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Miss A. Clarke had a big day of grown-up responsibilities after winning a chance to be Principal for a Day at Ecole RW Bobby Bend School.

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Stonewall library celebrates I Love to Read Month

By Jennifer McFee

Celebrations continue at Stonewall's library for I Love to Read Month in February.

The library is featuring the works of local author and illustrator Sheldon Dawson, who has illustrated more than 50 children's books and educational material.

"Sheldon has been nominated three times for the Best Illustrated Book of the Year Award in Manitoba, and four of his books have been nominated for the McNally Robinson Book for Young People Award," said branch librarian Joan Ransom.

"Many of Sheldon's illustration projects deal with Indigenous history and culture, and he has been involved in the effort to preserve the Michif language by illustrating a series of picture books for children that celebrate the Métis language and heritage."

Dawson's original artwork from his latest book *Not Without My Teammates* is on display around the library, which is also showcasing most of his book covers.

"This title was written by Jeff McWhinney and Gwen Smid and is a terrific story about what teamwork and the sport of football is about," Ransom said.

"Sheldon will be participating in some special I Love to Read Month events here at the branch, including reading at storytime, sharing his illustration experiences with Library Club students, and giving presentations to select classes that are coming to the library throughout the month. We are so excited to showcase his talents."

In addition, incentives are underway to encourage a lifelong love of reading.

"We are also thrilled to be partnering once again with Harold Enns and his team at Beyond Bread Bakery. Harold has generously donated 50 special cookies for our I Love to Read Month celebrations. We have made up special yellow football coupons and Harold has baked special football cookies," Ransom said.

"We have hidden the coupons in books around the library, and if a person finds the coupon and signs out the book, they can redeem the coupon for the special cookie at the bakery before March 15, 2023. We have life-size posters of both Sheldon and Harold at the circulation desk to remind people about this fun activity."



TRIBUNE PHOTO SUBMITTED

Stonewall's South Interlake Regional Library staff members, left to right: Kelsey Dingwall, Joan Ransom, Stella McAuley and Tara Glaspey.

Through another fun activity, young readers can participate in a scavenger hunt to search for popular kids' book characters. When they've found all the characters on their bingo card, they can drop off their completed bingo card in a ballot box for a chance to win one of two copies of *Not Without My Teammates* signed by Dawson.

Yet another initiative called Beat the Backlist Reading Challenge will continue all year long.

"It is designed to help readers tackle all the books they keep meaning to read but still haven't. There are only two rules: the book must be published in the previous year or earlier; and you have to start and finish the book in 2023," Ransom said.

"There are 49 squares on the card and we post weekly prompts to keep our readers motivated. We encourage readers to mark off their reads on their card so they are eligible for prizes we will hand out at the end of the year."

More information is available on the South Interlake Regional Library website at www.sirlibrary.com or the Beat the Backlist website at www.austinedecker.com/beat-the-backlist.

"Staff will be guest reading at various schools and daycares, and we all will be wearing our special I Love to Read shirts throughout the month," Ransom added.

"We hope many people will pop by the library to celebrate with us. Happy reading!"

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Spots filling up quickly for women's self-defence classes

By Jennifer McFee

Women and girls can learn self-defence and personal protection through upcoming classes that also support two local non-profit organizations.

On Sunday, Feb. 12, Rick Williamson hosted a sold-out self-defence session. Another session is coming up on Sunday, March 12 at 1 p.m. at Something Beautiful.

Williamson holds a seventh-degree black belt in Shumuna Jiu-jitsu, a second-degree black belt in judo and a first-degree black belt in taekwondo. He is also a former high school teacher and a former non-violent crisis intervention instructor.

The self-defence courses are geared for women and girls aged 14 and up. Due to space constraints, the class is limited to 20 participants and spots fill up quickly.

The cost is \$20 per person, and the funds will be divided equally and donated to Something Beautiful and the Interlake Women's Resource Centre.

To start, participants will receive information about how to avoid potentially dangerous situations. Then they will learn how to fall without sustaining serious injuries, as well as how to get up quickly.

"In addition, we will cover how to strike and kick effectively, attacking weak points for maximum effect, and ways to escape holds and hopefully render an attacker incapable of continuing the assault," Williamson said.

"Finally, we will demonstrate how to use a tactical flashlight to temporarily blind and attacker and allow the defender an opportunity to escape."

Williamson also provided insight on why it's important for women to

learn self-defence techniques.

"It seems that every day, there is another story of a woman being assaulted, kidnapped or even killed by an attacker," he said.

"With knowledge and lots of practice, women will have a much better chance of avoiding an attack. However, if necessary, as a last resort, they will be able to repel and incapacitate the attacker so that escape is possible."

At the same time, he stressed that none of the participants should leave with a false sense of security after taking one session.

"In order to have the ability to apply these techniques, participants will need to achieve a good level of fitness and to practise a great deal," he said.

"The best way to do this is to join a good martial arts school and receive further instruction."

Shumuna Jiu-jitsu will make women's self-defence classes a major part of what they offer in the future.

"Shumuna Jiu-jitsu is a style we created a few years ago and it covers defences against the most common attacks, using techniques which have the best chance of being successful and can be employed by most people," Williamson said.

"I reached out to former black belt and brown belt students of mine who have been inactive for over 20 years. In the fall of 2021, two men returned and, after many months of intense training, they were awarded the ranks of first- and second-degree Shumuna Jiu-jitsu black belts. There are now 15 former students back in training, some from different provinces."

The organization trains people in



TRIBUNE PHOTO BY JO-ANNE PROCTER

Emily Trombo assists an instructor with a women's self-defence move.

Stonewall and makes curriculum videos for students who live further away. They also recently completed their first major in-person training event.

continue offering women's self-defence classes in Stonewall and other locations.

"The fact this one to be held on Feb.

Looking ahead, Williamson plans to

Continued on page 7

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Stonewall students raise \$9,000 in memory of local mom

By Jennifer McFee

A Stonewall school raised an astounding amount of funds for CancerCare Manitoba in honour of a local mom who recently lost her battle with the disease.

The parent advisory council from Ecole RW Bobby Bend School recently hosted a fundraiser in memory of one of its own members, Hailey Belluk-Hunt, who succumbed to cancer on Sept. 2.

Belluk-Hunt had joined the parent advisory council in 2020, and she continued to help after she was diagnosed with terminal cancer last year.

She shared an idea for a "Principal for a Day" fundraiser to bolster funds for the PAC's project to install a new playground. Through this initiative, students collect pledges for the chance to serve as principal of the school for one day. For every pledge they receive, their name is entered in a draw.

However, Belluk-Hunt didn't have the chance to see her plan put into action.

PAC president Amanda Clarke said they decided to go ahead with the fundraiser but to change the recipient. Instead of directing the funds towards their playground project, they decided to donate the proceeds to CancerCare Manitoba Foundation in Belluk-Hunt's honour. They also tied the fundraiser in with World Cancer Day on Feb. 4.

"We decided to do this for Hailey, in honour of her, because it was all her idea. So many people were touched by her kind and loving spirit," Clarke said.

