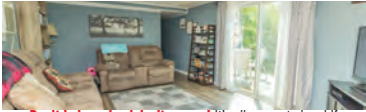


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Lil' green thumb

Two-year-old Forest helps with watering plants at his parents' Eddlewood Farm greenhouse.

TRIBUNE PHOTO BY JENNIFER LEECK

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May is Brain Tumour Awareness Month

By Jennifer McFee

Every day, 27 Canadians are diagnosed with a brain tumour.

On July 26, 2017, Christine Penner received this unwelcome news.

"I was surprised when I heard about it in emergency at the HSC. Since that day I have had three brain surgeries," said Penner, who was the superintendent of the Interlake School Division at the time.

"I currently am working on my fourth brain tumour. I am working hard to stay as healthy as possible. I try to eat well (without denying myself some little pleasures), I try to exercise every day, and greatly enjoy an afternoon nap every day."

Although Penner's brain cancers and surgeries have caused both cognitive and physical issues, she

tries not to dwell on those changes. Instead, she continues to focus on what she is capable of doing.

"I am doing well these days," she said. "I wake up every morning smiling that I am hanging in there."

That's not to say her journey hasn't

been filled with challenges and frustrations along the way.

"The most challenging experiences for me were the six weeks of daily radiation and chemotherapy after my first brain surgery on Aug. 8, 2017. My frustration has been having four brain cancer experiences. As my fourth brain cancer is in the middle of my brain, I am not having surgery on that one. I am taking many drugs," she said.

"The ongoing challenge and frustration of the brain cancer has been my dependency on others. Because of my limitations, I can't drive and I have to rely on others for some problem solving."

At the same time, Penner's spirits have been buoyed by some positive experiences that have lifted her spirits.

"In my second surgery,

80 per cent of my brain tumour was taken out. That left 20 per cent in my brain. After several months of taking an experimental drug, I was very excited to discover that the remainder of my second surgery had shrunk," she said. "This was a wonderful surprise for me."

"I WAKE UP EVERY MORNING SMILING THAT I AM HANGING IN THERE."



Christine Penner has had multiple surgeries for brain cancer.



Throughout her journey, Penner keeps smiling.



Overcoming obstacles, she earned her PhD earlier this year.

Another uplifting moment occurred earlier this year when Penner earned her PhD.

"Two months before I was diagnosed, I had defended my proposal for my doctorate. Because of the amount of brain they took out during my first surgery, I never thought I would be able to continue with my doctorate," she said.

"After a year and a half, and with the support from the University of Manitoba and the wonderful people around me, I was able to complete my thesis and on Jan. 21, 2020, the University of Manitoba held a special graduation ceremony for me where I had my doctoral degree bestowed upon me."

The month of May is a noteworthy time for Penner and many others since it is Brain Tumour Awareness Month.

"It is important to have Brain Tumour Awareness Month in the same way that it is important for the general public to be aware of a multitude of medical issues that impact people's lives," she said. "Awareness helps create empathy."

The Brain Tumour Foundation of Canada encourages everyone to "Turn May Grey" by wearing grey clothing and letting their roots go grey. People can post photos of their quarantine

hair and consider donating what they would normally spend on a haircut.

Another way to show support is through the 2020 Virtual Brain Tumour Walk, which will take place across Canada on June 27. Teams or individuals can register through a link at www.braintumour.ca, and they can choose their own route and location. So far in Manitoba, 122 participants have signed up. Information is also available by emailing btwalkhelp@braintumour.ca or by calling 1-800-265-5106 ext. 250.

Common symptoms of a brain tumour include frequent headaches, dizziness or unsteadiness, double or blurred vision, seizures, morning nausea and vomiting, weakness or paralysis, personality changes and hearing impairment. Anyone experiencing these symptoms should consult a doctor.

For Penner, she continues to stay on the sunny side of life with support from those around her.

"I have always been someone who has tried to live life to the fullest and enjoy every moment," she said.

"If anything, the reality of having a terminal illness has highlighted those thoughts and emphasized the importance of spending time with family and friends."



SOUTH INTERLAKE PLANNING

Keep Us In Mind This Spring and Summer!

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

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

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

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

On-line market to provide weekly vegetables

By Sydney Lockhart

Eddlewood Farm will be selling weekly vegetable boxes this summer due to the COVID-19 pandemic.

Jennifer Leeck and her husband Chris Friesen moved to the Warren area in May 2016 and since then have been growing over 100 varieties of vegetables, raising chickens, dairy goats, alpacas and bees.

The locally grown boxes will include a different variety of vegetables, depending on what is in season and will feed a family of two to four on average.

The boxes will be posted to Instagram (@eddelewoodfarm) so that customers can see what is inside each week before purchasing.

All orders can be placed through their website at eddelewoodfarm.com and add-ons such as extra produce, eggs, honey, goat milk soap and alpaca yarn can be purchased alongside with the boxes.

"We have some fun varieties like ground cherries and cucamelons growing as well to keep the boxes exciting," said Leeck.

The boxes will be sold for \$25 before add-ons and are expected to start being available for purchase mid-June weather dependant.

The past few years they have run a CSA (community-supported agriculture) program where people could buy a whole season's worth of vegetables at a set price and have them delivered weekly.

This year the family decided to switch to selling boxes of vegetables in place of the CSA program.

This process will allow the family to self distance with online orders, pick-up and doorstep delivery in Stonewall, Warren and Winnipeg.

"I have no idea how it will affect our sales. We're hoping for the best but expecting the worst," said Leeck.

Although they are not certified organic, Leeck says that they are very

serious about regenerative agriculture because it's what we're leaving for our children and their children.

They grow organic plants to turn into the soil and are currently working on a no-till method.

"We are a mixed farm trying to do everything as organically and diverse as possible. Everyone thinks they need to be planting flowers for bees to survive but it's actually about plant diversity," said Leeck, "If we even make a little bit of difference in the soil it matters. We're losing species of bugs and bees and animals and it's in part to large farming."

Normally the family would hire two people to help out on the farm during the summer months, but due to the COVID-19 pandemic they are left short of staff.

This year the entire family will be helping on the farm with 11-year-old Sophie, who has stepped up to help them out.

"She helps out in the greenhouse with planting seeds and basic farm chores. She has been such a good help with her little brother too," said Leeck

She added that their two-year-old son Forest is getting to be a little more helpful around the farm now, but it is proving to be a handful to run the farm by themselves.

Stonewall resident Beth Martin is a regular customer at Eddlewood Farm who says she likes knowing where her food comes from.

"I like being able to sustain the people that sustain us by buying local," she said.

Martin added that Eddlewood Farm's vegetables taste great.

"They're just amazing people. They have such a passion for what they do, for their animals and their plants," said Martin.

Martin said knowing only the Eddlewood Farm family has touched her food, and no one else has, makes her feel more comfortable amidst the CO-



TRIBUNE PHOTO SUBMITTED

The Eddlewood Farm family — Chris Friesen, son Forest, daughter Sophie and Jennifer Leeck — has been busy on their farm preparing for this year's vegetable growing season.

VID-19 pandemic.

Located at 1080 Road, 76.5 Rd. N, Warren, Eddlewood Farm is a member of Direct Farm Manitoba.

For more information, call Eddlewood Farm at 204-322-5683 or email eddelewoodfarm@gmail.com.

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Town of Stonewall Hometown Heroes during COVID pandemic



Woody and Freda Sewell



Linda Doubleday



Childcare provider Deana Ballantyne



Entrepreneur Laura Isaak



Co-op Food Store staff

By Jennifer McFee

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

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

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

On May 11, Woody and Freda Sewell were honoured for their contributions during these tough times. The long-time Kin Canada members and community volunteers have been dedicating their time to making and distributing double-layer cotton masks for free. However, they ask that recipients consider making a donation of a food item to the Interlake Food Bank. Anyone who needs a face

mask can contact the Sewells at 204-467-8983.

"It is this kind of generosity and spirit that bolster our community in times of uncertainty," states the Town of Stonewall Facebook post.

On May 12, Linda Doubleday received recognition for her dedication to supporting seniors. She is a familiar face thanks to her volunteer efforts at the Stonewall United Church and many other organizations.

"With church services being suspended due to the pandemic lockdown, Linda has been faithfully putting photocopies of the services her minister emails out under the doors of people at Lions Manor who can't access them online," states the post.

"Knowing Linda, she's probably helping out in many other ways during this crazy time — it's just in her nature! Thank you, Linda, for your thoughtfulness and support for seniors during the COVID-19 pandemic."

On May 13, childcare provider Deana Ballantyne earned the title of a hometown hero. She is well-known for her kindness and compassion at her licensed home daycare, which she has operated for the past five years.

