.



Recent patient Gary says, "Brock is awesome. My new teeth have a great fit, excellent work and the staff are very professional."

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Changing minds with understanding, empathy

By Lorne Stelmach

Eric Yaverbaum speaks from both his professional and personal experience when he addresses one of the key challenges being faced now with the continuing COVID-19 crisis.

The 40-year public relations veteran, communications expert, and bestselling author of seven books has survived the virus twice, so that augments his perspective, particularly in addressing the issue of vaccine skepticism.

A regular TV pundit, Yaverbaum has been reaching out across North America to start a discussion about the need to communicate effectively with skeptics, how to change minds, and why empathy is vital in public health communications.

"I'm not a doctor, and I'm not a scientist, but I'm a guy who has COVID twice and gotten vaccinated ... I've learned an enormous amount," said Yaverbaum, who is the CEO of Ericho Communications and author of *Public Relations for Dummies and Leadership Secrets of the World's Most Successful CEOs*.

"I'm in the communications field, and I don't think we have done a great job of communicating, one, just what the stakes are and, two, just how safe it is," he said in a phone interview last week. "And we do need to have some empathy for people ... if we show a little empathy and understand what the reservations are, I think it will go a long way."

In the U.S. at least, Yaverbaum observed, vaccine supply has begun to outpace demand, so the questions that need to be asked is what is causing vaccine slowdown and how can it be addressed to reach herd immunity?

Even before the pandemic, vaccine skepticism was on the rise. It's led to the resurgence of diseases like measles, so it's clear that winning over skeptics is a critical public health is-

sue.

That skepticism remains despite the fact all five COVID-19 vaccines with public results have eliminated deaths and drastically reduced hospitalizations, Yaverbaum noted.

"To each his own, but if we all want to get out of this, we need to take a hard look at the facts and figures and make decisions accordingly ... it's been a really long year," he said.

"I listen to people's fears and concerns, and I'm not downplaying them," he continued.

"I think there are some communities that haven't had positive experiences with medical professionals ... they have reasons for being skeptical, so I think a little empathy and understanding of their fears and concerns is pretty important," Yaverbaum said. "I think work has to be done to earn their trust."

Yaverbaum touched on how he sees there has been some failures or shortcomings in getting the right messaging out to people.

"The concerns are easily answered," he stressed, citing for example that "it's just a very small percentage of people who are vaccinated who are still going to get COVID-19."

"I think it's important to appeal to the emotions of people. What's important to them; what are they missing out on by not getting vaccinated," he said. "Have a real focus on the positive ... [that] you don't have to worry about infecting loved ones or friends."

"The vaccine is actually the way that life could return to normal, whatever normal is going to be," Yaverbaum said. "I think people need to hear optimism and hope also, the promise of the future we can all have because of the vaccines."

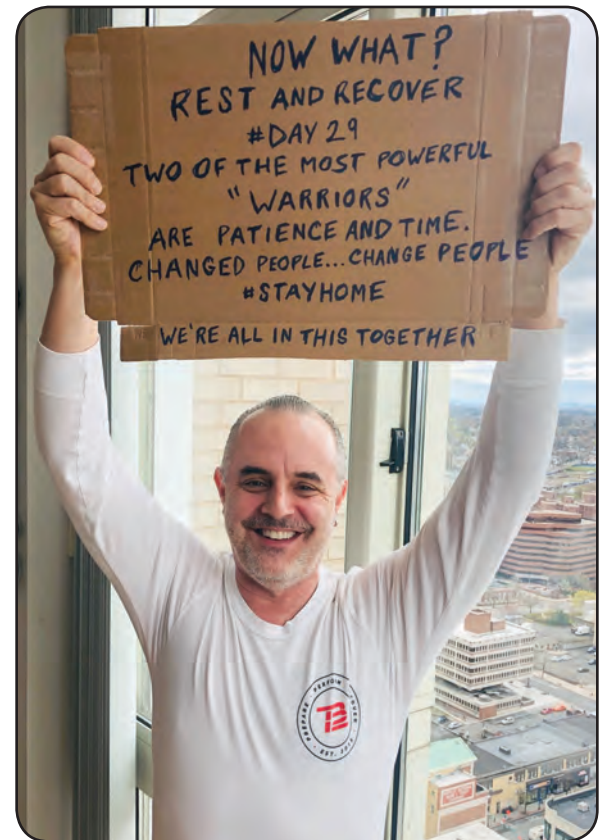
As for his own experience with COVID-19, Yaverbaum has been active on social media through his journey and

offered encouraging messages to others.

"While they've always said that happiness was an inside job ... now you're inside in a different way. It's a great time to practice changing the way you look at things ... and I promise you that if you do, the things you look at will change," he said in one of his Facebook posts.

"Here's all I'll have to say to this nasty and highly contagious virus and unwelcomed visitor ... is that the best you got? Life is a lot like the ocean I love so much. The waves will try to knock you down and push you back to where you started. Not me. Not this time."

"My anti-bodies are off the charts, which is very comforting to me," Yaverbaum noted in conclusion. "I'd like to give a few of them to other people if I could."



TRIBUNE PHOTO SUBMITTED
Public relations specialist Eric Yaverbaum says vaccine skepticism is a tough nut to crack, but part of the key is not downplaying people's fears and concerns.

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Home & yard

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planting aromatic herbs like oregano, sage and thyme. Fruit trees and plants, such as apple, blueberry and strawberry are a good source of nectar in spring. **ADDITIONAL ADVICE** If you want to attract pollinators to your yard, be sure to:

- Grow nectar plants in areas that are sheltered from the wind
 - Include white flowers in your garden to attract nocturnal pollinators
 - Provide a source of water such as a small fountain or birdbath
 - Avoid weeding dandelions, clovers and ivy; they're rich in nectar
 - Plant species with varied bloom times so you have flowers from spring to fall
- By following these tips, you're sure to create a welcoming environment for all kinds of pollinators.



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Home & yard

SIRC looking to score fundraising support

By Jo-Anne Procter

Although the ice may be melted at the Warren arena, there are still bills to be paid and plans are in the work for the South Interlake Recreation Centre (SIRC) to plant its annual fundraiser crop.

A group of local farmers have been pitching in to raise funds to keep the facility functioning since 1999.

The fundraiser crop initially came to fruition in the early stages when community members were raising funds to build the Sunova Arena in Warren.

The fundraiser crop helped finance the initial build and has since helped fund continued improvements and kept sports at the arena more affordable for all users.

The generosity of current landowners, the Balan family, the support of crop input supply companies and local farmers aid in the success of the fundraiser that has raised in excess of \$700,000 over the past 22 years.

The fundraiser crop has all inputs

associated with the annual crop production donated by local crop supply companies and area farmers. Over the years, numerous crop supply companies have donated seed, crop protection products, fertilizer and custom application. Local producers have also contributed to input purchases and provided equipment, fuel, and time to make sure the crop is seeded, sprayed, harvested, and delivered to the elevator.

The land rented for the crop at the current field and the previous field provided for many years by the Kotelko family is rented at a favourable rate for the project to provide a strong return.

A large gathering of harvest equipment is the usual means to finish off the year and haul the harvested crop to the elevator for sale.

With so much of the costs of production generously donated, the fundraiser crop nets a healthy contribution to the arena's finances. This income



TRIBUNE FILE PHOTO BY JO-ANNE PROCTER

A group of local farmers celebrate a successful fundraiser crop harvest just north of Warren in 2019.

being a much needed cash injection to keep the facility moving forward.

The SIRC plans to grow soybeans this season. For producers interested in volunteering equipment for seeding, rolling, spraying or harvest and to find out how you can contribute at your local crop supply retail or directly to the project please contact Craig Riddell 204-227-5679 or craig@rid-

dellseed.com.

With the uncertainty of the ongoing pandemic, the success of the 2021 fundraising crop is more important than ever to help the SIRC to operate the facility

The SIRC is grateful to the generous sponsors and contributing farmers and has their sights set on scoring another successful crop return.



SOUTH INTERLAKE PLANNING

Planning to Build a Deck this Summer?