"This fundraiser has touched so many hearts everywhere."



The Principal for a Day winner was Grade 3 student Avianna Clark.

In total, the Bobby Bend students raised \$9,007 for the cause. The top fundraiser was Grade 4 student Donni Hunt, Belluk-Hunt's stepdaughter, who brought in \$816, followed by her brother Ryder Reid, a Grade 2 student who raised \$610. The third highest fundraiser was Grade 4 student Evrit Fines with \$414.

School principal Pat Williamson-Crockatt drew the ticket for the chance to be Principal for a Day, and the lucky winner was Grade 3 student Avianna Clark.

"I'm excited for all of it," said Avianna, who received a special nametag and mug to mark the occasion. "I'm going to do the announcements and do some photocopying and read to every class."

Another of Avianna's responsibilities as Principal for a Day was to sign a giant cheque to present to CancerCare Manitoba representative Sherelle Kwan, along with the three



TRIBUNE PHOTOS BY JENNIFER MCFEE

Pictured left to right: RW Bobby Bend principal Pat Williamson-Crockatt, top fundraisers Donni Hunt (Grade 4, raised \$816), Ryder Reid (Grade 2, raised \$610), Avianna Clark (Principal for a Day winner), Evrit Fines (Grade 4, raised \$414) and CancerCare Manitoba's Sherelle Kwan, manager of community events and development.



Principal for a Day winner Avianna Clark had the responsibility to sign a giant cheque to present to CancerCare Manitoba.

Thank You

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"Serving the Community's Greatest Need"

top fundraisers.

"We call you guys 'heroes of hope' because you're helping so many people. Not all heroes wear capes — some get to be Principal for a Day," said Kwan, who provided colour-changing pencils for Avianna to hand out to each student in the school.

"To raise \$9,000 is substantial for a school. We're happy when anyone raises money on our behalf, but it's humbling when a whole school takes something on that's driven by parents, teachers, students and staff.

Cancer touches too many people, and it takes a lot of people to make change."

Principal Pat Williamson-Crockatt was pleased to show Avianna the ropes of the job. At the same time, she expressed amazement at the fundraiser's success.

"Initially, I was very overwhelmed by the kids' interest. They were very excited," Williamson-Crockatt said.

"To have it be so successful and to go to such a great cause makes it even better. It's amazing."

Rockwood defeats Quarry Ridge Motorsport and wedding venue proposals

By Jennifer McFee

At the Feb. 8 meeting, Rockwood council defeated a conditional use request from Quarry Ridge Motorsport Inc. to build an off-road motorcycle track on a property located north of Road 78N and west of Highway 7.

During the same meeting, council also defeated a conditional use request to permit a wedding and event venue on a 4.68-acre lot located at the northwest corner of Road 83N and Highway 7.

In other council news:

- Rockwood council heard from a resident who is requesting conditional use approval to operate an automotive repair business as a home industry on a property on Road 11E south of Stony Mountain. The proposed hours are Monday to Friday from 8 a.m. to 5 p.m. The applicant expects to work on a maximum of five vehicles at any time. South Interlake Planning District doesn't have any significant concerns with the proposed shop as long as several conditions are met. Council is waiting for more information before making a decision.

- Council also heard from a landowner who is hoping to vary the

minimum site area of a proposed farmstead subdivision to 10.341 acres from the required 80 acres. South Interlake Planning District had no concerns with the application. Council approved the request.

- Another variation request came from a resident who bought a 130-acre property at the corner of Road 5E and Road 74N in December 2007. The property includes a single-family home and an 800-square-foot detached shed. When she purchased the property, she wasn't aware that the previous landowner had built the shed without a permit and that it didn't meet the minimum side yard setback requirement. As a result, she applied for retroactive approval to vary the minimum side yard setback to 27.8 feet from the required 50 feet. Council approved the request.

- In addition, Countryside Homes requested a variance to reduce the minimum mutual separation distance required between a new single-family home and an existing feedlot for 400 animal units of cattle. The required minimum separation is 1,640 feet, and the applicant requested that it be reduced to 820 feet. Council approved the request with conditions.

- A resident of Road 8E requested that the minimum yard setback be reduced to 20 feet from the required 50 feet to accommodate an above-ground pool. South Interlake Planning District doesn't have any significant concerns and doesn't anticipate any significant impacts, and council approved the request with conditions.

- Council agreed to have the transportation department remove a culvert at Road 87N and Road 13.25E.

- Council authorized the transportation department to install a flashing crosswalk in Stony Mountain at the School Road crosswalk and to also install signs that will indicate "No Parking 8 a.m. to 5 p.m." on the north side of School Road from Maple Drive to King Street.

- The RM of Rockwood will extend its gravel supply contract to Inland Aggregates Inc. for the southern part of the municipality and Armstrong Construction for the north.

- Council approved an 8.4 per cent cost-of-living increase for the 2023 Teulon Recreation funding levy. The total amount of the levy will be \$134,420.

- Council adopted a policy for the capital asset management program

that outlines the goals, principles, roles and responsibilities.

- Council authorized the appointment of citizen representative Emmy Byle to the Teulon and District Handi-Van Committee.

- Stony Mountain Community Association will host its annual family festival on June 30 at the outdoor grounds of the Bison Bandstand in the Stony Mountain Quarry. The group requested permission to operate an outdoor beer garden on June 30 from 4 p.m. to midnight. Council approved the association's application for a liquor permit. In addition, Stony Mountain Community Association will also host an outdoor concert on Aug. 26 at the Bison Bandstand, and they requested permission to operate an outdoor beer garden that evening from 5 p.m. to midnight. Council approved both requests from the group for a liquor permit.

- Council will invest in the Muni-Sight Asset Management Program.

- The RM of Rockwood will enter into an agreement with Valley Fiber Ltd. to provide fibre network to parts of the municipality.

Wonderfully wintry Gimli Harbour Trail pulls visitors; surprise features coming

By Patricia Barrett

The Gimli Chamber of Commerce's Destination Brand Committee celebrated the opening last week of the Gimli Harbour Trail, which has already seen skaters and other winter sports fans take to the ice in droves to enjoy its twists and turns and Mother Nature's reasonable temperatures.

The roughly one-kilometre-long trail on Lake Winnipeg opened Jan. 15 and includes three ice rinks. The big rink has already been completed. A little rink and crokicurl (a hybrid game of curling and the board game Crokinole) rink are in the process of being built.

The ice trail, which is protected by the harbour's walls, snakes past berths, runs along the Namao research vessel that's moored in the harbour and includes a warm-up shack



The mystery box will be transformed into something wonderfully wintry to delight visitors.

by the big rink and hay bales. It's part of the area's winter village, which encompasses all the entertainment offered on the lake. There are also land trails through quiet forests for skiers, snowshoers and hikers.

