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VOLUME 11 EDITION 5

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Opening ceremonies

TRIBUNE PHOTO BY JO-ANNE PROCTER
PeeWee Veterans' guest of honour Dwayne Swanson, Town of Stonewall Mayor Clive Hinds and Royal Canadian Legion #52 president Tim Williams had the honour of dropping the ceremonial puck Saturday afternoon to officially kick-off the 39th annual PeeWee Veterans' tournament. Pictured left to right: Stonewall Blues captains Foxx Domansky, Williams, Hinds, Swanson, Blake Farthing and Leland Ollson.

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Stonewall considers expanding town boundaries

By Jennifer McFee

Boundaries might be changing for the Town of Stonewall, which would also create an impact on Rockwood residents.

The town hosted an annexation information meeting on Jan. 29 at the Heritage Arts Centre to share details with people who would be affected by the change. Approximately 70 people attended the meeting.

If approved, the annexation would result in a change of governance and taxation authority, but the ownership of properties would remain the same.

The focus will be on residential development, since the expansion of boundaries will be crucial to the future of the town. Growth to the north is limited by the quarries and growth to the east is limited by the need for commercial and industrial property. For planning purposes, there needs to be enough land to accommodate development for several generations.

Stonewall CAO Wally Melnyk explained that the Town of Stonewall is looking to expand its boundaries by using some land that is currently located in the RM of Rockwood.

"The motivation for the application is because of our growth and the de-

sire to provide for proper planning for the community going forward," he said.

Rockwood Reeve Wes Taplin said Stonewall is hoping to expand a half-mile west starting at Road 78 and a half-mile east south of Highway 67, and then straight up to the landfill site boundary.

"Stonewall is within the boundaries of Rockwood. Our outside boundaries will still be 450 square miles, but Stonewall's boundaries would get a little bit larger," Taplin said.

"They are out of land right now. They are landlocked, so they have no more room for expansion."

In total, 44 Rockwood residents would be impacted if the annexation is approved, he added. They would fall within the town's new boundary, so they would become Stonewall residents rather than Rockwood residents.

"The meeting was a courtesy to the residents that are going to be directly involved. They don't know how it's going to affect them or if the taxes are going to be different. We wanted to let them know what's going on and to let them ask questions so that we can reassure them from the town's side and



TRIBUNE PHOTO SUPPLIED

The Town of Stonewall and the RM of Rockwood are discussing changes to municipal boundaries.

Rockwood's side," Taplin said.

"There will be compensation paid to Rockwood so we're going to stay equal when it comes to our tax assessment. Our big concern for those residents is that their taxes aren't going to shoot through the roof if they become part of Stonewall and if they have horses or livestock that they're going to be allowed to keep them unless ownership or the zoning changes."

Local improvement and special service levies can limit the impact of taxation. The town and RM have also discussed conditions that will limit the impact on Rockwood, such as a tax repayment arrangement on undeveloped property given up by the RM as well as a no-development zone west of the Winfield Road Transfer Station.

It's all about being neighbourly and maintaining a regional approach, Taplin noted.

"In the political world right now, there's a huge push to work together with your neighbouring municipalities and be regional," he said.

"If one prospers, everybody's supposed to prosper. We're all supposed to be working together for the same good of the whole community."

Looking ahead, the Town of Stonewall will make a proposal to the Municipal Board with a statement of intent and information about the properties that will be impacted. Meetings and consultations will be held, and studies will be underway related to supply and demand of residential and commercial properties, sewer and water service, transportation and more. These studies should be complete by late spring.

Additional information is posted on the Town of Stonewall website at www.stonewall.ca.

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The Board of Trustees of the Interlake School Division invites members of the community to attend a "come and go" Open House to view the PROPOSED 2020-2021 fiscal year budget. Trustees and senior administration will be available to answer questions.

We look forward to seeing you on:
Thursday, February 20th, 2020
Heritage Arts Centre
Stonewall Quarry Park
5:30-7:30 p.m.

Stonewall Blues host 39th PeeWee Veterans' Cup

By Jo-Anne Procter

A celebration of hockey and community took place in Stonewall last weekend as the Stonewall Blues PeeWee teams hosted the 39th annual PeeWee Veterans' Cup Hockey Tournament.

Fans were treated to a weekend full of exciting games as 24 teams competed in one of the longest running tournaments in the province.

In the 'A' Division finals the home team Blues were defeated by the Carman Cougars 6-3. The Lac du Bonnet Lightning defeated the Blues in the 'B' Division finals 4-1 and in 'C' Division finals the Minnedosa Bombers defeated the Macdonald PeeWee Bronze 4 team 6-1.

Opening ceremonies took place on Saturday afternoon at the Veterans Memorial Sports Complex. Piper Reid Kyrzyk led the Stonewall Royal Canadian Legion Branch 52 Colour Party to centre ice to join the 2020 guest of honour Dwayne Swanson and his family as well as award presenter Jeff Meier, Stonewall Mayor Clive Hinds, vocalist Taylor Manning and master of ceremonies Andrew Kirk.

Tim Williams, representing the Legion #52 branch, a proud sponsor of the tournament, and Mayor Hinds both congratulated tournament organizers and volunteers for hosting and wished players, coaches and officials a successful weekend.

Kirk introduced Dwayne Swanson as the 2020 tournament guest of honour. Jeff Meier, owner of Commercial Comfort and spon-

sor of the annual award, presented Swanson with a plaque to commemorate the countless hours he has dedicated to minor hockey in Stonewall while providing opportunities for kids to play.

Swanson has a long history as a player and a coach in Stonewall and coached in the Interlake AAA program.

"I love this game," he stated. "From the first time my dad took me skating at the old outdoor rink until I've watched my last game, this game will always be a part of me."

Swanson reminisced about his first minor hockey teams that played out of the old arena in Stonewall when he and his teammates started their hockey fever.

As Swanson began his coaching career, he remembered lessons he had learned from some of his coaches — including Dick Slatcher and Murray Couch, both past Vets' Cup tournament guests of honour — to incorporate into his own style of coaching.

"As a coach, it is one of the biggest challenges to find that point where your players want to show the maximum amount of passion and grit they can while still remembering not to remove the joy of playing the game."

Swanson treasured conversations he had with former coaches and former players.

"I hope my conversations with my old coach made him as happy as those conversations with my former players made me. We



TRIBUNE PHOTOS BY JO-ANNE PROCTER AND LANA MEIER

The Stonewall Blues were well represented with three PeeWee teams competing in three different divisions in the annual Vets' Cup tournament.

are all just granted a short time to make our mark on this great game," he said.

"We always need to be aware that this game is about the players, that this is their time in the spotlight and they need to be the focus while we are in charge of the programs."

Kirk thanked all sponsors and encouraged guests to support local businesses in and around town.

"An event of this magnitude would not be possible without the many volunteers," he said.

"On behalf of all the players, parents and community members, we wish to express our gratitude at this time for the energy you have committed to this event to ensure these kids would have an awesome hockey experience."



Vets' Cup Guest of Honour sponsor Jeff Meier of Commercial Comfort presented 2020 recipient Dwayne Swanson with a commemorative plaque.



Stonewall Blues PeeWee 'A' silver medallists, left to right, back row: , coaches Ray Farthing, Ian Palsson, Scott McMurtry; middle row: Noah Chartrand, Gavin Holod, Ryder Kirk, Luke Bullivant, Evan McMurtry; front row: Reis Meier, Blake Farthing, Mason Bernier, Brody Slatcher, Logan Meier and Liam Palsson.



Stonewall Blues PeeWee 'B' silver medallists, back row: coaches Wes Killbery, Don Morrison, Nathan Brunel and Kevin Hawryluk; middle row: Levi Meakin, Aiden Cameron, Kale Wait, Kaiden Morrison, Foxx Doman-sky, Jake Lamy and Carson Learmond; front row: Jamie Dandeneau, Nolan Brunel, Meryk Medeiros, Zavery Wahoski, Matthew Hawryluk and Easton Killbery.

Re-START program underway

By Evan Matthews

For people who have interacted with Manitoba's justice system, the Interlake has a new program designed to help support positive behaviours and accomplish goals.

Sarah Nantais, the Re-START program co-ordinator, said community mobilization program supports clients over the age of 18 who have had contact with the justice system.

"The objective is to assist clients to reduce their involvement with the justice system by supporting positive behaviours through creating and achieving meaningful goals," she said, adding she currently works with seven clients and has the ability to take on more.

"We are client focused and client led. We have an initial meeting to talk about the client's experience with justice, what their life has been like during the time period they've interacted with justice, and what goals they would like to set and how they'd like to move forward.

"The hope is to not have our clients come into contact with justice again," she said.

Manitoba Justice unveiled the pro-

gram in Stonewall in October 2019, Nantais said. She serves Stonewall and Teulon, as well as the RMs of Rockwood, Rosser and Woodlands. However, the program also has coordinators in Selkirk, Dauphin, Steinbach and Gimli, she said, dating back to May 2019.

Clients who most often access the program are, as a couple of examples, subjects of a (community) complaint, have had contact with justice due to the mental health act, or are people who frequently goes missing, according to Nantais.

Clients can be referred to the Re-START program by justice or can access the program on their own accord. The program is also 100 per cent free, Nantais said.

"We meet with clients bi-weekly, and once a month we ... meet with the client and whatever person or service they identify as being a part of their team (family, AFM counsellors, community mental health workers, Child and Family Services, etc.)," said Nantais.

"Whatever areas in a client's life they feel they want to improve ... it's my job to bring the resources and people

together so we can all be on the same page in order to move forward together for a client's success."

The program is 100 per cent voluntary, and while she is obligated to see the program through, the idea is that Nantais works with a client for a full year, since clients work to achieve their goals with the program's support.

"It can be as simple as needing a driver's licence to get a job," said Nantais.

"Or, it can be I'm in debt and don't understand budgeting and financing. We can work on that too. It can be more serious, like my kids are with CFS and I need to work at getting them back."

The program is fully funded by Manitoba Justice and follows the "START" model. The STAR program follows the START model as well, both operating out of the Stonewall RCMP detachment.

Re-START — which is not an acronym — is not to be confused with the STAR (Southwest Teens at Risk) Program, though there can be clients who overlap. STAR assists at-risk youth and their families by identify-



TRIBUNE PHOTO SUBMITTED

Sarah Nantais currently has seven clients accessing the Re-START program and said she has the ability to take on more.

ing harmful behaviours and barriers to success, according to its website.

So while the two programs do have similar goals, they operate independently, according to Nantais.

For more information, email Nantais at sarah.nantais@rcmp-grc.gc.ca or call 204-906-9670.

Quarry Choristers tickets go on sale February 8

By Jennifer McFee

The Quarry Choristers are gearing up for a performance that you won't want to miss.

This year's annual dinner theatre performance is called *The Home*, and it will hit the stage at the end of April and early May.

"It is set in a retirement home for superheroes. Without spilling too much of the beans, they're basically chal-

lenged on whether they can save their home or not," said Quarry Choristers chairperson Julie Leduchowski.

"They need to dust off their old super powers to save the home — and there are some pretty questionable super powers."

Each cast member has the chance to get creative with wardrobe choices, she added.

"We leave it up to each member and they usually come up with just great stuff," she said.

"Like always, there's a real mix of music from lots of years and lots of genres. There's something for everybody."

The family-friendly dinner shows

run at the Quarry Park Heritage Arts Centre from Thursday, April 30 to Sunday May 3 and from Thursday, May 7 to Saturday, May 9. Dinner shows start at 6:30 p.m. and tickets cost \$50 each. Abas Catering will provide a tasty buffet-style meal.

There will also be a dessert matinee at 1:30 p.m. on Saturday, May 9, with tickets available for \$25 each.

Doors open one hour before the shows start, and performances are about three hours long.

Tickets will be available for sale in person for one day only on Friday, Feb. 7 from 2 to 7 p.m. at the Co-op Food Store in Stonewall. Payment must be made by cash or cheque only.

Then starting on Saturday, Feb. 8, tickets will be available online at <https://choristers.yapsody.com/> with payment by credit card or PayPal.

After expenses are covered, the Quarry Choristers remain committed to donating funds back to the community.

