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Taking charge

TRIBUNE PHOTO BY JO-ANNE PROCTER

Ecole RW Bobby Bend School Grade 2T student Timber Nivens assumed his duties as Principal for a Day at his school last Friday. M. Nivens won the honours in a school fundraising draw for CancerCare Manitoba Foundation.

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Students combine fundraising with contest

By Jo-Anne Procter

At École RW Bobby Bend, the spirit of giving shines brighter than ever. This year, students and staff raised an impressive \$11,721.85 for the CancerCare Manitoba Foundation, setting a record high in the school's three-year fundraising history for this cause.

Annika Crockatt has claimed the title of top fundraiser for two consecutive years, contributing an outstanding \$1,250 this time around.

What began as an effort to fundraise for a new playground quickly evolved into something deeper. One of the school's parent advisory council (PAC) members Hailey Bel-luk-Hunt, who succumbed to cancer in 2022, had shared a fundraising idea that involved students raising money and having their names entered in a draw to be "Principal for a Day." In her memory, this initiative became a way to support CancerCare Manitoba Foundation, helping families facing similar battles.

Each year brings fresh faces and renewed enthusiasm, proving that Hailey's spirit continues to thrive through every act of kindness and generosity.

Excitement filled the school as students prepared for their pledge drive from Jan. 6 to 17. Each \$5 contribution supported a noble cause and entered participants into a thrilling draw for a chance to be Principal for the Day on Jan. 31.

Timber Niven, a Grade 2T student, emerged as the lucky winner. After his name was drawn, he embraced his new responsibilities for the day.

His day began with morning announcements, followed by participation in outdoor recess and bus duties.

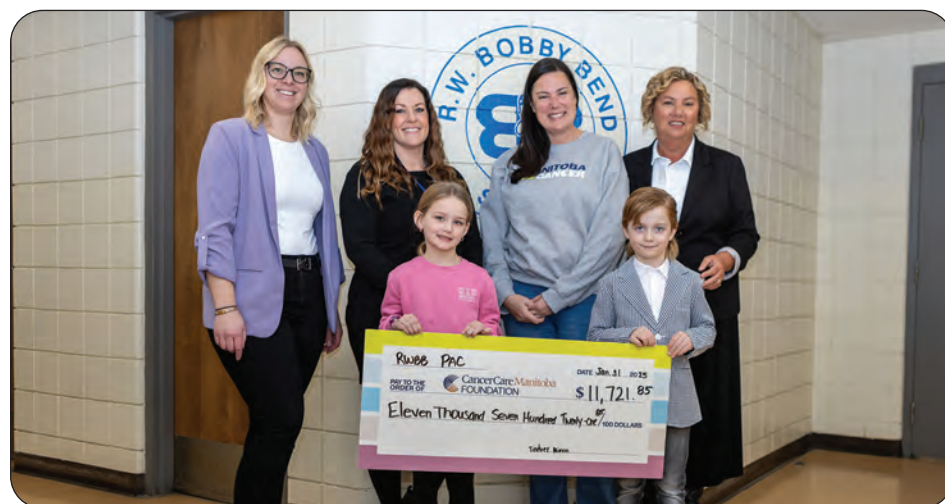
He enjoyed a delicious catered luncheon with the school's top fundraiser, Annika Crockatt, and the staff. One of the most impactful moments for Timber was when he proudly signed a cheque for \$11,721.85 to the CancerCare Manitoba Foundation, making this memorable experience even more meaningful.

"This is such an amazing fundraising event," CancerCare Manitoba's Sherelle Kwan told the *Tribune*. "We are so grateful to the PAC group, staff and students at RW Bobby Bend School for embracing this fun way to fundraise and support those they know and love touched by cancer. These students truly are heroes of hope."

The CancerCare Manitoba Foundation plays a crucial role in supporting individuals and families affected by cancer. Its mission focuses on funding programs and services that often lack government support. With innovative research initiatives, they aim to provide cutting-edge treatments, which are vital for improving patient care across Manitoba.

At École RW Bobby Bend, 420 students are dedicated to making a difference. Through their fundraising efforts, they contribute directly to these essential resources. Every dollar raised helps enhance the quality of life for those battling cancer. By empowering young minds with compassion and purpose, the values instilled at RW Bobby Bend extend beyond the classroom.

The students of RW Bobby Bend are shaping a brighter future for Manitobans facing the challenges of cancer.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

A cheque for \$11,721.85 was presented to Sherelle Kwan of CancerCare Manitoba Foundation at Ecole RW Bobby Bend School last Friday. Pictured left to right: PAC members Amanda Martens and Amanda Clarke, Sherelle Kwan of CancerCare Manitoba and principal Pat Williamson-Crockatt, with top fundraiser Annika Crockatt and Principal for a Day, M. Timber Nivens.



Timber Nivens had the privilege of signing authority for the CancerCare Manitoba Foundation cheque.

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Long history of Sig's Grill set to continue with grand reopening

By Jennifer McFee

Sig's Grill is gearing up for its grand reopening, and it will continue to follow its decades-old recipe for success.

The long-standing Stonewall eatery is slated to reopen this month after undergoing extensive renovations.

Owner Nicole Palsson and her husband Chad bought the building about a year ago. Last May, a Main Street fire spread to two nearby buildings. Firefighters had to pry open the door at Sig's Grill at 332 Main St., but they managed to keep the fire out of that building.

Since then, the new owners have addressed some structural issues while also updating esthetics, all while maintaining the old-time ambiance.

"We did a whole new front. It still looks like Sig's but with new paint, new flooring, new equipment in the kitchen," she said. "We've got the exact same menu too."

Some of Sig's staff will be returning too, so diners can look forward to familiar faces. In addition, the Palsson family's four kids, who range in age from 14 to 20, will be ready to lend a hand. They've lived in Stonewall for the past eight years, so they know that Sig's is a mainstay in the community.

"I've been a stay-at-home mom with the kids, so this is something new for me and very exciting. We're looking forward to it," Palsson said.

"We're going to keep it the same Sig's with the same vibe. It definitely always feels like a little family in there."

That family feel began nearly 40 years ago with brother-and-sister duo Miles and Melanie Sigurdson, who bought the restaurant in 1986. They created a unique ambiance with swivel chairs, milkshakes in metal cups and a menu known for its breakfast, burgers and soups. In about 1992, Melanie moved to Alberta so Miles continued to run the restaurant with



Nicole and Chad Palsson have maintained much of the original charm and character from generations gone by of Sig's Grill & Coffee Shop.

his wife Tracy. All three of their sons — Scott, Brad and Thor — worked at the restaurant over the years.

In addition, Miles' sister-in-law Kim Meyers has worked at the restaurant for decades — and she'll continue to work there after it reopens.

In 2017, the Sigurdsons sold the restaurant to Peter (Yong Rok) Janj. Janj moved to Canada from South Korea, where he worked for an electronics company for 20 years before attending an academy to learn how to cook. Janj sold the building to the Palssons last year.

But the eye-catching building's history began long before it became Sig's Grill.

Catherine Precourt of the Stonewall Heritage Committee pieced together some of the building's history through newspaper obituaries, articles and ads. She also referred to the book *Stonewall: Turning a Century*,



The owners/operators and staff at Sig's Grill had a training day last Friday for their soft opening this week. Pictured back row, left to right: Kim Meyers, Heather McAuley, Annika Brown, Cathy Couch, Kevin Kopys and the Palsson family in front, Emily, Annina, Nicole, Chad, Toni and Cash Palsson.



Peter (Yong Rok) Janj with new owner Nicole Palsson taken April 11, 2024.

which was published in the 1970s.

Through her research, along with information provided by another heritage committee member, she discovered that a baker named E.A. Shave lived in Stonewall in the early 1900s.

Then in 1906, Harry Druitt arrived in Stonewall from England. For a short time, he operated a livery stable before entering the bakery business.

Continued on page 4

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Owners of Sig's Grill & Coffee Shop are ready for customers. Pictured left to right: Cash, Toni, Annina, Nicole, Chad and Emily Palsson.



Fortunately, Stonewall firefighters were able to save Sig's Grill & Coffee Shop in the fire that destroyed Doctor Decal in May 2024.



Frank and Audrey Stanley took over the bakery in 1979 and renamed it the Stonewall Bakery and Coffee Shop.



TRIBUNE PHOTO BY JO-ANNE PROCTER
 Myles and Tracy Sigurdson owned and operated Sigs's Grill & Coffee Shop for 32 years before selling it on Dec. 4, 2017. The new owner Peter (Yong Rok) Janj moved to Canada from Korea in December 2016. He sold the restaurant in 2024 to Chad and Nicole Palsson.



This horse-drawn wagon was a familiar sight on Stonewall streets in the 1930s. Here we see Joe Wedge, delivery man for Druitt's Bakery, who posed for this picture in 1935. At that time, Harry Druitt owned the bakery.

In 1911, Shave and Druitt teamed up to operate the Stonewall Bakery. By 1917, Druitt advertised himself as a baker and confectioner, with no mention of Shave.

When Druitt's wife died in 1920, it seems that he left Stonewall to op-

erate a bakery in Teulon for a while. During that time, George LeQuesne operated the Stonewall Bakery, which ads referred to as the "original stand."

In the fall of 1932, Druitt returned to Stonewall and ads referred to him

being "back home again at the old stand." Throughout the 1930s, Druitt's Bakery delivered baked goods with a horse-drawn cart.

In June 1942, Druitt's Bakery became Scott's Bakery. Four years later, Hep and Mabel Riley bought the business. Hep died in 1962, and the following year, Mabel sold the business to her brother and sister-in-law, Al and Vade Lillies. Mabel continued to work at the bakery until she retired in 1978.

In 1979, Al and Vade Lillies sold the business to Frank and Audrey Stanley, and it was known at the time as the Stonewall Bakery and Coffee Shop.

Around 1982, Diane and Ken Molter bought the business.

Continued on page 5



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> LONG HISTORY, FROM PG. 4

In April 1984, a fire in two back rooms on the lower floor caused about \$30,000 in damage. The same year, Ray Kellett opened Ray's Place in the building.

And by December 1985, it was a Chinese restaurant known as the Jade Court Restaurant.

Soon after, the Sigurdsons bought the building in 1986 and began to operate Sig's Grill.

"It's always been a food establishment," said Palsson, reflecting on more than a century of history. "We're

looking forward to carrying on the tradition."

And the name "Sig's Grill" still rings true for the new owners, who have their own family connections to the restaurant's name.

"When it comes to the name, we never thought to change it because Sig is actually part of my husband's side of the family," Palsson said.

"They are an Icelandic family, and his grandfather's name was Sigurdur. For short, they would call him Sig or Sigg. Chad's mom Sigrid is named after him — and so are Chad and our son Cash, whose middle names are both Sigurdur. So the name Sig's Grill works perfectly for our family too."

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Stonewall Argus advertisement from Jan. 31, 1917.

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Try our "Sunkist"
ORANGES AND LEMONS.
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Strawberries and Brick Ice Cream for Saturday.

TRY US FOR FRUITS.
We handle the best obtainable.
Bread, Buns, Cakes and Pastry.
STONEWALL BAKERY.
DRUITT & SHAVE.

Stonewall Argus advertisement from Aug. 2, 1911.

WE NOW SERVE
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CHINESE AND AMERICAN LUNCHEON SPECIAL
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Jade Court Restaurant
350 Main St. Stonewall — Phone 467-2908
Business Hours: Mon.—Thurs. 7 a.m.—9 p.m., Fri. & Sat. 7 a.m.—11 p.m., Sun. & holidays 8 a.m.—9 p.m.

By Dec. 11, 1985, it was a Chinese restaurant known as the Jade Court Restaurant.

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MIXED NUTS, DATES,
All kinds of CANDIES, CANDY TOYS
and BISCUITS.

Stonewall Argus advertisement from Aug. 21, 1902.

ANNOUNCEMENT

Having sold my business to AL. and VADE LILLIES,
I wish to thank all my customers and friends for their
patronage and friendship, and bespeak for my successors
the same goodwill and support as was my privilege to
enjoy.

RILEY'S BAKERY
(MABEL RILEY)
STONEWALL -- MANITOBA

ANNOUNCEMENT

Having purchased the business known as
RILEY'S BAKERY, STONEWALL,
we wish to announce that effective January 1, 1963,
the business will be known as
STONEWALL BAKERY.
We will welcome your support and trust.
AL. and VADE LILLIES
STONEWALL -- MANITOBA

According to an advertisement in the Stonewall Argus, Mabel Riley sold Riley's Bakery to Al and Vade Lillies effective Jan. 1, 1963, who renamed it as Stonewall Bakery.

Cheerio!

We extend sincere
thanks to dear
friends and wish
them much joy
and happiness.

**Stonewall Bakery
and Coffee Shop**
Frank and Audrey Stanley
and Staff
Stonewall, Man.

Stonewall Argus and Teulon Times from Dec. 24, 1980.

Back Home Again
AT THE OLD STAND
WISHING TO SEE ALL MY OLD FRIENDS
AND LOOKING FORWARD WITH GREAT
PLEASURE TO MANY NEW ONES! : : :
HARRY DRUITT
Baker and Confectioner Stonewall.

Stonewall Argus advertisement from Oct. 26, 1932.

Change of Business
★ ★ ★ ★
WE WISH TO ADVISE OUR FRIENDS AND ACQUAINTANCES
THAT WE HAVE TAKEN OVER THE BUSINESS KNOWN AS
DRUITT'S BAKERY, AND SOLICIT THEIR PATRONAGE AND
GOODWILL. WE SHALL ENDEAVOR TO GIVE THE PUBLIC
GENERALLY THE BEST SERVICE POSSIBLE.
★ ★ ★ ★
SCOTT'S BAKERY
STONEWALL

Stonewall Argus advertisement from June 10, 1942.