Keep the South Interlake Planning District (SIPD) in mind if you are planning to build a **deck** this summer. A Development and Building Permit is required for a deck that:

- Is two feet or higher from the ground; or
- Is attached to a building; or
- Has walls or a roof; or
- Is intended to support a structure such as a hot tub or pergola.



You do **NOT** need a permit for an unenclosed or detached deck less than two feet in height, or for an unenclosed attached deck of 50 ft² or less in floor area.

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

Tips for gardening in a shady yard



Even if your yard doesn't get much sunlight, it's still possible to grow a beautiful garden. The key is to select shade-tolerant species. Here are some suggestions. **PERENNIALS** In addition to hostas, which thrive in shady conditions, many perennials don't require much sunlight. Consider planting:

- Leopard plants, whose yellow flowers are sure to brighten dim spaces
- Coral bells, which are great for lining the edges of a flower bed
- Undergrowth ferns such as ostrich, lady and wood ferns
- Bugbane, which has spikes of wispy white flowers on tall

stems • Forget-me-nots, which have beautiful blue springtime blooms There are also a number of ground cover plants that are well-suited for shady conditions such as bugleweed, lily of the valley and creeping dogwood. **SHRUBS** There are several types of ornamental shrubs that can add height and texture to a shady garden, including: • Holly • Dogwood • Squirrel corn • Rhododendrons • Some hydrangeas In addition to looking for shade-tolerant species, be sure to consider the hardiness zone you live in when selecting plants for your garden

Five strategies to ward off squirrels

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Squirrels are agile creatures that like to snack on seeds and dig up flower bulbs. This can make them quite a nuisance for gardeners. If you want to keep the squirrels in your area at bay, here are five tricks to try. 1. Plant bulbs at least 15 centimetres deep, and

opt for species that squirrels tend to avoid such as daffodils, hyacinths and fritillaries. 2. Cover your flower beds with chicken wire. This metal mesh will keep unwanted critters at bay without disrupting the germination of your seeds. 3. After planting, cover the soil with blood meal or chicken manure fertilizer. The odour repels squirrels and helps mask the smell of bulbs. 4. Grow aromatic plants that repel squirrels such as onion, garlic and herbs. Scented geraniums (pelargoniums) and certain other fragrant flowers will also do the trick. 5. If you have a cat or dog, let it roam near your garden. Your pet's presence, as well as the fur and scent it leaves behind, will serve as a deterrent. Good luck!

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Manitoba's newest brewery wants its name to embody its impact on the community

By Joshua Frey-Sam

When Amber Sarraillon moved out of her parent's home, after graduating high school from SCI, she never thought she'd be moving back in, let alone with her future partner.

That proved to be the case earlier this year when Sarraillon and her partner, Morgan Wielgosz, sold their home in Winnipeg so they could afford to start their own craft brewery, Good Neighbour Brewing.

"It was time for us to do what we've longed to do our entire careers," said Wielgosz, Good Neighbour Brewing co-founder and brewmaster.

But the vision for Manitoba's newest brewery didn't start in Winnipeg, and the decision to start the company has come with some tough decisions.

After moving to Toronto in 2005, Sarraillon found an interest in craft brewery and worked her way to a position with Amsterdam Brewery, where she met Wielgosz, a native of Dorchester, Ontario.

The duo's relationship started as colleagues in 2010, and turned into life partners by 2016.

A business opportunity for Wielgosz led the couple back to Winnipeg in 2017, but the pair wanted to use their knowledge to make their own imprint on the industry.

The move to Winnipeg, and eventually Sarraillon's parent's home, meant Wielgosz would be leaving her home in Ontario.

Wielgosz said it's been hard starting her own business because her work hours don't leave much time to speak with family.

She also said the decision to sell their home in Winnipeg and invest that money into their own business wasn't easy.

"We made the ultimate sacrifice," said Wielgosz.

The couple stayed at mom and dad, Heather and Andy Sarraillon's place for a few short months as they created their business.

They have since moved out again and launched Good Neighbour Brewing last week.

Their first beverage, "Bumbleberry Milkshake Sour," sold out in less than three hours, leaving the duo to feel optimistic about the future of their company.

Good Neighbour Brewing also carries a "Hazy Pale Ale" that is still available. Sarraillon said they plan to launch a new beer every couple of



Amber Sarraillon, above, and Morgan Wielgosz met at a craft brewery in Ontario in 2010, sparking the beginning of a business and life partnership.



Good Neighbour Brewing released their first two beverages Hazy Pale Ale and Bumbleberry Milkshake Sour.

weeks this summer.

Wielgosz and Sarraillon share more than 25 years of experience in the industry, and Good Neighbour Brewing is now among 18 craft breweries in Winnipeg.

But Sarraillon and Wielgosz say they are trying to create a different impact on the community.

"Our ultimate goal is to be submersed in the neighbourhood, not just another business," said Sarraillon, co-founder of Good Neighbour Brewing. We want to be welcoming, honest, and contribute back to the community that supports us."

Sarraillon said she doesn't envision Good Neighbour Brewing expanding



Sarraillon and Wielgosz enjoy some of their first batches of home brewed beer while creating Good Neighbour Brewing.

across Canada because they want to focus on Winnipeg's community.

"I fell in love with the sense of community and camaraderie that craft breweries give," she said.

Good Neighbour Brewing's goal is to continue inviting people into the craft brewery world as the industry continues to grow in Manitoba.

Wielgosz and Sarraillon recognize the position they're in -- starting a business during a pandemic -- and want to use their experience to deliver on the same values they learned early in their careers.

"We want to provide some inspiration and hope for people in a cloudy time," said Wielgosz. "There's a lot of need out there in our community."

Along with the welcoming atmosphere they're trying to build, the pair said they want to contribute directly to charities and support initiatives in the near future.

Good Neighbour Brewing is currently contracting out of Oxus Brewing Company at 1180 Sanford St. in Winnipeg, but plan to find a location in the city that embodies

their values as a brand.

While the duo work to get their beer in the Stonewall Liquor Mart, you can find Good Neighbour Brewing in select vendors and liquor marts across Winnipeg and online at oxusbrewing.com.

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Thousand Island Burger Pizza



Prep time: 15 minutes
 Total time: 25 minutes
 Servings: 6
 1 can (11 ounces) refrigerated thin pizza crust
 12 ounces lean ground beef
 1 cup pizza sauce
 2 cups shredded cheddar cheese
 1 package (9.4 ounces) Fresh Express Bacon Thousand Island Chopped Kit
 1/3 cup dill pickle slices
 Heat oven to 400 F.

Unroll dough and spread on 13-by-9-inch nonstick baking sheet. Bake 8 minutes; remove from oven.

In small skillet over medium-high heat, cook ground beef, stirring frequently, 8-10 minutes, or until no longer pink; drain. Spread sauce evenly on baked dough to within 1/2 inch of edge. Top with beef and cheese.

Bake 8-10 minutes, or until crust is golden brown. Top with lettuce, bacon and salad toppings from kit and pickle slices. Drizzle with Thousand Island dressing from kit. Cut into 12 (3-by-3-inch) pieces.



Kickin' Chicken Tostadas

Prep time: 30 minutes
 Total time: 35 minutes
 Servings: 6
 1 pound boneless, skinless chicken breasts
 1 jar (16 ounces) salsa verde, any heat level
 2 packages (10.2 ounces each) Fresh Express Kickin' Bacon Ranch Chopped Kit
 12 tostada shells

1 avocado, peeled, pitted and cut into 1/2-inch pieces

In large, covered skillet over medium heat, cook chicken in salsa verde 20 minutes, turning once, until internal temperature reaches 165 F.

Remove chicken, reserving 1/2 cup salsa verde; shred with two forks. Toss with reserved salsa verde.

Place salad from kit in large bowl; toss with half the salad dressing from kit. Add toppings from kit; toss to combine.

Divide salad evenly among tostada shells. Top each salad with chicken and avocado; drizzle with remaining dressing.



