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**Fun in the sun**

TRIBUNE PHOTO BY JO-ANNE PROCTER

Many people head south for the winter, but those who stay behind make the best of the beautiful January weather. This past Sunday Mother Nature graced us with sunshine, -6.9 degrees C. and 9 km/h wind which made for perfect snowshoeing weather. Pictured left to right, Jo-Anne Procter, Joanne Delaronde, Gina Doyle, Gayle Reagh, Laurie Deprez and Lee Stewart.

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# A Secret Santa gift brightens up the holiday season

## Ethan Boyer's memory lives on

By Autumn Fehr

As another holiday season is in the books, it's important to look back and reflect on all the things that brought us joy in this season.

Although for those who have lost loved ones, the holiday season can be one of the hardest times of the year.

For Sue Zuk-Boyer, her husband Dana, and their son Reid, the last few Christmases haven't been the same since their son and brother, Ethan, died in a fatal crash on the South Perimeter near Brady Road on Oct. 25, 2019. He was only 19 years old.

But this holiday was a little different than the last few since they lost Ethan because of a gift from a 'secret Santa.' "It really made our Christmas, which hasn't been great for the last couple of years. So, it just kind of gave it that nice little feel-good for us that some unknown person out there, from somewhere, sent a package to us... It really touched our hearts," Sue said.

A package was mailed to Tracey Johnson, the owner of the Southdale and Marion Pet Valu, with no return address.

After Ethan died, the family has run an animal fundraiser in his honour, partnering with Johnson, as he adored animals, and accepting animal donations was something they did at his funeral.

Tin for the Critter Bin runs throughout October. Those who want to support animals across the province can



On the back of the Santa, it reads "4-ever".

drop off cat and dog food and financial donations to the Pet Valu in St. Boniface, Southdale, Fluffy's Pet Grocery in Teulon, and Quarry Pets in Stonewall.

The fundraiser is also supported by several pet stores in Manitoba and has the support of many individuals with RCMP connections.

The sender of the surprise gift indicated in the card that they were thankful for this work the family had started in memory of their son.

Inside the package was a thank you card for Tracey and a box for the Boyer family.

The couple later found out that Nicole, from Quarry Pets in Stonewall, also received a letter, a Christmas card, and a crocheted Christmas tree.

Another envelope for Constable Shaylin Fenton, the police officer from the RCMP who helps them with the



TRIBUNE PHOTOS SUBMITTED

Inside the box was a Christmas card, a letter called 'The Christmas Gnome,' and a hockey Santa. Santa is wearing skates, and there is a hockey bag in the form of a skate with hockey sticks and a dog and a cat.

fundraiser, was also enclosed within the package for the family to send off to her.

Inside the box was a Christmas card, a letter called 'The Christmas Gnome,' and a hockey Santa. Santa is wearing skates, and there is a hockey bag in the form of a skate with hockey sticks and a dog and a cat. On the back of the Santa, it reads "4-ever."

The card they received read: "Thank you for your generous spirit in starting "Tin for the Critter Bin in Memory of our son Ethan." Christmas is a time to remember but also to give from the heart. I hope this gift will make you smile & have a special place so when

you look upon him, it brings some sense of comfort. Blessings to all of you. Secret Santa."

The heartwarming and thoughtful gift is still a mystery to the family, as there was no indication on the package who sent it.

The family said hockey Santa has a special place, sitting on Ethan's skates on his memorial display with Ethan in their home.

"Tears come fairly easy ever since we lost Ethan, but that brought tears of joy at a time that is very sad for us," Dana and Sue said.

Secret Santa, whoever you are, you got your Christmas wish.



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## Teulon and District Museum in desperate need of volunteers

By Autumn Fehr

At the end of the month, the Teulon and District Museum president, Kathryn Jack, will be stepping down.

Jack has been a member of the museum volunteer board since 2018 and president since 2019. She has contributed to many successes for the museum over her last four years as president.

Jack's first major project as the museum's new president in 2019 was organizing the Teulon Centennial Project.

As her first event as president, it went on as a hit, with a parade and events at the museum, such as a photo area with old-time costumes and a quilt display, which stayed up all summer.

In 2022, the museum was a part of Pumpkifest for the first time and invited artists to bring their paintings with fall colours which they put as a backdrop in the Hunter House.

"We changed the colour and gave a whole different look to the museum. It opened everybody's eyes to the possibilities of what we could do at the museum with still keeping our classic displays," Jack said.

Throughout her time as president, Jack endured countless construction projects to keep the building in top shape. Projects included repairs on the shed roof, painting the shoe shop, repairing some windows, repairing the Hunter House veranda to make it useable again, and the Ukrainian Church sided.

Out of all the projects, Jack helped put together

and promote, she said the one she found most successful was the through-the-ages wedding dress display showcased on Canada Day in 2022.

As things were starting to run like normal again following the pandemic, the wedding dress kicked off the return of regular in-person events with a bang.

"After COVID and a couple of down years, it brought people back again," Jack said.

It was the first time the museum had ever done that type of display, and Jack said she hopes it will continue again next year under new leadership, as it was such a success within the community.

From running successful projects and events to major construction, Jack has been a part of significant and ultimately successful changes for the historic building over the last few years, which will mean a loss for the museum.

Finding a new president to fill Jack's role hasn't started yet, but it won't be the only spot that needs filling.

Jack said the treasurer and secretary of the museum board would also be stepping down.

Since 1975, the museum has been running off a volunteer workforce.

With an aging building and members, the museum's future looks uncertain. The museum needs a set of fresh, new members to keep its success going.

"If new people would step in, we could keep it going," Jack said.

Anyone interested in volunteering at the Teulon and District Museum can contact Jack at 204-861-



TRIBUNE PHOTO SUBMITTED  
Kathryn Jack at the Teulon Centennial Project parade in 2019, the first big event she was a part of when she was elected president that year.

0508 or by email at [kcajkb@gmail.com](mailto:kcajkb@gmail.com) or any existing board member they know.

## Pharmacists Supporting Manitobans with their New Years' Resolutions to Quit Smoking

Submitted by Pharmacists Manitoba

Pharmacists Manitoba launched a Social Impact Bond with the Government of Manitoba in April 2022 referred to as "Quit Smoking With Your Manitoba Pharmacist." This initiative is also supported by Canada Life and ClaimSecure. The goal of the social impact bond is to help 4500 Manitobans become smoke free by March 31, 2025.

"With 2023 around the corner, we are encouraging those who have set 'quitting smoking' as their new years' resolution to take advantage of this initiative" says Tanjit Nagra, CEO, Pharmacists Manitoba.

Individuals eligible for this program must be 18 years of age or older, be a Manitoba resident with a valid Manitoba Health card, and consent to participate in the program. Through the program, individuals will receive up to a \$100 subsidy towards smoking cessation products. The service will be delivered through an initial one-hour assessment, up to nine follow up counselling sessions, and prescribed first-line smoking cessation pharmacotherapy.

"Quitting smoking is not an easy task, but we hope that with the help of a pharmacist and resources made available through this initiative, interested participants will feel motivated

and supported every step of the way" says Nagra.

There are 200 participating pharmacies across Manitoba, throughout all health regions. Interested individuals can visit [www.quitsmokingmb.ca](http://www.quitsmokingmb.ca) and find a participating pharmacy near them to book an initial appointment.

Smoking cessation services are also available in addition-

al languages at various pharmacies across the province. A full of available languages and where these additional language services are being offered can be found at [www.quitsmokingmb.ca/languages](http://www.quitsmokingmb.ca/languages).

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# Rural nurses continue to step up for patient care; province offers incentives

By Patricia Barrett

Although rural health care is under enormous strain with physician, nursing and paramedic shortages and the periodic shutdown of hospital labs, emergency rooms and acute care beds, front-line nurses are continuing to step up to fill as many staffing gaps as possible to ensure local communities have access to care.

There were pre-existing weaknesses in the health-care system prior to COVID and the pandemic exacerbated many of them, said registered nurse Tracy Abraham, who is the clinical team manager at the Pinawa Hospital, regional acute care supervisor and the cancer care program manager. The system is now being challenged by a suite of respiratory viruses, including COVID, that have disrupted staff rotas and are bringing an influx of people to rural emergency rooms.

Despite the challenges, there have been some positive changes in nursing. And nursing in rural communities comes with a number of benefits, including a variety of nursing jobs, fast-tracking to management and demonstrable support from residents.

Since COVID struck, Abraham said she has seen greater cohesion among nurses and the collaboration between inter-disciplinary teams has been fine-tuned, which has resulted in more streamlined patient care.

"With COVID in the last two and a half years, we've had staff off sick and we've seen an increase in ER presentations and admissions to hospital," said Abraham before Christmas. "But the nurses and the support staff have really come together, relying on each other more and more. Collaboration has also really increased between inter-disciplinary departments such as acute care, long-term care, allied health care and lab services. We've all had to collaborate to make this work for the patients."

Although health-care facilities are suffering from staff shortages and nurses are being asked to "come in all the time," Abraham – who is responsible for staff scheduling – said she has seen teamwork in action. As the Christmas break approached, staff at Pinawa Hospital have been very flexible with shifts.

"I have a lot of open nurse positions, which is similar in many facilities right now. And as Christmas approaches, I have been having numerous talks with my staff. They're saying, 'I'll work four hours on Christmas' or 'I'll switch that shift for you.' Staff are really trying to make sure we've got our hospital functioning."

The use of agency nurses has helped fill staffing gaps, said Abraham, as staff nurses are suffering from burnout after being asked to constantly pick up shifts.

"It is taxing. I can't say they're not experiencing burnout," said Abraham. "There used to be a much

better work-life balance for nursing and other health-care staff. I'm hopeful we'll get back to that again."

There has been a positive shift in how agency nurses are viewed by rural health teams. Staff are happy to work with agency nurses because they help lighten the patient load. And agency nurses who find a site they really enjoy working at are continuing to pick up shifts there, she said.