"Her care for each child is unique and something to strive for. Throughout the COVID-19 pandemic, she has remained open and has managed to homeschool her own children while providing outstanding care for her daycare children," states the Facebook tribute.

"Our community is fortunate to have someone as attentive and compassionate to care for our children during these unprecedented circumstances."

On May 14, entrepreneur Laura Isaak was recognized for putting aside her business The Clothesline, which focuses on handmade kids' clothing, to start sewing much-needed masks. She has been donating her handmade masks to health-care workers and selling them to community members

for \$7 each.

"She plans to keep sewing and donating even more masks to those in need," states the Facebook post.

"Thank you, Laura, for your initiative and support to our frontline workers."

On May 15, the staff at the Co-op Food Store earned the honour for their hard work to create a safe environment during the COVID-19 pandemic.

"From sanitizing more than ever before, the one-way shopping aisles, social distancing floor markers, and dedicated vulnerable shopper hours, the staff and management are making an exceptional effort, all while working in public every day to serve our Town and surrounding communities," states the Facebook post.

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

Missing Winnipeg man found near Marquette

By Evan Matthews

The worst has been confirmed in the case of a missing man from Winnipeg.

The search for 24-year-old Yasir Rahama is over, as a Marquette farmer located the body of the deceased man in his field, the Winnipeg Police Service confirmed.

Last seen in Winnipeg's Westwood area on Thursday,

May 7, a joint effort by RCMP and the WPS discovered Rahama's car in the Warren area, a person close to the situation told the *Tribune*.

His body was later discovered not far from the vehicle.

In the days prior to finding Rahama's body, family and friends searched Winnipeg, as well as rural areas, hanging posters and asking for public assistance.

RCMP Cpl. Julie Courchaine told the *Tribune* that Mounties had used numerous drones and ATVs in the search prior to the farmer locating the body.

Media reported that Rahama's family told WPS Rahama likely died of hypothermia. The WPS told the *Tribune* foul play is not suspected.

What's *Your* story?

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Music lessons go virtual during coronavirus outbreak

By Sydney Lockhart

Keyboard Ventures has expanded their course options and is now offering online music lessons to help maintain social distancing.

Online classes using Zoom, FaceTime, Skype and Facebook video chat are available to take their regular lessons in piano, keyboard, guitar, ukulele, banjo and voice.

Owner Terry Zurylo introduced two new courses — song writing and music production — to their catalogue of available lessons.

The music production class is beginner level and will only require either the free Garage Band mobile app or the free macOS Garage Band application so that kids can also take these courses with no additional costs on top of lessons.

Zurylo said that he has lots of kids recreate their favourite video game theme songs with different sounds in the music production course.

"I've even had a student do the Hockey Night in Canada theme song. They were so excited to go home and show their parents," said Zurylo.

Keyboard Ventures usually has about 60 students at a time, but Zurylo says that number has dropped because of the pandemic.

"Some families can't afford it after losing their jobs, some people didn't want to try online, and the rest are OK with how it's working," he said.

Although the number of students has dropped, sales have improved.

In April, Zurylo sold more guitars and ukuleles than he does at Christmas time.

"The pandemic is giving people a new hobby," said Zurylo.

Keyboard Ventures plans to keep online lessons as an option even after the pandemic is over and social distancing rules are lifted.

"Snowstorms cancel lessons, and now we have a way to work around that," said Zurylo.

He added that they want to keep it as an option for people who live far away to help them save time and gas if they choose.

Even though Keyboard Ventures will keep their online classes running, Zurylo says that they are finding it more difficult to teach proper hand positions because they can't reach out and move a student's fingers like they normally would be able to.

Split second delays on video audio quality have also proven to be an issue that they are currently trying to fix.

A method they are trying for vocal lessons is sending a pre-recorded accompaniment to the vocalist and having them play it out loud instead of the teacher playing it in real time to avoid audio delay issues.

Zurylo says he always encourages people to take music lessons because



TRIBUNE PHOTO BY SYDNEY LOCKHART

Stonewall's Keyboard Ventures has adapted its teaching model to continue lessons virtually.

you can't learn proper technique online without someone there to correct you.

"It hurts the music teachers because you can't properly learn that way," he said, "but people think you can, so we have less students than we did years ago."

Keyboard Ventures not only sells full-sized instruments but also child-

sized guitars starting at \$100.

"The price of getting into a beginner instrument is cheaper than an Xbox or a PS4. Sometimes it's even cheaper than a hockey stick," he said.

For more information, contact Terry Zurylo at 204-955-5428 or visit Keyboard Ventures at 324 Main St. in Stonewall.

Government to lower vehicle registration fees by 10 per cent

By the Manitoba government

The Manitoba government is continuing to support Manitoba families with an \$11-million program that will reduce vehicle registration fees by 10 per cent beginning July 1, Crown Services Minister Jeff Wharton announced last week.

"After your home, your car is likely your next biggest expense, and reducing these fees is another step toward making life more affordable for Manitobans," said Wharton. "As a result of COVID-19, we're working hard across government and with our partners to

find ways to provide relief to Manitobans who need it now more than ever."

Most Manitobans will benefit from a \$15 decrease to the existing \$154 vehicle registration fee as a first step to reverse a 30 per cent increase in these fees in 2012 by the previous administration, the minister noted. The registration fee applies to non-commercial vehicles and trucks, resulting in an annual registration fee of \$139. Non-commercial vehicles include passenger cars, sport utility vehicles, light trucks, farm vehicles, motorcycles/

mopeds and personal-use trailers and trucks. The existing fee for the registration of government and municipal vehicles will continue.

Manitoba Public Insurance (MPI) administers and collects vehicle registration fees on behalf of the provincial government.

"These savings are in addition to the up to \$110 million in rebate cheques that MPI is returning to its policyholders at the end of May to early June," said Wharton.

"With a healthy reserve fund and fewer claims during this COVID-19

period, MPI is in a strong financial situation to move forward with these rebate cheques to support Manitobans."

Rebates are based on what policyholders paid last year and is expected to be around 11 per cent, or between \$140 to \$160, per average policyholder.

For more information about COVID-19 in Manitoba, visit www.manitoba.ca/covid19 and a comprehensive list of Manitoba government COVID-19 measures can be found at <https://manitoba.ca/bg/2020/04/covid19.html>.

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Pallister misses the mark

By Evan Matthews

The premier of Manitoba's remarks this week are, if nothing else, insincere.

On Manitoba's 150th birthday, May 12, the premier said over the last 15 decades people from all over the world have come to our keystone province searching for a safer and more prosperous life.

"They found it here in Manitoba," said Pallister in a press release. "Their home of hope."

The rhetoric to follow becomes insincere at best, problematic at worst.

What people found, according to the premier, was a "tolerant" society, one continuing to welcome people from all over the world regardless of age, gender, religion or sexual orientation.

Tolerant? What an odd word. "Preference," not orientation?

Do we as a society "tolerate" people regardless of where they come from in the world; regardless of their age, gender, religion or sexual orientation?

This should not be confused: tolerance — as opposed to acceptance and inclusion — are two very different ideas.

Tolerance is showing willingness to allow the existence of opinions or behaviour a person does not necessarily agree with.

Acceptance is, simply, willingly accepting. Inclusion is the action or state

of including another person within a group or (societal) structure.

To tolerate someone's sexual orientation, their religion, their gender is to say you don't agree with it, but you'll allow it to exist. To accept those same aspects of a person is to include them in your world construct, without hesitation.

See the difference?

One may say these slight differences between words is semantics, but words are important.

Maybe it was a poor choice of words by the premier, but as a leader, society expects you to choose your words carefully.

More likely than being a poor choice of words, perhaps it was an insincere remark.

The remark omits the struggles of our Indigenous peoples, struggles so well documented they need not be delved into here.

The remark omits the struggles of Japanese Canadians in the 1940s, who were either sent to internment camps in British Columbia or forced to relocate to sugar beet

farms in rural Manitoba.

Not to say things are as bad now as they were then, but to say we were "tolerant" even 80 years ago, it's just not true. It's factually incorrect, and it's not fair to say.

"Their story is our story, and it is the story of approximately 10,000 newcomers who become Canadian citizens each year in our province," the Premier said in his statement.

"Manitobans will always embrace them with open arms and open heart, welcoming them to our Manitoba family," he said.

Really, though? Why is it so difficult to celebrate how far we've come — how inclusive we are as a society now — without acknowledging some of our jaded past?

Maybe that was the point, and maybe Mr. Pallister missed the mark on this one.

"As we look to the future, our talented workforce, our diversified economy

and our unshakeable respect for human rights, it ensures Manitoba will continue to be the envy of the world," said Pallister.

"THEIR STORY IS OUR STORY, AND IT IS THE STORY OF APPROXIMATELY 10,000 NEWCOMERS WHO BECOME CANADIAN CITIZENS."

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Local farmers affected by closed meat packing plants in Alberta

By Becca Myskiw

A closed Cargill meat plant 1,290 kilometres from Bonnie McRae and Wayne Oliver's farm has cost them more than a paycheque.

The couple's farm is by Marquette where they raise 200 head of short-horned Angus cattle each year — from calves to heifers and steers in a "finishing" program. These animals have a good meat texture with a good amount of marbling.

McRae laid it out easily: at around eight months old, the calves go into a backgrounding program where they're fed grain, corn, straw and mineral for around seven months. Then, they get put on a different feed ration for about five months and are "finished" anywhere between 19 to 30 months old — each animal is different.

McRae and Oliver don't use antibiotics or hormones in their cattle.

The finishing program fattens the cattle up, so they have enough meat on them when it comes time to sell.

That's where COVID-19 became a problem for McRae and Oliver. They sold a load of cattle in January, February and March of this year as prices steadily dropped because of the pandemic. Come April, though, Cargill Proteins in High River, Alta., wouldn't take new loads because of the backlog.

Cargill Proteins in Alberta processes 4,500 head of cattle per day. When a plant worker died of coronavirus, the plant closed for two weeks, meaning roughly 63,000 head of cattle were left

sitting at home.

Sixty of those belong to McRae and Oliver.

"All those cattle that should've been gone in March or April. ... Now we're sitting on them," said McRae. "Everything now is an expense."

McRae and Oliver keep enough feed each year for the cattle they know they'll have on the farm.

According to a University of Nebraska-Lincoln report, the average cow consumes 24 pounds a day. So far, they've had the extra cattle for roughly 45 days, meaning McRae and Oliver have already had to feed an extra 64,800 pounds of food.

"It's a dire kind of situation right now because we don't have a lot of extra feed," said McRae.

She said they're waiting to see what summer brings. Weather is everything. Bad weather means a bad harvest and mucky pens that require extra straw and maintenance, or a lack of feed and bedding for their animals.

They've started selling the animals they had to keep home to friends and families, though. They go to an abattoir in Winkler, Banman Meats, to get inspected and processed, then the meat is butchered in Elm Creek at Penn-West Meats.

Banman Meats and Penn-West Meats are provincially inspected, meaning the meat from the animals McRae and Oliver are selling is grocery store-grade meat.

McRae said she hopes more people will buy meat from them or other local cattle farmers, but she knows find-



TRIBUNE PHOTO BY BECCA MYSKIW

Bonnie McRae, left, and Wayne Oliver carry on farming the way McRae's dad did.

ing the freezer space and money for a full animal can be tough. The upside, she said, is that much meat lasts a long time — and the buyers get to pick the cuts they want. McRae has had a few people offer to take a full animal and then have shared it between three or four families.

She reminds people to keep in mind that when buying a whole animal, you buy everything. The cow comes at roughly 950 pounds, which includes the animal's bones and extra fat that don't come with the cut and wrapped meat.

McRae said losing the bones takes off at least 200 pounds right away.

There are also three expenses when purchasing a whole animal — the cost to the farmer, the abattoir and the butcher. The average price per pound changes depending on the cost from butcher to butcher.

Though Cargill Proteins in High River opened again on May 4, McRae said it won't change anything for their situation because of the backlog.

"Everything is a hardship now," she said. "It all depends on what summer gives us."

If anyone is interested in purchasing an animal from McRae and Oliver, you can call or text McRae at 204-383-0059.

Manitoba beef producers need all levels of government support

By Evan Matthews

Beef producers have gone public with many issues over the last year, but those issues have come up again as the industry's top voice in the province is appealing to the Association of Manitoba Municipalities.

In a letter dated May 4 addressed to the Association of Manitoba Municipalities president Ralph Groening, Manitoba Beef Producers (MBP) president Dianne Riding addressed how COVID has affected the industry at federal and provincial levels, and how to move forward.

"MBP has appreciated past support of the AMM ... on advocacy efforts related to matters such as floods, droughts, education tax reform and (mad cow disease), among others," said Riding, who runs a commercial cow-calf operation located in Lake Francis.

"This is a critical time in the Canadi-

an beef industry. ... Manitoba's cattle producers are an integral part of the economic and social fabric of communities around the province, so we wish to keep the AMM and its members apprised of the situation."

She emphasized that beef production is Manitoba's largest livestock commodity in terms of individual farm operations and is a key player in the provincial agricultural economy.

The best way to move the industry

forward, according to MBP, is for federal and provincial governments to support programs identified by the national lobby group, the Canadian Cattlemen's Association (CCA), as a way of reducing "significant impact" to the industry.

As many farmers have stated before, Riding's letter emphasized the need for federal and provincial governments to alter existing programs while simultaneously creating new

ones. Riding said in doing so, governments will be helping producers' operations remain financially sustainable through market turmoil resulting from the crisis.

"The spread of COVID-19 has forced all orders of government and industries to adjust to the ever-changing reality. The AMM recognizes the eco-

Continued on page 8

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Young carpenter making and selling planters

By Sydney Lockhart

For Mother's Day 22-year-old Ethan Garrett wanted to get his mom some vegetable planters but was disappointed by what he found online.

He soon discovered that a singular wooden planter would cost him almost \$350 at a big box retailer so he decided to build his own at his home in Woodlands instead.

Because of COVID-19, Garrett's job working commercial and residential carpentry slowed down. He figured he could continue to work and generate income by selling the planters.

"I was just going to make my mom a couple for Mother's Day, but now she has at least three or four," he said. "That's how this all started."

He is currently offering two differ-

ent sizes of planters: a large size that is two feet wide, four feet long, three feet tall and 11 inches deep, and a small size that is two feet wide, two feet long, two feet tall and 11 inches deep.

Garrett says he wanted to create a planter that was cost efficient to build, but also high quality, even with the lowered price point.

All planters are made with pressure treated wood that is free of harmful chemicals so that vegetables grown are safe to eat.

"They are finished with pine, sanded and done in a clear coat stain preservative that's good for outdoors," said Garrett.

One large planter is \$200 but if you buy two, it is \$350. He is also offering delivery for an additional \$25.

To date, he has sold 16 planters and plans to continue making them as long as there is demand.



TRIBUNE PHOTO SUBMITTED
Ethan Garrett's Mother's Day gift turns into small business.

Garrett says he plans to make and sell outdoor deck patio furniture such



Garrett builds two different sizes of planters.

as deck chairs and tables in the future.

To purchase a planter, contact Ethan Garrett through Facebook or Instagram messages at @egarr_34.



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> MANITOBA BEEF PRODUCERS, FROM PG. 7

conomic slowdown has had tremendous impacts on various sectors of the economy, including the beef industry," said Groening in response to the letter.

"The AMM continues to advocate for greater financial and economic assistance for all municipalities (and stakeholders) experiencing unexpected financial pressures, including Manitoba's beef industry, which is a large employer in (rural) communities."

In Riding's letter, MBP — in accordance with the CCA — advised five ways to help the industry move forward.

Saving the industry starts with a Set-Aside Program. The program would help to manage inventories throughout the beef production system, better matching the number of cattle ready to market with the amount of processing capacity available.

It would also help cover additional cost associated with feeding cattle for longer periods of time, as producers are forced to maintain herds due to the lack of processing capacity.

Livestock Price Insurance has become unusable due to its high premiums, according to Riding, in addition to the fact that it is not available nation-wide.

Livestock Price Insurance is especially important for young and new beef producers, she said, who are taking risk by entering the industry.

Both the current Manitoba Agriculture Minister Blaine Pedersen and the former Ag Minister Ralph Eichler have acknowledged current BRMs are inadequate for beef producers; however, nothing has changed in regards to their

operation.

Riding said the Advance Payments Program needs three enhancements.

1. Governments need to increase the interest-free portion to \$500,000 for beef cattle.
2. Governments need to increase the overall cash advance limit to \$3 million.
3. Governments need to extend the repayment terms for beef cattle to 36 months.

Riding said government should deem COVID-19 a natural disaster under AgriRecovery, a program all too many farmers have been pleading with the provincial government to invoke since last year's feed shortage.

The program can provide immediate compensation for extraordinary financial hardship, which Riding said beef producers are undoubtedly experiencing.

Lastly, Riding said government needs to remove the reference margin limit within AgriStability and eliminate the \$3-million cap hit.