Orange Moscow Mule Mocktail

Recipe courtesy of Gina Homolka of "Skinnytaste"
 Servings: 1
 1 California Cara Cara orange
 1 cup ice
 1 bottle (6.8 ounces) light ginger beer

fresh mint leaves, for garnish

Slice orange in quarters then cut 2-3 slices for garnish and set aside. Juice rest of orange and place in copper mug (or any glass). Fill glass to top with ice. Add ginger beer and garnish with orange slices and mint leaves.

Spring Clean your mind and your mouth

By Shawna Howard Certified Life Coach

The other day, my grandpa (almost 83 years old) told me that he thought he'd never reach this golden age; seeing his great-grandchildren, let alone see them grow up. My 13-year-old daughter was listening and she turned toward him and innocently asked "Why did you think that?"

Grandpa was taken aback and looked at her with wide eyes and simply shrugged his shoulders, with palms up saying, "I don't know, I just thought I wouldn't live to see it."

Now, as innocent as this was, it really got me thinking about the lies that get planted in our minds and we just "think" them. Your thoughts are powerful enough to create your reality, so with spring upon us; what better time to take a look at what needs to stay and what needs to go in life.

- Recognizing defeating thoughts, because they eventually show up in our words, actions, attitudes and behaviours. Have you ever noticed a time when you consistently thought negatively about someone or a situation and this led you to take actions in the direction of these thoughts? I most certainly have, and what I got was not at all what I wanted! I remember the days of dwelling on the negative, choosing to magnify the things I didn't like in myself and others. We must choose our thoughts carefully, making sure that they're leading us to what we want in life, aligning with our core values and beliefs. On the other hand, if we allow negative, defeating, fearful thoughts to rule our mind, we can and often will fall prey to them. Meaning; we will say what we are thinking, do what we are thinking, become exactly what we are thinking. The good news is, we have a choice! We get to choose our thoughts!

- Once we clear out the unwanted thoughts, we need to replace them with worthy thoughts. Some thoughts are on autopilot in our mind and we may not even realize we are harming ourselves as we accept them. Choose to think good, right, honorable, uplifting and true thoughts. Replace the bad with good, the wrong with right, the lie with truth. Do you know someone who has been through tremendous trials in life and still maintains a positive outlook, a joyful countenance, displaying hope for the future? They have discovered the power of choosing their thoughts carefully.

- It's time to look at what we are saying. Ask yourself how you have been speaking lately. What words are coming out of your mouth? What's your tone of voice, the attitude behind your words? Are you speaking life into your situation, or are you speaking

defeat? Are you thanking God for all the good, or are you constantly complaining? We all complain from time to time, the important thing here is to recognize it and take action.

Maybe you've been talking about how you can't stand your job. Maybe you're upset because you feel like your spouse never helps you, or the kids are driving you nuts because they never listen. Maybe this pandemic has left you frustrated and angry and you are telling everyone who will listen.

We all complain, get frustrated, feel fearful, but it's important to recognize, replace and speak life to gain ground in the direction we wish to go in life.

Having a job at all is something to celebrate, it pays the bills and provides purpose. Choose to be grateful. Watch as your day becomes productive and fun!

Your husband may not help much, but there's a lot of good in him; take a moment and reflect on those qualities that you fell in love with in the first place. Shift your focus and you'll see; he's a wonderful father to your children, a hard worker, honest, faithful, good looking, he makes you laugh and he knows you like no one else. If you've forgotten, make a list and read it everyday. As your thinking changes so will your marriage.

So, the kids are driving you nuts, they don't listen, they make such a mess and the n-o-i-s-e! But you have them! They are here, healthy, whole, amazing blessings from God. They whisper "I love you" at bedtime and hug you in front of friends, they need you more than you know. Let's hold onto the good, and try not to dwell on what drives us crazy!

This pandemic is stretching all of us, but that's no reason to be defeated. You were created and fashioned for such a time as this and maybe someone that looks up to you needs to hear an encouraging word. You can be that voice that speaks hope, truth, faith and love in a time when there's so much unrest, division, uncertainty and aggression.

In conclusion, let's learn to recognize what's going on in our thought life because our words will follow our thoughts and eventually lead us to act.

"Where the mind goes, the man follows" -Joyce Meyer

If you need a change in direction, I encourage you to reach out to me! Coaching can be the bridge that gets you from where you are today to where you want to be tomorrow.

Thank you for reading! For a list of the coaching questions pertaining to this article or to be included in my upcoming messages; I'd love to hear from you! Reach me at Daretosoarlifecoaching@gmail.com


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A fine balance for new business

By Jennifer McFee

A specially designed water bottle from a new local company is already making waves in overseas markets.

In January, Stonewall resident Kristen McCallum launched a new business called BALANCE to promote personal well-being and mindful hydration.

She came up with a life-changing concept one day while filling a glass of water.

"I like to drink water and I like the benefits of drinking water. I also love reusable water bottles. So, that day in the kitchen as I filled my glass of water, I thought 'Huh? What if I put some mindful reminders on my water bottle? Would that be enough to help remind me throughout the day?'" she recalled.

"So I grabbed a random old water bottle from the cupboard and Sharpie marker from the drawer and I started drawing on the bottle. And that's how this all started."

She used the makeshift bottle and noticed it really helped her remember to practise mindfulness during the day.

"I loved it," she said. "And I decided I wanted to share it with others so I designed and created BALANCE."

She developed a one-litre reusable water bottle that is frosted black with an easy-to-see water level. The back of the BPA-free bottle contains hourly mindful markings that act as reminders to stay hydrated throughout the entire day.

For McCallum, the name "balance" conveys a lifestyle message that includes "mindful hydration."

"What is mindful hydration? It is living in the moment. Learning to take a few minutes during the day and removing ourselves from the busy world. Creating balance, all while staying hydrated," she said.

"Life balance does not always mean equal time for everything, but what it does mean is learning to have the confidence to set boundaries, to keep your life fulfilled."

The water bottle acts as a tool and reminder to be mindful and to drink water regularly.

"I started my business because I wanted to help myself and others like me. As a working woman always on the go trying to juggle my family, friends, and work, I realized one day life was so busy that I was not attending to my own well-being," she said.

"Through research and personal growth, it became apparent a simple act of mindfulness could help improve daily living. BALANCE was created to help women and men reap



BALANCE was featured in Vanity Fair UK's March issue as a "Must Have" item. Then in their April issue, it was featured as a "Most Wanted" item.

the benefits of mindfulness and daily hydration."

Before founding her business, McCallum embarked on ample research related to mindfulness.

"I started taking a more mindful approach to life and experienced some of the many benefits, like an increase in self-awareness, ease of daily stress and improvement of focus and concentration. I also noticed my growing appreciation for the simple things in life," said McCallum, who is originally from Regina and moved to Manitoba for an aviation career 18 years ago.

"Mindfulness was a relatively new approach to life and with so many things on my daily to do list I didn't always remember to take the time throughout the day to enjoy the present moment. I wanted to find a way to easily integrate mindful acts into my daily living."

Since she launched her business, McCallum said she's received tremendous support from the Interlake community.

"I had posted on my personal Facebook page about the bottle when I first started out, and the response was overwhelming. Many other small business owners reached out to me and shared BALANCE bottle on their Facebook pages," she said.

"It really helped get the word out. I am extremely grateful for all the individuals who helped me out and those who purchased a bottle. The Interlake community really brought my vision to life. Since then, BALANCE has continued to grow. I am learning so much about being a business owner. It has been a real adventure so far and I am having a lot of fun."

Not only have Interlakers developed an affinity for the bottle, Vanity Fair UK discovered BALANCE through its Instagram page (@balance_bottle). Soon after, McCallum received an email from a Vanity Fair senior corre-

spondent asking if they could feature BALANCE as part of short list products selected exclusively by the magazine.

"But, because BALANCE had only launched a month earlier, upon receiving the email, I was pretty convinced it was a prank," she said.

"I showed my husband and he encouraged me to look into the email further and, sure enough, it was really Vanity Fair."

As a result, BALANCE was featured in Vanity Fair UK's March issue as a "Must Have," in April issue as a "Most Wanted" and in May issue as "#1 In Demand." And most recently, Vanity Fair UK contacted McCallum to inform her that BALANCE will also be featured in the upcoming June Issue of Vanity Fair Magazine UK.