The provincial government announced a \$200-million-dollar human resource action plan in November that addresses health-care staff recruitment and retention. It also includes supports and incentives for nurses that Abraham said are important.

The action plan includes a weekend premium for nurses, a full-time incentive, financial incentives for returning nurses, a joint nursing council that focuses on working conditions, mental health and burnout support and the creation of a provincial nursing float pool, according to the province's Nov. 10 news release.

"The province has offered an \$8-dollar-an-hour premium on Fridays, Saturdays and Sundays, and that has helped fill weekend shifts, which is great," said Abraham. "That incentive was the first big one. There's also a \$10,000 signing bonus for any full-time nurse."

Working as a nurse in a rural community has a number of benefits, including being able to work in a variety of positions and move up the ranks a lot faster than a nurse normally would in the city.

Abraham said she herself moved into a nursing leadership position in year five of her now 14-year career.

"The opportunities for this kind of quick advancement would not likely happen in a bigger centre in the city. Most people in management have had to work the floor for a long time," she said. "I also had an opportunity to gain a broader perspective on rural health care because I was able to work as a nurse in different areas."

Before she moved into a management position at the Pinawa Hospital, Abraham said she worked as an emergency room nurse at the Beausejour Hospital, in endoscopy in Beausejour then as a clinical resource nurse in Pinawa.

With the increase of respiratory viruses such as COVID, influenza and RSV, rural emergency rooms are "busier than they've ever been" and they're struggling with staff shortages, she said. To help educate parents about where to take sick children, the province's Shared Health organization put together an online guide.

The "Kid Care – Where do I go with a sick or injured child" webpage has advice for caring for kids at home and when it's appropriate to go to a doctor, a walk-in clinic, an urgent care centre or an emergency room based on the child's symptoms.

"The one thing the province did well, in my opinion, is providing Kid Care and doing a lot of radio and news bulletins about when to see your doctor, when to go to an ER and educating people on symptoms," said Abraham. "If your child has had a fever for this long and you're tried this, this and this and it's still not resolving, then it's time to seek care. If your baby hasn't peed within 24 hours it's time to go to the ER."

In Pinawa there's a clinic with doctors who see patients regularly. There are also doctors in Lac du Bonnet and Whitemouth who help staff the Pinawa ER, she said. But people coming to the ER and other rural ERs may be faced with a wait – as they are in urban centres – depending on the severity of the health condition. They may also have to wait for a bed should they need to be admitted.

"If you're sitting here with a nail in your hand and someone has had a heart attack, I'm sorry but the nail in the hand has to wait," said Abraham. "We've always had to triage patients but I think people sometimes get frustrated because they don't know how the system works."

Abraham schedules supervisor shifts at the Selkirk emergency room and said it's the busiest hub in the Interlake. It too can experience delays should it find itself "bed-blocked" in which there are no empty beds for a patient to be admitted to or no beds available elsewhere at IERHA hospitals.

"You have to wait for somebody in another bed to be discharged. That's where system problems come in. People that maybe need to be going to a care home or be transferred to rehab or an ortho bed might have to wait for that bed to become available before you can free up your ER beds," she said. "That's why we're seeing so much more waiting room and hallway medicine because a lot of places are bed-blocked."

Despite public frustration over disruptions to health services, the Pinawa community – along with other communities such as Gimli – continues to show its support for health-care staff.

"Our local school's Grade 1 and Grade 5 classes came over to the hospital one day and stood outside. They made us posters and cards thanking the nurses, doctors, the cleaning staff, the maintenance staff, the kitchen staff, everyone, for their efforts. They came over and planted daffodils which will come up in the spring. It was fantastic," said Abraham. "The community has not forgotten about the hard work that's keeping our hospitals open, keeping our patients safe and trying to get them healthy."

And the local high school's Youth in Philanthropy program, which teaches students about fundraising for good causes, has provided the Pinawa Hospital with grants. The hospital has purchased pyjamas for patients and dumbbell weights and ankle weights to help bedbound patients with range of motion activities.

Hospital staff recently helped raise money for the Youth in Philanthropy program, which launched a grilled cheese fundraiser.

"We had 30 hospital staff sign up. Food speaks in addition to good causes. We ended up raising about \$150 for the program," said Abraham. "We appreciate everything they've done for us so we wanted to give back"

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# Armstrong council taking new direction with administrative changes

By Patricia Barrett

The Rural Municipality of Armstrong is taking a new approach to governance with the creation of several oversight committees to replace the ward system, the hiring of a new assistant chief administrative officer and the potential hiring of a public works foreman.

Kate Basford, who was elected reeve in October 2022, said council is replacing the ward system, whereby councillors took a hands-on approach to issues needing to be addressed in their own wards.

“Council is moving more into directing and coming up with policy as opposed to trying to be hands-on. Something has been missing; we’ve either not developed policies prop-

erly or the on-the-ground work isn’t being done,” said Basford, who formerly served as reeve for the Mossey River Municipality in Winnipegosis. “We’re moving towards a different model where we’ll have staff with the skills we need to take care of what a modern municipality needs.”

Council is trying a new approach with the formation of committees to oversee areas of major municipal business.

“We have set up different committees – finance, personnel, policy, roads, drainage and so forth – and a councillor will chair a committee,” said Basford. “One of the things we realized is how can any work get done if nobody is responsible. Everything comes to the council table now; there

are no individual wards. Everybody is working very well together and we’ve tackled quite a few things.”

One of the major changes that council hopes to see is the hiring of a public works foreman. The RM has been without a foreman to oversee general maintenance and municipal infrastructure. Basford said Armstrong is probably the only RM that has gone without a public works foreman.

“Armstrong has not been without its issues in terms of getting things done. All candidates in the October election were asked about their stance on hiring a public works foreman,” said Basford. “Everybody agreed that it was much needed, and it was one of the first things we discussed at the council table. The way council

was working before was an antiquated model with councillors on a ward system and taking care of their own ward. That has not been very effective. Everything now comes to the council table.”

The personnel committee is overseeing the hiring of a foreman and hopes to present council with a potential candidate in the next few weeks.

“We’re hoping to have that person in place as soon as we can, likely in February,” said Basford.

The RM has also hired a new assistant chief administrative officer, who is scheduled to start on Jan. 9. The RM will make an announcement once the ACAO starts.

# All cracked up



TRIBUNE PHOTO BY DAVID GAREAU

A tractor preparing a section of Lake Manitoba for ice fishing last week fell through the ice north of St. Laurent. The driver of the tractor had enough time to get to safety before the rear end of the tractor went down into the frigid water.

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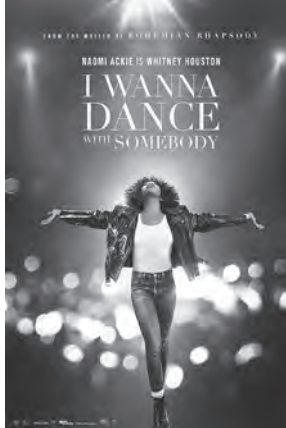
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## COVID deaths in Manitoba during last week of 2022; virus expected to increase

By Patricia Barrett

The last week of 2022 saw 38 people die from COVID, according to the provincial government's weekly respiratory surveillance report for the period Dec. 25-31 (reporting Week 52).

A spokesperson for the provincial government said no respiratory surveillance report was compiled for Dec. 18-24 (reporting Week 51) "due to the holiday break."

There were 111 new hospitalizations with 23 ICU admissions for COVID in Week 52, according to the differences between total hospitalizations and ICU data in the reports for weeks 50 and 52.

There were 134 new COVID infections reported in Week 52. There were 158 infections reported in Week 50. Provincial data are an undercount because the government restricts access to PCR lab testing and rapid antigen tests aren't tracked.

The government stopped providing in its surveillance reports the names of personal care homes and hospitals with COVID outbreaks.

There were 108 new cases of influenza A and zero cases of influenza B reported in Week 52, as well as 20 new hospitalisations. There were 294 influenza A cases reported in Week 50, along with 48 hospitalizations.

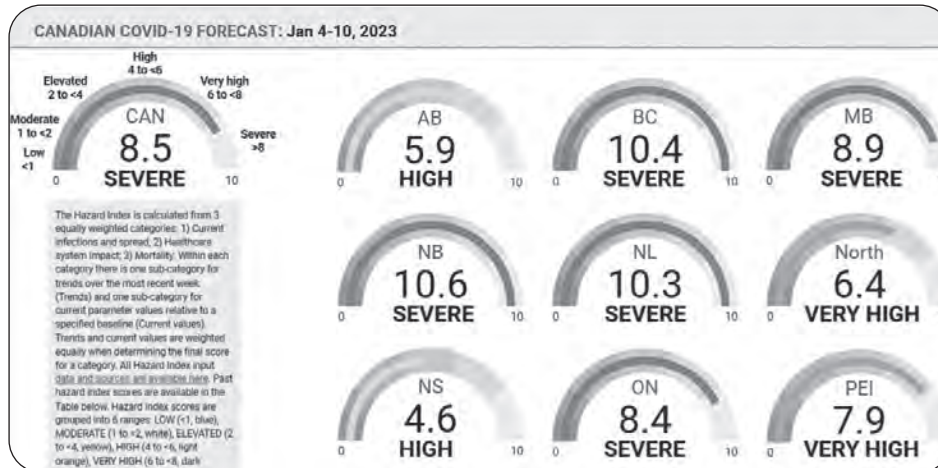
There has been a total of 2,499 cases of influenza A so far this season, with 605 hospitalizations and 50 deaths.

Respiratory syncytial virus cases increased in Week 52, with 148 new cases reported. There were 120 cases in Week 50.

### Other health news:

The Interlake-Eastern Regional Health Authority declared a COVID outbreak on Dec. 30 at the Selkirk Betel Personal Care Home.

A COVID outbreak that had been



### COVID-19 RESOURCES CANADA

Manitoba's COVID hazard score, based on current infections/spread, health-care system impact and deaths, for Jan. 4-10 is 8.9 or severe.

declared on Dec. 13 in Appleyard Bay in the Rosewood Lodge Personal Care Home in Stonewall and an RSV outbreak declared on Dec. 22 in Shura Lane in the Rosewood Lodge are ongoing, according to the IERHA's outbreak page viewed Jan. 7. The IERHA also declared a COVID outbreak on Jan. 3 at the Kin Place Personal Care Home in Oakbank.

-Canada's chief public health officer Dr. Theresa Tam said an increase of COVID in Canada is expected and people should continue to take precautions.

"In Canada, variations in population level of immunity & current global trends suggest an uptick in #COVID19 could occur in the New Year," said Tam in a Jan. 3 tweet. "With other respiratory viruses circulating too, it is too soon to let our guard down."

-COVID-19 Resources Canada's latest Hazard Index for Jan. 4-10 shows COVID at a "severe" level in Manitoba, with a score of 8.9. Hazard scores are based on current infections/spread, health-care system impact

and deaths. -XBB.1.5, an omicron offshoot that is said to be more transmissible than any previously known COVID mutation, is surging in the United States. The U.S. Centers for Disease Prevention and Control said at the end of December that XBB.1.5 was estimated to be responsible for about 40.5 per cent of cases across the country.

The Public Health Agency of Canada reported 21 cases of XBB.1.5 in Canada as of Jan. 4.

-The World Health Organization's weekly epidemiological update for COVID for the period Dec. 26, 2022 to Jan. 1, 2023, reports over 3 million new COVID infections worldwide and 10,000 deaths.

The WHO says the numbers are likely undercounts because of a reduction in testing and reporting delays over the holiday season.

The U.S., China, France, Brazil and Japan were among the countries reporting the highest numbers of deaths over that weekly period.

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# get informed

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



TRIBUNE PHOTO BY RAEANN LEARMOND

Mother Nature provided some beautiful scenery with the hoar frost on the trees last week. Hoar frost forms only when humidity is introduced to precise weather conditions; cold air, little to no wind, and clear skies. The moisture can come from a water source, such as a river or lake, or a weather system. The humidity freezes quickly, creating the frost that clings to every surface it can. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: [weather@stonewallteulontribune.ca](mailto:weather@stonewallteulontribune.ca).

## letter to the editor

### Community Living Interlake needs your help!

With a provincial election on the horizon the Board of Directors of Community Living Interlake wish to start a community conversation. A conversation which we believe is needed in the lead-up to an election.

Each year, Community Living Interlake injects over four million dollars into the economies of Stonewall and surrounding communities. ACL Interlake purchases over \$8,000/month in groceries in local stores, purchases housing supplies locally and fuels and maintains vehicles at local vendors.

Community Living Interlake employs approximately 100 people; pays property taxes on commercial properties and six residential properties in Stonewall. This infrastructure is crucial to support our clients who reside throughout the Interlake – from Selkirk to Gimli and from Stony Mountain to Fisher Branch. Our Social Enterprise, Something Beautiful Gifts & Café provides employment and job training to dozens of youths and adults with intellectual disabilities.

Yes, we receive funding from the Province of Manitoba Department of Families and we could not operate without that funding. However, our

provincial funding has been inadequate to meet our operational needs since 2012. The negative impact of this unchanged funding is exacerbated by inflationary increases on basics. Of additional concern, recent minimum wage increases and mandatory vacation pay costs resulting from new provincial and federal statutory holidays are not covered with commensurate increased funding.

The budget we receive to operate each individual home for our clients has steadily eroded over the past decade. Five of our six houses will incur a significant deficit in the current fiscal year.

The current state of provincial funding for our organization means we are heavily reliant on the incredible support of our community members in order to simply maintain our programming while running an annual operating deficit. Obviously, this is not sustainable. Without an upward revision of our funding from the provincial government we will soon be unable to meet client needs.

The survival of our services depends on the generous support of the people of the Interlake who shop in our store, eat in our café and make generous donations.

Adults with intellectual disabili-

ties, our clients, are classified by provincial law as vulnerable people. They are, in most cases, unwilling or unable to share their needs and concerns with politicians. Many have families that have spent their entire lives fighting for every bit of help and support they can get. A heartbreaking reality which we hear often from families, is that they fear for what will happen when they are not here to advocate for their family members.

We need your help to make to make adequate funding for vulnerable people an election issue and priority for our provincial politicians. When candidates are seeking your support, tell them that you expect them to increase funding for the programs and resources offered by Community Living Associations across Manitoba.

Community Living Interlake has provided housing, employment training and life skills development programming and resources to adults with intellectual disabilities in your community for over 55 years.

Please support us as we strive to better support those in our community who need it most.

- Ila Buchanan, Chairperson  
Association for Community Living Interlake

## worship

with us > FAITH

### “The worst year ever”

Some years ago, on the first Sunday of the new year, I gave my congregation an opportunity to stand up and share what the previous year had meant to them. I will never forget when one fellow stood up and said, “This past year was the worst year ever for me.” He went on to lament the fact that in that previous year, he had lost his wife of many years.

But it wasn’t all doom and gloom in that sharing time. Some folks talked about how great things had been for them in the previous year: improvements in their lives with their finances, relationships and such. It balanced out in the end.

Afterwards, I got to thinking about our sharing time and realized that really, this is the way life often goes: there are good years and there will be bad years. Life on planet earth that God has created for us carries that mixture, both because He is a good God and also because we live in a fallen, sin-cursed world. Rightly so, for as we all know, this isn’t Heaven yet, where life will be perfect and unending. So here on planet earth, we end up with both sides of the coin in terms of good and bad.

From God’s perspective, His desire is that when we go through those good years, that we not forget Him. Deuteronomy 8 states, “When you have eaten and are satisfied... be careful that you do not forget the Lord your God.” One of my greatest challenges is that when life goes great, I can so easily forget about God and my need of Him.

On the other hand, when we experience bad years, we can easily become bitter and upset at God for permitting those into our lives. But God’s desire is that we keep looking to Him, trusting Him to do as He has already promised: to “work all things together for good” (Romans 8:28.)

Lord, help me to remember to keep that balance in my life in this new year.

by Henry Ozirney,  
New Life Teulon

# Happy retirement to a long-standing pharmacy assistant

By Jennifer McFee

A long-serving pharmacy assistant employed with Interlake-Eastern Regional Health Authority recently celebrated her retirement after an impressive career that spanned more than five decades.

Gladys Moroz worked her last day on Thursday, Nov. 17 in the pharmacy at Selkirk Regional Health Centre, back where she initially launched her career around 1970.

"I worked in Selkirk at the old hospital, then at Seven Oaks, then in Yellowknife and now have 16 years here at the Selkirk hospital," she said. "So I've come full circle. I've been in pharmacy all this time."

Prior to embarking on her career path, Moroz gained additional experience in the health sector.

"At the old hospital, I worked in the laundry part time there," she said. "They just approached me and asked me if I wanted to work in the pharmacy when the person left."

With more than 50 years of experience as a pharmacy assistant, Moroz has proven to be adaptable.

"There have been lots of changes — some good and some not so good," she said. "You've just got to go with

the flow."

Kurt Schroeder, regional director of pharmacy, reflects on the positive impacts of her work.

"She's amazing from a resiliency perspective. With all the changes in technology in health care, she's been able to adapt all along — from the days when pharmacy was looking after material purchasing and doing a lot of compounding," he said.

"She's been here from when we used typewriters through all the iterations of computer systems right through to the new hospital where we have a state-of-the-art pharmacy. She's been able to roll with the changes every step of the way."

Moroz started her career at a time when drugs such as Lasix, Advil and Valium came on the market, he added.

"She's been around to see this whole explosion of new drugs and therapies. She experienced these modern marvels coming onto the market and she's been an active participant in the work to bring these to patients, which is just amazing," Schroeder said.


"When she started, we had only a handful of antibiotics on the shelf and now we have so many. As everything has gotten more complex, she's been able to effectively go about her role."

One of these roles has been to oversee orders from oth-




PHOTO SUBMITTED

Gladys Moroz recently retired after working more than 50 years as a pharmacy assistant.




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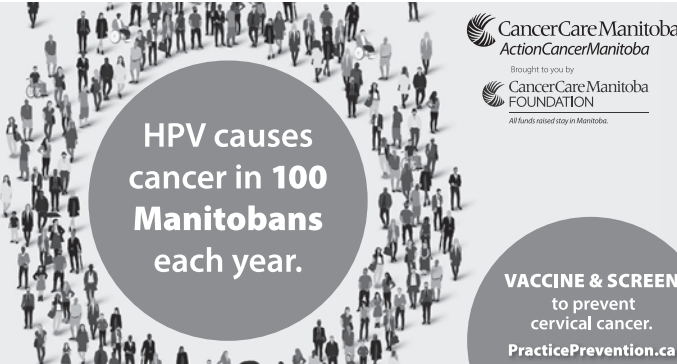
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er hospitals and ambulance stations throughout the Interlake-Eastern region.

"She got the orders, packaged them up and got it all couriered out. I'm guessing she's handled and moved \$40-million worth of drugs around the region. She's also been a cornerstone to mentoring multiple generations of health-care leaders, pharmacists and technicians," Kurt said.

"She holds herself and others to a high level of accountability. Day in and day out, for 50-plus years, Gladys has gone about taking care of business. It's a gift to the program that she has practised this long. She's irreplaceable."

Now, for the next phase of her life, Moroz is looking forward to some down time — for a while.

"I might be back," she said with a laugh.

And for those who continue to carry on her good work, Moroz offers a few words of wisdom.

"I want everyone to know they just have to do the best they can," she said. "And don't be afraid to ask for help if you need it."



# Manitobans impacted by dementia break silence on stigma

By Rachel Wilson

This January, during Alzheimer's Awareness Month, the Alzheimer Society is creating awareness about the many resources available to help support families as they face the challenges of living with dementia.

With more than 18,400 Manitobans living with dementia today, a number expected to reach 39,100 by 2050, the Society continues to enhance support for families impacted by dementia and meet their needs early in, and throughout, their journey. Their First Link® program connects people living with dementia and their care partners with community, support, knowledge and expertise so they don't have to face dementia alone.

"Whether it's before, during or after a diagnosis, the Alzheimer Society is the first place you can turn," says Erin Crawford, Program Director, Alzheimer Society of Manitoba. "The Society gives you access to dementia-friendly expertise and resources and connects you with a community of people who understand what you're going through."

When Marcel Hebert's wife Ida was diagnosed with frontotemporal dementia at 55, the couple was shocked and overwhelmed. The First Link® program connected Marcel with information about Ida's type of dementia and to a care partner support group where he met and received support from others in a similar situation. Learn more about Marcel and Ida's story through this video.

"I didn't think someone as young as Ida could be diagnosed with dementia. I thought it was something only older adults could get," says Hebert. "It was such a relief to speak with someone from the Alzheimer Society, she gave us the guidance we needed. And the support I received from my care partner group changed everything for me."

The goal of the Alzheimer Society's

First Link® program is to ensure that people living with dementia and their care partners have the proper support and information from the moment they notice the first signs of dementia and throughout the progression of the disease.

"The more help and support we give now, the better our province will be at caring for the rising cases of dementia expected to come," says Crawford.

To get connected to support, contact your local Alzheimer Society today at 204-943-6622 (Winnipeg), 1-800-378-6699 (Provincial) or visit [www.alzheimer.ca/FirstLink](http://www.alzheimer.ca/FirstLink)

Follow the Alzheimer Society throughout January to see more stories like Marcel's and hear from Manitobans impacted by dementia about how the support they received from the Society has made all the difference.

### Quick facts

#### National Statistics

- Today, more than half a million Canadians are living with dementia, including Alzheimer's disease.1

- By the year 2050, more than 1.7 million people in Canada will be living with dementia.

- Care partners for people with dementia provide an average 26 hours of caregiving per week compared to 17 hours per week for seniors with other health issues (coming from data out of the Canadian Institute for Health Information (CIHI)). Data from the CIHI has shown that:

- 45% of care partners providing care to people living with dementia exhibit symptoms of distress. This is twice the rate compared to care partners of older adults with health conditions other than dementia (26%).

- 21% of care partners feel unable to continue their caring activities due to stress

The Alzheimer Society

- Alzheimer Societies across

## Support Changes Everything

For people living with dementia, the Alzheimer Society is your first link to a network of support, knowledge and people ready to help.






Alzheimer Society  
Dementia Care & Brain Health
FIND SUPPORT
[alzheimer.mb.ca](http://alzheimer.mb.ca)


Canada provide programs and support services for people with all forms of dementia, including Alzheimer's disease, and their care partners.

- Alzheimer Societies across Canada provide caregivers and families with information, education and resources to help them support the person in their care who is living with dementia.

- The Alzheimer Society is a leading Canadian funder of dementia research. Since 1989, we have invested over \$70 million in grants and awards toward innovative dementia research through the Alzheimer Society Research Program, improving the

quality of life for people with lived experience and bringing us closer to a future without Alzheimer's disease and other dementias.

- The Alzheimer Society is a key partner in the development of Canada's first national dementia strategy, which will enhance research efforts and ensure access to quality care and support for all Canadians affected by dementia,

- The Alzheimer Society is the organization behind First Link® and all the important services and supports it provides to those diagnosed with dementia across Canada.

*(The Landmark Study – 2022)*



## STONEWALL CARD SHOP

After over 31 years as part of this community, I am saddened to announce that Stonewall Card Shop at 9-333 Main St., Westside Plaza, will be closing February 15, 2023.

On behalf of Vern, myself and staff, I would like to extend our sincere appreciation for your support over the years and for allowing us to be a part of your special occasions, celebrations and memories full of both great joy and sorrow.

You will be truly missed.

Thank You  
*Darlene Appleyard*



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STONEWALL

# Naturopath encourages a healthy start to the new year

By Jennifer McFee

A new naturopath discovered her career path through curiosity about her own health.

Mackayla Johnson, who is originally from Stonewall, became a fully licensed naturopathic doctor in November. After graduating with a bachelor of science in biology from the University of Manitoba, she ventured to Toronto to embark on a four-year program at the Canadian College of Naturopathic Medicine, where she received her doctorate of naturopathy.

She passed her board exams and provincial licensing exams, and now she's practising her profession at Fifth, located at 1108 Corydon Ave. in Winnipeg. Her goal for 2023 is to open a second naturopathic location in the Interlake.

"I always knew I wanted to do something in health care. During university everyone always said, 'Oh, classes become so much easier after the first year' — and, for me, that wasn't the case," she said.

"I would study and study, then walk into an exam and not remember anything. I was also just not feeling my best, but I didn't have any idea what was going on."

Later, while working with a naturopathic, Johnson discovered she has celiac disease.

"The extreme brain fog was from eating gluten when I shouldn't have been. After taking nutrition courses in my undergrad, I enjoyed them and wanted to see what was out there for jobs, which is where I found out about the career mentorship program U of M offered," she said.

"I was connected with a naturo-

pathic doctor and got to shadow her for the day and learned all about what naturopathic medicine had to offer. Pretty well after that day, I applied to the program and eventually got accepted."

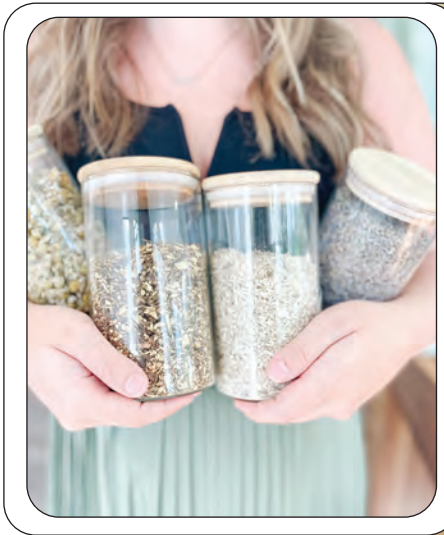
During her health journey, Johnson found herself constantly trying to go deeper into the reasons why she experienced her symptoms.

"With naturopathic medicine, we dig to find the root cause of what is going on. For example, when you get your blood work back, your doctor tells you your B12 is low and tells you to supplement with B12 — but nothing else. Well, why is your B12 low?" she questioned.

"Is it because you have a leaky gut or your stomach acid isn't breaking down your food enough to allow nutrients to be absorbed properly? Are you just not eating foods that contain B12? Is your immune system attacking the cells that produce the factor that helps B12 get absorbed? Not everyone is going to have the same reason as to why they aren't absorbing that B12 properly, which is why it's so important to figure out the causing factors so we can fix it and not have you be on a supplement for the rest of your life."

Through her naturopathic practice, Johnson offers one-on-one meetings for an initial 90-minute appointment.

"We do a complete and thorough in-



Johnson showcases a variety of different botanical teas that she custom makes for patients.



TRIBUNE PHOTOS SUBMITTED

Naturopath Mackayla Johnson offers some tips for healthy suggestions to start the new year.

take of health history, symptoms presenting and physical exams," she said.

"After this appointment, the patient will leave with a detailed plan that can include a variety of different aspects such as nutritional guidance, blood work requisitions, specialized testing such as food sensitivity tests or celiac panels, supplements or botanical formulations such as tincture or teas."

In addition, she also offers acupuncture, which is the insertion of thin needles into different points of the body to restore balance.

"Acupuncture can be great for people who are experiencing any type of pain — arthritis, sciatica, headaches, TMJ dysfunction, frozen shoulder or sore and tight muscles," she said.

"It is also really great for anxiety and for those who always feel like they are stressed."

Another service is cupping, which involves suctioning plastic cups to certain areas of the body to increase circulation as a way to promote healing and muscle repair.

Johnson also offers IV therapy to administer vitamins, minerals or amino acids directly into the circulatory system. In addition, she does intramuscular injections of vitamins or minerals for individuals who have known deficiencies, such as B12.

"If you are interested but unsure where to start," she said, "I offer complimentary 15-minute meet-and-greets, either in person or virtually."

## Healthy ideas to launch the new year

To ring in 2023, naturopath Mackayla Johnson offers some ideas for a health start.

"The best piece of advice for anyone is eat more veggies," she said.

A great rule of thumb is when creating your plate is to fill half of it with fruits of vegetables, a quarter with protein (such as chicken, eggs, fish or tofu) and a quarter with carbohydrates (such as potato, rice or pasta).

"If you find you're hitting that afternoon crash and want to have another coffee, replace that coffee with a cup of warm bone broth. Bone broth is full of key nutrients to give you a boost

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# First baby of the year arrives at Selkirk Regional Health Centre

Submitted by IERHA

An early morning drive from Arborg area to Selkirk through thick ice fog has ended with the first birth of the year at Selkirk Regional Health Centre in Interlake-Eastern Regional Health Authority.

Wanda and Samuel Wipf welcomed their fifth child, Zachary Don, at 9:05 a.m. on Wednesday, Jan. 4.

He weighed 6 lbs., 11 oz and is 21.5" long.

"He's the smallest one yet," said Wanda, comparing him to his siblings Noah, 9; Logan, 7; Lindsay, 6; and Jackson, 3.

Zachary will be welcomed with open arms by his brothers and sister who are at home with their grandma at Broad Valley Colony.

"We sent them a picture this morning and apparently they are hitting the ceiling," said Samuel.

The birth was attended by Dr. Margaret Speer. This was Wanda's fourth birth at Selkirk Regional Health Centre where she says she has always been treated very good. The couple said everyone is very helpful and they have always been welcomed at the health centre.

During their stay in the obstetrics unit, Betty Milkowski, president of the Selkirk Regional Health Centre's Ladies Auxiliary, visited the Wipf family to celebrate Zachary's arrival. She presented them with a new play pen, diapers, sleepers and toys on behalf of the auxiliary.

"This is such a wonderful way for us to start the year," said Milkowski.

Clinical team manager for the obstetrics unit, Jamie Brown, said they are pleased that the Wipf family has made Selkirk Regional Health Centre their preferred location for their deliveries.

"We are very proud of our obstetrics unit and the team that works to provide care. It is our pleasure to help families get off to a great start! For those who are interested, we do offer epidurals. We encourage anyone interested in delivering with us to call the health centre at 204-482-5800 to learn more and arrange a tour of the unit," said Brown.

In 2022, there were 397 births at Selkirk Regional Health Centre which is Interlake-Eastern RHA's birthing centre.



TRIBUNE PHOTO SUBMITTED

Wanda and Samuel Wipf and their child, Zachary, who is Interlake-Eastern RHA's 2023 New Year's baby.

## > NATUROPATH, FROM PG. 10

for the afternoon and soothing for your gut," she suggested. "And drink more water. Hydration is so important for all areas of health, especially making sure your kidneys are filtering out toxins properly, keeping your cells running optimally and keeping your skin looking hydrated."

If you're feeling burned out from the holidays, Johnson shares some ideas to reduce stress, starting off with a good night's sleep.

"Sleep is so important for your body. This is the time when our bodies restore themselves by clearing out neurotoxic waste built up throughout the day and decreasing the stress response. We want to aim to hit eight hours of sleep every night," she said.

"Trying things such as reducing blue light exposure throughout the day or having some nighty night tea before bed can help calm you and promote sleep. If you are someone who constantly has thoughts racing through your mind when trying to sleep, write them down on a piece of paper before bed so they don't keep you up at night."

When it comes to exercise, Johnson recommends walking for at least 30 minutes each day to help calm the nervous system and boost happy emotions.

"Take your dogs or kids and get out to enjoy the beautiful nature our province has to offer," she said.

Box breathing is another stress-reducing technique to try.

"When you are overwhelmed or feeling anxious, box breathing is an easy technique to reset your nervous system," Johnson said.

"Take a deep breath in through your nose for four seconds, hold for four seconds, then exhale through your mouth for six seconds. Repeat three to four times to feel more relaxed."

In addition to these other suggestions, Johnson emphasizes the importance of setting healthy boundaries.

"Whether it's work or pressure from other people in your life, setting healthy boundaries is a great way to minimize stress. This can include setting a time each day to shut off

work-related emails or phone calls," she said.

"It's important to schedule time in your busy schedule for 'you' time, whether that includes having a spa day, spending the day for yourself, having dinner with friends, taking a relaxing bath or doing an activity you enjoy."

For those seeking more information, Johnson offers an education event called Sips & Tips, and the next edition will focus on stress.

"We will learn about stress and how it affects our bodies and then what botanicals can help with stress and how. There will also be an opportunity to try each of the botanicals we learn

about, and at the end everyone gets to create their own tea to take home with them," she said.

"The next event will be coming at the end of January if anyone is interested. More details about how to purchase tickets will be on my Instagram and Facebook page in the new year."

More information is available at on Instagram (@drmackayla.nd) and on her Facebook page (Dr. Mackayla Johnson, ND) or to book an appointment 2048983130 or email: drmackayland@gmail.com .

## SOUTH INTERLAKE PLANNING

The South Interlake Planning District (SIPD) is pleased to announce that its **CentrePort office is now open** to the public, Monday to Friday, 8:30AM - 4:30PM (closed between Noon - 1:00PM).

The SIPD's CentrePort office is located at **Unit 5, 15 Davis Way in the R.M. of Rosser** (i.e., north of CentrePort Canada Way (PTH 190) and west of Brookside Boulevard).

Please also note, the SIPD continues to operate from its Stonewall office at 285 Main Street in Stonewall.

For more information, please visit: [www.sipd.ca](http://www.sipd.ca)

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Wadge top points producer in MWJHL at holiday break

By Brian Bowman

It's not often that a rookie will lead the Manitoba Women's Junior Hockey League in scoring at the holiday break.

But that was the case for Stonewall's Brooke Wadge this season.

Wadge was a co-leader in goals scored (10) and the leader in points (17) heading into last Sunday evening's game with the Northern Stars.

She's having a great time playing junior hockey.

"It's been really fun. The league is super fun and I have a lot of friends in it," said Wadge Monday morning. "There's six of us from Stonewall and we're all split up so it's super fun to play against each other."

Making the transition from U18 AAA with the Interlake Lightning to junior has been an easy one for Wadge.

"Being a rookie I don't really notice it too much," Wadge said. "All the girls on my team...are really fun."

For most of this season, Wadge has been playing on a line with Hailey Ross, who is second on the team in points with 15 (two goals, 13 assists), and Taylor Audette, who has nine goals.

"Hailey is definitely more of the playmaker. She works hard in the corners," Wadge said. "But usually me or

Taylor rush (the puck) down and Taylor is an amazing (goal scorer) - she usually scores."

Silvertips' head coach Ryan Hrankowski really likes what he has seen from Wadge both on the ice and in the dressing room.

"She's a dynamic, highly-skilled player who brings a great attitude," Hrankowski said. "She's a rookie on our team this year and came all in ready to do whatever. She's a big-time power play player, reliable, and good in the room."

As a team, the Silvertips are enjoying a very good season with a 9-4-2 record to sit in second place in the six-team league with 20 points. They are just a point back of the Western Predators heading into this week.

"We've been winning lots," Wadge said. We work pretty well as a team, passing (the puck), and our lines are pretty even. There's not one line that's better than the other. They're all the same."

The MWJHL has plenty of parity this season. At press time, just six points separated the top four teams.

The next couple of months are going to be really interesting.

"Hopefully we can finish strong in the second half but everybody is pret-



TRIBUNE PHOTO DARRYL GERSHMAN

Silvertips' forward Brooke Wadge led all Manitoba Women's Junior Hockey League players in points (17) heading into last Sunday's game against the Northern Stars.

ty competitive in the league," Hrankowski said. "It makes for some good hockey. Actually, last year there was a lot of parity, too - it's good to see and

makes it exciting. It seems like the last couple of years we've been getting more and more fans so that's good for the league as well."

## Argyle curling men's bonspiel winners



TRIBUNE PHOTOS BY TREVOR BUCHANAN

The Argyle Men's Bonspiel had 20 teams participating over the weekend of Jan. 6 to 8. The weekend event included a live band, and a supper, with over 100 people attending, raising a total of over \$4,700 in the Calcutta. The ice was labelled as the best in the area, which contributed to the event's success.

The First Event was won by the Gary Dodd rink including, right to left, Gary Dodd, Jason Dodd, Travis Williams, and George Williams. Emerson Klimpke's rink, of Thomas Dunlop, Matthew Dunlop, and Nathan Wright won the Second Event, while, the rink of Travis Lawrence, Ernie Kars, Bryan Novak, and Kyle Grandmont won the Third Event.

# Stewart commits to University of Regina

By Brian Bowman

Tessa Stewart will be taking her hockey talent out west for the 2023-24 season.

The Interlake Lightning power forward has committed to go to school and play hockey for the University of Regina Cougars.

She's really looking forward to playing hockey at the university level.

"I can't wait," said Stewart last week. "I have a lot of family in Regina and it's close to home and they have what I want to take in university."

The Cougars have struggled this season and are currently on a 11-game losing streak.

"Their team is really young," Stewart said. "I know they have a lot of first and second-year (players). I'm thinking that we'll struggle for a little bit but I'm hoping that in my second to fourth years that we'll be pretty good."

Stewart, a centre, currently leads the Lightning in goals this season and is tied for second in points (15) with Veronica Asquith.

"(My season) has been up and down," Stewart

said. "I was really sick for a while but the last month I've been getting better. I'm looking for a good rest of the season."

As the Lightning's team captain, Stewart prides herself on being a leader on the ice and in the dressing room.

"I love it because I get to be with every girl on the team," said the Warren product. "I help lead our team which is exciting. "Everyone (on our team) is super nice and happy to be at the rink."

Interlake is 4-12-3 and has 11 points to sit tied for sixth place in the eight-team league with the Pembina Valley Hawks.

"Our team is very young but we have a very good attitude towards the game," Stewart said. "We're all eager to get better and everyone wants to win. I think it's going pretty good."

Interlake will play the Winnipeg Avros this Saturday (1:30 p.m.) at the Seven Oaks Arena. The Lightning's next home game is Jan. 14 at 8 p.m. when they host Westman in Stonewall.



TRIBUNE PHOTO SUBMITTED  
The Lightning's Tessa Stewart is headed west to the University of Regina for the 2023-24 season.

# Emms-Finnsson having success with Assiniboine Cougars

By Brian Bowman

Keely Emms-Finnsson's first collegiate hockey season could not have started any better.

Emms-Finnsson's Assiniboine Cougars are 14-1 at the holiday break and are currently on a 14-game winning streak.

She is really enjoying her time going to school and playing hockey out west in Brandon.

"School is going great. I'm doing agriculture right now and that program is really well run. I'm enjoying it a lot. It's a lot of hands-on work so I get good experience while I'm at school and it's a lot of logical stuff that we're going to use in our future," said Emms-Finnsson last week. "Hockey, I'm very much enjoying that. We're doing really well this season. I love my coaches and the girls are like a family out there so it's nice. Even though I'm so far away from home it still feels like I'm with my family."

After a season-opening loss to Balmoral Hall back on Oct. 22, Assiniboine has been on an absolute tear.

The Cougars have outscored their

opponents by an amazing 106-12 margin during their impressive winning streak.

"It's been so fun, we work really hard. We train a lot and all of us girls work really hard at doing well because we all want the end goal at nationals," said Emms-Finnsson, an Arborg product. "We all know we have to put our work in."

Assiniboine does a lot of travelling playing against teams from the United States.

"Travelling is so fun. It's a new experience for me. I've never gotten to travel with my teams before so it's really fun getting to do that," Emms-Finnsson said. "(The hockey) is a lot more physical than what I played before in Manitoba and it's a faster pace than what I played before."

Emms-Finnsson, on a personal level, is having a solid season. She has three goals and nine assists while splitting time on defence and at forward.

"Personally, I feel that I'm doing really well," she said. "We're a very fair team. All of us are good, no one per-

son gets more ice time than another. My coach says we're not line one, line two, line three, we're all line 1A, B, and C."

Playing defence has been a change for Emms-Finnsson, who played the past 17 seasons strictly as a forward.

"I'm actually loving defence right now," she said. "I'm getting some points back there and seeing the ice from a different angle. I'm really enjoying it and when I'm up at forward I'm really aggressive and not afraid to get into the corners and get dirty. I really enjoy playing - I love the game and having a great coach and great teammates makes it so much better and so much easier to keep going especially when we have those long trips."

The Cougars will have another long road trip this weekend when they head east for a pair of road games against Sault College in Sault Ste. Marie.

The goal for Assiniboine is to win a lot of hockey games in the new year and advance to the nationals which



TRIBUNE PHOTO SUBMITTED  
Arborg's Keely Emms-Finnsson has three goals and nine assists with the Assiniboine Cougars this season.

will be played in Boston from March 14-21.

"I'm so excited to experience Boston and I'm so excited to experience the nationals," Emms-Finnsson said. "This is all new to me and this will probably be one of the highlights of my hockey career."

# Mercs pull off wild comeback against Red River

Staff

The Warren Mercs had a wild comeback over Red River on Saturday evening.

Warren stormed back from a 4-0 second-period deficit to defeat the Red River Wild 5-4 in overtime in South Eastern Manitoba League action.

Johnny Lazo scored the game win-

ner in OT.

Warren's Drake Lindsay had tied the score at 4-4 at 8:26 of the third period.

Red River grabbed a 3-0 first-period lead on goals from Dale Lehmann and a pair by TJ Matuszewski.

Jared Magne potted a power-play goal just 35 seconds into the middle frame to put Red River up four goals.

But cue the Mercs' comeback.

Braydon MacDonald put Warren on the board at 7:42 of the second period and then Darren Bestland scored just over three minutes later on the power play.

MacDonald then sniped his second goal of the period at 19:58.

Lindsay and MacDonald each fin-

ished the game with three points.

Hayden Dola made 20 saves for the win.

The Mercs, now 5-4-1, will visit Ste. Anne on Wednesday (8 p.m.) and Ile des Chenes Saturday (7:30 p.m.) before hosting Altona Sunday (7 p.m.).



## Stick curling champions

TRIBUNE PHOTO BY  
RALPH NESPOR

Lorne Dawydiuk, left, and Dan Namba were named the champions of the Stonewall Stick Curling Bonspiel held last Saturday. The duo finished with the most points, followed by Ross MacMillan and Bev Schick. There were 24 teams that were split into six pools of four. Each team curled a minimum of three games. Other playoff winners included Ralph Nespor and Rob Lacombe, Jim and Karen Rouse, Brita and Fred Spiring, and Bruce Preston and Bob Balfour.

## The Curl Balmoral Ladies Bonspiel to return Jan. 13-14

By Autumn Fehr

Ladies, grab your brooms and get ready to curl.

For the first time since 2019, the Curl Balmoral Ladies' Bonspiel is back.

The bonspiel will take place on Jan. 13 and 14 at the Balmoral Curling Club.

Balmoral has been hosting the Ladies Bonspiel for many years, more or less for as long as they have had a lady's league, said Kezia Loehmer, the ladies' rep. for the Balmoral Curling Club, who has been in the position for five years.

"It's so nice for people to come out and participate, spend time together, get a chance to be a little active and have some fun. The last couple of years without any bonspiels makes this extra special, so we're really happy to be able to do it again," said Loehmer.

There will be six end games; each team is guaranteed three games during the bonspiel.

The theme for this year's bonspiel is neon colours. A prize will be given out for the best costumes.

A bar will be provided with snacks and treats at 8 p.m. on Friday after the first round of games. In addition, the winning team of each match wins a cash prize, which is a percentage of the entry fees.

On Saturday, they will have their playoffs, where the three finalists of Friday's games will compete for first place and a cash prize.

There are currently 12 teams participating, but there is still room for more. There are also a few teams still looking for additional players.

"The more, the merrier. We'd be happy to get a few more teams in there," said Loehmer.

The entry fee per team is \$140.

To register or to join an existing team, contact Loehmer at 204-299-2253 by Wednesday, Dec. 11.

"We have a really welcoming club. We've got people with all levels of experience. We've got people who have played their whole lives, people who are brand new this year to curling, and everybody comes out and has a lot of fun," said Loehmer.

Don't miss out on the annual Balmoral Ladies Bonspiel returning this weekend!

## U17, U15 AAA Lightning in action

Staff

The Interlake Lightning lost 10-0 to the Winnipeg Bruins in U17 AAA action last Wednesday.

Winnipeg goals were scored by Shea Chornley (four), Carson White (two), Antonio Controneo, Jaxson Fillion, Matthew O'Sullivan, and Tyler Free.

The Lightning's next game is this Wednesday (8:30 p.m.) against the Winnipeg Thrashers at Gateway Arena.

Interlake will then visit the Eastman Selects on Saturday (4:45 p.m.) in Landmark and then will host the Winnipeg Wild Sunday (4:45 p.m.) in Stonewall.

The U15 AAA Interlake Lightning, meanwhile, were defeated 9-4 by the Winnipeg Bruins Brown last Saturday.

Winnipeg grabbed a 6-0 lead just 15:22 into the game.

Interlake's Ryder Kirk scored a shorthanded goal in the second period and then the Lightning's Mason Bernier netted a hat trick in the third.

Interlake's Lucas Miller had two assists in the game.

Winnipeg's goals were scored by Ludovic Perreault (two), Mason Chubey (two), Carter Haney, Aidan Sitarz, Triton Joudrey, Peyton Vieira, and Alexandre Andre.

On Friday, Interlake was beaten 12-5

by the Southwest Cougars.

Interlake's Josiah Govereau gave the Lightning 1-0 lead just 1:15 into the game. Bernier, Layne Stuart, Madden Van Kemenade, and Kirk tallied in the third.

Southwest goals were scored by Shane Elder (four), Gavin Wikham, Slater Anderson, Jack Swanepoel, Jack Polesak, Spencer Cullen, Taylor Lockhart, Kole Beard, and Dexen Routledge.

The Lightning will host the Winnipeg Thrashers Gold on Thursday (7:30 p.m.) in Stonewall and the Yellowhead Chiefs Saturday (5:15 p.m.) in Arborg.

## Blues win silver at Jets Challenge



TRIBUNE PHOTO SUBMITTED

The Stonewall Blues boys' U15 hockey team won the silver medal at the Winnipeg Jets Challenge Cup on New Year's Eve. The tournament consisted of 12 teams in the U15 A2 division. Stonewall lost to the SW Kings Gold 3-0 in the gold-medal game. Pictured back row, left to right, Rory McGuirk, assistant coaches Darryl Loehmer and Dusty Lowe, Bryston Jira, Owen Gillespie, Ethan Godin, Jerek Grantham, Aiden Peterson, assistant coach Craig Thompson, and coach Dennis Peterson. Front row Kaden Banman, Kingston Lowe, Stepan Lavrov, Ty Loehmer, Daniel Halleux, Duncan Thompson, Kale Wait, Ryan Richen, Preston Grandmont, and Samuel Marbach. Missing from the photo is Reid Ives, Nick Turner, and Niam Wedel.

# Jets grounded by Vics, Railer Express

**Staff**

The Stonewall Jets dug themselves a huge hole against the St. Vital Jr. Victorias on Sunday afternoon and never recovered.

St. Vital scored five first-period goals on its way to a 7-2 road victory.

Peyton Bateman and Kobe Campbell tallied for the Jets.

St. Vital goals were scored by Ryland Nechwediuk (three), Evan Leeson, Tyler Rubigny, Braden Clark, and Hayden Fast.

The Vics were 3-for-9 on the power play.

Last Friday, the Jets blew a 3-0 second-period lead to the Transcona Railer Express in a 4-3 home loss.

Campbell and teammate Cole Em-

berly scored first-period power-play goals and then Hudson Chamberlin made it 3-0 just 1:22 into the second.

But Transcona tied the score at 3-3 before the middle frame ended on goals from Michael Todoruk, Nathan Turner, and Jackson Sirrell.

The last two of those goals came with the man advantage.

Transcona's Mattie Boonstra scored the game winner 48 seconds into the third.

Zach Meadows made 40 saves in the losing cause.

Stonewall (7-17) will host the Ft. Garry/Ft. Rouge Twins on Friday (7:30 p.m.) and then take on the Pembina Valley Twisters Sunday (7 p.m.) in Morris.

## Rams win consolation title at Mac Attack tournament

**Staff**

The Stonewall Collegiate Rams varsity girls' basketball team won the consolation championship of an eight-team Mac Attack tournament last weekend.

Stonewall defeated the Westgate Wings 59-21 in the consolation final on Saturday.

The Rams started the tournament with a 40-18 loss to the Linden Chris-

tian Wings.

Stonewall then hammered the St. John's Tigers 83-16.

The Rams began league play this past Monday at home against the Churchill Bulldogs but no score was available at press time.

Stonewall will then visit the Grant Park Pirates next Monday. Tip-off is 4:30 p.m.

# U18 Lightning split with Southwest

**Staff**

The Interlake Lightning needed a strong third period against the Southwest Cougars on Sunday afternoon.

And the players delivered.

Interlake erased a 2-1 third period deficit with three goals on its way to a 4-3 comeback victory in Manitoba U18 AAA Hockey League action in Souris.

Nate Robson, on the power play, and Darren Hunt scored to stake Southwest out to a 2-0 first-period lead.

Interlake's Brandon Burak netted the lone goal in the second period and then the Lightning mounted their comeback with three goals to start the third period.

Burak, Nic Leclair, and Morgan Waddell tallied for the Lightning.

Southwest's Jack Clark closed out the scoring at 13:43 of the final frame.

Dylan Leclair made 25 saves for the win while Ian Buors chipped in with two assists.

On Saturday, Interlake let a 3-2 third-period lead slip away in a 5-4 loss to Southwest.

Aiden Miller, Adam Vigfusson, Blake Farthing, and Gavin Holod scored for the Lightning.

Buors had two assists in the game.

Southwest goals came from Sebastian Stone, Kelby Diehl, Ty Schell, Regan Anderson, and Jayce Thompson.

The Lightning, now 12-17-0-2, will



TRIBUNE PHOTO BY LANA MEIER

Stonewall Jets' forward Kobe Campbell, left, battles Transcona's Mattix Carpenter for the puck in MMJHL action last Friday in Stonewall.



Ian Buors

host the Kenora Thistles on Saturday (7:30 p.m.) and Sunday (1 p.m.).

In off-ice news, Buors was named the league's forward of the month for November. The St. Laurent product scored seven goals and added nine assists in nine games that month.

In U18 AAA female action, Interlake lost 5-1 to the Winnipeg Avros last Saturday.

Chloe Minkus scored Interlake's lone goal in the first period.

Avros' goals came from Elizabeth Bird, Mackenzie Lizotte, Rory Lubkey, Chloe Nicolas, and Avery Shortridge.

The Lightning's next game is Saturday at 8 p.m. when they host West-

man. On Sunday at 3 p.m., Interlake will play the Avros.

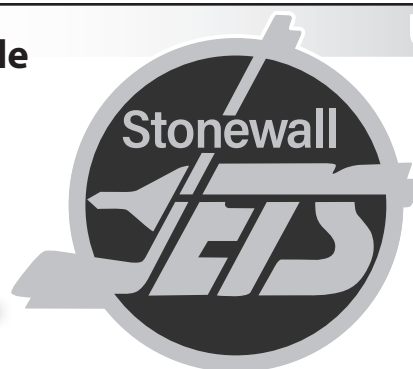
Both games will be played in Stonewall.



## Stonewall Jets Player Profile

**#12 Rhett Woods**  
Forward

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## UPCOMING GAMES

Stonewall Jets host Ft. Garry/Ft. Rouge Twins at VMSC  
Friday, Jan. 13 at 7:30 p.m.

Stonewall Jets visit Pembina Valley Twisters at Morris MultiPlex  
Sunday, Jan. 15 at 7 p.m.

Stonewall Jets host River East Royal Knights at VMSC  
Tuesday, Jan. 17 at 7:30 p.m.

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The RM of Armstrong Council is inviting tenders to push, compact and cap garbage at the Meleb Waste Disposal Grounds. Pushing and compacting garbage will be required weekly and capping required monthly.

Each week the garbage is to be pushed and spread in approximately 12 inch layers and then compacted. This will require heavy machinery in order to compact properly.

Monthly the waste will have to be pushed, spread, compacted and then covered with earth capping. Capping/covering of the waste consists of a layer of soil approximately 6 inch thick spread on the compacted waste and compacted again. The working face of the cell is to have an even slope surface to be able to spread and compact future waste. Material for covering the waste is in a spoil pile located next to the site.

Work Start Date: February 1, 2023  
Contract End Date: December 31, 2023 and may be renewed annually at Council's discretion.

Deadline to submit tenders: Friday, January 27th, 2023 by 4:30 P.M.

The Lowest or any tender not necessarily accepted.

Detailed tender packages complete with specifications are available to interested applicants on the RM of Armstrong website. Any questions or concerns can be directed to:

Corlie Larsen, CMMA  
Chief Administrative Officer  
Box 69, Inwood, MB R0C 1P0  
Phone: (204) 278-3377  
Email: [cao@rmofarmstrong.com](mailto:cao@rmofarmstrong.com)



**RURAL MUNICIPALITY OF ARMSTRONG MUNICIPAL GRANT APPLICATIONS 2023**

The Rural Municipality of Armstrong is now accepting applications from various types of charitable, non-profit and community organizations.

Each year the Rural Municipality of Armstrong receives more grant requests than it can fund, the RM would like to treat all organizations fairly and share available resources throughout the Municipality.

All funding decisions are made based on local needs and priorities within the limitations of Council's approved budget.

Grant applications are available on our website at [www.rmofarmstrong.com](http://www.rmofarmstrong.com) or contact the municipal office 204-278-3377.

The deadline for the Municipal Grant applications is January 31st, 2023 at 4:30 pm.

RM of Armstrong Office  
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Phone: 204-278-3377  
Fax: 204-278-3437  
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**The Interlake Community Foundation is accepting Community Grant applications**

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**IN THE MATTER OF:** The Estate of Margaret Freda Anderson, late of the Town of Woodlands, in Manitoba, Deceased.  
All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 8th day of February, 2023.  
DATED at Stonewall, Manitoba this 4th day of January, 2023.  
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**IN THE MATTER OF:** The Estate of William Ralph Bullock, late of the Town of Woodlands, in Manitoba, Deceased.  
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8				4		6		5
		2			9			
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Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier  
Email: [news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca)



## TOWN OF STONEWALL BOARD OF REVISION

The Town of Stonewall is looking to appoint 3 citizens to sit on the Board of Revision to be held in **October 2023**.

Each year Council is required to appoint a Board consisting of not less than 3 members, some or all of whom may be members of community. Council shall also appoint a member of the Board to serve as Presiding Officer.

The Board of Revision is appointed by the Council of Stonewall to hear applications for revisions of the assessed value of lands, improvements and classification of properties in the Town of Stonewall.

If interested please submit a resume outlining any experience that may be relevant to the position by mail, email, or drop off to the undersigned no later than **Friday, January 20, 2023**:

Town of Stonewall Council  
Box 250  
293 Main Street  
Stonewall, MB R0C 2Z0  
e-mail: [marilisa@stonewall.ca](mailto:marilisa@stonewall.ca)

We thank all those who apply, however only those selected will be contacted.



## Prairie Rose School Division KINDERGARTEN REGISTRATIONS

If your child was born in 2018, they are eligible to attend Kindergarten beginning September, 2023. Parents/guardians are asked to contact one of the following schools.

### École Carman Elementary School

Cecile Affleck, Principal (204) 745-2623

Vanessa Giesbrecht, Secretary

[vgiesbrecht@g.prstdmb.ca](mailto:vgiesbrecht@g.prstdmb.ca)

### Elm Creek School

Jesse Thomaschewski, Principal (204) 436-2354

Darlene Banman, Secretary

[dbanman@g.prstdmb.ca](mailto:dbanman@g.prstdmb.ca)

### Miami School

Brandy Chevalier, Principal (204) 435-2441

Leann Friesen, Secretary

[lfriesen@g.prstdmb.ca](mailto:lfriesen@g.prstdmb.ca)

### Roland School

Melissa Benner, Principal (204) 343-2023

Marcie Rempel, Secretary

[mrempel@g.prstdmb.ca](mailto:mrempel@g.prstdmb.ca)

### St. François Xavier School

Marc Tellier, Principal (204) 864-2868

Debra Friesen, Secretary

[dfriesen@g.prstdmb.ca](mailto:dfriesen@g.prstdmb.ca)

### École St. Eustache

Lindsay Noël, Principal (204) 353-2869

Melanie Zimmermann, Secretary

[mzimmermann@g.prstdmb.ca](mailto:mzimmermann@g.prstdmb.ca)

### St. Laurent School

Bobby Ellis, Interim Principal (204) 646-2209

Lori Combot, Secretary

[loricombot@g.prstdmb.ca](mailto:loricombot@g.prstdmb.ca)

Your child's birth certificate or Manitoba Health Card

**MUST** be presented at the time of registration.

Registrations will be accepted between January 16-20, 2023

Please contact the school by phone

or email to make arrangements.

# Announcements

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## BIRTHDAY



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Great-Grandma  
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January 13, 2023  
-Love, your family

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Walter Lloyd Stewart  
December 4, 1938 - January 12, 2022  
You will live in our hearts  
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-Love always,  
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Michelle and Lyle,  
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Kyle and Kezia,  
Grace and Aiden

## OBITUARY



### Valerie Ann Buchanan

It is with heavy hearts we announce the sudden passing of Valerie Ann Buchanan on January 5, 2023, at Stonewall General Hospital. Left to mourn are her husband, George Buchanan; daughter Nancy; son Chad (Xiaoling); grandkids Brittney, Hana, Jady, Ridley and her great-grandsons, Kinsey, and Kai, along with nieces and nephews and many friends. Valerie is predeceased by her mother and father, Goldie Barton (nee Thompson) and Hanford Barton, as well as her sisters, Jennifer Lynn Prefontaine (nee Barton) and Bernadette Ellen Kafka (nee Barton).

Valerie was born in Hardwood, NB on March 31, 1948 to Hanford and Goldie Barton. She was the oldest of three girls. Valerie moved to Winnipeg, Manitoba in 1961 and lived in Charleswood. Valerie met her husband at a legion in 1973 and were married on September 28, 1974 and then they moved to Notre Dame de Lourdes. They relocated to Stonewall in 1981 after they had two children and to be closer to the big city. Valerie was a health care aide to many individuals for years until she started working at Rosewood Lodge in 2004. Valerie loved to spend every holiday and birthday with her family, even if she would never admit her age. Valerie started working at Stonewall General Hospital in 2015 and stayed there until she retired in 2018. Family time was very important to her, and you'd often find her at one of her children's/grandchildren's home spending quality time with them. She had a passion for action movies, her favorites were Fast & Furious, and she always found luck at the casino or the local VLT's.

Valerie will be missed dearly and remembered fondly.

There will be a come and go Celebration of Life held at the Stonewall Legion on January 15, 2023, between the hours of 1:00 p.m. to 5:00 p.m.

We wish to extend our sincerest gratitude to the staff at the Stonewall General Hospital.

In lieu of flowers, please donate to the Heart & Stroke Foundation at [www.heartandstroke.ca](http://www.heartandstroke.ca) or call 1-877-882-2582.

MACKENZIE FUNERAL HOME STONEWALL  
(204) 467-2525 • [info@mackenziefh.com](mailto:info@mackenziefh.com)



## OBITUARY



### James Edward Sorenson

November 6th, 1928 – January 5th, 2023

It is with heartfelt sorrow we announce the passing of James "Jim" Edward Sorenson. Dad passed away peacefully, on his own terms, at the age of 94, at home surrounded by family. Dad's love of life didn't come to an end with his death, instead it will be carried on by all his loved ones who will continue to honor his legacy by living their lives to the fullest.

Dad was born on November 6th, 1928 in Winnipeg, Manitoba. He married Betty Tully on August 18th, 1951 and resided on the family farm in Marquette MB.

Dad is predeceased by his parents, William and Grace Sorenson, Charlie and Tot Tully, son Terry, granddaughter Kimberley Seggie and grandson Michael Seggie.

Left to forever remember him is his wife of 71 years, Betty; his children Ronald/Ted (Gail), Shirley (Jim) Seggie, Elaine, Karen, Diane (Blair) Smith and daughter-in-law Cheryl (Rob); grandchildren Stacy (Darren), Brent (Michelle), Michelle, Nicholas (Baila), Christopher (Morgan), Lindsay, Ashley, Zach, Chloe, Tyler (Dara); and great-grandchildren Cody, Blake, Carson, Stella, Olivia and Victoria. Dad will be lovingly missed by many extended family members, friends and neighbours.

Over the course of his lifetime, he held many different careers. As a young man, Jim helped look after his family's farm and started his own side business of cutting and selling wood with a team of draft horses. At 16 he quit school and went to work in British Columbia as a logger. Once back home on the farm, he went on to drive the milk truck, drove for Reimer Express, and worked for Railway & Power. Eventually he became a dairy farmer and retired from the farm in 1984.

Upon his retirement, Dad became an avid horseman showing both Shetland and miniature draft ponies for many years. He was determined to get the whole family involved in his passion which led to countless family camping trips to the Manitoba Stampede, hayrides and sleigh rides with family and friends.

A favorite pastime of Dad's was dancing. Over the years he taught his children and grandchildren how to dance, whether it was by them standing on his feet in the living room, attending his square dance school each Sunday at the local hall or by attending old time dances with him. He started to call square dances in 1946 and even recorded a Square Dance CD with his favorite band, Country Pride. Dad had no trouble finding a dance partner whether it be Mom, one of the kids, grandkids or one of the many friends he had made while dancing. He was famous for his jig and never failed to show it off whenever he could, as recently as his 94th birthday when he attended his last dance.

Dad was an avid supporter of the local curling club. He enjoyed curling and in his later years became a very skilled stick curler, even making his way to the provincials one year. Whenever there was a bonspiel you could always expect to see him down at the rink whether he was competing or not. Dad made many friends throughout his years curling and spent a lot of his time at the rink watching and visiting with everyone who passed through its doors.

Dad lived a very full, long life surrounded by family and friends. He was always there to offer a helping hand to anyone in need and welcomed anyone into his circle. He has always been very proud of his family and never missed an opportunity to show his support of them. He has always been an extremely hard worker and doesn't like putting off for tomorrow what can be done today. He has instilled a lot of these characteristics into the family and that will be what we will carry on with us.

In lieu of flowers a donation can be made in Dad's memory to South West District Palliative Care, Meadow Lea United Church, or a charity of your choice.

A celebration of life was held at Meadow Lea Hall on Tuesday, January 10th, 2023 at 1:00 p.m. with a private burial to take place at a later date.



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## OBITUARY



### Lydia Dale Wermie

October 28, 1946 - December 24, 2022

Tribute from her youngest son, Jason Wermie - Well this is a sad one for me. My mom passed away Christmas Eve day. I just wanted friends to know. As anyone knew me growing up in Stonewall, our Mom was the most supportive woman on earth to her three sons. Our Dad drowned when I was six months old hunting in Grand Rapids. With no education, she had to raise a 6 month, 8 year old and 9 year old boys. Without a choice she made our lives amazing. She was one of the most selfless, loving, supportive, tough and stubborn human beings on this planet. I am grateful she's not suffering anymore, and could not be more grateful to call her my Mom. I will love you forever Mom.

Full obituary at Bardal Funeral Home. <https://www.bardal.ca/obituaries/Lydia-Dale-Wermie?obId=26811910>

## OBITUARY



### Rodney Dziadek

It's with profound sadness that we announce the sudden passing of Rodney Dziadek, who passed away with family at HSC Hospital on January 5th, 2023 due to complications from a surgery for Necrotizing Fasciitis.

He is survived by his mother Linda Dziadek, two daughters Kamiele Dziadek and Taryn Molinski, brother Marty (Cindy) Dziadek and sister Daina (Kevin) Ojala and families, as well as special friend Laura (Savannah and Quinton).

Funeral Services for Rodney were held at Komarno Hall on, Tuesday, January 10th at 11:00 a.m. with interment of ashes followed at Inwood Cemetery.



## OBITUARY



### In Loving Memory of Joyce Grace Byron (Lally)

July 24th 1937 - December 30th 2022

It is with great sadness that we announce the passing of our mother, grandmother and great-grandmother, surrounded by her loving family at Eriksdale Hospital.

Mom was born at the Grace Hospital in Winnipeg, Manitoba. She was raised in Meadows by her parents Maria and Leo Lally and graduated from Gordon Bell. After graduating she attended college, gained a degree and started working for an insurance company. Mom was later employed by Rothwells' Café in Oak Point where she met Stefan Byron, the love of her life. On May 16th 1959, Mom and Dad were married and shortly after in 1961 they bought property in Oak Point where they raised their family of five children. Mom worked at the Oak Point Elementary School

as an Educational Assistant and at Dorothy's greenhouse. In later years, Mom marked one of her bigger accomplishments when she got her driver's license, then started working at MTT waitressing and supplying the restaurant with her delightful baking. Mom and Dad moved to Winnipeg for a short period of time where Mom was employed at Robins Donuts. They then moved back to their home in Oak Point. Mom was very involved in the community: she was a 4-H leader, a chairperson of the Bingo Committee and was very active in other community events throughout the years, including fall suppers where she was well-known for a few signature dishes. Mom's biggest pride and joy was her family. She enjoyed our many family gatherings and spending time with close friends. After Mom moved to Woodlands in 2019, she became close with two very special friends, Ilene Allary and Eleanor Proctor, that she loved spending time with and playing Scrabble. She always had a deck of cards, gingersnaps, tea and grapes ready for visitors. She loved to care for her plants and flowers and always made sure there was feed for the birds that would stop by as she watched them through her window or sitting outside enjoying the nice weather. She kept up to what everyone was busy with in their lives and cared so much about how everyone was doing. Although she was not always able to attend her grandchildren's sporting events she would always ask for updates and send her best wishes.

She is survived by her brother, Eric Lally (Elaine) of Warren; sons Rick of Winnipeg, David of Oak Point, Ron (Penny) of St. Laurent, Glenn (Kim) of Oak Point and daughter Julie (Wayne) of Woodlands; 10 grandchildren and 9 great-grandchildren; sisters-in-law Judy Rothwell, Hellen (Punch) Byron and Sam Rothwell; brothers-in-law Fred Byron (Lois) and Ross McLeod (Myrna) as well as numerous nieces, nephews and friends.

Mom was predeceased by her loving husband Stefan Byron (2018); her parents Maria (1985) and Leo Lally (1967); her siblings Ed Lally (1991) and Gail McLeod (1997); in-laws Fred (1992) and Dorothy Byron (2007), Ed Rothwell (2016) and Tracey Sigurdson (2021).

We would like to send special thanks to the Eriksdale Hospital staff for their excellent care and compassion for Mom and our family.

In lieu of flowers, donations can be made through the RM of St. Laurent, 204-646-2259, towards the Oak Point Community Club in memory of Joyce Byron.

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

## OBITUARY



### Joan Marie Marr (Braun)

November 18, 1958 - December 25, 2022

With heavy hearts we share Joan's passing into the arms of the Lord after a short struggle with cancer. At her side was Rob, her loving and devoted husband of 18 years, and her faithful puppy Earl.

Joan is survived by siblings Dorothy (John), Harvey (Joyce), Marvin, Ken (Christine), Ray (Mary), Muriel (Herb) and is survived by Robert's family Lenore, Donnamae (Lynn), and Fred (Joanne).

Joan grew up on a farm in Austin, MB. She worked as an LPN and enjoyed caring for people. She led a full life, loved her family, enjoyed maintaining their yard, spending time at their cabin, cooking, and was always interested in spending time at craft sales.

The family would like to thank the staff at Stonewall Hospital for their exceptional care.

In lieu of flowers donations may be made to Stonewall Hospital or CancerCare Manitoba.

A memorial service will be held in the of summer 2023.

Condolences may be shared at [mackenziefh.com](http://mackenziefh.com).

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## OBITUARY



### Kenny Makowski

October 11, 1954 - January 7, 2023

After a battle with cancer Kenny Makowski, aged 68 years of Stonewall, passed away at Teulon Hunter Memorial Hospital.

Survived by siblings Bob (Terry), Dennis, Judy (Glen), Randy; nieces Robyn (Greg), Kristy (Wade), Alisyn; nephews Travis (Vicky) and Colby (Michaela); great nephew Leo.

Predeceased by his parents Peter and Marian Makowski.

Growing up he always felt at home on the farm where he spent his time outside tending to the animals. Trucking was Kenny's passion, he took great pride in his work and he always had a smile on his face.

No matter what, Kenny was always there for his family and friends. If someone needed help, Kenny never hesitated to help if somebody needed a hand. He just lived life the way he wanted to.

Cremation has taken place and no formal service will be held.

If friends so desire, memorial donations may be made to the Humane Society or to a charity of your choice.

The family would like to thank the doctors, nurses and all the staff at Teulon and Stonewall Hospitals for their wonderful care and support.

Also, a big thank you to special friends Dawn, Janice and Wade for their loyalty.



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