In recent years, they've donated to music and arts programs at local schools, the Interlake Youth Choir, the Rockwood Festival of the Arts and various charities within the Interlake communities.

For more information, visit www.quarrychoristers.com or call 1-844-496-2153.

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Neighbouring municipalities offer friendly advice

By Evan Matthews

As the Town of Teulon's council members adjust into their respective new roles, other first-time politicians offered up some friendly advice to both council and taxpayers.

Mayor Clive Hinds (Stonewall) and Reeve Lori Schellekens (RM of Woodlands) were both elected to their respective councils in October 2018 with no prior experience. After the December byelection in Teulon, four of the five new council members find themselves in the same position, so the leaders of the neighbouring communities can empathize.

"The biggest thing is listening carefully to conversations, and with the help of staff (like the CAO), coming to conclusions (to benefit the community)," said Hinds.

"Not every member of council will always get what they want — or what

they think is best — but the final decision of council must be respected.

"It's never a one-person show, and the viability of the community should be at the forefront of all conversation," he said.

But sometimes it's the residents of a community who lack understanding, according to the politicians.

Members of council do not have an easy job, according to Schellekens, and she said the learning curve for new members is immense. From Robert's Rules of Order — the governing and decorum rules of most North American councils — to learning the Municipal Act, council members have a lot to learn, all the while residents expect things to get done around the community.

For the residents to remain patient while politicians learn their respective roles can be a critical component

to fostering positive community relationships.

"I think it's largely about being truthful with people. ... Once you're elected, everybody in the RM is a part of your family, so to speak," said Schellekens.

"But sometimes people have an axe to grind — political interests — and it's just about listening to your fellow council members and staff, and trying to make decisions in the best interest of the community. Nobody gets special treatment.

"The more people who understand that each member of council is doing their best, with a lot on their plate, the better off everyone is," she said.

Hinds and Schellekens emphasized support for the neighbouring community of Teulon, and Mayor Anna Pazdzierski said she has been contacted personally by both.

Knowing her council has support around the Interlake, according to Pazdzierski, takes away some of the pressure.

"Most councils have called to congratulate us and let us know they are there if we need them. ... 'Give us an email or give us a call,'" said Pazdzierski.

"Everyone has been so supportive. It's surprising how alone members of council can sometimes feel when situations arise. ... It's been really nice to have supportive councils in the region."

The Town of Teulon's council had its orientation on Sunday, Jan. 26, as the interim CAO went over each member of council's respective role, the Municipal Act, and things of the like.

Teulon's next meeting happens Tuesday, Feb. 11.

Manitoba government increases education funding

Submitted by Manitoba government

The Manitoba government will increase funding for public schools by more than \$6.6 million for the 2020-21 school year to a record total of \$1.33 billion, Education Minister Kelvin Goertzen announced on Jan. 30.

Manitoba has the third-highest spending per student in Canada at \$14,733, after Saskatchewan and New Brunswick.

"This investment in our public schools demonstrates our government's commitment to students' success," said Goertzen. "This funding is the most ever committed to public schools in Manitoba's history. Since 2016, funding to elementary and secondary education has grown by nearly \$33 million."

The funding comes in addition to the province's guarantee to build 20 new schools during the next decade. Two new schools in Winkler and Niverville have been completed and are in use by students. Three new elementary schools in Brandon and Winnipeg are under construction and will open later this year. An additional

two new schools in Waverley West are being designed and are scheduled to begin construction before the end of this year, the minister said. In addition, school expansions are happening across the province with openings this week in Neepawa and La Salle.

The cost of these 20 new schools is approximately \$500 million, Goertzen said.

The province will also continue to ensure all school divisions receive no less than 98 per cent of the operating funding they received a year earlier.

"Like all levels of government, school divisions need to make choices and carefully prioritize spending decisions," said Goertzen.

School division administration expenses topped \$65 million in 2018-19. To increase transparency, the Department of Education has released an out-of-province travel summary for school divisions. This disclosure of travel expenses is similar to what is in use for Manitoba members of the legislative assembly and cabinet ministers.

The minister noted that school di-

visions currently have an accumulated operating surplus in excess of \$98,000,000.

School divisions, as well, raise revenue through local education property taxes. The minister is again requesting that school divisions limit increases to education property taxes to a maximum of two per cent for the 2020-21 school year.

The government looks forward to receiving the final report of the Commission on Kindergarten to Grade 12 Education, which has an expected public release at the end of March. The commission is leading a comprehensive and independent review of Manitoba's entire public elementary and secondary education system.

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EACH NIGHT

Adam Driver
Daisy Ridley

Violence

PG



AT 8:00 pm
EACH NIGHT

Margot Robbie
Mary Winstead

Adult Accompaniment Under 14; Frequent Violence; Coarse Language

14A

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Culture change around mental health

By Evan Matthews

Last week, Canadians participated in the ninth annual Bell Let's Talk Day.

The day saw a record 154,387,425 messages via social media in support of mental health, which translated to almost \$8 million in funds raised by Bell in support of mental health.

Starting in 2011, the day focuses around shedding the stigma that surrounds mental health, according to Bell, as stigma can often prevent those struggling with mental illness from seeking the help they need.

What is amazing, though, is how much the culture on this topic has shifted since 2011, largely due to initiatives like Bell Let's Talk Day. The stigma, so to speak, is being actively shed.

People have become more aware that language matters: saying "A person with schizophrenia," versus using terms like "schizo." Instead of saying someone is "crazy," we now say someone has "mental illness" or is "experiencing languishing mental health."

This brings people together versus

isolating them.

Kindness goes a long way, and checking in on those around us makes a difference. Asking people, "How can I help?" or "I've noticed you've been down lately. Is everything OK?" These may seem like trivial questions, but for many, these questions make a difference.

The Interlake is fortunate to have so many supportive communities and caring people.

It's worth reiterating these people exist, and if a person is struggling, they should reach out for help.

This week, we've talked about programs like Re-START and STAR (Southwest Teens at Risk). These types of programs exist to help. There are good people who work in the roles associated with helping our Interlake residents define their version of success and achieve their goals.

There is no shame in accessing these types of programs — rather, the opposite. We should be proud these programs exist and proud of those who access them.

The programs exist for a reason. In our fast-paced society, mental illness and languishing mental health is at an all-time high.

But you are never alone.

The conversation has shifted, and most health authorities — including the Interlake Eastern Regional Health Authority — is well aware of the importance surrounding mental health.

Mental health includes our emotional and social well-being, according to the IERHA, and it affects how we think, feel and act. It also helps determine how we handle stress, build relationships, and make choices in our everyday lives.

Mental health is so important throughout every stage of our lives, from childhood through to adulthood, and the associated challenges affect us all and can create difficulties in thinking, mood, and behaviour.

But help is available, so don't hesitate to reach out for it.

If you or a loved one are in crisis, call the 24-hour crisis line toll free at 1-866-427-8628 or 204-482-5419.



> Got news?

Call Evan Matthews at 204-990-9871
evan@expressweeklynews.ca

Manitoba will have cleanest fuel standards in Canada

Submitted by Manitoba government

Manitoba will have the cleanest fuel standards in Canada by increasing the ethanol and biodiesel content of its transportation fuels as it implements its Made-in-Manitoba Climate and Green Plan, Premier Brian Pallister announced Tuesday, Jan. 21 during his dignitary address at the annual Manitoba Ag Days exhibition.

"We have the cleanest electricity in Canada already and soon we will have the cleanest fuels in Canada too," said Pallister. "Manitoba is leading the country once again."

These new clean fuel standards will reduce Manitoba's emissions by al-

most 400,000 tonnes cumulatively over the next five years. This is the equivalent of taking 100,000 vehicles off of the road.

"Agriculture always has been and always will be the key to Manitoba's economic success," said Pallister. "As an important economic driver, our agriculture industry cannot take its foot off the gas, so we will make that gas greener."

Manitoba will increase the ethanol content requirement of gasoline to 10 per cent from 8.5 per cent, and the biodiesel content of diesel to five per cent from two per cent, the premier noted. Consultations with industry,

stakeholders and all Manitobans will take place in the coming months and any necessary regulation changes will be made this spring, he added.

Following a meeting with Prime Minister Justin Trudeau yesterday, the premier is calling on the federal government for a fresh evaluation of the province's Made-in-Manitoba Climate and Green Plan to cap the carbon tax on Manitobans.

"Manitobans deserve respect for our green agenda, our historic and significant investments in clean, green renewable energy," said Pallister. "Our plan puts a price on carbon that is

Continued on page 7

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TRIBUNE PHOTOS BY LISA PAWLUK

The weather was ideal last weekend for outdoor activities, which of course included the popular Manitoba winter past time of ice fishing. Left photo, Carson Hamill and his dog Gunner patiently wait for the fish to bite at Arnes last Saturday. Meanwhile, Carson's sister Cassidy Hamill shows off the pickereel she caught.

> FUEL, FROM PG. 6

low and level, like the Prairies, and keeps more money in the pockets of Manitobans while getting the same amount of emissions reductions as the rising federal carbon tax. Our Made-in-Manitoba Climate and Green Plan is better for the economy, better for the environment and better for Manitoban families."

Tuesday's announcement builds on the government's climate change and green initiatives to make Manitoba the cleanest, greenest and most climate resilient province in Canada, through its Made-in-Manitoba Climate and Green Plan. This includes:

- investing billions of dollars invested in clean, renewable hydro-electric energy;
- eliminating, once and for all, the use of coal for electricity generation;
- providing over \$200 million for the GROW and Conservation Trust programs to sustain investments in cleaner air, water and soil management;
- creating watershed management strategies;
- establishing Efficiency Manitoba demand-side management;
- introducing fuel-efficiency measures for the trucking industry; and
- working with the private sector to eliminate the use of plastic bags.

Interim phosphorous reduction and nutrient removal implementation plan released

Submitted by Manitoba government

The Province of Manitoba and City of Winnipeg released the Interim Phosphorous Reduction and Nutrient Removal Implementation Plan last Friday. The Project Technical Committee has reached consensus on the scope of work for 2020, which also includes testing for interim phosphorous removal to determine how much additional phosphorous can be removed from the city's wastewater.

The report was a collaborative work between the Province of Manitoba and City of Winnipeg, along with advisory input from stakeholder groups Lake Winnipeg Foundation, International Institute of Sustainable Development, Lake Winnipeg Indigenous Collective and South Basin Mayors and Reeves, and is based on work undertaken by the City of Winnipeg as reported in the Dec. 31, 2019, progress report submitted to the province.

The report includes an overview of all three phases of the City of Winnipeg's plan for the North End Winnipeg Pollution Control Centre (NEW-PCC) project including cost estimates

and preliminary timeframe for completion of the NEWPCC upgrade. Both the Province of Manitoba and the City of Winnipeg are committed to expediting the schedule whenever possible and will continue to identify opportunities to implement nutrient removal as soon as possible. The City of Winnipeg's existing nutrient removal plan has been in progress since the NEWPCC Master Plan was approved in 2014. Phase 1 – Power Supply and Headworks Facility – will see the power supply upgrade completed in 2020 and a request for proposals on a design-build contract for the Headworks Facility will be issued in 2020. Phase 2 – Biosolids Facility – will see design work initiated in 2020 following City Council's approval of the 2020-23 sewer rates.

The Project Advisory Committee (PAC) will continue to receive monthly reports on the progress, allowing for accountability, urgency and transparency in finding timeline efficiencies and identifying barriers early. The province and city appreciate the expertise, advice and valuable contribu-

tions from the committee. An update on timelines is due July 31. The PAC will continue to look for opportunities to accelerate the plan without compromising the safety and function of Winnipeg's North End Sewage Treatment Plant.

"The province is pleased to move forward on this vital project to ensure the health and sustainability of Lake Winnipeg and our waterways," Conservation and Climate Minister Sarah Guillemard said. "We look forward to continuing to work collaboratively and efficiently with the Project Advisory Committee and the City of Winnipeg in expediting upgrades to the North End Sewage Treatment Plant for the benefit of all Manitobans."

"I'm pleased to see the work of the Project Advisory Committee has confirmed the existing City of Winnipeg interim plan to reduce phosphorous from the North End Sewage Treatment Plant," said Mayor Brian Bowman. "I look forward to continuing our work with the support of the Province of Manitoba to move as quickly as science will allow."