"As an entrepreneur, having my product recognized in a world-renowned magazine has been pretty surreal. Vanity Fair UK circulates in the U.K., Central and Eastern Europe, Australia and parts of Asia, Africa and the Middle East," McCallum said.

"I have been so fortunate as a brand-new start-up to have had the opportunity to be acknowledged internationally and within my community."

At the same time, McCallum's focus for BALANCE remains close to home in Canada.

"I love being a local business surrounded by other local businesses with similar goals, to help make a difference in society and communities around us," she said.

For other aspiring entrepreneurs, McCallum offers a few words of wisdom.

"Starting a business requires hard work, dedication and rest. Rest is such an important key to successful productivity and mindfulness, but sometimes rest takes a backseat when we are busy," she said.



TRIBUNE PHOTOS SUBMITTED

Kristien McCallum with a BALANCE drinking bottle.

"I found it is imperative to allow yourself to take a break and recharge to help remain focused and creative."

The Facebook and Instagram pages for the BALANCE business also offer suggestions for focusing on personal well-being.

"BALANCE social media provides tips and practices for mindful living and daily wellness. There are also a lot of great apps, books and local resources to learn more about mindfulness, self-care and creating a life of balance," McCallum said.

"Wellness habits can be difficult to maintain sometimes. BALANCE bottle has helped me eliminate some of those struggles. Mindful hydration can help improve personal well-being and quality of life by reducing stress, improving mood and increasing energy. There are so many advantages to practicing mindfulness and consuming the daily recommended water intake."

BALANCE bottles can be purchased on the website www.balancebottle.ca or you can contact McCallum directly through the BALANCE bottle Facebook page (@balancebottle.ca). You can also shop locally in Stonewall at Interlake Kneads or Something Beautiful and in Teulon at Denise Lowe Massage Therapy.

As her business continues to grow and expand into wholesale, McCallum remains grateful for all the help along the way.

"I just wanted to thank all the people who have supported this far in my journey. I don't want to name specifics as the list is quite long and I would hate to miss anyone," she said.

"But I do want to acknowledge my husband and son. They are both so encouraging and supportive."

Women rise to the challenge in support of cancer research

By Tyler Searle

Two groups of local women are asking for community support in their fight against cancer, and they believe Stonewall is up for the challenge.

Challenge for Life is a fundraising event in support of CancerCare Manitoba. Between Aug. 7 - 15, participants attempt to complete a 20km walk or 200 minutes of exercise to raise money for cancer research.

For the second year in a row, Janice Holden plans to walk 20km over four days in Stonewall and St. Laurent, and she is challenging others in the Interlake to participate.

Cancer has afflicted multiple members of Holden's family, and she is a two-time cancer survivor. Without modern advancements in research and treatment, she may not have beaten the disease, she said.

"I'm almost two years cancer-free. If I had this twenty years ago, I maybe wouldn't be here now."

Holden is passionate about supporting CancerCare because she knows the funds directly help cancer patients in Manitoba, she said.

After seeing an advertisement promoting the Challenge for Life in 2017, she knew she wanted to get involved.

"That got me thinking 'gee; there's three or four of us in my family who've had cancer or passed away from cancer—maybe we should do something to support the cause?'"

Typically, the challenge is a one-day event where Manitobans from across the province congregate in Winnipeg and walk together. Participants join individually or register as a team and then campaign for months to collect sponsorships from friends and family.

When the pandemic placed limits on social gatherings last year, the challenge shifted to a virtual format.

CancerCare asked people to track their walks using fitness applications on smartwatches or phones, and they extended the challenge into a 12-day event.

Going virtual makes the event more accessible for those living outside the city and more inclusive for people unable to walk the entire 20km in one day, said Monique Gauthier, a fundraising and community engagement coordinator for CancerCare Manitoba.

Holden agrees and adds that the new remote for-

mat has gotten her—and her counterparts—more engaged in the challenge.

"Last year, we did a whole bunch of posters and put them up along the route. We had so much fun," she said. "We were so excited about getting involved."

Holden is the team captain for a group consisting of her sister Mona Wonnacott, her brother Louis Daigneault, and her friends Claudia Kerbrat, Gisele Gervais, and Jennie Lindstrom. The group registered as team "Families Matter"—a name that refers to the importance of keeping family close, Holden said.

Together, they hope to raise \$3,000 before the challenge ends on Aug. 17. The team has raised \$1600 to date, and they still have more than two months to go.

At the time of print, Families Matter is a top contributor among community teams—sitting in fourth place.

"When you're doing something like this, you feel like you're really contributing," said fellow team member Jenni Lindstrom.

"We hope that people will see what we are doing and either join us or form a team of their own."

Families Matter is not the only team representing Stonewall during the challenge.

For the seventh consecutive year, Deanna Allarie is walking with her sisters Roberta Barr and Angie Banman, and her niece Kaitlynn Barr. They walk as "Gord's Girls" in memoriam of the sister's late father, Gord Barr.

"(Last year) we walked from Balmoral Curling rink, where our dad enjoyed curling, all the way to the Stonewall curling rink where he played his last game," Allarie said.

Gord's Girls walked the entire 20km in one day, starting at 7 a.m. and finishing around 11 a.m.

This year, they plan on taking the same route. The walk was a success, but Allarie missed the encouragement and support of the in-person event.

"All four of us enjoyed it, but it just felt a little lonely."

The girls expect to make the journey from Balmoral to Stonewall on Aug. 7, and Allarie hopes more people will get involved in the challenge this year.

"Even if you don't want to commit to the walk, every little bit you can donate counts," she said.



TRIBUNE PHOTO SUBMITTED

Left to right, Roberta Barr, Deanna Allarie, Kaitlynn Barr, and Angie Banmam formed the team Gord's Girls. They plan to walk 20km from the Balmoral Curling Club to the Stonewall Curling Club in support of cancer research.

The uncertainty surrounding restrictions made it difficult to promote the fundraising effort last year, Holden said.

Both Families Matter and Gord's Girls encourage people to form teams and take up the Challenge for Life.

"It feels really good. We do a lot of laughing, and we have a lot of energy because we're doing it for a good cause," Holden said.

Families Matter will walk in Stonewall on Aug. 8 and 15, and in St. Laurent on Aug. 10 and 12.

People interested can register their own team or join existing teams online via the Challenge for Life website. Donations of all sizes are accepted, and both individuals and businesses can commit money to the cause.

> CAUTION, FROM PG. 9

in the RCT as a two-dose schedule, and substantially lower levels of neutralizing antibodies were observed after one dose compared with after two doses."

They go on to say that little is known about how long one dose will protect an individual.

"It is possible that one dose will provide a shorter duration of protection than two doses, particularly in an environment where new SARS-CoV-2 variants continue to emerge."

Israel, which has universal healthcare, is leaps and bounds ahead of other countries in terms of the numbers of fully vaccinated individuals. By the beginning of April, 72 per cent of its population aged 16 years and older had received two doses of the Pfizer vaccine.

Pfizer-BioNTech recommends that it's two-shot vaccine be given three weeks apart. But Canada's immunization advisory group, NACI, has recommended a four-month delay between first and second doses because of vaccine shortages. That delay also applies to other two-shot vaccines approved in Canada: Moderna and AstraZeneca.

As Canadians are expected to experience a longer than advised delay between their first and second shots of vaccine, medical experts recommend vaccinated people continue to follow public health fundamentals such as wearing masks, avoiding gatherings, physical distancing and frequently washing their hands.

CENTERS FOR DISEASE CONTROL AND PREVENTION
The Pfizer COVID-19 vaccine works by providing the body with a set of instructions for fighting the virus.

How mRNA COVID-19 Vaccines Work

Understanding the virus that causes COVID-19.
Coronaviruses like the one that causes COVID-19 are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

What is mRNA?
Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

What is in the vaccine?
The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

How does the vaccine work?
The mRNA in the vaccine teaches your cells how to make copies of the **spike protein**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.

