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Outdoor learning

TRIBUNE PHOTO BY JO-ANNE PROCTER

The provincial government forced students back into remote learning this past week due to COVID numbers increasing. These students from Warren, Grosse Isle and Stonewall took advantage of the nice weather and took their learning outside with outdoor wilderness education, geography, physical education and health, all part of the ISD curriculum. Pictured from left to right: Hayden Riddell (Grade 5), Alycia Galbraith (Grade 9), Torie Galbraith (Grade 7), Maria Riddell (Grade 7) and Chase Corbett (Grade 7). Missing from the photo is Crew Corbett (Grade 4).

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Buddy Check program supporting mental health

By Ty Dilello

The Buddy Check for Jesse program is in full swing here in Manitoba for the 2021-22 season.

Ex-Winnipegger Dr. Stu Gershman first created the program after losing his son to suicide in 2014. Gershman is also a hockey coach, and opening the dialogue surrounding mental health issues in the dressing room was one way he could help end the stigma surrounding mental health in sports. He created the Buddy Check for Jesse program in Jesse's honour, and it quickly caught on in British Columbia.

The idea of doing a "Buddy Check" is simply a reminder to keep an eye on each other and ourselves. It is not about suicide (which isn't always related to a mental health problem). Instead, if people look out for each other and do a "Buddy Check" with friends, teammates, family members and even with ourselves, everyone plays a role in ending the mental health stigma.

Hockey Manitoba's "Buddy Check Week" is coming up from Jan. 24 to 30.

There are approximately 15 Interlake teams that are participating in the program. One of those teams participating is the boy's Interlake Lightning U15 AA team, thanks to West St. Paul's Robyn Vandersteen, the mother to the team's goaltender, Jackson.

How Vandersteen got involved in the



This year, each player will receive a bag tag with the acronym "BUD-DY" on the back as a reminder.

program was serendipitous.

"A friend of mine who works with Dr. Gershman tagged me in a Buddy Check Facebook post. During this time, I was fighting my own PTSD battle, which she knew about. She was also from my hometown, which she also knew an unfortunate history of teenage suicide that had impacted myself and many friends around my age."

As soon as Vandersteen browsed through the Buddy Check website, it was exactly the program that she wanted to play a part in bringing to her children's minor hockey teams.

"So three years ago, I reached out to Dr. Gershman. He was on board to bring the program to Manitoba. At that time, he connected me to his nephew, Mike Gershman, and the



Buddy Check Week: January 24-30, 2022



TRIBUNE PHOTOS SUBMITTED

The Interlake Lightning U15 AA squad is just one of the local hockey teams participating in the Buddy Check for Jesse program.

two of us pounded the pavement in the first two years to physically hand coaches' packs to any coach we could. One year, I hit up several early-season tournaments. Our first year, we could get coaches' packs into the hands of about 100 teams. The following year, we hit around 150, and then in 2021, with the pandemic, we got as many out as we could, but most of our hockey got shut down."

"I was so passionate about the program and the message about mental health that I self-funded the Manitoba program the first year. I just wanted every youth to be a part of it, to learn the language, to talk about mental health, to know what signs to look for in their peers, and to know that the dressing room is a safe space to talk about their own mental health."

The program's benefits had made such an impact over the past few years that Vandersteen was proactively ap-

proached by players and coaches alike asking for a coaches' pack because they wanted the message shared again with their teams.

"I considered that a huge sign of success," said Vandersteen. "This past spring, after a few conversations between Hockey Manitoba and Dr. Gershman, Hockey Manitoba jumped on board and was supporting the distribution of coaches' packs to all U13, U15 and U18 teams across the province. That's over 600 teams and over 12,000 youth. My current role with the program is now Manitoba Ambassador. I am the one who made the initial lunge to bring the program to Manitoba, and I'll be a part of it for many years to come."

For the current 2021-22 season, Vandersteen has co-ordinated the efforts between Buddy Check and

Continued on page 5

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Some students not comfortable to be back at school

By Jo-Anne Procter

A handful of Stonewall Collegiate students walked out of their classrooms at 11:30 a.m. this past Monday to protest the lack of safety measures to protect them against COVID-19 as they return to in-person learning.

The students joined approximately 80 other schools around the province to hear their voices.

Jan. 17 marked the first day back to the classroom since the Christmas holiday break. Due to the surge in numbers of the Omicron variant at the end of December, the return to school was delayed. The province extended the break a couple of days and then implemented a return to remote learning for a week to give schools more time to prepare for more safety measures to reduce the spread of COVID-19.

As COVID-19 numbers continue to rise, SCI Grade 12 students Ryann Snell, Kaylyn MacDougall and Deaghan McLeod shared some of their concerns with the *Tribune*.

The trio said there is no social distancing in the classroom, teachers are constantly telling students to keep their masks on, and some students are just doing whatever they want.

"It is just not fair to force all of us to be in that situation when it is com-

pletely unnecessary," McLeod stated.

These particular students would prefer to be remote learning.

"The fact that it is not even an option for us, they just forced us, they didn't ask our opinion," Snell said.

Snell was able to change one of her classes to online learning.

"Classes are packed; there is no two-metre spacing," she explained. "I was sitting right next to another student, only an arm's length away. You couldn't even move without bumping into somebody."

MacDougall said her father is immune-compromised. Last year, she used InformNet, an accredited online high school that provides students with daily instruction, assignments and evaluation through regular email and web-based interaction from a certified high school teacher. However, this year she was denied.

"They won't let us have the choice unless we medically need it, which is completely arbitrary," she said.

The provincial government says the Omicron variant is spreading so rapidly that health officials will no longer notify close contacts of infected people in schools but will monitor outbreaks and absenteeism.

"I don't know how, as a province, you can look at the population and



TRIBUNE PHOTO BY JO-ANNE PROCTER

A number of SCI's students participated in an act of protest because they want their schools to be safe and to have the option of remote learning.

say 80 per cent if not all is going to be infected and just be OK with sending kids to school," Snell said. "Last year, they locked down when there was a quarter of the cases."

"We are in a global pandemic," McLeod said. "We don't feel safe coming to school all the time. It is unnecessary."

"Obviously, there is no perfect option, but giving us a choice would have at least been the right option because we are almost adults," McLeod added.

Students that participated in the protest across the province just wanted their schools to be safe.

First time Vandor Denture patients recommend their services

BY ELISHA VANDOR

Over the past month or so during the holiday season we helped many get their teeth back in time for the festivities! It was a whirlwind of fun as we worked during the day seeing patients and at night making their teeth. The joy of it all was seeing their smiles transform, for most, just in time for Christmas. Now, of course, we had to ask them about their experience while in our denture clinic and here's what they had to say:

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"Very good Denturist. Meticulous work and very reasonable price." - Barry B. December 13, 2021

"The cleanliness of the office, great staff - friendly atmosphere. Brock appears extremely confident and efficient and proficient. I love the time taken to fit the dentures perfectly. A great all-around experience." - Marlene D. December 15, 2021

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Brock, the caring and workmanship are extremely special. I love my new teeth. They fit so well and are very comfortable. They look beautiful and natural! Great workmanship. I am sorry I never came here before this time. This is my 5th set of dentures and I never ever had such beautiful workmanship and detail as I have had here. Brock is very special in this field. He made me feel like royalty, so thank you very much!" - Isabelle G. January 4, 2022

We are so encouraged by all the wonderful feedback and hope you are too! We declare that 2022 is going to be a great year for you, so start it off right by making an appointment to see us. Consultations are absolutely free. As an added bonus, the majority of dental insurance plans restart January 1, 2022. When you call, Manon or Elisha will be happy to assist when booking your appointment. We will see you soon!



- supplied photo -

Happy patient Linda poses with Brock after receiving her partial denture. **SENIOR PRICING**

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Asteroid named after local astronomy enthusiast

By Jennifer McFee

A local astronomy enthusiast has earned an out-of-this-world acknowledgment for his decades-long contributions.

The stars aligned for Ted Bronson of Stony Mountain when he learned recently that an asteroid had been named after him, creating an Inter-lake connection to the rocky object journeying around the sun.

"I just got the message a couple weeks ago and I was quite surprised to hear that — honoured, actually," he said.

"If you think about it, that asteroid is going to be up there longer than I'm going to be down here, so I very much appreciate it. There's not too many people who have a piece of extraterrestrial real estate moving around in space up there."

For more than five decades, Bronson has been involved with the Royal Astronomical Society of Canada. In 1988, he co-founded a group called the Thunder Bay Centre for the Royal Astronomical Society and held multiple positions over the years, including president, vice-president, secretary and newsletter editor. He also earned a Royal Astronomical Society of Canada service award in 2006.

A couple weeks ago, Bronson was invited to join a Zoom call with the folks from the Thunder Bay Centre. They told him they'd voted to submit his name for a promotion to name an asteroid.

Their submission was considered in Toronto and then sent on to Paris, France, for review by the International Astronomical Union. Their efforts were a success, and an asteroid has now been named "(10082) Bronson."

"It's a fairly small asteroid and it's quite a ways off. It moves around the sun, sort of like a planet does but in the asteroid belt. It takes a little over three years to make a circle around the sun. It would take a fair-sized telescope to see this object," Bronson said.

"Even if you do see it, it would just appear like a star moving amongst the background stars in the sky. Unfortunately, it's not visible to the unaided eye — but it's still an honour anyway. It's just nice to know that there's a piece of space rock up there, moving around with my name on it. That honour hasn't been given too often to many people."

The local man's astronomical interest spans almost his entire lifetime. Bronson became star-struck with astronomy during his childhood when a friend pointed out Sputnik 1, the first artificial Earth satellite that was launched into orbit by the Soviet Union in 1957.

"A friend of mine happened to be with me who knew more about it than I did at the time. He pointed up and said, 'Do you see that moving object up there? That's history being made.' That was Sputnik 1," he said. "That started my interest. As I grew older, there were more and more things."

In October 1965, while living in southern Ontario, Bronson went outside before sunrise to spot one of the brightest comets in the last 100,000 years. Another early highlight was the great meteor storm of 1966.

Over the years, Bronson has promoted astronomy through school talks and public assemblies, as well as presentations for Cubs, Scouts and Guides groups.

For nearly 30 years, Bronson wrote



TRIBUNE PHOTO SUBMITTED

An asteroid circling the sun has been named "(10082) Bronson" to honour Ted Bronson's lifelong commitment to astronomy.

an astronomy column for a Thunder Bay newspaper. Since he moved to Stony Mountain, he has regularly written about astronomy for the *Stonewall Teulon Tribune*.

"I enjoy going to see total solar eclipses, with the moon passing in front of the sun, as well as lunar eclipses and transits — and all types of things of astronomical interest. They've piqued my interest and always kept me interested over the past 50 years now. I say

it's just a pastime but my wife says it's an obsession. For anyone who wants to learn about the stars, I could talk to them for hours," he said.

"My aim is to encourage people to look up into the night sky and enjoy all that it has to offer. I experience awe at the vastness of creation every time I look into the heavens. Some people find it easy to experience creation in the forest. For me, I am drawn to the night sky."

Council approves liquor permit for Stony Mountain Family Festival

Rockwood council new in brief

By Jennifer McFee

- At the Jan. 12 meeting, council voted in favour of a resolution that will have the RM of Rockwood enter into a mutual aid agreement with the RMs of Armstrong, Rosser, St. Andrews, West St. Paul and Woodlands along with the towns of Teulon and Stonewall to make pre-arrangements for quick emergency action. These municipalities will also aim to support each other when affected of threatened by a peacetime emergency and need assistance.

- Council approved Stony

Mountain Community Association's application for a liquor permit for a beer garden at the annual Stony Mountain Family Festival, which is scheduled for June 30 at the bandstand in the Stony Mountain quarry. The beer garden will operate from 4 p.m. to midnight, and Stony Mountain Community Association will adhere to all public health orders, including gathering at the time of the event.

- Council defeated a motion for the RM of Rockwood to donate \$100 to the Stonewall Skating Club for hosting the 2022 Skate Canada Manitoba

Synchronized Skating Championships.

- Council conditionally approved a proposed subdivision for a resident and tabled another proposed subdivision for Kletke Seed Farm.

- On Jan. 11, residents in a portion of Stony Mountain were advised to boil their water due to a water main break along the Bristol rural line. The boil water advisory was lifted in the afternoon on Jan. 14. By that time, the work had been done, pressure had been restored, and bacteriological testing met regulatory standards, so normal water could be resumed.

- Volunteers are needed by the municipal emergency co-ordinator to help with severe weather operational

plans that might occur during thunderstorms, tornadoes, flooding or extreme rainfall, wind storms, extreme cold or heat, hail, snow storms or blizzards, freezing rain or ice storms. Volunteer responsibilities could include working as reception recorders at provided shelters, security for buildings or sites, and other designated duties. Training and personal protection equipment will be provided. Volunteers need to be able to help in Rockwood areas including Argyle, Grosse Isle, Stony Mountain, Balmoral, Gunton and Komarno. Anyone who is interested can contact municipal emergency co-ordinator Bill Stewart at emo@rockwood.ca.

Nominations underway for Recreation Manitoba awards

By Jennifer McFee

Do you know an individual or organization that's made a difference in recreation, parks or leisure?

If so, you might want to consider nominating them for a 2022 Recreation Manitoba Award before the Jan. 28 deadline.

Each year, Recreation Manitoba's awards and recognition program honours individuals and organizations that make an outstanding contribution to advance recreation, parks and leisure in Manitoba.

"The annual presentation of these awards reflects Recreation Manitoba's commitment to celebrate and publicly recognize individuals, groups and organizations who have inspired us and earned our respect," said executive director Shane Ray.

"The nomination form is a simple one-page nomination form, and individuals, organization and facilities are eligible on most categories."

He encourages community members to consider submitting a nomination.

"COVID has highlighted the need for individuals and communities to be active, be social and connect with each other and nature," he said.

"Individuals and organizations who

have continued to find ways to provide this to the community should be lauded for providing this essential and vital service."

Recreation and leisure have taken on even more importance during the pandemic.

"COVID has impacted every aspect of our lives, and recreation and leisure have become central to our ability to cope and recover. The spaces, places and people providing these services and programs to Manitobans have twisted and turned with each change, seeking new ways to support communities and individuals," Ray said.

"A nomination is a simple way to acknowledge this contribution to individuals' and communities' well-being. It is a way to say thank you to those organizations, facilities and individuals for their role in helping us all through these difficult times."

Laine Wilson, recreation facilitator for the RM of Rockwood and Town of Stonewall, said there are many worthy organizations and individuals that should be considered for nominations.

"I would encourage organizations to highlight themselves and take pride in your accomplishments. We have all been faced with a few challeng-

ing years, and we have such a large amount of individuals and organizations that have continued to persevere and contributed to improve the quality of life for all through their recreation pursuits," she said.

"We have such a fantastic area, full of fantastic, well-deserving people. It would be great to see some recognized."

The awards fall under six categories:

- The prestigious Prairie Crocus Award honours a professional who has made a significant contribution to recreation, therapeutic recreation, parks or leisure services in Manitoba.

