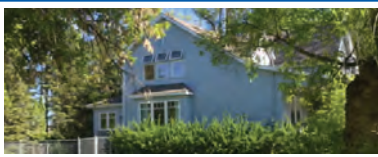




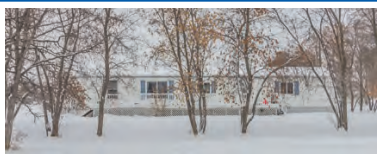
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Behind the scenes

Students from The Infinity Program had the chance to record a song and video with renowned singer-songwriter Robb Nash.

TRIBUNE PHOTO BY JONNY HOLLIDAY

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EB & TT

TIP students create music video with Robb Nash

By Jennifer McFee

A group of Stonewall teens enjoyed a moment in the limelight as they helped to remake a Robb Nash video.

The Canadian singer-songwriter provides immersive concerts that engage youth through music and stories while he addresses mental health topics.

Ten years ago, he wrote a song called Trouble Child with an alternative high school in Ste. Anne. They also created a music video, which Nash has been using in his concerts ever since.

A decade later, he connected with a local student named Harley from The Infinity Program (TIP), which is an alternative off-campus high school program operated through the Interlake School Division.

Alternative teacher Michael Block shares the excitement for the project.

"Over the summer, Robb came into contact with one of our students, and

she talked about the program and different opportunities that are here. He thought that this would be an excellent program to do a project he's been thinking of doing," Block said.

"He thought it would be a great idea to do the same song but totally rewrite it and redo the music with our students."

In November, Nash provided the students with tickets for his concert at the Burton Cummings Theatre.

"Then the next week, he showed up here. I had secretly gotten all their parents to sign permissions slips in advance," Block said.

"He walked in the door and spent a good chunk of time hanging out with the kids."

After that, all the girls had the chance to go to Aveda Institute in Winnipeg for makeovers and haircuts.

The next day, Block and the students met Nash at Long and McQuade on



TRIBUNE PHOTO BY JONNY HOLLIDAY

Robb Nash rented instruments for the TIP students to try out.

Pembina Highway.

"He had arranged for Long and McQuade to have a specific amount of instruments set aside for us that he has rented for the remainder of this year — an electric drum set, electric guitar, acoustic guitar, and a keyboard and amp. We walked in the store and everything we were getting was all on display on this wall," he said.

"We packed up all the instruments and they drove back out with us. They set it all up here, played, showed them certain things and left us to their own devices. The instruments are still here, set up at the school."

In early December, Nash rented a studio in Niverville and brought all the TIP students there. He surprised the students by flying in his producer and guitar player from Vancouver for the day.

"The kids took turns on the instruments. They learned what kinds of notes and chords and progressions to play on keyboard, guitar, drums and bass. They did sections all from this song. The kids who were interested were able to work on the mixing board as they were recording," Block said.

"So when this all comes together, portions of the music in the video will be played by our students. The studio time in Niverville was all filmed."

Jonny Holliday, drummer and ar-

tistic director, said the song Trouble Child has impacted a lot of kids who can relate to the story told through its lyrics — including many of the local students who were involved in the project.

"We showed them the whole behind-the-scenes process of recording a song. We showed the kids how to play a couple of the parts and got them to play some of the drums for it. One of the girls was a really good singer, so she recorded the background vocals for it. We got some of the kids tracking some guitar and some bass," Holliday said.

"I think it was really cool and a unique opportunity to go to a full-out recording studio that most kids wouldn't get to have. It's been cool getting to know them and seeing them start to open up a little bit. Now we're done the shooting of the music video aspect. We'll follow up with them and go hang out during a few opportunities in the winter and spring."

For Block and the students, it's been an experience that they'll never forget.

"We're excited. We can't wait to see what they actually come up with," Block said.

"It's a once-in-a-lifetime experience."

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Colourful artwork on display at HAC till the end of January

By Jennifer McFee

More than 200 colourful pieces by an award-winning artist are currently on display at the Heritage Arts Centre.

Sandra Sobkowich Wiebe is showcasing her travelling show called *The Colours of My Life*, which mainly features woven works along with some photography.

But if you'd like to catch a glimpse of the impressive display, there's no time like the present since the show wraps up on Jan. 25.

"It's all about colour. Colour and texture are the most important aspects of my work and have been since I started weaving years ago. Also in the photographs, colour and texture is important as well," said Sobkowich Wiebe, who lives between Stonewall and Stony Mountain and teaches art classes throughout the area.

"The photography was part of the inspiration for the weaving with the colours and the shapes and the lines. That's why I included it."

Before its installation in Stonewall, the artwork was briefly on display at The Forks.

"I did have this show in Winnipeg prior at Pulse Gallery at The Forks, where I've been showing my work since The Forks first opened. Unfortunately, it was only up for three hours, which I didn't realize when I booked it," she said.

"It was a lot of work for three hours and I thought I'll bring it to Stonewall because I've done shows here in the past and they've always been well received."

The show includes about 10 abstract wall hangings that will be sure to catch your eye with unexpected materials.

"Those are woven with a variety of materials — everything from wools, sea shells, linens, you name it. It's in there to get the effect that I wanted,"

she said.

"A few years ago, I also started weaving with lights, so there are battery-operated lights woven into the wool as well. I liked that idea because it was giving the weaving a more three-dimensional effect when I added that in — although it was already pretty 3D before that. The pieces would protrude anywhere from an inch to four inches out from the wall hanging because it's so much texture."

In her artist's statement, Sobkowich Wiebe explains that turquoise is a colour that is threaded throughout the pieces in her show.

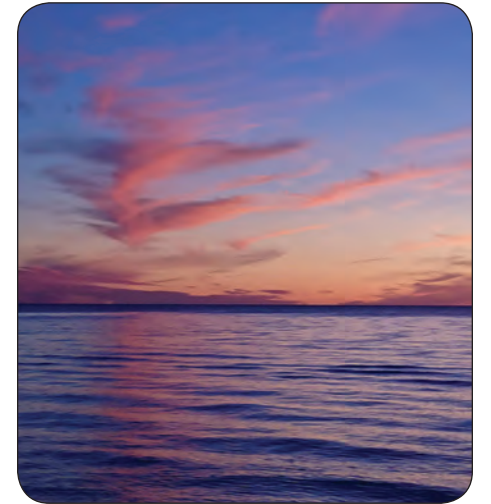
"In tribute to my childhood and the day grandma and I painted the kitchen walls and ceiling and then the refrigerator turquoise blue, still my favourite colour, turquoise blue will surface throughout my show," she wrote.

"You will also see weaving in a variety of forms, with unusual warp and wefts such a laces, ribbons, sea shells, beads, tinsel and garlands, seaweed and, of course, cottons, silks, wools, metallic and anything weavable."

The colours also reflect a childhood surprise that Sobkowich Wiebe was delighted to discover.

"And, in keeping with the day I came home from school to find my room painted as an amazing sunset, there will be many surprises in this show in the form of colour and texture combinations. ... I hope it is reflective of the swirls of colour, design and textures that were indicative of my grandmother's creative abilities in the form of wallpapers, couch and chair coverings, cushions, curtains, clothing and hats throughout our family farm house," she said.

"After all, what could be more inspiring than the vibrancy of colour and design in the middle of a dark and cold prairie winter?"



TRIBUNE PHOTOS SUBMITTED

The show incorporates eye-catching textures and colours.

Photos serve as inspiration for woven works.

To enjoy a dose of vibrant colour and design to brighten up your chilly winter days, drop by the Heritage Art

Centre to view the display while you still have the chance.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Sandra Wiebe has her art on display at the Heritage Arts Centre.




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Public orientation; changes to Teulon council coming

By Evan Matthews

Teulon council has its first meeting since the byelection in the rearview, and the new council isn't wasting any time.

Following the Jan. 14 meeting, Mayor Anna Pazdzierski said council will be hosting a public orientation.

"We'll have councillors get an overview of the Municipal (Act), what we need to do, what we can't do, etc. Just to make sure we all have understanding," said Pazdzierski, adding a similar orientation is provided annually by the Association of Manitoba Municipalities (AMM).

"We have very little experience as a group — minus Cherise (Griffin) — so this will give us an opportunity to ask the questions we need to ask, define the roles of mayor and council, and make sure we're doing everything properly," she said.

Interim CAO Jim Fenske will facilitate the orientation, she said. The town will host its orientation at the town office on Sunday, Jan. 26 from 10 a.m. to 4 p.m.

Under normal circumstances, Pazdzierski said council would have had the orientation delivered at the AMM conference, but due to the byelection this council did not have the opportunity.

Hosting its own orientation will give the town council a chance to bond as a group, she said.

Other topics covered in the Town of Teulon's first



TRIBUNE PHOTO SUBMITTED

Teulon Council takes its respective seats for the first time since September. Left to right: Councillors Cherise Griffin and Angela Green, Mayor Anna Pazdzierski, Councillors Robin Nishibata and Todd Campbell.

meeting were limited, according to Pazdzierski, as the council gets familiarized with its respective roles.

The only topics listed on the agenda included communications with the Heritage Resource Conservation Grant Program and the Madeline Armstrong Local Inc., an approval of accounts, coverage of two bylaws, council's acceptance of eight reports, as well as an in-camera discussion labelled "Resolution 14."

Changes to agendas

In an effort to run a more transparent government, Pazdzierski said the new council will amend

its agenda presentation, as well.

All the information council is privy to — including maps, diagrams, reports, etc. — will be posted on the website and put together as part of an "agenda package," she said.

"We want to make sure our (residents and rate-payers) know what's going on," said Pazdzierski.

"We want everyone to have the same information and have an understanding of what their council is doing."

The only council business unlikely to be posted online and shared, she said, includes personnel issues and land sale issues.

Stonewall council discusses motocross track

By Jennifer McFee

The community is getting revved up about the potential for a nearby dirt bike track.

On Thursday, Jan. 16, the Town of Stonewall invited community members to join a conversation at the Heritage Arts Centre about the possibility of developing an off-road recreational vehicle track.

According to recreation facilitator Laine Wilson, approximately 55 people turned up for the event.

"There were a lot of positive comments and lots of engagement. There is a small group that will form to work on a plan for a potential project," she said.

"There seems to be significant interest from the community and surrounding area to look into it further."

The idea stems from a report created by 15-year-old Bryce Wadge, who has been riding since 2011. He presented his findings to Stonewall council in December.

In his report, Wadge reviewed other motocross tracks in Manitoba, including ones located at Grunthal and Morden. He provided information about the tracks' hours and race schedules, as well as some background about the sport of motocross in Manitoba.

He said that it could be possible to build a really great track in Stonewall, as long as people are willing to take care of it.

Wadge said a track could attract plenty of visitors from the motocross community to the town since there are no tracks close to Winnipeg.

He noted that a multi-use track would be popular for motocross in the summer and it could also be used for snowmobiles in the winter. Ideally, a track should be built so that riders of all skill levels can enjoy it, he added.



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Teulon and St. Andrews situations 'different': Pazdzierski

By Evan Matthews

Last week, Dougald Lamont, leader of the Manitoba Liberals and MLA for St. Boniface, labelled the situation involving the St. Andrews mayor "the same" as the situation involving the previous Teulon mayor, causing Teulon's mayor to speak up.

Lamont said after speaking with many of the people involved in both situations, he believes there are many similarities.

"In fact, the process to strip the St. Andrews' mayor (Joy Sul) was identical to that used in Teulon," said Lamont, referencing previous Teulon Mayor Debbie Kozyra.