Support Home Industry
— BY BUYING —
OUR BREAD
FRESH AND CRISP FROM THE OVENS DAILY
APPLES — ORANGES — GRAPEFRUIT
TOMATOES — LETTUCE — CELERY
ICE CREAM AND SOFT DRINKS.

RILEY'S BAKERY
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(H. C. RILEY, PROPRIETOR)

Stonewall Argus and Teulon Times advertisement from July 3, 1946.

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Jennifer McFee
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Free provincial park entry for the month of February

Inaugural Manitoba Winter Trails Day Celebrated on Feb. 8

By Annaliese Meier

The Manitoba government is promoting winter activities by offering free entry to all provincial parks for February, announced Environment and Climate Change Minister Mike Moyes.

"Manitoba's provincial parks offer an incredible variety of trails and activities for Manitobans of all ages," said Moyes. "I am pleased to announce we are waiving the entry fee to all provincial parks for the month of February to make it more affordable for Manitoba families to get outdoors and enjoy all our beautiful provincial parks have to offer."

Visitors can partake in cross-country skiing, snowmobiling, fat biking, snowshoeing, and hiking, along with activities at outdoor skating rinks and toboggan hills. Hecla/Grindstone Provincial Park has free ice-fishing shelters, while ski slopes are available in Asessippi and Whiteshell provincial parks.

Additionally, the inaugural Manitoba Winter Trails Day will be celebrated on Feb. 8. This annual event showcases winter trails, honours trail partners and encourages outdoor adventures.

On Feb. 8, residents can join guided activities in:

Birds Hill — embark on a snow-



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Manitoba government is promoting winter activities by offering free entry to all provincial parks for the month of February.

shoe trek along the Nimowin Trail to search for animal tracks and signs of wildlife, and learn how creatures thrive during winter.

Spruce Woods — take a guided hike on the Epinette Trail to discover the park's unique landscape and its intriguing connection to the spruce forest.

Details and registration information for upcoming programs can be found along with more information on winter activities in provincial parks

at www.manitobaparks.com. Manitobans are also encouraged to check this website for trail conditions before visiting parks.

Trail users are reminded to only use trails for designated activities and never walk on groomed ski tracks, keep dogs on leash and practise the principles of Leave No Trace by removing everything that is brought in.

No vehicle permits are required in February, but Snopasses are needed for snowmobiles on designated trails.

> Got something you want to get off your chest? How about an act of kindness to share?

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letter to the editor

Letters to the Editor: news@stonewallteulontribune.ca

Let's go to war on the economic front as proud Canadians

I have never written a letter to an editor in my life, but after I had a simple chat with a young Canadian this morning, I thought I would share my thoughts with Canadians who are worried about today's actions by another country that wants to wage an economic war with Canada.

I don't need to know why they are doing it, but as proud Canadians, we need to take action now to ensure our country is safe and strong during the next four years of this conflict.

As I was ordering some meat from the local grocery store, I asked the young man (in his 20s) who packaged the meat for me how he was doing. He said, "I am OK but worried by the tariffs!"

I was so surprised that our young Canadians are worried about the crazy actions of a person of poor character who happens to have sucked in a majority of his country and that he is a great leader in making his country great again.

We cannot control what people do to us, but I strongly feel that we can completely control our reactions to what others do to us. I would like to offer my thoughts on how Canadians should react to the start of this economic war, which is starting today and may likely carry on for four years.

I have a military background, and since I was a teenager, I have read and idolized what Manitobans and Canadians have achieved over the two World Wars and recent deployments. Canadians are amazing fighters with great creativity and ingenuity and we have done it in the most dangerous and unknown times in both the military and political world.

Manitobans and many other Canadians have been Canada's soldiers and business leaders to fight previous wars. In the First World War, an airman from Dauphin, Lt. William Barker, became the most highly decorated soldier in the British Commonwealth. We have many Victoria Cross winners (12) from Canada in the Second World War, including several from Manitoba.

We had many industry and military leaders who created and conducted the British Commonwealth Air Training Plan from May 1940 to March 1945 (in four years!) and trained over 167,000 students to serve in the Second World War, including over

50,000 pilots. We also fought and won the Battle of the Atlantic with vigour and ingenuity as the German submarines tried to sink our ships, bringing relief to Great Britain. We set up and coordinated the convoy system from Halifax and St. John's to Great Britain for the critical war years. Visit the Netherlands today with a Canadian flag on your jacket. You will get a free hug or handshake from the Dutch people who still remember the Canadian Army, which freed them from the German occupation in 1944.

We also have the political leaders in the past and now, no matter what party we align our support to, with great character and vision.

My Dad served in the Newfoundland Constabulary and then the RCMP (from the 1940s to 1980s) and met several dignitaries during his time with his work. I asked him near the end of his life what person he had the opportunity to see up close and was most impressed with and immediately he answered Jean Chretien.

I asked him why since he was not even prime minister yet (and my Dad was a Conservative), and he said when he was in security details, he was able to watch how dignitaries related to people and he said Mr Chretien had a special character that showed he cared for Canada and its people. And if you take the time to read Mr. Chretien's editorial from last month, we all have to agree that we have awesome leaders in Canada.

I was definitely impressed at the end of the day when I heard Prime Minister Trudeau and our premiers all tell the U.S. president we will tariff them immediately, and we all are in unison between the provinces.

We have political, business and military fighters on all fronts in Canada, but what can the average Canadian expect as we go to war on the economic front? There are going to be some outstanding opportunities to find new ways to be more profitable or to take other directions — seek them out and implement them in your business.

First, be creative and find ways to make your business or government organization more efficient. Reduce processes that do not add value as you get things done. Push your superiors, peers and subordinates to

make changes to be more efficient and profitable.

Second, for the next four years, work an extra hour a day at no cost to your management to get more done. It is a win-win situation: your business will become more profitable, and your government organization will become more efficient.

Third, support Canadian businesses and try to ensure your business is offering its services at the best price you can provide to other Canadian customers. As an avid camper, I will only camp in Canadian parks while this economic war is on.

And to the younger generation (20s-40s), who are meat cutters at my grocery store, blue-collar and white-collar workers from all religions and races — you are going to be the main fighters in this economic war we have in Canada since you are mostly the business and political leaders in our country. You, like our parents and grandparents before you in Canada, have to be the leaders, so go out there and fight this economic war and lead!

Canada is an AWESOME country to live in. We emphasize diversity of race and gender, and we have implemented great programs to support people of all races and origins and sexual orientations. We have great social programs to help with medical care and diversity. I agree many things can be improved on. The two major areas I feel should be improved from the national and provincial levels would be putting more funds into defence so we can protect Canada as needed on the military front and improving our medical system so our health professionals do not get worn out.

I think this economic threat from the U.S.A. is as dangerous to our country as a military attack. Many people I see and hear on the news outlets indicate that Canada is not able to survive as well as America can since they are the number 1 of G7 countries. Someone is trying to get us to give in and be the 51st state of a country that, in my opinion, is not even close to being as good as my country — Canada. If we don't want that to happen, we need to start fighting on the economic front, as our ancestors did on the military front.

- Joe Coady
Proud Canadian in Manitoba

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Words Matter



Words matter, or so I'm told. Those who teach English, or who have a degree in language, or who are just wired that way know that yes actually, words do matter. We live in an interesting world these days where words are made up and it can be a struggle to keep up with their current meanings. There are also words whose meanings have changed over the years and we need to be sure we understand which meaning is intended in the current conversation. I have always scratched my head with the word cookies; not in relation to the round dessert we hold in our hands, but cookies in regards to our computers. Who comes up with these words and how ever are we to keep up with their double meaning? So far, the phrase thank you still seems to have only one meaning; which is to express gratitude or appreciation to someone or for something. Two simple words which can make such a difference for those hearing them but often don't seem strong enough when expressing gratefulness for a life-changing event or intervention. In the Bible Jesus met ten lepers who asked Him to have mercy on them and to heal them of their leprosy. He gave them instructions to show themselves to the priests and Luke 17:14 says, as they were going "they were miraculously healed and made clean". Then one of the ten lepers went back to Jesus and "fell on his face at His feet, giving thanks to Him" (v16). I wonder if he struggled to find the words to articulate the depth of his profound gratefulness to Jesus; his life had been forever changed. Whether thank you is a polite response for a service provided or deep gratitude for help we need; two simple words can hold so much meaning. We are so deeply and unconditionally loved by God. Let's pay attention and watch for the many ways God blesses us each day and be sure to say thank you to Him.

Pastor Jo-Ann Porterfield
Alive Family Church
Stonewall, MB
alivefamilychurch.ca

Poppy fund donation enhancing resident care

By Lana Meier

The spirit of giving and community support shines brightly in Stonewall, thanks to the generous efforts of the Royal Canadian Legion Branch #52.

Last Wednesday, president Ken Power made a heartfelt visit to Rosewood Lodge, where he witnessed firsthand how invaluable a recent donation has become for both staff and residents.

The legion recently donated \$5,000, which was used to purchase 15 full-body sit-on slings and three bath slings.

IERHA manager of health services Margarete Moulden said the slings will have a positive impact on patient care as well as staff.

"We are exceedingly grateful for the legion's support. These slings allow us to safely care for the residents, as well as keep our staff safe in their workplace. They reduce injuries and improve the quality of life."

The slings can be used to provide

options for transfers for seated or lying positions, as well as bed repositioning.

The donation came from the Legion's Poppy Fund, which is supported by the public for the two weeks leading up to Remembrance Day.

According to Power, the Poppy Fund serves the necessities of veterans and their dependents as well as approved services in the community. This includes donations to Rosewood Lodge for medical services.

This act not only honours our veterans but also enhances the quality of life for those residing at Rosewood Lodge.



TRIBUNE PHOTO BY LANA MEIER

Left to right: Rosewood Lodge manager of health services Margarete Moulden, Royal Canadian Legion Branch 52 president Ken Power, occupational therapist student Anna Vaslavskiy look on while rehab aid Michelle Hazelton shows how she can easily and safely move occupational therapist Katelyn Elliot from a bed to a wheelchair using the sling.

Students invited to apply for 2025-26 Student Advisory Council

By Lana Meier

The Manitoba government is actively seeking applications for the 2025-26 Student Advisory Council, targeting students in grades 9 to 12. Education and Early Childhood Learning Minister Tracy Schmidt has reaffirmed the vital role of student voices in shaping educational outcomes across the province.

"Our government continues to put students at the forefront of our decision-making — and what better way to ensure their voices are heard than from them directly," said Schmidt. "Consulting with our young people helps us make better decisions that support student success and address what matters most to the next generation."

ation."

The Student Advisory Council consists of 30 students from diverse backgrounds across the province who meet regularly with education leaders from the Manitoba government and other stakeholders. Council members provide student-centred perspectives and input on current and emerging issues that affect students, contributing to positive change at the provincial level. This council also helps youth develop leadership and advocacy skills, build networks and work collaboratively as a team. Previous council members have influenced initiatives related to remote learning, anti-racism, technology in the classroom and mental health, among others.

"Joining the Manitoba Student Advisory Council has been a transformative experience, allowing me to grow as a leader, listener and advocate for youth voices in education," said Harisharn Bahra, a two-year Student Advisory Council member.

The council will begin meetings in August for a one-year term. Previous participants who still meet the criteria can apply again.

Applications are open until midnight on March 21. For more information and to apply, visit: <https://edu.gov.mb.ca/k12/studentadvisorycouncil/index.html>.

Community Survey

Eriksdale

E.M. Crowe Memorial Hospital
Emergency Room Renovation

Invest 5 to 7 minutes in the survey and inform the design of the emergency room renovation. Help ensure the needs of area residents are reflected and that the new space enhances patient care.



<https://forms.office.com/r/Ku2x3wGuKj>

Mark your calendar!

Thursday, March 6 attend a public information come and go at Eriksdale's Recreation Centre. Drop in and discuss the project. Watch this paper for more details.



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Balmoral water and wastewater rates on the rise

By Jennifer McFee

Balmoral residents will see a jump in their utility rates after the Public Utilities Board approved an increase effective Jan. 1, 2025.

The board approved an increase in the quarterly service charge to \$22.50 from \$15.95. The cost per cubic metre of water jumps to \$3.50 from \$1.05, while the rate for per cubic metre of wastewater jumps to \$4.25 from \$1.90.

The minimum quarterly charge based on 15 cubic metres will now be \$138.75, up from \$60.20.

In addition, the disconnection and reconnection fee will increase to \$100 from \$50, while the hydrant rental charge will increase to \$200 from \$150.

As of 2023, the Balmoral water and wastewater utility served about 140 customers. It's been more than a decade since rates have increased, since the last rate went into effect on Jan. 1, 2014. Since then, the RM has incurred substantial increases in operating costs.

Deficits were last approved in the amounts of \$42,547 for 2019, \$19,648 for 2020 and \$84,902 for 2021 for a total three-year actual operating deficit of \$147,097, to be recovered from the

accumulated surplus fund.

The water source for Balmoral's public water system comes from a confined aquifer and is treated using reverse osmosis. The RM of Rockwood owns and operates the utility, which serves both Balmoral and Gunton.

The wastewater system uses gravity flow with one lift station and two pumps that direct it to the Balmoral sewage treatment lagoon.

In October 2023, the RM of Rockwood applied to the Public Utilities Board for revised water and wastewater rates. On Dec. 20, 2023, the application was accepted into the queue.

Members of the public had the chance to direct questions or comments to the Public Utilities Board or the RM of Rockwood about these proposed rate increases in January 2024, but there were no responses to the public notice of application.

The Public Utilities Board denied the RM's request for retroactive rates effective Jan. 1, 2023, and Jan. 1, 2024. Instead, the board approved the proposed Year 3 rates, while also directing the RM to review the utility rates and file a report with the board. The

RM also needs to apply for revised rates again by July 1, 2025.

"The RM of Rockwood submitted the rate study to the PUB in 2023 with rates up to and including 2025. The PUB sent the approval of the rates on Jan. 15, 2025," said Teresa Taplin, utility administrator and safety co-ordinator for the RM of Rockwood.