- The Therapeutic Recreation Award of Excellence recognizes a professional who has made a contribution in the field of therapeutic recreation in Manitoba

- The Facilities Award recognizes a Manitoban recreation facility, individual or group with outstanding or unique innovations for providing a place to gather, play and connect.

- The Nature Award recognizes the achievements of individuals, groups or organizations that steward recreational, natural, and green spaces that enhance community quality of life.

- The People and Communities Award recognizes the efforts and dedication of individuals, or groups, who lead and advocate the many benefits of the field.

- The Health and Well-Being Award recognizes nominees that have gone above and beyond to increase opportunities for their community to benefit mentally, physically and socially.

To download a nomination package, visit the Recreation Manitoba website at www.reconnections.com. The deadline to apply is Friday, Jan. 28. A selection committee will review the applications and select recipients.

The winners are usually announced as part of an annual conference in March. However, if the pandemic delays the conference, then the timing might change.

> BUDDY CHECK, FROM PG. 2

Hockey Manitoba, ordered the individual components for the coaches' packs, and oversaw their completion and shipments to each association.

"But it takes a village, so I relied on many volunteers, specifically my son's Interlake Lightning U15AA team hockey moms and dads to help me out. They were invaluable to me."

The Buddy Check for Jesse program gives youth today the language to discuss how they are feeling, the acceptance to go through a rough patch and gives them a resource starting point to express themselves and know they will be heard and shown compassion in the hockey dressing room.

If you are interested in learning more about the program, please visit www.buddycheckforjesse.com for more info and how you can help or sign up your sports team.

Snowmobilers should take precautions before hitting trails

By Katelyn Boulanger

It doesn't matter if it's 40 below in the Interlake; residents will find a way to enjoy the natural beauty of our region.

Of course, one of the best ways to get out of the house this time of year is to take a ride on a snowmobile; however, if you're going to get out on the trails, you're going to want to do it as safely as possible.

"The first thing is to be prepared. Have a plan, know where you're going, ensure that your sled is in good running order, bring a spare belt, spare spark plugs, things like that," said Joe Thievin, an executive member of Snoman and Interlake resident.

Snoman or Snowmobilers of Mani-

toba help member clubs in our province develop and maintain safe and environmentally responsible snowmobile trails so that more people can enjoy snowmobiling.

Thievin also recommends that snowmobilers make sure to go out with a full tank of gas, good oil and that your sled doesn't need repairs before leaving your home.

"Just make sure that before you go that your sled is in good running order. I think the next thing to do is plan your trip. In planning your trip, you can go to the Snoman website or you can download the Snoman app. It has all the trail maps. It works within cell-serviced and outside of cell-serviced [areas] and it gives you fuel stops,

places to have lunch, and it tells you the distances of each trail segment so you can plan your trip. You know if your snowmobile has a range of 110 miles or whatever it is, then you can plan your trip and manage your trip with the fuel stops and the eating stops and the warm-up shelters and all those things that will lead to a positive experience," he said.

If you are going to use a map or app on your phone, you should know that you will have to keep the device in a pocket close to your body, as cold temperatures can drain your phone's battery more quickly. This is one reason that having a backup paper map is helpful.


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CancerCare Manitoba goes digital with resources

With more people staying home due to increased COVID cases, online options are available

By Katelyn Boulanger

CancerCare Manitoba has been hosting online webinars for people throughout the province who are navigating their cancer journey. This month they will be starting their Body Image and Cancer webinar on Jan. 27.

"CancerCare Manitoba offers information and support sessions to patients and families with the generous funding support of the CancerCare Manitoba Foundation. During the pandemic, we decided to explore the technology that was available to stay connected and decided to offer the sessions online as of October 2020," said Kathleen Helgason, co-ordinator of the Patient and Family Resource Centre for CancerCare Manitoba.

The webinars have helped offer support and information to patients and families affected by cancer during these times of social distancing and isolation.

Because the treatments for some cancers can reduce people's immunity, it's even more critical for these patients to safely get the resources they need.

Some of the webinars that have happened so far have covered topics like anxiety, exercise, nutrition, complementary therapies, fear of cancer recurrence, the importance of sleep, and spirituality.

This month's presentation about body image and cancer will be presented by Dr. Anne Katz, a clinical

nurse specialist and sexuality counsellor at CancerCare. She is the author of over 10 books and has her own podcast called Sexually Speaking.

Body image can be an issue for those with cancer psychologically and physically. Patients getting a cancer diagnosis may have to work through how the perceptions they had about their body have changed, but also physically, as having cancer and treating it can change the way people's bodies look and work.

Even though these sessions are digital, CancerCare has tried to make the experience personal and interactive.

"We decided to use Zoom for health-care, which allowed us to create interactive polls and to engage the attendees in more dialogue with the presenter. Although patients can't see each other, they can ask questions and make comments, and can do so anonymously if they prefer," said Helgason.

Even if this particular webinar is not the right fit for your journey, getting in touch with CancerCare Manitoba can help connect cancer patients with resources and give them a community that understands what they are going through.

"It helps to connect with others who understand what you're going through, and who may be able to offer support. Creating community has been difficult during the pandemic. Cancer can be isolating as it is, and



TRIBUNE PHOTO BY KATELYN BOULANGER

This CancerCare Manitoba webinar is offered over Zoom.

the pandemic has increased this challenge. These webinars [are one of the ways we] offer an opportunity to connect and hear from others," said Helgason.

If you would like to register for the webinar contact Helgason at 204-787-2970 or toll-free at 1-977-561-1026.

"I can help you set up Zoom over the phone and even do a trial run in advance of the webinar. Once you've tried it, you'll enjoy how easily you can connect from the comfort of your own home without worrying about driving and parking," she said.

To learn more about the webinar and other opportunities through CancerCare Manitoba, visit their website at www.cancercare.mb.ca. To learn more about Dr. Anne Katz, her books or her podcast, visit her website at www.drannekatz.com.

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TRIBUNE PHOTO BY JO-ANNE PROCTER

Residents throughout the Interlake were out clearing snow bright and early on Jan. 18 as Mother Nature dumped approximately 15 cm of snow through the night. Schools in the Interlake School Division were closed due to the winter storm. Gerry Martin from Stonewall was one of many clearing his driveway. 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.

Schools no longer notifying close contacts

By Ashleigh Viveiros

Manitoba is changing the way it does contact tracing when it comes to staff and students getting sick in schools.

Education Minister Cliff Cullen announced last week that schools will no longer provide close contact notification and notification letters on individual cases.

"We are dealing with a different virus," he said, referring to the more contagious omicron variant that is causing Manitoba's number of cases to skyrocket. "This means we must shift the way we case manage and contact tracing occurs."

Moving forward, schools will report on absenteeism due to the virus instead of close contact notifications, Chief Provincial Public Health Officer Dr. Brent Roussin said.

"Given that transmissibility of omicron, given the shorter incubation period, it's not possible to manage cases

at that individual level anymore," he said. "We have to focus on managing that risk at the community level."

Public health officials will continue to monitor confirmed cases in schools for evidence of increased transmission above levels expected in the community. Should that occur, officials may recommend a period of rapid antigen testing or other preventive measures in a school, such as reducing higher-risk activities. Periods of remote learning are also a possibility in facilities where high transmission is affecting school operations.

"We know COVID is here with us, it's going to be here with us for the foreseeable future, and so we have to not consider that we're going to eliminate this virus—we need to find ways to mitigate our risk related to this virus," Roussin said.

Looking at the data related to school-age children who contracted

COVID-19 over the past month, Roussin said the risk of severe illness requiring hospitalization for most kids is relatively low.

"So we also need to weigh what are the benefits of having these children in school ... and we know that is very large, there's a huge benefit to having kids in class learning," he said, pointing to improved mental health for students and better learning outcomes when it comes to in-person learning. Those benefits are "outweighing the risks."

Cullen echoed that sentiment, noting as well that investments have been made in schools to mitigate the risk of COVID through rapid testing programs, medical masks and other personal protective equipment, enhanced cleaning measures, and improved ventilation systems.

Manitoba students headed back to in-person classes on Monday.

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How Christians decide on whether or not to take the COVID-19 vaccine

Many Christians are struggling with the many contrary voices out there about taking the COVID-19 vaccine. They hear some saying "No, you should not!" while others say "Yes you should." To top it off, there are many people, good people, wonderful Christians, on both sides of the issue. If it weren't for this pandemic, they would be agreed on most other Biblical and theological issues.

Well, here is my pastoral counsel about what to do: turn to *God* for His guidance. The Bible tells us, "Trust in the Lord with all your heart and lean not on your own understanding; In all your ways acknowledge Him and He shall direct your paths" (Proverbs 3:5-6). We also have God's wonderful promise: "If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him" (James 1:5).

So, you decide by going to your knees and asking God in prayer what *He* wants you to do. This decision is one that every believer should make *between themselves and God*. It is not made on the basis of what people on Facebook tell us to do.

That is how my wife and I arrived at our decision: we prayed and studied the Word, asking God to guide us into the path we should take (like we do for all of life's decisions ...) and He clearly led us.

As a matter of fact, when people say to others things like "I can't believe that you went and got vaccinated! That's awful!" or "What? You're not getting the vaccine? You're a terrible person!" they are actually guilty of the sin of judging. The Bible warns, "You, then, why do you judge your brother? Or why do you look down on your brother? For we will all stand before God's judgment seat" (Romans 14:10).

I trust that you will make your decision, in prayer, between you and God alone and then do whatever He tells you to.

Province shifting from prevention to mitigation with COVID-19

By Ashleigh Viveiros

As the more contagious omicron variant of COVID-19 continues to spread, Manitoba is shifting its focus from prevention to mitigation, officials announced last week.

Premier Heather Stefanson was joined by Health Minister Audrey Gordon, Deputy Chief Public Health Officer Dr. Jazz Atwal, and Vaccine Task Force medical lead Dr. Joss Reimer at a news conference in Winnipeg Jan. 12.

"COVID-19 is no longer an emerging illness," said Dr. Atwal. "It is here to stay, and our ability to contain the virus is limited. It is highly likely that everyone will be exposed to the virus in the coming weeks."

"Some Manitobans will have immunity from a previous infection or vaccines," he continued. "This will make COVID cases less severe, but the sheer number of cases still has the potential to overwhelm our health care system, which is something we are monitoring closely."

Due to how fast omicron spreads compared to earlier forms of the virus, the province is moving away from individual case management to instead managing risk at the community level, Atwal said.

"We have to shift to mitigating the impact of COVID-19 and away from containing the virus," he said, stressing that this shift "does not mean public health has given up the fight against COVID-19. It means we are shifting our approaches to focus our efforts and our resources to best man-

age the risks."

That includes increasing vaccination appointments, shifting medical staff to needed areas, and also identifying those patients eligible for antibody and antiviral treatments, Atwal said.

Premier Stefanson urged Manitobans to continue to do their part to protect themselves.

"As Manitobans we all have a role to play. Follow the fundamentals. Mitigate your own risk and get fully vaccinated," she said. "Vaccines work. And now more than ever with the omicron variant circulating throughout Manitoba it's crucial that all Manitobans get fully vaccinated, including the third dose when you're eligible."

Stefanson was asked repeatedly whether the government had received recommendations from public health for stricter restrictions to try and curb the spread of omicron.

"We have already some of the most stringent rules in place. We put those in place, also, just a reminder, earlier than other provinces," she said in response.

The premier also noted the government is taking advice from more than just public health officials.

"I think what we need is to go and have a more balanced approach moving forward," she said. "I certainly have been reaching out to [the] business community, we know that pediatricians were out earlier this week talking about the importance of getting kids back to school. This is all of the advice that we need to get from professionals out there, so it's not just

falling at the feet of public health."

"At the end of the day, we'll take advice from public health, but we will be taking advice from other Manitobans as well moving forward," Stefanson said. "We need to start looking at longer term and how we're going to live with this virus."

Stefanson said the province has plans in place to provide the health care system with needed resources and staff, including bringing in internationally trained nurses to fill some of the gaps.

"As a government we are committed to providing additional support and staffing help as we continue to navigate these unprecedented COVID challenges."

Vaccine protection

Officials continue to stress the importance of vaccination when it comes to protecting oneself against severe COVID-19 outcomes.

Dr. Reimer shared data compiled in Manitoba from Nov. 22 to Jan. 3 that shows someone with just one dose of vaccine is three times less likely to end up in an intensive care unit due to COVID-19 than someone who is unvaccinated.

Further, someone with two doses of vaccine is 19 times less likely to need ICU care than an unvaccinated individual. That number jumps to 139 times less likely once you receive the booster shot.

Similarly, the risk of death for a vaccinated person compared to an unvaccinated person who contracts

COVID-19 is 63 times less likely with three shots, 19 times less likely with two, and 11 times less likely with one dose.

"The vaccine is not providing the protection we have hoped against omicron infection overall," Reimer said, acknowledging that vaccinated individuals can still contract the virus, though they generally fall far less ill with it than unvaccinated individuals. "This data—that comes from December and is Manitoba data—is very reassuring about how we can continue to protect ourselves against ending up in the hospital or worse."

Manitoba has a limited number of intensive care unit beds—beds that are needed as well for non-COVID-19 health care emergencies—so keeping people out of them is paramount. Before the pandemic, Manitoba's ICU capacity was 72. Now there are around 110 beds.

As of Monday, there were 601 people hospitalized with COVID-19 in Manitoba and 47 people in ICU.

In Monday's COVID-19 bulletin, the province noted that over seven days ending Jan. 13, there were 335 new hospitalization—a 40.2 per cent increase over the previous week—and 37 new ICU cases—an 85 per cent increase.

The province also announced 20 more deaths due to COVID-19 on Monday, bringing the death toll to 1,463.

Town of Stonewall requires security checks and physical exams for some new employees

Stonewall council news in brief

By Jennifer McFee

- The Town of Stonewall administrative office closed to the public, effective Jan. 10, in an effort to reduce the impact of COVID-19 on town operations.

- Marilisa Voth has been pro-

moted to the permanent position of corporate services manager for the Town of Stonewall. The corporate services manager will plan, organize, administer, manage and direct the corporate services department under the supervision of the chief adminis-

trative officer.

- A pre-placement employee security check, consisting of a criminal record check and child abuse registry check, will now be required for all people that might be in a position that may permit unsupervised access to a child through their employment with the Town of Stonewall.

- In addition, pre-placement

physical examinations will be required for new employees in the works and operations department and the parks and arena department. The purpose is to provide the town with a medical evaluation of the individual's physical capacity to safely perform the essential elements of the job. If the person is deemed unable to perform these essential elements, then the town will determine whether reasonable accommodations can be made according to the requirements of the Accessibility for Manitobans Act.

- Council discussed a proposal from WSP to provide professional consulting services for a fixed fee of \$42,000 to help the town prepare for the upcoming Municipal Board hearing for the proposed annexation of land from the RM of Rockwood.

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Wellness club steps together into virtual classes

By Nicole Brownlee

The Stonewall Active Wellness Club has met fluctuating public health restrictions with a positive attitude and drumsticks in hand.

The Wellness Club offers fitness programs for all ages and fitness levels, with 12 classes scheduled per week, both online and in-person. On Sundays, Gail Spencer-Lamm, one of the club's fitness instructors, offers free classes.

"I have been teaching free programs on and off since COVID started," said Spencer-Lamm, who has worked with the club since they launched eight years ago.

She started teaching the free Sunday sessions during the summer of 2021 to keep herself busy.

"They started as a way to get together with people so I could keep my own sanity and see some friendly faces," said Spencer-Lamm.

The Sunday classes have attracted around a dozen participants, which is about half of the participation the club saw before the COVID-19 pandemic. In total, the club gathers 15 to 30 participants.

"It's been challenging because all of our programs were in person before COVID," said Spencer-Lamm.

To help loyal participants transition to online classes, the staff from South Interlake 55 Plus taught community members how to access Zoom and live streams at home. The club has worked with the 55 Plus in Stonewall since 2014.

"It was quite a big hill for (participants) to climb at first, but (the 55 Plus staff) were great. They were so patient," said Spencer-Lamm.

Cheryl Kooning, a Grade 5 teacher

at Stonewall Centennial School, and Tess Lamm, Gail's daughter, teach half in-person at the Odd Fellows Hall in Stonewall and half online classes with the Wellness Club.

Classes include interval and strength training, cardio and yoga. One of Spencer-Lamm's additions to the program is a cardio drumming class accompanied by yoga balls and drumsticks.

"I suspect there are a few people at home doing it on Zoom with wooden spoons on the back of a chair."

Despite having to teach virtual classes, Spencer-Lamm said the Wellness Club still wants to encourage people to exercise and have fun.

"I love being able to get together with people and inspire them and help them feel good," said Spencer-Lamm.

"That's the most important thing."

Arlene Patterson, a former instructor with the Wellness Club for five years, prefers the flexibility of online classes to in-person sessions.

"It's so easy. I just go down into the basement, and I have all my equipment there," said Patterson.

"When there's a little break, I can go into the laundry room and throw some clothes into the dryer."

The online courses allow Patterson to continue meeting new people and socializing with friends.

"We could still say hi to people that are in the class, so it's not like you're not seeing anybody," said Patterson.

The Wellness Club also added additional class times to accommodate participants spending more time at home.

"I think a lot of ladies prefer the morning class," said Patterson, who



TRIBUNE PHOTO BY GAIL SPENCER-LAMM

Gail Spencer-Lamm teaches free workout classes on Sundays and used to teach guided painting and journaling classes.

also joined the 9:30 a.m. group.

Patterson said she's thankful the Wellness Club and 55 Plus have navigated the COVID-19 pandemic so well.

To learn more about the Wellness Club and upcoming classes, visit the Stonewall Active Wellness Club Facebook page.

Wolves sighted in Teulon

By Nicole Brownlee

On Jan. 12, a Teulon resident posted a potential sighting of three wolves in the town to Facebook. Throughout the week, the news developed that the animals may have been coyotes.

Teulon Mayor Anna Pazdzierski said the town never received any calls about the wild animals, but all residents who see dangerous animals in the community should contact Manitoba Conservation at 204-642-6070.

Pazdzierski suspects that community members feeding wildlife like deer may have attracted the wolves closer to town. She urges residents to stop feeding the wildlife to discourage animals from encroaching on Teulon.

The provincial government lists that

coyotes may be attracted to residential areas by food and pets. To prevent conflicts, don't feed coyotes, secure garbage, supervise and bring pets inside overnight.

If you encounter a coyote, keep small children close to you and pets on leashes. Don't run, and if the coyote approaches you or your pet, act big, make loud noises, be aggressive and fight back.

To report wildlife showing aggressive behaviour or that appears sick, injured or orphaned, call Turn in Poachers at 1-800-782-0076. For more information on reducing the risk of conflicts with coyotes and other wildlife, visit www.manitoba.ca/human-wildlife.

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Gunton residents blown away by kindness

By Nicole Brownlee

Melanie Isaak and her partner dreaded returning home after spending the holidays in Ontario with her family.

After a long travel day flying back to Manitoba and driving from the Winnipeg James Armstrong Richardson International Airport back to her home in Gunton, Isaak was mentally preparing to shovel herself into her driveway in the dark.

When Isaak pulled up to the house, she found a path to her garage already cleared.

"We were so happy, like flabbergasted and over the moon," said Isaak.

Isaak's driveway would be cleared thrice more after the belated Christmas present by her neighbours, Larry Sr. and Larry Jr. Possberg.

"I've never been home when they actually do it," said Isaak.

To show her appreciation for the Possbergs' help and introduce herself, Isaak visited Larry Sr. on Jan. 12.

Isaak moved to Gunton in late November after living in Winnipeg and Stonewall for the past few years.

"Everybody that we've seen has been very friendly," said Isaak.

"I couldn't imagine living anywhere else."

Larry Jr. and his family moved to Gunton 14 years ago, with his parents following suit eight years later.

"Our properties touch corner to corner," said Larry Jr.

For the past five years, the father-and-son team has cleared their neighbours' driveways with their tractor outfitted with a snowblower.

"The drifts we get in Gunton are pretty big," said Larry Jr.

"Dad and I just go around, and if we knew someone was in the hospital or whatever, we'd clear their driveway, and on the way back, we'd clear our other neighbours' too."

Larry Sr. takes the reins on clearing driveways with

the help of Larry Jr.'s oldest son, who is 11 years old, when Larry Jr. is at work in Winnipeg at the same airport Isaak returned home from.

"People would help us at the drop of a hat," said Larry Jr.

"You want to keep a tight community, and then people enjoy living there."

Sarah Dankochik is also a recent addition to the community. The architectural intern moved to Gunton around eight months ago.

Despite her recent move and a lack of social opportunities because of public health restrictions, Dankochik's driveway has been cleared several times by various community members.

"After the first big snowfall, my neighbours came and snow blew me out," said Dankochik.

For five days Dankochik had been stuck at friends' houses in Gimli because of a delay in snow clearing.

"(My neighbours) were snow blowing their driveway, and once they were finished, they came with their shovels and snow blowers and helped me," said Dankochik.

Another day, the man who sold Dankochik her house in Gunton, Trevor Stewart, helped her clear the snow with his skid steer.

Stewart has lived on the edge of Gunton for almost a decade. He chose to live in the community because of its small-town atmosphere and friendliness.

Stewart bought a skid steer last winter and has been using it to help clear roads and driveways for community members since.

"I figure it's no big deal. I'm out and about, and I'll help out when I can," said Stewart.

The local helper clears around seven driveways throughout the community but says it depends on the day.

"If I'm going by and see somebody else with a shovel, I'll scoot in and do it," said Stewart.

To thank him for his help, Stewart was gifted a



TRIBUNE PHOTO BY LARRY POSSBERG JR. Larry Possberg Sr. clears his neighbours' driveways in Gunton with the help of his son Larry Jr.

Saskatoon berry pie and a gallon of oil for the skid steer.

"I have the capability to help out," said Stewart.

"It's just the right thing to do."

Last chance to get your 50/50 ticket is Jan. 20

Manitoba Ag Days gives back \$28,000 annually

Submitted by Manitoba Ag Days

It's been nine years since Manitoba Ag Days announced the "Ag Days Gives Back" community giving program. In total, 100 per cent of the 50/50 funds raised goes back to agricultural organizations and communities throughout the province. To date we have given back \$347,500.

"We wanted to give back some of the show's success to the communities where our exhibitors and patrons live Over the course of the last nine years, we have been able to support some many amazing projects that are helping to grow communities across the region", stated general manager

Kristen Phillips.

Last year's 50/50 jackpot winner took home \$17,780 (LGCA #4206-RF-35050). Please consider buying a ticket for the 2022 show at www.agdays.com/buy5050 to support the 2022 Show 50/50 Draw. (LGCA #4206-RF-36074). With the 2022 show postponed, we decided to go forward with the 2022 draw on Jan. 20 at 4:30 p.m. You can still purchase your tickets online or by calling us at the office at 204-866-4400.

Our 2021 recipients were:
Community Improvement – \$15,000
Fisher Branch Care-A-Lot For Tots Inc. – Fisher Branch, \$1,000

Laurier Play Zone – Laurier, \$1,000
The New Beginnings Daycare – Ochre River, \$1,000
Charlie Brown Day Care Centre – Ste Rose, \$1,000
Kiddie Sunshine Centre Inc. – Atona, \$1,000
TLC Centre Inc. – Carman, \$1,000
Emerson Kinder College Inc. – Emerson, \$1,000
Pembina Valley Child Care Centres Inc.: Hives – Morden, \$1,000, Y Maryland, Brandon, \$1,000
Elkhorn Early Learning Centre – Elkhorn, \$1,000
Little Hands Early Learning Centre – Erickson, \$1,000
Melita Early Learning Centre – Melita, \$1,000
Minto Nursery School Inc. – Minto, \$1,000
Waskada Wee Ones Inc. – Waskada,

\$1,000
Wawanesa Wee Care Inc. – Wawanesa, \$1,000
Education and Leadership – Agricultural Youth Education - \$13,000 Agriculture in the Classroom - Manitoba \$10,000
ACC Diploma Scholarship – Paige Freitag, \$1,000
U of M's Diploma Scholarship – Jill Martens, \$1,000
U of M's Degree Scholarship – TBD, \$1,000
Stay tuned for our 2022 recipients. They will be announced on Wednesday, Jan. 19.
With no show to sell the tickets at we need your help to get the word out — www.agdays.com/buy5050

Public hearing set for proposed rezoning for aggregate extraction

By Jennifer McFee

Members of the public will have the chance to weigh in next month on a proposed rezoning in the RM of Rockwood.

The proposed project would involve rezoning about 100 acres from “agricultural limited – Stonewall vicinity” to “industrial extractive” to support aggregate extraction for an eight- to 10-year period.

The properties are located about a half-kilometre north of Stonewall between Provincial Road 236 and Summit Road, south of Road 78N. The area includes lands owned by Maple Leaf Construction as well as the former rail corridor that’s owned by the RM of Rockwood. However, the proposed project excludes the Manitoba Hydro corridor that runs through the middle of the properties.

Currently, the properties are mainly vacant, cultivated lands along with an area of uncultivated land to the west. They contain about five million tonnes of limestone aggregate, and the proposed extraction rate is 500,000 to 625,000 tonnes per year. The hauling would be routed through Maple Leaf Construction’s existing quarries by following Road 7E north to Road 79N, then heading east to Road 8E where the route continues south to

Road 78N and moves east to Provincial Trunk Highway 7.

The nearby lands include quarry operations, uncultivated land, and a mix of agricultural and non-agricultural areas. There are also four rural residential properties within a about a one-kilometre radius.

The proposed quarry development would need to ensure compliance with provincial, municipal and district policies, regulations and standards. As well, it would need to work collaboratively with the RM of Rockwood and other quarry operators in the area. The proposed operation would need to manage and mitigate adverse impacts such as dust, traffic and noise, and it would need to implement progressive site remediation and a rehabilitation strategy. Once extraction in a phased area is completed, the rehabilitation work would start by using stripping from a preceding extraction area.

Scatliff + Miller + Murray provided a planning rationale report on the proposal, noting that the “RM of Rockwood is identified with one of the most important sources of non-renewable mineral deposits to support the construction industry in the Manitoba Capital Region.” In addition, the report notes that the project



TRIBUNE PHOTO BY JO-ANNE PROCTER

Virtual Public hearing set for Feb. 10 to rezone agricultural land for aggregate extraction.

“further supports the construction industry and cost-effective infrastructure development, both locally and regionally.”

The report provides Scatliff + Miller + Murray’s professional planning opinion that “the proposed rezoning application represents good land use planning and should be approved.”

The provincial government will also provide a community planning report prior to the public hearing.

The public hearing will take place virtually on Thursday, Feb. 10 at 6 p.m. Attendees must pre-register by emailing roberta.vancaeyzeele@rockwood.ca.

Tournament offers prizes and national significance

By Nicole Brownlee

An Interlake ice fishing contest is attracting residents to venture onto the ice to compete and help compile data.

The 2022 Interlake February Fishing Frenzy Ice Fishing Tournament is a virtual tournament from Feb. 1 to 28 hosted by the Interlake Tourism Association with the help of Angler’s Atlas.

Communities across the Interlake region usually host local tournaments for anglers to compete in, but public health restrictions have made planning events difficult for many community organizations, said Melissa Van Soelen, Interlake Tourism manager.

“(Interlake Tourism) thought if we got together as a region, we can all pitch in and have a region-wide (competition), so that we can all participate at a safe distance,” said Van Soelen.

Angler’s Atlas, a resource for Canadian anglers to find fishing maps, also collect data through their MyCatch App to learn more about Canadian fisheries. The organization has a detailed understanding of B.C., Alberta and Ontario fisheries but had a gap in research in the prairie region.

To help fill the gap, Angler’s Atlas reached out to Interlake Tourism to propose a tournament.

“Manitoba has phenomenal fishing,” said Sean Simmons, Angler’s Atlas publisher.

“We’re really excited to be able to work with all these different communities.”

Angler’s Atlas started working with communities to host tournaments to collect data last year in B.C. and Ontario.

“The tournaments allow us to have fun and motivate people to go fishing while at the same time getting information on the state of the fishery,” said Simmons.

While Angler’s Atlas will be collecting data about the length, variety and quality of fish through the Fishing Frenzy competition, they will not publicly release the location of fishing spots.

“Secret spots stay secret. We’re not going to share anything about your secret location,” said Simmons.

Angler’s Atlas is working with researchers in Alberta and Nova Scotia to develop the program.

“There are millions of anglers across Canada. If we can develop a standardized way of doing the data collection as well as data validation ... then there’s a huge opportunity to get a much better sense of the state of our fisheries,” said Simmons.

To participate in the competition, anglers pay \$40 to register through the Angler’s Atlas’ website. Participants must live in one of 13 Interlake communities listed on the website to enter the tournament.

“When you sign up, you’re signing up as an angler yourself, but you also have the opportunity to sign up under each of the participating towns, rural municipalities and the city of Selkirk ... to represent them,” said Van Soelen.

“You can fish anywhere in the Interlake, but you’re representing that specific town or city.”

Anglers then download the MyCatch app onto their mobile device and enable GPS tracking before heading out to fish.

Once they’ve caught a fish, anglers take a photo of the catch with a measuring device through the MyCatch app. Anglers also need to take a video

with the app of themselves releasing the fish after measuring.

Once the angler is in a wireless internet area or can access data, the photos and videos will be uploaded to MyCatch, reviewed and entered into the Fishing Frenzy competition.

More details about the rules of catching, releasing, measuring and recording fish are available on the Angler’s Atlas website.

Anglers compete for over 19 prizes, including the overall longest walleye, northern pike, yellow perch, burbot or lake whitefish; greatest diversity of species entered and weekly draws.

The prize amounts vary from \$250 to \$1,500 but may change depending on how many participants enter the tournament. Local prizes will also be awarded.

“Each area wants to be labelled as the ice fishing capital, so the better their prizes, the more people are going to sign up under them,” said Van Soelen.

“We want people to be able to go out with their families and friends and just enjoy ice fishing and the lakes ... while still remaining COVID safe.”

Rockwood Reeve Taplin reflects on new year

By Jennifer McFee

Now that the new year is well underway, the RM of Rockwood has lots to look forward to in 2022.

At the same time, the local municipality can reflect on plenty of successes that bolstered the community throughout last year.

Reeve Wes Taplin points to the launch of the Stony Mountain Business Park, which is now nearly sold out.

"It will have all kinds of regional benefits and spinoffs because people will need housing, stores and services. That is a really big boon to us," Taplin said.

"We've had all kinds of inquiries about residential development and more industrial park growth, so that's been a real success in 2021 for us. We want to make sure the progress carries on."

Taplin points out that growth is also occurring in other communities including Gunton, Balmoral and Argyle. In addition, a secondary plan for development is in the works for the shared community of Grosse Isle.

The RM of Rockwood is also moving forward with eco-friendly initiatives.

"We're focusing on grinding at the Winfield Transfer Station to get away from burning," Taplin said.

"We've also got a program coming up that's going to deal with food recycling and composting. It's in the infancy stage right now, but that's going to help us do our part around greenhouse gas emissions."

In addition, the RM of Rockwood received a \$1.3-million provincial government grant that completely funded a project to install generators and backup power for the community's utility systems that didn't already have these processes in place, such as those in Stony Mountain and Balmoral.

"If the power goes out, we can still operate and have sewer and water," Taplin said.

"It was a first for the municipality getting 100 per cent funding for the project. We ended up doing more than what we had planned on, and we still gave back \$250,000 to the province. We were ecstatic over that."

In the past year, the municipality has also increased its local options for keeping active. Taplin draws attention to the renovations at the Stony Mountain rink and the leadership of the new manager.

"Another crowning glory was the trails this year, connecting the community and promoting activity and recreation. We had a \$65,000 grant and we have started the process between Stony Mountain and Stonewall, removing the ballasts, getting it prepped for gravel and eventually carrying on," Taplin said.

"We would like to hook Stony Mountain to Stonewall to Balmoral to Gunton to Teulon and eventually have it as a paved corridor for recreation, walking and connectivity."

For another form of connectivity, the municipality has



TRIBUNE PHOTO SUBMITTED

Left to right back row: Coun. Curtis McClintock, Michael Powroznik, Greg Hryciw, Scott Taylor, Dale Iverson, Cody Dubbert, Keith Hynes, Tim Scott, Brad Tretiak; standing front row: Wayne Michaluk, Jeff Stasiuk, Reid Kolesar, Rich Bjarnason, Greg Brennan, Brian Hornick, Alan Schick, Coun. Neal Wirgau; sitting: Coun. Terry Hartle, CAO Chris Luellman, Reeve Wes Taplin, Jasmine Paluk, Roberta Van Caeyzeele; sitting (front) Jaryn Scott.

been working to improve its internet services.

"We've always been trying to get our communities connected, especially with COVID being the way it is for the last 24 months. RF Now is in the community, and we've had interest from other internet service providers," Taplin said.

"At the end of the day, we want to make sure that everybody that wants to be connected internet-wise will have that opportunity. It is moving forward at a very good pace."

Throughout all of these successes, the RM of Rockwood also had to contend with the hurdles created by COVID.

"We're no different than anybody else surrounding us with the challenges from this pandemic. We've been trying to adapt and make things work. For all of our communities and community associations, we're trying to make sure they can keep open with minimal revenue coming in. It's been hard, but we've been work-

ing at it and our doors have been open for business," Taplin said.

"Another challenging part of it is the constant changes by the province or the federal government. We're usually the bearer of bad news to our municipality about restrictions. Those have been some of the biggest challenges, and it's not getting any easier — but, at the end of the day, it's to keep people safe."

Looking ahead, the municipality will continue with its regular business, including public hearings, while adhering to pandemic protocols.

"We want to make sure that everybody is safe and try to move forward as best we can with what we have to work with. Nobody wants to see anybody get sick," Taplin said.

"In our office, we are like family. Everybody steps up to the plate to make sure everything gets done. We don't miss a beat and we're very lucky to have staff like that."

\$100,000 LOTTO 6/49 prize winner

Ronald Still had to remind himself to breathe and relax when he checked his LOTTO 6/49 ticket and discovered he won \$100,000 on the Dec. 25 draw.

"I gave my ticket to the store clerk to check," he said while claiming his prize. "When they told me I won \$100,000 I almost had a heart attack!"

The winner said he hasn't made any plans for his winnings yet, but he knows he's going to do some spending.

"I'm hoping to go on a vacation at some point," he said. "I've also been thinking about buying a new vehicle; I'm thinking maybe I'll look into a SUV."

Still purchased his winning ticket at the Red River Co-op located on Highway 7 in Teulon. He won one of the 10 \$100,000 guaranteed prize draws on the Dec. 25 LOTTO 6/49 draw. His winning number was 32988589-01.



Ronald Still

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Finding supports for Alzheimer's patients and families

The Alzheimer Society makes resources available for all

By Katelyn Boulanger

The Alzheimer Society is on top of the latest resources when it comes to helping people with Alzheimer's through the very beginning of the disease all the way to its last stages, but one thing that friends and families of Alzheimer's patients may not know is that there is also support for them.

With January being Alzheimer's Disease Awareness Month, former Selkirk resident Glenda Oldham spoke to the *Express* about her experience with the Alzheimer Society as the spouse of someone with Alzheimer's.

"The Alzheimer Society serves the people with the illness and the people who are caring for the person who has the illness because there's virtually little to no medicine that will actually make a big difference to someone with Alzheimer's. In my estimation, the Alzheimer Society is the medicine," said Oldham.

Her husband Tim Oldham was diagnosed with Alzheimer's disease in 2014 and he's participated in the Alzheimer Society in Selkirk's Minds in Motion classes, but Glenda has also been able to gain from their services.

"They have counselling so that I can talk to somebody about my personal life situation and they can help me to work through that to figure out the best decisions to be made at different stages. They're just all-encompassing," said Oldham.

For the first little bit after her husband's diagnosis, Oldham went it

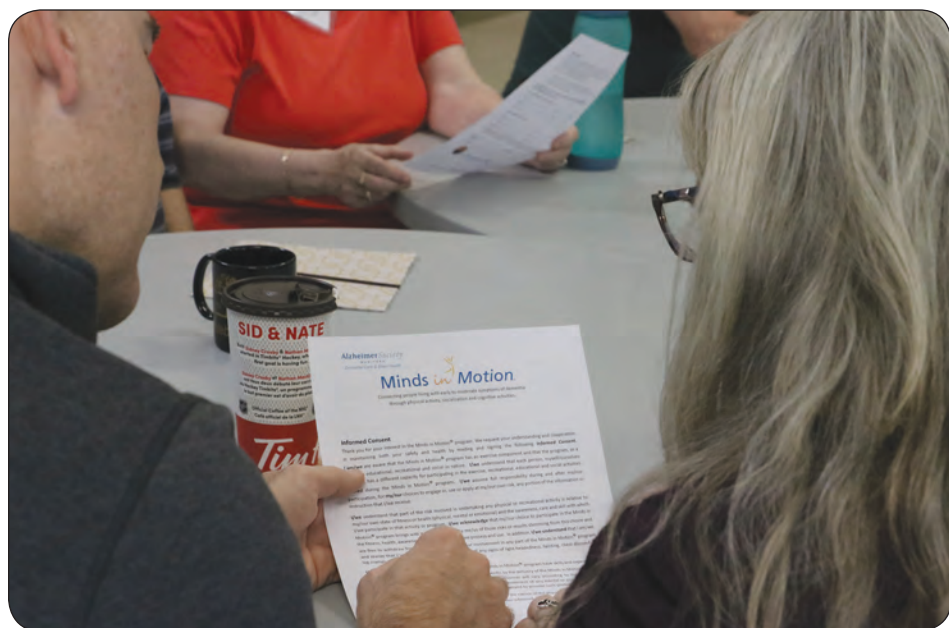
alone. Having been a special education teacher, she felt that she had a leg up on helping break things down for people with brains that work differently. Eventually, she spoke to her minister about her experience and that minister pointed her right to the Alzheimer's Society.

"[I felt] this is the first year of a long, long journey. 'This is silly. Oh, what the heck, I'll go anyway.' I figured they would pat me on the head and say, 'There, there, dear. When he really gets sick, let us know.' I was so far off the mark, it wasn't even funny," she said.

The first session that Oldham had with the Alzheimer Society representative in Selkirk lasted three hours, and as Oldham spoke about her experience, the person she was speaking with was able to give her many resources and information. Some of this information came in tips to help her husband, but there was also info about what needed to be done legally, medically, and she even received some tax advice.

Since she first contacted the Alzheimer Society, COVID-19 has limited the amount of in-person interacting that the group does, but resources have moved online like so many resources have had to.

"They actually had a Zoom Minds in Motion. They have Zoom support groups. I participated in a group called Ambiguous Grief. Because we are dealing with someone who is continually dying, which sounds kind of



TRIBUNE FILE PHOTO BY LINDSEY ENNS

Participants read about the Minds in Motion program at Selkirk's Gordon Howard Centre during one of the program's sessions prior to the COVID-19 pandemic.

weird, we are continually grieving, but the person is still alive. It's just a different kind of grief from the grief that a person feels when their loved one has passed away within a shorter timeframe," said Oldham.

She appreciates the Zoom sessions and hopes that they continue to be a resource beyond COVID-19 as they make connecting to a community easier when Alzheimer's disease makes leaving the house difficult for both caregivers and patients.

Her Zoom group actually felt so bonded after their weekly sessions that they've continued to meet up after the sessions are over as they've become so connected.

"[It's] that building of community that the Alzheimer Society is so good

at doing. It feels like a family," said Oldham.

She suggests that families and friends of people with an Alzheimer's diagnosis, no matter how early or late their loved one is in their disease, get in contact with the Alzheimer Society.

"I would completely eagerly suggest that they need to get in touch with the society. They are going to be your saving grace. They have the knowledge. They have lots of suggestions and like I say they work at building community," said Oldham.

To learn more about the Alzheimer Society, go to their website at alzheimer.mb.ca. They can also be contacted by phone at 1-800-378-6699 and email at alzmb@alzheimer.mb.ca.

Local contractor cleaning up following house fire



TRIBUNE PHOTOS SUBMITTED

Prairie Earthworks Ltd. was busy cleaning up on Stonhouse Street in Balmoral after a home was completely destroyed by fire on Dec. 9. The home was a total loss.

Virtual quilting group helps in a stitch

By Nicole Brownlee

A relatively new member of the quilting community has created a judgment-free space for aspiring and master quilters to share projects, suggestions and support.

"There are so many wonderful quilters nearby, and we really don't get in touch with each other because we don't know each other," said Sherryl Woloshyn, creator of the Interlake Quilting Facebook page.

Woloshyn started quilting around seven years ago.

"Before I started quilting, I just thought it was squares sewn together, and it's not that," said Woloshyn.

"It's an artwork."

Woloshyn created the page on Jan. 8, and within a few days, quilters from across the Interlake started posting their intricate projects like a patchwork elephant walking, an eight-point star and colourful children's blankets.

Members ask for advice, offer their embroidery skills and raise awareness about local resources.

"I'm excited that so many people are interested," said Woloshyn.

"It's fun to look at a new post every day."

When Woloshyn first dipped her toe into quilting, she reached out to local quilting groups around Fisher Branch for advice on colour matching, different stitches and techniques.

She was unaware of the established quilting community around her before she jumped into the pastime.

"I didn't even realize (the tight community) existed," said Woloshyn.

"Now I'm mesmerized."

A quilt can take anywhere from a day to a few weeks to construct depending on the pattern and familiarity with the skill, said Woloshyn.

"Right now, I'm not really advanced. I'm still learning."

Woloshyn tends to gift her quilts to family and friends after she finishes the laborious project in-



Two of Sherryl Woloshyn's current quilting projects are a blanket made from marathon T-shirts and a grid with panels celebrating nursing.

stead of trying to sell them.

"You could never recoup what you spend on the fabric and the batting and the thread by selling it," said Woloshyn.

The hobby was made even more difficult last year because of global shipping delays.

"It was really hard to get the backing and the batting and everything I needed."

Woloshyn has fashioned six quilts for her grandchildren and is completing the final two for the most recent additions to the family.

A few other UFOs (Unfinished Objects) Woloshyn is working on is a quilt made from marathon T-



TRIBUNE PHOTOS BY SHERRYL WOLOSHYN

shirts for a friend and a quilt adorned with squares celebrating nurses.

While travelling, Woloshyn has made it a habit to search for compelling fabric. She's now amassed a collection from Europe, Hawaii and the Maritimes.

"About three or four years ago, I went on a quilting tour of the Maritimes," said Woloshyn.

Accompanied by a tour group, Woloshyn toured the Eastern provinces and visited several quilting shops along the coast.

"People were buying suitcases to bring home all of the things they bought," said Woloshyn with a laugh.

> SAFETY, FROM PG. 5

Another of Thieven's tips is that the designated trail system is the safest place to ride your snowmobile.

"The trail surface is safe, and it has signs so all of the hazards adjacent to the trail are identified. The directional signs are on there so be cognizant of your surroundings and where you're at and where you're going. The designate trail system provides that level of safety and reassurance that where you left from and where you're going to is going to be your destination," he said.

Norah Thibodeau, secretary/treasurer of the Northern Lites Snowmobile Club, said if you are unfamiliar with the area, you should stick to areas that the local club clearly marks.

Our local clubs make sure that considerations are taken to ensure safe driving on marshy and swampy areas and waterways that are present in the Interlake. Once the club has opened the trail, riders can be assured that the ice is thick enough over the water and that trails are filled in enough with snow

that they will have a smooth path to ride on.

As a snowmobiler who goes out most weekends, Thieven also recommends that you consider what you are wearing when you go out.

"You need to dress for the conditions. Look at the weather reports. See what the weather is doing and, of course, never ride alone. Take a friend along. If you break down, it's a pretty lonely place when you're by yourself and it's very cold out," he said.

You should also not use anything that impairs your ability to drive the machine, including prescription medication, drugs including marijuana, alcohol or lack of sleep.

"Inherently, snowmobiling is safe. When you add in something that impairs your ability to operate the machine, it can quickly turn into something that is more undesirable than not," he said.

Thieven recommends that anyone interested in learning to snowmobile or getting out on a trail contact one of their local snowmobile clubs or find a friend who snowmobiles and spend a day out on the trails to see if it's a good fit for them.

"We have in excess of 30,000 licensed snowmobiles in the province of Manitoba. That gives you a sense



TRIBUNE PHOTO BY BRETT MITCHELL
Snowmobilers enjoying the trails.

of how many snowmobilers are out there. The trail comes by my place, and this morning, there was a half a dozen snowmobiles that went by my house. That's how popular snowmobiling is. People just absolutely love it once they get there in the fresh air," he said.

More info about snowmobiling, trail passes and safety courses can be found at snoman.mb.ca.

Libraries celebrating Family Literacy Day Jan. 27

By Jennifer McFee

Family members will be on the same page when they embark on the enjoyment of literacy together.

Jan. 27 is Family Literacy Day, which aims to raise awareness about the importance of reading and engaging together in other literacy activities.

Locally, the South Interlake Regional Library will mark the moment mainly through social media engagement.

Even the Bookmobile will be getting involved in the action.

"The Bookmobile will be celebrating Family Literacy Day 2022 on Jan. 27 by posting suggestions for fun activities on both Facebook (South Interlake Regional Library – Bookmobile) and Instagram (sirlibookmobile). Participants are asked to provide a photo or email a description of the activity they participated in to bookmobile@sirlibrary.com to be entered into a draw at the end of the month," said Bookmobile librarian Pam Palcat.

"To preorder your requests for curbside pickup at one of our regular scheduled Bookmobile locations, please call 204-861-0019. The current Bookmobile schedule is available on our website."

The Teulon branch will also promote literacy through Facebook posts with daily tips. In addition, families can get in touch with the library at 204-886-3648 to pick up fun kits for kids.

"We have included many ideas to promote family literacy and activities to go along with it, including prize draws for checking out books," said Teulon branch librarian June Makowski.

"Unfortunately, we are not having anything in the library at this time. Our Twisted Tuesdays, Wonky Wednesdays and Baby Chipmunk Storytime were very well received in the fall with full attendance. We hope to get back to that as soon as possible."

Some spots are still available in the Wednesday program, which is geared for seven- to 12-year-olds, but the other programs are currently full.

"We suspended programming for January," Makowski said. "We're going to just play it month by month while we see what the numbers are and what other libraries are doing. We can't really plan ahead."

In the meantime, social media posts will continue to spark interest with Book Talks on Thursdays, followed by Friday Facts and Saturday Sillies. These online engagement initiatives seem to be working since the library continues to gain more and more social media followers.

When reflecting on Family Literacy Day, Makowski notes that literacy ex-



TRIBUNE PHOTO SUBMITTED

June Makowski and Sherry Wood Weaver showcase the literacy kits.

tends further than many people realize.

"Literacy is not just reading. It is writing, surfing the internet, singing and word comprehension. It can even involve conversations with family because if everyone's engaged, it's increasing your vocabulary," she said.

"One activity is to learn a new song and practise it until everybody knows the words. Another idea is to read a chapter book together. When you're finished the story, shut off the lights and discuss alternate endings. That means everyone paid attention to the story."

To focus on numeracy, families can choose a number and an object to incorporate into a family walk. For example, if they choose "three" and "ball," then families can try to find three red balls on their walk.

"The kids are constantly looking and counting," Makowski said. "You don't have to tell the kids you're practising literacy. It's so much fun."

The Stonewall branch is only doing contactless pickup, so Family Literacy Day celebrations will look a little different this year.

"We will be sharing information virtually with our patrons instead," said branch librarian Joan Ransom.

"We will be posting some activities and information about Family Literacy Day on Jan. 27 so patrons can do some of the activities at home that match this year's theme of 'Learning in the Great Outdoors,' such as a link to an outdoor scavenger hunt, a winter bingo and some crafts and recipes

to make at home."

At the same time, the Stonewall branch is planning ahead for some upcoming programs to keep everyone engaged in ongoing literacy activities.

"We are encouraging patrons of all ages to participate in our 'Beat the Backlist 2022' reading challenge. It is a 49-square grid bingo type card that readers can try and complete over the course of the whole year. There are two simple rules: the books must be published in 2021 or earlier; and you must start reading and complete the book in 2022," Ransom said.

"There are some fun bingo squares to check off: one book must have six-plus words in the title; another must be set on an island; and another must be a title that you watched the show or movie first."

This challenge is developed by novelknight.com, which has a spreadsheet on its website to track what you've read as well as a prompt list with explanations about each of the 49 squares.

Readers can go to the South Interlake Regional Library website www.sirlibrary.com to get the bingo sheet or call the Stonewall branch for a copy.

"We will have prizes at the end of the year," Ransom added, "so stay tuned."

In addition, local families can

once again sign up for the "Ready for Kindergarten: an early learning program," which runs for five months from February to June.

"We invite families of preschoolers to register to receive an activity package and stack of library books each month. Every package will focus on a core skill to help their child start practising school-readiness skills," Ransom said.

"We will be showcasing scissor practice, letters and numbers awareness, shapes and colours recognition, and early literacy skills. Each month, families will pick up their activity kit and their books at the library and get a link to the video we will upload to our YouTube channel explaining the kit and offering tips for the featured skill."

Anyone who would like to register can contact the Stonewall branch.

Coming up soon is the always-anticipated I Love to Read Month in February.

"We will be celebrating Robert Munsch's *The Paperbag Princess* this year," Ransom said.

"So many fun activities are planned, including a scavenger hunt, golden crowns hidden in books around the library that are redeemable for a prize, staff costumes, take-home activities and hopefully in-person storytimes. Watch our social media for updates."

Other regular programs are still running through the Stonewall branch, with some adaptations due to the pandemic.

"We continue to offer virtual Preschool Storytime, which is uploaded every Friday, and we are starting a new session of our virtual Library Club with the theme of 'Dinosaurs didn't read and look what happened to them,'" Ransom said.

"Students from Grade 1 to 4 can register for this eight-week program by calling or emailing the library at stonewall@sirlibrary.com."

For more information about local library news, visit www.sirlibrary.com.

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Kawasaki Disease Awareness Day is Jan. 26

By Ty Dilello

Kawasaki Disease Awareness Day is coming up on Jan. 26. It's a very underrated disease that needs to be brought into the spotlight so that parents know the symptoms.

Kawasaki Disease is the leading cause of acquired heart disease in children in Canada. It affects coronary arteries (arteries found on the heart that provide heart muscle cells with oxygen and nutrients). Currently, researchers are unaware of a cause for Kawasaki Disease but suspect that it is caused by environmental factors such as bacterial or viral exposure that trigger an immune response.

Three things also known to increase a child's risk of developing Kawasaki disease.

Age: Children under five years old are at highest risk of Kawasaki disease.

Sex: Boys are slightly more likely than girls to develop Kawasaki disease.

Ethnicity: Children of Asian or Pacific Island descent, such as Japanese or Korean, have higher rates of Kawasaki disease.

Kawasaki disease tends to occur seasonally. In North America, it usually occurs in the winter and early spring.

Knowing the symptoms could help a child receive timely diagnosis and treatment, which will reduce the chance of the development of heart damage. Kawasaki disease is usually treatable, and most children recover without serious problems if they receive treatment within 10 days of onset.

Caitlin and Josh Rutherford (formerly of Stonewall) have a daughter, Navy, who was diagnosed with Kawasaki Disease last year. For Navy, the first indication that something wasn't right was when she had a prolonged fever for four days and a large swollen lymph node in her neck, fussiness and fatigue.

"Navy was diagnosed with atypical Kawasaki, so she didn't have the major signs such as a body rash," said Caitlin Rutherford. "It was actually

four days after the initial doctor appointment that she received her first treatment. Once her blood work came back, a team of doctors including two pediatricians, a rheumatologist and a resident worked together on her diagnosis and treatment plan."

The type of symptoms displayed plays a significant factor in diagnosing Kawasaki Disease. This is unsettling when you factor in that Kawasaki Disease has to be treated within a specific window of time for the treatment to be effective. Leaving Kawasaki Disease untreated can leave devastating effects on a child's heart.

"We didn't know much about Kawasaki Disease before Navy was diagnosed. I associated it with a rash and never realized the severity if left untreated. It would be beneficial for parents to know more about what signs and symptoms to look out for and to be more aware of the damage Kawasaki Disease can leave on a child's heart."

"I think it is a very underrated disease that people often perceive as a diagnosis a doctor uses when they don't know exactly what is wrong with a child when, in fact, it could potentially lead to very detrimental effects if left untreated or not treated quick enough."

COVID-19 certainly didn't help things for the Rutherford's as it added a ton of stress trying to manage their daughter's health while living in a global pandemic.

"The hardest part about it all, aside from seeing your child suffer, is the rules in place during this pandemic," said Caitlin Rutherford. "We were extremely fortunate to find a doctor who heard us and advocated for us and allowed both of us to be in the hospital with Navy for her entire stay as well as the follow-up appointments with her cardiologist when checking on the aneurysm on her heart. It's already terrifying not knowing what is wrong with your child and then adding the stress of having to choose which parent doesn't get to be there for a week-long hospital stay isn't very settling."



TRIBUNE PHOTO SUBMITTED

Caitlin Rutherford and her daughter Navy at her cardiology appointment in August when the family found out that Navy's aneurysm had shrunk to a normal size.

Around 500 children in Canada are affected by Kawasaki Disease each year. Help get the conversation started so that all parents and caregivers know about Kawasaki Disease. The symptoms to watch out for include persistent high fever lasting five or more days, swollen hands and feet, redness of the palms and soles of the feet, red bloodshot eyes, red cracked lips and red swollen tongue ("strawberry tongue"), swollen lymph nodes in the neck and body rash, often worse in the groin.

If left untreated, it can damage the heart. Inflammation of the coronary arteries can lead to weakening and bulging of the artery wall (aneurysm). Aneurysms increase the risk of blood

clots, which could lead to a heart attack or cause life-threatening internal bleeding.

For a small percentage of children who develop coronary artery problems, Kawasaki Disease can cause death.

For the Rutherford family, they consider themselves very lucky that doctors could diagnose and treat Navy early on.

"Navy had two rounds of IVIG treatments during her hospital stay. I'm happy to report that her aneurysm completely shrank down to normal size at her last cardiology appointment. She is a very lucky girl, and we are very grateful!"

get inspired

> MEAL IDEA

Cheesy Frittata with Veggies



Recipe courtesy of chef Nate Appleman on behalf of Abbott
Roasted garlic:
2 heads garlic, olive oil, salt
Frittata:
oil, 2 medium leeks, sliced
8 ounces blanched, chopped broccoli

salt, to taste
9 eggs
2 tablespoons chopped fresh parsley
2 ounces grated Parmigiano Reggiano
2 tablespoons heavy cream
To make roasted garlic: Preheat oven to 400 F.
Slice 1/4 inch off entire heads of garlic and place cut sides down in 1-liter casserole dish. Drizzle with olive oil and sprinkle with salt; cover with lid.
Bake 35-45 minutes until heads of garlic are soft and light brown. Let cool then use back of knife to squeeze

garlic from pods.

To make frittata: Lower oven to 375 F. In saute pan, heat oil over medium-high heat. Cook leeks until soft; add broccoli then season with salt, to taste, and remove from heat.

In mixing bowl, mix roasted garlic, sauteed leeks and broccoli, eggs, parsley, Parmigiano Reggiano and cream; place in 9-inch pie dish and bake approximately 20 minutes until top of frittata is brown. Remove from oven and let cool slightly before cutting and serving.

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INSIDE > OUTSIDE > UPSIDE DOWN

U18 'AAA' female Lightning win first game of season

Dorsch shuts out Westman Wildcats

By Brian Bowman

The U18 "AAA" Interlake Lightning female hockey team won its first game of the season on Saturday.

"The girls were quite excited, for sure," said Lightning head coach Paul Miller. "They've been working hard to try to get that win. You could see by the scores and stuff that we've been competitive all year. We have had close games but we haven't been able to get that 'W'. It was a great monkey to get off of their backs."

Lightning goaltender Katie Dorsch stopped 39 Westman shots as Interlake blanked the Wildcats 4-0 in War-

ren.

"Katie Dorsch is a first-class goalie in this league," Miller said. "Our goaltending has been awesome and they have been the best players on our team all year."

Seanna Price had a great game for Interlake with a goal and two assists.

"She was the best player on the ice that game, for sure," Miller said.

Emerson McAuley, Veronica Smarz and Bre-Ann Windross also scored for the Lightning.

On Sunday, Interlake lost 4-0 to the Yellowhead Chiefs in Lundar.

The Chiefs took a 2-0 first-period lead and then added a pair in the third.

"I thought we played well," Miller said. "I was a little disappointed in the third. I thought we could get at least

one (goal) in the third and maybe make it a 2-1 game but I think we ran out of gas. We've been short players all year. We've gone through COVID here. We had five girls with COVID so we're still short a couple of players in our lineup. We couldn't get any APs on Sunday and we had one AP in our lineup on Saturday."

Yellowhead goals were scored by Callie McGuire, Nadia Nickel, Darbi Poole and Dara Thompson.

Rachel Halldorson was outstanding in goal, making 54 saves.

The Lightning are competitive in every game, said Miller, and have improved a ton since September.

Interlake, now 1-17, will battle the Pembina Valley Hawks this Saturday in Morden. Game time is 5:15 p.m.



PHOTO SUBMITTED

Interlake Lightning goaltender Katie Dorsch recorded the shutout in her team's 4-0 win over the Westman Wildcats on Saturday.

U15 'AA' Lightning continue to win games

By Brian Bowman

The Interlake Lightning U15 "AA" boys' hockey team has won a lot of games this season.

They won another one on Sunday.

Liam Butcher, Justin Baird, and Owen Shymko scored in Interlake's solid 3-0 shutout win over the River East Marauders in East St. Paul.

The score could have been a lot more lopsided. Interlake scored twice in the second period and then added another in the third.

"Their goaltender stood on his head to keep them in the game," said Lightning head coach Cody King. "Our kids all played really well. It was a pretty one-sided game, really."

The Lightning were great defensively in the game as Interlake outshot River East 22-4 after two periods.

Jackson Vandersteen posted the shutout. It was his fourth of the season.

With the win, Interlake now has a 16-3-0-2 record and 34 points, two back of first-place Brandon (19-1). The Lightning are two points ahead of St. Vital (16-2) although the Victorias have played three fewer games.

Interlake has scored 74 goals this season and allowed just 34. That's second only to St. Vital (26) in the 14-team league.

"Both of our goaltenders have played great," King said. "We haven't given up more than three (goals) in a game. That's pretty good through 21 games."

There's a lot of depth on this year's Lightning team.

"We get effort from everyone, that's probably the biggest thing," King said, noting that they have had to use a lot of call ups this season.

"We have a great group

of kids, a great group of parents. Everyone is happy and buying in. All in all, it's everyone contributing. We roll the lines and everyone plays ... you couldn't ask for much more."

"WE HAVE A GREAT GROUP OF KIDS, A GREAT GROUP OF PARENTS. EVERYONE IS HAPPY AND BUYING IN."



TRIBUNE PHOTO BY LANA MEIER

The Interlake Lightning's Owen Shymko carries the puck up ice against St. Vital during a recent U15 'AA' hockey game in Warren.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U18 Lightning zap Norman Northstars

By Brian Bowman

The U18 "AAA" male Interlake Lightning defeated the Norman Northstars 7-6 on Saturday afternoon in Teulon.

"They played well and Norman has a few snipers on that team," said Lightning head coach Scott Wong. "Their power play is deadly and when it counted, we stopped it."

Hayden Wheddon scored the game winner on the power play at 19:40 of the third period. It was his fourth point of the game.

"He's been really good," Wong said. "He's playing with a lot of confidence...and he's come a long way this year. He's really shown that he belongs at the next level in the Western Hockey League."

Alexander Kaczorowski also had a strong game with a goal and three assists while Joel MacMillan and Andrew Thevenot each scored twice.

Darian Sinclair scored Interlake's other goal.

Norman's goals were tallied by Clark Scaddan (three), Cheechoo Lathlin, Brady Krentz and Nolan Rideout.

Each team scored four power-play goals in the game.

Zach Meadows was fantastic in goal, earning the win.

With the victory, Interlake snapped a four-game losing streak. During that time, Interlake scored just six goals.

"If you take a look at where we are



TRIBUNE PHOTO BY LANA MEIER

The Interlake Lightning snapped a four-game losing streak with a 7-6 win over the Norman Northstars last Saturday.

in the standings, our goals against is right in the middle of the pack but we have struggled all year putting the puck in the net," Wong said. "Defensively, our team has improved even though it didn't show (Saturday) with giving up six goals."

The Lightning, now 7-21-1, will host the Winnipeg Bruins on Wednesday (8 p.m.) and then travel to Brandon

to take on the Wheat Kings Saturday (7:30 p.m.) and Sunday (1:30 p.m.).

Meanwhile, in an effort to reduce risk to the community, the Manitoba U18 "AAA" Hockey League has re-scheduled all Showcase games originally scheduled for Jan 28-30. Games will be played at each team's home rink rather than a centralized location.

Wheddon signs with Edmonton Oil Kings



PHOTO SUBMITTED

Stonewall's Hayden Wheddon signed a Western Hockey League Standard Player Agreement with the Edmonton Oil Kings.

Edmonton Oil Kings

The Edmonton Oil Kings have signed forward Hayden Wheddon to a Western Hockey League Standard Player Agreement, the team announced last Wednesday.

Wheddon, 16, was selected by the Oil Kings in the ninth round, 196th overall, of the 2020 WHL Draft.

"We are excited to be signing Hayden to a Standard Player Agreement," said Oil Kings' director of scouting Michael Chan. "As a player, he has shown a great amount of focus and resilience in continuing to develop his game amidst adversity and pandemic-filled two seasons since his draft selection."

The Stonewall product is playing this season with the U18 AAA Interlake Lightning where he has tallied 34 points (18 goals, 16 assists) and eight penalty minutes through 28 games. Wheddon leads the Lightning in goals and points this season.

"Hayden has demonstrated a knack for being able to contribute in a variety of different ways and has been determined to make a difference in each game he has played with the Interlake Lightning program upon returning from our training camp," Chan said. "Our staff is looking forward to being able to work hands-on with Hayden to continue his development trajectory and look forward to his future as an Oil King."

U17 'AAA' Lightning doubled by Selects

Staff

The Interlake Lightning were doubled 6-3 by the Eastman Selects in St. Anne on Saturday in U17 "AAA" action.

Steele Jowett and Luke DeGagne scored to give Eastman a 2-0 lead before Interlake's Luke Sekundiak cut the deficit in half at 15:21 of the opening period.

The Lightning's Ian Buors tied the

score at 6:32 of the middle frame but the Selects responded with a goal from Ashton Cure about five minutes later.

Eastman's Mason Hooper and Seth Hlady scored early in the third before Interlake's Talon Hogg and the Selects' Brady Gregoire traded goals.

Lightning goaltender Dylan LeClair stopped 36 Selects' shots.

Interlake and Eastman will play

again in St. Anne on Wednesday and then the Lightning will host the Winnipeg Wild on Friday in Warren. Both games start at 7:30 p.m.

The U15 "AAA" Interlake Lightning, meanwhile, had home games against the Hawks and Thrashers White postponed last weekend.

The Lightning will host the Winnipeg Thrashers Blue on Saturday (7:30 p.m.) in Warren.

What's *Your* story?
We want to hear from you.

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

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St. Vital grounds the Jets

Staff

The new-look Stonewall Jets lost 8-3 to the St. Vital Jr. Victorias at home in Manitoba Major Junior Hockey League action last Wednesday.

St. Vital led 5-3 in the third period before scoring three unanswered goals to turn a close game into a rout.

Michael Spence scored twice for the Jets while Matthieu Meier also tallied.

Tyler Rubigny (two), Ryland Nechwediuk, Connor Mitchell, Ben Coppinger, Devan Vercaigne, Denis Gagne and Easton Kapelus replied for St. Vital.

Stonewall goaltender Liam Jardine stopped 40 St. Vital shots.

The Jets, now 7-19-2, will host the Charleswood Hawks on Wednesday and then visit the Ft. Garry/Ft. Rouge Twins Friday.

On Sunday, Stonewall will battle the River East Royal Knights in Winnipeg.

Puck drop for all three games is 7:30 p.m.



TRIBUNE PHOTO BY LANA MEIER

Jaytey Towle is the Stonewall Jets' newest captain after the team traded Tyler Van Deynze to Pembina Valley near the Jan. 6 trade deadline.

Save Pond Hockey event postponed due to COVID-19

Submitted by Climate & Sport Initiative

The Climate and Sport Initiative and the host organizing committee in Stonewall have made the difficult decision to postpone the Save Pond Hockey event scheduled for Feb. 18-20.

The decision comes after the significant spike in COVID-19 cases and is in alignment with provincial health and safety protocols.

The event was set to feature a 3-on-3 hockey tournament, local business sustainability marketplace, skills labs

and an all-star hockey game featuring Canadian Olympians Hayley Wickenheiser and Sami Jo Small, as well as former NHL players Reggie and Jamie Leach, among other guests.

"We're extremely disappointed that the pandemic has led to the postponement of this exciting community event," said Mike Gerbis, CEO of GLOBE Series and The Delphi Group and chair of Leading Change. "We're looking forward to coming to together safely and celebrating Canada's favourite game later in the year."

"The health and safety of our residents, staff, volunteers and stakeholders is our top priority," said Peter Bullivant, chair of the Rockwood-Stonewall Recreation Committee and councillor with the Town of Stonewall. "Postponing the event is the right thing to do, and we can't wait to celebrate and showcase the amazing Stonewall and Rockwood community when it is safe to be together again."

"This is heartbreaking. We were really excited to host such an important event and to have the opportunity to

play and watch outdoor hockey with a community that means so much to us," said Randy Frykas, chair of the organizing committee. "It has been amazing to see the community rally around this event in the last few months, and we'd like to thank all of the people who helped spread the word, made the pond hockey nets or registered a team."

For more updates on the postponement, please visit climateandsport.ca and follow us on social media.

Manitoba student-athletes, coaches awarded \$17,000 in sport scholarships

Submitted by Sport Manitoba

Sport Manitoba recently awarded \$17,000 in academic scholarships to six high-school students, 12 university students and four Manitoba coaches. The awards included the Manitoba Foundation for Sports Scholarships and Sport Manitoba Coaching Bursaries.

Administered by Sport Manitoba, this scholarship program was estab-

lished to support young athletes of Sport Manitoba partners who continue to participate in amateur sport while pursuing a post-secondary education on a full-time basis.

This year's \$1,000 university scholarship recipients are Speranza Albensi (Winnipeg), Cameryn Carlos (Winnipeg), Lily Francis (Winnipeg), Alexander Krykewich (Winnipeg),

Blake Magnusson (Gimli), Paisley Poirier (Lac du Bonnet), Linus Schweizer (Winnipeg), Kate Sigurdson (Winnipeg), Alexandra Yarema (Winnipeg), Cali Yates (La Salle), Emily Zacharias (Altona) and Mackenzie Zacharias (Altona).

The \$500 high school scholarship recipients are Jessica Chow (Winnipeg), Maxine Lavitt (Winnipeg), Lauren

Lenentine (Winnipeg), Jordon McDonald (Winnipeg), Chloe Morrison (Stonewall) and David Nelson (Winnipeg).

Silvio Sboto Memorial Rural Coach Award

This award is named after Silvio Sboto, a dedicated and humble man who started learning judo in the late

Continued on page 21



UPCOMING GAMES

Friday, January 21

Stonewall Jets vs Ft. Garry/Ft. Rouge Twins
at 7:30 @ Century Arena

Sunday, January 23

Stonewall Jets vs River East Royal Knights
at 7:30 @ Terry Sawchuk Arena

U18 'AA' Blues edge Predators

By Brian Bowman

The Stonewall Blues U18 "AA" female hockey team has lost their share of close games this season.

On Sunday, they were on the winning end of a close one.

Ashley Hudon and Taryn Choken scored for Stonewall to lift the Blues to a 2-1 victory over the Northeast Predators in Stonewall. The Blues played very well defensively while Carly Safinuk was solid in goal to earn the victory.

"Our girls played great (Sunday night," said Blues' head coach Peter Mandryk on Monday afternoon. "They battled and they did everything they needed to do to win last night. Every game is a battle in our league this year and we've lost some real close games by a goal. I think we had two bad games this season where we got outscored pretty badly but, for the most part, we've either won or lost by a goal."

Mandryk said the Blues have improved a lot over the course of the season. Stonewall is currently in last place in the six-team league but are just a couple of wins away from mov-

ing into the middle of the standings.

"The coaches feel that things are going in the right direction and we're real happy with the direction that our play is going," Mandryk said.

Stonewall, now 5-12-1-1, has had some trouble putting the puck in the net this season.

"Our record isn't indicative of our play," Mandryk said. "We have lost a lot of close games but if the pucks start going the other way, things will turn around. We're hopeful and looking to win a few more games in the second half."

The Blues could surprise some people down the stretch.

"We're definitely making some strides that way and getting more chances," Mandryk said, noting that the Blues have a young team with good, veteran leadership. "The goalies in our league are all pretty solid, including our own. We're real happy with the play in our end and both of our goaltenders have been really good. Our 'D' has been pretty solid but we need to put more pucks in the net, there's no doubt about that."



TRIBUNE PHOTO BY LANA MEIER

The Stonewall Blues' Ashley Hudon flies past a St. Vital Victorias' player during U18 'AA' action earlier this month.

Warren loses in OT to Carman

Staff

The Warren Mercs were a busy bunch last weekend with three South Eastern Manitoba Hockey League games.

Warren finished the weekend with a 1-2 record.

On Sunday, Darren Bestland scored the game winner in overtime to lift the Carman Beavers to a 6-5 home victory over the Mercs.

Bestland finished the game with three points.

Trailing 5-3 late in the third period,

Warren's James Maxwell and Mitch Hansen scored just 22 seconds apart to tie the score.

Carman's Aaron Lewadniuk had a fantastic game, scoring four goals to go along with an assist.

Quade Froese tallied the Beavers' other goal.

Wes Pawluk, Hansen and Travis Bobbee also scored for the Mercs.

Rocky Van de Velde stopped 41 Warren shots for the win. At the other end, Mercs' goaltender Hayden Dola made 29 saves.

Last Saturday, Warren was defeated 5-1 by the Bombers in Morden.

Chase Faulkner scored the Mercs' lone goal midway in the first period.

Morden, which held period leads of 2-1 and 3-1, received two goals from Mike Rey and singles by Jaden Townsend, Steve Mullin and Adam Hughesman.

Dola made 37 saves in the losing cause.

On Friday, Warren defeated the Notre Dame Hawks 5-1.

Warren's Carson Ouellette and

Morden's Brian Michiels traded first-period goals. In the second, the Mercs broke the game open with goals from Riley Vautour, Maxwell and Faulkner.

Warren's Matt Jacobucci closed out the scoring in the third.

Josh Bond made 42 saves for the victory.

The Mercs, now 8-4-1-0 and in second place with 17 points, will visit the Altona Maroons this Thursday (8 p.m.) and then host the Bombers on Sunday (5 p.m.).

> SCHOLARSHIPS, FROM PG. 20


50s after immigrating to Canada from Peru. He resided in Brandon for the last thirty years where he worked at the Seikeikan Judo Club. Silvio was the chair of the National Coaching Certification Program (NCCP) for Judo Canada. Recipients of this award receive a \$500 bursary to be used toward their tuition. This year's recipient is Cassidy Jones (Brandon).

Jeff Collins Memorial
Winnipeg Coach Award

Jeff Collins' expertise earned him a reputation as a coach's coach. Jeff served as head coach and clinician for the Legion Athletic Camps at the International Peace Garden for 32 years. He was the convenor and co-meet director of the MHSAA's provincial track and field champs from 1984 to 2001. He attained his Level 3 NCCP and also worked with world-class special needs athletes. In 2003, Collins was inducted into the Manitoba Sports Hall of Fame. Recipients of this

award receive a \$500 bursary to be used toward their tuition. This year's recipients are Vanessa Navarro (Win-


nipeg), Yonatan Orlov (Winnipeg) and Mark Naylor (Winnipeg).



**Come out and support
your Warren Mercs**

Thursday, January 20
Warren Mercs vs
Altona Maroons
8:00 pm
@ Altona

Sunday, January 23
Warren Mercs vs
Morden Bombers
5:00 pm
@ Warren



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RURAL MUNICIPALITY OF ROSSER EMPLOYMENT OPPORTUNITY

The Rural Municipality of Rosser invites applications for the position of **Transfer Station Attendant**. Under the direction of the Public Works Foreman, the position is responsible for the day-to-day operation of the Rosser Transfer Station on Ridge Road (70N).

The duties for this position include greeting residents at the transfer station and assisting them with the disposal of household waste including recycling according to municipal solid waste policy.

This is a part time position requiring 16 hours per week including time on Saturdays.

The ideal applicant will be responsible, dependable, and will enjoy working with the public.

Applications must contain a cover letter and full resume with three references, deadline being **February 4, 2022, at 12:00 noon**.

Forward application marked "Application for Transfer Station Attendant Position" to:

RM of Rosser
Attention Randy Slatcher, Public Works Foreman
Box 131
Rosser, Manitoba R0H 1E0
Fax: 467-5958
e-mail: info@rmofrosser.com

If you have any questions, please call the Municipal Office at 204-467-5711. Only applicants selected for an interview will be contacted.

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Rural Municipality of Woodlands EMPLOYMENT OPPORTUNITY



PUBLIC WORKS HEAVY EQUIPMENT OPERATOR 2 AND/OR 3

The Rural Municipality of Woodlands invites applications for the full-time position of Public Works Heavy Equipment Operator (Operator 2 and/or 3). The HE Operator's main responsibilities are the operation of a grader and/or excavator. The HE Operator reports to the Public Works Foreman.

Contact the RM of Woodlands Office for a complete job description

Salary as per the agreement between The International Union of Operating Engineers Local 987 and the Rural Municipality of Woodlands. Starting salary for the Operator 2 position (without Class 1 license) \$23.52/hr. Starting salary for the Operator 3 position (with Class 1 license) \$24.41/hr. There is a \$2.00/hr premium for all hours operating the excavator.

Upon completion of probation employees receive Health & Dental, Pension, Group Benefits, and Long-Term Disability.

Applications will start to be reviewed January 21, 2022. Additional applications will continue to be accepted until the position is filled.

R.M. of Woodlands
Box 10
Woodlands, MB R0C 3H0
Fax: (204) 383-5169
Phone: (204) 383-5679
Email: finance@rmwoodlands.ca

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

METAL RECYCLING

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

SCRAP METAL

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

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

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Farm King 960 dual auger PTO driven 8 ft. snowblower. \$5000. Call 204-513-1364.

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Sig's Grill is looking for a kitchen helper, 3-4 days per week, 11 a.m. - 4 p.m. Email resume to petyrjang@gmail.com or call 204-227-9303.

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For Sale - Brown-ing X Bolt Hells Canyon Model, 300 WIN MAG, Burnt Bronze cerakote finish fluted barrel, muzzle break, C/W RBC loading dies. New \$1650, asking \$1275 obo. Call 204-638-1962. PAL required.

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Inwood Manor Incorporated
1-204-278-3534
Email: inwoodm@highspeedcrow.ca

EMPLOYMENT Opportunity

TERM POSITION - Meal Coordinator

Hours are 8:30-1:30 Daily; Monday to Friday
Position to start immediately until March 31st, 2022
With potential to continue.

Duties Include:

Menu Planning
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Questions or TO APPLY:

Please contact Tina at the above address.
Position will remain open until suitable candidate is found.

MUST HAVE or be Willing to Acquire

- Food Handlers Certificate
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THE RURAL MUNICIPALITY OF ROCKWOOD UTILITY ADMINISTRATOR/ SAFETY OFFICER

The Rural Municipality of Rockwood is seeking applications from qualified individuals for a permanent full-time position of Utility Administrator / Safety Officer.

Wage will commensurate with qualification and experience. Excellent Employee Benefits package.

The preferred Applicant will have strong administrative skills and the ability to positively interact with the public, staff and Council. Applicants must be familiar with sewer and water operations, and workplace safety and health requirements.

Applicants must also be enrolled in or completed the Manitoba Municipal Administrators' Certificate program.

Summary of desired education, knowledge and experience:

- Grade 12 Diploma
- Knowledge of the Workplace Safety and Health Act and COR Program
- Experience with the Muniware Accounting Software Program, All-Net programming, Munisight and Neptune 360 would be an asset.
- Microsoft Office Programs and Outlook Email

A listing of complete job requirements may be obtained at the R.M. of Rockwood website at www.rockwood.ca or by email at info@rockwood.ca.

Applications should be marked "**Application for Utility Administrator/ Safety Officer**" and should contain a full resume with three references.

Forward applications, no later than **4:00 p.m. on February 4th, 2022, to:**

Attention: Chris Luellman, CAO
The Rural Municipality of Rockwood
285 Main Street, Box 902, Stonewall MB R0C 2Z0
Telephone No. 204-467-2272
Fax No. 204-467-5329
E-mail Address: info@rockwood.ca

Thank you to all Applicants for your interest, however, only candidates selected for interviews will be contacted.

Chris Luellman, CAO
The Rural Municipality of Rockwood

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COMING EVENTS

Health Checks - There's a Whole Lot of Living Left To Do! Free Virtual Health and Wellness On-line event January 25th to January 27th, 2022. Link to register <https://hopin.com/events/health-checks-brandon>

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Cows were done with scour guard second week of December

Also Selling 5 Simmental Bulls from Triple T Diamond Simmentals

Also selling complete herd dispersal for Carl Fleury
12 mixed cows

Bred to start calving middle of April.

Also Selling 13 red Angus cows for Jim Marten

Bred approx. end of February
Bred To Red Angus Bulls
Full Health Program

BUDDY AT 204-768-0018

KIRK AT 204-768-0019

OFFICE AT 204-768-2360

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

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

R.M. OF ROCKWOOD BY-LAW NO. 12/20

Being an AMENDMENT to the R.M. OF ROCKWOOD ZONING BY-LAW NO. 20/19, as amended.

HEARING LOCATION:

THIS HEARING WILL BE CONDUCTED BOTH IN-PERSON AND VIRTUALLY. **ALL ATTENDEES MUST PRE-REGISTER TO ATTEND (SEE ENCLOSURE FOR DETAILS).**

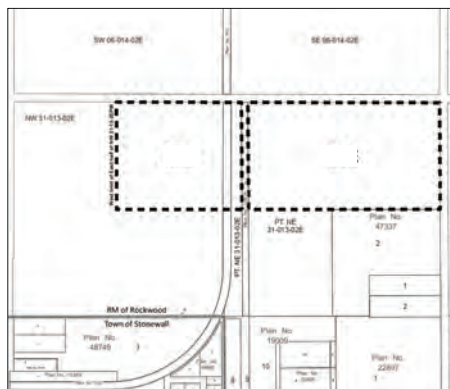
DATE & TIME:

Thursday, February 10, 2022, at 6:00PM

GENERAL INTENT:

To re-zone Pt. N ½ 31-13-2 EPM and Pt. of Plan 543 WLTO from "AL-1" Agricultural Limited-Stonewall Vicinity Zone to "ME" Industrial Extractive Zone to accommodate quarry development.

AREA AFFECTED:



FOR INFORMATION CONTACT:

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

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

Note: Property Owners are responsible for notifying lessee

SOUTH INTERLAKE PLANNING

INSTRUCTIONS FOR ATTENDING THE PUBLIC HEARING

Due to the ongoing COVID-19 pandemic, the following Public Hearing will be conducted both **IN-PERSON** and **VIRTUALLY** on Thursday, February 10, 2022:

- 6:00PM: Zoning By-Law Amendment By-Law No. 12/20 (applicant: Tom Janzen, Scatliff+Miller+Murray)

For anyone who wishes to attend this Public Hearing, either **IN-PERSON** at the Heritage Arts Centre (166 Main Street, Stonewall) OR **VIRTUALLY**, you must pre-register by emailing the Rural Municipality of Rockwood at roberta.vancaeyzeele@rockwood.ca, and include the following information in your email message:

1. Include the following in the Subject Heading of the email: **"Zoning By-Law Amendment By-Law No. 12/20"**
2. Include the following information in the body of the email:
 - Your name, civic address, mailing addresses (if different than the civic address), and your preferred email address;
 - Your interest in the Public Hearing: to support, to oppose, or to attend for information;
 - Whether or not you plan to make a presentation before Council during the Hearing; and
 - Indicate whether you wish to attend **IN-PERSON** at the Heritage Arts Centre (166 Main Street, Stonewall) OR **VIRTUALLY**.

Please Note: There will be a strictly enforced capacity limit for in-person attendance, and as a result, registration to attend in-person shall be on a first-come first-served basis. In addition, all attendees shall be masked and adhere to social distancing protocol.

Please Also Note: The R.M. of Rockwood will provide information to individuals on how to attend the Hearing by virtual means, following pre-registration.

If you have any questions regarding the above, please contact Roberta Van Caeyzeele, R.M. of Rockwood, at 204-467-2272.

Thank you for your cooperation!

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Rural Municipality of Armstrong

MUNICIPAL GRANT APPLICATIONS 2022

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 or contact the municipal office 204-278-3377.

The deadline for the Municipal Grant applications is February 28th, 2022.

RM of Armstrong Office
Box 69, Inwood, MB ROC 1PO
Phone: 204-278-3377
Fax: 204-278-3437
Email: cao@rmofarmstrong.com

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Booking deadline is Monday at 4 p.m. prior to Thursday's publication.

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Call 467-5836

take a break > GAME

SUDOKU

8			9	7				1
	1	7						
4				5				6
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5	8						2	
	3		2	4				
			9				3	2
6				1				4
					4	9	6	

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

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!

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

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

R.M. OF ROCKWOOD BY-LAW NO. 13/20

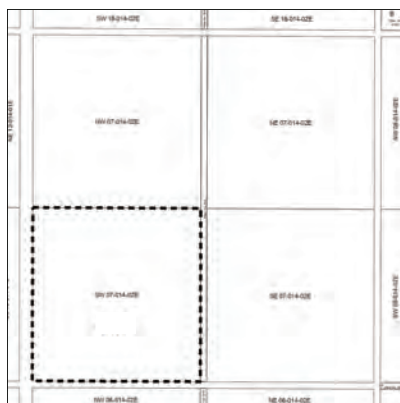
Being an AMENDMENT to the R.M. OF ROCKWOOD ZONING BY-LAW NO. 20/19, as amended.

HEARING LOCATION: THIS HEARING WILL BE CONDUCTED BOTH IN-PERSON AND VIRTUALLY. ALL ATTENDEES MUST PRE-REGISTER TO ATTEND (SEE ENCLOSURE FOR DETAILS).

DATE & TIME: Thursday, February 10, 2022, at 7:00PM

GENERAL INTENT: To re-zone Pt. SW 7-14-2 EPM from "MEH" Industrial Extractive Holding Zone to "ME" Industrial Extractive Zone to accommodate quarry development.

AREA AFFECTED:



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

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

Note: Property Owners are responsible for notifying lessee



SOUTH INTERLAKE PLANNING

INSTRUCTIONS FOR ATTENDING THE PUBLIC HEARING

Due to the ongoing COVID-19 pandemic, the following Public Hearing will be conducted both IN-PERSON and VIRTUALLY on Thursday, February 10, 2022:

- 7:00PM: Zoning By-Law Amendment By-Law No. 13/20 (applicant: Tom Janzen, Scatliff+Miller+Murray)

For anyone who wishes to attend this Public Hearing, either IN-PERSON at the Heritage Arts Centre (166 Main Street, Stonewall) OR VIRTUALLY, you must pre-register by emailing the Rural Municipality of Rockwood at roberta.vancaeyzele@rockwood.ca, and include the following information in your email message:

1. Include the following in the Subject Heading of the email: **"Zoning By-Law Amendment By-Law No. 13/20"**
2. Include the following information in the body of the email:
 - Your name, civic address, mailing addresses (if different than the civic address), and your preferred email address;
 - Your interest in the Public Hearing: to support, to oppose, or to attend for information;
 - Whether or not you plan to make a presentation before Council during the Hearing; and
 - Indicate whether you wish to attend IN-PERSON at the Heritage Arts Centre (166 Main Street, Stonewall) OR VIRTUALLY.

Please Note: There will be a strictly enforced capacity limit for in-person attendance, and as a result, registration to attend in-person shall be on a first-come first-served basis. In addition, all attendees shall be masked and adhere to social distancing protocol.

Please Also Note: The R.M. of Rockwood will provide information to individuals on how to attend the Hearing by virtual means, following pre-registration.

If you have any questions regarding the above, please contact Roberta VanCaeyzele, R.M. of Rockwood, at 204-467-2272.

Thank you for your cooperation!

8	9	6	4	2	7	1	5	3
4	7	5	8	1	3	2	6	9
2	3	1	5	6	9	8	4	7
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7	2	4	6	3	1	9	8	5
6	1	3	9	8	5	4	7	2
9	6	7	1	5	8	3	2	4
3	5	8	2	9	4	7	1	6
1	4	2	3	7	6	5	9	8

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ECONOMIC DEVELOPMENT OFFICER

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Job Description: Reporting to the GCDC board the candidate will promote the Gimli industrial park and oversee current and future operations of GCDC properties. They will also identify, develop and implement approved strategies for attracting new business to the area while facilitating growth of existing businesses. Represent the Municipality at regional and provincial meetings and conferences on economic development, which could include public speaking and delivering presentations.

The Ideal Candidate: The successful applicant will possess relevant post-secondary education and/or years of business and administrative experience. The candidate will be self-motivated, effective written and oral communication skills and computer skills including Excel, Word, Powerpoint. Ability to identify and promote community economic development projects and initiatives along with knowledge and understanding of the Municipality would be a definite asset. The candidate must have a valid Class 5 driver's licence and access to a vehicle for travel and be available to work flexible hours. Hours and wages are negotiable with experience and qualifications. Please submit a detailed resume on or before January 31, 2022 by 4:30 p.m. to PO Box 1246 Gimli, MB R0C 1B0 or to gimlicdc@rmgimli.com

THE RURAL MUNICIPALITY OF ROCKWOOD

INVITATION FOR PROPOSAL

2022 PROPOSAL FOR THE SUPPLY OF LIMESTONE PRODUCTS IN THE RM OF ROCKWOOD

The Rural Municipality of Rockwood is accepting proposals for the supply of approximately 30,000 tonnes of limestone aggregates, to be deposited on Municipal roads throughout the RM of Rockwood.

The successful applicant agrees to sign a one (1) year agreement with an additional two (2) year optional extension (based on both parties accepting).

Proposal Close: 1:00 pm local time, on Friday, January 28, 2022

Detailed Proposal packages complete with specifications are available to interested bidders on the RM of Rockwood Website or at the Municipal Office, between the hours of 8:30 am to 4:30 pm, Monday to Friday. Any questions or concerns can be directed to:

Ian Tesarski, C.E.T., CMMA
Director of Operations
285 Main St.
Box 902, Stonewall, MB, R0C 2Z0
ian.tesarski@rockwood.ca
www.rockwood.ca
Phone: 1-204-467-2272

**RURAL MUNICIPALITY OF ROCKWOOD
UNDER THE AUTHORITY OF THE PLANNING ACT
NOTICE OF PUBLIC HEARING**

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

R.M. OF ROCKWOOD BY-LAW NO. 17/20, being an AMENDMENT to the R.M. OF ROCKWOOD ZONING BY-LAW NO. 20/19, as amended, AND Conditional Use File RWC 15/20

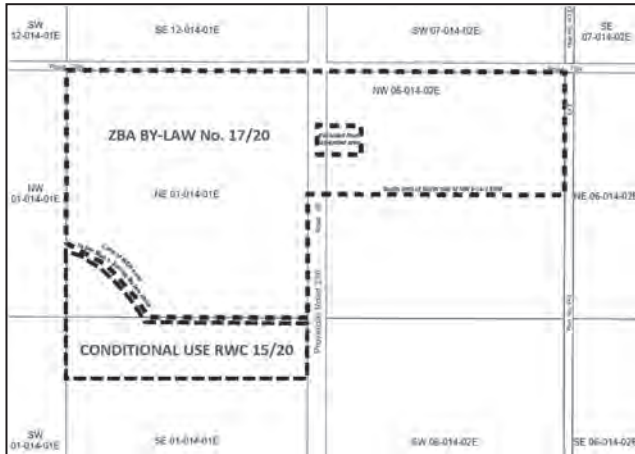
HEARING LOCATION: THIS HEARING WILL BE CONDUCTED BOTH IN-PERSON AND VIRTUALLY. ALL ATTENDEES MUST PRE-REGISTER TO ATTEND (SEE ENCLOSURE FOR DETAILS).

DATE & TIME: Thursday, February 10, 2022, at 8:00PM

GENERAL INTENT:

- By-Law No. 17/20:** to re-zone Pt. NE 1-14-1 EPM and Pt. NW 6-14-2 EPM from "MEH" Industrial Extractive Holding Zone to "ME" Industrial Extractive Zone to accommodate quarry development; and
- Conditional Use File RWC 15/20:** to obtain conditional use approval to accommodate quarry development on Pt. NE 1-14-1 EPM and Pt. SE 1-14-1 EPM.

AREA AFFECTED:



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

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

Note: Property Owners are responsible for notifying lessee

SOUTH INTERLAKE PLANNING

INSTRUCTIONS FOR ATTENDING THE PUBLIC HEARING

Due to the ongoing COVID-19 pandemic, the following Public Hearing will be conducted both IN-PERSON and VIRTUALLY on Thursday, February 10, 2022:

- 8:00PM: Zoning By-Law Amendment By-Law No. 17/20 AND Conditional Use File RWC 15/20 (applicant: Tom Janzen, Scatliff+Miller+Murray)

For anyone who wishes to attend this Public Hearing, either IN-PERSON at the **Heritage Arts Centre (166 Main Street, Stonewall)** OR VIRTUALLY, you must pre-register by emailing the Rural Municipality of Rockwood at roberta.vancaeyzeele@rockwood.ca, and include the following information in your email message:

- Include the following in the Subject Heading of the email: **"Zoning By-Law Amendment By-Law No. 17/20 and Conditional Use RWC 15/20"**
- Include the following information in the body of the email:
 - Your name, civic address, mailing addresses (if different than the civic address), and your preferred email address;
 - Your interest in the Public Hearing: to support, to oppose, or to attend for information;
 - Whether or not you plan to make a presentation before Council during the Hearing; and
 - Indicate whether you wish to attend IN-PERSON at the **Heritage Arts Centre (166 Main Street, Stonewall)** OR VIRTUALLY.

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If you have any questions regarding the above, please contact Roberta Van Caeyzeele, R.M. of Rockwood, at 204-467-2272.

Thank you for your cooperation!

THE RURAL MUNICIPALITY OF ROCKWOOD

MECHANIC POSITION

The R.M. of Rockwood invites applications for a full-time mechanic position.

The Mechanic will be under the direction of Public Works Manager. The incumbent is responsible for servicing, preventative maintenance and repairs for all small equipment, vehicles and heavy mechanical equipment of the Municipality.

Qualifications:
Minimum Required:

- Grade Twelve (12) Education or the equivalent
- Journeyman Mechanic's Certification (Red Seal Heavy Duty Mechanic or Red Seal Light Duty Mechanic) or years of demonstrated and related experience may be considered
- Must have strong trouble shooting skills for equipment and vehicles
- Must be familiar with fuel injection systems, electronic controls, and hydraulic systems
- Demonstrated ability to use electric and gas welding and cutting equipment
- Valid Class 5 Manitoba Driver's License
- Ability to maintain and establish preventative Maintenance schedules
- Ability to communicate, understand both orally and in writing
- Ability to operate equipment when required
- Have computer skills for data bases and inventory use

SALARY - \$26.83-\$31.24/hr depending on experience. Municipal pension and benefits programs are available.

A full Job description is available on our website at www.rockwood.ca

Please forward a cover letter with resume and qualifications, along with references no later than:

February 11th, 2022 AT 4:00 P.M. to:
Ian Tesarski
Director of Operations
Email: ian.tesarski@rockwood.ca

Only successful applicants will be contacted for an interview.

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IN MEMORIAM

In Loving Memory of
Leslie Sigvaldason
December 1, 1957 – January 18, 2010
Every day in some small way,
Memories of you come our way.
Though absent, you are always near,
Still missed, loved and always dear.
-Love,
Lorne, Clayton, Krystle and Austin

CARD OF THANKS

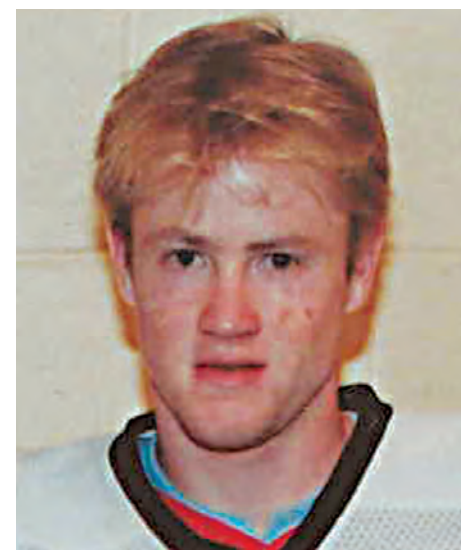
The family of Muriel Lillies wishes to express a very special thanks for the cards and phone calls, wonderful memories and stories that you shared with us.

-Clifford and Marilyn,
Kimo and Wendy,
Russell and Kimberly
Susan and Terry

Express your Thanks with a message in the Tribune

Stonewall Teulon Tribune Call 204-467-5836 or
email igraphic@mts.net

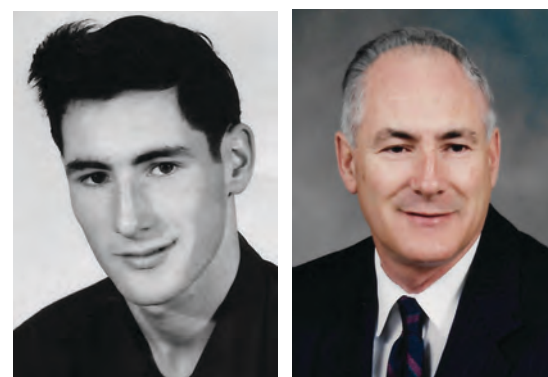
IN MEMORIAM



Shawn Nelson
May 15, 1973 – January 21, 1995
In loving memory of our Son, Brother and Uncle

You can shed tears because he is gone,
Or you can smile because he lived.
You can close your eyes and pray he will come back,
Or open your eyes and see all he has left for you.
Your heart can be empty because you can't see him,
Or you can be full of love you shared.
You can turn your back on tomorrow and live yesterday
Or you can be happy for tomorrow because of yesterday.
You can remember only that he is gone,
Or you can cherish his memory and let it live on.
You can cry and close your mind and feel empty,
Or you can do what he would want.
Smile,
Open your heart,
Love...and go on.
Never forgotten, always loved...
-Mom, Dad, Shannon and family

OBITUARY



Walter Lloyd Stewart

Peacefully, with his family by his side, Walter Lloyd Stewart passed away on January 12, 2022, at St. Boniface Hospital at the age of 83.

Dad will be lovingly remembered by Darlene, his wife of 53 years; daughters: Michelle (Lyle), Lisa (Dennis) and son Murray (Kristin) and grandchildren Kyle (Kezia), Grace and Aiden. He will also be dearly missed by brother Ken (Marilyn); sisters-in-law Kitty, Mary, and Joyce as well as numerous friends, nieces, and nephews.

Dad was predeceased by his parents Walter and Ethel; brothers Alex, Glenn, Murray (Ruby) and Keith; sisters Doreen (Bob) and Beryl (Sam); mother-in-law Edna and great-granddaughter Emily.

Dad was born on December 4, 1938, the youngest of eight children, to Walter and Ethel Stewart of Lilyfield, Manitoba. The family later moved to Balmoral in 1945 where Dad was raised and attended school. Dad began driving a milk truck for Rockwood Victoria Co-op in 1965, working alongside his older brothers and making many long-lasting friendships. He married Darlene Fisher of Argyle in 1968 and took over the family farm in Balmoral. Dad was very active in the community over the years, serving on both the hall board and the curling club executive. He was also an avid curler. Dad remained on the farm until moving to Stonewall in 1990. Years later when Murray purchased the farm, Dad enjoyed visiting the home he grew up in. Dad continued to drive the milk truck until 1998, retiring after 33 years of service. He then continued to work at the Balmoral School with Mom until she retired several years later.

Family was very important to Dad, and as kids he never missed our baseball or curling games. He was always supportive, caring and wanting to help us however he could. He was especially proud when Michelle and Lisa both graduated as registered nurses. He was a wonderful grandfather. Dad spent a lot of time with his grandchildren. He was so proud of Kyle when he graduated from the police academy and got married. He loved going to Grace's baseball games and watching her ride her horse, Echo. He cheered on Aiden at his hockey games and enjoyed their discussions on politics and current events. They were very close to Grandpa and will miss him terribly.

Honorary pallbearers will be Dad's nephews, Glenn Appleyard, Walter Stewart, Ken Stewart, John Good, Ron Stewart, Don Stewart, and Raymond Stewart.

The family would like to thank Dr. Hicks and staff at Stonewall Hospital and the staff of SASouth and ACCU at St. Boniface Hospital for the wonderful care Dad received.

In memory of Dad, donations can be made to the Heart and Stroke Foundation of Manitoba. A service will be held at a later date.

KL
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

OBITUARY



Morley Kenneth Rosen
October 16, 1931 – January 13, 2022

Peacefully after a brief illness, Morley Kenneth Rosen passed away at the Stonewall Hospital.

He is survived by his loving wife Bertha Rosen of 65 years; his sons, Mark (Charlie), Craig (Gina); and his sister Sandra Bogden of Nanaimo.

Morley was born to Julius and Laura Rosen in the area known as One Six; south of Morden. He was educated at Deer Creek School and spent his younger days on the farm.

Morley and Bertha were married August 25, 1956. They took up residence in the Beverley block apartment on Notre Dame Avenue in Winnipeg. Their first home was built by Morley, his dad and brother Sydney at 1779 King Edward (formerly Rosser Road) in the Brooklands area of Winnipeg. Their next home was purchased in

Tyndall Park. They then moved to Stonewall and remained in their home for 30 years; until July 2017 when they moved to the Lions Manor Phase 4 in Stonewall.

Morley worked his whole career with Canadian Pacific Railway. First as a lineman and then moved to be a foreman for the Signals Department until his retirement in November 1986. Being a young retiree by today's standard, he decided he would do something for fun and a new career path...he chose wood cutting and splitting and would process approximately 40 cords of wood a year. He manually split the wood until he and his son's built him his own wood splitter. They were all very talented mechanically. Hence his nickname "Woody".

Morley and Bert are longtime Legion members always supporting the local Stonewall Branch #52. He will be missed at the Legion by his many friends. Friday nites were filled with playing pool, laughter and fun times. The flag was at half mast in his honour.

Morley and Bert travelled to many, many places in the world: Mexico, Hawaii, Germany, Portugal, Netherlands, Switzerland, Florida and Austria to name a few. Their favourite place was Switzerland. There were also frequent driving trips to B.C. to visit family there. Morley loved to drive.

Morley celebrated his 90th birthday with a family dinner at The Keg. It was joyful and wonderful to all be together. His sister Sandra and sister-in-law Linda travelled from B.C. to celebrate the milestone. He later told us it was the "best day of his life". It is a wonderful memory for all of us.

The family truly thanks Dr. Venter and all the staff at the Stonewall Hospital for their extraordinary care and compassion that they exhibited to Morley and our family in his last days.

Cremation has taken place and there will be no service as per Morley's request. There will be a private spreading of his ashes in the future.

In lieu of flowers, the family requests that a donation be made in Morley's name to the Stonewall Hospital Foundation, or to a charity of one's choice. Thank you.



OBITUARY



Bernice Ford

The family is saddened to announce the passing of Bernice Alberta Ford on January 11th, 2022. She has gone home to be with her best friend and Mom, Doris Gardiner and her beloved son, Bryan. After a brief stay in the hospital battling multiple issues, she succumbed to her ailments.

Bernice spent most of her adult life in the Stonewall and Eriksdale area working mainly in the restaurant industry where she enjoyed sharing her excellent cooking skills. She could be found many nights visiting and playing crib at the Stonewall Legion in her younger years. At Crocus Manor, she enjoyed playing cards, Bingo and completing a puzzle or two with her friends. Bernice's road in life was a struggle with many health and personal challenges yet she did her best to enjoy life. She will be remembered as a quiet, hardworking and caring person.

Bernice is survived by her father, Roy Nordal; children: Kimberly Brandson (Andy Mormul), Tyler and Jsy Ford, Anjie Cheadle; her grandchildren: Mandy Brandson (Blair Anderson), Nathan Brandson (Sharon Dowd), Alex Harrison, Jordan Cheadle (Shailee Essery), Jessica Cheadle (Dennis Georgison); nine great-grandchildren; siblings: Joyce McGregor, Betty and Larry Morgan, Roy and Sandy Nordal along with her stepbrothers and sisters; numerous nieces, nephews, aunts and uncles.

Go in Peace – You have earned your sleep.

She will be missed.

Thank you to all her friends and family who have extended their sympathies on social media. Also, thank you to MacKenzie Funeral Home for their assistance and caring during this time.

Due to the current COVID restrictions, a family service at the grave site will be held at a later date.

"Life is a song-sing it. Life is a game - play it. Life is a challenge - meet it. Life is a dream - realize it. Life is a sacrifice - offer it. Life is love - enjoy it."

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OBITUARY



Colleen Marie McCoy
July 22, 1964 –
January 2, 2022

It is with profound sadness that we announce our Colleen passed peacefully with her favorite music playing following a courageous, hard-fought battle with cancer.

She is survived by her mother Florence; brother Glenn (Denise); sister Maureen Meteush (David); and brother Mark (Monika) Danika, Eric, Blake; Uncle Arvid (Jann)

and family; Uncle Wayne (Chris) and family, cousin Diane (Terry) Malone, as well as numerous relatives in Manitoba, USA, Ireland and Sweden.

She was predeceased by her father Bill in 2003.

Colleen was born in Winnipeg, MB. and received her education in Stonewall, MB. She graduated from the University of Manitoba, Dental Hygiene Program with honors in 1985. After graduation, she practiced dental hygiene at dental offices in Winnipeg and Port Coquitlam, BC. She had a mutual love with her patients and always looked forward to catching up on their lives at the next appointment.

Colleen lived and worked in BC. for nine years during her career where she enjoyed the beauty of BC. and in particular she developed a love of Salt Spring Island. Colleen considered herself a spiritual person seeing the beauty in nature. She loved her hobby farm in Lilyfield with her dressage horses, ducks, bantams, caring for animals in need, walking her dog on her wooded trails and along her field, tending her planters and perennial beds, playing violin, baking and cooking.

She had a passion for all animals and a compassion for ones with disabilities.

No matter her own personal circumstances, Colleen always was very generous and giving. It didn't matter if it was Christmas or someone's birthday, she made sure to give a special gift. Even in her last days, her generosity and giving nature were evident... We thank you from the bottom of our hearts Colleen.

Interment will take place at a later date in Lilyfield Cemetery when it is safe to gather.

If friends so desire, donations may be made to the Black Bear Rescue, Box 585, Stonewall, Manitoba, R0C 2Z0.

Thank you to Dr. Graham and the wonderful, caring staff at Stonewall Hospital and the Southwest Palliative District for the family room.

Do not stand at my grave and weep,
I am not there, I do not sleep.
I am a thousand winds that blow
I am the diamonds glints on snow,
I am the sunlight ripened grain
I am the gentle Autumn's rain
When you awake in the morning hush
I am the swift, uplifting rush,
Of quiet birds in circled flight
I am the stars that shine at night
Do not stand at my grave and cry
I am not there, I did not die.



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