"The same amendments were introduced, even the same omissions. In both cases, they did not strip the mayor of the power to chair special meetings."

In St. Andrews, Lamont cited a single point of disagreement among council: whether or not St. Andrews would use Selkirk for wastewater treatment or if the RM would pump water to Winnipeg and the North End Treatment Centre.

Since council made its decision, councillors in St. Andrews have described meetings as "combative" and "antagonistic" in media reports and said something had to be done in order to have council move forward, thus reducing the mayor's power.

"This is a disturbing and dangerous

precedent," said Lamont. "It undermines democracy and undermines voters."

In St. Andrews, Mayor Sul has cited an element of discrimination by fellow council members in media reports, even going as far as launching a legal action against the RM. The majority of council has refuted the mayor's claims.

A similar situation transpired in Teulon last year after council disagreed about the closure of Main Street South. Following council's decision, many council votes following ended with the three male councillors voting against the two female councillors.

Former Teulon Mayor Debbie Kozyra alleged discrimination, with majority council refuting those claims as well. Kozyra also has a current legal action open against her former co-council members.

Teulon Mayor: 'Not a gender issue'

Current Teulon Mayor Anna Pazdzierski said despite similarities between the two situations, gender did not play a role whatsoever in her town's past troubles, which makes the two situations distinctly different.

"I was a little concerned by the comments suggesting the two towns' situations were (exactly) the same," said Pazdzierski.

"The result, stripping the mayor of their power, is the same. But the rea-

soning behind it, how each council arrived at that decision — though I can't speak to St. Andrews — is very different.

"I spoke to Joy (Sul) before I even ran in our byelection about women being bullied on council and how dreadful that could be. We have a (current) councillor who has served in our town previously, and she has stated she was never bullied or treated differently because she was female.

"I don't believe these are gender issues," she said.

Lamont didn't disagree with the notion but instead cited political motivations.

For the province to "step in" and "declare" a mayor and councillor to have "deemed to have resigned," as was the case in Teulon, Lamont said it equates to the Manitoba premier and cabinet "essentially firing a mayor."

Lamont called it an "abuse of power" by the province.

"That is a nuclear option. It should be a measure of last resort that should only happen after an independent investigation and due process. That hasn't happened (in either case)," said Lamont.

"I would add that in both RMs, the deputy mayors who led the insurrections have close ties to the PC Party of Manitoba.

"Deputy Mayor Preun (St. Andrews) is a PC donor and former-Deputy



Anna Pazdzierski

Mayor Michael Ledarney (Teulon) is a current employee of the PC caucus," said Lamont, adding he believes the risk is that councillors and mayors alike may be removed from office by the provincial government on "trumped up or politically motivated charges."

Lamont called Manitoba's ethics and conflict of interest laws the "oldest, and weakest in Canada," and he said the Manitoba Liberals are calling for an Independent Ethics and Conflict of Interest Commissioner with powers of investigation.

Fire destroys barn

Staff

A fire destroyed a barn last week between roads 74 and 75.

Stonewall Rockwood Fire Department got a call about a structure fire at about 8:10 a.m. on Monday, Jan. 13.

Fire Chief Curtis McClintock said no animals were lost in the fire, which was the second call of 2020.

Currently, there is no information about how the fire started. The Office of the Fire Commissioner is investigating the cause.

Correction

Staff

The article "REACT encourages a shift to sustainability" published in the Jan. 16 edition of the *Tribune* contained incorrect information. The article should have stated that clean plastic bags can be recycled at Family Foods as long as they are not foil-lined and have never contained something inedible.

Clean plastic bags that have contained edible items, such as cereal box bags, French fry bags and bread bags, can all be recycled at Family Foods in Stonewall.

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A word to the youth and their education future

By Evan Matthews

For generations, including my grandparents and great-grandparents, the career path they took was fairly straight-lined in most instances.

Go to school, graduate and enter the workforce with one of the handful of jobs available.

My great-grandfather, for example, entered the workforce at 17 years old, starting with MTS as a labourer. He took time off to participate in the Second World War and came back to MTS. He ended up being part of the last non-university-trained engineers to work for MTS.

At some point, the path by which our society's youth arrived at their career has changed.

It became: Go to high school, graduate, then go get a post-secondary education and graduate again. Head into the work force as an educated individual with a guaranteed future.

But as more and more youth are finding out, that "guaranteed future" isn't so guaranteed.

A family member of mine recently graduated with a bachelor of biology (science) degree from the University of Winnipeg.

During her education she spent countless hours in labs and worked many valuable internships, including working for the City of Winnipeg's entomology department. It was very cool and meaningful work.

Her education spanned five years, and cost her roughly \$25,000 in tuition and books, leaving her with crippling student debt. This is not dissimilar from many students in North Ameri-

can society. In fact, many students leave school with more than \$20,000 in debt.

But that shouldn't matter so much because she's educated now and will find a high-paying job in her field, right?

Well, not necessarily. Almost a full year after graduating, she has yet to find a job in her field, never mind a high-paying job. Again, this is not uncommon for post-secondary graduates.

Instead, she finds herself working in a job unrelated to her field, helping to write curriculums for a non-profit company that designs educational programs for young mothers and children.

She makes roughly \$13 per hour in a job she never saw herself in.

Ultimately, her dream job is to work in a hands-on capacity as a biologist, but without relocation, nothing is guaranteed.

The point is this: Contrary to what many youths are taught from a very young age, a degree does not make you more employable in today's society. Yes, for certain desired career paths, you need education and training, but that education and training does not guarantee anything.

If a person truly isn't worried about making money, that's fantastic because, talking about guarantees, money does not guarantee happiness.

But, without access to large quantities of money, financial income does matter, simply.

In social hierarchy, income level does equate to social respect. Money

isn't just about purchasing homes, vehicles, travel and fine dining; as the years go, it can become about making sure one's parents do not end up in a care home and making sure they can have a dignified celebration of life once they pass on.

Borrowing money from "the family" as a young person is fine. There is no shame in it. But people start to lose self-respect when they owe money in their 30s and have, well, not much to show for their debts. Taking on more debt in one's 40s will only exacerbate that problem and likely lead to a debt-filled life until death.

While a degree leads many to become more critical thinkers and better writers, so too does entrepreneurial endeavours or trade's school.

While there is no guarantee in the entrepreneurial world either, many people who have applied themselves at a trade then opt to start their own business.

The critical thinking and organization that goes into running one's own business can be as or more valuable than any skills acquired through post-secondary education.

Times are changing; just because something — a degree — was valuable at one point in history does not mean it will be valuable in the future.

It's not to say education isn't valuable; however, different paths for different folks should be food for thought, at this point.

Let this be a lesson you don't have to pay for.

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TRIBUNE PHOTO BY JO-ANNE PROCTER

The snow that comes with winter, sometimes can bring with it several safety hazards. While technically it is the responsibility of the municipalities and/or the town to keep fire hydrants clear of ice and snow, that isn't always possible. When there is a dump of snow like there was this past weekend, municipal and town works departments are busy clearing snow. RM of Rockwood councillor and Stonewall Rockwood Fire Chief Curtis McClintock says it doesn't hurt to clear hydrants on or near your property while you clear your own snow. If a hydrant is hidden by snow, it could take crews a few minutes to access it, which is precious time during an emergency. If you have a hydrant that is covered in snow and has not been cleared and you are unable to do so, feel free to contact your municipality or town works department.

Province shares 12-month strategy for transforming, improving family services

Submitted Manitoba government

To help ensure its programs and services will meet the needs of Manitobans now and into the future, the Manitoba government is implementing a transformation strategy focused on improving outcomes for vulnerable Manitobans, Families Minister Heather Stefanson announced Friday.

"We need to transform the way we provide services to Manitobans so that we are offering them a hand up, not a hand out," said Stefanson. "The Department of Families has set out a 12-month plan that clearly outlines how we will work together to protect our children, reduce dependence on government programs, and strengthen Manitoba families and communities."

A strategy document outlines the transformation agenda that affects every area within the department, and which will continue to influence its work in the years to come. Some priority areas include:

- exploring how to better meet the needs of people who access Community Living disABILITY Services through the ongoing implementation

of an updated funding model, innovative supports and service improvements made in partnership with clients and stakeholders, and options to better meet the needs of First Nations people with disabilities;

- implementing targeted and customized supports for people who have the greatest opportunity to regain financial independence through employment, reducing their reliance on Employment and Income Assistance;

- building capacity in the community and among private-sector partners to deliver social housing, while continuing to invest in modernizing provincially owned and managed properties;

- transforming the child welfare system, with the goal of reducing the number of children in care and building stronger connections with culture and community, through a results-focused single-envelope funding model and new legislation based on the recommendations of the Legislative Review Committee; and

- improving early learning and child-care options for Manitoba fami-

lies, by supporting the creation of new child-care spaces and more child-care options for families, while also reviewing the current funding model to ensure sustainability.

The strategy was first released to all department staff in December. Since then, senior staff have met with hundreds of employees at town-hall meetings to talk about the goals of the strategy and how their work will help achieve it. This work will continue over the coming months to help ensure staff remain engaged and informed.

The minister noted this work supports the objectives set out under the government's broader transformation strategy. The department's strategy document, Shared Priorities – Sustainable Progress: A 12-Month Action Plan for Manitoba Families, is available at www.gov.mb.ca/fs/pubs/shared-priorities-sustainable-progress.pdf and Transforming the Manitoba Public Service is available at https://mbmeasuringprogress.ca/wp-content/uploads/2019/11/transformation_2018-1.pdf.

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Rejoice Always

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus in you."
~1 Thessalonians 5:16-18~

When I used to read this passage, I was struck with guilt. Can I truly say that I rejoice always, do I pray without ceasing, give thanks in all circumstances? Sometimes this passage reminded me of where I fell short. Sometimes it seemed Paul was giving us three impossible commands, but I believe they seem impossible because of our secular definition of what they mean.

Rejoice always: Paul is not telling us we should be happy all the time, there are many things in life that bring unhappiness, circumstances can bring sadness, grief, and a sense of bewilderment. I don't believe Paul is telling us to simply "put on a happy face." God doesn't want us to be fake; God wants us to be authentic. Sometimes we just don't feel happy. Rejoicing is not about "feeling happy," rejoicing is expressing delight in God, it is unrelated to the circumstances of life and it is anchored to our relationship with God.

Pray without ceasing: Paul does not mean that we should constantly spend our time in formal prayer, many times we think of prayer as "asking God for things." I believe Paul is reminding us to be God-conscious, to see everything in reference to God, to be in constant communication with God. When we align our hearts with the heart of God, we can't help but "pray without ceasing" as we live and think in the presence of God.

Give thanks in all circumstances: Paul is not telling us we should give thanks FOR all circumstances, obviously we should not be thankful for injustice, for tragedy, for disease, or war. However, we are to be grateful IN every circumstance. Like joy, our thankfulness is anchored to our relationship in God rather than to the circumstances of life. No matter what happens in life we can be thankful that nothing can separate us from God's love and God will give us the strength we need.

Sometimes I struggle with these commands. Too often I find myself being negative rather than being filled with gratitude; felling resentful rather than having an attitude of deep-seated joy. I admit that at times I have to remind myself to talk with God.

However, what Paul commands of us; what God desires from us; is not unreasonable and certainly not impossible. We must stop looking at these verses as if they are unrealistic. We CAN be joyful always; pray without ceasing; and we can always be grateful. It all depends on our relationship with God.

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There's a lot more fish in the river

Hi folks.