When your body responds to the vaccine, it sometimes cause a small fever, headache, or chills. This is a temporary response and is a sign that the vaccine is working.

The vaccine DOES NOT contain ANY virus, so it cannot give you COVID-19.

After the mRNA delivers the instructions, your cells break it down and get rid of it.

Getting vaccinated?
For information about COVID-19 vaccine, visit: [cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)

CDC

Incredible Creatures: Brood X Periodical Cicadas: What a trill

By John Gavloski

It's happening. The massive emergence of Brood X, a type of periodical cicada in the eastern United States. The August 2016 Incredible Creatures article on cicadas concluded with "take note, the great eastern brood, the largest of all 17-year periodical broods, next emerges in 2021 in the eastern United States. Mark this into your bucket list". This month's Incredible Creatures will explore what are periodical cicadas, broods, and what makes brood X so special.

Living life underground

There are 170 species of cicadas in Canada and the United States, although just 4 species in Manitoba. None of the species in Manitoba are periodical cicadas. The common one in Manitoba that can be found, and more often heard than seen, is the dog-day cicada.

In eastern North America there are seven species of cicadas, in the genus *Magicicada*, known as periodical cicadas. Three of these can live for 17 years, and four species can live for 13 years. The 17-year cicadas are generally more northern, and the 13-year cicadas more southern. Periodical cicadas occur only in North America. They are called periodical cicadas because even though they live underground as juveniles for almost all of their 13 or 17 years, the development is synchronized so all individuals of a species within a region emerge as adults all at once in the same year. Sometimes tremendous numbers will emerge. Cicadas of all other



PHOTO COURTESY OF TRACY LEE.

Periodical cicadas.

species are not synchronized, and some emerge each summer. Many refer to these nonperiodical species as annual cicadas since some are seen every summer.

After almost 13 or 17 years as juveniles underground, adults of periodical cicadas are active for about 4 to 6 weeks. Male periodical cicadas typically form large aggregations that sing in chorus to attract females. Within two months of them starting to emerge, the lifecycle is complete, eggs have been laid, and the adult cicadas are gone for another 13 or 17 years.

Adult periodical cicadas are mostly black with reddish-orange eyes and wing veins. In contrast, annual cicadas have greenish wing veins, and emerge from July through September instead of late May through early June. Emergence of annual cicadas is scattered over this time, and they rarely emerge in

noticeable numbers.

Broods a plenty

Different groups of periodical cicadas called "broods" emerge somewhere in the eastern United States almost every spring. Emergence is often tightly synchronized to within a few nights. Massive brood emergence is believed to overwhelm predators, ensuring that enough survivors will be left behind to reproduce.

Each yearly emergence is referred to as a "brood" and is designated by a Roman numeral. The numerals I through XVII (1-17) are assigned to the 17-year broods, and XVIII through XXX (18-30) to the 13-year broods. The numbering of the 17-year broods began with the 1893 brood, which was designated as Brood I. In 1909, Brood XVII appeared, and in 1910, Brood I appeared again. Because the broods are designated by Roman numerals, they are properly spoken as numbers. For example, Brood X is "Brood Ten" and not "Brood Ex".

The Spectacular Brood X

Brood X, known as the "great eastern brood," is a large brood that emerges across 15 states. That is what is getting all the attention and media coverage this year.

The sounds of our dog-day cicadas are something to look forward to later in the summer. For now, enjoy the coverage you are likely to see of one of nature's amazing events as Brood X periodical cicadas emerge this spring.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Golf Manitoba announces schedule changes

Submitted by Golf Manitoba

Due to current provincial health orders, Golf Manitoba announced Monday the 2021 Match Play Qualifier and subsequent Match Play Competition at the Grand Pines Golf Course is being moved back on the calendar.

Qualifying is now scheduled for June 5 with matches to take place June 10-13.

The registration deadline remains May 20 at 11 p.m.

The revised schedule is as follows:

June 5 – Championship qualifying for all competitors (18-holes)

June 10 – Round of 32 men (afternoon tee times)

June 11 – Round of 16 for men, women and senior men (afternoon tee times)

June 12 – Round of eight for men, women and senior men (afternoon tee times)

June 13 – Semifinals (morning tee times), Finals (18-holes afternoon tee times)

All competitors will pay a Qualifying Fee. Those who successfully qualify will then pay a Championship Fee to continue in the event.

The event fee schedule is as follows: Amateur Men - Qualifying Fee, Championship Fee \$95

Amateur Women & Senior Men - Qualifying Fee \$90, Championship Fee \$75

All Match Play entry fees include GST.

Einarson, Gushue win opener at world mixed doubles curling championship

Staff

Camp Morton's Kerri Einarson and Brad Gushue - representing Canada - defeated Spain 8-6 in their opening game at the world mixed doubles curling championship on Monday.

Canada erased a four-point deficit

and stole two in the eighth end for the victory over Oihane Otaegi and Mikel Unanue.

"I struggled a little bit early just trying to figure out some of the paths, and once I got a handle on that and started making my first shot that made Brad's

shots maybe a little easier," Einarson told the Canadian Press.

Canada must finish in the top seven to qualify for the mixed doubles discipline at the 2022 Olympic Winter Games in Beijing.

Canada is one of 20 teams entered in

the competition. Gushue and Einarson are trying to become the first Canadian team to win gold in the event's 13-year history.

Competition continues through Sunday.

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TOWN OF STONEWALL NOTICE OF VOTERS LIST / PERSONAL SECURITY PROTECTION

Notice is hereby given that the copy of the VOTERS LIST may be revised at:

Administration Offices, Stonewall Town Hall
293 Main Street, Stonewall, MB by appointment

on

Monday to Friday, inclusive during the period

Thursday, May 20th, 2021 to Wednesday June 9th, 2021
between the hours of 8:30 A.M. and 4:30 P.M.

At this time the Senior Election Official (S.E.O.) will be available to update the voters list by:

- adding the names of voters who are entitled to have their names on the list;
- deleting the names of persons who are not entitled to have their names on the list; and
- making such other correction of errors to the list as required.

VOTER ELIGIBILITY:

A person is eligible to have his or her name added to the Voters List if he or she is:

- a Canadian citizen and at least 18 years of age on election day; and
- a resident of the local authority for at least six months prior to election day, OR a registered owner of land in the municipality for at least six months prior to election day.

APPLICATION FOR PERSONAL SECURITY PROTECTION:

A voter may apply in writing to the S.E.O. (at the address / fax number below) no later than **Wednesday June 9th, 2021** to have his/her name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person by appointment, by mail or fax and must include your name, address and include proof of identity.

All changes to the voters list must be completed on or before JUNE 9th, 2021.

Dated at Stonewall in the Province of Manitoba, on **May 17th, 2021.**

Wally R. Melnyk TOWN OF STONEWALL
Senior Election Official (S.E.O.) Name of Local Authority

293 Main Street
Box 250, Stonewall, MB ROC 2Z0
PH: 204-467-7979 | FAX: 204-467-7999

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2 bedroom apartment for rent, 278 Main Street, Stonewall, Manitoba above Grantham Law Offices. Rent is \$1,350 per month, utilities are extra. Stove, fridge, dishwasher, washer, dryer and security system in a secured building are included. Non-Smoking. No pets. For more information please call Lynne at 204-467-5527 or email at grantham.law.lynne@mts.net

BUSINESS OPPORTUNITY

Laser Jungle in Stonewall for sale. \$60,000 obo (possible option to purchase property/building with business). Ph Bernice at 204-298-8013.

HAVE A NEWS TIP OR AN INTERESTING STORY?? CALL 204-467-5836

HELP WANTED

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.

Class 1A drivers with end dump experience required immediately. Must be able to write and speak English. We offer competitive wages and group benefits after 3 months continuous employment. All interested applicants are asked to forward their resume, along with a drivers abstract, to mariontr@mymts.net

Part time Class 1 driver required. Mileage ranging from 250 miles to 1,500 miles per week into Northwestern Ontario and Manitoba. \$0.45 per mile plus drops. Minimum 3 years experience. Call Derek 204-785-3984.