The chamber's Destination Brand committee chair Cheryl Buhler said the committee is partnering with the Gimli Community Development Cor-

poration (CDC), the RM of Gimli, the Gimli Ice Festival committee and other stakeholders to bring the winter

Continued on page 11

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AT 7:30 pm
EACH NIGHT

*Avatar:
The Way
of Water*

*Coarse
Language;
Violence;
Nudity*

PG



AT 7:30 pm
EACH NIGHT

*Knock at
The Cabin*

*Dave Boulista
Jonathon Groff
Rupert Grint*

*Coarse
Language;
Violence*

PG

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Manitoba's COVID hospitalizations rise significantly

By Patricia Barrett

Manitoba hospitalizations for COVID significantly increased around the beginning of this month, according to the provincial government's respiratory surveillance report for the period Jan. 29 to Feb. 4 (reporting Week 5).

Fifty-three people were hospitalized, with 10 people needing treatment in the intensive care unit. The previous week's report showed 11 hospitalizations with two people admitted to the ICU.

Eleven more Manitobans died from COVID in Week 5. There were 10 deaths reported the previous week, and 15 deaths reported the week before that.

There were 65 new cases of COVID detected by PCR testing in Week 5, a slight increase from the 62 new cases reported the previous week. Provincial data are an undercount of the real number of infections as the province restricts access to PCR testing and rapid antigen tests aren't tracked.

Wastewater surveillance data for COVID for Winnipeg and Brandon to the end of January show sustained activity.

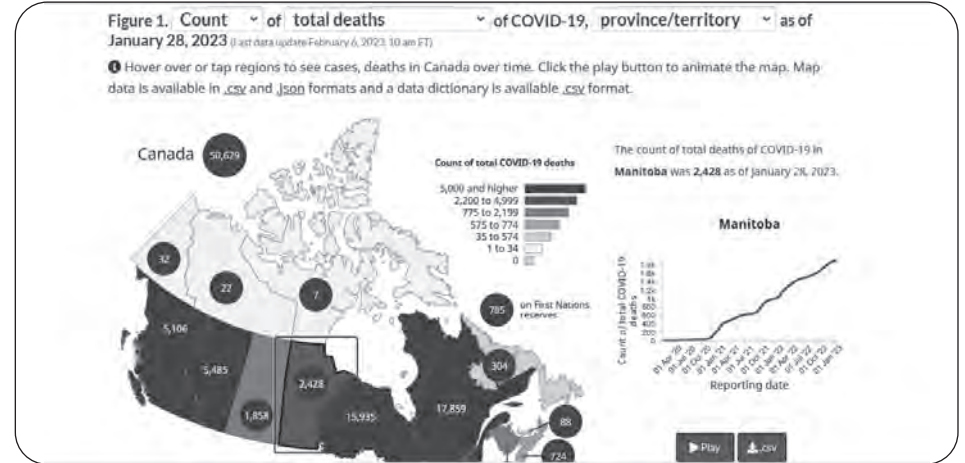
The provincial government no longer provides in its surveillance reports the names of personal care homes and hospitals experiencing COVID outbreaks.

Manitoba's COVID death toll was 2,428 as of Jan. 28, according to the federal government's COVID webpage, and Canada's death toll now stands at 50,629.

The Week 5 report shows no new cases, hospitalizations and deaths from influenza, but there were 75 new respiratory syncytial virus (RSV) cases reported, down one case from the 76 reported the week before.

Other health news:

- The Interlake-Eastern Regional



Health Authority (IERHA) declared on Feb. 6 a gastrointestinal outbreak at the Ashern Personal Care Home, according to its outbreak webpage (viewed Feb. 10). A gastrointestinal outbreak that had been declared on Jan. 31 at the Selkirk Betel PCH continues.

- Eriksdale hospital's ER will be available for two out of 13 days (on Mondays) for the period Feb. 16-28, according to the ER schedule posted online. Ashern's ER shows 24-7 availability for the entire period. Arborg's ER shows five days with partial or 24-7 coverage. Gimli and Selkirk's ERs show full availability while Stonewall shows 11 days of full coverage and two days of half coverage. The schedule is subject to change.

- Manitoba Nurses Union launched a new campaign last week that aims to raise public awareness of the "extremely fractured" health-care system and exhort people to vote this year with health-care in mind.

The union's campaign, called out-RAGEous, comes after more than three years of COVID plus other respiratory viruses overwhelming hospitals. Nurses are upset about the failing health system, being unable to provide safe levels of care, working extreme overtime and watching an

exodus of their colleagues from the profession.

"At this point we are living in a world that is flooded with apathy and a health care system that cannot even keep its head above water," said the union in a Feb. 6 statement. "If it weren't for agency [nurses] and overtime, this system would have collapsed."

Taking a shot at "smooth-talking politicians" with "empty promises" and "big announcements," the union says the health-care system is broken and exhorts the public to "vote like your life depends on it" in the upcoming provincial election. The issue is not only a nurses' issue, but a Manitoba issue and "sitting back and watching our system crumble is completely unacceptable."

- The World Health Organization's latest epidemiological update says almost 10.5 million new cases of COVID were reported globally over the past 28 days (Jan. 9 -Feb. 5), as well as over 90,000 new deaths from the virus.

- The WHO had declared at the end of January that COVID still constitutes a worldwide public health emergency and that surveillance by countries has dropped off, making it difficult to get a full picture of the virus' evolution.

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TRIBUNE PHOTOS BY MORGAN BJORNSSON

The Bjornsson family enjoyed the nice weather this past weekend. The family went ice fishing at Sugar Island on the Red River. They enjoyed skating and fishing on the ice. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@stonewallteulontribune.ca

Incredible Creatures: New species identified in 2022

By John Gavloski

One of the things I like to write about annually is some of the new species discovered over the past year. Thousands of new species are being discovered every year, from all corners of the earth. It is estimated that there are still many thousands, if not millions, of species yet to be discovered. In this month's Incredible Creatures we will explore some of the new species that have been described in 2022.

Additional Arthropods

More than a dozen scientists with the California Academy of Sciences, along with several dozen international collaborators, recorded many new species of insects and other arthropods in 2022, including 30 species of ants, four beetles, three moths, two scorpions, two spiders and one aphid. In addition to all these new arthropods, they also found 44 new species of lizards. The two species of scorpions were actually discovered by high school students with the help of scientists from the academy. Both scorpions are small, desert-dwelling scorpions from the dry, salty lake beds of Central and Southern California. While one of the species inhabits federally protected land, the other can only be found on a narrow strip of unprotected land—about a mile long and only a few feet wide in some places—making the entire species

highly vulnerable to human-driven threats. One of the high school students noted, "The entire species could be wiped out with the construction of a single solar farm, mine or housing development. Mapping the biodiversity of a given area can help build the case for why that land should be protected."

In addition to these discoveries of new arthropods, scientists with the Natural History Museum in London described 351 species new to science, including 84 species of beetles, 34 species of moths, seven species of flies, two bumblebees and 85 species of wasps. Some of these wasps are parasites of other insects and may be of importance to agriculture for the biological control they provide. There were also 19 new species of stick insects from Australia described this year.