"The RM of Rockwood will be submitting another rate study to the PUB on or before July 1, 2025, and noting the delay in approval from the PUB, this rate study will include rates to 2028. The 2025 rates will be in effect until another rate study has been approved by the Public Utilities Board."

With the approved new rates, Taplin said the estimated quarterly increase for an average household would be \$98.34.

According to a report from the Public Utilities Board, the rates requested by the RM weren't enough to operate the utility without a deficit.

"The Board is concerned the RM has requested rates that are insufficient," the report states. "The Board's responsibility is to balance the sustainability of the Utility with the interests of ratepayers."

The Public Utilities Board noted that the utility would likely incur a significant operating deficit without a rate increase for 2025. As a result, they approved the requested 2025 rates on a one-time basis in an effort to mitigate the forecasted deficit.

The report also noted that the duration between rate reviews was too long.

"Regular rate reviews submitted every three years, as per the Board's Guidelines, protect the financial position of the Utility and may reduce the need for significant rate increase in one year. In this case, the deficits incurred by the Utility between 2015 and 2023 may have been reduced or avoided," states the report.

"It is the Utility's responsibility to review rates and ensure rates are adequate to fully recover the cost of service being provided to its ratepayers. Ratepayers are generally more tolerant of regular, smaller increases. The RM needs to be much more diligent in conducting regular reviews of its revenue requirements."

The full Public Utilities Board report is posted on the RM of Rockwood's website at www.rockwood.ca.

Canada Revenue Agency cutting back on mailing 2024 paper tax packages

By Patricia Barrett

The Canada Revenue Agency is cutting back the number of paper income tax packages it used to automatically mail to taxpayers who had previously been filing their taxes by paper, forcing them to print out their own packages and forms, place an order for them or switch to online filing.

The CRA sent out a notice in early January to those who had been automatically receiving paper packages, stating it's "committed to making sure individuals can easily file their income tax and benefit returns" but will not be mailing out paper tax packages except to "vulnerable" individuals.

CRA media relations spokesperson Nina Ioussoupova said the agency identified certain "vulnerable" Canadians who had previously filed by paper and will still be proactively sending them the paper tax forms they require.

The reduction in the mailout of print packages is part of CRA's effort

to support a "greener future" in line with the Government of Canada's Greening Government Strategy and the CRA's commitment to sustainable development, she said.

About 485,000 Canadians will no longer automatically receive paper tax forms in the mail, and they should be receiving a letter to educate them on other ways to file their income tax, as well as instructions on how to order paper tax packages if they prefer using paper.

"These letters aimed to educate these tax filers on alternative filing options," said Ioussoupova. "Even though these letters encouraged tax filers to file online, it also provided instructions on how they could self-source their own paper copies of the tax forms."

The reduction in paper mailouts is expected to save CRA about 25 per cent.

"Due to increases in postage and printing costs decisions needed to

be made to ensure the CRA continues to be fiscally responsible in serving Canadians, while continuing to proactively provide paper tax forms to the Canadians that need it most," said Ioussoupova. "This year the CRA anticipates that it will realize a year-over-year savings of approximately 25%."

Paper tax packages have not been available at Service Canada outlets since 2018 when CRA stopped providing them, said Ioussoupova. CRA has informed other departments/partners, such as Employment and Social Development Canada, about CRA's reducing the mailout of paper tax packages. The agency also educates tax filers on alternative ways to file their income tax and how to get paper packages through posters and digital messaging in Service Canada outlets.

People who prefer to file their taxes using paper can still obtain a paper package, she said, by calling the

CRA's automated ordering phone line at 1-855-330-3305 or using the CRA's online ordering tool: canada.ca/cra-forms.

For those who have computers and printers, forms can be downloaded from CRA's website then printed.

People who do not have access to computers and printers can visit a public library to see whether it's possible to have tax forms printed out.

"Public libraries are an option that tax filers can leverage if they do not have a computer or printer. If a library is unable to provide printed copies, tax filers can use library computers to place an order for a tax package directly with the CRA at canada.ca/cra-forms," said Ioussoupova. "Public libraries will not be reimbursed for printing costs. If libraries do not have the means to provide printed copies, then tax filers can use library computers to place an order for a tax package."

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MAHCP members 96% in favour of strike; without a contract since March 2024

Recruitment and retention hampered without a contract

By Patricia Barrett

Members of the Manitoba Association of Health Care Professionals union voted overwhelmingly in favour of a strike last month, citing critical and enduring staffing shortages, increasing workloads, increasing patient wait times and at-risk care despite the provincial government's promise to fix Manitoba's health-care crises.

MAHCP has about 7,000 members working in about 50 allied health specialties. Its members voted 96 per cent in favour of striking, and the union is currently in negotiation with the government. The union has been without a contract since last March.

Allied health professionals are an integrated and integral part of the health-care system, and the reality is patients don't get treated without the work of allied health professionals, said MAHCP president Jason Linklater last Friday.

He said the strike mandate can be interpreted as the membership's overall displeasure with the favourable health-care messaging coming from the government as their workplace realities say the opposite.

"The good news the health minister delivers is not well taken by people who work in health care because they can see firsthand things are not improving," said Linklater. "MAHCP has 96 per cent in favour of a strike, and I think that says they haven't seen change happen. This is an ultimate wake-up call."

Linklater said the union represents a number of allied health professionals who work in the Interlake-Eastern Regional Health Authority, but who are actually employed by provincial Shared Health. Some of those staff include paramedics and diagnostic staff in areas such as laboratories, X-ray, CT and ultrasound. Because Shared Health is their employer, the IERHA is not responsible for staffing or possible delays resulting from staff shortages.

As far as paramedic positions in the IERHA, there are 159.5 full-time equivalent positions out of a total of 228 positions, said Linklater based on his research. That's represents a 30 per cent vacancy rate that's "on par" with other regional health authorities. The actual number of paramedic positions in IERHA is slightly higher because part-time positions do exist, but



FILE PHOTO BY PATRICA BARRETT

An ambulance on Highway 68 is shown.

he doesn't know how many there are.

In terms of delays getting an ambulance because of paramedic shortages, he said he doesn't have current data for the IERHA. But in 2022, the IERHA had the "worst response time of any region" at the median, which was 18 minutes, and at the 90th percentile, which was almost 50 minutes.

"The response time targets are 15 minutes in rural areas. So that means in 2022, Shared Health wasn't meeting their target half of the time," said Linklater.

In the event of a strike, the IERHA would see some disruption such as patients having "routine" blood tests or diagnostic appointments postponed and a possibility that "some mental health and addictions" services" being disrupted, he said. But emergency services would continue. So would lab and other diagnostic procedures that are required in life-and-death situations. Because staffing is already below baseline, many places "already operate like they would during a strike" all the time.

"We absolutely don't want to go on strike. Nobody ever wants that because it's bad for everybody," said Linklater. "That said, essential service agreements are in place to ensure patients won't be harmed by a possible strike. EMS and paramedics are absolutely essential staff. And since Manitoba is already short the number of paramedics we are – that is, we're staffed below baseline already – there would be minimal to no reduction in paramedic staffing during the strike. If you call 911, someone will be coming."

The [NDP] government promised to hire 90 new paramedics in 2024, but hired only seven, said Linklater, and "call volumes have gone up compared to five years ago."

With Manitoba's rural areas in rough shape, there are some instances in which there are not enough staff to meet essential service agreements on a normal day, let alone during a

strike, he said.

Compounding the staffing shortage crisis is the absence of a contract. Contracts possess inherent power to retain and attract workers.

MAHCP members have been without a contract since March 31, 2024. A survey the union carried out at the end of 2024 showed a majority of respondents citing worsening staff shortages, increasing workloads and plummeting morale. Without a contract, allied health staff could start leaving for greener pastures.

Allied health was without a contract for five years and there was a significant outflow of staff, said Linklater, explaining what has generally happened in the past. When the last contract got implemented, the union saw that hole get plugged and a "slight uptick" in staffing numbers. Although they're holding fairly steadily as of now — not losing "a whole lot of people" — they're not gaining staff either.

"We know that the longer our members go without a contract, the worse it's going to get," he said. "When this government came in, allied health in particular was told that they [the government] wouldn't let this happen to them. And they have; we're approaching a year without a contract again."

With other provinces or territories experiencing similar health-care staffing crises, jurisdictions need to be as competitive as they possibly can to attract medical staff.

Health-care professionals rely on information to make decisions, diagnoses and inform their medical practice overall, and that mindset is applied to job-seeking opportunities. Having a contract that potential recruits can assess is a way to get eyeballs on Manitoba. No contract is a crapshoot.

"The success of recruitment and retention depends on having a contract. How could you recruit a person to come work in Manitoba while there's no employment contract in place?" said Linklater. "I've seen advertise-

ments for all sorts of allied health jobs, including paramedics, but when [a potential candidate] doesn't have a contract to look at, how can they make a decision to come to here?"

Linklater said he's had paramedics call him from the United Kingdom — Manitoba lost paramedics to the U.K. when the National Health Service made positive changes — saying they'd consider coming back to Manitoba, but in the absence of a contract they have no idea whether it would be the right move.

Some of MAHCP's allied health groups are very small and specialized, he said, and losing one or more members could impact access to service. For example, if Manitoba lost one of its 10 perfusionists — allied health specialists who keep a patient's blood circulating during heart surgery and without whom surgery can't be performed — it could have a significant impact on wait times. Because Manitoba doesn't offer perfusionist training, people who are interested in the career have to move to another province — and they might not come back unless there's an incentive to do so.

Incentives are another tool the government could employ to attract new allied health professionals, he said. Newfoundland and Labrador, for instance, is offering a variety of incentives to students, graduates and experienced professionals that include signing bonuses, bursaries, travel-related support and salary advances to pursue education, and it advertises those incentives on the government's website.

Linklater said MAHCP has "encouraged" the Manitoba government to follow Saskatchewan, Alberta and British Columbia's "proactive" lead and craft an all-encompassing human resources strategy for allied health for the entire province, looking at getting youth education in health-care professions all the way to planning for retirements and so forth, and also come up with incentives that could include paying for education, implementing return-of-service agreements or offering signing bonuses to recruit staff.

As far as a possible strike goes, Linklater said the union is still at the bargaining table for another eight days (as of Jan. 31) but is preparing for a strike.

The Interlake-Eastern Regional Health Authority said its supports a new and fair collective agreement for the province's employees.

"Interlake-Eastern RHA supports the successful negotiation of a new

Stony Mountain Community Association shares plans for 2025

By Jennifer McFee

Stony Mountain Community Association has marked many achievements over the years, and plenty of excitement is on the horizon for 2025.

Representatives from the volunteer-based non-profit organization recently outlined these successes to Rockwood council. At the same time, they requested \$2,500 in grant funding to go towards their initiatives for Remembrance Day (\$1,000), the Canada Day Family Festival (\$500), minor softball/baseball (\$500) and soccer (\$500).

Board president Marcia Desmedt explained that the annual Family Festival on June 30 is the event that really started the SMCA.

"Approximately 20 years ago a group of Stony Mountain residents led by Greg Popoff held a street party on the night before Canada Day to raise money for playground equipment at what would become Kelpin Park," she said.

"The event was a huge success, and with the exception of 2020 and 2021, it has happened every year since. For the past few years, the event moved to Centennial Park and Bison Bandstand. The event includes food, entertainment with a live band, bouncy castles, kids' games, fireworks and more."

In addition to asking for \$500 from the RM's grant program, they're also asking for written permission for the fireworks display and liquor permit.

For the past few years for Canada Day, SMCA has organized the celebrations, including a parade, free lunch and community water fight.

Throughout the year, they've also hosted three to five events at Bison Bandstand, with each one averaging 400 to 600 people in attendance. Some tentative bookings are already in place for 2025.

Since the Stony Mountain Legion shut down, SMCA has also organized the local Remembrance Day services, which are typically well attended by more than 300 people at the commu-



The entrance stone sign was installed in 2024 as part of Stony Mountain Community Association's ongoing revitalization of Centennial Park. Mariash Quarry donated the stone.

nity centre. Even more people join the procession to the cenotaph for an additional short service, followed by a light lunch at the hall.

And for the past 14 years, SMCA has operated minor softball and baseball programs from April to July. These programs typically involve about 100 participants ranging in age from four to 17, plus multiple volunteer coaches and managers.

Except for a two-year break during the pandemic, SMCA's soccer program has operated since 2012 in May and June. This program also involves up to 100 participants aged three to 12.

In addition, adult slow pitch launched in 2012 and runs each June through August before winding up with a tournament in September. The league usually has up to 200 participants on eight to 12 teams.

"The SMCA adult slow pitch league managed another great season last year as we have done every year since 2012," said SMCA board member Tony Hoess, who serves as treasurer.

As part of the organization's sports program, they manage the bookings for the sports fields as well as the operating activities. They're asking the RM to continue mowing the fields and emptying the garbage bins. Looking ahead, they're also hoping to expand the sports field. They're requesting that the RM continue leading discussions with Stony Mountain Institute



TRIBUNE PHOTOS SUBMITTED

Sean Taylor Band performed at Bison Bandstand on July 20, 2024, as part of the Music at the Mountain concert series presented by the McKillop Team – RE/MAX Town and Country.

about securing a property for future expansion.

The organization's main annual fundraiser is the Abas Auto Stony Mountain Run, which raises money to help develop trails and to redevelop Centennial Park. So far, they've raised about \$35,000 while also encouraging an active lifestyle. Like last year, the 2025 run will take place on the Quarry Trail network, starting and ending at the Bison Bandstand. SMCA asked council to consider a tune-up of the quarry trails and parking area before the run. This year's Stony Mountain Run is slated for Aug. 23.