HELP WANTED

Construction labourer needed, must have ability to use power/hand tools, concrete experience an asset but not necessary, must have valid drivers license \$15-18/hr. 204-785-0641.

Pizza Den Restaurant in Stonewall has immediate opening for a FT OPERATIONS MANAGER. This reliable, trustworthy, team leader must have hospitality experience either as a host/server, cook, pizza maker or management. Individual is a key holder responsible to open and close operation, work from pizza station while overseeing full operation. Remuneration based on experience from \$16 to \$20 /hr. Send resume to robert.magnifico@gmail.com

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TOWN OF STONEWALL NOTICE OF REGISTRATION

OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL BY-ELECTION

TO BE HELD JULY 15TH, 2021

TOWN OF STONEWALL

Prospective municipal election candidates must register with the Senior Election official (SEO) during the registration period **before** they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations:

For the office of Councillor: Between May 20th, 2021 and June 9th, 2021

at the Town of Stonewall Administration Office, 293 Main Street, Stonewall, MB by appointment during the regular hours of business (8:30 A.M. to 4:30 P.M.).

To obtain a registration form contact the SEO at the telephone number listed below.

Wally Melnyk
Senior Election Official (SEO)
(204) 467-7979
SEO Contact Telephone Number
(204) 467-7999
Fax Number

Dated at Stonewall, Manitoba on May 17th, 2021

Wally Melnyk
Town of Stonewall
Senior Election Official

"Prospective candidates must register with the Senior Election Official before accepting campaign contributions and incurring campaign expenses. Prospective candidates may obtain a Municipal Candidates Guidebook from the Municipal Office."

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Seeking general laborer for construction industry work.

Class 5 drivers license required. Experience with hand tools an asset. Must be able to lift and carry heavy items. Problem solving abilities are an asset. Experience in construction based work an asset but will train the right candidate. Work is indoor and outdoor, year round.

Send resume to agdistributors@mymts.net

NOW HIRING SUMMER EMPLOYMENT



The Teulon-Rockwood Recreation Commission is accepting applications to fill 2 summer (June, July and August) **Student (Green Team)** positions. **Open to ages 16-29.**

Position approximately 40 hours week (may require some evenings and weekends).

Wage is dependent on experience. Duties to include: cutting grass, string trimming, park and building maintenance, painting and raking.

APPLICATION DEADLINE is June 11, 2021 at 4:00 pm.

Please mail resumes to the Teulon Rockwood Recreation Commission c/o Yvonne Dola at Box 69 Teulon MB R0C 3B0 or email to teulonrockwoodrec@gmail.com.

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RURAL MUNICIPALITY OF ROCKWOOD UNDER THE AUTHORITY OF THE MUNICIPAL ACT NOTICE OF PUBLIC HEARING

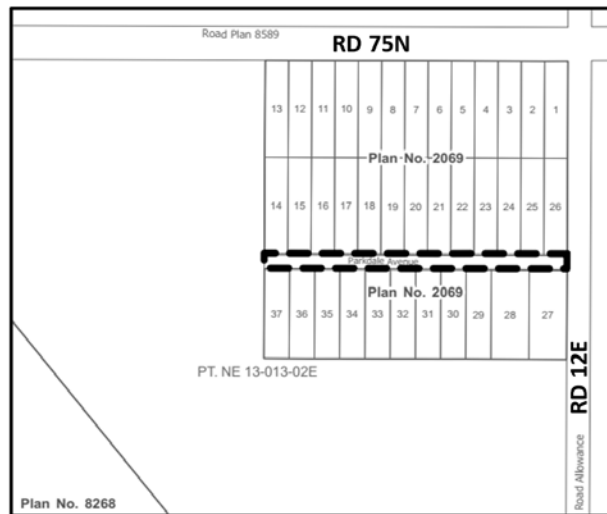
The R.M. of Rockwood hereby gives notice pursuant to Section 290 of The Municipal Act (Manitoba) regarding a Public Hearing to receive public representation on a proposed by-law to close a public road:

R.M. OF ROCKWOOD BY-LAW NO. 10/20
Being a BY-LAW to CLOSE A PUBLIC ROAD in the R.M. OF ROCKWOOD

HEARING LOCATION: Heritage Arts Centre
166 Main Street, Stonewall, MB

DATE & TIME: Wednesday, June 9, 2021, at 10:00 AM

GENERAL INTENT: To receive representations from any person on the proposed **Public Road Closure By-Law No. 10/20** concerning Parkdale Avenue, as shown below:



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

A copy of the above by-law and supporting material may be inspected at the South Interlake Planning District, 285 Main Street, Stonewall, Manitoba during normal office hours (8:30 AM to 4:30 PM), Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

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Projected Start Date: As soon as possible

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- Knowledge of the trade & Construction Safety
- Further assets will be highly considered such as: First Aid & CPR

Remit your Resume to KBL@goKBL.COM

These positions are also open to the *Targeted Wage (TWS)* program delivered by the *Manitoba Metis Federation Inc.* partners with employer to general long term employment for eligible program candidate through a combination of on the job skills training, direct work experience.

Those who qualify for this program would be underemployed or unemployed Metis individual.



KNUTSON BUILDING LTD.

SUMMER STUDENT OPPORTUNITY OFFICE ASSISTANT

Eligible Participant:

- Must be Metis, Non-Status or Inuit.
- Must be students between the ages of 15-30 who attended school full-time during the preceding year and who intend to return to school on a full-time basis in the following academic year (part-time and distance education students do not qualify).
- Any and all students under 16 years of age must have a consent form signed by the parent or guardian allowing them to work.

Position knowledge & duties include but not limited to:

- Knowledge of Microsoft Office Programs such as Word, Excel & Power Point
- create and edit company manuals
- light office duties such as filing and photocopying, answer telephone and relay calls and message
- type and proof read corresponds, form and documents
- Updating/maintaining vendor and employee files
- create and edit company manuals
- Prepare & mail customer account statements
- Assist in safety program
- WCB clearance checks monthly and prior to payment issued
- Order & restock supplies
- Data entry

Remit resume to KBL@goKBL.com

The Summer Carrier Placement program delivered by the Manitoba Metis Federation Inc. is intended to prepare young people for the labor market. The program provides career-related work experience opportunities for Metis, Non-status and Inuit students through partnerships with not for profit, public and private employers.

Manitoba Government Job Opportunities

Senior Water Operations Technician

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Salary Range: \$58,101 to \$69,788 per year

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When applying to this position, please indicate the advertisement number and position title in the subject line and/or body of your email. Your cover letter, resumé and/or application must clearly indicate how you meet the qualifications.

Please be advised that job competitions may be grieved and appealed. Should a selection grievance be filed, information from the competition file will be provided to the grievor's representative or the grievor, if unrepresented. Personal information irrelevant to the grievance and other information protected under legislation will be redacted.

We thank all who apply and advise that only those selected for further consideration will be contacted.

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Salary as per the agreement between The International Union of Operating Engineers Local 987 and the Rural Municipality of Woodlands.

All applications must be in writing and may be sent to the attention of the Finance Manager, Rural Municipality of Woodlands, Box 10, Woodlands, MB. R0C 3H0, emailed to finance@rmwoodlands.ca or delivered to 57 Railway Avenue, Woodlands, MB. Applications will be accepted until **12:00 noon June 3, 2021.**

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

Stonewall Teulon
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Big thank you to the Woodlands Fire Department for their part in my 90th Birthday Drive-by Parade. Also, thank you to my family and friends for their participation in my parade as well! It was a complete surprise!

-Jean Marshall

*Remember Your Loved Ones
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Happy 80th Birthday Ina Laird!
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Nick Neumann
June 10, 1933 – May 23, 2014
Those special memories of you will always bring a smile, If only we could have you back for just a little while; Then we could sit and talk again just like we used to do, You always meant so very much and always will do too. The fact that you're no longer here will always cause us pain, But you're forever in our hearts until we meet again.
-Always missed and forever in our hearts,
Justina,
Cheryl, Tray and Cass

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EMPLOYMENT OPPORTUNITY



Recreation Facility & Grounds Attendant

The Teulon-Rockwood Recreation Commission is seeking a qualified individual for the position of Recreation Facility Attendant at the facilities that are run by the Recreation Commission.