New Geckos

Among the 44 species of lizard mentioned above, 28 were species of geckos belonging to a genus called *Bavayia*, raising the number of known species in this group of geckos from 13 to 41. *Bavayia* is a group of small forest geckos from the mountains of New Caledonia. Species are often brown with white markings. All the species in this genus look quite similar, but scientists have found that they are genetically distinct. Nearly every mountain in New Caledonia hosts a unique *Bavayia* species.

Flamboyant Fish

A colourful fish, called the rose-veiled fairy wrasse (*Cirrhilabrus finifenmaa*), was found in the Maldives' reefs. This fish is a vibrant mix of reds, yellows, purple and electric blue. It also glows in the dark, where it is dark purple with fluorescent pink around the head and throughout its fins. It can live 160 to 500 feet beneath the ocean's surface in unexplored coral ecosystems dubbed "the twilight zone," darting through the shadowy, twilight reefs off the coast of the Maldives.

Chocolate frogs

A species of small frog, that based on their colour look like they would be made of chocolate, were discovered in the Peruvian Amazon rainforest. The frog's nose is enlarged, resembling a tapir, giving it the common



PHOTO BY GERMAN CHAVEZ

New species of frog from Peruvian Amazon.

name tapir frog (*Synaptornus danta*). The frog's small size (about the size of a quarter) and tendency to burrow have helped hide it from scientists. Researchers followed the shrill calls and caught several specimens and confirmed their identity as a new species. So next time someone asks you what's new, you have a great answer.

> SELF-DEFENSE, FROM PG. 3

12 filled up almost two weeks ahead of time indicates that there is a great need and a lot of interest in classes like this," he said.

"There is a waiting list of people registering for the March 12 class that is filling up quickly. Interested participants should contact Something Beautiful to register before all available spots are taken."

For more information about upcoming Shumuna Jujitsu classes and future women's self-defence clinics, contact Rick Williamson at shumunajj@gmail.com or check out the Facebook pages for Shumuna Jujitsu or Something Beautiful Gifts and Café. Brochures will also be available for pick up at Something Beautiful.

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Try Jesus

It doesn't take many minutes following the news or reading the paper to hear about people who are suffering



Tragedy and heartache are all around us — everything from disease, drought, extreme weather, natural disasters, corrupt governments and so much more. As well, many of us are frustrated in our workplaces, have ongoing health challenges, along with relational stressors within our families and friends. On any given day, there can be a number of things that can leave us feeling helpless and perhaps ready to give up.

In moments like these, I am reminded of Jesus' words to his followers. He said, "I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world" (John 16:33).

I suspect I'm not the only one who has experienced trials and troubles. In fact, perhaps some reading this even now may be experiencing suffering and sorrow.

True peace can't be found in people or situations around us, it can only be found in Jesus. If you haven't opened your heart and life to Jesus, perhaps this would be a good time to consider doing so.

Rom 10:9 says, "If you declare with your mouth Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved."

For those who choose to follow Jesus, they will spend eternity with Him in heaven. Rev. 21 tells us in heaven there will be no more death, sorrow, crying or pain, and the streets will be paved with gold; what an amazing place that will be! While we live on earth, we will hear and experience difficult news and challenging circumstances. However, for those who are followers of Jesus we have heaven to look forward to.

If you haven't already, now would be a great time to try Jesus.

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

Quarry Choristers gear up for another performance

By Jennifer McFee

Great food and top-notch entertainment will wow the crowd at an upcoming dinner theatre performance by the Quarry Choristers.

This year's show is called *A Fair Affair*, which runs at Quarry Park Heritage Arts Centre from April 27 to 30 and May 4 to 6. A dessert matinee is also available on May 6.

Quarry Choristers chair Julie Leduchowski offered a synopsis of the show.

"It's set at a country fair and the main attraction is the fair games competition. There's a decades-long rivalry between different community groups, and one community group keeps winning every year. There's some unhappiness among the other groups, so they're all trying to figure out ways to win," she said.

"It's shaping up to be pretty funny already. We're cracking ourselves up in rehearsals, so that's always a good sign."

As soon as one production wraps up, Leduchowski says the Quarry Choristers members set to work writing the show for the following year.

"The show is in May, and we start writing in June — or sometimes even in May. We work on it over the summer because we need to be ready with at least some of the music for September when we start rehearsing," Leduchowski said.

"Starting in January, we get into some of the small groups and solos and hand out the scripts. In a few weeks, we'll do our weekend away and that's our big push for learning all the choreography. It's lots of fun."

Beyond the entertainment, the Quarry Choristers is a non-profit organization that donates proceeds from performances to community causes.

During the pandemic, the organization's school arts awards were put on pause, but Leduchowski expects these awards will be reinstated this year throughout the Interlake School Division. Depending on how much funds are raised, they'll likely also donate to the Interlake Youth Choir and other community-based groups.

"Last year, we gave a big donation to the Save the Kilns project and Green Acres Arts Centre," she said.

"We keep a little bit aside to cover

our expenses to start the year, but we're not keeping any of the profits for ourselves. Our mandate is always for the money to go back into the community."

Tickets are available in person on March 4 for one day only at Stonewall United Church (369 1st Ave. N.) from 1 to 4 p.m., with payment by cash, cheque or e-transfer only.

Then from March 5 onwards, tickets are for sale online at <https://choristers.yapsody.com>, with payment by credit card or Paypal.

Dinner theatre tickets cost \$60 each, which includes a buffet meal by Abas Catering. Dessert matinee tickets cost \$25, which includes coffee, tea and dainties provided by volunteers from Stonewall United Church.

Evening shows start at 6:30 p.m., and the matinee begins at 1:30 p.m. Doors open one hour before the show begins.

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

Rosser council news in brief

By Jennifer McFee

- The RM of Rosser and South Interlake Planning District will enter into a shared services agreement to hire a bylaw enforcement officer on a shared 50/50 basis between the two organizations. The job posting is available on the RM of Rosser website at www.rmofrosser.com and the SIPD website at www.sipd.ca.

- The City of Winnipeg's waste and water department is proposing to operate a biosolids storage field and land application program in Rosser this year. The city is requesting to use five sites that total about 1,724 acres. Council conditionally approved the application.

- The RM of Rosser will enter into agreements with Canadian National Railway Company to change the pub-

lic railway crossing to a private crossing at 8.09 Lilyfield Spur, located off the Rivers subdivision at Klimpke Road. The RM will also enter into agreements with CNR for the creation and construction of a public rail crossing at the northwest corner of the new Inksport Business Park. In addition, the RM will enter into an agreement with Inksport Business Park Ltd. regarding the costs associated with a new public crossing and a change from public to private crossing.

- The RM will provide a letter of support for South West Palliative Care to apply for a grant from the Building Sustainable Communities Fund to start a Nav-Care program. The RM will also provide letters of support to Rosser Central Community Club to apply for a grant to buy a storage container for gym equipment and the Grosse Isle Community Club to apply for a grant to improve the outdoor skating rink.

- The RM will issue an aggregate mining and transportation licence to Dorsey Road Gravel until the end of the year.

- Council gave second and third readings to a bylaw that regulates the proceedings and conduct of council and committees.

