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TRIBUNE PHOTO SUBMITTED

Eighty-nine year-old Jean Marshall and her granddaughter Hannah Mihychuk Marshall took a hot air balloon ride after Jean was awarded the RE/MAX Above The Crowd award for her exceptional efforts during the COVID-19 pandemic.

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IERHA hosts virtual Annual General Meeting

By Evan Matthews

Now in month eight of the global pandemic, with so much of the world having shifted operations online, the IERHA is not immune.

The IERHA hosted its first virtual annual general meeting on Oct. 5, which saw 80 participants connect by phone or online. Much of the meeting was a summary of fiscal activities over the past year, according to an IERHA spokesperson.

"It is always a pleasure to share about the initiatives in our region, to step back and really see the positive impact on people and their families, thanks to the efforts of staff, volunteers and partners," said Glen West, the IERHA's board chair.

"With the onset of the coronavirus pandemic in March, delivery of some health-care services have changed.

"But what has not changed is the goal of providing fully comprehensive, integrated and accessible health care services for all residents in the Interlake-Eastern region," he said.

With the meeting's new format, participants were able to submit questions to speakers that could be answered in real time. However, the IERHA acknowledged some participants had troubles logging in, and West apologized on behalf of the region for difficulties anyone had.



TRIBUNE PHOTO BY JASON PERMANAND

Second vice-chair of the board Ruth Ann Furgala (left) with chair of the board Glen West at the 2020 IERHA annual general meeting.

The IERHA stated that retaining a virtual presence would be worth exploring for future meetings.

Meeting points

West outlined continued efforts and initiatives under Interlake-Eastern RHA's points of strategic focus in the areas of health system sustainability, improved access to care, person-focused care, decreasing preventable harm, improved access to mental health resources, and partnerships with Indigenous communities.

For outgoing Interlake-Eastern RHA CEO Ron Van Denakker, who retires on Oct. 15, the care of Indigenous communities has been of particular importance, according to the IERHA.

Attendees at last year's AGM listened to people sharing first-hand accounts of their experiences with the health system, including Gwen Traverse, health director of Pinaymootang First Nation.

"Gwen takes advantage of the question-and-answer period every year to hold me and the RHA accountable for our care of Indigenous people," said Van Denakker.

"It was troubling to me as CEO to hear those stories and I thank those who had the courage to stand before strangers and share very personal stories about their health care.

"I promised then that we'd do better. I know while there is still a ways to go, together we have made progress in helping all residents access the care they deserve, closer to home," he said.

Traverse and the leadership of her First Na-

tions community marked their thanks for Van Denakker's efforts by bestowing a parting gift of commissioned artwork to him, acknowledging his work over more than nine years as CEO.


The annual Chair's Awards for Excellence in Customer Service was awarded to staff who consistently went above and beyond in their interactions with patients and other staff. Eleven staff members were nominated this year and four of these stood out to the chair:

- Pharmacist Brad Clyde was honoured for stepping up to problem-solve to ensure that patients receive the care they need, with humour and a great attitude.
- Robin Malcolm, an HR assistant, won for her efficiency, positive manner and mentorship on her team.
- Pamela Robertson, an administrative assistant with the RHA's physician services team, won for her personal and professional approach in staffing of the region's emergency departments with physicians.
- Kim Scharf, facility administration at Gimli Community Health Centre, was recognized for the way she greets all visitors and patients with a friendly smile — helping people feel comfortable, often during difficult times.

The 2020 CEO Award for Community Leadership went to the individuals representing communities from around the region who comprise the Primary Care Development Group.

A video recording of the AGM can be found on the IERHA website at www.is.gd/IERHA2020AGM.

THE RURAL MUNICIPALITY OF ROCKWOOD



TAX DUE DATE OCTOBER 31, 2020

A Friendly reminder to the residents of the Rural Municipality of Rockwood that the 2020 Tax Due Date is fast approaching.

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Woodlands grandma wins hot air balloon ride

By Jennifer McFee

An 89-year-old Woodlands woman soared to new heights after winning a ride in a hot air balloon.

Jean Marshall was surprised to hear that she'd won the "Above the Crowd" contest by RE/MAX, which offered a once-in-a-lifetime hot air balloon ride for two. The contest accepted nominations from residents of Western Canada, Yukon and the Northwest Territories.

Her granddaughter, 23-year-old Hannah Mihychuk Marshall, nominated Jean in the contest that aimed to recognize people who have contributed to their community during this pandemic period.

"The contest was looking for entries from people done some exceptional community service and I obviously thought of my grandmother. She's always doing so much for everyone," Hannah said.

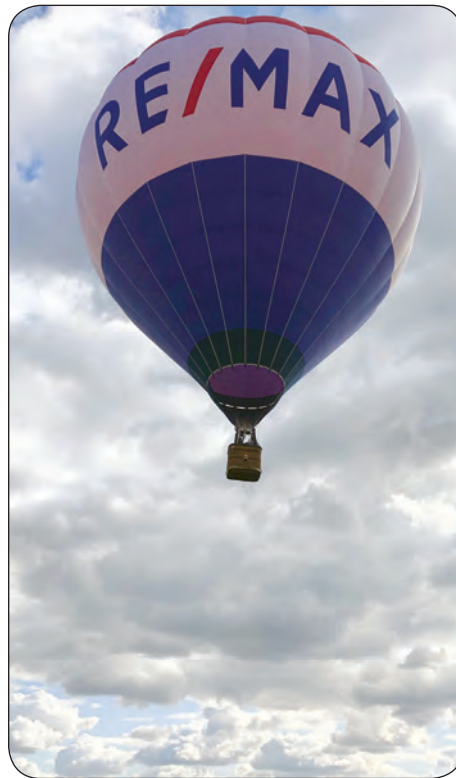
"I have a huge family and we're all trying to keep her safe during the pandemic. She's been driving around picking up groceries for the seniors, taking them to the doctor. She lives in Oak Park Estate in Woodlands, and she really facilitated the building of it. She's just so incredible."

For Hannah, she couldn't think of a more worthy recipient than her grandma.

"When I found out we won, I called her and at first she was so shocked," she said.

"I got in some trouble for nominating her, but she eventually agreed to go on the hot air balloon — and I think it was amazing."

The duo embarked on their adventure on Saturday, Oct. 3 departing from La Barriere Park. They were supposed to leave at 7 a.m., but their departure was postponed to the mid-afternoon because there wasn't enough wind earlier in the day.



The Marshalls flew from La Barriere Park to St. Norbert.



TRIBUNE PHOTOS SUBMITTED

Woodlands' Jean Marshall and her granddaughter Hannah Mihychuk Marshall prepare for a hot air balloon ride.

"My daughter-in-law followed with the car. Periodically, we could wave down to her. She looked pretty small, but we'd wave anyway," Jean said.

"It was lovely. Everything looked beautiful. It wasn't on my bucket list, but it was something different."

Meanwhile, Hannah is grateful for the chance to make another unforgettable memory with her grandma, an unforgettable woman.

"I'm so glad that she said yes because it's such an adventure and she deserves to have some adventures. She deserves something special for what she does for everyone else. I don't know anyone who could repay her back if they tried because she would just do more for you. She is the most giving, caring person I have ever met," Hannah said.

"She's always been a staple of Woodlands and the Interlake area. She does so much for everyone, and I can't emphasize how incredible she is and so deserving of it. I want her to know that we all really appreciate her."



"IT WAS LOVELY. EVERYTHING LOOKED BEAUTIFUL. IT WASN'T ON MY BUCKET LIST, BUT IT WAS SOMETHING DIFFERENT."

Jean, as she nears her ninth decade, had been up in a plane before but never a hot air balloon.

"It was a very small basket and I'm no spring chicken," said the octogenarian.

"They had to help me up on a cooler to get one leg over the basket and then the other."

For her, a highlight of the experience was watching the balloon inflate.

"It was this great big, long balloon laying on the ground. It took quite a while to blow up,

about 15 minutes, and then he'd shoot hot air into it a couple of times," she said.

"Finally, it was up in the air and away we went."

From La Barriere Park, the balloon travelled to St. Norbert, where it landed in a field.

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Incredible creatures: Mormon crickets – don't let the name fool you

By John Gavloski

This year, there has been no shortage of grasshoppers and crickets to be seen.

But every now and then, you get a chance to see one of the rarer species. Such was the case in early September when someone brought a relatively large, wingless grasshopper in to be identified. It was a Mormon cricket. Although large and somewhat intimidating looking, they are harmless and not a crop pest in Manitoba. In this month's Incredible Creatures, we will explore the interesting biology, habits and culinary uses of the Mormon cricket.

Not really a cricket

Mormon crickets (*Anabrus simplex*) are relatively large insects and can get to about three to five centimetres long. The name Mormon cricket refers to an invasion of agricultural lands farmed by Mormon settlers in the Great Salt Lake Basin in the 19th century. Despite its name, it is actually not a cricket. It belongs to a group known as the shield-backed katydids. Mormon crickets are one of only a few species of shield-backed katydids that are ground-dwelling. A few things stand out about the appearance of

Mormon crickets. There is the "shield" behind the head, which is called a prothorax. Females have a long tube-like appendage extending from the abdomen, called an ovipositor, that is used to lay eggs. The Mormon cricket in the photo is a female. The ovipositor should not be mistaken for a stinger. Both sexes have long antennae. They do not have functional wings and are flightless.