The successful applicant's responsibilities will include but are not limited to grounds and facility maintenance, including cleaning, custodial and minor repairs, performing routine maintenance on equipment, maintaining campground facilities, collecting camping fees, event set up and take down. This person must be able to operate equipment related to the facilities including mowers, tractors, string trimmers, etc.

Applicants must be able to work evenings and weekends and have a valid driver's license.

Resumes need to be submitted by 4:00 P.M. on May 21, 2021

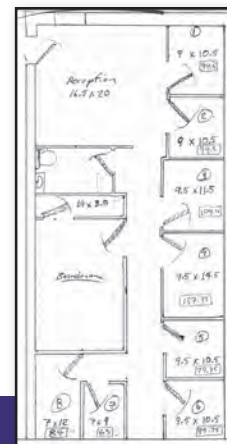
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Stonewall Teulon
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OBITUARY



Gary Walsh
May 12, 1946 - May 6, 2021

Gary lived in the Marquette community for his entire life. He started working at Marquette Co-op at the age of 19 and stayed for 24 years. It was followed by stints in construction, farm labour, and custom mowing. A few years later, he attended Red River College, graduating in 1996, as a Power Equipment Technician. After working at various small engine shops for a few years, he took a leap and went into business for himself. Mission Trail Small Engine filled his days and occasionally his evenings with mechanical challenges, successes, and head-scratching puzzlements, but with all of that came a huge variety of new acquaintances with interesting

stories. And it was a wonderful way for him to connect with his many friends and neighbours. News flash: men love to gossip! After he retired there was even more work to do. Unfortunately, he wasn't quite able to get it all done. His family will do their best to try and finish all the things he had started or planned to start. Karen will miss the sustaining, accepting, quiet presence of her partner of the last 49 years.

Derek has already stepped into Dad's shoes even though, as he said, they are hard to fill. As the firstborn child and especially as a teenager, Derek put his dad through his paces with his multicoloured hair and car escapades but here he is now, the father of four in partnership with their awesome mom Erin. Sofie has been Grandpa's chief hugger, gymnastics champ, and extremely talented artist. Wyatt is a budding mechanic, gardener, and builder of everything. "Are you going to be using that lumber?" was a question often directed at Grandpa. Emmett is a lover of sharp objects and collector of keys. Many cuddles were enjoyed on Grandpa's lap while "helping" him play Solitaire on his iPad. Leo is the future Kubota tractor operator. Grins, waves, and dimples made every day special for Grandpa.

Derek's most recent memories involve asking Dad if he can borrow a tool with his reply often being, "It's in the shop on the counter by the door." Trying to find a tool in Dad's shop was like trying to find a needle in a stack of greasy needles.

Kevin, as a little boy, was Dad's motivator, sometimes helping him out by finishing his tea so he could get back to work. He has always been the caregiver and still is. As a young man he often wanted to try new things, so it was no big surprise when he brought us our first grandchildren, ready made and looking for fun. Codie was a sweet little boy who grew into an amazing young man; a gentle, loving magnet for children. Codie will miss his secret handshake with Grandpa. Chasity was the chief pancake making buddy after sleepovers; now a beautiful young woman, always ready with a smile and a hug. Caramello was hardly more than a baby when we met her, now a young woman, fearsome defender of rights with a twinkle in her eye and a ready comment.

Tyler completed the set of three sons. He always seemed a little more extroverted than his brothers, showing no fear of microphones or cameras, thus providing plenty of entertainment. Recently, he developed a flare for Lego stop-motion videos, causing Dad to pop a few buttons. Tyler and our other awesome mom Carly, provided two more grandsons for Grandpa to brag about. Jack, an all-round nice guy, sports fanatic, and a teenager to be proud of. Grandpa enjoyed every game of hockey and baseball he watched you play. "More exciting than the pros!" He also quite enjoyed the Monopoly game he won that time too. Noah is our collector of a million facts, all retrievable instantly when needed, a voracious reader of books and Grandpa's favourite flag football player. He thought your giggle was the best. Jack and Noah's favourite memories of Grandpa are trips out to the farm in the winter for sleigh rides behind the tractor, hot dog roasts in the middle of the bush, and the yearly Grey Cup party.

Sometime after his own sons were grown, and again thanks to Kevin, Gary inherited another son and working buddy. His name is Lester and he arrived fully grown. Gary's life was changed for the better again. When Lester was around, that Kubota was his. Gary appreciated all the time they spent together working around the yard.

When Gary had his family surrounding him, it was his proudest and happiest time. We will dearly miss all of the stories he would tell - from the cars he used to own (the Plymouth Fury) to the case of his missing favourite hockey cards, thought lost for decades (we found them in 2013 and gave them back to him for his birthday). We will remember that it's always time for ice cream, which Grandpa would suggest even if no grandchild asked for it, and of course we will always laugh over Dad's most famous line, "Scared me didn't I!," coined on a family road trip to Minnesota.

Besides his immediate family, Gary is leaving behind his sister Shirley, brother-in-law Jim and their family, as well as his brother Don, sister-in-law Darlene and their family. On Karen's side, he leaves brother-in-law Ernest, Brenda and their family, brother-in-law Richard, and brother-in-law Jim and his family.

His cousins will miss him at the next family reunion. Speaking of cousins, Cathy must get a special mention for changing the course of Gary's life by arranging that fateful blind date. Gary also very much enjoyed his phone chats with friends Tom and Gary, as well as the visits that have been much too rare lately. Dear friends Pat and Rainer Kunau and their family are really extensions of our family. Sadly, Rainer has also left us but we like to think they will meet and Gary will let Rainer play on his new Kubota tractor.

Many thanks to everyone for all of their kind words and gestures of support. Gary was happy to have never left home.

One of the unfinished projects Gary leaves is the establishment of the Mission Trail Bottle Cabin, originally his Dad's collection, at Woodlands Pioneer Museum. With the help of family and volunteers, it will get done. For anyone who so desires, memorial donations can be directed to the Woodlands Pioneer Museum.

OBITUARY



Jasmine Normand
May 18, 1993 - May 10, 2021

Just days shy of her 28th birthday our beautiful daughter "Jassy" died tragically.

She has left behind her heartbroken parents Norman and Brenda, brother Anders and Melissa, her Aunty Char and Joey, Grandpa Dave Shepell, Grandpa Gordon Normand and Shelly. She also leaves behind numerous family members from all sides of the families as well as many, many friends.

She was recently predeceased by her loving and caring Grandma Shepell who never lost faith in Jassy and loved her unconditionally. Although her life has ended way too soon Grandma will be so happy to see her. She was also predeceased by her Uncle Gerald.

Jassy was a bright and energetic young girl. She had beautiful long flowing hair. She grew up in the country and loved her dolls, riding her bike and the trampoline.

She had lots of school friends and a best buddy that lived next door. She loved books and family vacations, a trip to Valleyfair with Aunty Char, winter holiday to Mexico where she parasailed, swam with the dolphins and rode on the pirate ship.

Jassy loved pottery, music and her cats. She loved her collection of bracelets and her sparkly chandelier over her bed. She was kind and caring. She was quiet but friendly, polite and adventurous.

As a very young teenager we began to notice her slide into a black hole and did not immediately realize what had overtaken her. We frantically and relentlessly sought help for her drug addiction. Nothing succeeded. She tried so many times but a relapse always followed. She was not able to fight the demons that consumed her life for so many years.

Addiction does not discriminate. You just no longer own your life. Although she was taken by the hand of another, the addiction led to her fate.

We will always be thankful of those who knew and loved her unconditionally. There are too many to mention but they include Karen M. and childhood friend Courtney C.

We are so thankful she can finally rest in peace as she has struggled for so many years. It was a gruelling battle which sadly has come to this end.

Oh Child. Things are gonna get easier. Oh Child. Things'll get brighter.