Mark Your Calendars!
Quarry Choristers Dinner Theatre
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Sat. March 4, 2023
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1 pm - 4 pm
After March 4th online ticket sales
choristers.yapsody.com
Dinner Shows: April 27-30 & May 4-6
Matinee: Sat., May 6
For info or questions 1-844-496-2153

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Gimli Ice Festival's inaugural fishing derby will be quite a catch with over \$57K in prizes

By Patricia Barrett

Gimli Ice Festival's upcoming inaugural fishing derby is shaping up to be quite a catch with over \$57,000 so far in prize giveaways and guaranteed cash prizes.

Proceeds from the derby will be going to two charities, Marymound, a social services organization that helps children and families across Manitoba, and Fish Futures, which enhances the province's freshwater fishery.

This is the first year the ice festival has held a fishing derby. The two charities approached the festival to see if it was possible to team up, and they're taking care of organizing the derby and attracting sponsors. GIF is providing the manpower and other logistics.

"So far, Marymound and Fish Futures have been able to get over \$50,000 in cash and prizes to be won as part of the fishing derby. That's a big deal," said GIF co-chair Peter Holfeuer. "We are assisting them with cleaning off the lake and helping with some of the logistics but, overall, they're organizing it."

The derby fundraiser is a first for Marymound, said Mardy Yager, Marymound's director of operations and fund development. As of Feb. 8, the derby had over \$57,000 in prize giveaways and is continuing to grow.

"We have about 350 people already registered and I'm anticipating anywhere from 500 to 750 people will register," said Yager last week. "We want this to be an annual event within the Gimli Ice Festival."

The derby will help raise awareness of what the social services organization does for vulnerable children and their families throughout Manitoba, he said.

"Marymound is 112 years old. It runs a residential program, therapeutic programs, crisis intervention programs and educational programs. We have five community group homes for children and youth in Winnipeg. We also run the only voluntary and involuntary addictions service for youth under the age of 18 inside the city of Winnipeg. We have about 350-400 employees. We're a big agency."

In Winnipeg, Marymound operates a school for children who struggle in the public school system because of family breakdowns, mental health issues, sexual abuse or other challenges that prevent them from being successful at school, said Yager. Marymound also has an off-campus school called Pathways that helps older adolescents and young adults obtain their Grade 12 diploma.

In Thompson, Marymound runs a School's Cool program to help pre-schoolers and their families prepare for the educational system and a program called Daddy and Me, which helps fathers coming out of the correctional system reintegrate with their families. To help with food insecurity in Thompson, Marymound started a food pantry program during COVID.

Children in crisis from across the province can be referred to Marymound for programs, and that includes referrals from Indigenous agencies. The school has an elder on staff and incorporates Indigenous practices.

Yager said Marymound and Fish Futures are very appreciative of the help they've received from the Gimli Ice Festival, the RM of Gimli and the sponsors.



TRIBUNE PHOTO BY PETER HOLFEUER

Bruce Huynen caught a pickerel last Saturday in the area where the Gimli Ice Festival's inaugural fishing derby is set to take place on March 4.

"We've received unwavering support from the RM of Gimli. Because sponsorship is very important to make this event successful, Darin Lemieux from Rona in Gimli got on board and took the host sponsorship right off the bat," said Yager.

Besides Rona, the two charities have attracted a number of sponsors including Red River Co-op, Danny's Barbecue & Smokehouse, Harvester Outdoors, City Cats, The Fishin' Hole, Prairie Helicopters and Rapala (fishing gear).

Prize giveaways include a helicopter ride and two-night stay at the Elkhorn Resort, a thermal shelter, gas grill, barbecue, augur, Co-op gift card, Gimli Rona gift card, a guitar, case and lesson package, men's and ladies' ice suits, a guided ice fishing trip, a half day on the Red River in summer to catch catfish, tickets to a Winnipeg Jets hockey game and a mountain bike.

In addition to the prizes, the derby has guaranteed cash prizes: first prize is \$15,000 cash, second prize is \$3,000 cash, third prize is \$2,000 cash and smallest fish is \$1,000 cash.

Jerry Kruczek, president of Fish Futures, said the derby will help the organization enhance the fishery in Manitoba.

"The derby will allow us to carry out some resource-related projects," he said. "What we'll probably do in this case is put out a call for a project that

fits our corporate mission statement."

Fish Futures is focused on the conservation and enhancement of freshwater fisheries in Manitoba, as well as educational programs. Its province-wide projects have included upgrades to docks and boat launches, shoreline clean-ups, research on fish passageways and ladders, spawn projects, fish stocking and support for the Lake Winnipeg Research Consortium and the Namao research vessel.

Since 2007 Fish Futures has received more than \$435,000 in funding from the Fisheries Enhancement Fund for projects such as a Red River creel survey, a children's book about fish and fishing, hiring a provincial youth angling coordinator, providing angling opportunities to kids in northern Manitoba and visiting schools to promote angling.

Kruczek said he and Yager have known each other for a long time, and Fish Futures had in the past helped set up an ice fishing program for students at Marymound. After Yager spoke with GIF organizers about holding a fishing derby, he contacted Kruczek to ask if the organization wanted to partner on the event.

The prize giveaway pot is continuing to grow, said Kruczek, and the prizes rival those that can be found at other derbies.

"Prize-wise I think we're very comparable to other Manitoba fishing derbies that have been around for a while. This speaks to the amazing sponsors we've got," said Kruczek. "And the town of Gimli and the Gimli Ice Festival have been incredible in helping us putting it together."

There are a few things that will set the Gimli derby apart from other events, he said. First, all the proceeds will be going to the two charities, and second, there will be lots of free parking on the lake close to the derby site.

"There's space for 750 vehicles right now at the derby site," said Kruczek. "We have approvals already for vehicles to park on the ice. To get to the derby site, there is an ice road that runs through the harbour and the RM is cleaning the snow for us."

Derby participants can drive down the launch ramp between the harbour master office and coast guard buildings and follow the road to where it exits out to the lake.

Because the derby takes place during the festival, anglers are entitled to use their registration to take part in the festivities.

The derby will be held on Saturday, March 4 with ice access at 9:30 a.m. The derby runs from 11 a.m. to 2 p.m. For derby rules and to purchase tickets, visit www.gimlifishingderby.com. Tickets can also be purchased in person at Rona in Gimli, Harvester Outdoors in Selkirk and The Fishin' Hole in Winnipeg.

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Clubroom Events for the Week of February 13

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Thursday 4-10 Crib starts 7:00

Friday 4-close Meat Draw at 6:30 Bonspiel draws 6:30 and 8:45
Saturday 11-close Bonspiel draws at 9, 11:15, 1:30, 3:45 and 7
Bonspiel Dinner Ham & Scalloped Potatoes \$10.00 Tickets available at the bar - Band Saturday Night at 8pm Halo Jump

Sunday 11-close Bonspiel draws 9 and 11:15 Finals 1:30
Food will be available in the clubroom all weekend!
Soup, Chili, Sandwiches, Tarts - come support your legion!
February 25th meal is Roast Beef and Yorkshire Pudding
Tickets are \$12.50 and available at the bar
All are welcome - Support your local legion!