Moving with the swarm

The Mormon cricket occurs at relatively low density throughout most of its range. They are a relatively rare sighting in Manitoba. At certain times and places, however, such as parts of the western United States, population explosions can occur. High population densities may cause morphological changes in Mormon crickets, similar to what happens in locusts. Large numbers of the crickets can form roving bands. These bands may include millions of individuals and may have densities of up to 100 individuals per square metre. Infestations may last years and have a gradual increase and then decrease in population. Factors that trigger these infestations are not well understood, but are thought to be weather-related. In the northern Great Plains states and Canadian



TRIBUNE PHOTO BY J. GAVLOSKI

Mormon Cricket.

prairies, individuals are on average smaller, are usually non-migratory, and are generally a lighter colour than in areas where swarming is more common, such as Utah, Idaho, Nevada and some other western U.S. states.

Aside from eating plant material, Mormon crickets will also eat other insects and can be cannibalistic. This potential for cannibalism may be a factor in the movement of swarms; crickets may need to move constantly forward to avoid attacks from behind.

Mormon crickets as food

Historically, Mormon crickets were used in some traditional Native American diets. The crickets were cap-

tured in large quantities using various methods, such as driving them into trenches or ditches, or scooping up the crickets by the bushel when they were clustered under vegetation and too cool to be active. Once captured, they were roasted and ground into a flour. The flour would last a long time if kept dry. One use was to make a bread that was very dark in colour.

We are fortunate not to have to worry about Mormon crickets as a crop pest in Manitoba, and finding one can be considered a treat. And they are another example of where a potential pest can also be a valuable resource.

Beef producers engage in Crown lease modernization

By Evan Matthews

The Manitoba Beef Producers (MBP) are set to host their virtual district meetings, and in the Interlake, the modernization of the Agricultural Crown Land (ACL) Program may dominate conversation.

MBP general manager Carson Callum said the organization has been monitoring the government's modernization of the ACL Program and will continue to advocate on behalf of producers.

"Usually, we'd be going out and touring the province's 14 districts, having in-person meetings and discussions. The decision to go virtual was made in the best interest of everyone ... in the current climate," said Callum, noting the Interlake, District 9, meeting will happen on Oct. 21 virtually.

Anyone interested in attending can visit <https://www.mbbeef.ca/district-meetings/> for more details.

"The government announced the full set of changes about a year ago, but shortly after, they announced they'd be making an amendment to incorporate a first right of renewal on legacy leases," he said.

"People who have had long-term

leases prior to the changes won't be affected as much."

The District 9 meeting will be led by director and MBP president Dianne Riding present, who runs a commercial cow-calf operation located in Lake Francis.

When the changes were originally announced without the first right of renewal, Callum said farmers with legacy leases became concerned. What was once a 50-year lease had been changed to 15-year leases without first right of renewal, he said.

The latest announcement should put legacy lease holders' concerns at ease, he said.

"It could have had negative implications," said Callum. "It could have gone to auction at the end of someone's term and, really, the hope of this change is to give farmers the ability to not lose legacy leases to auction."

Back in October 2019, the government also increased costs associated with agricultural Crown land leases by upwards of 300 per cent, with some Interlake farmers at the time adding it could be the final straw for their business.

This increased cost associated with

the ACL program will be a part of the discussion as well. According to Callum, the organization will continue to bring producers' concerns forward to the Province of Manitoba.

"Despite the positive amendments to the ACL program, there are other aspects that we would still like reviewed," said Callum.

Even prior to the COVID-19 pandemic, MBP had asked for a five-year transition for the rental rate increase, he added.

"I'm sure we will be discussing those aspects during our virtual meetings," he said, adding MBP respectfully asks the provincial government give serious consideration to this request.

Background

At the end of September 2020, the Manitoba government announced it would be seeking feedback on the proposed renewal process for legacy forage leases and renewable permits on agricultural Crown lands.

"Agricultural Crown lands are well positioned to support the growth of the livestock industry in Manitoba and contribute to the department's Manitoba Protein Advantage Strat-

egy," said Agriculture and Resource Development Minister Blaine Pederesen at the time.

"As part of our mandate, we will continue to modernize the management of our Agricultural Crown Lands Leasing Program in a fair and transparent manner."

Legacy forage leases and renewable permits are those dispositions in place prior to Oct. 1, 2019, according to the government.

The proposed change, according to the government, will ensure family farms have stability in their operations by enabling successive renewals of these legacy forage leases and renewable permits.

The proposal is said to contribute to the modernization of the Agricultural Crown Lands Leasing Program and delivers on the commitment made to stakeholders in October 2019, the minister said.

Stakeholders are invited to review the regulatory amendment proposal available on the Manitoba Regulatory Consultation Portal at <https://reg.gov.mb.ca/home>.

Comments are encouraged to be submitted online prior to Nov. 16.

Conservation group encourages people to leave their leaves on the ground

Embrace your inner laziness and avoid fall's dreaded chore

Submitted by Nature Conservancy of Canada

The changing colour of leaves is one of the most beautiful aspects of the fall season, but it comes with an onerous task: raking them up once they've fallen. The Nature Conservancy of Canada (NCC), however, has some green advice for people wishing to avoid back-breaking yard work: leave the rake in the shed and the leaves on the ground. And if someone accuses you of being lazy, you can say you are helping the environment and being a conservationist!

The not-for-profit land conservation organization says leaving fallen leaves in your yard is a small act of nature conservation that can support backyard biodiversity in many ways. While some butterflies travel to warmer destinations, many native

insects — including pollinators and other backyard wildlife — hibernate over the winter and can use a little neighbourly help.

Dan Kraus, NCC's senior conservation biologist, says leaves can provide important habitat for many species.

"Backyard animals, such as toads, frogs and many pollinators, once lived in forests and have adapted to hibernate under leaves," says Kraus. "The leaves provide an insulating blanket that can help protect these animals from the cold and temperature fluctuations during the winter."

Another benefit of not raking your leaves is soil improvement. Kraus points out that as leaves break down, they provide a natural mulch, which helps enrich the soil. Thick piles of leaves can impact the growth of grass and other plants come spring, but

leaving a light covering can improve the health of our gardens and lawns.

As the leaves break down, some of their carbon also gets stored in the soil. "While it's great for cities to provide collection programs to compost leaves, the most energy-efficient solution is to allow nature to do its thing and for the leaves to naturally break down in your yard," says Kraus.

And it's not just leaves that are important for backyard wildlife during the winter.

"Plant stalks and dead branches also provide habitat for many species of insects. By cleaning up our yards and gardens entirely, we may be removing important wintering habitats for native wildlife in our communities," says Kraus. "Migratory and resident birds can also benefit from your garden during the winter. Fruits and seeds left on flowers and shrubs are a crucial food source that sustains many songbirds during the winter, including goldfinches, jays and chickadees.

Providing winter habitats for our native birds and insects is just as important as providing food and shelter during the spring and summer."

With about 80 per cent of Canadians now living in towns and cities, backyard biodiversity is becoming increasingly important. "One of the biggest opportunities to improve the health of nature in urban areas is through the collective action we can all take in our yards," says Kraus.

Encouraging and learning about nature around our homes can also help build a connection to our natural world.

"There is growing evidence that having a relationship with nature is critical for our health and well-being," says Rebekah Neufeld, acting science manager for the Manitoba region.

"As Canadians, we have some of the planet's last areas of wilderness, but for many of us and our children, finding that connection to nature starts at home."

Long weekend sees 228 new cases of COVID-19

Manitoba also sees four more COVID-19 deaths, bringing total to 34

Staff

Manitoba's COVID-19 numbers continue to climb.

Public health officials announced 228 new cases of the virus over the holiday weekend, in addition to four more deaths.

A woman in her 100s from Winnipeg and a man in his 40s, also from Winnipeg, were reported as the province's 33rd and 34th deaths due to COVID-19 on Monday. Another two Winnipeggers — two women in their 80s and 90s — had been reported on Saturday as the 31st and 32nd deaths.

Monday's COVID-19 bulletin put the total number of cases in Manitoba at 2,655, including 1,131 active cases

and 1,490 recoveries.

There were 25 people in hospital with the virus at press time, four in intensive care.

The bulk of the new cases over the past week have been in Winnipeg and Monday's tally was no exception: of the 77 new cases announced on Thanksgiving, 56 were in the Winnipeg health region, nine were in Southern Health-Santé Sud and Northern Health regions, and two were in the Prairie Mountain Health region.

As of Monday, Interlake-Eastern had five new cases bringing the active cases to 86 along with 138 recovered.

The current breakdown of active cases by district is as follows: Arborg/

Riverton, 2; Beausejour, 2; Eriksdale/Ashern, 3; Fisher/Peguis, 19; Northern Remote, 41; Powerview/Pine Falls, 2; Selkirk, 1; Springfield, 3; St. Clements, 1; Winnipeg Beach/St. Andrews, 7; Stonewall/Teulon, 4; and the unknown district, 1.

Winnipeg and the surrounding area remain at Code Orange on the Pandemic Response System, which means public gatherings are limited to 10 people and masks are required in all indoor public spaces.

Manitoba's five-day COVID-19 test positivity rate was 3.3 per cent at the start of the week.

The chief provincial public health officer strongly encourages Manitobans to reduce the number of close contacts outside their household and avoid closed-in or crowded spaces.