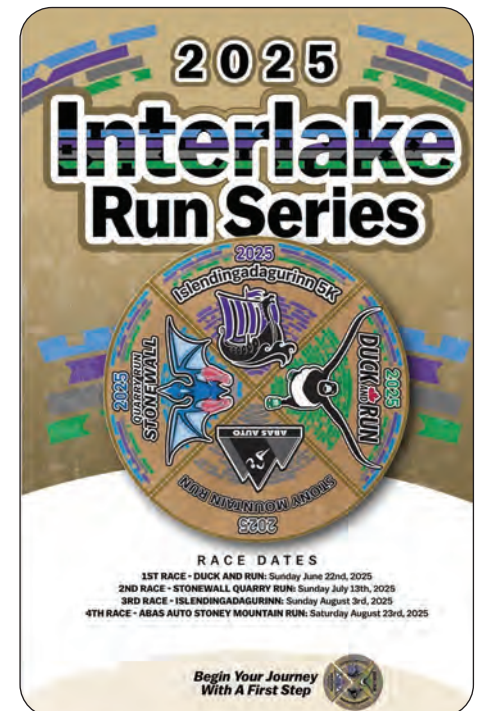
Dave van Heyst, vice-president of the board, noted that SMCA's vision for developing new trails in the quarry is essentially complete with no plans for new trails this year.

"We are extremely happy the RM is leading a regional trail concept. We are also very pleased with the maintenance done by the RM on the Stony Mountain trails in the past few years and look forward to that continuing," he said.

They're asking council to add funds to the budget for additional work on sidewalks and paths along certain streets in the RM.

And for the past few years, SMCA has been working to redevelop Centennial Park. Landscaping work will continue this year, including a retaining wall, wood chips and a memorial garden area.

"We first presented the plans for this project to council at a council meeting in 2019," van Heyst said. "Since then, we have tamed the old park site and completed the construction of Bison



The 2025 Interlake Run Series includes the Abas Auto Stony Mountain Run, which will take place on Aug. 23, 2025.

Bandstand on the concrete deck of the old pool in Centennial Park, done significant landscaping, added electrification and lighting, installed a concrete washroom facility and more. We think it turned out great so far."

With permission from the RM, they also installed an engraved entrance stone last year to welcome visitors to Centennial Park.

Council will consider the funding request.

To learn more about Stony Mountain Community Organization, visit www.stonymountainmb.ca.

> MAHCP STRIKE, FROM PG. 12

and fair collective agreement for our province's professional technical/paramedical sector employees," said an IERHA representative. "Negotiations are underway and we support the work towards a new collective agreement for these valued health-care staff members."

A spokesperson for Shared Health said the organization is

"committed to the successful negotiation of a new and fair collective agreement for our province's professional technical/paramedical sector employees. While we won't publicly comment on specifics of active negotiations, we remain at the bargaining table and continue to work towards a new collective agreement for all of these valued staff."

Rosser council news in brief

By Jennifer McFee

Manitoba Hydro installed 15 90-watt LED streetlights in Phase 1 of the CentrePort Canada Rail Park.

Rosser council approved the associated annual costs to run the streetlights, which is expected to be \$2,923.20 plus tax.

IN OTHER COUNCIL NEWS:

- SLI Towers proposed a telecommunications tower on Provincial Trunk Highway 101 in Rosser and undertook a notification period to meet requirements of Industry Canada. During the notification period, a neighbouring property requested that the proposed tower be relocated 50 feet back from the western property. Council's role is not to provide an approval but, in the end, a letter of concurrence or non-concurrence for Industry Canada. In this case, council concurred with the revised proposed tower location and design.
- Council gave first reading to establish water and wastewater rates within the Grosse Isle utility.
- Council authorized the removal of a crossing along the Colony Creek provincial waterway infrastructure and Road 66N. The province government had conducted a stakeholder meeting for the Colony Creek culvert replacement as part of the 2022 flood recovery project. AECOM presented the design and information on the replacement. Since this crossing is on an unmaintained road and has no residents on the mile stretch and can be accessed by gravel roads on both sides of the creek, the RM discussed with the provincial government about not spending the money

on that project but using that provincial money for high-priority infrastructure replacement instead. In the end, instead of having the provincial government spend money constructing an elaborate culvert replacement and crossing for an unused municipal road allowance, council passed a resolution to close the crossing. Access is still available for agriculture purposes using the mile roads to the east and to the west of it. The RM hopes that this provincial money will be spent in a higher priority area that benefits the RM of Rosser.

- Council entered into an agreement with Bayview Construction for Wheatfield Road reconstruction.
- Council adopted an interim operating budget, which will remain in effect until they adopt the operating budget for this fiscal year.
- The RM of Rosser donated \$250 to the Festival of Wreaths hosted by the Stonewall and District Christmas Cheer Board. The contribution was intended for buying books for Cheer Board hampers.
- The RM of Rosser is entering into agreements with Grosse Isle Heritage Site for four-year tourism funding and Grosse Isle Memorial Park Recreation Club for a four-year grant funding program. In addition, the RM is entering into an agreement with Meadows Community Club for four-year grant funding. The Rosser Central Community Club and the Marquette Curling Club previously returned their signed agreements, so council already passed resolutions to enter into agreements with those two groups.

Manitoba premier issues directive to stop sale of American alcohol

By Annaliese Meier

In response to the tariffs imposed by U.S. President Donald Trump, Manitoba Premier Wab Kinew has directed Manitoba Liquor and Lotteries (MBLL) to stop selling American alcohol products in the province.

"Trump's tariff tax is an attack on Canadians," said Kinew. "We support the federal response to these tariffs, and here in Manitoba, we're stopping the sale of American products at Manitoba liquor marts. How you choose to spend your money is one of the most important decisions you, as a consumer, can make. There are plenty of great Manitoba breweries and distilleries to

support instead."

The premier noted that effective Tuesday, Feb. 4, MBLL will be directed to remove American products from the shelves of liquor marts and will cease ordering American alcohol.

Additionally, the premier added that the province will provide more support for Manitoba businesses and workers throughout the week in response to the U.S. tariffs.

Manitoba's U.S. Trade Council will meet on Monday to discuss the impact of the tariffs and the province's response.

For more information, businesses or workers in Manitoba affected by the tariffs can contact the Manitoba government tariff hotline at 1-877-827-4330 (toll-free) or 204-945-8011, or reach the Manitoba Government Inquiry at 204-945-3744. More resources are available at: <https://manitoba.ca/tariffresponse/>.



PHOTO SUBMITTED
Pink Whitney, a pink lemonade-flavoured vodka produced by New Amsterdam Vodka in California is one of many American alcohol products being removed from MBLL shelves.

Perfect trail conditions



TRIBUNE PHOTO BY LANA MEIER

The snowmobile trails had just been groomed and the temperature recorded last Thursday was -2 degrees C., which was nine degrees above the average daily high for Jan. 30. Conditions have been more than favourable for snowmobilers this season. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: news@stonewallteulontribune.ca

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ROGer's Rhythmic Rumble getting set for musical battle Feb. 15

Call out to musicians:
\$500 grand prize

By Patricia Barrett

Eriksdale is getting set to rock with battling bands, high energy performers and plenty of musical chops when the 2nd Annual ROGer's Rhythmic Rumble gets underway in a few weeks.

The rumble is friendly music competition that will showcase local and area talent and help raise money for the ROGerKimLee Music Festival this summer. The rumble is open to all musicians, including solo artists, full piece bands and musicians with original work and cover songs.

The Eriksdale Music & Custom Frame Shop, a retail music store, sound equipment rental and arts hub, is hosting the rumble. The music store is owned and operated by Derrick McCandless and Dawn Mills.

McCandless said the rumble is one of their pet projects and is held in honour of three musicians and friends, Roger Young, David Kim Russell and Tony Leon Oreniuk, all of whom have sadly passed away.

"We were very, very dear friends," said McCandless. "It's kind of neat because we have Roger's stepson playing with his band in the battle of the bands, and Lee's friends are playing as well. That's very cool."

The rumble is a musical offshoot of the ROGerKimLee Music Festival, an annual event that's held in August. The rumble will help raise funds for the festival.

The music shop, which provides

sound-equipment rentals, will be supplying the sound system for the rumble, and McCandless said they'll be stepping in as roadies to get everything ready for big night.

"It's a bit of a project for us. We're organizing the rumble and running the music store at the same time," said McCandless. "And we're supplying a good-sized sound system for the rumble. We'll be setting it all up and tearing it all down."

Passionate about the arts, McCandless and Mills transformed a local shop in to the Eriksdale Music & Custom Frame Shop, a creative centre that sells instruments, offers music lessons, handmade pottery and custom picture-framing services. It also brings together community musicians through Saturday afternoon jams, boot camps in the summer and live music events.

Not only will the rumble showcase Eriksdale and local talent, but it will also provide musicians with a prize, prime festival spot and bragging rights.

"There's a \$500 prize for the best band, and they'll earn a prestigious playing spot at the RogerKimLee Music Festival, on the Friday or Saturday evening, which is a pretty good spot," said McCandless.

Jude McCudden, a volunteer with the music festival, said the rumble brings together talent from Eriksdale and beyond.

"In its second year hosting the Roger's Rhythmic Rumble, [the festival] has collaborated with the Eriksdale community's Winter Carnival to offer a great night out ... where musicians compete in a fun and friendly event



TRIBUNE PHOTO SUBMITTED

Derrick McCandless and Sound Horizontal perform at the 2024 RRRumble.

for a \$500 prize," said McCudden. "This is a perfect opportunity for local and Manitoba performers to show their talent while you sit back with refreshments and friends in the warmth of Eriksdale's Rec Hall without driving too far."

The 2024 rumble featured, rock, blues, a solo saxophonist from Ukraine, a guitarist from Clarkleigh and a young songwriter.

The 2nd Annual ROGer's Rhythmic Rumble is set for Saturday Feb. 15 at

the Eriksdale Recreation Hall. It will start at 8:30 p.m. with entry by donation.

For more information or to enter the competition, call the Eriksdale Music & Custom Frame Shop at 431-334-7558.

For more information about the festival, scheduled for Aug. 15-17, email: rogerkimleemusicfest@gmail.com or visit www.rogerkimleemusicfest.com

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Selkirk Canoe and Kayak Centre received WCSG grants for tandem kayaks, life jackets, and portage carts.

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APPLICATION DEADLINE: Friday, February 28, 2025

For more information contact:
Community Development Officer:
204-904-9257 or
email cd.officer@sdccf.ca



Al-Anon and AA Meetings Information

Balmoral Al-Anon Family Group
Balmoral Community Hall basement
6003 E MB-236, Balmoral, MB
Contact: (204) 470-8972
Meets every Wednesday 7-8 PM
Everyone welcome

**Selkirk Red River
Al-Anon Family Group**
Christ Church Anglican
227 McLean St., Selkirk, MB
Contact: (204) 482-6287
Meets every Monday 7-8 PM

Teulon AA
Christian Education Building
3rd Ave. SE, Teulon, MB
Contact: (204) 461-0155
Meets every Tuesday 8-9 PM

Stonewall AA
Parochial Hall
291 1st St. W., Stonewall, MB
Contact Denis: (204) 981-7747
Donna (204) 461-0892
Meets every Sunday 7:30-8:30 PM

Worsening morale, staffing and workload cited by MAHCP allied health members in 2024

By Patricia Barrett

The Manitoba Association of Health Care Professionals (MAHCP) says a majority of over 1,400 of its frontline allied health-care members feel staffing, workload and morale had worsened over 2024.

MAHCP conducted an online survey last December to understand its members' feelings with regard to Manitoba's health-care system, which is struggling with fewer doctors, recruitment and retention issues and long average wait times for diagnostic procedures and care at emergency departments.

"Allied health-care professionals are dedicated to their patients and they understand the system isn't going to get fixed overnight, but they were hoping for some improvement by now," said MAHCP president Jason Linklater in a Jan. 23 news release. "The most troubling result in this survey is the high proportion of members — half or more — who say that staffing, workload and morale are actually getting worse."

The NDP's April 2024 budget prom-

ised to rebuild health care in Manitoba. For rural areas in particular, the government set a course to recruit doctors, invest in the expansion of medical transportation services, create positions for advanced care paramedics, build a new ER in Eriksdale and build personal care homes starting with Lac du Bonnet (in progress) then Winnipeg and Arborg, among other investments. The government also promised to invest \$6.9 million to expand allied health staffing to facilitate weekend patient discharges and encourage colleges and post-secondary institutions to remove barriers to First Nations, Métis and Inuit people who want to become allied health professionals, physicians and nurses.

About 48 per cent of respondents to MAHCP's survey said they had lost people from their department or area while 11 per cent said staffing had improved. Only eight per cent said they saw improvement in morale. And with regard to workload, 62 per cent of respondents said they're doing more now than at the start of 2024 while only two per cent said they've



MAHCP

seen their workload decrease.

"We know these issues are linked to staffing, and we also know demand for everything from mental health services to diagnostic tests is only growing," said Linklater in the release. "Our recent survey results should be a wake-up call: much more needs to be done, and much more quickly, or Manitobans will continue to see negative impacts in high wait times for services like testing, emergency care, mental health and addictions sup-

port, and more."

MAHCP represents over 7,000 allied health professionals working in more than 50 specialized disciplines in labs, clinics, hospitals and long-term and community care. Its members include paramedics, lab and imaging technologists, respiratory therapists and mental health clinicians. The union's collective agreement expired in March 2024.

Manitoba Merv predicts and early spring on Groundhog Day

By Jo-Anne Procter

Every Feb. 2, Manitobans anxiously wait to witness the moment that defines their seasonal hopes: Manitoba Merv's big reveal. This year was no different as he emerged from his burrow at Oak Hammock Marsh, greeted by eager faces and hopeful hearts.

With a little wiggle and a curious glance, Merv announced an early spring by not seeing his shadow. Traditional folklore suggests we can

expect warmer days ahead, which is music to everyone's ears in this chilly province.

According to the Weather Network's website, Manitoba's Groundhog Day mascot has had an impressive success rate of 73 per cent since 2000, the highest among Canadian groundhogs.