Earlier this month, the City of Winnipeg awarded the contract for interim phosphorous removal testing to AECOM following the conclusion of a competitive RFP process. Testing of interim phosphorous removal options will occur through the remainder of 2020, with a final report expected from AECOM by Dec. 31. A recommendation report on interim phosphorous removal is expected to be presented to Manitoba Conservation and Climate and to city council for review and approval as soon as possible with the intention of expediting timelines safely throughout the year.

The PAC and Project Steering Committee will continue to meeting regularly, with progress reports being submitted to Manitoba Conservation and Climate monthly. These reports will also be made available to the public.

The Interim Phosphorous Reduction and Nutrient Removal Implementation Plan can be found at www.gov.mb.ca/sd/eal/registries/1071.1/index.html.

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sanarn@mymts.net



The dream fight with a swordfish

Hello again, friends.

I hope you enjoyed last week's story of lifelong friends Tim Campbell and Gary Ostrowski who incessantly played tricks on each other. According to Tim, Gary may not have caught as many fish as he did, but there is a whole other side to this wonderful guy that now becomes my pleasure to share with you.

As I urged my truck down the steep access road to the Red River by Selkirk last Friday, I saw a group of students ice fishing. They milled about, some jigging lines in ice holes, others indulging in sporadic "horse play," while others snacked by a portable stove. Pulling up alongside the young anglers, a tall chap with a very distinctive hat that showed FISH NOW WORK LATER turned toward my open driver window.

"Tim, are you with this group?" I asked.

"No, I'm just fishing off to the side, watching my buddy Gary trying to control his school class," he said.

"When I wrote about you and Gary in my column last week, the fact that he's a teacher didn't come up!" I exclaimed.

I got out of my truck and walked through the crowd of students to a tall chap with a salt and pepper two-day old-beard who was showing some of the kids how to hook a minnow on properly.

"Hi Gary," I said, "I'm Arnie Weidl. I

have to confess, I feel I know you from the stories your friend Tim gave me."

"Don't you believe his assertions that I can't catch fish," he said laughing as he shook my hand.

"What's all this about?" I asked casting my hand at the crowd.

"I'm a teacher at Elmwood School and I try to teach my kids how to ice fish safely while impressing upon them not to leave garbage on the ice. I have a picture chart of all the kinds of fish found in Manitoba and when one of the students catches one, they identify it from the chart," he elaborated.

"I hope you're not displeased with my making a little fun of your fishing abilities in my column?" I asked.

"No, it's all in good fun," he laughed. "Besides I still maintain I catch as many fish over the space of a year as Tim does!"

Later, leaving, I shook Gary's hand. As I climbed into my truck, I was thrilled to hear the rousing farewell hoots and cheers from his students!

Over the years, I have known many Manitoba anglers who love to fish our waterways as well as enjoying some tropical fishing during their winter vacations. Out on the middle of Lake Winnipeg's south basin this last weekend, I met such a young couple. It was an overcast, warm Saturday afternoon as I rambled along over the endless ice pack until I came upon a large portable shack with a lanky, young chap in his T-shirt working a fish line in an

ice hole outside the tent. I stopped beside him and, leaving my truck, asked him if he had caught anything.

"No," was his singular response.

Just then, a young, thin, brown-haired lady came out of the tent. Seeing my writer's sign on the side of Old Red, said, "Why don't you come inside?"

Standing in the roomy shelter, with the hum of a gas heater, I noticed that warmth had melted the surface of the ice floor, making it as clear as glass. One could see the walls of the ice holes reaching down to the water below. Odd!

The young lady seemed more talkative as we got to know each other and said they were Chris and Jacquie Loeppky from Chartrand. Chris then became quite animated when Jacquie began telling of their last winter trip to Los Cabos, Mexico, and Chris's battle with a swordfish. They had gone on a guided fishing excursion and Chris was set up in a deep sea fishing chair as the guide baited his hook and tossed it overboard. His heavy line fell away from the back of the boat and seemingly instantly a large "sailfish" struck the bait. The sleek fish's blue back broke the choppy waves then dove deep.

Chris began describing how it swam from one side of the big boat they were in to the other while staying deep. Suddenly the line tightened and the blue-silver beast flew high out of



EXPRESS PHOTO SUBMITTED
Chris Leoppky with his catch of a Mahi Mahi off Los Cabos, Mexico.

the water, carrying Chris's line cutting the waves in a long hanging arc. This trip and this deep sea fishing opportunity had been a long time in the planning and Chris was determined to take his time and revel in his experience. When the fish swam closer to the boat, he reeled in when it stood on its tail and water walked away he let out line. The fight in the warm gusting wind and brilliant sun invigorated him and he worked the fish. After an hour of struggle, Chris had it long-side the boat, its white belly and iridescent blue-black head slapping the water. Then, inexplicably, it slipped the hook and was gone! Standing beside Chris in his tent, I could feel his intensity and his faraway look as he relived his fight with the swordfish!

Until next week. Bye for now.

Province offers free park entry for month of February

Manitobans encouraged to take advantage of winter experiences in provincial parks

Submitted by Manitoba government

The Manitoba government will again offer free park entry for the entire month of February so Manitobans and visitors can take advantage of the many winter activities available in provincial parks at no cost, Conservation and Climate Minister Sarah Guillemard announced last Friday.

"The beauty of our provincial parks does not disappear in winter, so why not take advantage of this great opportunity to enjoy the great outdoors,"

Guillemard said. "It's a great chance to get the family together and leave the hustle and bustle of our busy lives behind to soak up all that our provincial parks have to offer."

Vehicle permits are not required in any provincial park in February, but Snopasses are still required for snowmobiles using groomed trails in the parks, and entrance fees still apply in national parks. There are groomed trails in 13 provincial parks across the province for a variety of activities in-

cluding cross-country skiing, snowmobiling, fat biking, snowshoeing and hiking. Paint Lake, Spruce Woods and Turtle Mountain provincial parks also offer outdoor skating areas, hockey rinks and toboggan hills.

Trail grooming reports are updated online every Thursday throughout the winter. Manitobans are encouraged to check trail conditions and weather forecasts before visiting parks to properly plan their outdoor adventure. Maps of winter trails and updated reports can be found at www.manitobaparks.com.

Park interpreters are offering several guided experiences this winter. Interpretive programs are free and of-

fered year round in Birds Hill, Spruce Woods and Whiteshell provincial parks. Highlights for the month of February include:

- guided snowshoe treks in Birds Hill Provincial Park on Saturday, Feb. 1;
- a skijoring workshop in Spruce Woods Provincial Park on Saturday, Feb. 8;
- a wolf howl in Whiteshell Provincial Park on Saturday, Feb. 15;
- guided snowshoe treks in Whiteshell Provincial Park on Sunday, Feb. 2 and Sunday, Feb. 23;
- learn to ice fish session in

Continued on page 12

Gimli man gauging interest in starting a men's-only anxiety support group

By Patricia Barrett

A Gimli man who says he's been dealing with anxiety and depression for years is gauging interest in the Interlake region for a support group exclusively for men.

Warren Hill takes part in a program offered by the Anxiety Disorders Association of Manitoba (ADAM), which holds monthly group meetings in Selkirk, Stonewall and Gimli.

The group Hill attends in Gimli has about a dozen attendees and is made up of mostly women, he said. A men's-only support group may make men feel more comfortable about discussing mental health issues.

"I know a lot of guys aren't willing to share," said Hill. "And if you put them in a mixed crowd, they might even become more apprehensive to share."

Hill was diagnosed with post-traumatic stress disorder when he was a volunteer firefighter and had been dealing with a "collective amount of stress" over a six- to eight-month pe-

riod, he said. He would wake up every morning wondering what was going to happen to him and what the day would bring. And there weren't a lot of "healthy" supports out there for men struggling with anxiety.

Men typically "go out with their buddies, have some beers and moan about things, but that doesn't get them anywhere," said Hill, who worked as a butcher and also as a writer over the course of his career. It's no secret guys are "poorly adapted" when it comes to talking about their feelings.

"I struggled with it in the wrong way for years," he said. "And in the last few years, I finally came around, knowing that I'm not the only person to feel this way and wondering how can I better deal with it."

People struggling with mental illness can often suffer in silence, fearing ostracization or being negatively labelled. A support group brings them into contact with others dealing with similar crises and provides an oppor-

tunity to share coping strategies.

One of the ways Hill said he coped was to "stay as busy as possible," which worked for a while. "But as I get older, I just don't have the energy to do that," he said.

Hill said he's discussed the men's-only group with his ADAM outreach worker and thinks the Gimli Health Centre may be willing to provide its multi-purpose room for meetings.

He'd like to keep the meetings relatively unstructured, he said, as it's tough to get men to open up.

"I don't have all the answers. I just know there are a lot of people that need help, especially in today's world where it's getting tougher and tougher to not get wound up and anxious," he said.

As for the possible numbers of meetings each month, Hill said he'd have to first figure out what the demand is. Meetings could be held once a month or once a week depending on how many men want to join.

"Men should realize that they're not alone. They're not the only person experiencing this," said Hill. "It's a tough battle, but the more support they have, the better the odds of getting through it."

Those interested in forming a men's-only support group can call or text Warren Hill at 204-651-1157. He also posted a story on the RM-run Meanwhile in Gimli Facebook page, inviting men to get in touch with him about the support group.

For more information about the Anxiety Disorders Association of Manitoba, visit www.adam.mb.ca. The Interlake ADAM contact person is Sherry MacVicar, who can be reached at 204-389-5030.

The Interlake-Eastern Regional Health Authority provides a 24-hour crisis line for people experiencing mental health issues. Call the crisis line at (toll-free) 1-866-427-8628 or 204-482-5419.

Amalgamation of five Manitoba commodity organizations to bring significant benefits to farmers

By the Manitoba government

Will a new organization soon represent all wheat, barley, corn, flax and sunflower producers in Manitoba?

The answer is in the hands of growers who will vote on the amalgamation proposal during the upcoming annual general and special meetings of the organizations who currently represent these individual crops.

Manitoba Crop Alliance, the name chosen for the not-for-profit group, will bring together Manitoba Wheat and Barley Growers Association, National Sunflower Association of Canada, Manitoba Corn Growers Association, Winter Cereals Manitoba Inc. and Manitoba Flax Growers Association.

"Some growers may not know that the five organizations proposing amalgamation currently share an office in Carman. They are already working together, the staff is just shared in different ways," explains Robert Misko, director for Manitoba Wheat and Barley Growers Association. "Amalgamating would really simplify things and clean up administrative overlap. We don't see any less staff working, we just see them more focused with clearly defined roles."

Misko, who farms 8,000 acres near Roblin, was part of the farmer-led steering committee that developed the proposal based on farmer member input during consultations in 2018 and 2019. He says the proposed amalgamation has many advantages for the more than 8,000 farmer members

who represent over 40 percent of crop acres in the province.

"There's a benefit of working for the greater good on a co-operative basis. We can accomplish more, faster, if we all pull together. There's synergy benefits. There's financial benefits. There's agronomic benefits," he says.

Grassroots governance

Governance of the new organization will feature crop committees that will allow for continued focus on research and market development funding of crop-specific issues. The committees also provide an opportunity for a new generation of farmers to get involved at the grassroots level.

"The crop committees are going to be really amazing opportunities for younger farmers. It will be less intimidating for them to participate at a higher level. Once they get their feet wet and learn how boards operate, they may want to put their name forward to sit on the board of directors for the organization," says Myron Krahn, a member of the steering committee and past president of Manitoba Corn Growers Association.

Krahn who grows wheat, oats, canola, soybeans, corn and winter cereals near Carman underscores that the Manitoba Crop Alliance will be farmer-director driven.

Efficient and effective

Danny Penner, a corn, soybean, edible bean, canola and wheat grower from Letellier, supports amalgama-

tion.

"I feel the representation of farmers right now in these five organizations is far too fragmented. Many of the things that these organizations work on cross over boundaries into other organizations," he says. "If the dollars spent out of farmers' pockets are not properly managed, the only people who stand to lose, monetarily wise, are growers."

The amalgamated organization will be streamlined with just one bank account, one audit, one AGM and one payroll. Lean and efficient operational management will reduce administrative overlap and pool resources to help ensure maximum investment of producer dollars in research, agronomy and market development.

"Amalgamation will provide a more efficient system, especially for some of the smaller organizations who currently have to put a lot of their check-off dollars towards administration and may not have many research dollars to spend. With a single administration, more checkoff dollars will be allocated towards funding research," says Misko.

He clarifies that "amalgamation is not going to reduce the check-off amount; it's going to make the checkoff more efficient. It will allow for more research to be done on the smaller crops without costing any more money."

Maximize research dollars
Penner feels collaboration is critical,


stating, "the only way these organizations are going to survive in the future is if they build strength from each other and organize their management and finances. They need to focus on what the dollars given to them were specifically supposed to do, such as crop research for grower benefit."

Investment into research and market development will be a priority and significant focus of Manitoba Crop Alliance.

"Large-scale research projects in conjunction with other commodities and other crop types are going to be one area that's really beneficial," says Krahn, although he does admit to being hesitant about the amalgamation proposal at first from a corn producer's perspective.

Continued on page 11

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Armstrong council to decide on selling land to new Hutterite colony

By Patricia Barrett

The RM of Armstrong council has yet to decide whether it will sell municipally owned land to a Hutterite colony and allow it to establish a new colony on its border with the RM of Gimli.

Council discussed the matter at its regular meeting Jan. 14 after receiving requests from the Crystal Spring Hutterite Colony.

Edward Kleinsasser of Crystal Spring asked to purchase two sections of RM-owned land at NE 29-18-3E and NW 29-18-3E, which run along Road 107N (Willow Creek Road). In addition, the colony requested permission to establish a farming operation and to build a colony on Section 28-18-3E, which it already owns.

The colony-owned land is zoned agricultural, but where applicable the colony would have to "obtain any required development and building permits for the structures," states the meeting minutes. And for water and sewer, the colony "will have to consult with the environmental officer."

Crystal Spring Hutterite Colony was established in 1954 in St. Agathe, Man., which is about 40 kilometres west of Steinbach. Its daughter colonies are Concord (Stony Mountain) and Suncrest (Klee field). In the 1980s Crystal Spring established a hog equipment business under the leadership of Jonathan Kleinsasser and others, according to its website.

Wards 4 and 5 Armstrong councillors said they have received "lots of calls" from residents regarding the proposed new colony, according to the minutes.

The RM's chief administrative officer Corlie Larsen said by email that council hadn't yet approved the sale of the two RM-owned sections, which will have to be publicly advertised.

"If they [council] plan to tender, there will be a resolution to do and it would have to go through the tendering process as NE & NW of 29-18-3E is

RM-owned property that the colony is requesting to purchase," said Larsen.

The colony, if it's the successful buyer, would not have to seek council's approval to establish an agricultural operation on those two sections as they're already zoned agricultural, said Larsen. And there would also be no requirement to hold a public hearing.

Larsen said as far as she knows, the colony is not planning to raise swine on the section it already owns.

"Section 28 next to Section 29 is property the colony already owns and where they plan to build. They are not planning on having any hogs or pigs there," said Larsen. "They are still working on their plans so [we] will know more [in future]. It will be a long process."

Section 28 abuts the west side of the border (Road 15E) dividing Armstrong from the RM of Gimli, and is about four miles west of Highway 8. The two RM-owned sections are about five miles west of the highway.

The RM acquired the two sections in 2016, according to meeting minutes from that year. The sections had been administered by [provincial] Crown Lands but became "vacant." The municipality assumed from the province's Crown Lands Property Agency (now Real Estate Services Division) the administration of the sections.

In 2018 an individual inquired about purchasing the two sections, according to meeting minutes. In addition to Kleinsasser's request last month to purchase the sections, another individual expressed interest and appeared as a delegation, according to the Jan. 14 minutes.

Armstrong Reeve Susan Smerchanski said by email that the letter council received from the colony "came as a complete surprise" as it had not scheduled a delegation to present to council and discuss its future plans.

"Council has not received a lot of information regarding their intentions and plans for a colony or their farming, manufacturing operational plans and practices or many details," said Smerchanski. "We look forward to meeting their representatives, who



TRIBUNE MANITOBA AGRICULTURE AGRIMAPS

The Crystal Spring Hutterite Colony wants to purchase the NE and NW sections of 29-18-3E in the RM of Armstrong, close to the RM of Gimli border.

will be attending our Feb. 11 regular council meeting as a delegation."

Council meetings are open to the public, said the reeve, and the colony delegation will be an opportunity to clarify information and allow the public to get a better understanding of and "learn more about the plans and proposals and discuss timelines and any relevant issues or concerns."

Smerchanski said it is her understanding that Crystal Spring has purchased farmland in the RM of Gimli, and as "adjoining municipalities and good neighbours" they may meet in the near future to discuss concerns and plans for moving forward.

Willow Creek, or tributaries of the creek, runs along and through the sections in question, carrying snowmelt and rainwater from fields and ditches east to Lake Winnipeg. The creek empties into the coastal wetland at Siglavik. Based on the province's Agrimap software, a topographical image of the two sections up for sale (sections 29) shows a wide diagonal swathe of marshy land running through them and what may be a pond or small lake, plus other natural potholes.

As for potential environmental impacts, such as increases in phosphorus and nitrogen running into the lake from agricultural operations, Smerchanski said the RM adheres to the bylaws and policies of the Fisher-Armstrong Planning District,

works collaboratively with ratepayers, neighbouring RMs and other levels of government.

"It's important to share information, ideas and best practices, discuss and work through issues and concerns to resolve problems, and to move forward in an amicable way to ensure compliance and a positive outcome," said Smerchanski. "As with any development plan, there is a lengthy and extensive process, including public input and federal, provincial and municipal legislation which includes regulations and compliance requirements."

RM of Gimli Mayor Lynn Greenberg said by email he had spoken with Reeve Smerchanski regarding the proposed new colony and is waiting for more information about the colony's plans.

Greenberg said the watershed, Lake Winnipeg's commercial fishery and tourists are important to his municipality.

"The RM of Gimli would want any large livestock operation to be required to follow strict provincial regulations to protect the Willow Creek watershed and Lake Winnipeg because of commercial fishing and tourism," he said.

For more information about what time the colony delegation is scheduled to present on Feb. 11, call the RM of Armstrong municipal office in Inwood at 204-278-3377.

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Rosser to review rural zoning bylaw

By Jennifer McFee

The RM of Rosser has launched a comprehensive review of its rural zoning bylaw for lands outside of the CentrePort area.

The RM identified the rural zoning review as a priority for 2019-2020, and it has engaged planning and engineering firm WSP to undertake the review.

“Reviewing the zoning bylaw is an exercise we do every few years to ensure we are reflecting our community’s vision for growth and development in our municipality,” said Reeve Frances Smee.

“We will build upon the existing bylaw and public input is a vital part of this process. Our goal is to have a new, enhanced zoning bylaw that is based on the vision of both council and Rosser residents.”

Residents will have the chance to

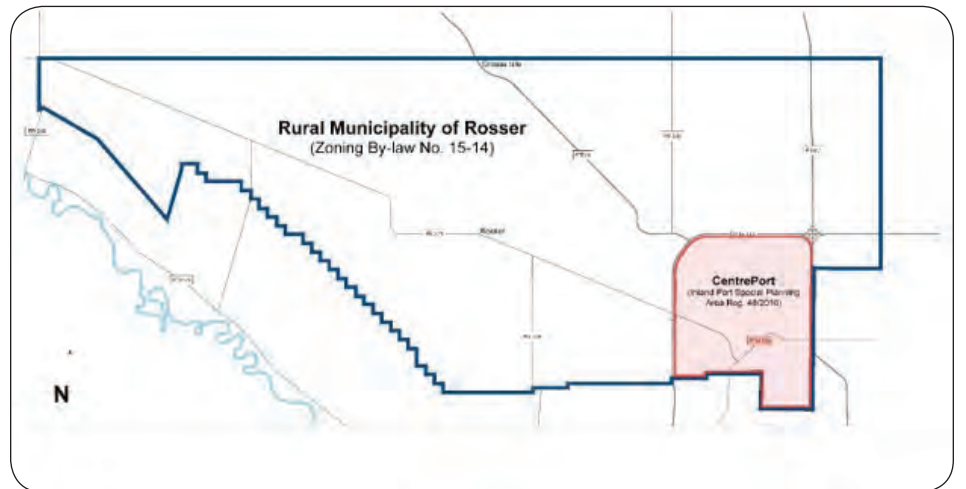
weigh in on how development should be regulated throughout Rosser at two upcoming zoning information sessions.

The first session is on Thursday, Feb. 13 from 6:30 to 8:30 p.m. at Grosse Isle Memorial Hall at 117 Road 72N E. The second session is on Thursday, Feb. 20 from 6:30 to 8:30 p.m. at Rosser Elementary School on PR 221.

Both sessions will have a come-and-go format with the same information available. Due to the size of the venue, the organizers encourage residents to attend the first information session in Grosse Isle. The second session is geared for anyone who isn’t able to attend the first session.

“We’d like to have as many people as possible,” said WSP planner Lauren Lange. “The more, the better.”

The zoning bylaw review will be done in four phases, and the public



TRIBUNE PHOTO SUBMITTED

Members of the public are invited to attend zoning information sessions on Feb. 13 or Feb. 20.

will have the chance to engage during key points of the project.

For more information, contact Lange at 204-943-3178 or lauren.lange@wsp.

com.

Updates about the project will also be posted on the RM of Rosser website at www.rmofrosser.com.

> AMALGAMATION, FROM PG. 9

“Dollars spent in the corn industry are huge in Manitoba, but acreage is small. Initially, I was quite hesitant thinking that we’d lose our identity or attention on the current crop. But when I started having consultations and conversations with other groups, I soon realized we could benefit from being a larger organization representing multiple crops.”

Misko agrees. “Smaller crops will not disappear. It’s built into the structure of the potential new organization that every crop will have their own committee, ensuring that research, projects and the needs for each crop are addressed and considered,” he says.

Whole-farm approach

“We need to look at research on a whole-farm level,” says Misko. “In

general, farmers grow more than one crop. We can’t only look at agronomic benefits of any individual crop and what’s going to benefit it alone. Some research really hinges on rotational issues; disease, insects or just agronomics. What benefits one crop, will usually benefit all. It’s a lot simpler to be doing research as a group than trying to negotiate with five different groups.”

Krahn is optimistic about the outcome.

“I’m really hopeful the amalgamation will go through due to the countless benefits it offers Manitoba farmers. My feeling is that we will soon be one organization and it’s going to be a very positive thing. I hope all producers come out to their respective AGMs and have their voices be heard.”

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Rockwood council news in brief

By Jennifer McFee

South Interlake 55 Plus representatives shared a year-end review with Rockwood council during the Jan. 29 meeting.

The volunteer-based charitable organization encourages older adults to improve their quality of life through educational, recreational, health and social opportunities.

There are currently 448 paid members as of January 2020. Of those members, 18 per cent live in the RM of Rockwood. Members also reside

in Stonewall (70%), Woodlands (6%), Rosser (2%) and other areas (4%).

Membership is on the rise, since there were 341 members in 2013, 376 in 2014 and 382 in 2018.

Program participation is also on the rise, and satellite programs continue to develop in the area.

In 2019, 107 volunteers contributed a total of 5,200 hours, which is an average of 48.6 hours per person throughout the year.

Cheryl Cathers and Eadie McIntyre shared their hopes for the upcoming year. They requested that council provide \$6,000 in funding for the 2020-21 fiscal year to help with operating costs and staff funding. They also asked that funding for South Interlake 55 Plus be established as an ongoing annual support and that the organization continue to be listed in the liability coverage of the Municipal Group Insurance Program.

In other council news:

- The South Interlake Planning District will host a public hearing on Thursday, Feb. 6 at 6 p.m. in the council chambers regarding the RM of Rockwood zoning bylaw to regulate and control land use and development of land and buildings within the RM of Rockwood.

- Council hosted a public hearing regarding a conditional use application from Ryan Hagemeister to operate a home industry at a property on Road 75N. He owns and operates two businesses in Winnipeg as Hagemeister Hauling Ltd and WinBins.



TRIBUNE PHOTO BY JENNIFER MCFEE

Cheryl Cathers and Eadie McIntyre of South Interlake 55 Plus provided a presentation to Rockwood council.

Since he started in 2011, his business has grown from one truck to five trucks with six employees. He intends to remain a small business.

- The Public Utilities Board approved an increase in the Stittco propane rate to \$0.8765/m3 from \$0.8385/m3 for propane consumed from Feb. 1 onwards. The new propane rate is part of an average increase to residential bills of 1.5 per cent. Propane rates will be reviewed again on May 1.

- The Public Utilities Board also approved a Centra Gas Manitoba application to decrease the current primary gas rate from \$0.0863/m3 to \$0.0910/m3 effective Feb. 1. The new rate is projected to decrease the bill for a typical residential customer by about 1.8 per cent or \$10/year. Primary gas rates will be reviewed again May 1.

- Council discussed a reduced speed limit bylaw, which would set a speed limit of 50 kilometres per hour

from the intersection of PR 236 and Road 85 North to Road 85.5 North, as well as for all of Grayson Place.

- Council also discussed a bylaw that would set out the conditions and benefits of employment for all employees of the RM.

- Council passed first reading of a bylaw to establish water and sewer rates with the townsite of Balmoral.

- The RMs of Rockwood and Rosser jointly applied the Public Utilities Board to approve revised water and wastewater rates for Grosse Isle. Information is posted on the RM of Rockwood website at www.rockwood.ca, and questions and comments can be sent to the Public Utilities Board by Feb. 28.

T Is the story Timely?



Check the date the story was published.

LEARN MORE AT www.SPOTfakenews.ca

Help for Financial Goals

Here is some important information to help you with your financial goals:

Registered Retirement Savings Plans. (RRSP)

RRSP's are popular savings opportunities for Canadians and mostly because of their tax advantage. Contributions are tax deductible and the savings grow tax free. This year **March 2, 2020** this is the deadline for making any contributing to your **RRSP** for the 2019 tax year.

Qualifying Recognised Overseas Pension Scheme. (QROPS)

My role within iA has granted me the unique opportunity to assist in the management of (QROPS). A QROPS assists in the movement of funds held overseas in British Pensions to Canada. While there are unique requirements associated with QROPS, this presents a massive service opportunity as the UK has trillions of unfunded pension liabilities.

Tax Free Saving Accounts. (TFSA)

A TFSA is another registered account designed to help Canadians efficiently invest in their future. 2020's contribution limit is \$6,000 and this brings the lifetime contribution limit up to \$69,500 for anyone over the age of majority when the accounts started in 2009. TFSA's are very useful for building wealth, the rules for these accounts are different than those for RRSPs. For each of the above accounts I am able to provide investment advice and offer a full range of investment products available. We can chat about Stocks, ETF, Mutual Funds, Bonds and GIC's. I would love to sit down over a coffee and go over any questions you may have.

Laura Woodman

Investment Advisor
CIM, FCSI

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204-806-8388

laura.woodman@iagto.ca

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Merv predicts an early spring



TRIBUNE PHOTO SUBMITTED

Manitoba Merv, the resident groundhog puppet at Oak Hammock Marsh poked his head out on Feb. 2 and fortunately did not see his shadow. This is Manitoba's entertaining prediction that an early spring is on it's way.

> FREE PARK ENTRY, FROM PG. 8

Whiteshell Provincial Park on Monday, Feb. 17;

- a nature detectives program for families with preschool aged children in Birds Hill Provincial Park on Wednesday, Feb. 26;

- a winter family fun day at the winter recreation area in Spruce Woods Provincial Park on Saturday, Feb. 22; and

- a variety of drop-in family activities at the Spruce Woods Visitor Centre throughout the month.

More information on these events and other upcoming programs can be found under the events tab at the Manitoba Parks Facebook page at www.facebook.com/MBGov-Parks and online at www.manitobaparks.com.

Teachers can also book free guided school programs throughout the winter season. For more information on winter activities and interpretive programs in provincial parks, email ParkInterpretation@gov.mb.ca or visit www.manitobaparks.com.

Former ISD superintendent Christine Penner earns PhD



TRIBUNE PHOTO SUBMITTED

Christine Penner received her PhD at a special convocation on Jan. 20 at the University of Manitoba.

By Jennifer McFee

Congratulations are in order for Christine Penner, former superintendent of the Interlake School Division.

Penner had been working towards her PhD when she was diagnosed with brain cancer in July 2017. But she didn't let that stop her from achieving her goal.

On Jan. 20, she graduated from the University of Manitoba with her Doctor of Philosophy.

"My first three chapters were done and I was ready to write my PhD but then I got brain cancer. I had to stop it immediately," she said.

"I had my surgery and another surgery right after and then another one. So I was off my PhD for a year and a half and then I started again exactly a year ago."

Her research focused on Grannies Gone Global, a charitable organization that Penner founded in 2006 during her time as a vice-principal at St. John's High School as a way to support grandmothers raising their grandchildren. In August 2005, Penner visited more than 450 homes of Grade 7 and 8 students as a way to reach out to the community and encourage parents and guardians to become partners in their children's education. During these visits, Penner noticed a large number of grandmothers raising their grandchildren.

Over time, she noticed the fatigue of these grandmothers, who often lacked their own supports to deal with their role as caregivers in Winnipeg's North End neighbourhood. She launched a support group for these grandmothers, which also began fundraising in 2009 for African grandmothers who are raising their grandchildren.

The non-profit group aims to provide emotional and physical support to grandmothers, both locally and globally, who act as caregivers to their grandkids.

"At first, I thought I can't do my PhD anymore because I can't go to interview all these people. I can't drive anymore, so I figured that I had to stop, but my professor was just lovely," she said.

"My professor said that I could do my PhD on the same topic, but instead of talking to all the different grandmas, I could write my entire research on these grandmas based on my jour-

nals from the last number of years. So I looked at what happened at St. John's High School and how we started a support group for these grandmothers raising their grandchildren. That's how I wrote my thesis."

She brimmed with excitement when she spoke about the day she officially became Dr. Penner in her own personal convocation ceremony.

"I was absolutely thrilled. It was awesome and that day was absolutely phenomenal. I was very excited about graduating. What really touched my heart was that the president of the University of Manitoba came and spoke," she said.

"It was a graduation just for me. There were only 25 people, since they said I could invite my family and close friends. I got to have a speech. I was so excited to have graduated. I'm still excited. Now I'm Dr. Penner. Can you believe it?"

Penner spent five years as the assistant superintendent of the Interlake School Division, followed by three years as superintendent.

On behalf of the Interlake School Division, Supt. Margaret Ward said they were very so pleased to celebrate with their colleague and friend at the special convocation.

"Former superintendent Christine Penner began her work on her PhD while working in the Interlake School Division. Chris has worked hard to complete her doctorate," Ward said.

"I know I speak for all members of the Interlake School Division when I say that Christine's dedication to lifelong learning is an inspiration to us all. We are extremely proud of her accomplishment."

Currently, Penner is battling her fourth bout of cancer.

"It's a different cancer, but it's also the same. It's cancer in my north brain," she said. "What can you do, right? Life happens."

We are here to make a difficult time easier for your family.

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Keeping Your Valentine in Motion

Syphilis infections on the rise in the Interlake

By Patricia Barrett

Content Warning: The information in this article can be considered sensitive and is directed to an adult audience

The Interlake region continues to experience increased rates of syphilis infections in keeping with a “large” outbreak underway in the province.

The majority of syphilis infections are sexually transmitted, but the bacterial disease can also be acquired by people injecting drugs with unclean needles and be transmitted from a woman to her unborn child or during delivery (congenital syphilis).

“Manitoba is currently experiencing a large syph-

ilis outbreak,” said Dr. Karen Robinson, medical officer of health for the IERHA. “People who are concerned they may have a sexually transmitted infection should see their local public health nurse or their primary care provider.”

The Interlake-Eastern Regional Health Authority saw syphilis cases increase in 2017 and 2018 among both men and women, among heterosexuals and among men who have sex with men.

In 2014 the IERHA had six cases. That jumped to 64 cases in 2018. Preliminary statistics (final data is not yet available) for 2019 show 56 cases, according to statistics the IERHA shared with the *Express*.

Unprotected sex, whether vaginal, oral or anal, and contaminated needles are putting people at risk of acquiring syphilis, which can be treated with antibiotics before it progresses to later stages that can cause serious health conditions.

“Anyone who does not use a barrier such as a condom or a dental dam during sex may be at risk of contracting the infection,” said IERHA communications associate Lita Savage-Murray.

Behaviours such as having multiple sexual partners and failing to practise safe injections with clean needles can increase the risk of contracting the disease, she said.

On its website, the health authority says increasing infection rates may be linked to the use of social media and social networking sites through which people can easily make arrangements to meet.

People are encouraged to take an active role before engaging in sexual activity, asking a potential partner questions about his/her sexual health status and practices, and checking for signs of infection. People should say no to sexual activity with someone who has symptoms of an infection.

Condoms may reduce the risk of infection but are not failsafe as skin-to-skin contact with active sores on other parts of the body can result in transmission of the bacterium.

If left untreated, syphilis can cause serious health complications such as blindness, paralysis and death in its later stages. Because the sores (also called chancres or lesions) are painless, people may not know they’re even infected. Sores can also go undetected in the mouth, vagina, anus or under the foreskin of the penis.

The bacterial disease has four stages. In the primary stage, symptoms such as enlarged lymph nodes in the groin and a small painless sore or several sores on the skin (typically at the location the bacteria entered the body) will appear 10 days to three months after exposure. The sores will heal on their own but the infection will persist, according to WebMD, a credible medical website that provides reference material and medical news.

Secondary stage symptoms include a skin



TRIBUNE IMAGES COURTESY OF WEBMD
Syphilis sores can emerge anywhere on the body, not only on the genitals.

rash that causes reddish-brown sores on the body, sores in the mouth, vagina, penis or anus, fever, swollen glands, weight loss, hair loss, extreme fatigue and headache.

In the latent (hidden) stage, a person won’t have any symptoms, perhaps for years, or the symptoms will never return. But the bacteria remain dormant and may progress to the tertiary stage.

The tertiary stage is the most severe, appearing 10 to 30 years after an initial infection. People can experience damage to organs such as the heart, brain, liver, nerves and eyes, and experience neurological problems, strokes, deafness, blindness and dementia. It can also cause death.

Manitoba as a whole has seen an increase in the numbers of syphilis infections since 2013, according to provincial data on sexually transmitted and bloodborne infections. In 2015 a province-wide outbreak was declared. In 2017 infectious syphilis case counts were up more than 400 per cent compared to 2013. In June 2019 Manitoba Health notified health-care providers that syphilis case counts for 2018 were “the highest on record” and a “large outbreak” of syphilis continued in 2019.

With a resurgence in syphilis infections, the IERHA, like other RHAs, has been focusing on educating and informing health-care providers, said Savage-Murray. People who use drugs are offered STI and blood-borne infection testing because “some drugs are known to reduce inhibition and increase sexual activity, which puts people at greater risk.” Testing will invariably result in finding more syphilis cases.

The IERHA’s public health program is also working with populations most at risk for contracting the disease, and all women receiving prenatal care are being tested for syphilis to prevent instances of congenital syphilis.

“Public health nurses have all been trained to draw blood for testing for sexually transmitted and blood-borne infections. They can also provide basic treatment for infections,” said Savage-Murray. “In addition, public health nurses engage in case management and contact tracing. They are involved in outreach activities in collaboration with other agencies.”

Just 6 Spots Left!



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expo
2020

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Do you own a business within our communities?
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The South Interlake Business Expo helps small business owners, start-ups and entrepreneurs like you, showcase your business to our local residents and visitors.