I destroy homes, I tear families apart.
I take your children and that is just the start.
I'm more valued than diamonds, more precious than gold.
The sorrow I bring is a sight to behold.
If you need me remember, I'm easily found.
I live all around you, in school and in town.
I live with the rich, I live with the poor.
I live down the street and maybe next door.
I have many names, but there's one you'll know best.
I'm sure you've heard of me, my name is Crystal Meth.
My power is awesome, try me and you'll see.
But if you do, you'll never break free...

A private service was held where she was buried with her Grandma.



OBITUARY



Evelyn Jean Dew
August 1, 1921 - May 7, 2021

Peacefully, in her sleep, Evelyn passed away in the early morning hours of May 7th, 2021, just three months shy of her 100th birthday, while residing at Betel Personal Care Home in Selkirk, MB. She was predeceased by her parents, William and Myrtle Napper, husband Cecil, son Wayne, brother Alvin and many brothers and sisters-in-law.

Evelyn will be lovingly remembered by her son Lyle (Karen); daughter Myrna (Ken); daughter-in-law Marilyn; sister Marion; grandchildren Murray (Trudy), Doug, Michelle (Darcy), Keri (Justin), Brett (Cora), Tammy (Chuck), Tonya, Terri (Justin), and Taylor. Also cherishing her memory are her 13 great-grandchildren!

Mom was born in a little farmhouse in Foxwarren, MB. As a child, her family lived on farms in the Binscarth, Tilston, and Lake Francis areas. She married Dad, Cecil, on June 23rd, 1942 and lived on the farm until 1949 when they moved in the Village of Woodlands. In 1964 they made their final move to Stonewall, where they spent the next 55 years.

Mom was a child of the 1930's, the depression years. She spoke of not seeing a garden mature until she was 14 years old, grasshoppers and drought. She would tell stories about picking sheep's wool off the barbed wire fence and her Dad selling it for two cents a pound. Evelyn loved curling, old time music, fiddling, and especially dancing with our Dad. She loved her kids and her grandkids, and rarely missed any of their sporting events. One of the highlights of Mom's life was when she took a trip, at the age of 89, to Hawaii and then on to Australia to meet her first great-grandchild.

Evelyn was a life member of the Stonewall Curling Club and a multi-decade member of the Stonewall Legion.

Special thanks to Taylor from Betel Home who went above and beyond in keeping Mom's spirits up. Our family is forever grateful for your compassion and your passionate ability to make Mom laugh.

In lieu of flowers, if friends so desire, donations can be made to the Stonewall Legion.

A private family celebration of Evelyn's life will take place at a later date.

We are comforted to think that Mom is now dancing her feet off with our Dad. Bye, bye for now.

MACKENZIE FUNERAL HOME STONEWALL
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OBITUARY



John Elmer Schott
April 5, 1927 - May 14, 2021

On May 14th, Jack passed away peacefully at the age of 94 at the Boundary Trails Hospital with family by his side.

Left to cherish his memory are his children Allan (Valerie), Dwayne (Dale), Ryan (Jacquie), Lynda (Brent), daughter-in-law Marlys, his 14 grandchildren (Daniel, Monica, Bonnie (Dave), Stacey (David), Robert (Braylinn), Jeffrey (Linda), Kristina, Craig, Kristen, Rob, Ashley (Thomas), Brayden, Stephanie and Nicole), and one great-granddaughter, Emmalyn. He is also survived by his brother Ron Schott.

Jack was predeceased by his wife Jona, son Eric (Marlys), and his sisters Velma and Hazel.

Jack was born in 1927 to Martin and Margaret (Hogg) and lived in Warren where his father owned a mechanic shop. At the age of 8, while at the height of the Great Depression, his family moved to the present-day farm located northwest of Warren. Jack bought the farm from his siblings after the passing of their parents in 1953.

In his twenties, Jack went to a dance in Lundar and saw a "good-looking girl" (Jona Erickson) who he hoped would dance with him. She did and they married in 1954. Jack cherished the 65 years they had together while raising five children on the farm. As the family grew so did the farm, growing various grains along with beef cattle and hogs. Jack loved working the land and repairing machinery. He and Jona also had a large garden and enjoyed summer family corn feeds.

Jack was a hard worker and a successful farmer. He was also an avid bird watcher and photographer. He instilled in his children the love of agriculture and nature, along with a strong work ethic and commitment to family. He encouraged and supported his children's many activities. Jack had a quiet demeanor, but he also had a mischievous side that would occasionally come out!

In later years, Jack and Jona enjoyed traveling to such places as Hawaii, Kenya, Iceland, Australia including a cruise around Cape Horn. They also travelled across Canada, mostly by car, from the Pacific Rim to Newfoundland, and north to Churchill, Inuvik, and Alaska.

In November 2010 they moved to Lions Manor in Stonewall. They continued to spend summers at the farm the following nine years as their grandson Daniel gradually took over the family farm.

In his last few years, he continued to demonstrate his commitment to family, as he cared for Jona through her declining health.

He will forever be remembered and cherished by his loving family.

A private interment will be held at the Warren Cemetery.

The family wishes to thank homecare and the medical staff of Stonewall and Boundary Trails Hospitals for taking such good care of him.

Gone is the face we loved so dear,
Silent is the voice we loved to hear.
Too far away for sight or speech,
But not too far for thought to reach.
Sweet to remember him who once was here,
And who, though absent is just as dear.



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Announcements



OBITUARY



Irene Dona McCormick

Irene Dona McCormick was born in Minnedosa, MB on September 4, 1939 to Roy Wilfred and Edith May de Jersey (nee Pittman). Their family included Mum's older sisters, Ivy (Lloyd Carter) and Yvonne (predeceased, Ernie Uilberg). Grandma and Grandpa raised their family in Erickson and Onanole, MB where Mum developed friendships she valued and maintained throughout her life. At 19, Mum moved to Winnipeg to begin a career in office administration, and sometime soon after she met James McCormick, whom she married in 1960. Together they had two children, a son Darren (Nicki Wilberforce) and daughter Colleen (Penner) whom, they supported together throughout their lives.

Family was priority number one for Mum. She loved spending time with and hearing news about her grandchildren: Brittany (Josh Eason) and Alicia Penner, Wyeth and Niav McCormick, and Maggie Wilberforce. Becoming a great-grandmother and spending time with Tage (Eason) brought Mum much joy. Mum was keenly interested in her roots and she enjoyed researching her family's history, contacting long lost relatives, and keeping up with news of nieces, nephews, and cousins.

Mum and Dad shared strong values for hard work and their community, and they both enjoyed the outdoors, camping, and travel. After retiring to a hobby farm near Gunton, MB they spent summers in their large vegetable gardens and shared the bounty of their labour with food shelters in Winnipeg. When spring melting brought threats of flooding to Winnipeg, Mum and Dad pitched in to help within their abilities by transporting sandbags in their pickup truck. Mum enjoyed baking and preserving the produce and berries she and Dad picked. Together they travelled through much of North America, and they were able to visit Europe with Uncle Ernie and Aunt Yvonne, a trip they enjoyed immensely and about which she loved to reminisce. The most recent trip Mum took was to Italy in fall 2019, accompanied by her daughter and best friend, Colleen.

When Mum and Dad found the farm too much to look after they moved to Stonewall, MB where Mum discovered many ways to integrate herself in the community. Mum attended Stonewall United Church and was a member of the Worship Committee. She made blankets to support Project Linus and spent time with day program clients at the Arris Centre. Mum was a member of the local 55 Plus Centre and Red Hats group, and she enjoyed bowling, stick curling, and line dancing. She shared many laughs, meals, and a few glasses of wine with the friends she made through her escapades in Stonewall, whom she loved dearly.

Mum passed away early in the morning on Saturday, May 15, 2021. Following Mum's wishes, there will be no funeral.

In lieu of flowers, feel welcome to give a donation to the charity of your choice.

For the support provided to Mum, Colleen and I thank: Reverend Tammy Bleue, Stonewall Seniors' Resource Centre, South West District Palliative Care staff, Stonewall Hospital staff and Dr. Kerr Graham, our Mum's many friends, and finally Kirsty and Dan Morrison.



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