However, according to Oak Hammock biologists, the best way to find out if we have an early spring is to look for the arrival of the first Cana-

da geese. Recording the spring arrival of the first Canada goose seen at Oak Hammock Marsh is another favoured annual tradition at the marsh.

The Oak Hammock Marsh Interpretive Centre is currently undergoing renovations and plans to reopen in the spring. At that time, Manitoba Merv will have his own exhibit that will expand on the topic of hibernation.



TRIBUNE PHOTO SUBMITTED
Manitoba Merv predicted an early spring after the puppet didn't see his shadow on Groundhog Day.

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The Stonewall & District Christmas Cheer Board would like to thank all those who contributed in any way to the 2024 Christmas season.
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STONEWALL

MPI and Snoman stress importance of snowmobile safety

By Jennifer McFee

Safety should remain top of mind for snowmobilers while they enjoy Manitoba's trails this winter.

January and February have the highest fatality rates for snowmobilers across the province. From 2021 to 2024, there were 12 snowmobile fatalities in Manitoba, with speed as the leading contributing factor. Other factors included alcohol impairment, lack of helmet use, driver inexperience and careless driving.

To highlight the significance of snowmobile safety, Manitoba Public Insurance and Snoman Inc. teamed up to share some tips for riders.

At a recent event near Stonewall on Road 82 North, attendees had the chance to learn about snowmobile safety through several demonstrations. These demonstrations showcased the importance of sharing the roadway. In addition, they shared information about safety equipment for snowmobiles and riders, as well as trail safety and trail grooming equipment.

The timing was ideal since International Snowmobile Safety Week recently ran from Jan. 12 to 18. And coming up quickly is Manitoba's first ever Winter Trails Day, which is set for Feb. 8. According to the provincial government, Winter Trails Day will take place each year on the second Saturday in February to showcase the Manitoba's winter trails and activities, celebrate the dedicated partners who create and maintain trails, and inspire everyone to embrace the season by enjoying outdoor adventures with family and friends.

Joe Thievin, grooming co-ordinator for South Interlake SnoRiders Club, shared with the Tribune some advice for planning your snowmobile trip.

"If you're planning to go snowmobiling, one of the key things to do is to ensure that you take a friend. Invariably, your snowmobile will break down or get stuck when you're by yourself," said Thievin, who is also the president of the regional snowmobile association and he serves on the Snoman board of directors as the vice-president. In addition, he's the president of the Canadian Council of Snowmobile Organizations, encompasses 729 clubs across Canada.



Part of the preparations for a snowmobile adventure includes packing safety equipment.

"It wasn't long ago we heard of somebody up near St. Laurent who spent the night in the woods because they had got stuck. If you don't have a buddy to take with you, it's important that you share your route. You want to say when you're leaving home, where you're going and when you expect to be there. As a rider, you have some peace of mind that if you break down or get stuck or you don't make it to my destination, then people know where you are."

Thievin also provided some ideas for how to pack for your outing.

"When we go snowmobiling, we take things like booster cables in the event that your battery goes dead and a tow rope to pull your machine. We also take a first aid kit, flashlight and a basic set of tools in case you have to do a small repair," he said.

"It's about being prepared with survival gear. We pack protein bars. We also bring matches and a fire-starter. Then at least if you get stuck in the bush somewhere, you can build a fire and keep yourself warm."

You should also make sure your snowmobile is in good repair and that you're prepared for the ride by dressing warmly and wearing a good helmet.

"A good helmet does two things —



TRIBUNE PHOTOS BY CHRISTY BROWN

Maria Campos of Manitoba Public Insurance and Joe Thievin of South Interlake SnoRiders Club shared advice for a safe snowmobile season.

it saves your life if you fall off and it makes your ride more enjoyable because you don't have all the wind coming and freezing you," Thievin said.

"You should also make sure that you're riding a snowmobile that you're comfortable with and that you ride to your ability. Don't jump on a big sled with limited ability and go tearing through trees because you're going to have problems."

In addition, it's important to steer clear of anything that would impair your ability to drive the snowmobile.

"We focus on zero impairment and avoiding anything that impairs your ability. That could be illegal drugs, prescription drugs, alcohol, cannabis, sleep deprivation. We hear too often in the news about a fatality or an injury associated with snowmobiling — and quite often it's impaired ability or excessive speed that causes injury," Thievin says.

"You should also ensure to drive to conditions. Speed is critical. Don't drive too fast or excessively when conditions are deteriorating. When it's snowing or blowing or low light conditions, there are lots of hazards that you could encounter in those situations."

Maria Campos, vice-president and chief customer and product officer

for Manitoba Public Insurance, said that by highlighting safety concerns, they're creating awareness about proactive steps for riders to make themselves safer while out on their snowmobiles. Like Thievin, she pointed to the importance of wearing a helmet, controlling speed and riding sober.

"MPI doesn't advocate for and educate about safety alone," Campos added. "It is through partnerships, like the one we have with Snoman, that we are able to fulfill our road safety mission — whether it is on or off-road."

Safety is a key concern for both MPI and Snoman. MPI collects a \$25 non-refundable annual fee for all off-road vehicle registrations on behalf of the provincial government to support trail maintenance and development, off-road vehicle safety education and training programs, and rehabilitation of public lands impacted by off-road vehicle use.

And when you purchase a SnoPass to ride on the 12,000 kilometres of designated provincial trails in Manitoba, you're helping to invest in grooming and maintaining those trails — which, in turn, contributes to overall snowmobile safety.

To learn more about Snoman, visit www.snoman.mb.ca.

Want to learn to ice fish? Now's your chance to learn on Lake Winnipeg

By Katelyn Boulanger

Residents in our region are invited to learn to ice fish this winter with Beaches of 59. This is the group's second annual Learn to Fish event which allows those who sign up to come out to Lake Winnipeg and have a day of

fun while learning about one of our region's winter traditions.

"It's basically an event to introduce people who have never had the opportunity or experience of ice fishing, or somebody, perhaps who has gone

but they don't have equipment and would like some instruction. It's a great opportunity for people to come out. All the equipment is provided. You can either rent it for the day, or you can purchase it if you feel that

you love it and you're going to want to go ice fishing every weekend," said Anna Pegoretti-Saurette, committee member with the Beaches of 59.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

42nd Annual Veterans Cup

By Jo-Anne Procter

For 42 years, the Stonewall Minor Hockey Association (SMHA) has proudly hosted the U13 Veterans Memorial Cup hockey tournament. This past weekend, the tournament proved it is more than just a game; it embodies passion and dedication to youth hockey.

Over the decades, it has become one of Manitoba's premier events. This past weekend 24 talented teams took to the ice. Players showcased their hard-earned skills and competitive spirit.

The tournament's opening ceremonies took place on Saturday afternoon at the Veterans Memorial Sports Complex. Bagpipers Dan Sloan and Alex MacDonald led the Royal Canadian Legion Branch 52 Colour Party and special guests to centre ice.

Kyle Kauk, president of SMHA, welcomed teams, families and fans. He expressed gratitude for the dignitaries and the tireless volunteers behind this beloved event.

Mayor Sandra Smith and RM of Rockwood Reeve Wes Taplin took a moment to express gratitude and appreciation for participants, families and volunteers.

Their words highlighted the importance of community support in creating an unforgettable experience. The weekend was more than just hockey; it was about sportsmanship and making lasting memories.

Lakeside MLA Trevor King shared his greetings on behalf of Manitoba's government. As a father of four hockey players, he understands firsthand the effort that goes into organizing such an event.

"Three things I have always told my boys when they get to the rink," King directed to the players on the ice for the ceremony, "play hard, play smart, but most importantly, have fun."

King also recognized Amy Martin, for her achievements as an inspiring role model for women aspiring to excel in sports officiating.

Ken Power, the president of Royal Canadian Legion Branch #52, brought greetings from the local branch. He has personally witnessed a remarkable transformation in the Veterans Memorial Cup over the years. During

his remarks, Power fondly recalled the tournament's humble beginnings and how it has evolved. As the tournament's primary sponsor, the Legion takes pride in its significance for the community.

He also emphasized an important aspect often overlooked — the referees and linesmen. Their commitment ensures safety on ice and fairness during play.

Kauk introduced Amy Martin as the guest of honour, celebrating her remarkable achievements on the ice. He presented her with a framed collage showcasing her successes, including refereeing the prestigious gold medal game at the 2025 IIHF U18 Women's World Championship.

This year's recognition highlights an essential tradition — honouring those who contribute significantly to local hockey. Officials have received this accolade for two consecutive years, emphasizing their vital role in ensuring fair play and safety.

For the second consecutive year, the tournament committee supported those serving our country.

A generous \$2,000 donation from the Military Family Resource Centre at CFB Winnipeg was presented to Tamika Reid. This contribution exemplifies how sports can unite communities and give back to those in need.

The Military Family Resource Centre plays a vital role in supporting military families through various programs and services.

In closing, Kauk spoke to players on the ice.

"Take a good look around," he urged. "Look at your teammates and coaches standing next to you. Now take a look up into the stands. Sometimes, as players, we focus on our teammates and coaches and often overlook the huge role our parents and family play in making our hockey seasons successful," he said. "From driving you to your early morning games and practices to finding the time to get you to all those extras that keep helping improve your game. Let's all give our parents and family in the stands a huge round of applause to thank them and show them how much we appreciate them."



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Vet's Cup guest of honour, Amy Martin made the ceremonial puck drop to Stonewall team captains, from left, Avin Wedel, Kristoffer Sheldon and Elliot Davidson.



Stonewall's Jr. Jets defeated La Broquerie Habs 7-3 to capture the annual Vets Cup U13 A1 division championship after going undefeated through the tournament. They opened the tournament with a 2-2 tie with the Habs, defeated Winkler Flyers 3-2, Rat River Saints 6-0 and the Springfield Ice Hawks 4-0. Pictured left to right, back row: Kyle Kauk (coach), Stetson Chartrand, Jason Isfjord (coach) and Byron Scrivens (coach). Middle, Beck McFadyen, Nash Scrivens, Braun Thompson, Zach Lamb, Hunter Krahn and Liam Kauk. Front, Ryker Isfjord, Knox Nickel, Kristoffer Sheldon, Elliott Peters, Kolsen Jira, Samuel From and Elijah Goresky.

He wished all teams good luck. In the gold medal championship games, the Stonewall Jr. Jets defeated La Broquerie Habs 7-3 in the U13 A1 division. In the U13 A2 division, the

River East Royals defeated Lakeside Falcons 6-5 to win gold, and in the U13 A3 division, the Kenora Copperfin Cowboys defeated Brandon Wild 4-3.

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Wildcats representatives at MWHSHL All-Star Day

By Kieran Reimer

The Warren Wildcats women's hockey team's inaugural season has been memorable, and their debut has been exciting.

Unprecedented, the Wildcats joined the Manitoba Women's High School Hockey League's top division off the hop, and they haven't looked one bit out of place.

Late in the season the Wildcats sit seventh with a 5-10-1-2 record and are determined to make some noise in the playoffs.

They've also received some recognition from the league: Bre-Ann Windross and Jadyn Baldwin were selected for the MWHSHL All-Star Day, held Sunday at Southdale Community Centre.

The forwards have each had great seasons. Windross, who was unable to attend, has scored 11 goals and 10 assists, and Baldwin, who attended, has four goals and seven assists, which have contributed to the team's efforts this season.

"They are both outstanding players with great attitudes," said assistant coach Megan Humeniuk ahead of All-Star Day on Saturday. "They are girls who love the game, work hard, and want to be there. I'm very excited because you just know as soon as they hit the ice it's going to be magical. They are very talented and play their positions so well. They deserve this so much."

The Wildcats also played two games last week against the Churchill Bulldogs on Tuesday and Wednesday.

On Tuesday at Southdale Community Centre, the Wildcats got out to an early 3-1 lead with two first-period goals from Blake Darragh and one from Windross.

The Bulldogs, though, came back strong in the second and third to tie it up and force overtime. Ireland Tymchak scored to hand the Wildcats a 4-3 loss.

Then, on Wednesday in Warren, the Wildcats opened the scoring again with a second-period tally from Sa-

mantha Boonstra.

But like Tuesday, the Bulldogs responded with four unanswered goals, eventually winning 4-1.

The Wildcats get back in action with four more games in the last two weeks of the regular season.

They will play the Vincent Massey Trojans and Glenlawn Lions on Monday and Tuesday. Due to our press schedule, scores were unavailable.

Warren will play Monday and Tuesday the following week against the Trojans and the West Kildonan Wolverines to conclude the regular season.

UPCOMING GAMES:

Monday, Feb. 10 vs Vincent Massey Trojans, 3:15 p.m. at Access Credit Union Arena

Tuesday, Feb. 11 vs West Kildonan Wolverines, 3:15 p.m. at Access Credit Union Arena



PHOTO SUBMITTED

Wildcats forward Jadyn Baldwin helped her team to a 4-2 victory at the 2025 MWHSHL All-Star Day on Sunday, Feb. 2 at Southdale Community Centre. Forward Bre-Ann Windross was also selected but was unable to attend.

End of a chapter Tournament champs



TRIBUNE PHOTO BY MONICA BALDWIN

The U18AA Stonewall Blues team recently celebrated their graduating players, acknowledging the impressive journey these athletes have shared throughout their hockey careers. It's wonderful to see the camaraderie and dedication they've built over the years. The team will conclude their home games with a final match on Thursday, Feb. 20 at 7:30 p.m. at the VMSC. Pictured, left to right: Rayna MacKenzie, Kaelyn Morden, Ruby Harrisko, Samantha Boonstra, Reese Farmer and Jadyn Baldwin.



TRIBUNE PHOTO BY BROOKE TRUTHWAITE

The U11A1 Stonewall Blues won the gold medals in the Portage Cup Tournament over the weekend. The team went 5-0 and defeated the Brandon Wheat Kings 4-1 in the championship game on Sunday. Pictured in no specific order, coaches, Ryan Frost, Shayne Murphy, Kyle Breen and Matt Wutzke; Eric Kirby, Nixon Argue, Lexon Tesluck, Beckett Buchko, Tucker Wutzke, John Frost, Dane Fortin, Levi Murphy, Dayton Rempel, Trey Warburton, Camden Sowa, Mason Truthwaite, Finnick Breen and Max Slobodzian.

The last dance: Wildcats veterans hoping to go out on top

By Kieran Reimer

The Warren Wildcats boys' hockey team aims to stage one final performance by the end of the Winnipeg High School Hockey League season. Their goal is clear: they want to make a strong playoff run and bring a championship trophy back to Warren.

Currently, the team is on track to finish second in the Price Division and enter the playoffs as a serious championship contender. However, they recognize that there is still another level they need to reach to achieve their goal.

"We have a lot of talent but in the end it's going to be the hard work, staying disciplined, and playing as a team that's going to lead us to that successful playoff run that we want," said Wildcats defenceman and captain Ethan Corbett.

Corbett has minded the Wildcats point for three seasons now and is having his most productive season offensively with two goals and 14 assists through 20 games.

His motivations to bring the Wildcats back to the winning circle started in his grade 10 season when the Wildcats made a shocking upset over Transcona in the playoffs.

They then took another step last season in making it to the semi-finals before being ousted by the eventual champions Murdoch MacKay.

"The Transcona playoff series was a defining experience for this year's graduating players, and it has motivated the seven of us to work hard with the team toward a strong playoff run before we graduate," said Corbett. This year, Corbett and the Grade 12 veterans have come back with renewed determination, posting a record of 16-3-1 in their first 20 games. Other veterans, such as top for-

wards Owen Shymko, Quinn McKnight and Bruce Colton, have combined for an impressive total of 148 points, while the team's defensive statistics are the best in the league. In goal, they boast a stellar tandem in Dallas Shaver and Mason Klassen, who have records of 10-2 and 6-2, respectively. With just four regular season games remaining, the Wildcats are gearing up for the playoffs.

"This year, there's a lot of talent and scoring power on the team. Our veterans bring experience and know how the league operates, serving as excellent role models for the rookies," Corbett remarked. "It's super helpful. We have a great group of guys who always come ready to compete."

This week they had two blowout wins over the Linden Christian Wings on Wednesday and the Pinawa Panthers on Friday.

The win against the Wings came by a score of 7-2 with a hat trick from Owen Shymko and other goals from Colton Bruce, Quinn McKnight, Cayden Ingimundson and Ty Olson.

They then handed the Panthers an 11-1 loss on Friday with four goals from Owen Shymko, three from Dylan Riddell, and one from Colton Bruce, Quinn McKnight, Cayden Ingimundson and Layne Noren.

Other notables, Grade 12 defenceman Ethan Shymko was named a Price Division Star of the Week. He's now up to two goals and 17 assists this season. Currently, the team is on track to finish second in the Price Division and enter the playoffs as a serious championship contender. However, they recognize that there is still another level they need to reach to achieve their goal.



TRIBUNE PHOTO SUBMITTED

The Warren Wildcats' Ethan Shymko was named one of Winnipeg High School Hockey Price Division Stars of the Week.

The Wildcats will prepare for two away games this week, facing Niverville and Sagkeeng before heading to Beausejour the following week and concluding the regular season at home.

The upcoming games are scheduled for Thursday, Feb. 6, against Niverville at 4 p.m. at Niverville CRRC, and Friday, Feb. 7, against Powerview/Sagkeeng at 5 p.m. at the Sagkeeng Arena Complex.

Rams stay positive ahead of WHSL playoffs

By Kieran Reimer

The Stonewall Rams boys' hockey team has maintained a positive outlook this season, despite facing challenges in securing victories. With a current record of 3 wins, 17 losses, and 3 overtime losses (3-17-3), coach Brett Nespor noted that his team has remained upbeat, even when things haven't gone their way.

A recent example of their resilience occurred during a match against the provincially ranked No. 1 team, the Vincent Massey Trojans — a team the Rams had defeated in their first game of the season. This time, the Rams

were down to just 11 skaters and lost another player to a game misconduct penalty in the second period. They gave up a 1-0 lead but fought back to narrow the score to 3-2, thanks to goals from Evan Deprez and Evan McMurtry, alongside an impressive 38 saves by goalie Jackson Vandersteen. Although Stonewall did not secure the win, the game served as a positive sign that they can compete with the league's best teams, especially with just one game left before the playoffs.

"We played a very good game, we just couldn't squeak one in at the

end," said Nespor on Friday. "Our goalie Jackson Vandersteen played very well. Seems like when we played them this year we had some really good games. Too bad we couldn't tie it up there but I was very happy with how we played and the compete level. It is kind of difficult when you're lower in the standings but I give credit to the guys and the coaching staff for bringing that positive attitude to the rink and competing every night against the league's best teams. In situations like that it's easier to kind of throw your hands up and give up but that's something we haven't done."

The Rams are now preparing to face the West Kildonan Wolverines in their final regular season game on Thursday afternoon. The Wolverines currently sit three points ahead of the Rams for 12th place, but a regulation win for the Rams could bring them into a tie, potentially affecting their first-round playoff matchup. As it

stands, the Rams are slated to face the River East Kodiaks in the first round. However, if the standings change, their matchup is likely to change as well. Regardless of how the situation unfolds, Nespor believes his team is capable of defeating any opponent in the playoffs, but it will require a collective effort.

"It's going to come down to who wants it more and making the plays at the right moment because you never know what can happen. We've been in games with all the top teams and it's a tough task but it's doable if you buy in and everyone plays the right way at the right time so there's that motivation for us going forward."

The puck drop against the Wolverines is scheduled for 4 p.m. on Thursday, Feb. 6, at the Seven Oaks Sportsplex. Following that game, playoff matchups will be finalized, and the Rams' first-round playoff schedule will be released.

To see more photos
of your favourite
Interlake Athletes

GO TO **Stonewall Teulon Tribune | flickr**

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Colby Darragh signs with Providence University College

By Jo-Anne Procter

Grosse Isle's Colby Darragh is gearing up for an exciting chapter in her basketball journey. The talented Warren Collegiate Grade 12 student officially committed to play the 2025-2026 season for the Providence Pilots last week.

Signing with Providence University College in Otterburne, Man., marks a significant milestone for Darragh. It reflects not only her hard work but also her dedication to the sport she loves.

"I am very excited to be signing with Providence and to have this opportunity to play basketball at the next level," she said. "I look forward to putting on the Pilots jersey and con-

tinuing to play the sport I love."

The Pilots' women's basketball head coach Joel Coursey was impressed with Darragh's athleticism and tenacity when he first saw her play.

"Colby is a talented player with a strong motor," he said, "She can shoot the ball and defend the length of the court. She fits right into our style of play."

Darragh's journey in basketball has been shaped significantly by her father, Jason. As her coach, he recognizes the qualities that make Colby a standout player.

"She works as hard off the court as she does on it," he emphasized, explaining that her dedication is evident

in her routine—whether arriving early to sharpen her shooting skills or staying late after practice for extra drills.

Darragh also honed her skills at Evolve Basketball Development, where she seized every opportunity available to elevate her game further.

Darragh is grateful to her teammates and coaches who have pushed her to be the player she is today.

"I look forward to working hard to keep improving as a basketball player."

The Pilots are currently defending both their MCAC and NIAC championship banners from the 2024 season.



TRIBUNE PHOTO SUBMITTED
Colby Darragh

Mercs blown out in regular-season finale

By Kieran Reimer

The Warren Mercs know they'll finish the regular season in sixth or seventh place in the South Eastern Manitoba Hockey League.

The Mercs had a chance to move up the standings in their regular season finale Sunday but couldn't get much going in a 9-0 loss to the Springfield

Winterhawks.

The game remained only 3-0 through two periods until things unfolded in the third period when the Winterhawks scored six times for a crushing win.

The Mercs conclude the regular season with a 9-8-1 record and sit sixth,

one point ahead of the Winkler Royals. However, the Royals have one game left on Saturday against the Winterhawks, which, if they win, could potentially move them ahead of Warren.

Regardless of the result, the Mercs have secured a spot in the eight-team

playoff and will get their first-round schedule at the conclusion of the SEMHL regular season next week.

Dexter Kuczek finishes the season as the team's leading scorer with 16 goals and 15 assists through 15 games played.

> ICE FISHING, FROM PG. 15

The Beaches of 59 is a tourist organization that works to promote the beauty of our local area encouraging residents to come to the area and locals to get out and enjoy it.

This event helps residents learn to ice fish by promoting a great environment for their first ice fishing adventure on the Lake.

"Ice fishing is a sport that could be quite daunting if you've never done it. No. 1, going out onto a frozen lake. 'Where do I go? Is it safe to go?' But here's an environment where we've got a group of volunteers that go out and check to make sure that the ice is a proper thickness and that the area is safe to go out. So that's number one, they don't have to worry about that. Secondly, drilling the holes to get set up for ice fishing, you've got to have equipment and, just to kind of start and do it for the day, it can cost a lot of money. So, (this event is) just a really practical way to get introduced into the sport of ice fishing," explained Pegoretti-Saurette.

The group has also thought of the practicality of this event for people

getting on to the ice.

"It's quite a popular spot, but, I mean, there's a lot of really popular spots on Lake Winnipeg. We chose this particular spot because it does have quite easy access onto the lake, and there is a large parking lot. It's at the end of the Yellow Brick Road, and we the Beaches of 59 committee, we put up signage from Highway 59," she said.

There will also be volunteers guiding people onto the lake, all necessary fishing equipment will be provided to all participants, experienced instructors, a wind shelter and warm-up stations, and each participant will get a hot dog, chips and a warm non-alcoholic drink.

The idea for this event came from the popularity of ice fishing.

"We wanted, for the local community, a place that people could go and make it very affordable as well so that anybody can try it," said Pegoretti-Saurette.

She herself is relatively new to ice fishing having been introduced to the sport a few years ago.

"I had never done it before, and I

just found it to be wonderfully relaxing and a lot of fun. You know, we can sit in the ice shack for hours and just, you know, visit and fish and, you know, just have a good time," she explained.

Another part of the event that has been planned out well for new fishers is that the Beaches of 59 Committee has planned this event for the province's Family Fishing Weekend. This means that residents do not need to get a fishing license for this event, however, all other rules and regulations apply.

If you want to sign up for the event there isn't much that you should bring but wearing weather-appropriate clothing is a must.

"Warm clothes, warm boots, hats, mitts, whatever you need. Definitely dress warm. Last year, we were so lucky. We had the most amazing winter day. It was lovely but, for everyone, come dressed and prepared for winter. Check what the weather is going to be like that day. We have no idea (what it's going to be), but hopefully, the sun will be shining," said Pegoretti-Saurette.

There are two three-hour sessions that residents can sign up for. One takes place from 10 a.m. to 1 p.m.

and the other from 2 to 5 p.m. Tickets are \$25 each or \$45 if you'd also like to purchase your rod and reel. There is no age restriction for this event and all are welcome to sign up but children 14 and under must be accompanied by an adult.

To sign up for this Learn To Fish event visit <https://www.beachesof59.ca/icefishing-1>. To keep up with everything that the Beaches of 59 are up to check out their Facebook page at <https://www.facebook.com/Beachesof59/> or Instagram at <https://www.instagram.com/beachesof59/>.

Pegoretti-Saurette encourages everyone who's interested in participating to check out the website and sign up.

"It is a lot of fun, you've got great instructors, and like I said, you don't have to worry about all the things that one may have to worry about if you were going to do it on your own. You don't need all that equipment. Everything — the drilling of the holes — is provided for you. There's a shelter, there's a warm lunch. You just get to experience it at its best without having to really invest in committing to ice fishing 100 per cent," she said.

Lightning Report: Hard work leading to success for U13 girls

By Kieran Reimer

The U13 AA Female Interlake Lightning gained some breathing room in the standings last week after securing two hard-fought victories over the Twins. Last Sunday, they emerged victorious with a close 4-3 win and followed it up with an impressive 9-1 win against the same Twins squad on the following Sunday. These two triumphs earned them four points and sole possession of seventh place, a position they have achieved through hard work this season.

"We had a couple game that were in our grasp and we lost them and the girls were really hungry for one and they came out and proved how much they wanted it," said head coach Megan Humeniuk on Saturday. "They grind and my theory is if you out-work every team there's no way you can't win and the girls put it to the test and it was awesome."

Although the Lightning may not lead the league standings, they certainly lead when it comes to effort on a game-by-game basis. The Lightning have secured all seven of their wins this season through relentless hard work and by staying competitive even when they are trailing.

Humeniuk said the girls' efforts have made it easy on her and the other coaches because they know they'll be getting 100 per cent from their players every time they are on the ice.

"Interlake has an identity especially in sports and especially in hockey of being grinders and working very hard and our philosophy all year as a team has been it doesn't matter what happens at the end of the game but at the end we are the hardest working players on the ice" said Humeniuk. "It's something that's really huge for these girls is their work ethic and them wanting to win and be great. It's really amazing and I love seeing 11- to 12-year-old girls wanting to play the game so bad."

The Lightning are now preparing for seven games over the next three weeks to finish out the regular season. They will play twice next weekend, with a road game on Saturday in Niverville and a home game on Sunday in Stonewall.

After this seven-game stretch they will be ready for the playoffs.

"Our girls know how to play the game, we know what we need to do on the ice, it's just making sure we're doing everything the same way all the time and showing up to games with the same energy and mentality of working hard. It's been our motto all year and it's helped us in the past and it'll help us produce for the playoffs."



Interlake Lightning's Tytan Johnson, right, presented a cheque for \$25,155 to Karson Collins on Sunday at the start of the home. Collins was the lucky winner of the 2024-2025 Interlake Lightning 50/50 fundraiser.

UPCOMING GAMES:

Saturday, Feb. 8 at Eastman Selects, 2:15 p.m. at Niverville Centennial Arena

Sunday, Feb. 9 vs Pembina Valley, 2 p.m. at Veterans Memorial Sports Complex

The **U13 AA Male Interlake Lightning** defeated the Kenora Thistles 7-1 on Sunday afternoon in Kenora. They currently sit 11th with a 12-11-0-1 record.

Upcoming Games: Friday, Feb. 14 at Winnipeg Bruins Black, 6:30 p.m. at Dakota Community Centre, Sunday, Feb. 16 at Pembina Valley Hawks, 3:30 p.m. at Manitou Community Arena

The **U15 AA Male Interlake Lightning** lost 3-2 to the Winnipeg Bruins Black on Thursday night. They currently sit ninth with an 8-10-5-2 record.

Upcoming Games: Saturday, Feb. 8 at Winnipeg Thrashers Blue, 7:30 p.m. at Gateway Recreation Centre

The **U15 AAA Female Interlake Lightning** lost a trio to the Eastman Selects, Pembina Valley Hawks, and Westman Wildcats over the weekend. They currently sit seventh with a 3-19 record.

Upcoming Games: Saturday, Feb. 8 at Yellowhead Chiefs, 4:30 p.m. at Shoal Lake Communiplex

The **U15 AAA Male Interlake Lightning** defeated the Winnipeg Wild Red 5-1 on Tuesday night at Veterans Memorial Sports Complex. They currently sit fifth in the Central with a 5-23 record.

Upcoming Games: Thursday, Feb. 6



TRIBUNE PHOTOS BY LANA MEIER

The Lightning's Ryder Klirk assisted Interlake's third goal against the Kenora Thistles Sunday afternoon.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Interlake Lightning female U13 AA team trounced the Twins 9-1 in Stony Mountain on Feb. 2. Earlier in the week they defeated the Twins 4-3. Hayden VanKemenade battled to get the puck past the Twins goaltender in the third period.

at Winnipeg Thrashers Blue, 7:45 p.m. at Gateway Recreation Centre

The **U17 AAA Male Interlake Lightning** lost 5-1 to the Eastman Selects on Saturday and 5-2 to the Winnipeg Wild on Sunday. They currently sit seventh with a 6-19-5-0 record.

Upcoming Games: Thursday, Feb. 6 at Winnipeg Thrashers, 7:15 p.m. at Gateway Recreation Centre

The **U18 AAA Female Interlake Lightning** went 1-3 at the Female World School Sport Tournament at Hockey For All Centre last week. They lost 6-0 to the Winnipeg Ice on Thursday, won 4-1 over the Northern Capitals and lost 4-2 to RHA Winnipeg on Friday, and lost 3-2 to the St.

Mary's Academy Flames on Saturday. Upcoming Games: Saturday, Feb. 8 vs Pembina Valley Hawks, 8 p.m. at Veterans Memorial Sports Complex

The **U18 AAA Male Interlake Lightning** lost 6-1 to the Winnipeg Wild on Wednesday, won 5-2 over the Winnipeg Thrashers on Saturday, and lost 5-3 to the Kenora Thistles on Sunday. They currently sit seventh with an 18-16-2-1-3-2 record.

Upcoming Games: Friday, Feb. 7 vs Brandon Wheat Kings, 7 p.m. at Teulon-Rockwood Arena, Saturday, Feb. 8 vs Central Plains Capitals, 7 p.m. at Teulon-Rockwood Arena, Sunday, Feb. 9 at Winnipeg Wild, 3 p.m. at Hockey For All Centre

Jets trio headed to MMJHL All-Star Game

By Kieran Reimer

The Stonewall Jets are sending three of their top players to the 2025 Manitoba Major Junior Hockey League All-Star Game at Terry Sawchuk Arena on Saturday, Feb. 15.

Their two leading point scorers, Peyton Bateman and Alex Kaczorowski, were both selected along with defenceman Finley Titterton.

Bateman leads the Jets in scoring with 22 goals and 27 assists, with Kaczorowski right behind him with 17 goals and 20 assists. Meanwhile, Titterton has scored four and added six assists on the Jets blueline this season.

The game will go at 7:30 p.m. from Terry Sawchuk Arena on Feb. 15.

The Jets also played Thursday and Sunday last week but couldn't pull out a win against the Ft. Garry/Ft. Rouge Twins and River East Royal Knights.

The Twins game was the closer of the two. It went to a shootout before

the Twins took it 3-2 in round eight of the shootout.

Brayden Kohlman scored his first of the season, and Gavin Holod scored the other, while Spencer Hunnam made 31 saves.

Then, on Sunday, the Jets went down early to the Royal Knights and never recovered in a 6-3 loss.

Cole Emberly, Cohen Cheung and Brody Stovin were the goal scorers in the loss.

The Jets dropped to eighth place and a 14-18-3 record.

They play next on Friday at home to St. James and on Sunday on the road in Seven Oaks.

UPCOMING GAMES:

Friday, Feb. 7 vs St. James Jr. Canucks, 8 p.m. at Veterans Memorial Sports Complex

Sunday, Feb. 9 at Raiders Jr. Hockey Club, 12:30 p.m. at Seven Oaks SportsPlex



TRIBUNE PHOTO BY LANA MEIER

The Jets' Peyton Bateman leads the Jets in scoring with 22 goals and 27 assists

Seniors' rock the house at Argyle Curling Rink



TRIBUNE PHOTOS SUBMITTED

The Argyle Curling Club hosted a seniors' bonspiel from Jan. 28 to 29, featuring 12 teams. For the second consecutive year, the team consisting of Ken DeSmet, Warren and Shelly Erickson and Paulette Foy emerged as the champions. The runners-up were Laurie Hogg, Phyllis and Larry Klimpke, and Blair Coggan. Lyle Appleyard, the senior club president, presented the trophy to the winners.



Stonewall Jets Player Profile

#19

Gavin Holod

Forward

Come out to support the Jets



UPCOMING GAMES

St. James Jr. Canucks at Stonewall Jets
Friday, Feb. 7 at 8 p.m.
Stonewall Veterans
Memorial Sports Complex

Stonewall Jets at Raiders Jr. Hockey Club
Sunday, Feb. 9 at 12:30 p.m.
Seven Oaks SportsPlex

Activities for Seniors in Your Area



Activity Centre
374 1st Street West, Stonewall
204-467-2582 si55plus@mymts.net
Tuesday-Friday: 8:30am-4:00pm

2025 MEMBERSHIPS AVAILABLE NOW! \$25.00 FOR A CALENDAR YEAR
To renew or become a new member, check out our website at
www.si55plus.org to fill out a Membership form or come see us at the Centre (374 1st Street West, Stonewall).
• **You do not have to be 55 + to become a member!**
• Payments can be made by cash, cheque or
E-transfer to si55info@gmail.com

Intergenerational Program with High School Students Volunteers Needed
We are teaming up with high school students' art, foods, sewing and family studies classes to empower seniors and students through mutual learning experiences. Volunteers will spend 1-2 hours per class with the students at Stonewall Collegiate (March-June). Contact us if interested, or with questions: 204-467-2582

Kildonan Place Shopping Trip
Thursday, February 20
Depart 9:30am, return approximately 2:00pm
Members \$20 / Non-members \$25
Registration deadline: Tuesday, February 18

Manitoba Moose Hockey Game
vs the Calgary Wranglers
Saturday, March 8
Depart 12:45pm
Members \$50 / Non-members \$55
Please register and pay before: February 20

Memory & Aging 5 Week Course
Presented by Interlake-Eastern Regional Health Authority
Feb 25, March 4, 11, 18 and 25 - 1:00-2:00 pm
Total Brain Health is a fun way to boost everyday performance and promote long-term vitality. This program goes beyond brain training to address all the factors impacting your mind over time.
Location: 374 1st Street West, Stonewall Please call to register for this complimentary course: 204-467-2582

Community Volunteer Income Tax Program
Volunteers are trained to complete simple 2024 income tax returns.
March 4 to April 30, 2025
For more information on eligibility criteria please call 204-467-2582.
Call to book an appointment for drop off service.

The Piano Men
A musical celebration of Billy Joel & Elton John with Jim Witter
Saturday, March 29 @ Club Regent
Members \$75 / Non-members \$80
Please pre-register and pay before March 13

Walk Right Back: The Everly Brothers Story
Wednesday, April 2 @ Club Regent
Members \$90 / Non-members \$95
Please pre-register and pay before March 18

Presentation
Fall Prevention: Avoiding the Big One
Presented by Myles Willis, Complete Physiotherapy
Thursday, March 27, 1:00pm
374 1st Street West, Stonewall
Please call to register for this complimentary presentation: 204-467-2582

WEEKLY ACTIVITIES

Cards	Quilting	Ukulele Club
Line Dancing	Craft n' Coffee	Virtual Chat
Pickleball	Men's Chat	Exercise Programs

VOLUNTEER OPPORTUNITIES
We are a volunteer-based organization and we are always looking for volunteers whether it is to facilitate a program, serve at our luncheons, provide dainties or volunteer at a fundraiser. We are always looking for new volunteers. Feel free to contact the office!

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

SOUTH INTERLAKE SENIORS RESOURCE
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
Our office is located in the Stonewall Lions Manor at 622 Centre Avenue, Entrance 4.
204-467-2719 www.sisrc.ca

HEALTHY AGING AWARDS - OLDER ADULT OF THE YEAR AWARD
Healthy Aging Award - Older Adult of Year Award was awarded to one of our volunteer drivers, Jean Marshal. Jean joined our organization in 2003, she was a dedicated driver for Woodland's area and for Cancer Care.
Jean Marshall has been an instrumental leader and advocate for older adults in her community of Woodlands, MB in addressing the critical challenges they face while aging in place. Recognizing the importance of mobility, she volunteered as a driver for Senior Resource of Stonewall, ensuring that seniors had reliable transportation to medical appointments, grocery stores, and social events, reducing isolation and promoting healthy living. Additionally, Jean identified the lack of appropriate housing as a barrier for seniors wishing to remain in their community. Through her leadership, she spearheaded fundraising efforts and oversaw the construction of the 12-suite Oak Park Estate senior home, which provides a safe, affordable living option allowing older adults to stay living in the community. Jean is also a contributing member of her church board, the Ladies Auxiliary Legion, and the Quota Club of Winnipeg, making contributions that have significantly reduced the challenges faced by her fellow seniors, ensuring they can continue to live vibrant, connected lives in their community. Jean's leadership had sent a powerful example of how one person's dedication can make a lasting impact. Organizations like Senior Resource of Stonewall have praised Jean for her unwavering commitment, often highlighting her contributions as a model of effective community engagement and advocacy. Jean's personal advocacy and community engagement have had a profound ripple, inspiring countless others in her community to act in support of preventative health measures. Jean's unwavering commitment and selfless service have not only made a tangible difference in the lives of many but have also inspired others to follow in her footsteps, creating a lasting impact that continues to benefit her community.

Congratulations Jean!
Jean Marshall has been a volunteer for SISRC for over 20 years! She was a volunteer driver as well as a Cancer Care volunteer driver and served on our board. She was a dedicated volunteer who enjoyed helping our seniors and we are blessed to have had her on our team! Without her support and willingness to give, what we strive to do would have not been possible!
South Interlake Seniors Resource Council & Staff would like to thank Jean Marshall, for all the years she dedicated to our organization.

AED & FIRST AID PRESENTATION
Join our upcoming AED & First Aid Presentation
Hosted by Brenna Sigfusson
Gain lifesaving insights that can make a real difference! Brenda will go over general First Aid.
February 27th, 2025 @ 1PM- 3PM
Lions Manor - Multi Purpose Room - 622 Centre Ave, Stonewall - Entrance 4
Presentation Includes: Proper AED Use (hands on learning opportunity), CPR, First Aid & Safety Tips
Contact Seniors Resource to RSVP @ 204 467 2719 by February 26th/25 Everyone Welcome!

Teulon & District Seniors Resource Council Inc.

Providing a Helping Hand

Find us at 54 Main St, Teulon 204-886-2570

PROVIDING FREE SERVICES TO SENIORS:

- PHONE BUDDY • DRIVER ESCORT
 - INFORMATION/FORM ASSISTANCE
 - COMMUNITY VOLUNTEER INCOME TAX PROGRAM
 - MEDICAL EQUIPMENT LOANS
- REGULAR OFFICE HOURS: 8:30AM-4:30PM**

St. Laurent Seniors Resource Council Inc.

"SENIORS IN ACTION"

55+ and people living with disabilities
Support Services in the RM of St. Laurent and Oak Point
Office: St. Laurent Community Health Centre
51 Parish Lane, Please call: 204-646-2504 ext. 3
Free E.R.I.K. Emergency Response Information Kit,
Free on loan mobility aids, Resource information, Monthly Birthday Club,
Fundraising activities throughout the year. Fee for Service such as,
Foot Care Clinic, Victoria Lifeline, housecleaning and more.
Free use of Exercise Equipment, Free Adult Bikes on loan,
Free Community Volunteer Income Tax Program
Annual Seniors Summer Feast in August -Entertainment-Supper-Resources
Office Hours: Tuesday to Thursday: 10:00AM-4:00PM stlsrc@mymts.net



FamilyFoods
Phone 467-5553

Champagne Chicken

set aside.

In skillet over medium heat, melt butter and mix in flour. Slowly add mushroom broth while stirring. It should start to thicken; if it doesn't, add 1 tablespoon flour and stir well.

Add garlic powder and salt and pepper, to taste. Mix in heavy cream while continuing to stir. Remove from heat and set aside. Reserve until ready to cook and keep refrigerated, if necessary. To prepare chicken: Butterfly chicken breasts, making four thinner pieces.

In shallow dish, mix flour and lemon pepper seasoning. Coat chicken in flour mixture.

Melt butter over medium heat and add chicken broth. Pan fry coated chicken breasts then remove from pan and set aside.

Use champagne to deglaze frying pan and add mushroom sauce to heated champagne. Place chicken breasts back in pan in mushroom sauce and cook over medium heat about 5 minutes. Serve over rice.

Substitutions: Mushroom soup can be used in place of homemade mushroom sauce. Chicken broth can be used in place of champagne.

Recipe courtesy of "Cookin' Savvy"
Servings: 2-4
Mushroom Sauce:
1 can (14 ounces) mushrooms
1 1/2 cups chicken broth
3 tablespoons butter
3 tablespoons flour
1 tablespoon garlic powder
salt, to taste
pepper, to taste
1/2 cup heavy cream
Chicken:
2 chicken breasts
2/3 cup flour
2 tablespoons lemon pepper seasoning
1/2 stick butter
1/2 cup chicken broth
3/4 cup champagne or sparkling wine
mushroom sauce
rice, for serving
To make mushroom sauce: In blender, blend mushrooms and chicken broth;



Irish Beef and Beer Pot Pie

1 sheet puff pastry, thawed
1 egg
Heat oven to 400 F.

In large skillet or Dutch oven, brown ground beef; drain and set aside.

Over medium heat, deglaze skillet with beer and whisk in flour. After thickening, whisk in tomato puree and add Worcestershire sauce. Mix in ground beef, garlic powder and beef broth. Add hashbrowns, carrots and peas. Season with salt and pepper, to taste. Simmer 20-25 minutes, stirring occasionally.

Place puff pastry sheet on cookie sheet. Beat egg and brush over pastry. Bake 10 minutes. Place hot puff pastry on top of beef mixture and serve.

Recipe courtesy of "Cookin' Savvy"
Servings: 4-6
1 pound ground beef
1 cup stout beer
3 tablespoons flour
1 can (15 ounces) tomato puree
1 tablespoon Worcestershire sauce
1 tablespoon garlic powder
1 cup beef broth
1 bag (28 ounces) hashbrowns with peppers and onions
1 can (14 ounces) carrots, drained
1 can (14 ounces) peas, drained
salt, to taste
pepper, to taste

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

I've been asked what my top tip for building a relationship with my doctors has been, and while it's hard to choose, I think this is my number one: Always frame your thoughts as questions.

Huh?

Well, yes, that's a question, but let me explain what I mean.

Have you ever been tempted to walk into your appointment and say, "So, I've got nerve pain in my legs. It must be spinal stenosis."

Okay. First of all, I just searched 'reasons for nerve pain in legs' and 15 possibilities popped up! So, you might be wrong about your diagnosis.

But when you frame your thoughts about your pain as a statement, it is dismissive of the doctor's thoughts and expertise. They are probably thinking, 'So why are you here if you know the answer already?' It's human nature. I can just see their compassion meter plunging downward with the above conclusion.

Imagine if you instead walked in and said, "I've got nerve pain in my legs. Do you think it might be spinal stenosis? Or might it be some-

thing else?" This right away sets the tone for discussion and teamwork. You still get to say your suspicions, but not in an off-putting way.

And I find when I ask a question, I either get a, "Yes, it might be. We'll do some tests," or, "Well, it could be, but stenosis is not the most common cause, so let's do some bloodwork and rule out some other things before heading down that route." It might just turn out that the pain is caused from an electrolyte imbalance – much less serious than stenosis.

In my 41 years of regular doctors appointments, guiding discussions with gentle questions has found me accurate diagnoses countless times, and has also built bridges with my doctors. They see that I am paying attention to my body and am open for discussion. They see that I have done my research but also value their opinion and their experience and expertise. They are more willing to order extra tests or promptly send me to a specialist. They want to help. They celebrate when I receive good news. And I really believe that my questions are at the root of these strong relationships.

Of course, we would hope that every doctor would treat every patient equally and always push for the best, most thorough result. But their humanness can get in the way. That's the bad news. But when we do our part we see that we can influence our care. That's the great news.

So ask, don't tell. Trust me. This tip is gold.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz, and at www.lesshealthstress.com. (Email: info@lesshealthstress.com) If you like her writing, find more on her Substack page: The Quest For Less Health Stress

Irish Sweet Soda Bread



Recipe courtesy of "Cookin' Savvy"
Servings: 4-6
4 tablespoons butter, melted
1 cup sugar

1 1/2 cups buttermilk
4 cups self-rising flour
1 cup currants
2 tablespoons sanding sugar (optional)
coffee or tea, for serving (optional)
Heat oven to 375 F.

Mix melted butter and sugar then add buttermilk. Mix in flour and currants.

Flour hands and counter. Add sanding sugar to dough, if desired, and knead into ball.

Grease small Dutch oven or pie plate and bake 40 minutes. Serve with coffee or tea, if desired, or as a dessert.

Substitutions: Raisins can be used in place of currants.

Classifieds

Stonewall Teulon Tribune

Book Your Classified Ad Today - Call 467-5836 or Email ads@stonewallteulontribune.ca

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

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

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Buyer for all farm-yard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

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take a break

> GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

1. "The Las Vegas of the East"
6. Cook
10. Manning and Wallach are two
14. Chameleon
15. A way to fill up
17. What MLBers hope to play in
19. Unhappy
20. Indefinite period of time
21. Excites
22. Males
23. Mongol leader Genghis
24. Turfs
26. Soda comes in them
29. Not nice
31. Professional organization
32. Part of a play
34. Sea eagle
35. Emily Blunt's character in "Sicario"
37. Beige
38. Mental sharpness
39. Valley
40. Alcyone's husband
41. A place to gamble
43. Flightless Australian birds
45. Call out somebody's name over a P.A. system
46. US spy group
47. Pancakes from buckwheat flour
49. Swiss river
50. Disfigure
53. Have surgery
57. Formal withdrawal
58. Early English council
59. Square measures
60. 2,000 lbs.
61. Siskel and __, critics

CLUES DOWN

1. Mouths
2. Buffalo
3. You plug it in
4. Each
5. Largest English dictionary (abbr.)
6. King of Thebes
7. English name meaning "mythical hunter"
8. Indicates near
9. More herbaceous
10. Gas-powered cars need one
11. Dishonest individual
12. Systems, doctrines, theories
13. The woman
16. The whole of one's holdings
18. Witnesses
22. Doctor
23. Paul __, Swiss painter
24. Kids look for him on December 24
25. Single
27. Competitions
28. Predict the future
29. Cage for trained hawks
30. Musician Clapton
31. Frozen water
33. Semiformal men's evening attire
35. Most worn
36. Common soap ingredient
37. Former EU monetary unit
39. Provisions
42. Book parts
43. Republic of Ireland
44. Partner to "Pa"
46. Sammy __, songwriter
47. Dutch colonist
48. Clare Booth __, American writer
49. Solar disk in Egyptian mythology
50. Minute arachnid
51. From a distance
52. Monthly apartment cost
53. Young women's association
54. Tourist destination
55. "Woman" in Ojibwe language
56. Pointed end of a pen

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THE RURAL MUNICIPALITY OF ARMSTRONG CONTRACT OPPORTUNITY MUNICIPAL OFFICE CLEANER

The Rural Municipality of Armstrong is open to accepting expression of interests for the 2025/2026 office cleaning services. All interested parties can refer to the RM website at www.rmofarmstrong.com for a detailed job description.

Please submit your letter of interest by 12:00 noon on Friday, February 21, 2025, to the Assistant CAO at the Municipal of Armstrong office.

E-mail: acao@rmofarmstrong.com

Mail/Drop-off: R.M. of Armstrong
1094 Highway 19
Box 69
Inwood, MB R0C 1P0

We appreciate your interest in this position, however, only those chosen for an interview will be contacted.

THE RURAL MUNICIPALITY OF ROCKWOOD INVITATION TO QUOTE 2025 HOURLY EQUIPMENT RATES

The Rural Municipality of Rockwood is inviting quotes for hourly rental rates of various equipment, for the purpose of establishing pay rates for the 2025 construction and maintenance season.

Quotation packages including submission documents are available at the Municipal Office, or from the RM's website, www.rockwood.ca

Deadline for Quotation Packages is 4:00 p.m. (CST) Friday, February 21, 2025

Quotations may be submitted to:

Ian Tesarski, Director of Operations
Rural Municipality of Rockwood
Box 902, Stonewall, MB R0C 2Z0
Phone: 204-467-2272
Email: ian.tesarski@rockwood.ca

THE RURAL MUNICIPALITY OF ROCKWOOD REQUEST FOR PROPOSAL 2025 ROAD WORKS CONTRACT

The R.M. of Rockwood is hereby contacting qualified contractors to submit a proposal for the 2025 Road Works Contract.

The 2025 Road Works Contract includes reclaiming and repaving existing asphalt pavement roads. Specifications and information may be obtained from our website at www.rockwood.ca

The closing date for accepting a proposal is **Feb. 19, 2025 at 1:00 PM Central Time.**

Proposals can be E-mailed to ian.tesarski@rockwood.ca or delivered in an envelope labeled "2025 Road Works Quote" to:

Ian Tesarski
Director of Operations
R.M. of Rockwood
Box 902
Stonewall, MB, R0C 2Z0

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



TOWN OF STONEWALL SUMMER EMPLOYMENT OPPORTUNITIES

The Town of Stonewall invites individuals of all ages to apply for the following Seasonal Positions:

Reporting to the Quarry Park Manager:

- Gate Attendant/Concession Staff/Janitorial Staff/Event Staff
- Quarry Park Groundskeepers
- Summer Camp Leader/Assistants
- Lifeguards/Swim Instructors

Reporting to the Parks & Arena Manager:

- Groundskeepers

Reporting to the Works & Operations Manager:

- Works & Operations Summer Projects Staff

Reporting to the Emergency Measures Officer:

- Catalogue Compiler (Door-to-Door Data Collection)

Wages for all positions will be commensurate with education, qualifications and experience.

Procedure for Applying:

Qualified Applicants are invited to submit a cover letter summarizing relevant experience, a resume, plus three (3) references to:

Town of Stonewall

Attention: Ashley Monforton

Email: ashleym@stonewall.ca

SUBJECT: SUMMER EMPLOYMENT - (name of position desired)

293 Main Street, Box 250
Stonewall, MB R0C 2Z0

Deadline for applications: 4:00 PM on February 28th, 2025
Job descriptions can be obtained by email at ashleym@stonewall.ca

The Town of Stonewall thanks all applicants, however only candidates selected for interview will be contacted.

NOTES:

- A Pre-Placement Employee Security Check consisting of a Criminal Record Check and a Child Abuse Registry and Vulnerable Sector Check shall be required for all persons that receive a conditional offer of employment from the Town of Stonewall prior to the start of their employment.
- The Town of Stonewall embraces a diverse workplace. All applicants will be considered for employment without attention to race, gender, religion, color, national origin, sexual orientation, age, disability, or veteran status. All employees of the Town are responsible for maintaining a work culture free from discrimination and harassment by treating others with kindness and respect.



FARMERS AND RANCHERS

Plan to attend the
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**Saturday, February 15, 2025
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This sale is open to all consignors
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Larry Kornelsen at 204-494-0455
Tyler Slawinski at 204-672-0450
To book your cattle

Updates will be posted on our
website at ashernauctionmart.com

For further information contact:
Ashern Auction Mart - 204-768-2360
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PUBLIC SAFETY NOTICE

Dangerous Ice Conditions During Ice Cutting and Ice Breaking Operations

Ice cutting crews will begin working on or about February 18th on sections of the Red River beginning in the Netley Lake area and will move upstream towards Selkirk. On February 20th, the Amphibex ice breakers will start operating at the mouth of Netley Creek.

Dangerous ice conditions may not be obvious but will exist. Ice fishers, cross-country skiers, snowmobilers and others going on the frozen river must:

- Use caution on the ice
- Stay away from the ice cutting and ice breaking equipment
- Watch for posted warning signs about dangerous ice
- Watch for notices to remove ice shacks and remove them promptly



The Tribune Classified and Announcement booking deadline is Monday at 4 p.m. prior to Thursday's publication
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NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Helga Gertrude Kratzer, late of the City of Selkirk, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 12th day of March, 2025. DATED at Stonewall, Manitoba, this 29th day of January, 2025. **GRANTHAM LAW OFFICES** Solicitors for the Executors

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OBITUARY



Leonard Evanchyshin

It is with deep sadness that we announce the peaceful passing of Leonard Evanchyshin, age 69 years on January 27, 2025.

He will be deeply missed by his partner Marie Senga of 40 years; sister Mavis (Ed) Kaluzny and brother Allen Evanchyshin. Also missed by in-laws Philip (Pam), Adam (Lori) and Barb Senga; Uncle Jim Lewkun; Auntie Anne Senga and numerous nephews, nieces and cousins.

He was predeceased by his parents Peter and Jean Evanchyshin; sister Adeline (Ed); great niece Jessica Woytowich; sister Elsie (Bill) Stepaniuk; in-laws Joe and Jean Senga; brother-in-law Glen Senga.

Leonard was born April 9, 1955 in Malonton, Manitoba. He retired from Air Canada after 25 years of service. Leonard also operated Evanchyshin Hauling with his brother Allen for many years.

After retirement Leonard enjoyed fishing, hunting, travelling, family gatherings, spending time with his beloved pet dog Daisy and all his animals on the farm.

Funeral Service will be held at Komarno Community Hall, Komarno, Manitoba, Monday, February 10, 2025 at 11:00 a.m., with interment at Zbruch Cemetery; pallbearers will be Glenn Stepaniuk, Greg and Barry Woytowich, Graham Kaluzny, Philip and Adam Senga.

In lieu of flowers, donations in Leonard's memory may be made to Zbruch Cemetery, care of Box 32, Malonton, MB R0C 1Z0 or a charity of your choice.

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IN MEMORIAM



Marian Burchuk (Balness)
May 27, 1939 - February 10, 2011

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