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For more information, contact Stephanie at 204-467-5836 or at ads@stonewallteulontribune.ca



“MANITOBA IS CURRENTLY EXPERIENCING A LARGE SYPHILIS OUTBREAK.”

get inspired

> MEAL IDEAS

RED RIVER CO-OP FOOD STORE



Frosted Watermelon Cutouts

1 seedless watermelon, cut into 1/2-3/4-inch thick slices
 4 brownie bites
 1 cup frosting (any flavor)
 Using heart-shaped cookie cutters, cut shapes out of watermelon slices or simply use cut watermelon wedges, if desired. Top heart shapes with brownie bites and add frosting as desired.
 Source: Watermelon Board



Watermelon and Chocolate Dessert Board

1/4 cup dried cranberries
 1/3 cup roasted, salted cashews
 1 cup chocolate covered almonds
 1 bar dark chocolate, broken into squares
 1 cup coconut chips
 mint leaves, for garnish
 On serving board, arrange watermelon in center and surround with raspberries, cherries, strawberries, cranberries, cashews, almonds, chocolate and coconut chips. Scatter mint leaves around board for garnish.
 Find more Valentine's Day inspiration and recipes at watermelon.org.
 Source: Watermelon Board

Servings: 6-8
 1/2 medium seedless watermelon, cut into wedges and cubes
 1 cup fresh raspberries
 1 cup fresh red cherries
 1 cup strawberries, trimmed and halved



Venetian Pears

big enough to hold 10 pear halves. Add the red wine, the peppercorns (see note), half the sugar, and 1 1/2 cups water to one pan; add the white wine, vanilla bean, the remaining sugar, and 1 1/2 cups water to the other pan. Bring each pan to a slow boil and reduce the liquid for 5 minutes. Add the pears, making sure you have five of the ones with stems in the red wine and five with stems in the white. Cover and simmer 30 to 40 minutes, depending on the ripeness of the pears. When a toothpick enters without too much resistance, remove from the heat and set aside to cool. Refrigerate overnight. When you come to arrange the pears on a platter, take 1 red pear half with a stalk and 1 white half without a stalk, and then vice versa; sandwich them together carefully with a tablespoon of the whipped cream.
 Note: Don't worry about the peppercorns. Just let them rattle around in the pan and pick off any stuck to the pears after cooking.

Serves 10
 10 firm Bartlett pears, peeled, halved, and cored, keeping the stem intact on one half
 6 cups full-bodied red wine
 1 tablespoon whole black peppercorns
 2 2/3 cups sugar, divided
 6 cups full-bodied white wine
 1 vanilla bean
 1/2 cup heavy cream, stiffly whipped

Cut a level 1/2 inch slice off the base of each pear so it will stand up straight. Choose two saucepans — one for the red wine and one for the white — both



AsktheMoneyLady.ca

income spouse's portfolio. The thing to remember is that any contributions you make to your spouse's RRSP will be deducted from your RRSP limit and not your spouse's limit. The tax deduction is given to the contributor and would be limited to their personal CRA limit.

I plan on contributing to my RRSP as I always do, but wondered how it works if I also contribute to a spousal RRSP. Does this count towards my contribution limit or my partner's limit. It is quite confusing. Could you let me know.

George

Dear George – RRSP Saver!

RRSPs are Registered Retirement Savings Plans and a fabulous way to help you save for your future ensuring your invested funds grow tax free until the withdrawal. Nowadays most people agree that we cannot base our retirement future on government pension allowances. Trying to live on a small government subsidized pension income would be virtually impossible for most Canadians with debt. This is why planning and saving early is so important and RRSPs should be an integral part of everyone's investment portfolio.

Contributing to a spousal RRSP is a great way to even out the contributions so each partner has similar savings portfolios. We recommend this often when incomes are varied between couples so that the higher income earning spouse can contribute to the lower

Essentially this is a form of income splitting between spouses and ensures that registered account balances are kept fairly even for both partners. Once retired, each partner should plan to have approximately the same amount of income that they are drawing out of their investments to ensure they are in the same marginal tax rate.

One thing that you must keep in mind when you contribute to a spousal RRSP is the rule of attribution. If the spouse who received the contribution withdraws the money from their RRSP during the year of the contribution or up to and including the two preceding years, the contributing spouse would be taxed. Now knowing this, make sure you do not contribute to a spousal RRSP if you are nearing retirement and foresee future withdrawals.

Hope this helps George. Don't forget, the RRSP deadline for 2019 contributions is March 2, 2020.

Good Luck and Best Wishes,
 Money Lady

Written by Christine Ibbotson, Author of "How to Retire Debt Free and Wealthy" If you have a money question, please email on my website at www.askthemoneylady.ca Follow on Facebook and Instagram

Tiramisu

Yield: 9 servings

6 egg yolks
 1 cup sugar
 1 1/4 cup mascarpone cheese
 1 3/4 cup heavy whipping cream
 2 12 oz packages Savoradi Lady Fingers
 1/2 cup cold espresso or strong coffee
 1/4 cup coffee flavored liqueur (optional)
 1 tablespoon cocoa for dusting
 Combine egg yolks and sugar in the top of a double boiler, over boiling water. Reduce heat to low and cook for about 10 minutes, stirring constantly. This is your sabayon. Remove from the heat and whip yolks until thick and



lemon colored. Add mascarpone to whipped yolks, and beat until combined.

In a separate bowl, whip cream to stiff peaks. Gently fold the whipped cream in the mascarpone-sabayon mixture and set aside.

Mix the cold espresso with the coffee liquor, and dip the lady fingers into the mixture just long enough to get them wet; do not soak them! Arrange the lady fingers in the bottom of a 8 inch square baking dish (or 6X9). Spoon half the mascarpone cream filling over the lady fingers.

Repeat the process with another layer. Refrigerate 4 hours or overnight. Dust with cocoa before serving.

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Activities for Seniors in Your Area



February 2020 Calendar of Events!
Activity Centre • 374 – 1st Street West
For newsletters, visit www.si55plus.org

Clip & Save

February 2020

- Feb 6 BINGO @ 1:30 pm
- Feb 6 Ukulele Jam @ Something Beautiful @ 7 pm
- Feb 7 Travel Club Meeting @ 10:30 am
- Feb 7 Quilter's Corner @ 10:30 am
- Feb 12 Luncheon @ Noon
- Feb 13 Shopping Trip to Garden City @ 9:30 am
- Feb 20 Ukulele Jam @ Something Beautiful @ 7 pm
- Feb 21 Quilter's Corner @ 10:30 am
- Feb 26 One Stroke Painting Class @ 12 pm

Feb 28 Presentation: Organizing & Downsizing by 906 & Me 1:30 pm

March 2020

- Mar 2 Afternoon Cribbage Tournament @ 1 pm
- Mar 5 BINGO @ 1:30 pm
- Mar 6 Quilter's Corner @ 10:30 am
- Mar 11 Shamrock Luncheon @ 12 Noon
Entertainment by Irish Cowboy
- Mar 26 Presentation: Cooking with Caroline @ 1:30 pm

Door Prizes
Provided by MB Heart & Stroke
Donation Table
for MB Heart & Stroke

February is HEART AWARENESS MONTH



Hot Luncheon

Wednesday, February 12 @ Noon
55 Plus Centre (Odd Fellows Hall)
EVERYONE WELCOME!



Stonewall Heritage Committee Needs YOUR HELP!
Can you help to identify places & people?
More info @ luncheon!

MONTHLY BINGO
Thursday, February 6 @ 1:30 PM
Everyone Welcome!
Next Bingo: Thursday, March 5th

BUS TRIPS
Feb 13 – Shopping @ Garden City
Apr 14 – Celebrations: Country Star
Apr 17 – Quilt Reflections – Quilt Show
Registration Required! Call 55 Plus
Next Travel Club Meeting:
Fri, Feb 7 @ 10:30am - New Members Welcome!

UKULELE JAM
Thursday, February 6 & 20 @ 7:00 pm
Something Beautiful
(307 Main Street, Stonewall)
All levels welcome!
Learn from your peers!
Call 55 Plus for More Information!

55 Plus will be offering the
COMMUNITY VOLUNTEER INCOME TAX PROGRAM
March 3rd – April 29th
Tuesday – Friday 10:00 am – 3:00 pm
This is a DROP-OFF Service Only
VOLUNTEERS are TRAINED
by CANADA REVENUE AGENCY
For Eligibility Criteria, Required Documents & More Information CALL: 204-467-2582

Do You Have STUFF??!
Come & Get Tips & Tricks to Manage the Change!!
Presentation: Organizing & Downsizing, By 906 & Me
February 28 @ 1:30 pm
EVERYONE WELCOME!

Shamrock Luncheon Wednesday, March 11th
Odd Fellows Hall – 374 1st Street W, Stonewall
Entertainment provided by: Irish Cowboy
Enjoy a full roast beef dinner with all the trimmings.
Advance Tickets Required – Call 55 Plus @ 204-467-2582
For more information call 204-467-2582

South Interlake Seniors Resource - Stonewall 144 – 622 Centre Avenue – Lions Manor, Entrance 4.

SUPPORT SERVICES FOR SENIORS

- Driver/Escort Program • Equipment Lending Service • Meals on Wheels
- Lifeline • ERIK and ICE Programs • Handy Helper/Housekeeping Program
- Friendly Visiting and Telecheck (phone buddy) • Home Hair Care Service
- Resource information/Form Assistance

www.sisrc.ca

The South Interlake Seniors Resource Council offers services for seniors and those with disabilities to help them to remain independent and safe in their homes and communities. With the help of volunteers and our fee for service workers, we provide these services to Stonewall, the RM's of Rosser, Woodlands and the southern portion of Rockwood.

SISRC HAS REVISED OUR COMMUNITY HEALTH AND SENIORS RESOURCE GUIDE. THEY ARE AVAILABLE FOR PICK UP FROM OUR OFFICE. THEY ARE FULL OF GREAT LOCAL INFORMATION AS WELL AS GOVERNMENT INFO AND CONTACT NUMBERS.

Eating Alone? Join us for a once-a-month
"POTLUCK PLEASURE AND FELLOWSHIP" Tuesday, February 18th @ 5:00
Church of the Ascension Parish Hall 435 – 1st Ave. N.
For transportation, please call 204-467-2234 or 204-467-8613

VOLUNTEER OF THE MONTH ♥
Thank you to Bernice Ford for her dedication to the SSGL program at Crocus Manor! Bernice is always available to fill in when and where needed to make sure that programs run smoothly! Thank you very much Bernice. Your volunteerism is appreciated! "Volunteers are love in motion" – author unknown

Bernice will enjoy lunch at
Join us for homemade lunches & desserts
Tues-Fri 10-5, Sat 10-4 • 292 Main St., Stonewall 204-467-2303



February is National Heart Month and yearly reminder to treat our hearts well!
Did you know...
• Women move to a faster beat! A woman's heart typically beats faster than men's. A woman's heart beats at approximately 78 beats a minute where a man's heart beats about 70 beats per minute.
• A good belly laugh is good for your heart! A good laugh can cause your blood vessels to expand and contract increasing your blood flow up to 20%. This promotes healthier blood vessels and helps guard against heart disease.
• Thanks a million! The average heart beats 100,000 times a day which adds up to 3,600,000 times each year. That's one incredible machine inside you and you should be thankful for it!

For more information call 204-467-2719

Teulon & District Seniors Resource Council Inc.

Providing a Helping Hand

Find us at 54 Main St,
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PROVIDING FREE SERVICES TO SENIORS:

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- DRIVER ESCORT • INFORMATION/FORM ASSISTANCE • ADOPT A GRANDPARENT
- DROP IN CENTRE AREA
- COMMUNITY VOLUNTEER INCOME TAX PROGRAM
- MEDICAL EQUIPMENT LOANS

REGULAR OFFICE HOURS: 8:30AM-4:30PM

St. Laurent Seniors Resource Council Inc.

"A HELPING HAND WHEN YOU NEED IT"

55+ and people with disabilities

Offering support services within the RM of St. Laurent and surrounding areas

St. Laurent Community Health Centre

51 Parish Lane, 204-646-2504 ext.4

Seniors Resource Coordinator, Darlene McKay

Footcare clinic, Community Volunteer Income Tax Program, Exercise Program, Monthly Seniors Birthday Club, Mobility Aids, (E.R.I.K.) Emergency Response Information Kit, Victoria Lifeline, Volunteers for different services such as Friendly Visits and Telecheck, resource information, housekeeping, transportation, mobility aid equipment for loan. Fundraising activities throughout the year.

Monthly Birthday Bingo Club and whist tournament
last Thursday of each month.

"Celebrating Seniors in Action"

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Warren places third at varsity boys' home tournament

By Brian Bowman

The Warren Collegiate Wildcats placed third at their eight-team varsity boys' basketball tournament last weekend.

Warren soundly defeated the Landmark 96ers 68-21 in the third-place game on Saturday.

"We competed hard but our numbers are so low," said Wildcats' head coach Cathy Pleskach earlier this week. "We only have seven regular varsity players and if we would have more, I think we would have bested Hapnot, which was the only team that beat us last weekend. We could have easily been in the final, which would have been nice."

Warren did a fantastic job in limiting Landmark to just 21 points.

"We are very good defensively and that is something that I have always

prided myself on in my career," Pleskach said. "Landmark was also low in numbers but I think it was a show of my guys really wanting to set that tone and end the weekend on a positive."

Warren started the tournament with a dominating 99-12 win over St. Paul's from Elie. The Wildcats were then defeated by the Hapnot Kopper Kings 69-52 in a semifinal matchup.

Pleskach really likes how the Wildcats have gelled together as a team this season with such a small group of players.

Warren, ranked ninth among AA schools, also lost 71-43 to the No. 4 Gimli Lakers in an exhibition game on Monday.

The Lakers are a very good team.

"Gimli is going to be really tough to beat," Pleskach admitted. "But we

hope we can give them a good fight and give ourselves a good chance at a qualifier in that first weekend in March, which is what we're really focusing on."

Pleskach is very proud of her three Grade 12 players and what they have brought to the Wildcats' program.

"It will be sad to see them go," Pleskach admitted. "They have been with me for the whole four years and they are honestly such good leaders and they really put it out there."

The Wildcats will compete at the St. Boniface Centurion Classic this Friday and Saturday.

Warren will then host the Teulon Collegiate Saints in an exhibition game next Monday. Tip-off is 6 p.m.

Teulon, meanwhile, won the consolation side of the Warren tournament after beating the Riverton Patriots 57-33.

In Teulon's first game Friday, the Saints were defeated 93-51 by the Kopper Kings.

The Saints then crushed St. Paul's 75-24.

In junior varsity boys' tournament action in Gimli, Teulon finished with a 1-2 record. The Saints were defeated by Calvin Christian (44-41) before they rebounded to defeat Morris St. Jean Baptiste (57-36).

Teulon was then edged 50-49 in the consolation final by Immanuel Christian.

The Saints will host a four-team tournament involving themselves, Riverton, Fisher Branch and St. Laurent on Wednesday.

In girls' action, Warren reached the final of a varsity tournament in Niver-



TRIBUNE PHOTO BY JO-ANNE PROCTER

Warren placed third at its home tournament.

ville where it lost 56-33 to Pierre Elliott Trudeau.

The Wildcats earlier defeated Gabrielle-Roy (52-20) and Souris (60-28) in a semifinal game.

Warren will compete in the Hamiota Girls' Invitational this Friday and Saturday.

Jets downed by Vics' power play

Staff

Special teams played a huge role in the Manitoba Major Junior Hockey League game between the Stonewall Jets and St. Vital Victorias last Thursday.

St. Vital tallied three times on the power play while Stonewall scored its lone goal with the man advantage as the Victorias skated to a 4-1 home victory.

The Jets' Carson Ouellette gave his club a 1-0 lead just 2:49 into the game but the Vics' Tyson Last answered with a pair of goals 2:37 apart midway in

the opening frame.

Jesse Gibbons scored for St. Vital in the second period and then he added an empty-net marker with 1:22 remaining in the game.

Curtis Beck made 37 saves in the losing cause.

Stonewall hosted St. James this past Tuesday and then the Jets will have River East come to town Wednesday.

Stonewall will complete its three-game homestand Friday when it hosts St. Vital.

Both games will start at 7:30 p.m.



Stonewall
Jets Player
Profile

#15

Jaytey Towle

Defence, Shoots R, 5'11" 175 lbs., Born 2000



Come out to
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Upcoming Games

Friday, February 7
St. Vital Victorias at Stonewall Jets
7:30 p.m. at VMSC

Monday, February 10
Stonewall Jets at St. Boniface Riels
7:30 p.m. at Notre Dame Arena

Wednesday, February 12
Transcona Railer Express at Stonewall Jets
7:30 p.m. at Ed Golding
(East End) Arena

Mercs finish SEMHL regular season in second place

By Brian Bowman

The Warren Mercs are heading into the South Eastern Manitoba Hockey League playoffs as winners of four of their past five games.

Warren is playing some real good hockey at just the right time.

"We had a good season this year and this team has seen its share of adversity," said Mercs' coach Matt Figur, adding Tim Rothwell has been a great addition to the coaching staff. "Four of our first five wins came in OT and we went on a seven-game winning streak to close out 2019. We're a very deep team and we have three solid lines, six solid (defenceman), and we have Hayden Dola in net so I am very confident with what the Mercs can do in the postseason."

Warren wrapped up its regular season with a solid 4-3 road win over the Notre Dame Hawks on Saturday. The Mercs won the game despite having a very short bench.

"It was a game that forced us to not get into bad habits and to continue to do the things that have been working for us," Figur said.

Mercs' forward Braydon MacDonald scored the game winner at 16:29 of the third period while Warren was short-handed. Vinny Grift gave Notre Dame a 1-0 lead at 18:43 of the first period but Warren's Johnny Lazo responded with a goal at 4:57 of the second.

The Hawks' Brian Michiels and the Mercs' Wes Pawluk traded goals early in the third before Chase Faulker gave Warren a 3-2 lead when he tallied at

6:50.

Notre Dame's Ryan Sokoloski then tied the score midway in the frame.

Lazo finished the game with three points while Brenden Luschinski had two assists.

Curtis Beck, an AP, made 37 saves for the win.

Last Thursday, Warren defeated the Maroons 6-4 in Altona.

Lazo had a great game for Warren, scoring twice and adding three assists. The Mercs' Brendan Mitchell scored twice while Kyle Luschinski had a goal and two assists.

Brenden Luschinski scored Warren's other goal.

Nolan McGuire (two), Jordan Wall, and Justin Augert replied for Altona.

Bryce Spittal made 40 saves for the win.

On Jan. 28, the Mercs were edged 5-4 in a shootout by the Carman Beavers.

Eric Swanson, MacDonald, Brock Genyk, and Faulkner scored for Warren.

Carman goals came from Mark Owen (two), Aaron Lewadniuk, and Braeden Beernaerts.

Warren finished the regular season in second place with 27 points, two back of Carman.

The Mercs, Beavers, and Maroons each earned a bye after finishing in the top three of the seven-team league.

Winkler and Portage will play each other in a one-game survivor series on Friday (8 p.m.) to see who advances to the next playoff round.

In the other one-game series, Notre Dame will host Morden on Saturday at 8 p.m.

In off-ice news, Winkler Royals' captain Marlin Froese was named the Dale Rempel SEMHL's Man of the Year.

Warren places second at JV girls' basketball tournament

Staff

The Warren Collegiate Wildcats' junior varsity girls' basketball team finished second at the Immanuel Christian School tournament last weekend.

Warren was defeated 33-11 by Immanuel Christian in the championship game on Saturday.

The Wildcats started the tournament with a 24-23 win over Green Valley/

Landmark and then beat the Rosenort Redhawks 30-29 in a semifinal game.

Lexie Carriere and Aliyah Allary were named tournament MVPs.

The Teulon Collegiate Saints, meanwhile, were defeated 33-30 by Rosenort in the third-place game.

Teulon opened the tournament with a 47-14 win over Souris/Deloraine but then lost 36-15 to Immanuel Christian.

Curlers provincial bound



TRIBUNE PHOTO SUBMITTED

Stonewall's Autumn Good from the Assiniboine Memorial Curling Club and her teammates won a berth in the U18 Manitoba Junior Provincial Curling Championship in Minnedosa to be held March 4-8. They defeated St. Vital's Grace Beaudry at the regionals at the Heather Curling Club. Pictured, left to right, Cheyenne Ehnes (skip), Morgan Maguet (third), Dayna Lea (second) and Autumn Good (lead).



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Bantam Lightning edged by Southwest Cougars

Staff

Interlake's Rylan Slatcher and Darian Sinclair scored in the Lightning's 3-2 loss to the Southwest Cougars in Bantam "AAA" boys' hockey action on Sunday in Warren.

Ashton Cuvelier, Josh Fluker and Luke Mackenzie replied for Southwest.

Mackenzie's marker came at the 10:04 mark of the middle frame.

On Friday in Landmark, Merik Boles scored a pair of goals to spark the Eastman Selects to a 4-0 shutout win over the Lightning.

Luke Mistelbacher and Roan Coe (power play) scored Eastman's other goals.

Last Thursday, Interlake was doubled 6-3 by the Winnipeg Hawks.

Sinclair and Slatcher scored power-play goals for the Lightning while Hayden Wheddon tallied an even-strength marker.

Andrew Hladun (two), Dawson Zeller (two), Lucas DeSousa and Lyam Friesen replied for the Hawks.

Interlake will host the Norman Wolves this Thursday (7:15 p.m.) in



TRIBUNE PHOTO BY LANA MEIER

The Lightning's Rylan Slatcher opened the scoring for Interlake in their 3-2 loss to the Southwest Cougars last Sunday.

Warren, the Winnipeg Monarchs Saturday (5 p.m.) in Arborg, and the Pem-

bina Valley Hawks on Sunday (2:30 p.m.) in Lundar.

Ledochowski commits to Lake Region State College



TRIBUNE PHOTO SUBMITTED

Teulon's Jacey Ledochowski will attend school and play softball with the Lake Region State College Lady Royals, located in Detroit Lakes, N.D., next season.

Staff

Lake Region State College recently welcomed Teulon's Jacey Ledochowski to their 2020-21 Royals' softball team.

Ledochowski is a catcher/utility player and has been playing with the Manitoba Thunder program for the past several years.

After having an excellent season in her first year with the U19 Manitoba Thunder, Royals' head coach Kody Boehmer offered her a scholarship and spot on the 2020-21 team.

Ledochowski was fantastic at the U19 Canadian softball championships this past season, leading her team as their top hitter.

She also led Team Manitoba's U16 and U21 baseball teams at the plate at their national championships.

Ledochowski also plays basketball, volleyball, hockey, and badminton.

She is "very excited for a new experience playing ball at the next level" and plans to get her Associates of Arts degree and then move on to a four-year program.

Lake Region State College is located in Devils Lake, N.D.

U18 female Lightning preparing for the playoffs

Staff

The playoffs are right around the corner for the Interlake Lightning U18 female hockey team.

Interlake will play two more games - both at home - this weekend before

the playoffs.

The Lightning will host the Winnipeg Avros on Friday (8 p.m.) in Warren and then the Winnipeg Ice Saturday (7:30 p.m.) in Stonewall.

Last Saturday, Interlake was shut

out 4-0 by the Pembina Valley Hawks in Morden.

Pembina Valley scored three times in the first period and then added another tally in the second.

Rams improving in varsity girls' basketball

By Brian Bowman

The Stonewall Collegiate Rams' varsity girls' basketball team has played some very good defence this season.

Now, they hope to crank up the heat on the offensive end in February.

"It's been (an) up and down (season)," said Rams' head coach Christy Steeves Tuesday afternoon. "They're kind of a less-than-experienced basketball team so they have had to work a lot harder to do well.

"Defensively, we have definitely progressed from the start and that's coming along really nicely."

The Rams are doing a really good job working as a team on the defensive end, said Steeves.

The Rams finished with an 0-2 record at the 16-team Sanford tournament last weekend.

Stonewall was defeated 57-36 by the Morden Thunder and 50-37 by the

Windsor Park Royals.

Scoring was a problem for the Rams in both losses as it has all season.

"We're starting to see better looks," Steeves said. "I think it was a confidence thing more than anything. I almost felt like they were playing hot potato - you take it, no, you take it - kind of thing. We're starting to work with them that you want the ball and you want to challenge. They're now seeing how to drive to the defence and make them play you, then move the ball quickly to the next spot and cut hard to where the openings are. "They are starting to see those openings a lot better than what they did before."