I was way out on the south basin of Lake Winnipeg a while back on a bright, mild day and saw a hard wall ice shack off by itself. I drove over to it and, leaving my truck, called out, "Hello in the shack!"

"Hi, just a minute," came back a lively, friendly voice. The door opened and a smiling chap stepped onto the ice saying, "Hi, I'm Ed Marshall."

Standing in the spring like open air, I told him who I was and asked if he could remember an unusual fishing experience he might share with us. He thought for a moment and then said that originally he had come from Newfoundland and in the spring his family would gather smelts on their "Capelin Runs."

I interjected, "Gosh, Ed a few weeks ago a gal by the name of Robyn Dierickse shared her story of 'scooping' smelts on the shores of Lake Erie during her childhood. Did your family use pails with holes in them to catch the fish like Robyn's folks did?"

"No, in the spring when the smelts came ashore by the millions to spawn, we would collect them by hand, take them home and, after cleaning, either fry, roast or preserve them," he said.

"I had no idea smelts were such a big thing in the East Coast," I exclaimed.

"Yeah, it's a multi-million dollar part of their economy and culture," Ed responded.

This last weekend, I was on the

Red River by Sugar Island and met a young chap who was ice fishing. I asked him if he ever had a memorable fishing experience and his face lit up as he launched vigorously into a startling experience.

Our new friend, Darrin Malak, was ice fishing downstream of the Pine Falls-Powerview Dam last year with his dad. It was a sunny, windy day as they sat over their holes on old pails when Darrin felt a pull on his short rod. He stood up and looking into the water could see the dark back of a smaller hooked pickerel darting about just under the ice. He hauled up on his rod with authority, wanting to land his fish, but it kept trying to take off to one side.

Darrin's dad cautioned him not to reel in too hard for fear of losing it. He loosened his drag just as a grey streak flashed across the hole. A strong pulsating tug met Darrin's hands on his rod. There was something wrong! The young lad brought the pickerel head up in the hole, but halfway down a huge jackfish had buried its teeth into it! Darrin watched frozen as the jack, with a whip of its head, tore the pickerel in half and disappeared into the depths with the lower part! Darrin sat stunned. His dad, sitting beside him, calmly said, "That's OK, son. There's a lot more fish in the river."

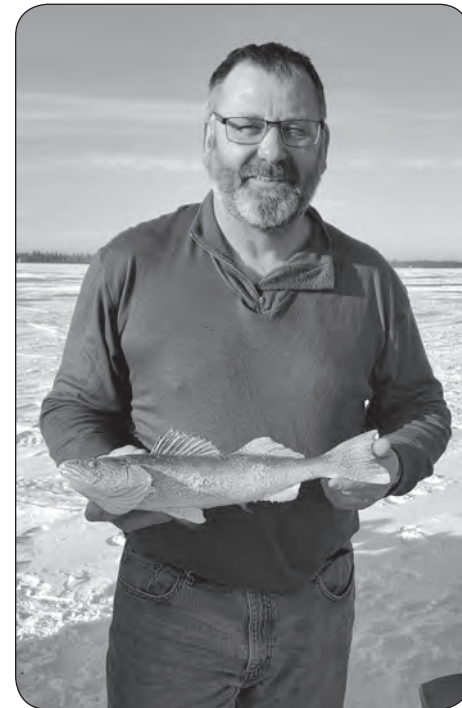
A few days earlier, a very interesting story came our way when I met Alex Scott, a bespectacled, brown-bearded

chap, his thin blond-haired daughter Julia and a German exchange student, tall, blond, Agnes Seidl, on the Red River upstream of Selkirk. They told of a time not long ago when Alex took the girls up to Hecla Island for some ice fishing. He used his brother's house there for the weekend, and come early morning before daybreak, they packed their gear on a sleigh, hitched it to a big quad and rumbled out in pitch dark with only the lights of the quad showing the way.

As they headed east over the snow-packed ice, the sky appeared blue-black with the crystal clarity of mid-winter cold. The stars shimmered like brilliant diamonds. Abruptly, Alex heard the girls on the sleigh screaming. He stopped the quad and, turning in his seat, saw the girls waving their arms. He turned off the machine and, in the desolate silence, crunched through the snow to the girls, asking, "What's wrong?"

"Look up," they shouted.

Alex lifted his head skyward. There, a number of white-yellow lights were moving across the heavens in a perfectly spaced line. Naturally frightened, they stared at the lights until, abruptly, they went out. Alex, composing himself, now saw the faint brightening of the east horizon over Black Island and knew it signalled the coming dawn. No longer wanting to continue their day of fishing, they turned their rig around and headed



TRIBUNE PHOTO SUBMITTED
Ed Marshall, a chap expert in catching and preparing smelts in addition to catching pickerel out of Lake Winnipeg.

for home. They peeled off their heavy clothes in the house, turned on the TV and began making breakfast. The news was on and within minutes the announcer revealed that SpaceX had launched a number of satellites that night, which could be seen by Canadians. Alex and the girls looked at each other, laughing.

"I knew it wasn't aliens!" Julia exclaimed.

Till next week, friends. Bye for now.

RFOTA prepares for festival coming soon in April

By Jennifer McFee

Everyone has the chance to make a mark on the local arts community by getting involved with the 65th annual Rockwood Festival of the Arts.

This year's festival will run in Stonewall from April 14 to 29, although the dance component will remain at Teulon Collegiate Institute.

"It's a little bit later than it normally is, but we wanted to stay away from spring break so that pushed things back a little bit," said new president Lisa Highmoor.

"There might be a few changes this year compared to the past, but I think it's important to keep things fresh with regards to the festival. Maybe there will be some different things

happening this year that people may not have seen before."

This year's focus is on celebrating performing arts and creative arts in the area, she added.

"We want to celebrate the growth and development of these young performers, so our focus is going to be more on having them participate in the festival and being a part of a workshop-style of feedback from some professionals that we're having come to the festival," Highmoor said.

"Those are called adjudicators, but the focus this year is more on developing their skills more, getting great positive encouragement and learning a few new things."

The venues will include New Life

Church for vocal, the Stonewall legion for speech arts, Heritage Arts Centre for elementary choral, Stonewall United Church for junior and senior choral and for piano, and Stonewall Collegiate Institute for band/instrumental.

Looking ahead, the committee will consider branching out to different venues in future years.

"We're striving to try to utilize some other community locations for venues because I think it's really important to use the community in an effective way," Highmoor said.

"So next year we'll be looking at some changes again and trying to keep things as fresh and new as we can."

Volunteers are in demand to make the festival a success. Anyone who might be interested in volunteering at the 65th annual event is welcome to attend a volunteer reception at Something Beautiful Café at 307 Main St. in Stonewall on Saturday, Feb. 29 from 7 to 9 p.m. Past and present performers will entertain the crowd, and refreshments will be provided.

If you're not able to attend the volunteer reception but you'd like to get involved, you can email slp_lisa@yahoo.ca or call 204-467-5815 and leave a message.

You can also sign up to volunteer for the Rockwood Festival of the Arts through the recently updated website at www.rfota.ca.

Recreation in Rosser

Staff

There's no shortage of recreation in Rosser.

The Rosser Community Club is once again offering yoga in a six-week session that started on Jan. 13. The cost is \$75 for the session or \$15 to drop in. To register, contact Andrea at 204-479-6476.

Also underway is the six-week Viva La Musica program with Carolina Nagy on Saturdays from 11 to 11:45 a.m. This free program, which started on Jan. 18, is geared for kids aged two to five. Registration is required by contacting Rosserwoodlandsrec@mymts.net or calling 204-461-4040.

Carolina Nagy is also offering six weeks of free introductory ukulele lessons starting Saturday, Jan. 18 from 12 to 12:45 p.m. This class is geared

for participants aged seven to adult. Ten ukuleles are available with a \$50 deposit. Any additional students will need to bring their own ukuleles. Registration is required by emailing Rosserwoodlandsrec@mymts.net.

These programs are made possible thanks to support from Healthy Together Now and the Interlake-Eastern Regional Health Authority.

Mark your calendars for recreational gymnastics starting on April 2 for ages two to adult. Stay tuned for information.

On April 17, Quiz Night will take place at a cost of \$20 per person. There will be a cash bar and you can bring your own snacks. To register a team, contact Brooke at 204-461-2675.

Last but not least, a new shipment of Rosser apparel is now available at



TRIBUNE PHOTO SUBMITTED
Rosser apparel is for sale at the RM office.

the RM of Rosser office. T-shirts cost \$35, baseball tees cost \$45 and hoodies cost \$60, and they're available in a variety of sizes, colours and styles.

RCMP investigating stabbing at Stony Mountain Institution

Staff

On Jan. 20 at 8 p.m., Stonewall RCMP received a report that a 29-year-old male inmate at the Stony Mountain Institution had been stabbed.

Officers were advised that the 29-year-old male inmate was seen entering another inmate's cell and later emerged injured. The victim was transported to hospital with serious but non-life threatening injuries where he remains in stable condition.

No arrests have been made at this time.

Officers from the Stonewall Detachment, along with RCMP Major Crime Services, continue to investigate.

Stony Mountain Community Centre upgrades continue

By Jennifer McFee

A modernization project is well underway at Stony Mountain Community Centre.

Board president Nick Vodden outlines the initiative.

"The big picture is to ultimately get another 20 years or more of life out of that facility," he said.

"We're trying to make sure we preserve the facility as long as we can for the community."

To do that, they've taken a three-phased approach to help them achieve their goals.

"The first phase was to add a couple of dressing rooms to the basement and fix the plumbing and some of the mechanical requirements. There were a bunch of areas there that needed to be cleaned up, so we did that a couple years ago," he said.

"The second phase was to clean up the kitchen and the bathrooms and some of the electrical components as part

of that. That was completed this last year."

Now the third phase involves cleaning up the hall area and the viewing area for spectators and hall patrons alike.

"This is truly the facility that the community uses for all functions. We've got good support from the community and the municipality. Right now is grant season so we're applying for every grant that we can possibly get our hands on," Vodden said.

"We've got the facility to a point where it's pretty good to use. Throughout that process, we did a number of upgrades to the ice surface area as well. So in the summer it's dry in there and we're hosting ball hockey. Last year was the first year for that and we're probably going to do it again this year."

For potential volunteers who would like to get involved, Vodden encourages them to reach out.

"If there's anyone who wants to get involved with the

board, they can contact any one of us," he said. "We always want more help and expertise."

Another way to help is by supporting the community centre's ongoing fundraising efforts.

Currently, a 50/50 fundraiser is underway until the March 31. The draw will take place at the community centre on April 1 at 7 p.m., and all are welcome to watch the excitement unfold.

"We printed up 1,000 tickets and we're selling them for \$10 each with the hopes of selling all of them," said board member Lisa Deprez.

"The winner could potentially take home \$5,000 and the club would remain with \$5,000, which would be very nice."

The 50/50 tickets are for sale at Pic N Pay or from any board members.



For more information, contact Deprez at RNLDeprez@hotmail.ca.

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Community support vital for people with Alzheimer's disease

By Patricia Barrett

The wife of a sixty-seven-year-old Selkirk man living with Alzheimer's disease is helping raise public awareness of the disease and says community support is vital for both the sufferer and the caregiver.

Glenda Oldham shared with the *Express Weekly News* her husband Tim's progression through the disease, information about available supports and the challenges she and many caregivers like her can experience.

Even though caregivers become more familiar with what's happening to their loved one, they still live with a lot of uncertainty.