Postnatal group helps new parents cope with change

By Jennifer McFee

New parents can find a space to connect and share their experiences through an upcoming group.

Coping with Change is a postnatal group that focuses on mental health, wellness and education for parents with a child under one year old. This includes both first-time parents and those who have other children. Although most attendees identify as mothers, the program is also open to fathers and other parenting partners.

The group is currently co-facilitated by Harmony Rees from Growing Years Family Resource Centre, a Selkirk-based non-profit organization that serves families with children age six and under, and Meagan Budge from Towards Flourishing, a mental health promotion program run by Interlake-Eastern Regional Health Authority.

It's important to create an opportunity for new parents to connect, Rees said.

"Being a new parent can often leave you feeling alone and isolated. It is a time that we truly need connection and support. Becoming a parent is a pivotal moment in our lives. It can shift and change our world in beautiful but difficult ways," she said.

"It's intimidating territory, even for parents who have done it before. It's a major emotional adjustment period. We need to continue to remember that it takes a village to raise a child, and it gives the opportunity to cultivate that through community."

The pandemic added another layer of isolation for new parents, Budge added.

"For some of our participants, they are attending group with the second child born during the pandemic. Some describe actively trying to reclaim the postpartum period that they felt they missed out on with the first child by attending groups such as Coping with Change and making new connections with other parents," she said.

"Having an opportunity to share your experiences with others in a similar situation can make participants feel less alone. Ultimately, knowing that we are not alone in our experiences can help us be a little kinder on ourselves and practise self-compassion."

Anxiety and sleep deprivation are main themes in group discussions, along with relationship changes, societal pressures, and challenges with partners, friends and family. Many who are silently suffering might be unfamiliar with postpartum depression and postnatal mood disorders, Rees added.

"We can confidently state that all new parents have experienced at least one of these struggles in one way, shape or form," she said.

Budge concurs that these situations are more common than most people know.

"While prevalence rates vary, it is commonly stated that at least one in seven women will experience depression or anxiety during the first year postpartum, with some populations experiencing this at even higher rates. One in 10 fathers are also at risk of experiencing depression in the postpartum period. In fact, according to Postpartum Support International, perinatal depression is the most common complication of pregnancy," she said.

"Needless to say, many new parents experience mental health changes following the birth of a baby. It is important to have a space to talk about these changes so the individual can know that they are not alone and have a better idea of where they can turn for help."

The regional health authority strives to offer one virtual and three in-person Coping With Change groups a year throughout the region. All registrations start with a call to Budge to gather information and review what participants can expect to talk about during the sessions.

"Both virtual and in-person are closed groups, meaning only a limited amount of people are able to register and no new participants are added after a group has started. We do this to help create a sense of safety for sharing within the group," Budge said.

"Because we accept a limited amount of people, we ask that participants only register if they think they will be able to attend the majority of the sessions. That being said, Harmony and I are both moms and understand that things come up. And, of course, there is no penalty for missing a session. We will be happy to catch up with you the following week."

Those who register for a virtual group will receive a welcome package in the mail containing a journal and some resources, as well as weekly Microsoft Teams invitations via email.

"While virtual may seem less personal to some, our experience has shown that participants still build wonderful connections with other participants. The length and content are the same as in-person and we still engage in open discussion," Budge said.

"Virtual can be a great option if the upcoming in-person session is not in

your area, if transportation is a concern, during the cold winter months, or if you just prefer to connect with other parents in the comfort of your own home."

Likewise, those who register for an in-person group will receive the same welcome package at their first session.

"The setup and amenities may change based on the venue, but we always come with comfortable mats for the babies, light snacks, refreshments and an array of resources for you to choose from," Budge said.

"At this time, child-minding for older siblings is not being offered. This is subject to change based on venue and availability."

Both virtual and in-person groups are five weeks long, with sessions happening once per week.

"Topics that are covered throughout the group include sharing our birth experiences, the importance of self-care and how we can incorporate self-care into our busy lives, postpartum emotional adjustments, managing societal expectations, the changes in relationships we can experience as new parents, and tips on how we can best communicate our needs to others," Budge said.

The response from previous participants has been overwhelmingly positive, she added.

"We do a short evaluation form at the end of each session in group to help identify any concerns within the group that participants may be experiencing. We use that information to make changes to structure and facilitation in real time to try to create the best experience that we can for all participants," Budge said.

"In a recent group, all participants selected on their final evaluation form that they were 'satisfied with the skills, resources, education and connections made by participating in this program,' and all selected that they would recommend this program to their friends and/or family."

Feedback from health-care providers has also been positive, she said, adding that they are grateful to have a resource to send new parents to.

Reese believes Coping with Change is the type of program that should be offered to all new parents straight out of the hospital.

"It would be beneficial to everyone from all walks of life," Rees added. "We are proud to have been able to receive the training offered through the Women's Health Clinic and be able to offer it to families throughout Selkirk and surrounding areas."

Budge welcomes people to call her at 204-785-7533 if they're interested

in attending a Coping with Change group but one is not currently being advertised in their area.

"During that call, I will take down your name, number, location, age of baby and whether you are interested in virtual or in-person groups," she said.

"I will then reach out to you directly when we plan the next group. While we cannot guarantee that we will be able to offer a group in your area, it is helpful to know where the need is to inform decisions around location."

Budge also shared a few other suggestions for new parents who might be struggling.

"Ensure that your care team — such as your primary health-care provider or public health nurse — is also aware of the challenges you have been experiencing. While they are not mental health specific programs, you may find a benefit by engaging in programs such as the Our Time Healthy Baby groups and the Families First Home Visiting program," she said.

"More information on these programs is available on the IERHA website (www.ierha.ca). Stay socially connected by attending the weekly groups offered by Growing Years Family Resource Centre. You may also wish to explore the Baby Blues and Better Days program and weekly drop-in virtual support groups offered by the Mood Disorders Association of Manitoba."

If an individual is experiencing a non-urgent mental health concern, they are encouraged to contact Community Mental Health Central Intake to discuss what resources may be helpful. They can reach Central Intake at 204-785-7752 or toll-free at 1-866-757-6205.

If someone is experiencing a mental health or psychosocial crisis, please call the 24-hour Crisis Line at 204-482-5419 or toll-free at 1-866-427-8628. For more information, visit the Mental Health and Addictions page on the IERHA website to read about available services and self-help resources.

The next five-week session of Coping With Change will be offered virtually via Microsoft Teams on Tuesdays from 1 to 3 p.m. starting Feb. 28. Spots are limited.

To register, call Meagan Budge at 204-785-7533. The initiative is free for participants and is open to all residents in the Interlake-Eastern region.