Stonewall resumes league play after a lengthy break this Wednesday when it hosts the St. John's Tigers. Tip-off is 6:15 p.m.

The Rams, 1-4 in WWAC Tier 2 this

season, will visit the Churchill Bulldogs next Tuesday (6:15 p.m.) before hosting the Grant Park Pirates the following evening at 6:30 p.m.

Stonewall will travel to Thompson for a six-team tournament on Feb. 14-15 and then will host an eight-team tourney Feb. 21-22.

"It will be very busy," Steeves said. "It's going to be busy for the next three weeks."

The Teulon Collegiate Saints, meanwhile, also competed at the Sanford tournament.

Teulon placed ninth after a 61-48 win over Windsor Park. Earlier on the consolation side, the Saints trounced Steinbach Regional 61-41.

Teulon opened the tournament with a 43-34 loss to Brandon's Neelin Spartans.

Local clubs host annual curling bonspiels



TRIBUNE PHOTOS BY CALVIN JANKE

The Marquette Curling Club hosted 20 teams for their annual Winter Classic bonspiel from Jan. 23-26. The curling club raised over \$7,000 with the help of many volunteers and donations throughout the weekend. Pictured from left, left to right, the A-side winners Darren MacMillan, Kirk Dew and Krysta Prevost; B-side winners Kevin Fuchs, Sarah Fuchs, Melissa Fuchs and Joel Springer; C-side winners, Don Adamko, Kieran Norberg, Braden Norberg and Ray Sherrin; D-side winners representing Prairie Roots Co-op Jen Brown, Blaine Becker, Bob Thiessen and Merv Hird.



TRIBUNE PHOTOS BY KYLE LOEHMER

The Balmoral Curling Club hosted its annual Open Bonspiel from Jan. 31 to Feb. 1. Left photo: first-event winners, left to right, skip Cindy Schaeffer, third Blake Mauthe, second Murray Schaeffer, lead Alexie Mauthe. Schaeffer's team defeated skip Quentin Shipley, third Cindy Shipley, second Curtis Hradowy and lead Michelle Hradowy. Middle photo: second-event winners, skip Gary Dodd, third Nancy Dodd, second Michelle Dodd, lead Dylan Lucas. Right photo: third-event winners, skip Riley Nichol, third Sidnee Nichol, second William Gunn and lead Marcel Peters.



TRIBUNE PHOTOS BY DOUG PICKELL

The annual Argyle Senior Men's Bonspiel hosted 11 teams representing Argyle, Stonewall and Selkirk on Jan. 21-23. Left photo, first-event winners, left to right: Warren Erickson, Shelly Erickson and Ken Desmet. Missing from the photo is Bev Desmet. Middle photo, second-event winners, left to right: Fred Shipley, Neil Stewart, Ron Peters, Henry Meier and Tom Woodward. Right photo, third-event winners, left to right: Cornie Peters, Bob McKenzie, Tammy Nelson and Paul Kohlmeier.

U18 Lightning zapped by pair of Winnipeg teams

By Brian Bowman

The Interlake Lightning U18 boys' hockey team's losing ways continued last weekend.

Interlake was swept by a pair of Winnipeg teams and has now won just twice in its past 14 games.

Sunday saw the Lightning lose 9-2 to the Winnipeg Thrashers at Gateway Arena.

Austin Adair and Aiden Bruce

scored power-play goals for the Lightning.

Nate Goodbrandson (two), Lucas Brenton, Matthieu Moreira, Carson Hinkel-Lysak, Brandon Ambrozik, Jordan Hughesman, Branden Huminek and Jared Chapel tallied for the Thrashers.

On Friday, Interlake was defeated 6-2 by the Winnipeg Wild in Teulon.

Winnipeg's Tyson Smith scored a

first-period goal and then Carter Halamandaris made it 2-0 before Interlake's Lyle Murdock scored at 12:36 of the middle frame.

But the Wild broke the game open with second-period goals from Halamandaris, Hugie Hooker, and Logan Belton.

Two of those goals were scored on the power play.

Winnipeg's Sam Court put the Wild

up 6-1 but the Lightning's Kaydyn McMahon tallied late in the third.

Interlake, now 10 points back of the Central Plains Capitals for the final playoff spot, will host the Yellowhead Chiefs on Friday in Arborg (7:30 p.m.) and then will play the Eastman Selects Sunday (2 p.m.) at the Sun Gro Centre in Beausejour.

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

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!

Level: Intermediate

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!

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

Sudoku Answer

G	N	H	B	S	V	D	R	D	E				
V	B	E	D	S	K	N	I	E	R	E	S		
T	V	T	S	E	V	R	B	T	I	O	V		
S	T	V	S	I	R	A	V	H	P	E	O	H	
B	O	M	W	N	V	S	O	R	V	S		C	
V	T	U	S	D	E	R	E	L	O	C	R	E	
N	I	V	S	I	T	V	T	E	M	A	V	E	H
S	E	M	I	T	O	S							P
S	V	R	O	S	D	V	D	E	R	E			P
S	H	R	C	S	C	I	C	E	P	E			D
H	C	V	O	P	E	R	E	W	B	R	E		D
T	V	E	N	T	I	L	A	N	V	E	E		I
E	A	L	E	S	H	V	A	O	R	G	R	E	N
E	R	M	P	E	T	A	C	T	E	P	A	C	T

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Indicates number of days
- When you hope to get there
- Hairstyle
- Black (Spanish)
- Expresses pleasure
- Away from wind
- Tech pros organization
- Wile E. Coyote is familiar with it
- Clean
- Saints' signal caller
- A way to hunt
- Poetries
- Automobile
- Secondary school (abbr.)
- Indicates before
- Male parent
- Short-billed rails
- It pays to keep yours
- On occasion
- David __, US playwright
- Slang for cigarette
- Vaccine developer
- Returned to health
- Toni Morrison novel
- Period between eclipses
- Veterans battleground
- Gang
- A radio band
- Jaws of a voracious animal
- Elaborate garments
- Chinese province
- Checks
- Horizontal passage
- Steep hillsides
- Fertility god
- Dried-up
- Signs a name
- __ Winger, actress
- German river
- Gov't lawyers
- Take something somewhere

CLUES DOWN

- __ Blyton, children's author
- Colleague

1	2	3	4	5		6	7	8		9	10	11	12	
13						14					15			
16						17					18			
19					20					21				
						22				23			24	
25	26	27			28				29			30		
31				32		33		34					35	
36					37		38			39			40	
		41				42				43		44		
				45					46		47		48	
49	50			51				52			53			
54			55				56					57	58	59
60							61					62		
63							64							
66							67				68			

- "The African Queen" writer
- Crater on the moon
- Toward
- Overhang
- Identifies something close at hand
- Sign language
- Unbroken views
- Ancient Greek City
- Stretch out to grasp
- Alcohols that are unfit for drinking
- Humorous stories
- Long song for a solo
- Barrels per day (abbr.)
- City of Lights
- A place to sleep
- Advanced degree (abbr.)
- The back
- Furniture-makers Charles and "Ray"
- Songs to a lover
- Gland secretion
- 10 meters
- Disfigure
- Stores grain
- Sacred book of Judaism
- Catch
- Promise
- Challenges
- Russian space station
- Banking giant
- Served as an omen
- Drenches
- Type of sword
- Minor planet
- Messenger ribonucleic acid
- Japanese ankle sock
- Obtain in return for services
- Waste matter
- A proposal to buy at a specified price
- Unit of loudness

Classifieds

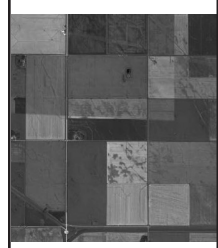
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RURAL MUNICIPALITY OF ROSSER EMPLOYMENT OPPORTUNITY

The Rural Municipality of Rosser invites applications for the position of Public Works Maintenance/Equipment Operator Employee

Under the direction of the Public Works Foreman, the position will be required to assist the Public Works Department and perform general municipal related work.

Qualifications – Transportation Maintenance / Equipment Operator Employee (Full time position)

1. Valid Province Manitoba Drivers Class 3 with air
2. Experience in Public Works would be an asset
3. Good skills in dealing with the public
4. Mechanically inclined
5. Snowplow experience required, knowledge in the operation and maintenance of different equipment (tractor/mower, grader, loader, tandem)
6. Ability to work under minimal supervision
7. Ability to do some physical labour
8. Computer skills required
9. Must be interested in taking water treatment training
10. Forklift license, first aid and WHIMIS training an asset

Applications must contain a cover letter and full resume with three references, deadline being February 19, 2020 at 12:00 noon.
Forward application marked "Application for Public Works Employment" to Randy Slatcher, Public Works Foreman to:
RM of Rosser
Box 131, Rosser, Manitoba R0H 1E0
fax: 467-5958 e-mail: info@rmofrosser.com
If you have any questions, please call the Municipal Office at 467-5711.

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IN MEMORIAM



Kenneth Allan Gardner
October 24, 1937 – February 9, 2019
We can shed tears that he is gone,
Or we can smile because he lived.
We can close our eyes,
And pray that he'll come back;
Or we can open our eyes,
And see what he has left.
Love lives on, he may be gone,
But will not be forgotten.

-Love forever, your family

ANNOUNCEMENT

IN MEMORIAM



Charlotte Greig
September 7, 1942 - February 9, 2019
In Loving Memory of our Mom, Grandma
and Great Grandma
Could you come back,
And stay a while;
I want to hear your voice,
And see you smile.
I want to hold you tight,
And never let go;
And tell you how much,
I love you so.

-Lovingly missed by:
Lara, Paul, Michael,
Jim, Linda, Kelsey, Nathan
and families

ANNOUNCEMENT

IN MEMORIAM



Marian Burchuk (Balness)
May 27th, 1939 - February 10, 2011
Thinking of you and missing you
With loving memories
This day and always
-Peter, Shannon, Elanna, Rob and Lisa
Dale, Skyler, Coco

ANNOUNCEMENT

ANNIVERSARY



John and Sophia Klimpke
celebrated their
74th Wedding Anniversary
on the 26th of January, 2020

OBITUARY



Margaret Olfert (nee Veer)

It is with profound sadness that we announce the passing of Margaret Olfert on January 29, 2020. Margaret was born in Haver County, Mb on February 22, 1930 to Bernhard and Marie Veer.

Margaret leaves to mourn her husband of 63 years David Olfert and their four children, Constance (Mark) and their four daughters: Gretchen Johnston OSB, Wynnefrid Johnston (son Duncan Brummett), Althea (William) Ridenour (daughters Isabel and Madeleine), Olivia (Matthew) Sjelin (daughters Koren, Persephone, Perryn), Marilynne (Martin) Smith and their son Cameron, David (Rebecca) Olfert and their daughter Katrina and son Riley, and Rod (Ali) Olfert and their daughter Amber (Sivaram) Olfert (daughter Ananya). Margaret was predeceased by her daughter Brenda in 1973.

Margaret and Dave were married on April 28, 1956 in Winnipeg. They spent their lives living and farming in Winnipeg, McCreary, Grosse Isle, and Woodlands, finally retiring to Stonewall. Margaret was a hard working housewife and mother as well as a foster mother to numerous foster children throughout the years. Mom was an avid reader and loved crossword puzzles and scrabble. Mom put in a huge garden every year and preserved all types of fruits and vegetables. She was also known as an excellent cook, and was famous for her home-made bread and buns that seemed to be consumed faster than they could be baked.

Mom spent the last four years living and being cared for by the amazing staff at Rosewood Lodge in Stonewall. We are extremely thankful to all of the staff and the doctors for their kindness and care.

Funeral service will be held on Friday February 7, 2020 at New Life Baptist Church in Stonewall Mb. Viewing at 11:00 a.m., service at 12:00 noon, interment and lunch to follow.

In lieu of flowers, please make a donation to Rosewood Lodge in Stonewall, Parkinson Canada, or a charity of your choosing.

Don't forget to send your special wishes to your friends and family or honour loved ones passed with a message.

Stonewall Teulon
Tribune

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



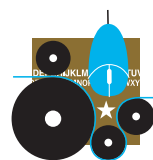
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