In addition, people are urged to con-

tinue focusing on the fundamentals to help stop the spread of COVID-19:

- Stay home if you are sick.
- Wash/sanitize your hands and cover your cough.
- Physically distance when you are with people outside your household.
- If you cannot physically distance, wear a mask to help reduce the risk to others or as required by public health orders.

State of Emergency extended

On Friday, the Manitoba government extended the provincewide state of emergency under the Emergency Measures Act for another 30 days.

The state of emergency was first declared on March 20 to allow the government to more quickly respond to the pandemic. It has been extended every month since.

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Province must streamline COVID procedures

By Evan Matthews

My household, as many other households, has come down with COVID-like symptoms.

One of my roommates, due to his employer's internal policy, was required to call Health Links to see what the most reasonable course of action was.

Health Links advised the entire household to be tested for COVID-19.

Off we go to the Main Street drive-thru location in Winnipeg.

Arriving at the 8 a.m. opening time, we waited in the vehicle until 1 p.m. to be tested.

For those who don't know, the test isn't pleasant, but it isn't to be feared. While the probe of one's nasal cavity is uncomfortable, it lasts only 10 seconds.

Life has far worse moments than 10 seconds of discomfort, so don't worry.

Once you've been tested, you're advised to create a Shared Health log-in for the website, where you can check for your results around the clock.

The website states, "If you do not see your test results after a period of more than four days, please contact the Public Health COVID-19 Contact Centre between 9 a.m. and 5 p.m. seven days a week."

Of course, due to an over-inundated health-care system, this is the case for many people at this point.

So, four days after the original test — quickly reminding everyone it takes a

total of at least five hours — you call the Public Health COVID-19 Contact Centre's 1-844 number.

As I can personally attest, you will wait on hold for over three hours — in my case closer to four — bringing your total time spent finding out whether or not you have the virus to at least eight hours.

Ten seconds for a test, not so bad. But five hours in total to be tested? Four days with no results? Three more hours on the phone, spent on hold, advocating for yourself?

What if, in addition to the aforementioned description, your test is lost or contaminated? Are you then required to take another week off work while you wait again?

Employers are getting fed up, too, and people's livelihoods are now being affected. Again, all the while, CERB and other COVID related benefits get dialed back.

Keep in mind, you are subject to fines if you disregard the Public Health orders, but the system itself has begun to fail those potentially affected by the virus.

It used to take a couple of hours, but we've arrived at a point when it can take up entire day(s) for a large portion of people. The process has become unreasonable, and it's not working.

So, what is causing the problem within public health?

When COVID first took our society

by storm in March, the protocol in Manitoba was that you could not be tested unless you were given a referral by Health Links. After the numbers decreased to almost zero, public health removed the referral requirement.

Since then, numbers have spiked and we now sit at roughly 800 active cases in the province, yet for some reason, public health has not revisited its processes.

Odds would suggest the number of active cases will only continue to rise.

Public health needs to look at this objectively. The referral concept needs to be re-instated and, moreover, public health should be scheduling the tests, no longer allowing walk-ins.

The time commitment and absolute halting of one's life is as bad or worse than some of the virus's symptoms. People are going to begin disregarding public health orders if this is the reality, and many already have.

We all realize health-care professionals are doing their best, and this isn't on them.

However, the powers that be must realize they have implemented a flawed testing process — which is acting as a detriment to their own health-care professionals and staff — and it's time to review it.

As already stated, the numbers are only going to continue to climb, for now.

Manitoba Public Insurance releases first quarter financial results

Submitted by MPI

Manitoba Public Insurance reported a net income of \$110.1 million for the first three months of its fiscal year, ending June 30, 2020.

The net income after surplus distribution was nil, compared to \$94.7

million for the same period last year. The surplus distribution of capital of \$110.1 was intended as financial relief to policy holders during COVID-19.

Total earned revenues for the first three months rose by \$8.5 million from the same period last year. This

increase was driven mainly by an increase in the number of motor vehicles insured and the value of those vehicles.

Continued on page 13

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STANDARD



Government to invest \$7 million for creation, maintenance and enhancement of Manitoba trails

Provide Manitobans with more opportunities to enjoy our beautiful province

Submitted by Manitoba government

In partnership with Trails Manitoba, the Manitoba government is investing \$7 million to support the creation, maintenance and enhancement of active transportation trails across the province and within the city of Winnipeg, Premier Brian Pallister and Municipal Relations Minister Rochelle Squires announced last week.

“Get outside and explore Manitoba — there is no better place to be and no better time to explore our beautiful province,” said Pallister. “Our government is proud to partner with Trails Manitoba and The Winnipeg Foundation to ensure our trails and pathways are more safe and accessible for all users, for many generations to come.”

There are more than 1,700 kilometres of active transportation trails throughout the province. The Manitoba government has created three funds that will be managed by Trails Manitoba and held in trust by The Winnipeg Foundation.

“This investment by the province will allow us to leverage support for many trail projects throughout Manitoba,” said Erik Dickson, president of Trails Manitoba. “It provides the financial stability to ensure our organization is sustainable and able to continue supporting the construction and maintenance of recreational trails while improving our province’s trail offerings and ensuring their long-

term viability for future generations to enjoy.” The \$1-million Trails Manitoba Operating Endowment Fund will serve as ongoing operating funding for Trails Manitoba. The \$4-million Manitoba Trails Improvement Endowment Fund will support annual application based grants to create new trails or improve existing ones. The third fund, a \$2-million Manitoba Trails Strategic Fund, is designed to support capital projects that advance recreational trail development in Winnipeg and will be distributed as matching grants. “We know that Manitobans took advantage of our trail system in record numbers this year and

we want to ensure we continue to support this type of outdoor recreation opportunity,” said Squires. “Whether it’s commuting to and from work or escaping the city for a country hike or ride, today’s announcement ensures there will be more trails for all Manitobans to use and enjoy well into the future.” Eligible projects will be those that provide new trail opportunities, either be creating a new trail or extending an existing one; improve the quality of the trail network; or provide maintenance or trail beautification. Trails Manitoba will have more information on eligibility and project criteria in the coming weeks.

Rosser council news in brief

By Jennifer McFee

- At a special meeting on Oct. 5, Rosser council passed a resolution to allow Six Pines Halloween Haunted Attractions to extend its operating hours this year, since COVID-19 and its associated restrictions will impact attendance at the annual attraction. On Fridays and Saturdays, the hours will extend to 1 a.m. On Sunday, Oct. 18 and Sunday, Oct. 25, the hours will extend to 10 p.m. Judy Thevenot of Six Pines attended the meeting virtually through Microsoft Teams.
- At the same meeting, Rosser council agreed to enter into an agreement with Eretz Farms Ltd. regarding a subdivision.
- In the RM of Rosser, the Board of Revision will hear complaints in the council chambers on Thursday, Nov. 5 at 9 a.m.

SAFE HALLOWEEN EVENT

Something Beautiful Gift Shop & Café

307 Main Street, Stonewall, Mb

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Support for Life in the Community

Inland Port Special Planning Area Under The Authority of The Planning Act Notice of Joint Public Hearing

On the date and at the time and location shown below, a JOINT PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

To SUBDIVIDE forty +/- 1.5 to 4.3 acre parcels totalling +/- 89 acres from the SW ¼ 34-11-2E in the RURAL MUNICIPALITY OF ROSSER and to RE-ZONE the parcels from INLAND PORT RURAL ZONE to “I2” INDUSTRIAL GENERAL ZONE, being INLAND PORT SPECIAL PLANNING AREA BY-LAW 2-20, being an AMENDMENT to the INLAND PORT SPECIAL PLANNING AREA REGULATION 48/2016

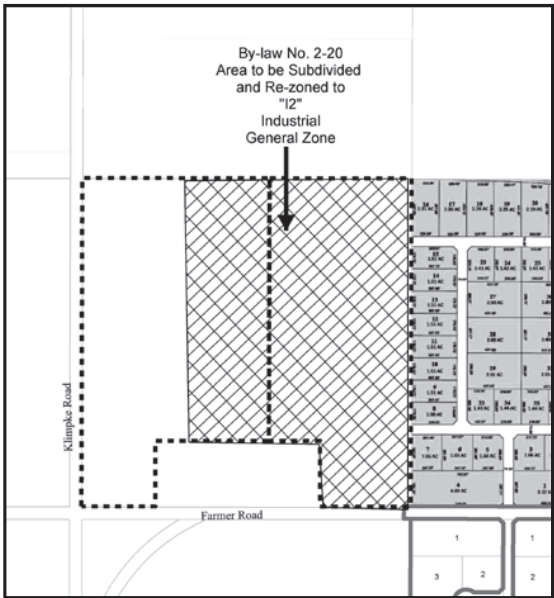
HEARING LOCATION: Victoria Inn Hotel and Convention Centre 1808 Wellington Avenue, Winnipeg

DATE and TIME: Wednesday, November 4, 2020 at 6:30 p.m.

GENERAL INTENT and PURPOSE: To subdivide and re-zone the SW ¼ 34-11-2E in the RM of Rosser CentrePort lands from Inland Port Rural Zone to “I2” Industrial General Zone to establish a general industrial use.

AREA AFFECTED: This subdivision and by-law shall apply to the area identified on the map appearing on the Hearing Notice.

FOR MORE INFORMATION CONTACT: Kari Schulz, Planner Manitoba Municipal Relations Inland Port Special Planning Area 604-800 Portage Avenue, Winnipeg, MB R3G 0N4 Phone: 204-945-2146 Fax: 204-948-4042 Email: inlandportspa@gov.mb.ca



A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request. A description of the procedure to be followed at the hearing is also available at the location noted above.