Stonewall United Church hosts an evening of entertainment



The Stonewall United Church held its "Beat the Winter Blues" Talent Show and Pie Auction last Saturday evening. There were solos, duets and families singing, storytelling and acting while a variety of musicians shared their love of music. Coffee and homemade desserts were served at intermission. Near the end of the evening, there was a pie and dessert auction with the proceeds added to the admission totalling \$1,861 to go towards general church funds. Pictured left to right: the Turbett family performed a song; Sheila Kowalchuk sang accompanied by Don Horbas; Micheal Genio played the guitar; and the Stonewall Strummers entertained on the ukuleles.

TRIBUNE PHOTOS BY JO-ANNE PROCTER

> TRAIL, FROM PG. 5

village and all it entails to Gimli. "We all know Gimli is a wonderful place to spend the summer at the lake, as well as in the lake, and we want everyone to know it's an amazing all-year-round destination," said Buhler, who owns the Robin's Donuts coffee shop in town and is past co-chair of the chamber. "There's so much to see, experience and enjoy during the winter season on the lake that you simply don't want to miss. There's ice fishing day or night, skating on a lighted trail on one of the largest lakes in Canada, skiing on groomed trails, playing

crokicurl, shopping at local boutiques and so much more."

The Destination Brand Committee creates tourism opportunities, helping to make Gimli a first-choice destination for visitors from across the province and beyond.

An ice road from Goldfield Drive by the library leads out to the fish huts (fiski kofi in Icelandic) on the lake and includes several cul-de-sacs so that you can find the "perfect ice-fishing neighborhood," said Buhler. There are plenty of huts for rent seven days a week, including heated overnight fishing campers available from Stringer Rentals.

Visitors enjoying ice and snow sports in Gimli have plenty of restaurants and coffee shops to choose from when they get the nibbles, and boutiques and other stores for those seeking a little retail therapy.

Going forward, Buhler said there will be a number of "reveals" springing up along the skating trail and near the harbour. The top fun features are top secret for now, but they're guaranteed to brighten up and entertain

visitors. "Every week we're going to unveil different features," she said.

The Gimli CDC and the Gimli Ice Festival will be helping maintain the ice trails and the rinks.

Visit <https://www.facebook.com/ExploreGimli> to see the latest developments.

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Firefighters educate students for Burn Awareness Week

By Jennifer McFee

Elementary school students learned the ABCs of fire prevention during Burn Awareness Week.

This year, Burn Awareness Week ran from Feb. 5 to 11 in an effort to provide education about burn safety and fire prevention.

Representatives from the Stonewall Rockwood Fire Department brought the message to all the elementary schools in their catchment area.

On Wednesday, Feb. 8, deputy fire chief Brent Anderson, firefighter Jeff Hallock and firefighter Peter Bullivant visited Ecole RW Bobby Bend School to speak to students in kindergarten to Grade 4.

"The theme of the day was educating fire escape plans and the ABCs of fire prevention," Bullivant said.

"This was done with the aid of Sparky the Dog presenting a 10-minute video as well as dressing Mrs. Davis and Mrs. Tesluck in firefighter gear to help the children know firefighters are friendly when attending structure fires."

After that, they visited Brant-Argyle School on Thursday and Balmoral School on Friday to share information with students and staff.

The Stonewall Rockwood Fire Department hosted a colouring competition. This week, they'll have a draw for the first- and second-place winners.

"But all that enter will be winners since their pictures will be displayed in the fire hall training room for all the firefighters to see," Bullivant added.



School staff and students had the opportunity to try on turn-out gear and fire fighting equipment.



TRIBUNE PHOTOS BY JO-ANNE PROCTER AND LAINE WILSON
Stonewall Rockwood volunteer firefighters visited local elementary schools last week to promote fire safety during Burn Awareness Week.



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STONEWALL

Your FARM



Egg farming a sustainable, stable way to diversify, says one local farmer

By Lorne Stelmach

Jason Thiessen is a third generation farmer growing crops such as grain, millet and sunflowers.

He's now also a first generation egg farmer, with hopes his children will become the second generation.

His family operates Schoen Eggs in the Schoenwiese area, and he has no regrets about having added it to their operation over a decade ago.

"We felt it would be good for our family. It gives you a bit more stability, and it's just sustainable, I think, not driven so much by markets or weather.

"We still are grain farming. We just adapted where we added this to our existing farm," Thiessen added. "Diversification is probably the word that we often think of in terms of why we would go this route."

Thiessen and his wife Esther decided to diversify their operation in 2010, and it was through the quota draw that Manitoba Egg Farmers offered that they began the process of becoming egg farmers.

The decision of course brought with it a substantial investment and a willingness to learn.

"Like all livestock, there is different level of commitment compared to grain farming, so another challenge is to make sure we are available 24/7 to

ensure that things run smoothly so the hens are cared for properly," Thiessen said. "Grain farming is very intense during certain seasons, whereas this is a 24/7 commitment. You don't get those off-seasons. It's every day; it's night and day.

"We have had to learn a lot... it's been constantly growing and learning. But at the same time, I think the industry is really good that way. We get a lot of support, something we maybe don't really experience as much in the grain farming end of things.

"When we first started, we did not know much about egg farming. So the support we received from the board, industry partners as well as other egg farmers has been a great asset for us.

"We learned everything from how many eggs a hen lays in a year to the importance of good nutrition by monitoring and assessing biweekly the health of the hen in order to make necessary adjustments in the nutrition. We do this in partnership with the nutritionist and feed provider."

Thiessen particularly cited the importance of the whole area of animal health and welfare.

"That has been something that, maybe before we got into it, we didn't really see it. We didn't understand all the different types of systems in the egg industry.



SUPPLIED PHOTO

Jason Thiessen and his family have operated Schoen Eggs in the Schoenwiese area for the past 13 years.

"It's something that we have to deal with every day. It's not just the birds and how they're housed. It's temperature, water quality, the bird health. We have a nutritionist come to check the birds to make sure they're getting the right diet.

"The environmental conditions in the barn are very critical for the animal health," Thiessen noted. "When we first started, we were packing the eggs by hand. Since then, we have

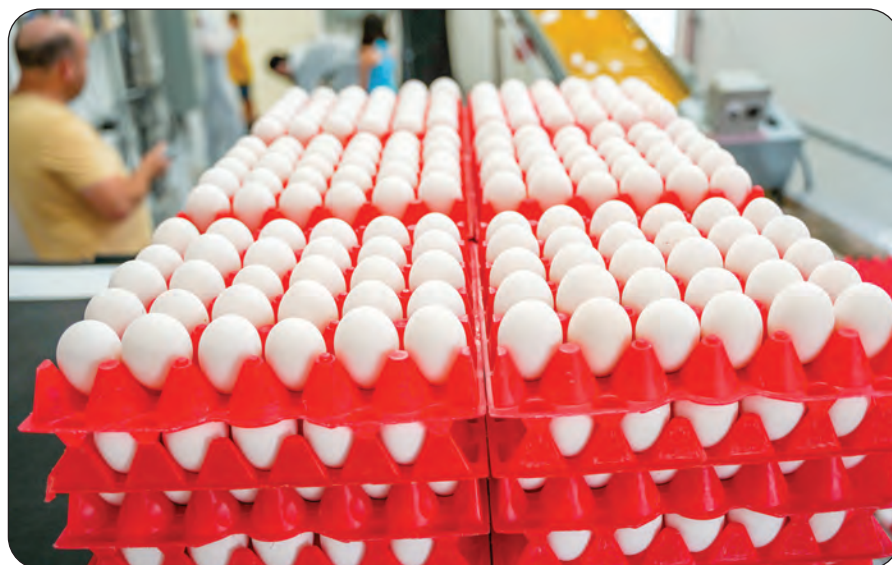
added a packer, a misting system and a controller which monitors the level of water, feed, temperature in the barn as well as in the egg cooler.

"Our latest addition has been the grain mill. Because we are grain farmers, we decided to use some of the grain we grow, like corn, in the diet for our hens."

Some of the challenges, especially during spring and fall, include maintaining tighter bio-security protocols to ensure the safety of the hens from viruses that can be fatal.

"Every day we check that the hens are content and that their behaviour is normal. We check the water and feed level in the controller as well as the temperature of the barn and cooler, and then we begin sorting and packing the eggs."

They are always keen on adopting new technology for better farm management, so their egg barn has an enriched housing system, and their egg facility has consistently attained a superior rating



SUPPLIED PHOTOS

It's a round-the-clock job to be an egg farmer, Thiessen shares. "We are available 24/7 to ensure that things run smoothly so the hens are cared for properly."

Your FARM



Program allows residents to find environmentally conscious products at grocery store

Ecolabel program advocates for better habitats for local wildlife

By Katelyn Boulanger

Some farmers in the region are making changes to better coexist with our region's wildlife, and those efforts are being acknowledged through the Habitat Friendly Winter Wheat Ecolabel Program.

bel Program.

This program was created by Cereals Canada, Ducks Unlimited and prairie winter wheat producer groups and allows people at the grocery store to find and purchase products that



Planting winter wheat provides benefits for wildlife like a duck and her ducklings.



PHOTOS SUBMITTED

Look for the ecolabel to support winter wheat production and wildlife habitat conservation.

have been given the ecolabel. When residents purchase those products, they know that they are made using up to 30 per cent Western Canadian winter wheat, which, because of the way it is farmed, is much better at providing suitable habitat for pintail duck populations when compared to spring sown cereals.

"We've been developing this program for probably two to three years.

It was something that Ducks Unlimited has brought to the table and got all the players involved to try to develop a label that recognizes winter wheat as an environmentally friendly cereal grain, that creates an environment that's beneficial to wildlife, especially to ducks," said Doug Martin, a fourth generation farmer from the East Selkirk area who has been farming himself for over 35 years.

He says that winter wheat is different from spring wheat because it is sown in the fall and this provides benefits for wildlife.

"You sow it in the fall and then it grows a little bit in the fall. Then it goes into dormancy, and then it starts growing again in the spring, and so you don't do any tillage or any movement of soil in the spring. This actually creates an ideal environment for ducks and other wildlife because there's no disturbance in the spring. It creates an environment that allows for ducks, especially their nesting habitats to increase the success rate of ducks hatching in the Prairies," said Martin.

He says that ducks are very good at hiding.

It's quite difficult to spot them in the fields and whether it's tillage, seeding or other types of equipment that is used, there is the risk of accidentally



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Continued on page 16



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Your FARM



Cleanfarms speaks at Manitoba Beef Producers AGM

By Ty Dilello

Manitoba Beef Producers hosted its 44th annual general meeting and president's banquet at the Victoria Inn Hotel & Convention Centre in Winnipeg Feb. 2-3.

The AGM had over 200 people in attendance, which was the goal that Manitoba Beef Producers sought.

Carson Callum, general manager of Manitoba Beef Producers, noted that folks from all over the province made the trip and that many directors and past directors were also in attendance.

"It was great to be back in person as it was the first real one since 2020," said Callum. "Overall, it was a very positive event. There was a good vibe throughout the day-and-a-half session, plus the banquet. We heard many great speakers, including Tim Hague Sr., who was the first winner of the *Amazing Race Canada*. So he provided a good message to end Day 1 on perseverance and living your best."

One of the local speakers at the AGM was Serena Klippenstein on behalf of Cleanfarms, a non-profit environmental stewardship organization. Cleanfarms is in Year 2 of a three-year transition timeline to move the collection of pesticide and fertilizer jugs 23 litres and smaller from municipal collection depots to collection sites at ag retailers.

"I was excited to have this opportunity to speak at the Manitoba Beef AGM. I'm keen to help build awareness of Cleanfarms and the Cleanfarms agriculture plastics collection and recycling programs

among beef producers and other agriculture producers in Manitoba," said Klippenstein, Cleanfarms' Manitoba program co-ordinator.

Cleanfarms operates collection programs across the province for crop input containers, crop input bags, grain storage bags, twine and silage plastics, and old and unwanted pesticides and livestock medications. Details about the programs and how to participate can be found online at cleanfarms.ca.

These materials can only be recycled successfully when they have been appropriately prepared, including separating them by material type and keeping them as clean as possible — for example, putting only one material type in each Cleanfarms collection bag or bundle.

"It was encouraging to see that my presentation sparked producers' interest in the Cleanfarms programs. Some producers asked questions at the presentation, and others visited the Cleanfarms booth during the remainder of the trade show to bring their questions forward," said Klippenstein.

It has been a couple of years since members of the Manitoba Beef Producers have been able to meet for their annual meeting due to the pandemic, so last week's AGM was a chance for everyone to get together and network. It's something that Callum and the rest of Manitoba Beef Producers did not take for granted.

"It was just a fantastic couple of days getting to see everyone again," said Callum. "It's going to be a busy rest of the year for us, but once we take some



PHOTO SUBMITTED

Manitoba Beef Producers hosted its 44th annual general meeting and president's banquet at the Victoria Inn Hotel & Convention Centre in Winnipeg from Feb. 2-3.

time to breathe, we'll start planning next year's AGM in the next couple of months."

> ECOLABEL, FROM PG. 14

disturbing a nest should a farmer have to do work in a field during their nesting season.

Planting crops that require less disturbance of the area is not just good for ducks, however. It really benefits many types of wildlife to have an area that is disturbed less by people.

"Whether it's pollinators or whatever [other animals are out there], I think it's just good to have that crop in your rotation and it just helps leave the land alone for a while. It allows wildlife whether it's beneficial insects or ducks or [other animals] to use the land," said Martin.

He feels that being conscious of what plants go into their fields on an environmental level makes sense for farmers as they are all dependent on the soil and what the soil can do as stewards of the land.

"Growing winter wheat or winter cereal, it just puts you up on the next level and does just that little bit extra. ... I think all farmers are very environmentally conscious. This is the next level," he said.

Farmers in our area can put winter wheat into their crop rotations. It is typically sown on

canola stubble, which, when the snow falls on it, insulates the winter wheat from winter kill.

As for residents in our community that would like to support a crop that is more sustainable, they can look out for the ecolabel on grocery store products in order to support businesses that are buying winter wheat for their products.

Some of these products are Coyote Pancake Mix, