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VOLUME 11
EDITION 51
THURSDAY,
DECEMBER 24, 2020

Stonewall Teulon Tribune

Merry Christmas

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TRIBUNE PHOTO BY SARAH HADFIELD
Teulon Elementary student Blake Wiebe finishes up the good copy of his holiday story.

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Warren Collegiate students receive long awaited awards

By Jo-Anne Procter

To finally put the Warren Collegiate 2019-2020 school year behind them, a virtual assembly was held on Dec. 15 to announce winners of Honours, Athlete of the Year, Outstanding School Service and the official presentation of the Governor General's Medal.

The major award winners were presented in the gym while other recipients had their medals and certificates delivered to their classrooms throughout the week.

"Typically we hold this ceremony in September and use it as an opportunity to encourage students to put their best foot forward right from the beginning of school," principal Laura Perrella said. "But this isn't a typical year."

Teaching techniques changed dramatically, students had to learn to use new technology, stay distanced from their friends, wear masks, wash their hands and learn from home.

"Our students have risen to this challenge to keep everyone in our community safe."

However, the challenges are not over. The start of 2021 will once again be remote learning for everyone.

"We recognize that this is not the way that most of you like to learn and it is not the way we prefer to teach. But it is necessary at this point in time," she stressed. "Stay focused in your homes and let's continue teaching and learning together."



TRIBUNE PHOTO BY JO-ANNE PROCTER

WCI 2019-2020 academic and athletic award winners received acknowledgment on Dec. 15. Pictured left to right: Lexie Carriere (Female JV Athlete of the Year), Amber Archer (Highest Academic Achievement Award recipient), Johnathan Holtmann (Governor General's Award recipient), Abby Procter (Outstanding School Service Award recipient) and Dawson Cowan (Male JV Athlete of the Year).

Interlake School Division trustee Cindy Brad congratulated students on their academic and athletic achievements on behalf of the division.

She praised students for their continued hard work through the unique learning situation that the pandemic has forced upon them.

"I think of our students and I think back of how you are going to be part of that major history book in years to come

and that 2019, 2020, 2021 will forever be part of our lives and at some point you will all laugh at the inability to buy toilet paper and Lysol wipes in 2019," she said.

"To our WCI staff, students and families, I want to acknowledge that these past few months have been extremely stressful for all. I think we are all stronger together and I recognize that WCI is an amazing community within."

Continued on page 5

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Attn: Landowners

Who is the EIWD?

In 2005, the local governments within the East Interlake partnered with the Province of Manitoba to deliver land and water conservation projects on a watershed basis.

What type of projects does EIWD do?

- Well sealing
- Wetland enhancement
- Water retention
- Buffer strips
- Exclusion fencing
- Shelterbelts
- Riparian enhancement
- Upland enhancement
- Conservation contracts
- Protection payments
- Soil enhancement
- And more!

STEPS TO COMPLETE A PROJECT

1 DISCUSS

EIWD and Landowner to discuss project design and partnership.

2 DEVELOP

EIWD staff will work with landowner and partners to develop project design and Enhancement Protection application/bid.

3 APPLY

Project design and application/bid submitted for evaluation by Watershed Sub-District/ GROW committee.

4 APPROVAL

Project Approved or Denied.

5 IMPLEMENT

EIWD staff will work with landowner and partners to complete project as designed.

6 EVALUATE

Completed/ongoing projects will be inspected and evaluated regularly by project team with reports submitted to Watershed Executive Board.

7 REVIEW

Executive Directors will review project reports and may make recommendations on project design and delivery. Directors will finalize annual reports then deliver results to project partners.

This project was undertaken with the financial support of:
Ce projet a été réalisé avec l'appui financier de :

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eastinterlake.ca

Postcard project inspires connections

By Jennifer McFee

Warren Collegiate Institute students aim to care for the community through packets of postcards.

Postcard sales will support Danica and Abby's Village, an organization created in honour of local girls Danica deLaRoque and Abby Margetts who lost their lives in separate accidents.

Abby's dad Ryan is a teacher at Warren Collegiate Institute, and the school community wanted to find a way to show support for him.

"His daughter passed away almost two years ago and December is her birthday month, so I tried to think of something that can make him feel supported around that time," said Fallon Campbell, who teaches Grade 9 and 10 math.

"It's also Christmastime, so we were just thinking of a way to show the Margetts family some love and show the Danica and Abby's Village charity some love."

Last year, the school supported the local charity through a bracelet fundraiser in conjunction with the I Am Love social enterprise. Campbell noticed that I Am Love had also been involved in a postcard campaign at the start of the pandemic to create connections during difficult times.

"I reached out and they gave me some information about how to do it. In part, the campaign is to raise money for Danica and Abby's Village," Campbell said.

"However, the biggest part is to spread the idea of love and commu-

nity in a time when we can't show it by giving a hug or going to grandma's house. It's the idea of sending your village some love through a postcard."

As the school's art teacher, Margetts involved his students with the project, Campbell added.

"His Grade 9 art students had to design the front of the postcard with this idea of love and community, while also keeping in mind Danica and Abby and how we can share their memories," she said.

"They actually designed these postcards, and now we're beginning the process for pre-ordering them."

The postcard project also offered a tangible way for students to connect with a common goal in their minds and hearts.

"This year, with the situation of our online offsite learning, it was harder to engage them by having a meeting because of the COVID protocols in our school and sticking to cohorts," Campbell said.

"This was a way to get the Grade 9s involved by having them design the postcards. They're new to the school, so it was nice to have Ryan talk to them and share with them all about Abby."

For Danica's mom Toni and Abby's mom Amanda, all the designs touched their hearts and made them remember their daughters.



TRIBUNE PHOTO SUBMITTED

Warren Collegiate Institute students designed artistic postcards.

"We were originally going to choose four different styles, but they couldn't narrow it down," Campbell said. "The kids did such a great job, so we want to include eight different designs."

Campbell also draws attention to the logo for Danica and Abby's Village, which features a dragonfly and an owl.

"One of the students re-drew the

owl and the dragonfly with masks on them, so now they're part of the logo that's on the front of the postcard," she said.

"With everything that's going on in the world right now, it's been really wonderful to focus on doing good for others."

Stay tuned for the campaign to take full swing in the new year.

Holiday Hours

<p>Wednesday, December 23rd</p> <p>Thursday, December 24th</p> <p>Friday, December 25th</p> <p>Saturday, December 26th</p> <p>Sunday, December 27th</p> <p>Monday, December 28th</p> <p>Tuesday, December 29th</p> <p>Wednesday, December 30th</p> <p>Thursday, December 31st</p> <p>Fri. - Sun, Jan. 1st- 3rd</p> <p>Monday, January 4th</p>	<p>Regular Hours 8:00 - 6:00 pm</p> <p>Closed</p> <p>Closed Christmas Day</p> <p>Closed Boxing Day</p> <p>Closed</p> <p>Closed</p> <p>Closed</p> <p>Closed</p> <p>Closed</p> <p>Closed</p> <p>Back to Regular Hours</p>
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Wishing Everyone a warm and wonderful holiday filled with all of the special joys of the season, along with best wishes for happiness and prosperity in the New Year.

From the Management & Staff of Stonewall Tire

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REEVE AND COUNCIL OF THE RURAL MUNICIPALITY OF ROCKWOOD

SPECIAL STATEMENT FOR IMMEDIATE RELEASE

Reeve, Council and Staff grant travel exemption to Santa Claus

RM of Rockwood – Despite the current COVID-19 restrictions set out in the Rural Municipality of Rockwood, Reeve Wes Taplin, in consultation with Dr. Seuss and Manitoba Public Health, has granted a travel exemption to Santa Claus to allow him to deliver gifts to households across the Municipality on Christmas Eve. All physical distancing measures will be ensured to keep our residents safe and happy throughout the holidays.

Manitoba opens first COVID-19 immunization clinic

Winnipeg doctor becomes first Manitoban to receive COVID-19 vaccine

By Manitoba government

The Manitoba government launched its first COVID-19 immunization clinic this morning to deliver the life-saving vaccine to the first priority group of health-care providers, Premier Brian Pallister announced last Thursday.

"Today is a monumental day in Manitoba and a long-awaited day of hope as we begin to deliver the first doses of the COVID-19 vaccine nine months after our first positive case in the province," said Pallister. "Our front-line health-care workers have been stepping up throughout this pandemic and we know that stepping up now to protect them first is the right thing to do, so that we can protect them and the patients they look after. I want to express my sincere gratitude to all those involved in our immunization campaign, as well as our health-care system and the immunization task force for its hard work to prepare for this historic challenge."

This morning, the clinic opened its doors at the University of Manitoba's Rady Faculty of Health Sciences on

Bannatyne campus adjacent to the Health Sciences Centre (HSC) Winnipeg. The first Manitoban to be immunized was Dr. Brian Penner, who works in internal medicine at HSC.

"I am now safer for my friends and colleagues, and I hope everyone does their part to stop the spread," said Penner.

"I'm old, I work in a hospital, I work in a clinic and I do a lot of house calls on people in assisted living sites," said Dr. Brian Sharkey, a family physician who also works in urgent care at Victoria General Hospital. "I've been worried about the vulnerability of those sites and the possibility of bringing the virus to someone who is unprotected."

"It's important for me because I'm a front-line worker, I work in the emergency room," said Sherry Plett, a registered nurse from the Southern Health-Santé Sud health region. "I just feel like I need to be there, I need to be healthy so I can be there and look after people in the community."

Over the next three days, the province expects to immunize 900 health-care workers who fall into the first priority group and booked appointments in advance.

Individuals eligible to be vaccinated at this time include health-care workers who have direct contact with patients and also meet one of these criteria:

- work in critical care units, born on or before Dec. 31, 1970;
- work in acute care facilities, born on or before Dec. 31, 1960;
- work in long-term care facilities, born on or before Dec. 31, 1960; or
- be assigned to COVID-19 immunization clinics.

Additional doses of vaccine are expected to be delivered to this province later this month and more appointments to be immunized will become available at that time. As details about the type and amount of vaccine are confirmed, the province will provide further updates to Manitobans.

This will include the opening of the province's first "super-site" at RBC Convention Centre, followed by other locations in Winnipeg, Brandon, Thompson, Steinbach, Gimli, Portage la Prairie and The Pas beginning in the new year. Mobile clinics and other targeted outreach is being planned as a supply of more easily stored and transported vaccines becomes available.

For more information, visit www.manitoba.ca/covid19/vaccine.

A number of employment opportunities are available for Manitobans who want to be a part of the COVID-19 vaccine rollout. For a current list of job postings, visit www.gov.mb.ca/covid19/vaccine/jobs.html.



Prairie Rose School Division
KINDERGARTEN REGISTRATIONS

If your child was born in 2016, he/she is eligible to attend kindergarten beginning September, 2021.

Parents and/or guardians are asked to contact one of the following schools:

École Carman Elementary School
Cecile Affleck, Principal (204) 745-2623

Elm Creek School
Leslie Howard, Interim Principal (204) 436-2354

Miami School
David Langill, Principal (204) 435-2441

Roland School
Brandy Chevalier, Principal (204) 343-2023

St. François Xavier School
Marc Tellier, Principal (204) 864-2868

École St. Eustache
Lindsay Noël, Principal (204) 353-2869

St. Laurent School
Crystal Millar-Courchene, Principal (204) 646-2209

Your child's birth certificate or Manitoba Health Card **MUST** be presented at the time of registration.

Registrations will be accepted between January 11 to 15, 2021, between 9:30 a.m. and 3:30 p.m.



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The Impact of Christmas

Titus 2:11-13 *For the grace of God has appeared, bringing salvation to all, training us to renounce impiety and worldly passions, and in the present age to live lives that are self-controlled, upright, and godly, while we wait for the blessed hope and the manifestation of the glory of our great God and Saviour, Jesus Christ.*

What is the impact of Christmas? The apostle Paul, in a letter to Titus, ties together Christmas, the grace of God that has appeared, and salvation.

This grace is meant to train us to live in the kingdom of God by renouncing impiety and worldly passions. Training takes practise and we are to practise living lives worthy of the kingdom of God.

Paul goes on to suggest that the process of salvation, what we call sanctification, was initiated by God, yet is ongoing. Salvation was fully accomplished by the light that was sent into our world; sanctification is our growing into that reality. The coming of the Christ child remains for us today a guiding light which calls us to live a life that is self-controlled.

To be self-controlled is the opposite of being controlled by something else, whether our desires, temptations, or the influence of others. Some things are destructive for us, and we need to know what to avoid. Other things are good for us and we need to appreciate the gifts God has given us. The differentiation and control is part of our salvation.

Paul also says that receiving God's grace leads us to live lives that are upright and godly. To be upright is to be honest and take responsibility for our actions. To stand up and be counted for what we believe to be God's will.

The grace of God appeared in the past, trains us in the present, and causes us to wait for the future with hope. All three dimensions are part of the salvation which has come into our world.

Of course, the hope that is spoken of is for the coming of Christ, which we celebrate in this season. Christmas is not meant to be something we pack away in boxes or put in the trash at the end of the drive, after the 25th of December. Christmas is meant to be revolutionary and requires our response for the remainder of our earthly lives which prepares us for eternity.

Receive God's grace and be reformed by it.

Merry Christmas, while we wait for the blessed hope and the manifestation of the glory of our great God and Saviour, Jesus Christ.

> AWARDS, FROM PG. 2

The Highest Academic Achievement Award was presented to Amber Archer for obtaining an overall average of 97.5 per cent in her Grade 11 year. The award is granted to a Grade 9-12 student at WCI who has the highest overall average at the end of the school year.

"We are particularly proud of this year's recipient because of the incredible commitment it took to remain engaged in our learning when we moved to remote learning in March," Perrella said.

WCI's Outstanding School Service Award was presented to Abby Procter. The award is given to a Grade 9-12 student in recognition of their contribution to school community. Procter received the award for her actions to improve the health of fellow students and environment.

"It is one thing to follow in another's footsteps and continue with programs and committees that have long been established in a school community. It is another thing entirely to see a community, identify a need and create a program to fill that need," Perrella said.

"She saw that poor nutrition was a part of some of our students' lives. Whether through lack of knowledge or lack of time or lack of resources, she sought out and procured funding for a free breakfast program for everyone."

The main focus was to encourage healthy eating. She enlisted some peers and ran the successful program for the rest of the year and received funding to run the program for 2020-2021; however, due to COVID restrictions, the program is on hold.

COVID-19 also forced WCI to cancel their annual athletic awards ceremony in June. It was a disappointing athletic season for both coaches and athletes who missed out on participating in most high school sports.

Lexie Carriere and Dawson Cowan were named the 2019-2020 Female and Male Athletes of the Year.

Carriere played both junior and varsity volleyball and basketball, practising with both teams. She is described as a quiet leader on whatever court she plays on. Each time she steps on the court, she helps to make the atmo-

sphere a better place for all of her teammates. Her team mentality and encouraging manner helped lead last year's junior girls team to a zone championship in Gimli and the Runner-Up Spot at AA Provincials in Winnipeg.

She was always positive and a great team player. Carriere has excellent knowledge of the game and the execution of plays and always stayed calm even in the most stressful situations. She is an exceptional leader to the younger players on the team, is a terrific role model and a pleasure to coach.

Cowan was a driving force in both volleyball and basketball. He was a member of both the junior and varsity teams. He is an athlete that coaches would like an entire team of. He is hardworking, driven, determined coachable, committed and is just a really nice young man. His leadership rubbed off on those around him, whether on the court or in gym class. He worked hard and learned as much as he could. He is a leader both on and off the court and his commitment is unrivalled.

The Governor General's Medal, established in 1873, recognizes students who have achieved the highest academic average. WCI 2019-2020 graduate Johnathan Holtmann was recognized at graduation in June but the medal was not available at that time.

Holtmann attended the ceremony on Dec. 15 to officially accept his medal at which time he took the opportunity to thank and praise his teachers.

"Hard work does in fact pay off," he told his peers. "Whatever it is you put your mind to, whatever it is you want to do in life, if you are fully committed, you can achieve it. It is all about putting in the work, trying your best and showing up consistently. I would not be receiving this medal without all their (teachers) hard work. All of them meet the needs of every single student individually."

Vice-principal Tyler Oliver read the list of students that received merit and honours awards.

"Not everyone that deserves an award will receive one," he said. "Some of you put your best foot forward. You never gave up when the going got tough, whether it was athletics, academics or school service commitments. Your efforts don't always result in formal acknowledgment at an awards ceremony, but what we see as a school is that marks are not always an indicator of future successes. The key to success is simply effort. The more you work and strive to do your best, the more you achieve."

Worship Schedule

The Anglican Church of the Ascension,
Stonewall will radio broadcast on 90.7 FM
a worship service each Sunday morning,
Christmas Day at 10:15 am,
and Christmas Eve at 6:30 pm
Check out our website
stonewallanglicanchurch.ca
or leave a comment at 204-467-8466

Certificate of Merit with Honours

Grade 9: Aliyah Allary, Thomas Boonstra, Leland Chartrand, Dawson Cowan, Michael Genio, Ella Masszi, Alysia-Lynn Procter and Tessa Stewart.

Grade 10: Abigail Cassidy, Katelyn Dorsch, Naomi Good, Karson King and Zoey Stairs.

Grade 11: Amber Archer, Lane Bond, Bryan Braun, Emma Briere, Tamara Buhler, Brady deLaroque, Bobbie Fairlie, Kailey Langrell, Abby Procter, Kaden Stewart and Paige Wright

Certificate of Merit

Grade 9: Teagan Atchison, Justis Bettoff, Brady Boonstra, Jennifer Burling, Jazmyn Carr, Xander Dolski, Randy Emms, Haleyna Fehr, Devlin Gorman, Owen Jones, Kinzey Kaplan, Chloe Lange, Kaitlyn Mair, Reid McDermid, Logan Monforton, Rylie Poitras, Cole Schroeder, Quinton Unger and Cameron Uppang.

Grade 10: Carson Anderson, Liam Black, Kevin Braun, Lexie Carriere, Logan Crooks, David Cochrane, Matthew Gilmore, Sydney Huff, Kaydyn McMahon, Connor Melo, Johnathon Minaker, Hayden Myskiw, Cody Procter, Aiden Prystupa, Aidan Shymko, Hyde Smith and Auden Szczepanik.

Grade 11: Gabriel Bjornson, Riley Buchanan, Sarah Crockatt, Hannah DeBin, Emily Fehr, Rianne Gareau, Emma Goodman, Andrew Henry, Riley Janke, Grace McDonald, Nikolas Remillard, Marissa Varnes and Patrick Worrall.



PLEASE LEASH YOUR DOG



Due to the increased use of our open spaces and trails during the pandemic, the Town would like to remind everyone that dogs are required to be **on a leash at all times** unless they are in their own yard or in the designated Thompson Off-Leash Park.

Watch our Facebook page
for specials

Closed Dec 24-28

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OPEN New Year's Day 4-8

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NEWS > VIEWS > STONEWALL > TEULON > WARREN > SURROUNDING AREAS

Enough debate over vaccines

By Evan Matthews

Let's talk about the perspective of people who are suggesting the Moderna and Pfizer COVID-19 vaccinations are "rushed" and somehow a bad thing. It's unlikely the people who are taking this stance are legitimate anti-vaccination advocates, but it's becoming a fine line.

There are still people out there who say vaccinations cause autism, but it's not true and the story is well-documented.

In 1998, the *Lancet*, a well-respected British medical journal, published a study falsely claiming the measles, mumps and rubella vaccines caused autism. It was then widely quoted. The *Lancet* has since retracted the study.

Many larger studies have explored the topic and disproven it time and time again. This information is all readily available in media publications, on government websites or in the medical journals themselves.

Amidst a global pandemic, two separate companies are bringing vaccinations in to our country and countries around the globe. This is it; these vaccinations will mark the end of the pandemic as we know it, or at least so we're told. In time.

Despite the vaccinations having gone through human trials, despite

our federal medical regulating body deeming it safe, there is a camp of people who keep saying, "I won't be a guinea pig" and "We don't know what's going to happen."

But you're not the guinea pig. The guinea pigs — or whichever lab animal was chosen — were. Then the humans who volunteered were. Do we ever know exactly what's going to happen? No.

Of course, it rarely bodes well to speak in absolutes. Anything could happen; there are always statistical anomalies and outliers.

But if Health Canada — our best medical minds — are telling us this COVID-19 vaccination is safe, you don't trust them? Maybe that's a fair perspective; a bit conspiratorial, but to each their own.

Typically, on average it takes 10 years of research and development before Health Canada considers a vaccine for approval, according to its website. Cause for alarm that this one came so fast?

No, because as Health Canada says right on its website, it doesn't always take that long, as global investments and new technologies make it possible to develop safely and effectively even faster.

Think about COVID-19 in context.

It's a worldwide issue; a global pandemic.

Of the world's seven billion people, it's become the entire world's first priority to rid ourselves of this virus.

Is it really so hard to believe our world's greatest medical minds — our world's deepest financial pockets — could really not have pulled this off without understanding, at least to some degree, what the ramifications are?

Even after vaccines are in use, their safety and effectiveness are regularly checked by people who give them, such as nurses, doctors and pharmacists — as well as pharmaceutical companies who make them, Health Canada scientists who review them and the Public Health Agency of Canada through a monitoring system, according to the Health Canada website.

Unless you've already had the COVID-19 vaccination from either Pfizer or Moderna, quit complaining and spreading fear because you couldn't be the guinea pig even if you wanted to. Let's be reasonable. Check your sources. Don't spread unwarranted fear and misinformation.

Ultimately, take the vaccine when you're given the opportunity. It probably won't be for a while.

These views are of the writer Evan Matthews and may not be the view of the staff of the Tribune.

Drive-thru testing site opened in Arborg on Dec. 21

Staff

The Interlake-Eastern total case breakdown by district as of Dec. 18, is as follows: A total of 1,581 cases, up by 296 from Dec. 14: 417 active cases, 1,136 recovered, 18 currently in the hospital with six of those in ICU and 28 deaths.

Arborg/Riverton 5 active cases, 46 recovered; Beausejour 6 active cases, 63 recovered; Eriksdale/Ashern 30 active cases, 75 recovered and 7 deaths;

Fisher/Peguis 30 active cases and 257 recovered, 3 deaths; Gimli 5 active cases, 21 recovered; Northern Remote 146 active cases, 79 recovered and 2 death; Pinawa/LacduBonnet 12 active cases, 34 recovered; Powerview/Pine-Falls 48 active case and 24 recovered, 1 death; Selkirk 19 active cases and 57 recovered and 2 deaths; Springfield 27 active cases and 114 recovered and 2 deaths; St. Clements 33 active cases and 46 recovered; St. Laurent 2

active cases, 9 recovered; Stonewall/Teulon 6 active cases, 120 recovered and 4 deaths; Unknown District 40 active cases and 79 recovered, 1 death; Whiteshell 10 recovered and Winnipeg Beach/St. Andrews 8 active cases and 99 recovered and 1 death.

A new drive-thru testing site, located at 323 Sunset Blvd. in Arborg, opened Dec. 21.

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STANDARD



Boonstra Farms Fund supports SWDPC with ICF

By Jennifer McFee

The end of the year brings a new fund that is ready to make a difference through the Interlake Community Foundation.

Murray and Pauline Boonstra recently created the Boonstra Farms Fund after learning about a business challenged issued by Murray and Emma Slagerman.

South West District Palliative Care is the beneficiary of the permanent endowment fund, and the Slagermans added matching dollars to the unrestricted fund.

"I said to my wife this past year that I'd like to give something back to palliative care. They were just fantastic when my dad had pancreatic cancer. They were unbelievable during a hard time," Murray Boonstra said.

"We had talked about putting a bench up in Stonewall under my dad's name. Then I read about this fund and thought it's a great thing because it's basically ongoing forever. I think it's a great way to help out in the community and give back."

Boonstra said he emailed his siblings about the new fund, and one of his sisters has already contributed.

"We hope that we can continue putting funds in there every year," he said. "The nice thing is it just keeps growing and growing."

Tracy Holod, executive director of the Interlake Community Foundation, said the Boonstras read about the Slagermans' matching challenge in the *Tribune*.

"To me, this is a testament to the fact that people do read their local newspaper and that people do want to give back to their community. We are very proud to be the steward of this fund," she said.

"This kind of partnership — Boonstra Farms and Interlake Community Foundation and South West



TRIBUNE PHOTO SUBMITTED

The Boonstra family is supporting South West District Palliative Care through a new ICF fund.

District Palliative Care — is a true win-win-win situation."

Anyone who would like to support to South West District Palliative Care can donate to the fund to grow the annual grant, she added. Once the fund reaches a balance of \$5,000, South West District Palliative Care will receive an annual cheque from the Interlake Community Foundation through the

Boonstra Farms Fund.

For more information about the Boonstra Farms Fund, visit <http://interlakefoundation.ca/cause/boonstra-farms-fund-to-benefit-swdpc/>.

Anyone who would like to contribute to the fund can mail a cheque to Box 1575, Stonewall, MB, R0C 2Z0, or visit <https://www.mycharitytools.com/gift/wpqfdn/donate?fund=254>.

Crime Stoppers: 'We are still working'

By Evan Matthews

Manitoba Crime Stoppers is reaching out to local municipalities to say, despite a tough year, the organization is still working and rewards are still being paid out.

Typically, in late-November, Crime Stoppers will reach out to municipalities for funding requests, so municipalities are able to better plan the following year's budget. As an example, the RM of Armstrong contributed \$268.80 to Manitoba Crime Stoppers in 2020.

"We support them always, in any

way we can. When you've got volunteers doing these types of jobs, they need support," said Armstrong Reeve Susan Smerchanski.

"It's a watchful eye and a worthy cause. It's an organization helping to keep our communities safe, and we want to keep them financially viable," she said.

Smerchanski acknowledged the RM of Armstrong has been one of many Interlake communities to struggle

with rural crime, and the region is committed to reducing crime and keeping communities safe.

The Crime Stoppers program is a big part of that, she said, as it provides a safe and anonymous way for the Manitoba public to pass on information to local police agencies, according to its website, as "tipsters" can report information about any non-urgent illegal activity.

"It happens all over the place," said

Smerchanski. "We encourage Interlake residents to call Crime Stoppers — and RCMP in emergencies — if/when they see something suspicious."

To report information to Crime Stoppers, call 1-800-222-8477 (TIPS).

However, in the case of emergency, always dial 911.

Crime Stoppers and COVID
After sending out its last funding let-

Continued on page 14

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Colony students return from Flat Kid adventures

By Jennifer McFee

Lightly School students embarked on adventures they never dreamed possible — without actually stepping foot outside the comfort of Clearwater Colony.

The school participated in a project inspired by the Flat Stanley project, which features paper cut-outs of a storybook character that travel to far-away destinations for adventures and photo opportunities.

Similarly, students at Lightly School coloured paper versions to represent themselves and mailed them to pre-arranged recipients for “flat kid adventures” in places as far away as the United Kingdom, France and Abu Dhabi. The project also stretched across the expanse of Canada from the east all the way to the west.

Principal-teacher Laurie Oughton said since they couldn’t plan any field trips this fall, they figured a flat kid adventure would be the next best thing.

“We had connections everywhere. We were sending the kids off wherever we could get anybody to agree to host them for a couple months,” Oughton explained.

“It was a great experience because the kids got to go everywhere and do everything. We set up a common email address so the host families could send pictures and updates.”

Almost every day, the students logged on to check for new emails or photos.

The hosts sometimes mailed knick-knacks and souvenirs too.

“None of the kids actually went anywhere, but they honestly felt like



Flat Avian visited a farm market at an orchard in the Okanagan.

they’ve been on vacation,” she said.

“We laminated the flat kids, and thank goodness we did because a lot of the kids ended up in the ocean and they were pretty soaked. Some of them came back with no colour left in them, but it was entertaining.”

To kick off the writing segment of the project, the students wrote biography poems about themselves so the host families knew something about them before they arrived in the mail. The students also engaged with their creative side by writing stories to explain how they ended up flat.

“We brainstormed and came up with good stories, complete with some transition words. The kids wrote their own stories and then we mailed them



TRIBUNE PHOTOS SUBMITTED

Natasha Tersigni (middle) took Flat Sophia ocean kayaking in B.C.

to the host families,” Oughton said.

“It’s been a very good experience for them, and they even learned how to properly write an email. We take those things for granted but I’m dealing with kindergarten all the way up. I wanted them to be able to experience what to do when somebody sends you an email and then you have to email them back.”

Oughton also posted newsletters and stories on a WhatsApp chat to keep their parents in the loop.

The adventures were as unique as the children themselves. One student, Flat Sophia, travelled to Vancouver Island to visit with Natasha Tersigni, former reporter for the *Stonewall Teulon Tribune*. Together, Natasha and Flat Sophia watched goats on the roof at Coombs Market, visited Englishman River Falls Regional Park, strolled along Qualicum Beach and embarked on ocean kayaking.

“There was so much excitement — and I think we needed that because everybody’s morale has been down,”

Oughton said. “We’re used to getting out and about and doing little trips, and we haven’t been able to this year.”

To wrap up their adventures, the students wrote emails to their host families to explain how they were feeling homesick and ready to return to Clearwater Colony.

“They were excited to be mailed off and they were excited to find out when they were coming home again,” Oughton said.

“When somebody would be sent home, we would have a big celebration. They were excited because we would open up the envelope together. It was a big event.”

Now that all the flat kids have returned to Manitoba, they compiled the correspondence and photos to take home as a package for their parents.

“They had a lot of fun doing it,” Oughton said. “They learned about writing, interacting, geography and so much more. It was a huge learning experience — and it was a blast.”

“THEY LEARNED ABOUT WRITING, INTERACTING, GEOGRAPHY AND SO MUCH MORE. IT WAS A HUGE LEARNING EXPERIENCE — AND IT WAS A BLAST.”



Flat Sophia visited Upper Englishman Falls.



Flat Avian visited Kelowna.



Flat Ashley visited Italy and more.

Region requesting resident engagement regarding rail cars

By Evan Matthews

A group of concerned residents is asking for public engagement on its survey, to better understand regional perception regarding Prairie Rail Solutions.

The survey is geared toward Highway 6 residents, mostly Warren and Grosse Isle. It went public on Friday, Dec. 11, according to the concerned residents, and is anticipated to close within a month. The group said they hope to be interpreting results by mid-January.

The point of the survey, according to the concerned residents, is to better gauge the community's sentiment on the issue.

"We want some hard data on how people who live near the PDC line feel about this (rail) car storage business. We will let the data guide how we proceed," said one resident, alluding again to organization of a formal group, if the public perception requires it.

"If there is a very strong message that people are unhappy with PRS's (corporate) actions, then we will more formally organize ourselves in order to try and get legislation changed to prevent this company from taking advantage of a former transportation route to shunt and store tanker and box cars."

A few examples of questions on the survey include:

- In your personal view, how acceptable is commercial rail car storage and movement on the Prairie Dog Central Rail Line?
- In regards to movement and storage of commercial train cars on

the PDC line, please rate your level of concern for the following aspects (child safety, frequency of movement, safety of cars, proximity to town, etc.).

- What is your overall impression of PRS, the company responsible for train car activity?

- What is your overall impression of Prairie Dog Central, the antique train that runs on the PDC line?

The survey asks nine questions in total and gives participants the option to leave an email address, if they

would like to continue to stay in the loop with residents regarding the issue.

The survey is available at <https://forms.gle/FEm8FmtvgPJZ-3wkeA>.

Background

Going back to July 2019, PRS's rail car operations in and around the communities of Grosse Isle and Warren has created unrest among some residents.

Allegations have consisted of car storage and shuffling — or shunting, as referred

to in the industry — in and around the two communities, often blocking access roads, creating unsightly scenes, and in one incident, PRS had been accused of storing a train that cut off children leaving school to get home on a "frigid winter day."

The RM of Woodlands said, to date, nothing has come forward to council and therefore council would not make an official statement.

The RM of Rosser said in a statement only that, "Council is already working with stakeholders to improve the situation."



TRIBUNE PHOTO SUBMITTED

Grosse Isle residents are polling their neighbours to see how many are concerned with having PRS rail cars being stored on the track in their back yard.

Previously, Frances Smee, reeve for the RM of Rosser, said PRS does not park rail cars in the Grosse Isle community; rather, they store empty cars on the tracks both north and south of the village, which is legal.

However, many residents aren't convinced and suggest PRS's actions suggest otherwise.

Vintage Locomotive Society's general manager Paul Newsome previously told the *Tribune* that the Vintage Locomotive Society owns and operates the Prairie Dog Central Railway, which operates the Vintage Train.

PRS is under the same umbrella, but Newsome said it is a freight operation run by the Vintage Locomotive Society to raise additional revenues in offsetting the cost to run the vintage train.

If it were not for PRS being able to store cars on the tracks to make additional revenue, Newsome said there would be no vintage train.

Oil car explanation (recap)

In July 2019, social media had sparked concern in Warren over how Prairie Rail Solutions was potentially

storing crude oil on its tracks. Similar concerns have now arisen in Grosse Isle.

However, Newsome said at the time, the rumour was completely false. PRS said it does not store any loaded cars — or crude oil — at all. To put in context, PDC has zero knowledge of how or where sour crude oil is stored before being transported, Newsome said.

Cars being stored on the tracks, according to Newsome, are not flammable. Local politicians are fully aware of PDC's practices on the tracks, he said.

While placards — symbols placed directly on a rail car and representing toxic materials being stored inside the car — are present on some of the rail cars being stored, a source with Transportation of Dangerous Goods certification said if the car is storing less than 10 per cent of a toxic material, but it has not been cleaned, the placard must remain on the car.

However, the placard is in place for emergency responders (if need be), the source said. The cars with placards, according to the source, pose no risk to the community or its residents.

Soil moisture normal to below normal in most of province

Staff

Manitoba's fall freeze-up hopefully bodes well for flood season next spring.

Manitoba Infrastructure's Hydrologic Forecast Centre has released the 2020 Fall Conditions Report that indicates soil moisture levels before freeze-up were normal to below normal in most Manitoba basins.

"The 2020 Fall Conditions Report describes the hydrologic conditions of Manitoba basins at the time of freeze-up," explained Infrastructure Minister Ron Schuler last week. "Hydrologic and weather conditions in the winter

and spring are the main factors that affect the risk and extent of high water events."

Due to minimal summer and fall precipitation, the soil moisture at freeze-up was normal to below normal for most of southern, central and western Manitoba basins, with the exception of the Little Saskatchewan River basin and in areas close to Brandon where the soil moisture is normal to above normal. Northern Manitoba basins, including the Saskatchewan and Churchill river basins, have normal to above normal soil moisture.

The minister noted another factor

affecting potential spring high water events is the base flow in rivers and the water levels on lakes prior to freeze-up. Base flow is a portion of the stream flow that is not from surface run-off; it is water from the ground, flowing into the river channel over a period of time. Base flows on most rivers are normal to below normal for this time of the year, with the exception of northern Manitoba rivers, where base flows are well above normal to record high.

Environment and Climate Change Canada's December long-term precipitation forecast indicates precipita-

tion will be normal to above normal from December to February for most of Manitoba and Saskatchewan. The National Weather Service (NWS) Climate Prediction Center's outlook indicates above normal precipitation within the U.S. portion of the Red and Souris river basins from December to March. "We will continue to monitor watershed conditions closely and will release spring flood outlooks through the winter as required," said Schuler.

To view the 2020 Fall Conditions Report, visit gov.mb.ca/mit/floodinfo/pdf/2020/2020_fall_conditions_report.pdf.

Woodlands School hosts annual Holly Jolly Jog

By Evan Matthews

COVID, cohorts, nor the cold would stop the Woodlands School from hosting its fourth annual Holly Jolly Jog.

On Friday, Dec. 11, students — within their cohorts — gathered outside the school at 11:30 a.m. and awaited the start of the run. Once they finished, Grade 5, 6, 7 and 8 teacher Samantha Page said all the participants warmed up with hot chocolate and snacks.

"This year we had 120 participants from kindergarten to Grade 8," said Page.

"We do a roughly three-kilometre run."

She noted that the route is a simple one, essentially starting from the school and then going around the perimeter of community of Woodlands.

Though it was a "fun run," for recognition's sake, Page said the top three Holly Jolly Jog finishers were:

1. Riley Rockola

2. Caleb Voth

3. Matthew Estensen

"We encouraged all the students to dress up in their most festive, holiday, winter outfits. We wanted to promote winter exercise and outdoor recreation," said Page.

Page is a runner, herself, and added how important it is to ensure people get outside and exercise through the winter months.

There is no bad weather, she said, just bad dress.

"We have such a long, cold winter here. It's important to embrace a season that lasts longer than any other, and not feel trapped and cooped up inside," said Page.

"Dressing appropriately is the most important part. Thankfully, (two weeks ago) we had pretty mild temperatures. The kids need to stay active."

"Running is something anyone can do. You don't need to be part of a



Hayley Poitras stands ready, decked out in holiday gear, just before the Holly Jolly Jog begins.



TRIBUNE PHOTOS BY SAMANTHA PAGE
Students in one cohort take off at the beginning of the race.

team. You don't need special equipment. I like to get them interested and passionate about running."

Over the last four years, in congruence with the run, Page said the school collects food and donation for the local

Christmas Cheer Board. However, this year the board said they would not be accepting food, so Page said the school focused on raising funds.

The *Tribune* could not confirm how much funding the school raised by press time.

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Mayor Hinds and Council have deemed that Santa Claus is an essential worker who does not need to quarantine or self-isolate for 2 weeks so he can deliver gifts.

Santa has spoken with Mayor Hinds and promised that he will sanitize and wear a mask while delivering gifts to keep all the children of Stonewall safe.

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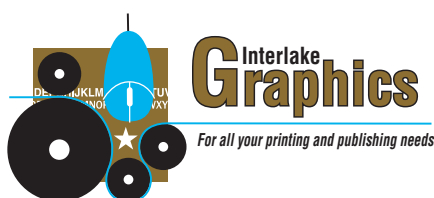
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Teulon Elementary students transform school into Santa's Workshop

By Evan Matthews

COVID isn't the only thing capable of transforming schools, as Teulon Elementary is exemplifying. The Christmas season has turned the school into Santa's Workshop.

Principal Sarah Hadfield said despite having to cancel annual musicals and concerts, parades and Christmas dinners, the school has managed to maintain a cheerful and joyous spirit synonymous with the holidays. The students are keeping busy, she said.

"It's been great ... obviously a bit different," said Hadfield. "But we're all embracing the season."

Madeline's Closet offers opportunity

Shannon Dupont, the founder of Madeline's Closet, offered the students a very special opportunity, according to Hadfield.

This year, Madeline's Closet dropped off an array of goods for the school to set up five little stores of its own on Dec. 10, according to Hadfield, one for each cohort within the school.

"Students went in and browsed, without touching anything, and were able to choose two items to bring back to their cohort, then their classroom, to wrap," said Hadfield.

Each student was instructed to give a gift to two special adults in their lives, people who make a difference to them.

"The joy and the excitement that they had the opportunity to shop for their parents was amazing. But adding in the fact that it was a secret that the adults didn't know about, that was, like, so exciting for many of the kids to wrap the gift and bring it home," she said, expressing thanks to Madeline's Closet for making it possible.

"They had the control and independence to pick the gifts, wrap them, and present them."

The arts live on

Many staff and students alike were quite disappointed about the fact there would be no musicals or concerts, Hadfield said.

But rather than get down about it, she said the staff and students found a way to create a project to fill the void.

"Some of the older students wrote holiday-themed musicals or plays and then filmed them so that the younger students could watch them," said Hadfield.

The older students were wrapping up production on the Thursday and Friday prior to the break, she added.

"That's been keeping them busy," she said. "The staff and students have been compensating for some of the tough times by doing these amazing

projects in their classes."

Community outreach

If it's difficult for some, Hadfield said it must be difficult for others. The students really embraced the notion.

The students put together Christmas cards and reached out to seniors' resource, according to Hadfield, and then the students delivered the cards to seniors within the community.

"Messages read 'We hope you're doing OK' and 'We're thinking of you' or I remember one saying 'Wishing you a safe and happy holiday,'" said Hadfield.

"The most common theme in the cards was that our students are thinking of our seniors."

In addition to ensuring community seniors know they are being thought of, the school raised \$502.20 for the Teulon Christmas Cheer Board, Hadfield said.

Acknowledging the PAC

Hadfield emphasized great thanks to the local parent advisory council (TEPAC) for purchasing individually packaged pizzas and drinks for all staff and students in place of the traditional Christmas dinner, which staff and students enjoyed during schools last week.

When it wasn't the dinner, Hadfield said the PAC was stopping by with chocolates or cookies for staff and students to keep morale high.

"Our parent council has taken really good care of us," said Hadfield. "We appreciate them so much."

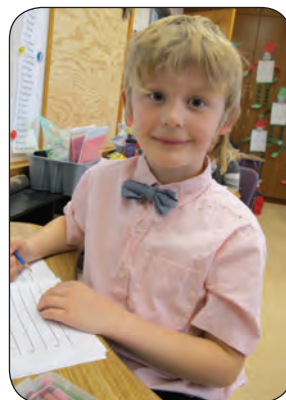
Heading into the holidays

On Wednesday Dec. 16, students were dressed in formal attire, as Hadfield said it would have been the day of the Christmas concert. Thursday, Dec. 17 saw everyone in ugly Christmas sweaters and Friday, Dec. 18 had everyone in PJs.



TRIBUNE PHOTOS BY SARAH HADFIELD

From top right, clockwise: Teulon students from the Green Cohort (grade 5) dressed up with nowhere to go; he Christmas store; Kati Mott working on a backdrop for her Christmas skit; Jacob Zaluski shows off two purchases from Presents for Parents; Kindergarten students Amelia Simcoe and Kyra Koostra enjoying pizza lunch; Neo Martin does multiplication in a festive hat; Erik Hillyer on fancy day.



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ter in November 2019, the COVID-19 pandemic shut most of Manitoba down in March 2020.

Fundraising for Crime Stoppers ceased, according to the organization's statement.

Now, in 2020, the organization has called off its 2020 funding drive (for the 2021 operating year) all together.

"We acknowledge your need to deal with more pressing issues relating to COVID-19. This doesn't mean we're shutting down our crime prevention

work," the statement reads.

"We are still here for you. We are still working. Our tip lines are still open, active and staffed. Tips are still incoming and rewards are still being paid out," it goes on.

Though it hasn't yet gone out, Crime Stoppers said in its statement the organization will send out its funding request to municipalities.

Anyone with questions or concerns is encouraged to call Crime Stoppers at 204-983-4951.

Rodeo Club gives back



TRIBUNE PHOTO BY DON BEAN

Teulon Rodeo Club treasurer Danna Shannon (middle) presents Barb Mankewich (left) and Barb Semchuk (right) of Teulon Senior Resources \$250 cheques for The Teulon and District Christmas Cheer Board and the Teulon and District Food Bank.

Staff

Christmas will be a little brighter for The Teulon District Food Bank, the Teulon and District Christmas Cheer Board as well as Meghan Connor, who was the lucky winner of the Teulon Rodeo Club's Christmas 50/50 \$1,000 jackpot that was drawn on Dec. 15. Although COVID-19 has wreaked havoc for many and was the cause of the cancellation of events, including the annual Teulon Rodeo, the club wanted to bring some positive anticipation and fun to the community and continue to give back. The 50/50 raffle started in September and all 1,000 tickets sold in time for the December draw.

The club is grateful for the support of local businesses and staff that continually step up to help: Frydays Restaurant, Teulon COOP, Rona Rockwood, Charison Hatchery, Blue Skies Bakery, Senior Resources and all the members who sold tickets. Stay tuned in the spring for their next community fundraising effort announcement.

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Season's greetings and warm wishes of wellness and happiness from our family to yours.

The best gift you can give health-care workers right now is to only leave your home for essential purposes. If it is essential you leave, be sure to physically distance, wear a mask in public indoor places, avoid crowded spaces and clean your hands frequently.

From Interlake-Eastern Regional Health Authority, we wish you and your loved ones a happy and safe holiday season!

COVID-19 TESTING SITE HOURS

Regular hours for all testing sites will remain through the holiday season, with the exception that the **Pine Falls and Eriksdale testing sites will be closed on Jan. 1.** Appointments are not required at any site, but are available at our Selkirk site only. Please make an appointment if possible for our Selkirk testing site.

SELKIRK – 100 Easton Dr. (Appointment-based walk-in service)
Mon – Sat, 9am – 4pm. Book an appointment at www.is.gd/MBtesting or by calling 1-855-268-4318.

PINE FALLS – 37 Maple St. (Drive-thru service) Mon – Fri, 9am-4pm

ERIKSDALE – 35 Railway Ave. (Drive-up service) Mon – Fri, 9am – 4pm

For more information about our testing sites visit www.is.gd/covid19test.

EMERGENCY DEPARTMENT SCHEDULES

Public health advises us to only leave home when necessary, but when a health emergency arises, it IS necessary! If you are in need of immediate care, don't hesitate to visit one of our emergency departments. They are safe places to go for care, and doctors want to see you before a concern becomes a serious problem.

Call our toll-free number at 1-866-267-5818 for updates on emergency department and physician availability by hospital or visit www.is.gd/EDscheds.

Town of Teulon
a great place to come home to

Town Office Holiday Hours
Closed December 24, 2020
at Noon until January 4, 2021
at 9:00 a.m.

Season's Greetings!

Local teen celebrates champagne birthday with parade



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Celebrating your "Champagne" birthday during a pandemic looks a little different than one would expect. On Dec. 16, Brady Holm turned 16 and was surprised to come outside to a parade of vehicles flashing lights, honking horns and friends and family bellowing birthday wishes on his street in Stonewall. Holm was humbled by the thoughtfulness and gifts handed to him through the windows. His mom Kerrie had birthday cupcakes to hand out to everyone that participated in the parade to honour their son.

Province declares Santa an essential worker

By Ashleigh Viveiros

The Province of Manitoba has deemed Santa Claus an essential worker, which means he'll be able to make his stops this Christmas Eve without any problems.

Continued on page 18



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Call today for an appointment!



Merry Christmas and Happy New Year!



From the Executive, Staff and Citizens of the Interlake Metis Association

Alfred Anderson, Vice-President
Jack Park, Board Member
Mona Buors, Board Member

Stonewall Christmas Tree Recycling Program

December 26th, 2020 - January 10th, 2021

Don't throw your Christmas tree away after the holiday season!

Recycle it by dropping it off at:
Town of Stonewall Public Yard
147 5th St. W.

Please remember to remove all decorations, tinsel, stands and plastic tree bags before arriving at the yard. Please do not leave these items on the tree or at the yard!

Brought to you by:



First COVID-19 vaccines administered in Manitoba

Staff

Last week Wednesday saw the very first doses of the COVID-19 vaccine administered to Manitoba health-care workers.

"Today is a monumental day in Manitoba and a long-awaited day of hope as we begin to deliver the first doses of the COVID-19 vaccine nine months after our first positive case in the province," Premier Brian Pallister said in a statement.

Those doses were the first of about 900 scheduled to be administered over three days at the University of Manitoba's Rady Faculty of Health Sciences beside the Health Sciences Centre (HSC) in Winnipeg.

When it comes to rolling out the vaccine, the province has given first priority to health-care workers of a certain age who have close contact with COVID-19 patients and Manitobans most vulnerable to the virus.

"Our front-line health-care workers have been stepping up throughout this pandemic and we know that stepping up now to protect them first is the right thing to do so that we can

protect them and the patients they look after," Pallister said.

Receiving Manitoba's very first COVID-19 vaccine was Dr. Brian Penner, who works in internal medicine at HSC.

"I am now safer for my friends and colleagues, and I hope everyone does their part to stop the spread," he said.

Not far behind Penner was Sherry Plett, a registered nurse who works at the Boundary Trails Health Centre.

"It's important for me because I'm a front-line worker. I work in the emergency room," Plett said. "I just feel like I need to be there. I need to be healthy so I can be there and look after people in the community."

The recipients of these first doses will need to get a second shot in three weeks. That will take place at the RBC Convention Centre in Winnipeg, the "super-site" the province is setting up for the storage and administration of the vaccine. Additional vaccination sites are planned for communities across Manitoba in the new year as more vaccine arrives.

Currently, the Pfizer vaccine arrives



TRIBUNE PHOTO BY CANADA BORDER SERVICES AGENCY

Canada Border Services Agency staff watched as the first shipment of the COVID-19 vaccine arrived in Winnipeg last week. The first doses were administered to health-care workers on Dec. 16.

in 975 doses that must remain in the same location where it is delivered. Manitoba expects to receive other COVID-19 vaccines in the future that can be broken down into smaller amounts and be transported, which

will allow for mobile vaccination teams and, gradually, a more conventional immunization program in the year ahead, the province has said.

Stonewall woman shares inspirational outlook

By Jennifer McFee

A local woman is serving as an inspiration to others after sharing her journey to embrace her Indigenous ancestry.

Crystal Magian of Stonewall was one of three Canadian women chosen to be interviewed for an article that covers what it's like to grow up in a household and community where you feel different.

The article, entitled "Finding confidence in a mixed race family," touches on topics of beauty, confidence and growing up in biracial or multi-racial families. It stems from a partnership between Dove and Refinery29 as part of the Dove Self-Esteem Project.

Magian, 29, is Ojibway and has spent her whole life in Stonewall, where she was raised by adoptive parents.

When she submitted her application, which involved writing an essay and answering a few questions, Magian felt she had a slim chance of being chosen. She was taken aback when she found out she was selected.

"It felt both amazing and terrifying all at once. I had only just started to open up and tell my life story. So when I was chosen and told this article would be shared worldwide, I definitely felt anxious," she said.

"In applying for the casting call, I honestly didn't think I would ever get chosen. So when I did, I had the 'But am I ready to share this with the entire world?' moment."

In the article, Magian shared how she felt discrim-

inated against because of her Indigenous ancestry while growing up in the Interlake.

"Once I had completed the interview, I felt like a huge weight had been lifted from my shoulders. I had finally opened up and told someone else aspects of my life that I was ashamed of — experiences I have had that has weighed heavy on my heart for most of my life," she said.

"There was a lot that wasn't published. It just felt good to talk to someone who could finally understand what I was feeling and saying. I honestly never really had anyone in my life that could relate to the things I went through."

Since the article was published, Magian said the main reaction seems to be shock from others.

"I had a lot of people message me to thank me, which is wild," she said. "They thanked me for speaking up and sharing my story. They said it really opened their eyes. They had no idea how hard it can be."

For other young girls or boys who might be going through something

similar, Magian shares a few wise words.

"You may be different, but that's something that you should be celebrating," she said. "Different is beautiful."

The article, written by Ingrie Williams, is posted on the Refinery29 website at <https://www.refinery29.com/en-ca/mixed-race-beauty>.



TRIBUNE PHOTO DANNY OLA PHOTOGRAPHY

Crystal Magian was one of three Canadians chosen to be interviewed as part of the Dove Self-Esteem Project.

ICF names new director at large

By Evan Matthews

The Interlake Community Foundation has a new director at large, and for many Stonewall residents, it's a familiar face.

On Dec. 15, the ICF named Sandra Smith its latest director at large via the foundation's social media channels. Smith is a former Town of Stonewall council member.

"ICF aligns with my core values," said Smith in a statement to the *Tribune*.

"I started on a path of volunteering, giving back, fundraising and community involvement at a very young age through affiliation with the Masonic Family — International Order of Job's Daughters and International Order of Eastern Star."

Job's Daughters International is a

Masonic-affiliated youth organization for girls and young women aged 10 to 20. The organization is commonly referred to as simply Job's Daughters or Jobies, according to Freemason literature.

Smith said having affiliated with a foundation and similar values early in her life led to involvement with Stonewall Quarry Days, South West District Palliative Care, Community Living Interlake, United Way Committee, Relay for Life, Winnipeg Pet Rescue Shelter, the Alzheimer's Society, and the Stonewall Royal Canadian Legion.

Referencing those same values, Smith said her time on council was a natural fit.

"I ran for municipal council because I wanted the opportunity to serve my

community in a meaningful way," said Smith.

"I believe I have cast a wide net and hopefully that brings value and contributes to build the exposure that ICF is currently enjoying."

Though officially named to the position last week, Smith is no stranger to the ICF. Smith spent time co-chairing the Ralph Eichler Charity Golf Tournament in 2019, which board members said was the most successful tournament to date.

The tournament benefits both the ICF and SWDPC.

Given her vast volunteer experience, ICF board chair Bob Beck said Smith's enthusiasm and experience will fit well within the organization.

"With her experience and knowl-



Sandra Smith

edge of our community, we approached her," said Beck.

"We're very pleased that she has agreed."

Christmas curbside dinner



TRIBUNE PHOTOS BY CHERYL CATHERS

The South Interlake Fifty-five Plus held their first curbside meal on Dec. 16. Thank you to all the volunteers who helped with the dinner, including Santa and Rudolph, and to those who purchased meals making it a success.

Birthday celebration



TRIBUNE PHOTO SUBMITTED

Residents of Crocus Manor in Stonewall celebrated Marlene Broadfoot's 73 birthday On Dec. 19.

What's *Your* story?

Stonewall Teulon
Tribune

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

We want to hear from you.

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

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

A young entrepreneur starting out?

Christmas Stories

It Started on a Frosty Day
in New York...

By Nevan Roy, 11 years

It started on a frosty day in New York. I was in the middle of waking up. Me, Norman Middleman, a 22-year-old white male born and raised in New York, had tried to get out of bed when I had noticed 2 big lumps under the blanket. I didn't think or want to think what was happening had happened. As I reached to pull the cover off my bed, I realized it was wet. How embarrassing! As I flipped the cover, I confirmed my original thought, I didn't pee myself, I was a snowman.

I rolled off the bed and hit the ground hard. When will this stop? Today is the worst possible day for this. At 7:00 pm, was my state-wide art competition. Don't worry though, I've only spent 7 years practicing for this. Only 7 years. What am I going to do? I'm lucky it's -25 today. Anything over -5 degrees is like a death penalty. It's like the sun and 8 other planets screaming "BURN, BURN, MELT!". I'll just sleep the day away. I guess I'll take the cold, hard, dusty floor. Yay!

Well, no luck. Still a snowman. It's already 5:30. I need to get going. I wobbled and wobbled until I found a problem, the stairs. I live in an apartment so it's going to be a fun fall. I chose to use the phrase I go by. FULL SEND. Ow, ow, oof, that hurts a lot, and everything else on repeat until I got to the lobby. I kindly asked the doorman, Mr. Ryan, to call a taxi for me, because my stick arms couldn't.

When I arrived at the convention, I was scared and embarrassed. I was a snowman. A walking snowman! The building was an old wrestling arena. There were walls in front of where the seats would be. The ring was being used as the spot for the canvases. I snuck in the door after someone in front of me. I Slipped down the wheelchair ramp because I would consider myself handicapped. I struggled to the stairs leading up to the ring. There I met my biggest fear. Stairs. "Help!". A nice young woman hoisted me over

the stairs. I didn't want to talk so I waddled away. "3, 2, 1, Go!". I forgot all of my art. SNOWMAN. SNOWMAN. The snowman painting is what got me last place. Dead last.

Christmas Break at It's Finest
By Josh Learmond, 11 years old

"Kole, open your present," said his best friends Jacob and Ryan! If this is what I think it is, then this is going to be the best Christmas break ever! In Whitehorse, Yukon these three boys are about to have the time of their lives, they just don't know it yet.

Kole was unwrapping his presents. His face glowed up when he saw what he got, it was a brand new, top of the line pair of skates. Kole had been wanting them forever! The next day Kole, Jacob, and Ryan went to a hockey rink in their town. Kole loved his skates, but there was one problem, they didn't feel right.

The next day Kole was playing with his snowmobile when his parents called him inside. "Kole come here please," said his mom. Kole ran inside and turned off the snowmobile. Kole, "We just want you to keep one eye out for this man, he's been wandering around lately". His parents showed him a picture of the man. "Just tell us if you see him okay," said his mom. "Okay," he said.

"What was that all about," said Jacob. "Oh, nothing," said Kole. "I feel like I saw him yesterday, for some reason," said Ryan.

Today the boys were at the sledding hill when Kole saw the man that his mom showed him. He ran over to his friends to tell them. Then he saw the bullies. He knew he was in trouble when he saw the big dorks, Jarek and Rick. "Hey nerds get over" yelled Rick. The three friends tried to run, but they didn't make it very far before Rick and Jarek caught up. They tackled the boys and started punching them. The man that Kole's mom told him to watch for yelled, "get out of here". Jarek and Rick ran away. The boys yelled "thanks". "Wow that was close" said Ryan.

The boys were very thankful that the man was there. "I didn't get your name," said Kole. "My name is Frank," said the old guy. "I didn't thank you," said the three boys. "This was the best

Christmas break ever," said Kole. "I wouldn't change anything, except running into Jarek and Rick. They all laughed. Bye guys, see you tomorrow at school. Bye, Bye.

My Most Awesome
Christmas Break Ever!

By Ethan Zagrodnik, 11 years

My most awesome Christmas break ever is probably last Christmas because that's when I got my phone and my Xbox 1S. And who doesn't like to have a phone and an Xbox, phones and Xboxes are awesome! Anyway, here's what happened. First of all, I woke up in the morning and I had to wait, you might be asking why I had to wait, that's because I had to wait for the rest of my family to come to my house. Meaning my grandma, grandpa, auntie, uncle etc. At least I didn't need to go to their houses, because who wants to drive to Winnipeg on Christmas morning. That would suck. You know what's even worse, I have to wait every Christmas morning for my family to get to my house. Christmas is always at my house because it's in the center of my entire family's homes. But mainly because I have the biggest house too. Secondly, let me tell you about what I got. I got my phone, and a hockey pad that you shoot hockey pucks off of it, and I think I got a hover drone that moves up or sideways, depends on where you put your hand close to it. I think I might have gotten a Lego set. It had lots of pieces, just a random guess 1550, I don't really know. I also got my Xbox 1S, it was the newest Xbox last year. I also got more stuff, but I can't remember. Third of all, let me tell you about what we had for brunch. Since my auntie and uncle were at my house, we had Tim Hortons, because my auntie and uncle own two Tim Hortons. So, we had free Tim Hortons. After all of that, my sister and I played with the toys that we got, and all the adults talked about boring work stuff. Then one by one over the hours my aunts, uncles, grandparents and cousins went home. Everyone was home by about eleven to twelve. You know what would be the worst as an adult, for Christmas all you get are bottles of wine. And wines are disgusting just thinking of them. If I was an adult, I'd still ask for

toys for Christmas. My point being an adult during Christmas would suck! That was my most awesome Christmas ever what's yours?

I'm a SNOWMAN
Samuel Marbach
11 years

Hey, are you looking for a story? Well, here's the right place. It starts near a little town called Stonewall it also was winter break when something peculiar happens. Me, Samuel, yes me, turned into a snowman. As well, I have a long adventure through countless journeys to turn me back. There will be a bunch of friends on the way. Such as me (Samuel) lucky Santa and bobby and Galactus. Now back to the story, so, there was a kid named Samuel. He went to bed one night and the next morning he was a snowman. Yes, you heard it, I'm a snowman. I got worried after seconds that it was summer, and I'd melt. What would I do? Just die. There's got to be a way to live, come on, think, what to do! What to do! Maybe I should ask Bobby what to do. Oh, by the way, Bobby is my brother. Bobby was in front of me, the snowman. I need SOME help please. Okay, maybe we could go to the Galactus, the people there know a lot. But we need to go to space, hop in my car! Oh, wait I can't drive; well, I should be able to fly to space. Oh no, they have a force field, 1 hour later are we there yet? Yes, we made it Galactus, we bring peace we need help, my brother's a snowman ok I will help you guys you need to go to lucky Santa he lives in the North Pole but it's almost summer so go quick. Santa checks the scanner it says he's here, yes child, here is the north pole, if you want to change back you need to deliver all the presents, ok? Yes, Santa but I need help from your elves. Samuel delivers the present and turns back to what he used to be. So, what did you think of my story? It has a good ring to it! I made it with care, and it could be a children's movie. I don't know if I should change the name of my story to be a good story so maybe u could change it to be the best story ever. Maybe I love doing these because it is fun to try to win and if I don't win that's okay. Goodbye, take care.

> SANTA, FROM PG. 15

Manitoba's top doc Dr. Brent Roussin announced last week that St. Nick has been given the green light to deliver his gifts unimpeded.

"Santa Claus is certainly an essential worker, which means that he is allowed to travel to Manitoba and able to come to anyone's house," he said, explaining the government is making

special allowances for the jolly old elf. Speaking directly to Manitoba's children, Roussin said he knows the past several months haven't been easy for them.

"We know that this year there's been a lot of new rules. We have to wear masks. We have to continue to wash our hands. We have to keep our distance from friends and others," he said. "You can't play with your friends as much, maybe you haven't been

able to visit grandparents or other family members.

"We needed these rules to protect ourselves and the people around us, but we know they've been hard."

He reminded Manitobans of all ages of the importance of celebrating only with members of their households this Christmas, staying connected virtually with other loved ones.

"Right now I need to remind everyone to stay safe at home with the peo-

ple you live with," Roussin stressed. "We can't have people visit right now, even over the holiday season. We have to stay safe.

"These rules have been very difficult, but they're not going to be forever. We can see right now, with a vaccine here in Manitoba, that it's not going to be forever. We are going to get back to the things we love doing, but right now we have to stay very safe."

Christmas Songs 2020

The Christmas Song

"Chestnuts Roasting on an Open Fire"

Chestnuts roasting on an open fire
Jack Frost nipping at your nose
Yuletide carols being sung by a choir
And folks dressed up like Eskimos

Everybody knows a turkey and some
Mistletoe help to make the season bright
Tiny tots with their eyes all aglow
Will find it hard to sleep tonight

They know that Santa's on his way
He's loaded lots of toys and goodies
On his sleigh
And every mother's
Child is gonna spy to see if
Reindeer really know how to fly

And so, I'm offering this
Simple phrase to kids from
One to ninety-two
Altho' it's been said many times
Many ways
"Merry Christmas to you"

The Grinch Theme Song

"Mr. Grinch"

You're a mean one, Mr. Grinch
You really are a heel,
You're as cuddly as a cactus, you're as
charming as an eel, Mr. Grinch,
You're a bad banana with a greasy
black peel!

You're a monster, Mr. Grinch,
Your heart's an empty hole,
Your brain is full of spiders, you have
garlic in your soul, Mr. Grinch,
I wouldn't touch you with a thirty-nine-
and-a-half foot pole!

You're a foul one, Mr. Grinch,
You have termites in your smile,
You have all the tender sweetness of a
seasick crocodile, Mr. Grinch,
Given a choice between the two of you'd
take the seasick crocodile!

You're a rotter, Mr. Grinch,
You're the king of sinful sots,
Your heart's a dead tomato splotted
with moldy purple spots, Mr. Grinch,
You're a three decker sauerkraut and
toadstool sandwich with arsenic sauce!

You nauseate me, Mr. Grinch,
With a nauseous super "naus"!,
You're a crooked dirty jockey and you
drive a crooked hoss, Mr. Grinch,
Your soul is an appalling dump heap
overflowing with the most disgraceful
assortment of rubbish imaginable
mangled up in tangled up knots!

You're a foul one, Mr. Grinch,
You're a nasty wastly skunk,

Your heart is full of unwashed socks,
your soul is full of gunk, Mr. Grinch,
The three words that best describe you
are as follows, and I quote,
"Stink, stank, stunk"

Hark! The Herald Angels Sing

Hark! the herald angels sing,
"Glory to the newborn King!"
Peace on earth, and mercy mild,
God and sinners reconciled
Joyful, all ye nations, rise,
Join the triumph of the skies;
With th' angelic host proclaim,
"Christ is born in Bethlehem."
Hark! the herald angels sing,
"Glory to the newborn King!"

Christ, by highest heav'n adored:
Christ, the everlasting Lord;
Late in time behold him come,
Offspring of the favored one.
Veil'd in flesh, the Godhead see;
Hail, th'incarnate Deity:
Pleased, as man, with men to dwell,
Jesus, our Emmanuel!
Hark! the herald angels sing,
"Glory to the newborn King!"

Hail! the heav'n born Prince of peace!
Hail! the Son of Righteousness!
Light and life to all he brings,
Risen with healing in his wings
Mild he lays his glory by,
Born that man no more may die:
Born to raise the sons of earth,
Born to give them second birth.
Hark! the herald angels sing,
"Glory to the newborn King!"

I Saw Mommy Kissing Santa Claus

I saw Mommy kissing Santa Claus
Underneath the mistletoe last night.
She didn't see me creep
down the stairs to have a peep;
She thought that I was tucked
up in my bedroom fast asleep.

Then, I saw Mommy tickle Santa Claus
Underneath his beard so snowy white;
Oh, what a laugh it would have been
If Daddy had only seen
Mommy kissing Santa Claus last night

Then I saw Mommy tickle Santa Claus
Underneath his beard so snowy white
Oh, what a laugh it would have been
If Daddy had only seen
Mommy kissing Santa Claus last night

Oh, what a laugh it would have been
If Daddy had only seen
Mommy kissing Santa Claus last night
(I saw Mommy kissing Santa Claus)

It Came Upon the Midnight Clear

It came upon the midnight clear,
That glorious song of old,
From angels bending near the earth
To touch their harps of gold!

Peace on the earth, good will to men,
From heaven's all gracious King!
The world in solemn stillness lay
To hear the angels sing.

Still through the cloven skies they come
With peaceful wings unfurled
And still their heavenly music floats
O'er all the weary world;
Above its sad and lowly plains
They bend on hovering wing.
And ever o'er its Babel sounds
The blessed angels sing.

Yet with the woes of sin and strife
The world hath suffered long;
Beneath the angel-strain have rolled
Two thousand years of wrong;
And man, at war with man, hears not
The love song which they bring:
O hush the noise, ye men of strife,
And hear the angels sing.

For lo! the days are hastening on,
By prophet bards foretold,
When, with the ever-circling years,
Shall come the Age of Gold;
When peace shall over all the earth
Its ancient splendors fling,
And all the world give back the song
Which now the angels sing.

The Little Drummer Boy

Come they told me
Pa rum pum pum pum
A new born King to see
Pa rum pum pum pum

Our finest gifts we bring
Pa rum pum pum pum
To lay before the King
Pa rum pum pum pum,
rum pum pum pum,
rum pum pum pum

So to honor Him
Pa rum pum pum pum
When we come

Little baby
Pa rum pum pum pum
I am a poor boy too
Pa rum pum pum pum
I have no gift to bring
Pa rum pum pum pum
That's fit to give our King
Pa rum pum pum pum,
rum pum pum pum,
rum pum pum pum

Shall I play for you
Pa rum pum pum pum
On my drum

Mary nodded
Pa rum pum pum pum
The ox and lamb kept time
Pa rum pum pum pum
I played my drum for Him
Pa rum pum pum pum
I played my best for Him
Pa rum pum pum pum,
rum pum pum pum,
rum pum pum pum

Then He smiled at me
Pa rum pum pum pum
Me and my drum

Silver Bells

City sidewalks, busy sidewalks.
Dressed in holiday style
In the air
There's a feeling
of Christmas
Children laughing
People passing
Meeting smile after smile
and on every street corner you'll hear

Silver bells, silver bells
It's Christmas time in the city
Ring-a-ling, hear them sing
Soon it will be Christmas day

Strings of street lights
Even stop lights
Blink a bright red and green
As the shoppers rush
home with their treasures

Hear the snow crunch
See the kids bunch
This is Santa's big scene
And above all this bustle
You'll hear

Silver bells, silver bells
It's Christmas time in the city
Ring-a-ling, hear them sing
Soon it will be Christmas day

Jingle Bell Rock

Jingle bell, jingle bell, jingle bell rock
Jingle bells swing and jingle bells ring
Snowing and blowing up bushels of fun
Now the jingle hop has begun

Jingle bell, jingle bell, jingle bell rock
Jingle bells chime in jingle bell time
Dancing and prancing in Jingle Bell
Square
In the frosty air.

What a bright time, it's the right time
To rock the night away
Jingle bell time is a swell time
To go gliding in a one-horse sleigh
Giddy-up jingle horse, pick up your feet
Jingle around the clock

Mix and a-mingle in the jingling feet
That's the jingle bell,
That's the jingle bell,
That's the jingle bell rock

Barylski finding his groove in the CRJHL

By Brian Bowman

Every hockey team covets a power forward in their lineup.

They don't come around very often and it's really rare to find one that's talented and just 17 years old.

But the Arborg Ice Dawgs have that gem of a hockey player in Tyson Barylski.

Barylski has gotten off to a great start in his rookie season with Arborg, scoring two goals and adding four assists in seven games.

He has gelled real nicely while playing on a line with Ice Dawgs' captain Josh Roche.

"I was happy with (the start), especially with my coach giving me the opportunity to play with the captain on the team," said Barylski. "Without (Josh), I don't think the (offensive)

numbers would be the same. He does it all, he scores the goals and he works hard."

Barylski stands six feet tall, weighs about 180 pounds, and attends Arborg Collegiate. He has no problem mixing it up with the older players in the Capital Region Junior Hockey League.

He enjoys playing junior hockey "I like to grind and hit," he said. "It's a lot of fun. You have more freedom to do things and the relationship with the coaches and everything is good."

Barylski played two regular-season games with Arborg last season, picking up three assists and 17 penalty minutes. He also suited up for two playoff games with the Ice Dawgs.

He took a break from AAA hockey last year and played for his local

house league team with his friends.

"I felt it was more fun doing that and less travelling," he reasoned. "I'm really happy that I chose to play with the Ice Dawgs this year."

That break helped Barylski recharge the batteries and he is eager to get the CRJHL restarted once Hockey Manitoba gives the green light to resume league play.

Barylski is one of a dozen rookies/affiliated players on Arborg's roster. The Ice Dawgs are definitely young, but there is a lot of talent within that youth.

"I think we have a young team but we probably have the best all-around team in the league," he said. "I think we have a very good chance (to win a championship this year), better than other years. The coaches have built



Tyson Barylski

up a better team than usual and a lot more people came to tryouts."

Canada West cancels swimming and track and field championships

Staff

Canada West announced the cancellation of its 2020-21 swimming and track and field championships on Dec. 17.

The conference deferred a decision on the 2020-21 curling championships to a later date.

Calgary was slated to host the swimming championships while Manitoba was scheduled to host the track and field championships.

The conference's 17 members formally made the decision to cancel the two championships and defer a decision on curling following recommen-

dations from the Canada West Board of Directors.

"Unfortunately, it's another difficult decision that our members have had to make," said Canada West president Curtis Atkinson. "Cancelling any competition, including championships, is not a decision that is taken lightly.

We understand and share the disappointment from everyone involved in these sports and hope that today's announcement provides clarity for our student-athletes and coaches."

WHL delays start of regular season again

Staff

The Western Hockey League announced on Dec. 15 that it will delay the start of the 2020-21 regular season.

Following further consultation with regional health authorities, the Board of Governors will meet in January to consider potential start dates.

With public health restrictions in place across Western Canada and the Pacific Northwest U.S., the WHL is not in a position to start its regular

season as planned on Jan. 8.

The WHL will continue to work with Government and Health Authorities as they consider schedule options for the 2020-21 season. The WHL has developed a series of protocols in consultation with health authorities that are necessary to protect WHL players, staff, officials, and fans during the COVID-19 pandemic.

"We continue to make every effort to get our season started, but our first

priority has always been the health and safety of our players, and everyone associated with the WHL," said WHL commissioner Ron Robison. "Given the public health restrictions that are currently in effect, we are not in a position to determine a new target date for our season. We will continue to consult with health authorities to determine when it is safe and responsible to get our season started."

Stonewall to host four major baseball championships this summer

Staff

Baseball Manitoba announced the host sights for the 2021 Provincial, Western, and Canadian Championships last week.

And Fines Field will be a very busy

place this summer with Stonewall hosting four major events.

The U11 "AA" provincials will be held in Stonewall from July 16 to 18, followed by the 21U "AAA" Western Canadian Championship slated for

Aug. 13 to 16.

The 14U girls' Western Canadian Championship is set for Aug. 20 to 22 while Baseball Canada's Women's Nationals will run Aug. 19 to 22 in Stonewall.

Einarson, Gushe to vie for national mixed doubles curling crown

Staff

Canada is adding another great mixed doubles curling team.

Last year's Scotties and Brier champions — Kerri Einarson and Brad Gushe — are teaming up to form Canada's newest mixed doubles curling rink.

The pair will be competing at the upcoming mixed doubles national championship in Calgary in mid-March.

Gushue is an Olympic champion, world champion, and three-time Brier winner from St. John's, N.L.

Camp Morton's Einarson, meanwhile, won her first-ever Scotties title with her new all-skip rink last February in Moose Jaw, Sask.

Both teams did not get the chance to represent Canada at the world championships due to the COVID-19 pandemic.

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get inspired

> MEAL IDEAS



Centering your holiday meal around a turkey cooked to golden perfection is the ideal way to serve a feast. Without the right preparation and execution, however, your bird could fall short. To ensure your holiday dinner centerpiece lives up to expectations, follow these simple tips, from purchase to plate:

1. Buy the right bird. Finding a turkey that's just the right size for your expected party is the start to a successful gathering. One common rule of thumb is the buy 1 pound of turkey per person – so, for a 10-person meal, purchase a 10-pound turkey. Don't forget that nearly everyone loves leftovers, so you may consider buying a few pounds more



One Terrific Turkey

than necessary.

2. Be patient. If you opt for a frozen turkey, don't rush the thawing process. For larger turkeys, it can take days to defrost properly.

3. Timing is everything. Finding the right amount of time for your turkey to spend in the oven is crucial but not always the easiest thing to do. For an 8-12-pound bird, aim for 2.5-3.5 hours; 12-16 pounds for 3.5-4 hours; 16-20 pounds for 4-4.5 hours, and so on. The key is bringing the turkey to a temperature reading of 170 F.

4. Let it rest. Instead of pulling the turkey out of the oven and immediately carving it, give it a chance to rest for 20-30 minutes, which allows the juices to soak into the meat and moisten it up.



Cheeseball

1 teaspoon Worcestershire sauce
1/8 teaspoon pepper
2 packages (4 ounces) Buddig Beef or Ham, chopped, divided
1 package assorted crackers
In large bowl of mixer on medium speed, beat cream cheese and cheddar cheese until creamy.

Mix in black olives, green onion, red bell pepper, Worcestershire sauce, pepper and 2 ounces chopped beef until well combined.

Form into ball. Wrap in plastic wrap. Chill at least 2-3 hours to allow flavors to blend.

Just before serving, roll in remaining chopped beef until completely coated. Serve with assorted crackers.

Total time: 30 minutes
Servings: 10
1 package (8 ounces) cream cheese, softened
2 cups (8 ounces) finely shredded cheddar cheese
1 can (2 1/4 ounces) sliced black olives, drained
2 tablespoons minced green onion
2 tablespoons minced red bell pepper



Gingerbread Cookies

In large bowl of electric mixer fitted with paddle attachment, cream butter and sugar about 2 minutes on medium speed until light and fluffy. Add egg and molasses; mix until well incorporated.

In separate bowl, whisk flour, baking soda, salt, ginger, cinnamon, nutmeg and cloves. Use mixer on low speed to add to butter mixture until combined and dough is formed.

Divide dough in half, wrap with plastic film and refrigerate at least 1 hour.

Preheat oven to 350 F and line baking sheets with parchment paper.

Flour clean work surface. Roll dough 1/8-1/4 inches thick. Cut out shapes with desired cookie cutters.

Transfer cookies to lined baking sheets and bake 10-12 minutes, or until firm. Let cookies cool on baking sheets 2-3 minutes then transfer to cooling rack. Cool completely.

Decorate cookies with royal icing.

Recipe courtesy of Bernice Baran
Prep time: 30 minutes
Cook time: 10-12 minutes
Yield: 24 cookies
1/2 cup (1 stick) unsalted butter, softened
1/2 cup C&H® Dark Brown Sugar
1 large egg
1/4 cup molasses
1 3/4 cups all-purpose flour
1/2 teaspoon baking soda
1/8 teaspoon salt
1 teaspoon ground ginger
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/8 teaspoon ground cloves
royal icing

Ask the Money Lady

To My Money Lady Readers,

This time I wanted to ask you a question – something that I have discussed with readers many times through email.

Have you ever noticed how we encourage, support, and tell others to “go for it” yet we let fear hold us back and never take the advice we so freely give out? Why is it that we often don't apply the same encouragement to our own situations; or is it, we just have trouble “practicing what we preach?”

By the time you reach your mid-fifties you have probably suffered greatly with either personal, financial or career challenges. Have you ever noticed how you can see the problems, or more importantly the solutions for others due to our own life experiences; but often cannot recognize it for ourselves? Perhaps it is our own personal or perceived insecurities about how to address difficult decisions that many Canadians today are selling themselves short, especially when it comes to saving for retirement.

Yes, I know that life is expensive and there are a lot of demands on your wallet. However, to become debt-free and wealthy the solution is very simple: set a goal, make a plan, work your plan, reassess your outcome and have the courage to make the necessary changes to achieve your goal. Consistent determination is the only way people have improved their lives and become financially successful.

I meet people all the time that I am overwhelmingly amazed at how they have overcome hardships, started a business (maybe failed more than once) and then triumphed to success.

I have helped clients who have lost everything after a divorce or career failure and have seen their unwavering desire to get back on top and be successful again. I have clients that are in their 70's who have saved too much money to spend in retirement, who never made a large income during their working careers but simply saved consistently and lived below their means. In contrast, I also have tried to help many people that look like they have it all on the outside with the fancy cars, expensive homes and clothing, yet underneath it all, they are racked in overwhelming debt and are facing a negative net worth situation. Money is emotional. To save for retirement you can either make excuses why not to, or you can find a way to make life changes and sacrifices to ensure your independence and security as you age. Remember that true success is not measured by material things that you have purchased, but instead should be defined by what you have overcome in your life. It is about how many times you got back up after you've been knocked down and never stopped trying to succeed to accomplish the things that other people said you could never do. Take back your inner power and control. Refuse to settle for less and make sure you retire debt-free and wealthy!

Good Luck and Best Wishes,
Money Lady

Written by Christine Ibbotson, Author of the best-selling book “How to Retire Debt Free & Wealthy” and a new book Don't Panic – How to Manage your Finances and Financial Anxieties During and After the Coronavirus” available at all bookstores across Canada. If you have a money question, please email on website: www.askthemoneylady.ca



Orange Eggs Benedict

eggs into water to poach. Cook 3-4 minutes until whites are cooked through and yolks are still runny. Using slotted spoon, remove eggs and drain on paper towels.

Spread butter on one side of bread slices. Place bread in skillet and cook until golden brown. Add ham to same skillet and cook until browned on both sides.

To assemble, spread bread slices with orange marmalade. Top each with one slice cooked ham and one poached egg. Pour hollandaise over eggs and garnish with orange zest.

Photo courtesy of Getty Images (Holiday table)

Serves: 6
Orange Hollandaise:
2 egg yolks
1 orange, juice only
1/2 teaspoon kosher salt
1/2 cup unsalted butter, melted
water
1 tablespoon white vinegar
8 eggs
1/2 cup butter, softened
6 French baguette slices, 3/4-inch thick each
6 thick slices ham
1/2 cup orange marmalade
orange zest, for garnish
To make Orange Hollandaise: In small bowl, blend egg yolks, orange juice and salt until combined. Gradually add melted butter into egg mixture while blending. Set aside.
In skillet, add water halfway up sides. Add vinegar. Bring to simmer. Break

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IN MEMORIAM

Kerry Lockhart
In Loving Memory of
Our Wonderful Husband and Dad
February 1, 1965 – December 29, 2012
How I wish that I could tell you,
It's to you that I would run;
You were the place that I could always rest
my head,
When my world had come undone.
Your quiet words a salve to soothe my
wayward soul
It was there I learned to heal;
You have carried me though more than you
could know
I still feel your hand in mine
-We love you forever,
Shelley, Sydney and Jayden

CARD OF THANKS

We would like to thank everyone for their kindness to our family in the loss of Don. Your cards, phone calls, flowers and donations have been very much appreciated. Special thanks to the palliative care nurses and doctors for their great care. Thanks to Ken Loehmer for his support and guidance.

-Muriel, Donna and Larry,
George and Marie,
Murray and Bev Taplin

Don't forget to send special wishes to your friends & family

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IN MEMORIAM



Shannon Barnes-Figur
December 4, 1970 – December 31, 2016
You always had a smile to share,
Time to give and time to care;
A loving nature, kind and true,
Is the way we'll remember you.
We cannot bring the old days back,
When we were all together;
But memories keep you close to us,
And memories last forever.

-Missed and loved by,
Mom, Barbara Barnes;
Husband, Spencer Figur;
Brother, Sean Barnes and family;
Step-children, Matt and Melanie Figur;
Fur babies, Alex and Arthur;
Aunt Sharon and family;
Uncle Ron and Aunt Joan Geisler and family

IN MEMORIAM



Terry Malcolm Lindell
January 12, 1951 – December 26, 2018
We have an emptiness in our hearts,
We try to fill with treasured memories
But still we feel the loss,
So we send our thoughts, prayers and love
Until we meet again.
-Fran, Charles and family

IN MEMORIAM



Walter Hagborg
July 8, 1939 - December 23, 2019
Walter would want you all to remember
his criteria- "Play the hand you are dealt"
especially during this difficult pandemic.
We miss your smile and ability to live every
day to it's fullest.
-Love, Isla, Robert and Bonnie
and families

OBITUARY

Donald Griffin Latta

Donald Griffin Latta passed away on December 15, 2020 at the Health Sciences Centre, Winnipeg at the age of 63 years.

Don was predeceased by his father Gene Latta and his step-father Arnold Abrahams.

He was a devoted family man who was active in the church and enjoyed creative endeavours like music and storytelling. In spite of being exceptionally good in school, unfortunately he was never able to find a rewarding career. Still he maintained a positive disposition and was always kind and thoughtful to everyone. In later years he was plagued by deteriorating physical and mental health, but he was still devoted to his children and grandchildren and a popular uncle to his nieces and nephews. His joy in life was to be part of the life of his daughter Miranda and his son David (Sondra) and children Calista, Dakota, Sienna and Neveah, all of whom live in Alberta. Don will be lovingly remembered by his mother Mary Abrahams; siblings Jeff (Brenda), Doug (Peggy), Bud (Charlaine) and Lori (Asfaw); step-siblings Garth (Irmie), Marina (Jim), Vicki (Glen), Heather (Ron); and numerous nieces and nephews.

If so desired, memorial donations may be made to a charity of your choice.

A Celebration of Life will be held at a later date.

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Onwards in our hearts

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