She added government need to raise the payment trigger to 85 per cent while processing interim claims quicker, providing quicker relief.

Riding touched on a couple other issues, too, such as desired changes to the Agricultural Crown Lands Leasing Program (ACL), as well as emphasizing the importance of PPE for food processing facilities.

Riding asked AMM to advocate for governments prolong the ACL rental rate increase over the next five years due to financial uncertainty.

While acknowledging the health-care sector must remain Priority 1 in regards to allocation of PPE, Riding said maintaining the food supply is also important. MBP asked consideration be given to having PPE for food processing facilities be made a priority when supplies increase, so as to reduce the risk of Manitoba processing plants facing temporary slowdowns or closures.

"MBP recognizes governments are working diligently to try and respond to the many and varied pandemic-related needs society-wide," said Riding.

"However, the importance of the beef industry to our province cannot be understated."

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Home & yard

The benefits of a raised flowerbed or vegetable garden

By Evan Matthews

Spring is now upon us, and the owner of a local greenhouse has provided some fresh perspective on an annual tradition.

Each year around this time, people begin to plant flowers and vegetable gardens, but few do so in a raised "bed." Karen Sabados, co-owner of Sabados Greenhouse near Lundar, said there are a few significant benefits to using one.

"Anything that can be grown in the ground can be grown in a raised bed. It's just a different parameter for growing," said Sabados, who has used raised beds for over 40 years.

"You're isolating the plant from its root environment. They grow very well because you're adding depth of soil to their life."

Whether the gardener is considering using timber, bricks or any other material, Sabados said construction and design have to be first priority.

This includes considering the depth of the flower bed (and its soil), as well as how to best isolate the plant from the surrounding environment.

"It's about whether or not you choose to put landscape fabric underneath the bed, but you have to isolate the plant from the grass somehow. Grass



PHOTO SUBMITTED

There are a lot of advantages to raised gardens.

creeps in and creates problems up the wall of the raised bed garden," said Sabados.

"There are choices. You can isolate the bed from underneath by putting landscape fabric underneath or by using cardboard, newspaper, etc.

"Or you can choose to dig down further when you create your wall and put a curb underneath the soil, whether it be timber, brick, plastic, etc., to keep the grass out."

By choosing to isolate the soil depth from underlying grass, Sabados said the bed will require more height than if you were to allow the plant to access the subsoil. If a plant can access subsoil, the raised garden would need about 15 inches of soil depth, versus a much deeper soil depth of up to 30 inches if the bed is isolated from the subsoil.

The deeper soil depth and isolation will prevent weeds from creeping in, Sabados said.

"Personally, we choose to create a curb underneath the raised wall so our (vegetable) plants have access to the entire level of subsoil," said Sabados.

"It requires you to get rid of the grass from the get-go, whether you dig it out or whatever you're going to do to get rid of it."

More depth of soil creates a much healthier and robust plant, according to Sabados.

Continued on page 10

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> RAISED BEDS, FROM PG. 9

But one other aspect of note, Sabados said, is water drains more quickly from a raised environment. Monitoring moisture levels is critical, she said. "But generally, it's a more optimal growing environment," said Sabados. "If you make these choices during the planning stages, you'll have a much easier time with seasonal maintenance and a healthier plant."

If the bed is to be used for flowers, Sabados said perennials can be a little more "touchy." Because the bed is raised, frost can creep in the sides easier. Annuals are typically less finicky, according to Sabados, but both are very commonly done.

Because it's been such a cold spring, Sabados recommended holding off on flowers for just a touch longer.

"It seems the season is just a tiny bit delayed. I hate to say it, being a greenhouse (owner)," said Sabados. "You've got to use your own common sense. We never tell people when to plant. They've got to make their own decision, whenever they feel it's the right time."

Raised beds are also conducive to growing vegetables, attracting hummingbirds, bees and butterflies, Sabados said.

Most vegetables will grow better in a raised bed, said Sabados. She suggested buying a good quality name-brand fertilizer with micro-nutrients listed on the bottle to ensure growth.

"You want everything covered and want to avoid any weird deficiencies

in your tomatoes, as an example," said Sabados.

Tomato plants are among the most productive vegetables," she added.

"It's also about producing your own fresh vegetables. ... It's just better growing your own," she said.

"You have control over your own food; what you put into it, what you fertilize it with."

Vegetables like green beans, cucumbers and onions, as examples, tend to produce a large amount when harvested.

Vegetables like peas and corn tend to produce less, Sabados said. They take up as much room as beans (for example) but then have to be shelled, which results in less food overall.

If the goal is to attract hummingbirds, bees or butterflies by planting flowers, each species tends to be attracted to its own favourite type of flower. A quick Google search shows a variety of choices, depending on the desired outcome, Sabados said.

For more specific information, Sabados said to visit online or call the Sabados Greenhouse.

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Home & yard

How to support tomato plants

Without support, tomato plants will collapse under their own weight. To keep yours upright, use one of these three devices.

1. **Stakes.** Insert a sturdy stick made of wood, bamboo or metal in the ground next to the plant. As it grows, tie the stem loosely to the stake using gardening twine.

2. **Cages.** Designed to surround and support plants as they grow, store-bought tomato cages are often not strong enough to keep heavy plants upright. Instead, make your own using wire fencing and strong stakes.

3. **Tripods.** Fashion a tripod out of three tall stakes and tie them together where they meet. As the plant grows, wrap the branches and tripod in twine to keep the plant contained and off the ground.

These devices can also be used to prop up pepper, cucumber and other types of plants that need extra support.



Composting 101

Composting lets you turn your kitchen scraps into fertilizer for your garden. Here's how to do it.

- Place the compost on the ground. Either bare earth or grass works. You want worms and other beneficial organisms to get in to aerate it.
- Add green and brown compost in layers. Green compost consists of mostly table scraps, tea bags and coffee grounds. Brown compost includes leaves, grass cuttings, newspapers and paper towels, among other things.
- Keep the compost damp. It should be the consistency of a moist sponge. If you don't get a lot of rain in your area, sprinkle it with water periodically.
- Turn it every few weeks. This helps distribute oxygen throughout the heap, which enables the compost to decompose.

Within a few months, your compost pile will be full of nutrients and ready to incorporate into your garden.



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Local chemical company grows with hand sanitizer

By Jennifer McFee

A locally owned company takes pride in its continuous innovation, which allowed it to adapt to meet shifting demands during the COVID-19 pandemic.

Incorporated in 1986, Precision Chemical Technologies Inc. has decades of experience as a wholesale distributor and manufacturer of soaps and disinfectants. More recently, the bustling business has changed its focus to add hand sanitizer to its product line.

"We used to buy hand sanitizer from another manufacturer because we were only selling a few cases a month. Then we had the opportunity to sell more, so we talked to our colleagues and suppliers to assist us with the formulation of a gel product," said Rosser resident Darren Minaker, who owns the company with his wife Dianne.

"It worked out very well. The gel has been accepted very positively and everybody likes it. We essentially started a new product line, and now the hand sanitizer has turned into the best selling product line for the company, by far."

They sell the popular hand sanitizer by the case to distributors. Their products are in stores across the country,

all the way from B.C. to the Maritimes.

"We're in Food Fare, Canadian Tire and a variety of small convenience stores. We're trying to get it out to everybody through distributors," Minaker said.

"We're already in the business of manufacturing disinfectants that are being used in the agricultural industry, with hog and poultry operators using the products. For the hand sanitizer, we were in the right place at the right time."

While many other companies are facing uncertainty due to these turbulent times, Precision Chemical Technologies is poised for unprecedented growth. The homegrown business collaborates with national microbiology labs, universities and colleges to create the best possible products, which go through an extensive testing process.

"We have grown so much through the demand for hand sanitizer. Right now, we've probably grown 10 times in two months from what we were. It's pretty incredible," Minaker said.

"We have a second location now and we're currently looking for a larger third location. We need to expand it to try to meet the demand."

For more information about Pre-



TRIBUNE PHOTO BY ANNALIESE MEIER

Darren and Diane Minaker of Precision Chemical Technologies faces high demand for its hand sanitizer.

cision Chemical Technologies, visit 477-4747. www.prechemtech.com or call 204-

Bird's-eye view



TRIBUNE PHOTO BY PATRICIA BARRETT

A man in a powered paraglider likely had the best view of Lake Manitoba when he took to the sky near St. Laurent last Tuesday. Paragliding, also called paramotoring, uses a sail and a motor that's mounted on the pilot's back.

True Blue Manitoba campaign



TRIBUNE PHOTO BY LANA MEIER

A blue hue is brightening Stonewall's town office and the two town entrance signs as part of the True Blue Manitoba Campaign to recognize front-line medical workers. The initiative stemmed from an internal discussion and decision by council in an effort to honour these vital members in the fight against COVID-19.

Walk for Alzheimer's moves online this year

By Sydney Lockhart

The IG Wealth Management Walk for Alzheimer's will be held online on Sunday, May 31 due to COVID-19.

Normally this walk is the Alzheimer's Society Manitoba biggest fundraising event, last year raising over \$330,000.

Because of social distancing rules, Alzheimer's Society Manitoba has restructured the event to be a month-long awareness challenge, along with Facebook livestream on the day of the "walk."

After registering online, participants are encouraged to post themselves participating in the virtual walk by sharing a video or photo of themselves doing activities such as dancing, singing, baking or walking their dog.

On the post, share your fundraising page and the hashtag #IGWalkforAlz so other people can see how you are participating.

The walk has almost 350 people registered this year but is hoping for more before the event.

"We are bound to see lesser numbers than we usually do," said 24-year-old Samantha Holland, Alzheimer's Society Manitoba regional co-ordinator for Interlake-Eastern.

"With our clientele being a little

older and not as tech-savvy, it may be more difficult to get participants this year."

Holland started her job at Alzheimer's Society Manitoba after seeing her grandfather live with Alzheimer's for 10 years.

She says she wants people to know that the society is there for them and that the walk is more important than ever with the elderly population being isolated because of the pandemic.

Selkirk resident Glenda Oldham and her team have been participating in the walk for five years, after her husband Tim was diagnosed with dementia in the fall of 2014.

"There's something grateful and fulfilling about the walk," said Oldham, "It's a sense that you're not alone because you're walking with these people that have been touched by this disease."

Oldham has been using the resources offered at Alzheimer's Society Manitoba to help her care for her husband and for her own health.

"I absolutely need this society. Without it, I have nothing," she said. "It is what we need to learn and to call on someone if I have questions about how to deal with something and need suggestions."

Oldham says that people should



TRIBUNE PHOTO SUBMITTED

Tim Oldham's family has participated in the IG Wealth Management Walk for Alzheimer's for the past five years. This year the family will be taking part virtually on Sunday, May 31 due to COVID-19.

participate in the virtual walk and donate because there is no medical intervention for the disease and that it is all about giving each person a quality of life.

"I have gone to a councillor that didn't have any background in the disease and it was frustrating because they didn't know what I was talking about," said Oldham, "When I found the Alzheimer's Society they knew what I was saying before I even said it."

Oldham explained that every time her husband stops having the ability to do something, it is also hard on their family. They go through a griev-

ing process that starts with frustration, sadness and acceptance, she said.

Oldham is concerned that the walk won't reach its fundraising goal. She wants to remind people that the Alzheimer Society runs off of public donations and that every bit counts.

"It really touches Tim's heart to see that our friends and even our kid's friends would come out to walk with us. It's a very powerful expression of support," she said.

For more information about how to get involved in supporting the online walk or to reach out for support, phone 204-268-4752 or visit Alzheimer.mb.ca/wfa2020.

Interlake housing market booming for the first time in months

By Becca Myskiw

The Interlake housing market is busier than realtor Meagan McKillop has seen it in years.

McKillop is a RE/MAX professional. She's been working in the business since she was 16.

She said the hot spring market for home buying typically lasts from March to June. With COVID-19, that "hot" market became cold in April.

There were no buyers or listings for McKillop to work with. She said people were worried about losing their jobs and making investments they couldn't afford.

Come the end of April, however, restrictions in the province started easing off and the confidence in buyers and sellers grew back. McKillop put a list of systems in place for everyone's safety.

She has buyers fill out a health form before entering the seller's home, answering questions about recent illness and travel. She gloves up, has everyone constantly use hand sanitizer, and they leave all the lights on and doors open when showing a home, so



Meghan McKillop

no one touches anything. She also ensures buyers have been pre-approved before entering a home.

"Now that we have those systems in place, people are a little more comfortable with buying and selling," said McKillop.

A bottle of alcohol spray sits in McKillop's pocket at all times now. She said she hopes that part of the changes will continue — she likes

that people aren't touching things in strangers' homes and she likes knowing everyone's clean.

Since the beginning of May, McKillop said there's been a huge increase in listings, and the buyers aren't taking any chances.

In three days, McKillop sold five homes in the Interlake. Two of them she sold for over the asking price, one was sold in 24 hours for cash, and another was sold within six hours of being on the market.

"When properties are hitting the market, there's a flush of buyers for one property," said McKillop. "If people are worried about putting their house on the market, there's going to be a better turnout than there has been in years."

She contributes the rise to the fact that people had to hold off on buying and sell-

ing for two months and they're all trying to get it done now.

McKillop said this is a fantastic thing for sellers, and she encourages buyers to be more aggressive if they see a home they like.

The only problem with the rise in sales and the social distancing measures, McKillop said, is she can't hug her clients when she sells them a home or sold their home.

She'll be coming back to all of them when the restrictions are lifted, though.

"It doesn't really seem finalized until you hug on it," she said.

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Libraries adapt to changing times

By Jennifer McFee

It's a new chapter for Manitoba's public libraries.

The provincial government gave the green light for libraries to reopen in Phase 1 of its plan to restore services, which came into effect on May 4.

However, many local libraries are taking a slow and steady approach to resuming their services to ensure that proper safety measures are in place.

The South Interlake Regional Library branches in both Stonewall and Teulon began to reintroduce library services on May 12. The new system involves no-contact pickups by appointment only.

Information is available on the library website (www.sirlibrary.com) through the new "Click and Collect" section. Patrons can search the online library catalogue and place items on hold. Alternatively, they can email or phone their branch to hold books by providing their name, library card and phone number.

Library staff will contact patrons to confirm their order and schedule a curbside pickup appointment.

"We're testing this right now, so we have two days a week when we schedule appointments. We'll increase that as the demand picks up, which I think will probably happen fairly quickly," said head librarian Darlene Dallman.

"Our appointments are 10 minutes apart so we don't have any lineups. There's a spot where they stand, and we come out to verify their name and a few numbers of their library card. Then we put their items on a table. When staff goes back in, the patron can approach the table and take their items."

To launch the new system, staff started by contacting everyone who had

items on hold when the library shut down. Those who still wanted those items had the chance to pick them up as a trial run on Friday, May 8.

"We have patrons who have been so impatiently waiting for this day," Dallman said. "We had one gentleman who picked up 15 books on Friday. He called on Tuesday to say he'd finished those and ask if he could have more."

For anyone who has finished with their checked-out items, the libraries' book drops are now open and ready to accept returns.

"We're ensuring safety of all materials. Everything that comes in is quarantined for a minimum of 96 hours before it is allowed to recirculate again," Dallman said.

"We have all the safety protocols in place where we wipe the table and hand sanitize in between patrons."

For now, there are no plans to open the local library buildings to the public.

"Realistically, I have no idea when the library will actually open its doors. That depends on further direction from the provincial government," Dallman said.

"As long as high contact areas are supposed to stay closed, we won't be opening the doors to the public. The library is a place where a lot of people like to come and hang out, and unfortunately that's not going to happen any time soon."

The South Interlake Regional Library will continue to offer virtual story time twice per week through a YouTube channel that is linked to the library website.

As well, the Interlake regional libraries are working towards summer planning.

"We're going to continue to add



TRIBUNE PHOTO BY JO-ANNE PROCTER

While respecting social distancing, Jocelyn Reimer and her son Mason stopped by the South Interlake Regional Library in Stonewall last Friday to pick up books they ordered ahead of time. Librarian Joan Ransom placed the sanitized reading material on a designated table for safe retrieval.

more programs virtually. We know there's not going to be any big public gatherings, so we're looking at how to do summer reading programming and youth programming," Dallman said.

"We're not going to have a book sale this summer, but we need that money to keep things going. We're going to see if we can figure out how to do a virtual book sale, so our staff will be putting time and effort into learning how to do a lot of technology media."

The Stonewall and Teulon branches are also resuming their print and fax services.

"They can just call or email us and we'll print things off or fax it. Then they can come by and pick up their copies and pay for it at that time," Dallman said.

"Also, our Wi-Fi has still always been on, so people can come in their vehi-

cles in front of the library and use the Wi-Fi."

She also notes that no fines have been incurred during the library closures.

"Nobody's going to be paying anything for having kept their books for however long it's been already," Dallman said.

"Because we are in turbulent times, even now that we're able to circulate again, we have no fines attached to anything. We're trying to make things as easy possible."

As always, the library staff are on hand to help ease the transition.

"Over the years, libraries have always adapted and we're going to continue to do that," Dallman said.

"Our goal is always to provide customer service, but it might just look a little different for now."

Chief public health officer urges Manitobans to remain 'COVID careful'

By Ashleigh Viveiros

Manitoba was in good shape heading into the May long weekend in terms of COVID-19 cases.

Dr. Brent Roussin, the province's chief public health officer, announced no new cases of the illness at a briefing on Friday.

The weekend's lone new case was reported Monday afternoon, bringing Manitoba's active caseload to 26. Just one person is currently hospitalized with COVID-19.

Of the 290 people who have tested positive for the illness, 257 have recovered. Seven Manitobans have died.

While the number of cases has been

holding pretty steady in recent weeks, Roussin cautioned Manitobans against getting complacent.

"We're not done with this virus," he said, urging people to remain "COVID careful."

As families start to make their summer plans, Roussin stressed how important it is for people to continue to take steps to protect themselves and others.

If you are headed to a cabin or campground, for example, bring all the supplies you need so you don't have to make extra stops.

"When you are in these campsites or at the cottage, please continue to

abide by the 10-person gathering rule, to limit your exposure to others, to maintain physical distancing whenever possible," Roussin said.

"It is important to note that while some gradual lifting of restrictions has begun, significant work to limit the spread of COVID-19 must continue," he said. "Our message to the majority of Manitobans is not 'stay home' now anymore, it's 'stay safe.'"

That said, Manitobans, especially those in high-risk categories (over 65 or with underlying medical conditions), are still advised to stick close to their home communities whenever possible.

If you're showing any symptoms of respiratory illness, you should stay home to avoid spreading the virus to others.

Manitobans experiencing flu or cold-like symptoms no longer require a referral from Health Links-Info Santé or their family physician before heading to a community site for COVID-19 testing.

People are still encouraged to use the online screening tool to determine whether they meet the necessary criteria to be tested.

Head to www.gov.mb.ca/covid19 for more information on screening and testing sites.

Stonewall Skating Club takes fundraising online

By Becca Myskiw

The Stonewall Skating Club took to Facebook last week to help raise some well-needed funds.

The club hosted an online fundraising auction to pay their outstanding ice and coaching fees. The skating season ended a month early due to COVID-19, leaving a month's worth of income out of the skating club's pockets.

Club president Tara Glaspy said they usually have a spring school in April where the more dedicated skaters learn to perfect their skills. Losing that month, she said, took away funding and the chance for a few skaters to grow.

"So, we had to come up with some sort of fundraiser," said Glaspy. "But it had to be within the confines of what we're allowed to do."

The board members hopped on a video chat and "problem solved," coming up with the online auction idea — something Glaspy hadn't yet seen in the Stonewall area.

Then, the club reached out to local businesses, explaining their predicament.



TRIBUNE PHOTO SUBMITTED

The Stonewall Skating Club had over 50 members this past season.

"We're all in the same boat. Let's do something that's mutually beneficial," is what Glaspy said to the businesses.

In exchange for donating a prize to be auctioned off, the club is giving the local business advertising once their season starts up again.

The online fundraiser started Monday, May 11 at 8 a.m. and ran until Sunday, May 17. Glaspy and another board member from the club posted a number of prizes every day until Saturday, when they launched bigger

prizes. To bid, people commented on the desired Facebook post. Bidding stayed open until Sunday at 8 p.m.

After the auction had been going for just one day, Glaspy said it had already gone better than expected.

"It has blossomed," she said. "The support is phenomenal."

As the auction went on, so did prize donations. In the 20 minutes Glaspy used to make a phone call on Tuesday morning, six more prizes had been donated to the Stonewall Skating

Club's online fundraising auction.

Glaspy said she hopes this auction brings in more sponsors for the club. They're looking for a business to financially support them and have the business name in the skating club's name for when they represent Skate Manitoba at events throughout the year.

With just seven hours left of the auction, Glaspy said they already surpassed their goal and were sitting at \$3,475 of bids.

Provincially mandated one-mask-per-shift policy in force at IERHA

By Patricia Barrett

The Manitoba Nurses Union has taken the provincial department of Shared Health to task for forcing nursing staff across the province to use one mask per shift and tracking what they use through sign-out forms after guidelines were issued weeks ago on the use of personal protective equipment (PPE).

Whether the province is lacking PPE to manage still-active cases of COVID-19, and to conduct testing, or whether it's saving it up for an expected second surge of infections is in question; the MNU has asked the government to reveal its stockpile.

Nursing staff may be put in jeopardy because Shared Health "continues to scale back PPE requirements," said MNU president Darlene Jackson in a May 11 statement. "We remain deeply concerned about the state of Manitoba's personal protective equipment, and the lack of transparency about PPE stocks from the Manitoba government and Shared Health."

The "reuse policy is a rationing policy," she added, and goes contrary to advice from the World Health Organization and the U. S. Centers for Disease Control, which state the extended use of PPE should occur only in crisis situations.

"Nurses must have adequate access to PPE," said Jackson. "This issue must be resolved before we prepare for a second wave of COVID-19 cases."

When COVID began to ramp up in Manitoba, stocks of PPE went missing from Interlake-Eastern Regional Health Authority (IERHA) facilities.

"Early on in our response to COVID-19, we saw significant amounts of PPE go missing or unaccounted for," said an IERHA spokesperson by email last Friday. "To ensure ongoing availability and appropriate use, we have implemented protocols related to storage and access so that the potential for product loss is minimized."

Supplies are available to the staff that require them, the spokesperson added.

Health authorities around the world are still grappling with securing enough PPE for frontline staff as COVID continues to infect large swathes of the population and kill thousands, including health-care workers in hospitals and long-term care homes.

Disruptions in Chinese manufacturing had "fractured" the global supply chain and created PPE shortages while demand soared, according to a May 7 World Health Organization statement. The shutdown of airlines exacerbated the delivery of available

PPE stocks.

In April the WHO and the World Food Programme formed a COVID-19 Supply Chain Task Force to scale up procurement and delivery of masks, gloves, respirators, gowns and face shields, along with other equipment such as tests and diagnostic supplies.

The Manitoba government developed a PPE protocol based on recommendations from infection prevention and control experts as part of its pandemic planning, and as it saw other jurisdictions experience "supply challenges," the spokesperson said.

IERHA staff wear masks for an "extended period" in certain settings and situations, including "repeated interactions with multiple patients to a maximum of one complete shift," said the spokesperson.

Masks are removed for nutrition breaks and if they become soiled, damp, damaged or come into direct contact with a patient.

"Reuse of the same mask after it has been removed is only permitted with Green Zone patients — those that do not meet the criteria for testing and/or those deemed recovered by public health (if not admitted)," said the spokesperson, "or by infection prevention and control (if admitted). Protocols have been developed to allow

for the safe storage of masks that are appropriate for re-application after removal."

The one-mask-per-shift approach is similar to those used in other jurisdictions and, at the same time, it ensures that supplies are available for the duration of the COVID response, said the spokesperson.

Manitoba experienced five straight days of no new COVID cases last week. Twenty-five cases are still active, with three people in hospital and seven dead (Data: Manitoba government, May 17).

Despite the low numbers of cases, public health is advising Manitobans to adhere to the two-metre (just over six feet) physical distancing requirement and continue to frequently wash their hands and avoid touching their faces. As yet, there's no vaccine or medications to cure COVID.

Worldwide, COVID has infected over 4.7 million people and killed more than 315,000 (Data: Johns Hopkins University, May 17).

The province is now allowing people experiencing COVID symptoms to get tested without a referral from Health Links or their family doctor. Visit www.gov.mb.ca/covid19/locations.html for more information.

Stonewall moving forward on restoring safe services

By Jennifer McFee

At the committee of the whole meeting on May 13, Stonewall council passed a motion to open the RV campground to seasonal campers only as of Friday.

In other news:

- Council received an update on the next steps towards the completion of the town's strategic plan. A community survey will be going out soon.

- Council reviewed a draft for the proposed renovations to town hall. Now it will go to the heritage committee for their feedback.
- Ventura provide a proposed plan for Phase 7 of its development.

Council will formally consider the subdivision application on May 20.

- Council will work with Stonewall Collegiate Institute to recognize the 2020 graduates.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

MJHL update provided by commissioner Kim Davis

From the MJHL website

Hello MJHL players, fans, supporters and partners. I know that many of you will recognize me as the league commissioner. I would have liked nothing more than to see all of you in the team arenas over the past two months. Unfortunately, with the worldwide health crisis we are battling has changed things for all of us.

Today, I want to share with you what the MJHL has been doing since the season was cancelled on March 13. Since the middle of March, we have been focused on three key areas. The first area is accessing any and all federal and provincial financial assistance programs that have been made available to small businesses. Each member team, as well as the league office, have applied for the various programs we qualify for and some

have accessed these funds already which is reassuring.

At the league office, we have been busy creating scenario plans for the start of the 2020-21 season. These scenario plans have been extensive and range from the development of a normal 60-game schedule starting in September down to a 30-game schedule starting in December and several options in between.

Let me emphasize that I am highly optimistic and confident that we will start the upcoming season this fall. To accomplish that and begin the new season in the fall will mean that the hockey environment will have to change. Our third major area of focus has been the development of Return to Play Protocols. These protocols will describe the league's plan for its teams that will allow them to

offer Junior A hockey games in their team arenas. The protocols will be extensive and will range from how fans enter and exit the building and all interactions once they are within the facility to how the two competing teams will prepare for and compete on the ice and everything in between.

Needless to say, the MJHL has never made plans or protocols as thorough as this before, but it is something we are beginning to work on at this time. The MJHL has been informed by the Provincial Public Health Office that the Return to Play Protocols we design must be approved by the chief provincial public health officer before league play can resume. The COVID-19 pandemic and our desire for the health and safety of all persons means we must do our part so that we can enjoy hockey once again.

As I mentioned, this is a brief update to let you know the MJHL is doing well and working diligently to get the league and its teams back into a new normal operating environment.

I want to conclude my comments with a personal note. As you may know, I will be leaving the MJHL as its commissioner at the end of June after 18 fantastic seasons. I want to say how grateful I am for the opportunity the board of governors of the league has provided me during my long tenure. My work as commissioner has been challenging, fun and rewarding. It has also been difficult and frustrating. My lasting reflection on my time as MJHL commissioner is how fortunate I am to have had the chance to work in the hockey business and with such passionate and caring people. I'm very lucky.

Canada Soccer announces 'return to soccer' guidelines

Staff

Canada Soccer announced last Thursday that all member organizations must follow the "Return to Soccer Guidelines" before returning to the pitch.

The next day, the Manitoba Soccer Association penned a letter on its website.

"The Manitoba Soccer Association is continuously working to provide information and updates to best support our membership as we collectively work through the ongoing impacts of the pandemic," read a statement written by MSA executive director Hector Vergara. "We wanted to provide an update on how these guidelines are being adhered to in Manitoba and what steps we are currently taking to ensure that we can return to play in a timely, yet safe, fashion."

MSA staff have been diligently working with Canada Soccer and the other provincial soccer bodies to develop "Return to Play Protocols."

"These protocols will have multiple phases, and will include timelines, recommendations and guidelines that anyone participating in sanctioned soccer will need to follow," Vergara said.

The "Return to Play Protocols" must follow a process of review before it can be approved and implemented. The process includes, but is not limited to, being reviewed by Canada Soccer, MSA member leagues and organizations, MSA board of directors, Sport Manitoba and the provincial health authorities.

"This review process will ensure that we gather feedback and that the protocols have all the key components

for a safe return to the game," Vergara said. "In addition, we have been informed by our insurance broker that there is a contagion exclusion that does not cover any situations arising out of COVID-19."

This means that liability is being pushed down to sports and local communities/organizations.

"For this reason, we all need to be comfortable that we are doing everything that is appropriate and reasonable to mitigate risks associated with return to play," Vergara said. "As soon as the protocols have been finalized, we will provide them to our members along with Canada Soccer's 'Return to Soccer Assessment Tool' and any other support documents to help our members prepare for a return to play date."

Players and coaches are anxious to

get on to the soccer fields this summer.

"We understand that everyone wants to return to playing the sport that they love, but we must continue to put the health and safety of all our members first," Vergara said. "As of right now, we do not have a definitive date of when sanctioned soccer will be able to return in our province, but we will continue to work with all essential parties involved and will continue to provide updates as they become available."

Manitoba Soccer has postponed any in person sanctioned activity for May, which includes any training and team-building activities.

"We encourage everyone to remain active and stay positive that soccer will return in our province," Vergara said.

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Rural Municipality of Armstrong



PUBLIC NOTICE

REGARDING THE 2020 FINANCIAL PLAN

Public Notice is hereby given pursuant to Section 162(2) of the Municipal Act that the Council of the Rural Municipality of Armstrong shall hold a **PUBLIC HEARING** to present its 2020 Financial Plan on:

Wednesday, June 10, 2020 @ 7:00 P.M.
FRASERWOOD HALL
10140 Hwy 231 Fraserwood, MB

At this time Council will present the proposed 2020 Financial Plan for the municipality. The presentation will provide an overview of the proposed financial plan followed by a forum for questions and comments from the public. The purpose of the hearing is to allow any interested person to make a presentation, ask questions or register an objection in respect to the Rural Municipality of Armstrong's 2020 Financial Plan.

Draft copies of the Financial Plan are now available upon request by calling 204-278-3377 or emailing cao@rmfarmstrong.com at the Rural Municipality of Armstrong Office, Lot 55 Hwy 17, Box 69, Inwood, Manitoba ROC 1P0.

Note: Due to the COVID-19 crisis, we will be ensuring that recommended and required rules for social distancing be achieved at all times. If you wish to attend this public hearing **you are required to pre-register** before 4:30 pm on Tuesday June 9, 2020, or you may mail, email, or fax your questions, concerns, and/or comments regarding the proposed financial plan to us by the same deadline.

Dated this 12th day of May, 2020.

Corlie Larsen, CMMA
Chief Administrative Officer
Rural Municipality of Armstrong



PUBLIC HEARING

2020 Financial Plan

In accordance with Section 162(2) of the Municipal Act, the Town of Teulon shall hold a **PUBLIC HEARING** to present the 2020 Financial Plan on:

Thursday, June 4, 2020 at 7:00 p.m.
Teulon Rockwood Centennial Centre (Hall)
14 Main Street, Teulon, Manitoba

The Town of Teulon 2020 Financial Plan consists of:

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

The purpose of this Public Hearing is to allow any interested person to make representation, ask questions or register an objection in respect to the Town of Teulon's 2020 Financial Plan.

Copies of the 2020 Financial Plan will be available for review as of May 21, 2020 on our Municipal Website at www.teulon.ca

Dated this 14th day of May, 2020

Andrew Glassco
Chief Administrative Officer
Town of Teulon

2020 Financial Plan & COVID-19

We hope that all residents of the Town are following proper protocols as set out by the Province of Manitoba to stay safe and healthy.

We will be practicing social and physical distancing as we feel that there is adequate space at the Hall. Public Hearings must, of course, be open to the public and residents are allowed to interact, ask questions, and have the opportunity to speak for or against the proposed By-Law.



TOWN OF STONEWALL MUNICIPAL NOTICE OF INTENT

The Heritage Resources Act (Section 26) – Form 12

TAKE NOTICE that on June 19, 2019 the council of the Town of Stonewall gave first reading to **By-Law 06-19** to designate as a municipal heritage site under The Heritage Resources Act, the lands and premises commonly known as **The Quarry Park Interpretive Area and Kilns** in the Town of Stonewall.

The land is a portion of the land described in Certificate of Title Nos. 3053044/1, 3053041/1, and 3053035/1 and is outlined in the map attached to By-Law 06-19 as Schedule "A".

A copy of the proposed By-Law can be inspected on the Town of Stonewall website at: www.stonewall.ca.

A public hearing will be held at 166 Main St, Stonewall Quarry Park Heritage Arts Centre, Sunova Room 6:35 PM, Wednesday, June 17, 2020
SOCIAL DISTANCING MEASURES WILL BE ENFORCED

A written objection may be filed with the Chief Administrative Officer via email or mail prior to the commencement of the hearing. At the hearing, Council will hear any potential taxpayer who wishes to make a presentation, ask questions, or register an objection to the proposal.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name, address, and property description of the person filing the objection and the grounds of their objection.

If there is no objection, Council may resolve to adopt the proposed By-Law, or not to proceed with it.

Dated at the Town of Stonewall this 7th day of May A.D. 2020 and issued pursuant to Section 26 of *The Heritage Resources Act*.

Wally R. Melnyk, Chief Administrative Officer
Town of Stonewall, Box 250, Stonewall, MB ROC 2Z0
204-467-7979 | wmelnyk@stonewall.ca

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF GISELDA CHEBA late of the Postal District of Teulon, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at his office, Box 149, 70 Main Street, Teulon, Manitoba, ROC 3B0, on or before the 30th day of June, 2020. DATED at Teulon, Manitoba, this 12th day of May, A.D. 2020. **STEVEN R. SHINNIE** SOLICITOR FOR THE EXECUTOR

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We would like to thank our family, friends and amazing community for the incredible amount of support they have shown during this difficult time. It is always appreciated and truly heartwarming. We are so grateful to have so many wonderful people in our lives. We will forever miss our beautiful daughter Chelsea, but we will always cherish the time we shared with her.

-Thank you from the bottom of our hearts,
Shane and Noble Elliott,
Jennine, Travis, Jase and Jessa

GRADUATION



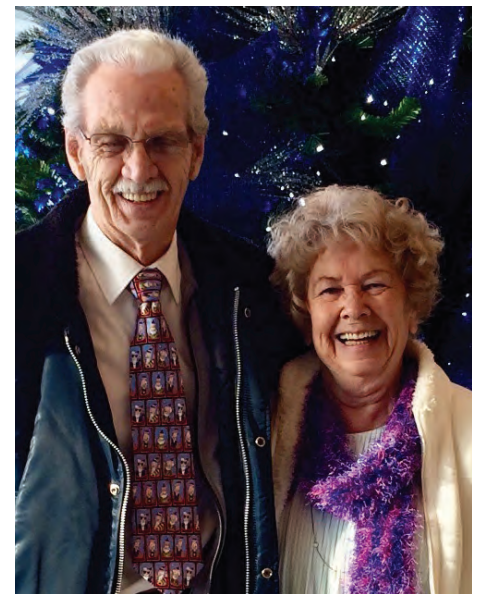
Dr. Joel Ridgeway

Congratulations to Dr. Joel Ridgeway on your graduation from the University of Manitoba Faculty of Medicine. The COVID-19 Pandemic does not allow us to celebrate this great achievement as we would like, but does not lessen the pride that we have for all you have accomplished.

Best wishes as you enter into your Residency in Anaesthesia in Winnipeg in July.

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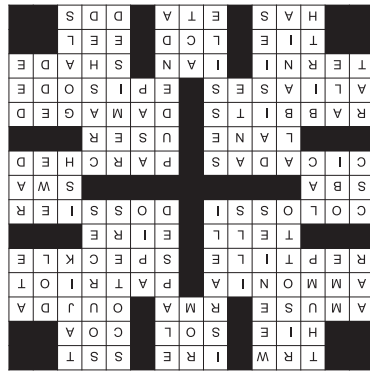
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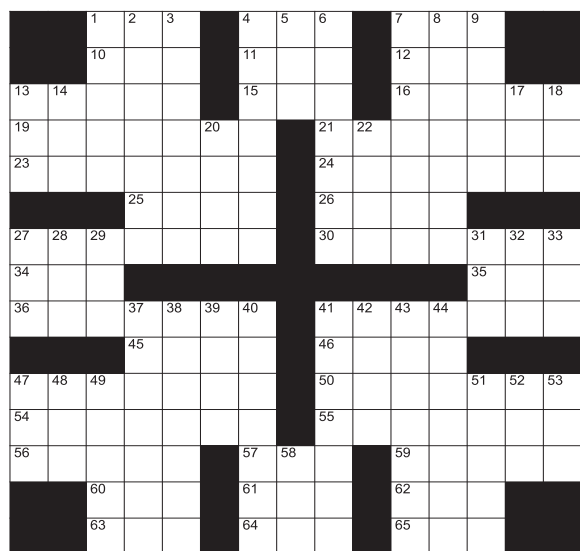
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X CROSSWORD



CLUES DOWN

1. Hit heavily
2. Italian rice dish
3. Some are cocktail
4. A citizen of Israel
5. Read-only memory
6. Passed by
7. Northern diving ducks
8. References
9. Iranian language
13. Swiss river
14. Woman (French)
17. Gov't department (abbr.)
18. Consumed
20. Ailments
22. Balkan Jewish appetizer
27. Reciprocal of a sine
28. Skywalker mentor ___-Wan
29. Resinous secretion of insects
31. Similar
32. Female sheep
33. Cool!
37. Borders the Adriatic Sea
38. Flowers
39. It's sometimes upped
40. Immobile
41. Female body parts
42. Common request
43. Made a second thrust
44. Fell into deep sleep
47. Subway resident
48. Brew
49. The event of being born
51. Aspirations
52. Doctor of Education
53. Punk musician ___ Dee Ramone
58. A subdivision of a play

CLUES ACROSS

1. It's now called Experian
4. You can draw it
7. Very fast aircraft
10. Go quickly
11. Fifth note of a major scale
12. Biochemical abbreviation
13. Make somebody laugh
15. Returned material authorization (abbr.)
16. City in NE Morocco
19. Colorless gas
21. NE football player
23. A snake is one
24. Small spot
25. Inform
26. Republic of Ireland
27. Large statues
30. Documents about an individual
34. Helps little firms
35. Namibia's former name
36. Large insects
41. Thirsty
45. A well-defined track or path
46. One who utilizes
47. Plant-eating mammals
50. Not in tip-top shape
54. Alternate names
55. A part of a broadcast serial
56. City in central Italy
57. LOTR actor McKellen
59. Trees provide it
60. Men's fashion accessory
61. Type of screen
62. Snakelike fish
63. Possesses
64. When you aim to get there
65. Tooth caregiver

OBITUARY



Lynn Craig

Throughout her life Lynn Craig was a dreamer; a fighter; and an unbounded giver of love and compassion. Her impact is multiplied the world over because she was so generous with all — both to those that knew her and those whom she never knew their name. Her curiosity, kindness and grace drove the beautiful life she led that sadly ended on May 4th, 2020 in Stonewall.

Lynn was born and raised on a farm in southern Ontario. She was the youngest girl, and second youngest of 11 children. Born with fiery red hair, Lynn was a kind and gentle child that grew into a fearless and joyful adult.

At the age of 20 Lynn ventured from her small town to Vancouver to visit her sister. That trip would change her life when she met Ken. Their love would be an adventure lasting over 50 years. Ken was the best friend she ever had and the greatest man she ever

knew.

Their marriage took them across Canada to some of the world's most beautiful and harsh places. Their adventure took them from B.C. to her beloved Yukon, on to the Northwest Territories and ultimately around the province of Manitoba, where they would make their home for the last 30 years. Their devotion to one another throughout their life in the R.C.M.P. and into their golden years, is something to aspire to.

On this journey, they became a formidable trio, which was a formidable trio indeed. Welcoming their daughter Stephanie while stationed in the Yukon, Lynn embraced motherhood, giving Stephanie all that she needed. She spoiled her with the greatest gifts; kindness, work-ethic, and courage. Cultivating a fierce independence and strong opinions, Lynn supported everything that Stephanie chose to do — even when those choices took her far from home.

Lynn adapted with ease in each and every posting and left each one with lifelong friends. She volunteered and worked tirelessly while weaving herself into the fabric of the community. Those places, and the people that she met there, were forever in her heart and she in theirs.

Lynn was a lover of nature, enjoying camping throughout the beauty of the Canadian wilderness. She loved animals but most particularly birds. Her favorite was the cardinal but she wants to come back as an eagle — so she can have sharp teeth, which she didn't have in life. She was an avid gardener but dabbled in many different pursuits over the years as she sought the most out of life. Lynn loved music and dancing. Family kitchen dance parties to the Bee Gees were a regular occurrence. And she loved to travel, adding more wonderful stories and new friends with every trip.

But Lynn's greatest love was her family — both her family by blood and by choice. She was a mom to literally dozens of kids throughout the many towns she lived in and found her bonus daughter down the street when they moved to Stonewall. Louise Helbig was her daughter by choice and Madison Helbig was her granddaughter.

Lynn Craig embodied all that was good in this world and will not only be remembered by her family but the hundreds of people that she touched during her lifetime. Lynn will be deeply missed by Ken, Stephanie and her partner Todd Grant, Louise and Madison Helbig, and countless friends both near and far.

Our heartfelt thanks go to the professionals at the Stonewall Hospital, the Interlake Homecare staff, and the ALS team at Deer Lodge. Your care for her made it easier for Lynn and Ken to battle this disease together. Lynn faced her diagnosis with infinite resilience and courage, hopeful that from its devastating impact on her and her siblings, a cure might be found. Because that's the kind of person Lynn Craig was. The kind of person who would try to make things better for others.

If you would like to remember Lynn please help continue her fight against ALS by supporting the angels at the ALS Society of Manitoba or donating to I AM ALS, an organization who she helped inspire.

Because Lynn was so humble, she did not want a service. Actually, she didn't even want this obituary, but it was important for us to share her story of a life so well lived, with so much given to the world.

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