Five reasons to adopt a black cat

Did you know that black cats are adopted far less often than cats of any other colour? Yes, even today, ancient superstitions continue to govern people's choices. Every year in animal shelters across the country, numerous black cats are rejected solely based on the colour of their fur. Are you thinking about adopting a new feline friend? Here are five good reasons to go against the grain!

1. Certain cultures consider black cats good luck.
2. Black cats have a mysterious, panther-like elegance to them.
3. If you often dress in black, you won't have to worry about visible cat hair on your clothes.
4. Come Halloween, your black cat becomes the perfect accessory.
5. According to a study published in the scientific journal PLOS Genetics, black-haired felines live longer.

AND WHAT ABOUT DOGS?

Black dogs are also left rejected in animal shelters and adoption centres more frequently than those of any other colour. One hypothesis is that their darker shade makes it difficult to distinguish their features in the photos that accompany their description online or in local newspapers. Visit them in person to make their acquaintance!



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Manitoba RCMP respond to fatal collision

Submitted by RCMP

RCMP Central Traffic Services in Headingley received a report of a vehicle travelling eastbound in the westbound lane of the Perimeter Highway (Highway 101), located between Henderson Highway and Main Street (Highway 9) at approximately 11:40 p.m. on Oct. 6.

Within a few minutes, officers were advised that a multi-vehicle collision had just occurred at this location.

The investigation has determined that a vehicle, being driven by a 78-year-old male from Winnipeg, was travelling eastbound in the westbound lane when he collided head-on

with a westbound vehicle.

This vehicle, being driven by a 21-year-old male from Stony Mountain, along with the other vehicle, were then struck by a westbound semi-trailer driven by a 41-year-old male from Winnipeg.

The 78-year-old was transported to hospital where he was pronounced deceased. The 21-year-old was taken to hospital with serious but non-life-threatening injuries and the 41-year-old was not injured.

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

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Deadline: 4:30pm, Nov 30, 2020

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What are you afraid of in 2020?

2020 is a terrifying year. Global pandemic. Economic collapse. Unemployment. Riots. Wildfires. Tiger King. Brain-eating bacteria. What's next? Zombie apocalypse?

Fear isn't a new thing. It's been a part of the human experience since the beginning. What can we do? Let's go back 2,000 years.

A group of seasoned fishermen is crossing the sea. Suddenly a crazy storm hits. The boat is getting swamped. People are terrified.

What's Jesus doing? Sleeping. Not worried one bit.

In a panic, they wake Him up. He simply says ...

"Why are you afraid, O you of little faith?"

They see the external problem: the sea, the wind and the waves — the genuine terror of drowning. Jesus sees the internal situation. He knows it has more to do with their faith than their circumstances. Instantly, Jesus calms the storm. They're safe, but now they're afraid of Him!

Eventually, Jesus does a miraculous work inside these men. They become radically different. Instead of fearing everything, we see them speaking in front of kings and facing death without an ounce of worry. People are saying ...

"Where is your fear, O you of great faith?"

What are you afraid of in 2020? 2020 is a wild ride. Tons of terrible stuff is happening. However, maybe the one good thing is that it shows so many of us that something "inside" needs to be fixed.

Do you want to take away fear this year? Jesus can do that. Just invite Him in. He even says ...

"I am leaving you with a gift — peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid." - John 14:27

If you want help reducing fear, stress and anxiety in 2020, drop me a note at callpaul@gmail.com. I'll send you a free PDF!

- Paul Emmer

Stonewall legion sells poppy masks

By Jennifer McFee

In the midst of the pandemic with Remembrance Day less than a month away, the Royal Canadian Legion has launched a timely new initiative.

Poppy masks are for sale through the Royal Canadian Legion Branch 52 in Stonewall, along with other legion branches across the country.

The adult-sized non-medical masks cost \$10 each and the proceeds go towards the local legion.

"We have already had two orders in of 30 each and they're both gone," said legion president Tim Williams.

"Our third order of 30 is expected soon."

Anyone who would like to put their name on a list to request a poppy mask can call the Stonewall branch at 204-467-2261.

Williams also notes that the poppy campaign will begin on Oct. 30.

"We'll still be distributing them to the businesses in Stonewall as well as the schools," he said.

"The more they can put in the boxes, the better."

Due to the pandemic, in-person Remembrance Day services will likely be cancelled this year, with televised versions available instead.



TRIBUNE PHOTO BY JO-ANNE PROCTER
Lakeside MLA, Minister of Agriculture and Resource Development Ralph Eichler and Royal Canadian Legion president Tim Williams show off the poppy masks that are for sale at the legion.

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Making organ transplants available to more people

East St. Paul firefighter wants to see change in Manitoba's transplant system

By Katelyn Boulanger

Kyle Schmidt, an East St. Paul firefighter who recently was told that he needed a kidney transplant, is advocating for a change in the way transplants are managed in the Province of Manitoba.

Currently, people who would like to be organ donors need to opt in by submitting their information to the province, but Schmidt would like to see that changed so that instead of opting in, residents would opt out if they didn't want their organs donated after they have passed away.

"I'm 37 years old. I'm a new parent with a nine-month old baby. I was diagnosed with end-stage renal disease in August of this year. We always assumed that a transplant was coming, but it kind of came faster than we anticipated. At that time, we were looking for a list of potential donors," said Schmidt.

Upon creating a group called Kidney on Fire on Facebook, which let people know about his own need, Schmidt had an outpouring of support and potential donors who called to be tested to see if they were a match.



TRIBUNE PHOTO SUBMITTED

Kyle Schmidt and his Kidney on Fire team recently raised \$2,000 at a fundraiser for the kidney foundation Of Canada on Sept. 27 in Birds Hill Park.

His journey, however, caused Schmidt to realize how many people need organ transplants who haven't had the same experience finding an organ donor as he has.

Schmidt and his list of potential donors are currently being tested and he is hoping to make it to transplant without having to go on dialysis.

"Manitoba has the longest transplant wait times in Canada, partly because we have a lot of people on dialysis per capita. Manitoba has over 1,800 people on dialysis. Only about 400 people are eligible for transplant," said Schmidt.

On behalf of those 400 people in need of kidney transplants and many more in need of other organs that would benefit from an improved transplant system, Schmidt wrote to MLAs to advocate for a system in which more people could be considered as donors.

He sat down with Infrastructure Minister Ron Schuler and Health Minister Cameron Friesen. The feedback that he got from them was that to enact a change like that, they would need more people to sign up to be organ donors in the current system to show that there is interest in changing the way organ donations are done in this province.

Recently, the Province of Nova Scotia became the first area in North America to vote in a similar change, having residents request to not be organ donors and instead of having to ask to donate. This change will be enacted in

January 2021.

The Manitoba system used to allow people to sign up alongside obtaining their driver's licence but has since changed to an online signup.

Selkirk resident Cathy Krawchuk recently gave her kidney to Judy Scott. The two met through their daughters' speed skating. Krawchuk believes that an opt-out system is the way to go in Manitoba.

"That one person who's waiting for a liver transplant, a kidney transplant, whatever it may be, they have family. It's not just them who are waiting for it; it's also their family that are waiting for it — children, grandchildren, cousins, husbands, wives, friends, co-workers, whatever it may be. All of these people are waiting with them for these transplants, and why wouldn't you want to help them if you pass away? Why wouldn't

you want to pay it forward?" said Krawchuk.

As it's been 10 months since her donation, Krawchuk has had time to recover and still feels that it was the right decision to donate her kidney. She also says that she would do it again if someone needed a piece of her liver.

"Sometimes the organs aren't usable, but sometimes we can affect a life," said Schmidt.

To sign up for organ donation in Manitoba, visit signupforlife.ca and register.

"SOMETIMES THE ORGANS AREN'T USABLE, BUT SOMETIMES WE CAN AFFECT A LIFE."

Created by Annabelle Mauger & Julien Baron

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Centennial Park nearing completion with Bison Bandstand

By Evan Matthews

A six-year project is coming to an end, as the Stony Mountain Community Association puts the finishing touches on a bandstand in Centennial Park, the final chapter in its trail project.

Dave Van Heyst, a Stony Mountain Community Association (SMCA) associate member, said the park was originally built in 1967 for Canada's Centennial and had picnic grounds, play areas and a swimming pool.

"We want this to be a hub. We're thinking of hosting family events here, things like Canada Day or Movies in the Park," said Van Heyst.

The park, which is located near the quarry on the north side of Stony Mountain, fell into disrepair in the 1980s and the pool was filled in, he added.

"There's going to be so many nice spaces to sit, maybe another small skating area in the winter. ... It's not far from the toboggan hill. There are so many potential uses," he said.

He emphasized that while the park's centrepiece is no longer a pool, the newly dubbed Bison Bandstand should surely draw in some arts and culture to the community.

Van Heyst, along with his brothers Ted and Dan, has been largely responsible for the design and construction of the bandstand. Ted is a carpenter located in Brandon, while Dan is a theatre designer in Edmonton.

The Bison theme stems from the "Alloway-McKay bison" story in which the Stony Mountain community was used for the bison's preservation. Eventually, when under new ownership, bison from the Alloway-McKay herd would be donated to Banff National Park.

"It's a pretty cool local story," said Van Heyst. "It's good homage and a way to work in a local theme."

The overall park-redevelopment — including site cleanup, picnic tables, some additional trails, and the bandstand — is estimated at \$20,000, according to Van Heyst. There are still future projects for the park, including improved access/parking,

washroom facilities, electricity and an off-leash dog park.

The Interlake Foundation provided the SMCA with a \$5,000 grant toward the project, but outside of the grant, Van Heyst said the SMCA is responsible for its own fundraising efforts.

Construction started the week of Sept. 21 and is expected to be completed by Monday, Oct. 19.

Background

Each year, the SMCA hosts the Abas Auto Stony Mountain Run to fundraise for community initiatives like the trail project and park re-development. The run has raised over \$30,000 to date.

The 2020 run, which went virtual due to COVID-19, was held at the participants' discretion between Sept. 26 and Oct. 12. Though participants could choose their route, Van Heyst said the SMCA encouraged them to use the recently re-developed trail network.

Despite not being able to host an actual event, the SMCA is a registered non-profit and does accept donations year-round. To donate, stonymountainca@gmail.com.

contact

Other SMCA projects in the past, according to Van Heyst, have included construction of an outdoor hockey rink, construction of the soccer fields, re-sanding the baseball diamonds, maintaining the playgrounds in town, and most recently the trail project.

The SMCA added thanks to volunteers who had worked on the bandstand's construction, including Tony Hoess, Chris Sawka, Stan Cross, Tom Huffman, Jim and Debbie Stovin, Dave Van Heyst, Max Van Heyst, Kelly Beckman and Keith Mariash.

The SMCA also added thanks to its sponsors including the RM of Rockwood, Province of Manitoba, the Interlake Foundation, Mariash Quarry,



TRIBUNE PHOTOS SUBMITTED

The Bison Bandstand is nearing completion in Stony Mountain's Centennial Park.



Hailey Stetch, 8, was one of the Stony Mountain Community Association's first participant in the 2020 Abas Auto Stony Mountain (Virtual) Run.

Glacial Stone, Sunbelt Rentals, Abas Wealth Management and North Auto, 204 Pallet and Packaging, and Mountain Storage. Deprez and Associates Personal

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Cheesy Baked Mushroom Chicken

Cut each chicken breast in half. Place flour in resealable bag. Place chicken in resealable bag with flour; toss to coat.

In large skillet, melt 2 tablespoons butter. Add chicken to skillet; brown all sides. Transfer chicken from skillet to 11-by-7-inch baking dish.

In skillet, saute sliced mushrooms in remaining butter until softened. Add chicken broth, salt and pepper. Bring to boil then cook 5 minutes. Spoon over chicken.

Bake 15 minutes. Sprinkle with cheeses and green onions. Bake 5 minutes, or until cheese is melted.

Nonstick cooking spray
4 boneless, skinless chicken breasts
1/2 cup flour
4 tablespoons butter
8 ounces mushrooms, sliced
1/2 cup chicken broth
1/4 teaspoon salt
1/4 teaspoon pepper
2 cups shredded mozzarella cheese
1/2 cup Parmesan cheese, grated
1/4 cup green onions, sliced
Heat oven to 375 F. Prepare baking dish with nonstick cooking spray.



Homemade Oatmeal Creme Cookies

Recipe courtesy of Michael Johnson on behalf of Domino Sugar

Prep time: 45 minutes

Cook time: 15 minutes

Servings: 10-12

Oatmeal Cookies:

1 cup unsalted butter, room temperature

1 cup Domino Dark Brown Sugar

1/2 cup Domino Golden Sugar

2 large eggs

2 teaspoons vanilla extract

1 1/2 cups all-purpose flour

1 teaspoon baking soda

1/2 teaspoon coarse sea salt

3/4 teaspoon ground cinnamon

1/4 teaspoon ground cloves

3 cups rolled old-fashioned oats

Vanilla Bean Creme Filling:

3/4 cup unsalted butter, room temperature

2 1/2 cups Domino Confectioners' Sugar

1 teaspoon vanilla bean paste or va-

nilla extract

1tablespoon heavy cream

To make Oatmeal Cookies: Preheat oven to 350 F. Line baking sheet with parchment paper and set aside.

In bowl of stand mixer fitted with paddle attachment or in large bowl with electric mixer, cream butter, brown sugar and golden sugar on medium-high speed until light and creamy, about 2 minutes. Add eggs and vanilla; mix until combined, scraping down sides of bowl as needed. Set aside.

In medium bowl, whisk flour, baking soda, salt, cinnamon, cloves and oats. With mixer on low, slowly add oat mixture to wet ingredients, mixing until just combined.

Using large cookie scoop, scoop dough onto prepared baking sheet, leaving about 2 1/2 inches between each cookie. Bake 12-14 minutes, or until lightly golden brown around edges. Allow cookies to sit on pan about 3 minutes before removing to wire rack to cool completely.

To make Vanilla Bean Creme Filling: In bowl of stand mixer fitted with paddle attachment or in large bowl with electric mixer, beat butter on medium-high speed until light and fluffy, about 5 minutes.

Turn speed to low and gradually add confectioners' sugar, mixing until completely incorporated. Add vanilla bean paste and heavy cream; mix until combined. Turn mixer to medium-high speed and beat 3-5 minutes until buttercream is fluffy. If necessary, add cream 1 teaspoon at a time until desired consistency. To fill and assemble, pipe or spread about 1 1/2 tablespoons Vanilla Bean Creme Filling on bottom halves of Oatmeal Cookies; top with remaining halves.

Expert Patient Here to Help!



Susie Schwartz

"SUSANNE, I KNOW IF YOU SAY YOU NEED AN APPOINTMENT, YOU REALLY NEED ONE."

- NICOLE, ASSISTANT TO MY GP

How did I earn that statement (and the appointment she squeezed in)?

Future columns will cover more, but for now let's start here.

Earn your doctor's trust.

Yes, as patients who want to be taken seriously, we have to put in the work. Doctors can be jaded from people abusing the system and are so self-absorbed they're convinced their problems are top priority. Think: My nose bled in the nosebleed section at the Jets game last month and I need this checked out STAT! (Sigh. We could only wish. Stupid Covid-19.)

Of course, sometimes our problems need be top priority as they might be serious or urgent. Here's how to earn the 'in' with your doctor:

Before calling ask yourself these questions: Is my problem pressing

or could I wait for a routine appointment? Is this a question a Pharmacist could answer? Have I had this health issue before? If so, how was it treated and what did I learn back then? Can I help myself while I wait to be seen? Do I tend to overreact/worry over small things or is my norm to avoid the doctor at all costs?

When you call for an appointment, aim for efficiency and list the most pertinent /bothersome symptoms. Not long ago I'd been fighting a UTI and given a prescription. I called in to say four days in of five on antibiotics, I'd felt worse not better. I mentioned ketones in my blood which can fast lead to a life-threatening diabetes complication. Being Thursday, I voiced concern about not getting treated before the weekend. That's all it took. The assistant sent a note to the doctor while still on the phone and bumped me to the top of the urgent list. I got (virtually) seen and re-treated not long after. (Bonus tip: I made a follow-up appointment for the following week knowing I could cancel if not needed.)

Being self-aware both physically and emotionally (sometimes we have to dig deep!) and efficient when communicating (they LOVE this!) helps the team (that includes us!) sort out when we should be seen.

Double-bonus tip: Be on time! (Yes, even if you know they always run late. Watch this space for more on that topic!)

And...BOOM. Trust gets earned.

Less health stress, yes?

A published author and motivational speaker, Susie currently lives in the UK. She welcomes feedback and questions. Find her on FB @medicalmissstress, Instagram @medicalmiss_stress and her website Lesshealthstress.com



Pastry Brunch Cups

flour with butter. Gradually pour in milk, whisking each time. Bring to simmer, whisking until mixture starts to thicken. Remove from heat; stir in Swiss cheese. Set aside.

Use rolling pin to thin out puff pastries. Cut each into nine squares. Line pastry squares in muffin cups, pressing bottoms down firmly and moving pastries up sides for edges to come up just over muffin tins. Fill each cup with 1 teaspoon cheese sauce. Crack one egg into each cup and sprinkle each with diced ham.

Bake 10-15 minutes until eggs set. Sprinkle with chopped green onions.

2 tablespoons butter
2 tablespoons flour
1 1/2 cups milk
1 cup shredded Swiss cheese
2 sheets puff pastry
18 eggs
2 cups diced ham
chopped fresh green onions
Heat oven 375 F.
In small saucepan, melt butter. Whisk

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Stonewall council news in brief

By Jennifer McFee

A brand new event is coming to Stonewall in 2021, giving the community something to look forward to in the middle of winter.

The Town of Stonewall has been working with the Manitoba Mini Sled Racers Association to create a new fully sanctioned race event on the Louis Riel weekend, which will bring dozens of riders and sleds to the community.

Deputy Mayor Peter Bullivant said it will be a great spectator event for the whole family.

"It is exciting to have something new come to our community," he said.

"This race will bring people entertainment, and economic activity to Stonewall."

Participants aged four to 14 will be able to compete in the races, which will be held at Kinsmen Lake on Saturday, Feb. 13 and Sunday, Feb. 14.

Ryan Fraser of the Manitoba Mini Sled Racers Association said it's a great opportunity for the club to race at a new venue.

"The riders involved in the sport love to race, but it is always special to go somewhere new and different," he said.

"We are very excited as a club to be part of the Stonewall event."

More information will be available soon when the details are confirmed. As the event approaches, information will be posted on the Town of Stonewall website at www.stonewall.ca and on the Manitoba Mini Sled Racers Association website at www.mmsra.ca.

sociation website at www.mmsra.ca.

In other council news:

- At the Oct. 7 meeting, Stonewall council passed first reading of a zoning bylaw amendment that, if passed, will create a new zone in the town's zoning bylaw. The new zone would be called "residential multiple family detached dwelling" (RMD) and it would be for bungalow clusters and bungalow courts (bare land condos).

- Council passed second and third readings of a bylaw to establish and regulate a code of conduct for members of council, as well as a process to file formal complaints against council members who are not complying.

- Council passed first reading of a bylaw for the closing and sale of McConkey Crescent. Ventura is looking to change the development of Phase 7 of Quarry Ridge Development, and the existing road is being closed as part of this change.

- Council passed second and third reading of a bylaw to amend the zoning bylaw as part of the process to change a portion of green space in Stone Ridge into a residential lot.

- Council is considering extensive interior renovations at the town office to address accessibility issues. As part of this project, the main entrance of the town office would need to be moved to the north side of the building. Council discussed options for a new front entrance for the town office.

> MPI, FROM PG. 6

Recently, MPI applied to the Public Utilities Board (PUB) for a provisional 10.5 per cent overall decrease in basic insurance premiums for the 2021-22 insurance year. Approximately 98.9 per cent of vehicles will experience either no change or a reduction in rates from the previous year.

Factoring out impacts of changing interest rates on outstanding claims reserves, claims incurred dropped approximately 21 per cent year over year largely due to lower frequency of auto collisions in the quarter.

"While the first quarter results are favourable, net income remains subject to change throughout the year based on weather-related factors that drive claims costs, and variations in investment results affected by the financial markets," said Mark Giesbrecht, vice-president, finance and chief financial officer for Manitoba Public Insurance.

"Historically, the first two quarters

of the corporation's fiscal year generate a profit, which is then offset by an increase in claims during the winter months."

MPI remains committed to delivering on its mandate to provide exceptional coverage and service at rates that are affordable, predictable and stable over the long-term, explained Giesbrecht.

"MPI entered the pandemic on a strong financial footing, which allowed for the \$110.1-million surplus to be distributed to Manitobans when they needed it most. We are proud to now have followed this up with a subsequent rate decrease request to the PUB," he said. "Prudent claims management practices, including an increased focus on detecting fraudulent claims, along with management actions to maximize operational efficiencies, will ensure we continue delivering on our promise to provide value to all Manitobans."



© 2018 Darryl Gershman - CPTC

TRIBUNE PHOTO SUBMITTED

Stonewall will host the Manitoba Mini Sled races on Louis Riel weekend in February.

- The Town of Stonewall received a grant from the Manitoba Water Services Board to complete an upgrade project at the industrial park, including sewer and water service for the park and businesses leading up to it.

- The town bought a new truck-mounted sand spreader from Fort Garry Industries.

- The committee of the whole meeting on Nov. 11 will be cancelled.

Calling all Bakers and Cooks!

Do you have a family favorite Christmas recipe?

Would you like to be featured in our 2020 Holiday Family Favorites Cookbook?

Our readership base has a wealth of knowledge and experience that we would love share.

Your family recipe could be a part of our special edition cookbook!

Please submit a recipe in one of the following categories:

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- Ethnic Favorites

Send your recipe to ads@selkirkrecord.ca or call 204-485-1419 for more information.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Charleswood Hawks down the Jets

Staff

The Stonewall Jets closed out their two-game exhibition schedule with a home loss to the Charleswood Hawks on Friday evening.

Sam Maxwell scored the game-winning goal on the power-play at 15:35 of the third period and then Sean Robinson added an empty-net goal with just 27 seconds remaining in the game.

Jayson Brooks gave the Jets a 1-0 lead 5:30 into the contest but the Hawks' Mitch Justl tied the score just 1:15 later.

The Jets outshot the Hawks 19-10 in the opening period but had to settle for the 1-1 score.

Stonewall's Brendan Labossiere tallied at 12:34 of the middle frame before Charleswood's Hayden Forest struck on the power play with just 10 seconds left in the second period.

Matt Lawrence gave the Hawks their first lead of the game midway in the third period.

The Jets' Jaytey Towey responded with a goal just 57 seconds later.

Charleswood was 2-for-6 on the power play while Stonewall was blanked in five opportunities.

Jets' goaltender Adam Swan made 31 saves in the losing cause.

The Jets are back in action Sunday when they visit the River East Royal Knights in the regular-season opener for both teams. Game time is 8:15 p.m.

Stonewall's home opener is Oct. 20 when it hosts the Ft. Garry/Ft. Rouge Twins. Puck drop is 8:15 p.m.



TRIBUNE PHOTO BY LANA MEIER

The Jets' Adam Swan made 31 saves against the Hawks last Friday.

Local schools participate in virtual cross-country meet

By Brian Bowman

These days with the COVID-19 pandemic, it's very hard to provide a sports activity for student athletes.

But schools in the Interlake School Division found a way last Thursday when they held a virtual cross-country meet. Warren Elementary School principal Chris Gamble was extremely pleased with how the day played out.

"It was an excellent day and we couldn't have asked for better weather," he said Friday afternoon. "Our teachers were talking about how we could

bring normal back to the new normal so that kids would have an opportunity to participate in some competitive stuff."

The turnout by schools and athletes was great. Each school hosted their own races and individual times were recorded. Every grade had its own distance (1,500-metre, 2,000m and 3,000m).

"Our school, we had lots of kids out cheering and social distancing, of course," Gamble said. "The nature of cross-country running allows (runners) to compete at a distance, so this is a perfect sport. It

allowed kids from our school to compete against many neighbouring schools."

It also allowed students to watch — and cheer on — their classmates.

"It was really wonderful," Gamble enthused. "We had lots of classes out watching so they kind of camped out in sections where they could watch and clap and cheer kids on. The whole event only took about an hour from start to finish because there were only three races that we ran. It was a really nice way to end the school week for them."



Stonewall Jets Player Profile

#21

*Come out to
support the Jets*

Matthew Smith
Forward, shoots right,
5'11" 195 lbs Born 2001



Upcoming Games

Sunday, Oct. 18

Stonewall Jets vs River East
8:15 p.m. Terry Sawchuk Arena

Tuesday, Oct. 20

Stonewall Jets vs. Ft. Garry/Ft. Rouge
7:30 p.m. at VMSC

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Underwood receives Regional Volunteer Recognition Award for the Interlake region

Staff

Hockey Manitoba identifies 10 recipients annually for the Regional Volunteer Recognition Awards from each of its 10 regions as nominated by representatives from those regions.

The purpose of these awards is to recognize outstanding commitment and significant contributions to the game of hockey in Manitoba.

Dave Underwood received the award for the Interlake region. Underwood began his career in officiating hockey in 1977 with Kitchener-Waterloo Minor Hockey. In 1982, he moved to Winnipeg where he became involved with Hockey Manitoba and Winnipeg Minor Hockey.

Underwood became referee-in-chief of the Fort Garry-Fort Rouge Hockey Association in 1984 and the SEMHL in 1988 before becoming referee-in-chief of Winnipeg Minor in 1996.

In 2000, he was selected to be assistant referee-in-chief for Hockey Manitoba, in charge of

grassroots official development.

Underwood was a Level IV official and a master course conductor for Hockey Manitoba. After almost 30 years of officiating, he retired in 2005. He joined the board of Stonewall Minor Hockey where he held the position of registrar for two years. After a short stint as a long-haul truck driver, he rejoined the Stonewall Minor Board as ice convenor in 2009, a position he still holds today.

In 2015, Underwood became involved at the regional level with Interlake Minor Hockey, first as a U9 convenor then as league scheduler. He has spent countless hours working on Interlake Minor programs hoping to leave the region a little better than when he started. Today, he is in his second year as director of Interlake Minor Hockey.

When not working on hockey, Underwood enjoys spending time with his wife of 36 years, Beverly, and their 16 grandchildren.



Dave Underwood

U17 Lightning expect to be 'deeper' this season

By Brian Bowman

The Interlake Lightning U17 boys' hockey roster is starting to take shape.

With the U18 Lightning making their final cuts, U17 head coach Liam Wheddon is finding out what type of talent he will be able to work with this season.

Wheddon estimated "25 to 30 kids" came out to the U17 tryouts. That's up compared to last year, in part, due to no local high school hockey this year.

"In a way, that's good for Interlake hockey," Wheddon said last Thursday afternoon.

"Last year, I think I had eight or nine out-of-region players (and) this year I might have one or two."

The Lightning held another skate last Friday and then played an exhibition game against the Eastman Selects on Saturday.

Interlake was expected to finalize its roster after the exhibition game. Wheddon wasn't sure if they

would have the opportunity to play another pre-season game before the regular season begins.

"We just thought that as a coaching staff because (the players) have been in non-hitting tryouts and there's a lot of kids that haven't played this calibre of hockey before that they should get a skate in against other teams to see how they handle the hitting," Wheddon explained.

Wheddon feels the Lightning will be a "deeper team this year" but he noted that they only have about four or five returning players from last year's team.

"It's going to be a younger team of mostly '04s and '05s with minimal 2003s," he noted.

"Obviously, we're going to be in tough with the city teams. They're always really deep but the rural teams like Eastman and Brandon, I can see us being competitive."

Last year, the Lightning struggled in the win col-

umn with a 1-34-1 regular-season record. Interlake's lone win came later in the season — a 2-0 shutout victory over Brandon on Jan. 18 — and then the Lightning had several close games late in the season. Interlake and Brandon also played to a 5-5 tie back on Dec. 22.

"We were knocking on the door," said Wheddon, noting the Lightning also won a game and tied another at a Thunder Bay tournament. "The team definitely grew at the end of the year and became better systematically. I'm hoping there's going to be a little bit more competitiveness this year with them."

The team is obviously excited to get this season started despite not knowing for sure if they will even be able to finish their season.

"It's a different time, that's for sure," Wheddon said. "They're going to be a younger team so that's what this is for — to develop the 15- and 16-year-olds to get better so they can go to that U18 stage."

U18 female Interlake Lightning lose to the Winnipeg Avros

By Brian Bowman

The Interlake Lightning dropped a 5-1 decision to the Winnipeg Avros in Manitoba Female Hockey League U18 "AAA" action on Saturday afternoon at the Seven Oaks Arena.

Kenady Christensen scored Interlake's lone goal in the third period.

Winnipeg tallied twice in the second period and added three more in the third.

Ella Friesen (two), Rachel Gottfried, Trinity Grove and Maeryn Rempel scored for the Avros.

Interlake will host the Winnipeg Ice on Saturday at 4:45 p.m. in Stonewall. The Lightning will then play the Eastman Selects on Sunday at noon in Ste. Anne.

Meanwhile, the U18 Lightning boys' team swept the Eastman Selects in a pair of Manitoba AAA U18 "AAA" Hockey League exhibition games last week.

Last Wednesday, Interlake edged Eastman 5-4 and then the Lightning blanked the Selects 6-0 the following evening to close out their preseason.

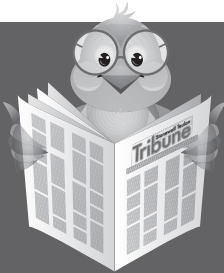
Interlake will begin its 2020-21 regular season this Saturday when it battles the Central Plains Capitals in Portage la Prairie. Puck drop is 6:30 p.m.

The Lightning will then host the Capitals in their home opener on Oct. 23 at 8 p.m. in Teulon.

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Stonewall Teulon
Tribune



**Classified booking
deadline is Monday
at 4 p.m. prior to
Thursday's publication.**

Call 204-467-5836



THE RURAL MUNICIPALITY OF ST. LAURENT NOTICE OF ELECTION

Notice is hereby given that a vote of the Rural Municipality of St. Laurent will be taken to elect a Councillor from the following duly nominated candidates:

For Councillor:

(one to be elected)

KRPAN, Frieda
COUTU, Vern
GRATTON, Ken
WIEBE, Larry

VOTING PLACES

Voting places will be open for voting on Thursday, the 12th day of November, 2020, between 8:00 a.m. and 8:00 p.m. at:

- St. Laurent Recreation Centre –
16 St. Laurent Veterans' Memorial Road, St. Laurent

IDENTIFICATION MAY BE REQUIRED BEFORE BEING ALLOWED TO VOTE. A person may be required to produce one piece of government-issued photo identification (for example - driver's licence) or at least two other documents that provide proof of identity.

ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on election day, an advance voting opportunity will be located at the St. Laurent Recreation Centre, 16 St. Laurent Veterans' Memorial Road, St. Laurent, and will be open Sunday, November 8, 2020 between 8:00 a.m. and 8:00 p.m.

APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply in person, in writing, or by fax to the senior election official at Rural Municipality of St. Laurent, 16 St. Laurent Veterans' Memorial Road, P.O. Box 220, St. Laurent, MB, R0C 2S0, Email: cao.rmstlaur@mymts.net, Fax: 204-646-2705.

If applying in person*, a voter may apply between October 15 and November 9.

*A voter applying in person may pick up a sealed envelope ballot package at the time of application during regular office hours (Monday to Friday, 8:30 a.m. – 4:30 p.m.).

If applying by mail or fax**, a voter may apply between August 14 and November 9.

**A voter applying by mail or fax will receive a sealed envelope ballot package by regular post, or by making alternative arrangements with the senior election official. If applying by mail or fax, please ensure that if applying 12 days or less before election day that alternate arrangements are made other than mail.

Note: Public Health Regulations will be adhered to and enforced. Please review Provincial requirements at the time of voting. If masks are required, masks will not be provided by the Municipality. Eligible voters, especially those with medical conditions, are strongly encouraged to vote by sealed envelope.

Dated this 9th day of October, 2020.

Ernie Epp, Senior Election Official
Rural Municipality of St. Laurent
16 St. Laurent Veterans' Memorial Road
P.O. Box 220, St. Laurent, MB R0C 2S0
Phone: 204-646-2259 Fax: 204-646-2705

METAL RECYCLING

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

SCRAP METAL

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

SCRAP METAL

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

CONDO FOR SALE

55+ Life Lease condo, available immediately at Middlechurch on the Red. 2 bdrm., 2 bath, appliances, balcony with river view, heated indoor parking. Call Bob at 204-794-5098 or Brad at 204-295-0294.

APARTMENT FOR RENT

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

PROPERTY FOR SALE

3 ac. (ideal hunting area) for \$30,000. Comes with 29 ft. 5th wheel camper, well and some trees on site. Road 129 North and 33 West (near Eriksdale). Phone 204-739-3031.

HELP WANTED

Looking for part time work? We are hiring collators for Tuesday (12:30 to 8:30 p.m.) and Wednesday (8 a.m. to 1 p.m.) in the Inkster Park in Winnipeg. Must be in good physical condition, have good manual dexterity, be capable of standing for long hours and lifting at least 20 lbs. If interested call 204-467-5836.

Like working with wood and working close to home? 204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Please call 204-344-5404 for details.

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Farview Place is now accepting applications! We are a 55 Plus Housing Co-op located in Teulon, directly across from the hospital/clinic and a short walk to downtown. Our spacious 1 and 2 bedroom apartments all have large balconies or patios. Rent includes hydro, water, and basic cable. Laundry is conveniently located on each floor. Outdoor parking is available if required. Please call 204-886-2760 or email farview@mymts.net for more information or to request an application form.



THE RURAL MUNICIPALITY OF ST. LAURENT PUBLIC NOTICE

BOARD OF REVISION

PUBLIC NOTICE IS HEREBY GIVEN THAT the 2021 Preliminary Assessment Roll for the Rural Municipality of St. Laurent has been delivered to the Municipal Office, 16 St. Laurent Veterans' Memorial Road, St. Laurent, Manitoba and will be open for public inspection during regular business hours.

Applications for revision may be made in accordance with Sections 42 and 43 of *The Municipal Assessment Act*.

APPLICATION FOR REVISION:

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under subsection 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- liability to taxation;
- amount of an assess value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS:

- 43(1) An applicant for revision must
 - be made in writing;
 - set out the roll number and legal description of the assessable property for which a revision is sought;
 - set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
 - be filed by:
 - Delivering it or cause it to be delivered to the office indicated below, or
 - Serving it upon the secretary at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on Thursday, November 19, 2020 at 10:00 a.m. in the Council Chambers of the Rural Municipality of St. Laurent, 16 St. Laurent Veterans' Memorial Road in St. Laurent to hear applications.

The final date on which applications must be received by the Secretary of the Board is Tuesday, November 3, 2020, at 4:30 p.m.

Dated at the RM of St. Laurent, this 28th day of September, 2020.

Hilda Zotter, CAO
Secretary of the Board of Revision
Rural Municipality of St. Laurent
PO Box 220, St. Laurent, MB R0C 2S0
Phone: 204-646-2259 Fax: 204-646-2705
Email: cao.rmstlaur@mymts.net



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FARMLAND WANTED

Small farm looking to buy farmland in the RM's of Rosser, Woodlands or Rockwood. Flexible on purchase terms. Ph 204-771-2169.

Young farmer looking for farmland to rent in the RM's of Rosser, Rockwood or Woodlands area. Call or text Nolan at 204-461-1784.

FARM PRODUCE

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Flax straw - \$3/bale. Also wheat straw & hay. Monday - Saturday. Call Nick at 204-461-0706 or Bill Matheson at 204-461-1906, Stonewall.

Small square wheat straw & flax straw bales for sale. Call 204-482-5101.

Flax straw- \$3.00/bale. Call or text Dean at 204-461-0870.

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Rural Municipality of Woodlands ***CORRECTED*** NOTICE OF NOMINATIONS



NOTICE IS HEREBY GIVEN that on the following days: October 21, 22, 23, 26 and 27, 2020

between the hours of 8:30 a.m. and 4:30 p.m. at the Rural Municipality of Woodlands office, 57 Railway Avenue, Woodlands, Manitoba, nominations will be received for the office of member of the LUD of Warren Committee, of the Rural Municipality of Woodlands.

The nomination deadline is October 27, 2020 at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by NOT less than 1% (currently ***7*** required) of the voters of the local urban district. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person or by an agent at the above location, on the date and hours specified. To obtain a nomination paper, and/or candidate's declaration of qualification, contact the Local Authority at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Local Authority telephone number - 204-383-5679

Dated at Woodlands, Manitoba on October 8, 2020.

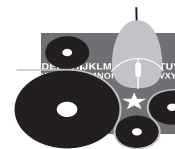
Ernie Epp
Senior Election Official (S.E.O.)
Rural Municipality of Woodlands

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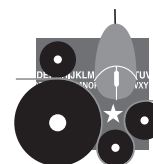
-Strong computer skills, including Microsoft Office

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MORTGAGE SALE

The land and building know as 3 King Road, Warren, Manitoba, as described in Certificate of Title No. 2530303/1, will be sold by public auction by a Licensed Auctioneer on November 3, 2020 at 10:30 a.m. at Sunova Credit Union Limited, 410 Centre Avenue, Stonewall, Manitoba.

The Vendor under Power of Sale is informed that the property consists of a single family bungalow home built in 2011. Is approximately 1,522 square feet with central air. Home has kitchen, living room, 2 bedrooms and 2 full bathrooms on the main floor. The laundry room is on the main floor as well. Basement has been partially finished. PRIOR ENCUMBRANCES: Caveat No. 256269/1, Tax Sale Notice No. 5163163/1.

Realty taxes (excluding any accruing water charges) are paid to December 31, 2017. Taxes assessed for 2020 are Net amount \$1,285.56 plus penalties from November 1, 2019.

TERMS OF SALE

TERMS: Deposit of \$40,000.00 in money order, certified cheque or bank draft payable to Grantham Law Offices, and balance according to the conditions. The Property is sold subject to a RESERVE BID of \$225,039.59 plus such other additional and incidental costs which may be incurred by the Lender from the 27th day of July, 2020 to date of auction, with the exact amount will be announced at the time of sale.

Further information contact:

GRANTHAM LAW OFFICES

Lawyers & Notaries Public

P.O. Drawer 1400

Stonewall, Manitoba, R0C 2Z0

Telephone: 204-467-5527

Email: granthamlaw.angie@mts.net

ALL PERSONS WISHING TO ATTEND THE AUCTION ARE REQUIRED TO PRE-REGISTER WITH THE MORTGAGEE'S AGENT AS LISTED ABOVE AT LEAST 24 HOURS IN ADVANCE OF THE SCHEDULED AUCTION.

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IN MEMORIAM



In loving memory of
Fay Dunlop

June 15, 1947 – October 14, 2019

Like a bird without wings
That longs to be flying,
Like a motherless child
Left lonely and crying.
Like a song without words,
Like a world without music,
I wouldn't know what to do
I'd be lost without you
Watchin' over me.
I get so lonely, when you're away
I count every moment, I wait every day,
Until you're home again
And hug me so tight,
That's when I know
Everything is alright.
Missing you everyday.
An amazing wife, mother and grandmother.

-Love Charlie, Brian, Kerryn, Erin,
Steven, Tyler, Trent, Jamie, Dominique,
Ryder and Keltie

IN MEMORIAM

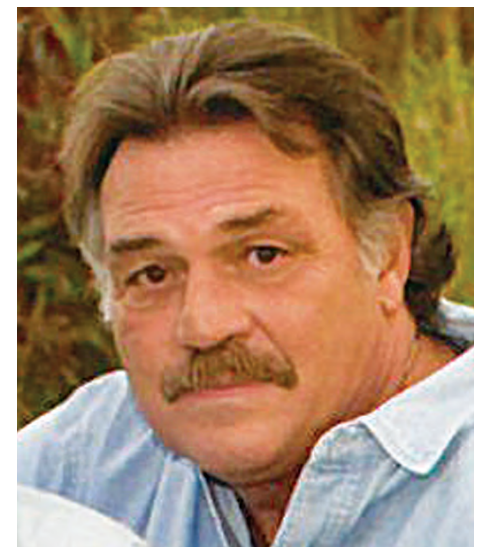


Judy Atchison
October 20, 2018

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 your no longer here
Will always cause us pain,
But your forever in our hearts
Until we meet again.

-Love your family

IN MEMORIAM



Bruce Campbell
October 16, 2018

May the winds of love blow softly,
And whisper so you can hear;
We all love and miss you,
You are ever near.

-Lovingly,
Mom, Bernie and family

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

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OBITUARY



Dorothy Chrismas

Peacefully surrounded by her family, Dorothy Chrismas passed away on Thursday, October 8, 2020.

Remaining to forever cherish Dorothy's memory are her daughters Judy (Joe), Diane (Herb), Gail (Alan), Carol (Bo), Bonnie (Mark) and Sandy (Rick). Also left to cherish her memory are her 13 grandchildren, 27 great-grandchildren, sister Shirley, sisters-in-law Muriel and Violet; as well as numerous nieces and nephews and extended family.

She is predeceased by her brothers Alec, Gordon, Billie, Wesley, David and sisters Joyce, Bessie and Vicky.

On January 14, 1931, Mom was born in Winnipeg, Manitoba, the oldest daughter of Beatrice and Harry Laing. She lived and worked in Winnipeg as well as on her aunt's milk farm in Vivian. In 1950, Mom married Dad and they settled in Winnipeg, where they had

three daughters Judy, Diane and Gail.

In 1958, the family moved to Balmoral where Carol, Bonnie and Sandy were born and this completed her family. They started out with a mixed farm but soon found poultry was their passion. Mom worked as hard as any man on the farm and was proud of all they accomplished. She also owned and ran the Balmoral Snack Bar. Being a great cook, she was famous for her pies.

Mom and Dad also built a hog barn and she was right there helping with everything. Sundays were especially important to her when all her children and grandchildren came for dinner. Mom showed her love with food so no one ever left her house hungry. She spoiled her grandchildren making sure there was always Pick-A-Pop in her house. During her life in Balmoral, and then later moving to Stonewall, she met many lifelong friends who she cherished.

In Stonewall, Mom became a proud Legion member and helped in the kitchen as long as she was able.

Mom was known for her generosity including sending cookies to the church, taking a turkey to the Bomber games and helping any person in need. She was an avid fan of the Blue Bombers and Winnipeg Jets. The family knew not to visit when a game was on.

Mom lived in her own house right until the end which made her very happy.

On Saturday, October 10, 2020, as per Mom's request a private family service was held at the Victoria Church Cemetery.

Pallbearers were Joe Stefanuk, Alan Schick, Mark Yeomans, Rick Whittom. Honorary pallbearers were grandsons Richard Thomson, Bo Yeomans and sons-in-law Herb Menzel and Bo Sweeney.

In lieu of flowers, if friends so desire, donations in memory of Mom may be made to the Balmoral United Church, Box 115, Balmoral, Manitoba, R0C 0H0.

kl
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There is a link death cannot sever,
Love and remembrance last forever.

OBITUARY



Eva Janke (Loewen)

Eva Janke peacefully, at the Selkirk Hospital on October 4, 2020 after a long battle with dementia passed away.

She is survived by her son Calvin (Andrea) grandchildren; Cole, Tristen, Payton, Riley; sister Sarah (George) Wiebe and brother Pete (Angie) Loewen.

Predeceased by her husband Alphonse and son Lawrence.

Eva was born in Hague, SK. and moved to Clarkleigh, MB. with her family in the early 1950's. She was the baby of her family having 3 sisters and 13 brothers. She married Alphonse Nov. 27, 1955 in the midst of a blizzard and moved to Marquette where they farmed together for over 45 years. She loved her four grandchildren and was proud of their accomplishments. She talked about them all the time and to whoever would listen. She enjoyed family, playing Bingo, driving, and being outside on the farm. She had

the roughest of edges but the softest of hearts. She was very competitive, hardworking and extremely compassionate, a simple woman that was more complex than you would ever know. She was my mom the best mom in the world.

Private service Oct.10, 2020 at the Meadow Lea Cemetery.

Family would like to thank the several members of the community that supported and helped mom in her last years of living at home. Special thanks to all the Health Care Professionals who gave her the best care possible in the last years of her life.

In lieu of flowers, donations may be made in her honor to Meadow Lea United Church or Shoenfelder Mennonite Church.

Grandma

The relationship between a boy and his Grandma is one like no other. Me and grandma shared a very sentimental one. My grandma taught me many simple things in life, but the one that I'll always remember is never to stop in the middle of the highway to empty your ash tray while cops are around. Grandma had a very gruff way about herself. Whether it was getting into arguments at the café or cursing because the bingo caller wasn't calling out the numbers loud enough, she always knew how to be a loving grandma. It didn't matter the situation I always knew that gram would be there to have a conversation with, usually while she was sitting on her rocker enjoying a smoke. For the 17 years I knew grandma I always have and always will cherish the visits at her house. A visit usually consisted of eating her famous bologna sandwiches, eating popcorn, and watching family feud. Towards the end of my Grandmas life it seemed the engine was running but there was no one behind the wheel. It was often comical being asked the same question more than once over a visit, but it's something I will look back on and miss. One of the last times I spoke Grandma to Grandmother was a special one. I knew it may be the last time she'd recognize me, so I stayed for as long as the nurses let me. I ditched class one day to go see her, we played cards and she continued asking me to take her home because she "was feeling better." After numerous rounds of go fish I decided to leave. Before I left, we hugged and she asked me once more if she could go for a ride, and then go home! Of course, I couldn't take her as much as I wanted to. But on October 4th at 10:25 pm she heard grandpa calling her home. Being as tough as nails as she was it took more than one call. Finally, at 10:30 pm grandpa reached out his hand and grandma took it. They walked hand in hand, as grandpa finally brought grandma home.

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