TRIBUNE PHOTO SUBMITTED

January is Alzheimer's Awareness month.

"I have no sense as to when and how and where this is going to evolve. But I was probably more panicky during that first year [the year he was diagnosed] when he would all of sudden get lost or there would be some kind of personality change," she said. "There's a certain panic to that and you think, 'Oh my gosh, what can I do to change this or what can I do to slow it down?'"

She said Tim can suddenly forget where his coat or the dinner plates are and become a bit disoriented if he's faced with a new situation or their routine gets off track. But he's still able to communicate and actively takes part in social activities in the community.

Oldham says there are common misperceptions about the disease as people move through its various stages, and "almost from the get-go it's like an invisible wall has gone up between you and the rest of society."

There a number of things friends and acquaintances can do to help even if they have no prior experience dealing with the disease and may feel awkward, she said. One of the best things, for example, that people who know Tim can do is say hello to him if they happen to meet somewhere in the community, whether that's at the grocery store or on the street. A simple conversation about anything – even the weather – or just shaking his hand in greeting tells him he's "rec-

Continued on page 14

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Motorists being encouraged to watch for family pets

By Evan Matthews

After one of her dogs was nearly killed, a Woodlands resident is appealing to motorists to keep the peace of her rural community.

Margaret Aisicovich said she and her family moved to Woodlands roughly 10 years ago to find peace in a rural community. A motorist disturbed that peace on the afternoon of Jan. 13, when they drove past Aisicovich's house and hit her dog Kona leaving him by the side of the road.

"My son was at home with the dogs, and both dogs were outside. He heard our other dog barking. He doesn't bark unless there is an intruder or an animal, so my son knew something was up," said Aisicovich.

"WHAT IF THAT WAS A CHILD? WOULD THE PERSON HAVE STOPPED? WE JUST WANT TO WARN PEOPLE TO SLOW DOWN."

vich.

"He ran over and looked out the window and saw Kona laying by the side of our driveway. He ran out, picked up Kona and ran back into the house."

The Aisicovich family lives about 10 minutes outside of Warren on Road 9 and Road 78.

Aisicovich's daughter was in the city and raced back to the house to aid her brother and the dog. The brother and sister drove Kona into the Stonewall Veterinary Clinic.

The vet did all kinds of assessments on Kona, a two-year-old Malamute-Husky mix, and Aisicovich said they found the dog to have internal

bleeding and a perforated lung. The Stonewall Veterinary Clinic vet sent Kona to Bridgewater Veterinary Hospital, where Kona was put in their ICU.

"They monitored him every hour. He's been improving. We're very lucky he didn't have any breaks," said Aisicovich, adding the main concern was his lung, as surgery wasn't an option. The vet said they can't operate on a lung and would have to wait to see if it would heal on its own.

"He's been there since Monday (Jan. 13), and we go there every day to bring him food and spend time with him," she said, adding Kona was likely to be released from the hospital on Jan. 18.

Having moved from the city to Woodlands to obtain peace, tranquility and the presence of animals and nature, Aisicovich said she and her family are all conscious of animals, whether it be wildlife, livestock or pets.

Horses get out regularly and dogs run off onto the streets periodically, but all of it is commonplace, she said. Now, after racking up thousands of dollars in vet bills, Aisicovich is appealing to motorists to be cautious when driving in hopes of preventing a similar situation in the future.

"It's important to know we're in the country. We're in the (animals') backyard. It's so important to be cognizant of their presence. ... The other thing is what if that was a child? Would the person have stopped? We just want to

warn people to slow down," said Aisicovich.

"Animals are unpredictable. He's our baby, and I don't know what we would have done if the result was different," she said.

However, despite a near tragedy, Manitoba Public Insurance's Public Relations department warned pet owners they are responsible for their pets.

In an instance where a pet has been hit on a roadway and the driver were to make a claim, a spokesperson for MPI said the organization would conduct an investigation by obtaining information from the driver and credible witnesses.

"Witnesses are a huge assistance to us in deciding as to whether liability

goes to the dog owner or the driver," a spokesperson said.

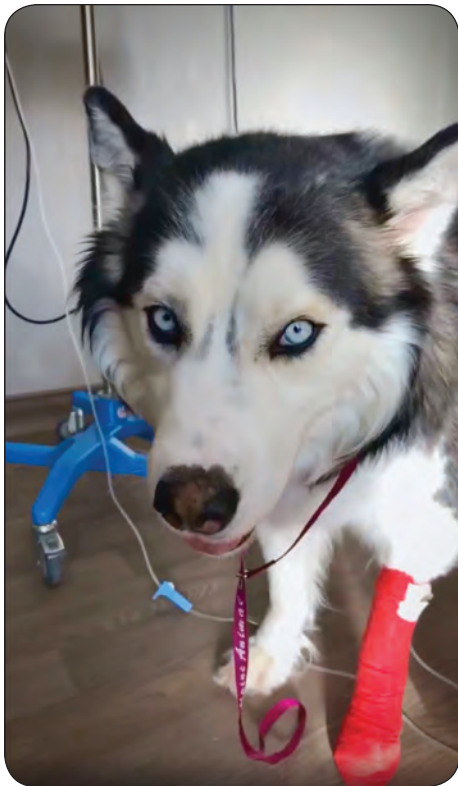
"We've ruled against dog owners, even livestock owners, in the past.

"We're unaware of any situations in which the driver has been responsible and had to pay vet bills. Options would be available to the pet owner through legal action and small claims court," the spokesperson said.

Aisicovich took the time to acknowledge her own fault in the situation, as she said what happened is unfortunate, and she's responsible for taking care of her pets.

"It was a mistake," said Aisicovich. "But it was also avoidable."

The family is installing a fence to prevent a similar situation in the future.



TRIBUNE PHOTO SUBMITTED
Kona, a two-year-old Malamute-Husky mix, is on the mend after being hit by a vehicle in Woodlands. His owner is appealing to motorists to be more cognizant of animals' presence.



New beginnings for 3 local Massage Therapists

luck in his new adventure.

Josh will be leaving his clients in good hands with either Robert or Julia.

Robert has been a member of the team at Stonewall Chiropractic Centre for over 2 years, and looks forward to continuing the excellent care initiated by Josh in the coming months. Rob has an excellent reputation as a therapist, and is an active member of the community in Stonewall, as he runs the local Karate club and he represents the Stonewall Chiropractic Centre at the Chamber of Commerce.

Julia Somerville RMT is also available to help with the transition. Julia is an excellent massage therapist and mother of two, and has been part of the team for over 5 years. She is able to accept both new patients and help take on clients that were seeing Josh.

Clients of Josh will enjoy a seamless transition, and can contact Stonewall Chiropractic Centre if they have any questions or would like to book an appointment. Both Rob and Julia look forward to meeting them.

Josh Schellenberg, RMT will be moving on while leaving his clients in good hands with Robert Price-Lewis, RMT and Julia Somerville, RMT after more than a decade. Josh has been with the Stonewall Chiropractic Centre for approximately 13 years, and has advanced his career and education throughout that time. He is planning to employ his skill as both an RMT and an osteopathic practitioner in his practice in the town of Ste. Anne. Everyone at Stonewall Chiropractic Centre would like to wish him the best of

Good luck Josh! Thank you for everything!



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Family of Warren man, who voluntarily chose to die under MAID, grateful for service

By Patricia Barrett

The wife of a Warren man, who voluntarily chose to die using Manitoba's Medical Assistance in Dying (MAID) service, said she's grateful the program exists for patients suffering from a terminal illness.

Kelvin (Kev) Baldwin, 86, died at home last November surrounded by his wife of 66 years and family members after suffering from chronic obstructive pulmonary disease (COPD), a progressive illness that causes obstructed airflow.

Kelvin's wife, Donna, said he was on oxygen for about a year prior to his death and was terrified he would wake up one morning and "gradually suffocate." After one particularly bad night, on which he experienced "God-awful" pain, he asked Donna to contact MAID to see if he was eligible for the service.

"Your lungs just gradually shut off," said Donna. "It would be like somebody putting a pillow over your head and suffocating you until you pass out, then taking it off and you come to and they put a pillow over your head and suffocate you again — that's what that ending would be like."

After Kelvin set a date for the MAID team to administer the end-of-life procedure in the family home, his children and in-laws gathered in Warren, some flying in from out-of-town days before the procedure took place, and were with him on the day of his death.

"The night before he died, he was in bed and all the four kids and the grandchildren were here with him. They had their cell phones and they're looking up jokes. Kev is telling more jokes than they can find," said Donna. "We had a wonderful evening. Tuesday morning, he woke up, he come out here [living room] — he always sat in the rocking chair — and MAID came at 10 o'clock."

The medical team re-confirmed with Kelvin that he wished to die and the procedure took place in the bedroom.

"I lay beside him on the bed and the doctor came in and put the apparatus in his arm. It's like when they do an operation, they stick the needle in your arm and say count to 10. I don't remember ever getting past two. You lose consciousness so fast," said Donna. "All the kids were in there except one of our daughters, who did not want to see her dad die."

Federal legislation allows — at the request of a person — a medical practitioner or a nurse practitioner to administer a substance that causes death, or the provision of a substance the patient can self-administer and cause their own death.

In Manitoba at present there are no medications



TRIBUNE PHOTO SUBMITTED

Kelvin Baldwin chose the MAID team to administer the end-of-life procedure.

available for self-administration and only physicians can administer MAID; nurse practitioners are not authorized to complete documentation regarding the registration of a death. Medical residents are prohibited from administering MAID.

The provincial service, made up of an inter-disciplinary team of health-care providers, has a number of criteria patients must meet before they're deemed eligible for MAID, according to the Manitoba Medical Assistance in Dying Overview for Health-Care Providers document on the Winnipeg Regional Health Authority's website.

Criteria include being eligible for publicly funded health-care services, being at least 18 years old, having the ability to make decisions about one's own health, having a "grievous and irremediable" medical condition (a serious and incurable illness, disease or disability, an advanced state of irreversible decline and enduring physical or psychological suffering), and making the request voluntarily without external pressure.

The patient must also provide informed consent after having been made aware of all care options to alleviate suffering, including palliative care. Two independent physicians (not the patient's physician) will conduct a review of a patient's eligibility.

There are a number of safeguards built into the end-of-life service. Patients must complete a minimum 10-day reflection period between the day they sign their request and the day MAID is provided. At the time of the procedure, the administering physician must confirm the patient is capable of making medical decisions and must also give the patient an

opportunity to withdraw his/her request.

Family or other caregivers have no legal authority to consent to or authorize MAID on a patient's behalf.

Sara Locke, senior communications and government relations specialist with Shared Health, an organization created by the government in 2018 to co-ordinate provincial health services, said MAID became available in Manitoba in February 2016 after the federal government legalized it across Canada, and requests for the service are increasing.

"Across Manitoba, MAID has experienced a steady increase in the number of requests since the service became legal in Canada," said Locke. "However, it is important to note that MAID services are only provided to those who meet the eligibility criteria, and those who are eligible may choose not to proceed with provision of the service."

Twenty-four patients were deemed eligible for MAID in 2016; 63 in 2017; 138 in 2018; and 157 in 2019 (as of November 30, 2019).

Eligible patients can access MAID in most health-care facilities, in their own home or at another mutually agreed upon location, said Locke. The patient decides whether he/she would like to have family members or other caregivers present.

The MAID team is highly trained and includes physicians, nurses, social workers and speech pathologists who are "dedicated to supporting a patient and their family through the eligibility review and medical assistance in dying process," said Locke.

Donna said she would like to see the service broadened to include people who had requested to voluntarily die but who became medically incapable — after the 10-day waiting period — of re-confirming their wish to the MAID team at the scheduled date of death.

Another thing she said she wished could have been different was the ability for her to die alongside her husband.

"When we first talked about going to MAID, I said to Kev, 'We'll get MAID, they'll come here and they'll put us both to sleep.' That was my dream. I wanted to go, too," said Donna.

"Well, there's no way they're going to let someone die if there's nothing wrong with them, which isn't fair. Here I am. They say people have to be of sane mind to say they want to die. Well, I was in sane mind and I wanted to die, but they need a doctor's certificate saying I have a terminal illness."

For more information about the MAID program, visit wrha.mb.ca/MAID.

Manitoba government announces new legacy farm award

Submitted by Manitoba

A new category has been added to the Manitoba Farm Family Recognition program, Agriculture and Resource Development Minister Blaine Pedersen announced Tuesday.

"Agriculture has changed greatly over the past 150 years and it's important that we recognize those families that have been involved in the industry for generations," said Pedersen. "With technology advancing at such a rapid rate, it's exciting to think of where we may be 150 years from now, but it's important that we don't forget our past."

As part of Manitoba's 150th birthday, the Legacy

Farm Award has been created to celebrate farm families that have 150 consecutive years as a Manitoba Farm Family. The Century (100 years) and Heritage (125 years) Family Farm Awards will still be available.

"Going back 150 years ago about 90 per cent of the population were farmers. These farms produced enough to feed their families, with limited surplus to trade or export," said Pedersen. "Now about four per cent of our population are actively farming and agriculture production is a key economic driver in our province."

Since the first Century Farm was recognized in

1981, there have been more than 1,810 farms that have received the award. There have been an additional 97 farms that have received the Heritage Farm award since the first was recognized in 2010.

To be eligible for the award, the land must have been held in continuous ownership by direct descendants of the original owner, with a minimum land area of at least 20.23 hectares (50 acres) over the life of the farm.

More information on the Manitoba Family Farm Recognition program can be found at: www.gov.mb.ca/agriculture/farm-management/transition-planning/heritage-and-century-farms.html.

Volunteers build home for Marquette widow

By Jennifer McFee

Truly, there's no place like home.

Marquette resident Eleanor Kendall knows all too well the turmoil caused when you lose your home. Last March, her house was destroyed in a fire that also took the lives of her two cats.

The widow, who will turn 72 next month, had to flee with nothing more than her housecoat, nightgown, one slipper and cell phone. Her home was destroyed and she lost everything in the fire, which was determined to be accidental. After her husband died in 2017, Kendall was unable to afford home insurance.

Following the fire, she had been staying with her daughter until Dec. 21, when she moved into her brand new home — built and donated by the Mennonite Disaster Service, an organization of the U.S. and Canadian Mennonite churches that specializes in repairing or rebuilding homes for marginalized and vulnerable people affected by natural disasters.

"It was a shock. Who builds a home for free and gives it to someone? I'd never heard of it," she said.

"It feels wonderful. I thought I would have to move to the city and now I don't have to. I love living out here."

Kendall said the new home was the best Christmas present ever.

"It's beautiful. Before, I had a two-storey house and partial basement. This home is all on one level. It's got in floor heating. I have a utility room. They even purchased me a washer and a dryer," she said.

"I'm so thankful for everybody that helped me with their donations of clothing and food and everything that we got."

John Longhurst, communications co-ordinator for Mennonite Disaster Service, explained that the Canadian Red Cross reached out to the organization after the fire.

"We have a good working relationship with them. They helped her with her immediate needs right after the fire, but in terms of her home, she didn't have any insurance to rebuild it," he said.

"So the Red Cross reached out to us and asked if we would help. Mennonite Disaster Service is an organization that does long-term recovery, rebuilding homes for people that have suffered some kind of natural disaster. Much of our work takes place in the U.S. where they have hurricanes and fires and tornadoes and things like that."

In addition, the organization undertakes some work in Canada, while also tackling some one-off projects like the one in Marquette.

"Between September and December, about 45 volunteers from southern and central Manitoba went to work at her house and rebuilt the house for her. She was very grateful. When someone loses their house, they lose their sense of place. You lose where you've lived for all those years," he said.

"It can be a very difficult experience, so helping someone get back home is a really important part of recovering from a disaster. That's something that we feel very good about. We could see it with Eleanor's joy and how good she felt to be back living in her own place."

On Dec. 21, 35 volunteers and others joined Kendall for a house dedication and a prayer of blessing.

"I'm happy — and I'm alive," she said. "That's the main thing."

In total, the volunteers contributed about 1,400 hours of free labour. Mennonite Disaster Service is raising funds to cover the \$75,000 cost of materials. Anyone who would like to contribute can call 204-261-1274, mail a cheque to 200-600 Shaftesbury Blvd.,



TRIBUNE PHOTOS SUBMITTED

Eleanor Kendall (centre) at the Dec. 21 home dedication with the key to her new house with (left to right) Ross Penner, director of Canadian operations for MDS, and volunteers Richard Redekop, Dennis Keating, Murray Barkman and Rudy Friesen.



Eleanor Kendall is all smiles as she sits with Dennis Keating, the MDS volunteer who helped organize the rebuilding of her home.

R3P 2J1, or visit mds.mennonite.net and clicking on the donate button.

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> ALZHEIMER'S AWARENESS, FROM PG. 10

ognized" and breaks down the isolation and stigmas associated with the disease.

Acknowledgement does not go unnoticed, said Oldham, as sufferers in the early or middle stages of the disease are still capable of understanding what's going on and conversing.

"When we talk about the weather – we all know what the weather is doing – what we're really doing is 'touching' each other with words: I'm acknowledging you. I know your name. We have history. I value you so much that I'll stand here and talk about the weather for quite a while," she said. "And that's really about connecting

the human spirit to the human spirit."

It's also important to avoid talking about the Alzheimer sufferer as though he/she is not there because "you never know what their brain is taking in," said Oldham.

"When you're talking over him Tim knows what you're saying. He won't necessarily react then, but when we gets home, I'll hear about it."

People with Alzheimer's commonly move through three stages. In the early stage, a person may become forgetful, experience difficulty learning new things, have a hard time concentrating and experience mood shifts and coordination and communication

problems. The middle stage is marked by more pronounced difficulties with the above symptoms and may include uninhibited behaviours such as aggression. The late stage is marked by severe impairment in memory, verbal expression and information processing.

Oldham said Tim has had the disease (since diagnosis) for about five years and thinks he's somewhere in the middle stage. It took about 14 months of testing – everything from blood tests and electrocardiograms to CT, PET and MRI scans – to eliminate other conditions.

Although Oldham says they have support from people who know Tim – he's "embraced" by the singers in his local men's choir and is part of a bowling team and an after-church coffee group – she can still become sad at times.

"On the negative side of things there are phases of time when I feel particularly overwhelmed, when it just comes on me because you're with this 24 hours a day and seven days a week," she said.

"And this is where supports are so vital. I could not be doing this without the support of the Alzheimer Society."

More than 20,000 Manitobans have Alzheimer's disease or another form of dementia, according to the Alzheimer Society of Manitoba. The disease also comes at an economic cost of about \$885 million. That's expected to rise to over \$4 billion by 2038. Caregivers spend over 9 million hours of informal unpaid care. The projected growth in cases is a "crisis" that will overwhelm families, the healthcare system and the economy.

Each January the society spearheads a campaign to raise awareness of the disease and the services it provides to Alzheimer's sufferers and their families.

"We provide information and support to individuals and families impacted by dementia," said the society's Interlake-Eastern regional coordinator Samantha Holland, "whether that's just a listening ear, or whether they have specific questions about dementia or care-giving strategies. They can brainstorm with me or other staff members."

Holland said there are over 100 different types of dementia and the progression is different for everybody.

The society offers an eight-week Minds in Motion program in Gimli and Selkirk to help Alzheimer's sufferers and their caregivers get physical exercise, social stimulation and brain-strengthening exercises. The program runs in the spring and fall

at New Horizons in Gimli and at the Gordon Howard Seniors Centre in Selkirk.

"It's two hours and they do some exercises and then break for coffee and refreshments for that socialization piece. Then they do cognitive activities. One day we might be doing brain games or crossword puzzles, giant Jenga or bocce ball," said Holland. "It's a really great program to get people out in their community and participating without fear of being judged."

Holland said lifestyle choices (diet and exercise) can slow down Alzheimer's. People who adhere to a Mediterranean diet with its emphasis on fruits, vegetables, beans, nuts, fatty fish and a reduction in the consumption of red meat, processed food, baked goods and junk food, can lower their odds of developing Alzheimer's by 36 per cent.

In its latest newsletter, the society published a Brain Health Food Guide with recommended foods.

"I think a lot of people have this misconception that it just comes down to genetics, but that's one small piece of the puzzle," said Holland. "There's research to support a healthy lifestyle along with keeping socially active. And people should keep trying new things, something as simple as brushing your teeth

with the opposite hand because that's stimulating new connections in your brain."

Oldham said she reached out to the society right away for advice and support.

"If you have a diagnosis, call the society right away," she said. "They are so caring and they will give you things you can do right now so when things get tougher, you know you've taken care of those things."

Oldham follows the food guide to the best of her ability, and she and Tim take part in the Minds in Motion program in Selkirk, she said. She also takes part in telehealth educational seminars offered by the society where caregivers can learn about different issues such as legal matters, transitioning to long-term care or whether or not to refuse medications.

Despite medications and lifestyle changes that can slow the progression of the disease, there's no getting around the fact that Alzheimer's will get steadily worse and is ultimately fatal.

"It's like a half-death now. They're still here, they're still alive, but they're not who they were. And that's hard," said Oldham. "But when the community is willing to embrace Tim, it makes a huge difference to me."

Stonewall 2020

65th Annual

April 14-29

ROCKWOOD

FESTIVAL OF THE ARTS

VOCAL

Stonewall New Life Church
Apr 25

SPEECH ARTS

Royal Canadian Legion -
Stonewall Branch April 29

ELEMENTARY CHORAL (K-6)

Heritage Arts Centre, Quarry Park
Stonewall April 20

DANCE

Teulon Collegiate
April 18 & 19

JR & SR HIGH CHORAL (7-12)

Stonewall United Church
April 21

PIANO

Stonewall United Church
April 14, 15 (day),
April 16 (day and evening),
April 17 (tentative)

BAND/INSTRUMENTAL

Stonewall Collegiate April 17

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Volunteer Reception on Saturday, Feb. 29

from 7-9 p.m. at Something Beautiful

Anyone who is interested and willing to volunteer at the 65th annual Rockwood Festival of the Arts is welcome.

There will be entertainment provided by past and present performers.

Refreshments will be provided.

If unable to attend and willing to volunteer please leave a message at 204-467-5815 or email slp_lisa@yahoo.ca



get inspired

> MEAL IDEAS



Cook time: 3 hours and 30 minutes
 Servings: 6
Mojo Marinade:
 3/4 cup extra-virgin olive oil
 1 cup cilantro, minced
 3/4 cup orange juice
 1/2 cup fresh squeezed lime juice
 3 tablespoons fresh garlic, minced
 1 tablespoon fresh oregano, minced
 2 teaspoons cumin, ground
 kosher salt, to taste
 coarse black pepper, to taste
Sandwich:
 3 1/2 pounds pork shoulder or boneless pork butt
 2 teaspoons Tabasco Chipotle Sauce
 3 tablespoons mayonnaise
 6 pieces Cuban bread or baguette (6 inches each), cut lengthwise
 8 ounces deli ham, thinly sliced
 1/2 pound swiss cheese, thinly sliced
 24 dill pickle chips
 4 tablespoons yellow mustard
 1 cup unsalted butter
 4 tablespoons reserved Mojo Marinade
 To make Mojo Marinade: In bowl, whisk olive oil, cilantro, orange juice, lime juice, garlic, oregano, cumin, salt

RED RIVER CO-OP FOOD STORE

Sammy's Cubano Sandwich

and pepper until incorporated. Adjust salt and pepper, to taste. Reserve 4 tablespoons marinade in separate bowl, cover and set aside in refrigerator. Place pork in large zip-top bag. Cover with Mojo Marinade and close bag. Place in roasting pan and refrigerate overnight. Heat oven to 450 F. Remove pork and marinade from bag and place in roasting pan. Cover with foil and cook in oven 45 minutes. After 45 minutes, reduce heat to 375 F, remove foil and cook 2 hours until internal temperature reaches 175 F and pork is fork tender at thickest part. Remove from oven and let rest 20 minutes before slicing. In small bowl, mix chipotle sauce and mayonnaise until fully incorporated. Spread mixture on bottom bread slice. On top bread slice, place two slices deli ham, 3-4 ounces roasted pork, two slices swiss cheese, 4-6 pickles and yellow mustard. Over medium-high heat, butter flat surface of griddle and add reserved Mojo Marinade while butter is melting. Place assembled sandwiches on griddle, pressing grill weight or heavy skillet on top of sandwiches. Cook until bottoms are golden brown and cheese is melted.

Maple Turkey Breast, Egg, Avocado Mash and Hummus Sandwich

Prep time: 8 minutes
 Total time: 10 minutes
 Servings: 1
 1/4 avocado
 1/2 lemon, juice only
 2 slices flaxseed bread, toasted
 1 tablespoon hummus, any flavor



1 fried egg, cooked over-medium
 3-4 slices Kretschmar Master's Cut Maple Turkey Breast
 fresh mozzarella cheese, thick sliced
 1/2 red bell pepper, sliced
 1 handful baby spinach
 In bowl, mash avocado and combine with lemon juice. Set aside. Spread one bread slice with hummus and second with avocado mash. Add fried egg, maple turkey breast, mozzarella, red bell pepper and spinach. Stack and cut in half.

Hot Honey Ham Rolls

Prep time: 3 minutes
 Total time: 15 minutes
 Servings: 12
Topping:
 1/4 cup honey
 2 tablespoons Dijon mustard
 1 tablespoon chopped fresh parsley
 8 tablespoons salted butter, melted
Rolls:
 12 premade rolls
 12 thick-cut slices Kretschmar Master's Cut Hot Honey Ham
 12 slices Kretschmar Swiss Cheese



To make topping: In small saucepan over medium heat, whisk honey, Dijon mustard, parsley and melted butter. Bring to simmer and remove from heat. To make rolls: Heat oven to broil. Split rolls in half and place on baking sheet cut-side up. Brush cut sides with honey butter. Place two halved hot honey ham pieces on bottom of each roll and top each with Swiss cheese slice. Broil until cheese is melted, 1-2 minutes. Carefully remove from oven and pour on remaining honey butter. Place tops on rolls and serve.



AsktheMoneyLady.ca

could force you to pay an extra .5% – so think like a car salesman, get a little savvy, buy at month end and push for your price.

If you are leasing, keep these tips in mind when you are negotiating with your dealer.

1. Same mark-up applies for leasing new versus buying so try to get the price down by 3-4% off the "Sticker" price even if you plan to lease. It will make a difference in your monthly payment.

2. If this is your second lease from the same dealer you have "Loyalty Power". You should be getting 1% off the current financing rate for being a repeat customer (this is standard in the leasing business. Make sure you get it!)

3. The fees to be paid on a returning lease should be paid by the dealer if you are leasing again. Don't get nicked-and-dimed here on the minor repairs to the car or the fact that your tire tread might be lower than their 3 mm minimum. Again – return it and haggle at the end of the month to get a better packaged deal – they will absorb these costs to get another lease on their books.

4. On a returning lease, one thing they may not budge on is the millage. If you are over your original agreed package, they could charge you approximately \$0.30 for every KM over. If this is your first lease, make sure you get enough allowable millage in your package so that you are not over when you return the vehicle.

Good Luck and Best Wishes,
Money Lady

Written by Christine Ibbotson, Author of "How to Retire Debt Free and Wealthy" Chris is a Canadian Financial Planner, Chartered Investment Manager, Insurance Broker, Commercial & Residential Mortgage Broker, Estate Planner and Taxation Expert, with over 25 years in Canadian Banking. Follow her on Facebook & Instagram.

If you have a money question, please email on my website at: www.askthemoneylady.ca

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stewart hoping to finish college career off strong

By Ty Dilello

Stonewall's Eryn Stewart is currently skating in her senior year of college hockey at Oswego State University, a Division III school in upstate New York. The 21-year-old Stewart is currently second on her team in points this season with 16 in 14 games.

Playing now on the other side of the continent, Stewart still remembers her hockey beginnings vividly in her hometown of Stonewall.

"I first started played Timbits hockey when I was six and I wanted to play because my older brother played hockey and I wanted to be just like him," recalled Stewart.

"When I was younger, I played boys' hockey, which was good for me because they were all my friends at school. It was nice to feel included by them and they treated me as one of them. I think playing boys' hockey helped me skills-wise, such as my skating style and also my physical style of play. I switched to girls' hockey when I was 12, which was different, but it was a higher calibre of hockey and we played teams all over

the province."

Stewart progressed enough to the point that by 2013-14 she joined the Central Plains Capitals of the Manitoba Female Midget Hockey League (MFMHL). The MFMHL is an under-18 ice hockey league that is designated as a AAA league — the highest level of minor hockey in Canada.

In her first year with the Capitals (2014), Stewart received the Academic Achievement Award and played with Team Interlake at the Manitoba Winter Games. Stewart would go on to play three seasons with the Capitals while she was in high school. And then after graduating, she jumped at an opportunity to play college hockey at Oswego State.

"Going from the Capitals to college hockey was difficult at first because I had to find my new role as a player, but it was also a nice fresh start since I was able to determine what I wanted my role to be. I worked really hard so I would be able to play each game as freshman, and each year I've gotten better as a player."

Last season Stewart recorded her team's only hat trick and had the



TRIBUNE PHOTO BY CASEY ANNA PHOTOGRAPHY

Stonewall's Eryn Stewart in action for the Oswego State University women's hockey team.

Wildcats win two at tournament



TRIBUNE PHOTO BY TAMARA BUHLER

Warren Collegiate's Emily Fehr jumps past an Immanuel Christian defender during her team's 55-20 victory at Wildcats' varsity girls' home tournament last Friday. The Wildcats also beat Westpark 61-24 before all of Saturday games were cancelled due to weather.

team's best plus/minus rating at the end of the campaign. She was also named the Oswego State Female Athlete of the Week and NEWHL Player of the Week for the week ending Oct. 28. For the 2016-17 and 2017-18 school years, too, she was named to the SUNYAC Commissioner's Academic Honour Roll.

"One of my most memorable memories from Oswego was my freshman year when we were the only team to beat the national champions Plattsburgh and I scored the tying goal in that game. Another would be two seasons ago when we made it to the league championship."

Stewart is looking to close out her college career on a high note with a league championship and then has her sights on additional post-secondary education back in Canada as she is looking to get into physiotherapy.

"My goals for senior year are to

continue our success on the ice and hopefully make it to the league final again and beat Plattsburgh this year. As a player, I hope to continue my on-ice success and work hard each game as this is my last few weeks of competitive hockey. After this semester I will graduate, and I hope to get into a physiotherapy program either in Ontario for next year or at the University of Manitoba the following year."

Oswego State is currently in second place in their NEWHL conference behind Plattsburgh with a 9-4-1 record. They have 11 games remaining in the regular season before the conference playdowns take place at the end of February. If Stewart and her Oswego State Lakers can then win the conference, they will advance to the NCAA Division III National Championships, which will go down in late March.

Fisher perseveres through injury to succeed with Bisons

By Ty Dilello

Mekaela Fisher has been through a lot these last few years battling numerous shoulder injuries. Thankfully she's healthy now and contributing to the University of Manitoba Bisons women's hockey team in her third season with the program.

The native of Warren grew up in the Interlake and started playing hockey in her hometown as a young kid.

"I started playing hockey at the age of five," recalled Fisher. "My older brother and sister played so I was at the rink all the time. I played in Warren for a couple of years before heading to Stonewall in 2006 to play female hockey. I was able to advance and play on the same team as my older sister. I played female hockey in Stonewall and Interlake up until my second year of midget, winning many provincial medals along the way."

Fisher joined the Central Plains Capitals of the MFMHL in 2014-15 and spent two seasons with the club where she scored nearly a point-per-game pace.

"In 2014 I made the "AAA" Central Plains Capitals out of Portage la Prairie. My first year with the Capitals we won our league and went onto the 2015 Esso Cup Nationals that were held in Red Deer, Alberta."

It was with the Capitals where Fisher injured her shoulder for the first time.

"In my second and final year with the Caps, opening weekend in Morden against the Pembina Valley Hawks, I dislocated my shoulder for the first time. The next morning I got a call from the U18 Team Manitoba coach saying I had made the team. For me this was such a bittersweet moment knowing that all my hard work I had put in had paid off but then it kind of clicked in that I was injured and nationals were only a month away. I was determined to come back to be able to compete with a team I had always wanted to play for. Three days before we were to leave for Huntsville, Ont., I got the clearance to play, where we won a silver medal."

Fisher then joined the University of Manitoba Bisons women's hockey program for the 2016-17 campaign. But unfortunately for Fisher, more shoulder problems were to come.

"In September (preseason) of my rookie year with the Bisons we were playing an exhibition series in Regina where I dislocated my shoulder for the second time. After this I decided to get surgery in February and red-shirt my first year as a Bison. With lots of rehab and physio, I was ready to tackle my second year. I played and I had a decent season until I separated my AC joint in my other shoulder in the semifinals. Unfortunately I was unable to compete in the league finals



TRBIUNE PHOTO BY LANA MEIER

Warren's Mekaela Fisher in action for the University of Manitoba Bisons women's hockey team. Fisher won a USPORTS National Championship with the Bisons in 2018.

where we won the Canada West title.

"However, once again, with lots of hard work I was able to compete at the USPORTS Nationals in London, Ont., where we won the CIS National Championship."

Fisher got to play and be a part of that 2018 National Championship Bisons squad, and that moment still ranks as the greatest highlight of her hockey career.

"Being a part of this team was such an unreal experience and is something I will never forget. The entire season leading up to the week where we won it all was absolutely amazing. The group of girls in the dressing room and all the staff we were surrounded by was amazing and they created such a unique experience for us. I will forever be grateful I was able to have this opportunity!"

Fisher plays an aggressive style as a forward and is extremely hard working on the ice, which probably isn't great for her recurring shoulder problems, but she perseveres through it all. Although she injured herself again just prior to this season, Fisher's currently back on the ice and playing at a high level with the Bisons.

"This year I was having a pretty good preseason and things were going well for me. We took a bus trip to Calgary and on Sept. 15, I dislocated the shoulder I had surgery on for the

third time. I was out for six weeks and was able to come back in mid-November.

"Being back on the ice feels really good and I am just happy to be back. I play every game to my fullest because at any point I can easily be sitting in the stands injured again so I like to know no matter what, I tried my best for my team."

Fisher relishes the opportunity to win another national championship with the Bisons but is also just enjoying the ride that comes with playing hockey at the university level.

"My goals for the rest of the season is to take every game as it comes, work hard and have fun with it because before I know it my five years will be over and I will be looking back on all the great memories I have. Throughout my hockey career, I have been very fortunate to have had great coaching and the ability to meet and form many great relationships."

In 14 games this season with the Bisons, Fisher has four goals with six penalty minutes. The Bisons currently rank last in the Canada West division with a 7-15 record and need to win the majority, if not all, of their remaining six regular-season games to get into the playoffs. If they do get through the Canada West playdowns, the national championships are being held in Charlottetown, P.E.I., in March.

Bronze medalist



TRIBUNE PHOTO BY BRETT MITCHELL

The Balmoral Judo Club's Nate Panchul, right, won a bronze medal in the U12 under-40 kg division at a tournament in Selkirk last Saturday. His brother, Greg, competed in the U10 division, which is a participation event.

Jets split pair of MMJHL Showcase games

By Brian Bowman

The Stonewall Jets almost pulled off an amazing comeback against the Raiders Jr. Hockey Club on Sunday afternoon.

Trailing 5-1 in the third, Stonewall scored three straight goals to pull to within one.

But the Raiders' Riley Hall ended the Jets' comeback bid with a power-play goal with 1:22 to go in the third period to lift his club to a 6-4 victory in Mani-

toba Major Junior Hockey League action at the Bell MTS Iceplex.

"We just didn't come out with the same jam as we did on Friday," said Jets' head coach Brock Couch. "We couldn't establish the forecheck and we waited around too long to start playing like we can. We almost dug ourselves out of the hole but it was too little too late and that has been the theme in some games for us. If we don't get up early we seem to falter a

Manitoba Open champs



TRIBUNE PHOTO SUBMITTED

Pictured, left to right, Reece Hamm, Troy Kemball, Josh Friesen, and Emerson Klimpke. Klimpke and his Stonewall rink captured the main event of the Manitoba Open bonspiel Monday night at the Deer Lodge Curling Club. Klimpke defeated St. Vital's Paul Scinocca 5-1 to capture the title. William Lyburn's Winnipeg rink, with Stonewall's Kennedy Bird at second, won the Free Press event while Gimli's Steen Sigurdson won a berth into the Viterra Championship as one of only three eligible teams competing in the bonspiel's three main events on Monday evening. In the minor events, Stonewall's Craig Nichol fell in the Atkins Curling Supplies event final to Gladstone's Jeff Stewart.



TRIBUNE PHOTO BY LANA MEIER

The Jets' James Maxwell scored a hat-trick against the Charleswood Hawks to lead his team to a 4-2 win.

little bit but we're trying to kick that (before the playoffs)."

The Raiders grabbed a 2-0 first-period lead on goals by Kyle Wiltshire and Milan Horanski. They increased that advantage to 4-0 after Carter Ives and James Barclay tallied in the second.

The Jets' Matthew Smith, on the power-play, and Ives traded goals before the Jets' Carson Ouellette, Marcus Dewey and Branden Storey sniped goals.

Dewey and Story's shorthanded markers came just 53 seconds apart late in the third.

On Friday evening, the Jets played well in doubling the Charleswood Hawks 4-2.

"That was really good and our power play did well," Couch said. "We had the puck 75 per cent of that game, I would say, and two major errors got them their goals. But, other than that,

we were very dominant."

James Maxwell continued his impressive play with three goals, one in each of the periods.

"(James) is always good," Couch said. "He's good every game."

Keewan Daniels-Webb assisted on all three of Maxwell's goals. He is now tied for second in MMJHL scoring along with the Twins' Jared Bucci, each with 44 points.

Charleswood's goal scorers were not listed on the league website by press time.

Adam Swan made 24 saves as the Jets outshot the Hawks 36-24.

Stonewall, now 17-13-1 and with 35 points to sit tied for fifth-place with the Raiders in the 10-team league, will visit the first-place Pembina Valley Twisters on Saturday. Puck drop is 8 p.m.



**Stonewall
Jets Player
Profile**

#31

Curtis Beck

Goaltender 5'9" • 170 lbs DOB 1998



*Come out to
support the Jets*

Upcoming Game

Saturday, Jan. 25
Stonewall Jets at
Pembina Valley Twisters
7:30 p.m. at
Morris Sports
Complex

Stonewall Collegiate Rams well represented at WHSHL all-star game



TRIBUNE PHOTOS BY LANA MEIER

Pictured left to right, the Stonewall Collegiate Rams' Brody Stovin, Lucas Singh, Rhett Woods and goaltender Jackson Kummén represented the school at last weekend's Winnipeg High School Hockey League all-star game.

Mercs, Beavers' SEMHL game postponed

Staff

It was supposed to be a battle between the South Eastern Manitoba Hockey League's top two teams on Saturday evening.

But the game between the second-place Warren Mercs and the first-place Carman Beavers was postponed due to dangerous highway conditions.

In fact, all SEMHL games that evening were postponed.

On Jan. 14, the Mercs whipped the Winkler Royals 10-1 in Warren.

The loss snapped Warren's three-

game losing streak.

Warren, which led 3-0 after the first period, increased that advantage to 6-0 by the 16:31 mark of the second.

Johnny Lazo had a great game with three goals and an assist while Braydon MacDonald and Travis Bobbee each scored twice and had an assist.

Mitch Hansen chipped in with a goal and three helpers. Braden Groot and Chad Deprez scored the Mercs' other goals.

Remi Laurencelle replied with a second-period goal for Winkler.

Hayden Dola made 26 saves for the victory.

Warren, now 9-3-1-1 and with 20

points, will host the fifth-place Portage Islanders this Saturday. Puck drop is 8 p.m.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Warren Mercs' forward Johnny Lazo scored a hat trick in his team's 10-1 victory over the Winkler Royals on Jan. 14 in Warren.

Driving to the basket



TRIBUNE PHOTO BY LANA MEIER

The Stonewall Collegiate Rams Ethan Chesworth drives hard to the basket against the Grant Park Pirates during league action last week. Grant Park won the game 74-58.

Come Out and Support The Warren Mercs

NEXT HOME GAME

Sat. Jan 25 8:00 pm in Warren

Portage Islanders vs Warren Mercs

NEXT AWAY GAMES

Thurs. Jan 30 - 8:00 pm in Altona

Warren Mercs vs Altona Maroons

Sat. Feb 1, 2020 - 2:30 PM in Notre Dame

Warren Mercs vs Notre Dame Hawks

U18 Lightning lose trio of games last week

Staff

The Interlake Lightning's playoff chances just got a whole lot dimmer last weekend.

Interlake lost all three of its games last week after a 4-1 Manitoba U18 AAA Hockey League loss to the Brandon Wheat Kings in Teulon on Sunday afternoon.

The Wheat Kings' Dalton Andrew scored in the first period and then Ty Earl tallied in the second.

Brandon's Rylan McEwen and Nolan Wallace made it 4-0 before Interlake's Griffin Haight struck on the power play with 1:28 remaining in the game.

The Wheat Kings were 1-for-10 with the man advantage while the Light-

ning finished 1-for-5.

On Saturday, Interlake was doubled 4-2 by the Central Plains Capitals in a key matchup in Portage la Prairie. Both teams are battling for the eighth and final playoff spot.

Matthew Vandel and Ayden Manningway (on the power play) scored for the Lightning.

Ryan Botterill, with a pair, Kian Calder and Brennan Cook (with the man advantage) replied for Central Plains.

Interlake was outshot 54-32, including a whopping 29-10 margin in the first period.

On Jan. 15, the Lightning were edged 3-2 by the Winnipeg Thrashers in

Stonewall.

Winnipeg's Charle Kosman scored the game winner at 18:41 of the third period.

Manningway tallied a first-period goal and then the Lightning's Ashton Fisher added a power-play marker early in the third.

Ryland Kuczek and Malcolm Andrushko tallied for the Thrashers in the middle frame.

Interlake, now four points behind Central Plains, will play the Winnipeg Bruins on Saturday (3:15 p.m.) at Southdale Arena and then will host the last-place Norman Northstars on Sunday (2 p.m.) in Teulon.

Cvar snipes pair of goals for St. Cloud last weekend



Olivia Cvar

Staff

Olivia Cvar scored a third-period goal to help her St. Cloud Huskies defeat the Minnesota State Mavericks 2-1 in Mankota on Saturday evening.

Cvar, who lives in Stonewall after growing up in Gimli, scored at 1:08 of the third period to tie the score at 1-1.

It was Cvar's fifth goal and eighth point in 25 games this season. She is currently tied for second on her team in goals scored.

Last Friday, Cvar sniped a second-period power-play goal in St. Cloud's 5-3 loss to Minnesota State.

The Huskies, now 5-17-3, will play at the University of Minnesota Duluth Bulldogs this Friday (6:07 p.m.) and Saturday (2:07 p.m.).

Lightning Bantam boys nipped by Sharks

Staff

The Interlake Lightning Bantam AAA boys' hockey team lost 2-1 to the Winnipeg Sharks on Sunday in Warren.

Trailing 2-0 in the third period, Hayden Wheddon scored the Lightning's lone goal.

Hayden Chaloner scored for Winnipeg in the first period and then Logan Chartrand tallied in the second.

On Jan. 12, Interlake soundly defeated the Norman Wolves 6-2 in Stonewall.

The Lightning, which held period leads of 3-1 and 6-1, saw Wheddon

and Adam Vigfusson each score twice and add an assist while Rylan Slatcher chipped in with a goal and two helpers.

Ty Woods added a goal and an assist for the Interlake

Hutton Foster tallied for Norman as Dylan LeClair made 25 saves for the win.

Meanwhile, Interlake had two players suit up for Team Air Force at the league's annual all-star game. Lightning players were Wheddon and Reid Byle.

In U17 Prep action, Interlake was supposed to host the Brandon Wheat

Kings on Saturday but no score was listed on the league website at press time.

The Lightning will play the Winnipeg Bruins on Thursday (7:30 p.m.) at the Notre Dame Arena and then will host the Winnipeg Thrashers on Saturday (4 p.m.) in Warren.

The Lightning had three players — Austin Lourenco, Evan Calder, and Stefan Schaible — on Team Army at their annual all-star game.

Interlake head coach Liam Wheddon served as an assistant coach.

Winnipeg to host 2020 YONEX Canadian National Badminton Championships

Submitted by Badminton Canada

The 2020 YONEX Canadian National Badminton Championships are coming to the Prairie Badminton Club in Winnipeg from Jan. 29 to Feb. 1.

For the first time in history, Badminton Canada will be hosting the National Championships for both able-bodied and para-badminton at the same time and in the same venue.

"Badminton Canada has made inclusivity a priority (by) combining these events into one championship," said Joe Morissette, executive director of Badminton Canada. "(It) was a crucial and necessary step for the orga-

nization. We welcome badminton enthusiasts of all abilities to come watch and experience the fastest racquet sport in the world."

On display at the 2020 YONEX Canadian National Badminton Championships will be Canada's best badminton athletes, including the youngest national champion in history, Brian Yang.

Yang is currently second on the Badminton World Federation World Junior Ranking, and fresh off an incredible season — winning a bronze medal at the Pan American Games last summer at the age of 17. Joining

Yang will be fellow YONEX National Team athletes, including women's doubles pair Rachel Honderich and Kristen Tsai; men's doubles pair Jason Ho-Shue and Nyl Yakura; and mixed doubles pair Joshua Hurlburt-Yu and Josephine Wu — all of whom are defending National Champions and 2019 Pan Am Games Champions.

"We have our best athletes attending the championships this year. It is sure to be a great competition with tons of great performances and energy," said Mike Butler, national team head coach. "With para-badminton debuting in the 2020 Paralympic Games this

summer in Tokyo, athletes and spectators will get a taste of the amazing things these para-athletes can do."

An athlete to watch in the para-badminton events is young Winnipeg local, Olivia Meier. Meier trains out of the Winnipeg Winter Club and has been a top performer for Canada since she began competing in para-badminton in 2016. This past summer, Meier claimed her first Parapan Am Games title in mixed doubles (SL3/SU5) alongside partner Pascal Lapointe and was also able to claim a silver medal with an outstanding performance in women's singles.

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COMMERCIAL PROPERTY FOR SALE

6000 sq. ft. commercial property for sale, Stonewall. Has kitchen, reception, offices, boardroom and receiving door. For photos and details email: carolgend1@gmail.com

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PART-TIME POSITION

The South Interlake Fifty-Five Plus, Inc., Stonewall, MB, has an opening for an **Administrative/Program Assistant**.

The Administrative/Program Assistant will assist with planning & coordinating various senior programs and activities.

Qualifications:

- Experience and ability to work with seniors and volunteers
- Computer knowledge including Word, Excel, Social Media, etc.
- Mathematical skills
- Ability to work as a team member & independently
- Ability to multi-task and prioritize
- Job duties has physical requirements
- Certification in First Aid & CPR an asset
- Current CRC required

Deadline for Applications: Thursday, February 6, 2020

Applications accepted by email only: si55plus@mts.net

Only those selected for an interview will be contacted.

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SUDOKU

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

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!

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

Sudoku Answer

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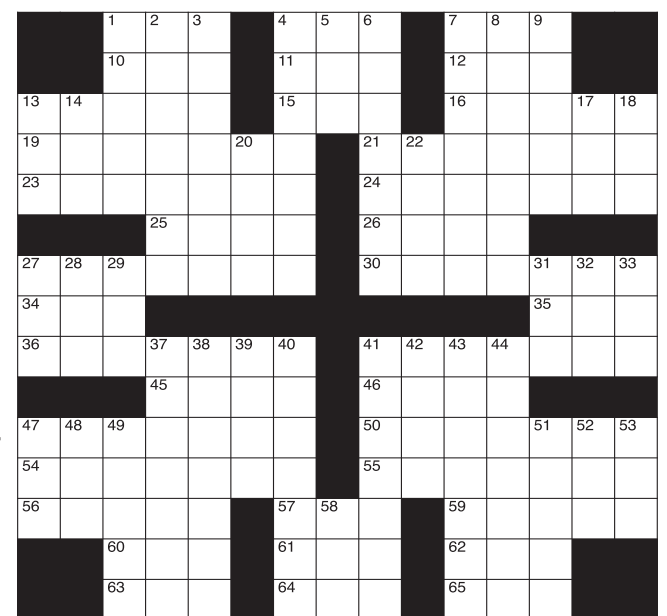
Crossword Answer



CROSSWORD

CLUES ACROSS

- Public broadcaster
- Hit lightly
- Keyboard key
- Grain
- Make a mistake
- To the ___ degree
- Endure without complaint
- Chinese-American actress Ling
- Edible stomach lining
- Sunrooms
- Feared
- Most eager
- Excessive chatting session
- MLB ace
- Major Central European river
- Muscular weaknesses
- Where seedlings germinate
- Former monetary unit of the EU
- Personal ads abbreviation
- Mythical animal
- Members of Orthodox Jewish sect
- German city
- Algerian coastal city
- Military men
- Salt of sulfuric acid
- Rhododendrons
- Mixture
- Recommended quantities
- 007's creator
- Men
- Kids need it
- Midway between east and east-northeast
- OJ trial judge
- Yes vote
- USDA branch that manages the FCIC
- Create with cloth



CLUES DOWN

- English seaport
- What's owed
- Sound systems
- Elections feature them
- Southern constellation
- London and Brooklyn are two
- One-time Ugandan capital
- Attacked with bombs
- Rebuke
- Expression of disappointment
- A way to work the soil
- The human foot
- Sun up in New York
- A small island
- Abnormal rattling sound
- Make lively
- A team's best pitcher
- It goes on the floor
- Not good
- Peyton's little brother
- Barrier that holds back water
- Move quickly
- Deteriorate with age
- Colorless crystalline compound
- Cheekier
- Expresses praise or joy
- Famed boxing promoter
- Cured sausages
- Fill with air or gas
- Angry
- Chemistry prefix
- Practitioner of Jamaican religion
- Softly bright or radiant
- Buffer solution used to separate nucleic acids
- First responder group
- Defensive nuclear weapon

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THE RURAL MUNICIPALITY OF ROCKWOOD PUBLIC NOTICE

The Rural Municipality of Rockwood hereby gives notice that the date of the following Committee of the Whole Meeting of Council of Council has been changed:

From: Wednesday, January 22, 2020 starting at 9:00 a.m.
To: **Wednesday, January 29, 2020 starting at 9:00 a.m.**

Council,
Rural Municipality of Rockwood

EMPLOYMENT OPPORTUNITY



INSTRUCTOR, BUSINESS (TERM)

Interlake, Peguis Fisher River, and Steinbach Campus

COMPETITION NUMBER: 2019-313 SALARY: \$30.75 - \$45.67 hourly

POSITION: 4 Part-Time, Term Positions Available

Anticipated January 6, 2020 up to June 30, 2020 Possibility of an Extension
Applicants are to clearly demonstrate how they satisfy the selection criteria in their written submissions and must identify the competition number they are applying for in the subject line of the email.

This competition may be used to establish a 12 month eligibility list of qualified candidates for future vacancies.

DUTIES

The instructor(s) will be required to teach a variety of courses for the Red River College, Interlake and Steinbach Regional Campuses for Business related programs delivered in Selkirk, Steinbach, Powerview Pine Falls, Fisher River and Ashern locations. Duties related to instructing include: curriculum development, preparing course outlines, maintaining student records, classroom management, student evaluation, assist in College activities including instructor meetings, student orientation, graduation and relevant committees.

REQUIRED QUALIFICATIONS

- Relevant Business degree. An equivalent combination of education and experience may be considered.
- Significant related business experience
- Ability to instruct in a variety of Business Administration and/ or Financial Accounting areas
- Experience in developing and delivering presentations in a group setting
- Exceptional verbal and written communication skills
- Ability to use conflict resolution techniques to facilitate positive outcomes
- Demonstrated Leadership skills
- Excellent interpersonal skills
- Demonstrated ability to work with current learning tools and technologies associated with course delivery
- Experience using Microsoft Office in a business environment, including demonstrated use of PowerPoint presentations
- Values Diversity, Equity, and Inclusion
- Commitment to lifelong learning

ASSETS

- Experience instructing at a post-secondary level • Certificate in Adult Education
- Experience working independently in rural and remote communities
- Experience with Cisco Webex and distance learning technologies
- Professional accounting designation for Accounting courses (CA, CGA, CMA, CPA)

CONDITIONS OF EMPLOYMENT

- Applicants must be legally entitled to work in Canada
- This position may be required to work evenings and/or weekends
- This position may be required to travel

APPLY BY EMAIL TO: humanresources@rrc.ca

CLOSING DATE: February 28, 2020

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THE RURAL MUNICIPALITY OF ROCKWOOD

REQUEST FOR PROPOSAL 2020 EARTH ROAD UPGRADE

The R.M. of Rockwood is hereby contacting qualified contractors to submit a proposal for the 2020 Earth Road Upgrade Contract. 2020 Earth Road Upgrade includes upgrading 2-5 miles of existing earth roads to gravel. Specifications and information may be obtained from our website www.rockwood.ca

The closing date for accepting a proposal is **February 6, 2020 at 1:00 PM Central Time.**

Proposals can be E-mailed to ian.tesarski@rockwood.ca or delivered in an envelope labeled "2020 Earth Road Upgrade RFP" to:

Ian Tesarski
Director of Operations

R.M. of Rockwood
Box 902, Stonewall, MB, ROC 2Z0

The R.M. reserves the right to reject any or all quotes. Lowest proposal will not necessarily be accepted.



THE RURAL MUNICIPALITY OF ROCKWOOD

REQUEST FOR PROPOSAL 2020 ROAD WORKS CONTRACT

The R.M. of Rockwood is hereby contacting qualified contractors to submit a proposal for the 2020 Road Works Contract. 2020 Road Works include asphalt reclaiming, widening and repaving existing pavement, and upgrading a gravel road to asphalt. Specifications and information may be obtained from our website at www.rockwood.ca

The closing date for accepting a proposal is **February 6, 2020 at 1:00 PM Central Time.**

Proposals can be E-mailed to ian.tesarski@rockwood.ca or delivered in an envelope labeled "2020 Road Works Quote" to:

Ian Tesarski
Director of Operations

R.M. of Rockwood
Box 902, Stonewall, MB, ROC 2Z0

The R.M. reserves the right to reject any or all quotes. Lowest proposal will not necessarily be accepted.

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NOTICE TO CREDITORS

IN THE MATTER OF:
The Estate of Margaret Ann Fisher-Lauk, late of the Town of Teulon, in Manitoba, deceased.
All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 4th day of March, 2020.
DATED at Stonewall, Manitoba this 20th day of January, 2020.
GRANTHAM LAW OFFICES
Solicitor for the Administrator

ANNOUNCEMENT

CARDS OF THANKS

I would like to thank Edna McRae and Andrea Janke for all their help. Thank you to all the people who donated food, clothing and donations; the Red Cross; and Mennonite Disaster Service for my new home. Thank you all very much.
-Eleanor Kendall Marquette

ANNOUNCEMENT

CARDS OF THANKS

We would like to thank everyone for their kindness and concern during mom's illness and recent passing. To all those who sent cards, flowers, goodies and words of comfort it is greatly appreciated. Thank you to the Stonewall Hospital, doctors and nurses for their care; Ken Loehmer Funeral Services, and the minister for the lovely service. Your thoughtfulness will always be appreciated.
-Thank you, Crystal, Tammy, Ray and family

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IN MEMORIAM



Laverne Roy
October 25, 1945 to January 26, 2019
in Loving Memory of our
mother, wife and grandmother

It broke our hearts to lose you,
But you did not go alone;
A part of us went with you,
The day God took you home.
If tears could build a stairway,
And heartaches make a lane;
We'd walk our way to heaven,
And bring you back again.
In life we loved you dearly,
In death we love you still;
In our hearts you hold a place,
No one could ever fill.

-Lovingly missed,
Maurice and family

*Remember your loved
ones with a message in*

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ANNOUNCEMENT

IN MEMORIAM



Caroline Hardie
February 5, 1939 – January 20, 2015
Those we love don't go away,
They walk beside us every day.
-Loved and remembered by
Laura, Kerry, Roy, Cherylene, Andrew
and families

ANNOUNCEMENT

IN MEMORIAM

Dew
In memory of our loved ones
Wayne, who passed away on
January 8, 1990
And

**Cecil, who passed away on
January 24, 2002**

Those whom we love don't go away,
They walk beside us every day;
Unseen, unheard, but very near,
In our memory they are always here.
-Ev Dew and family

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

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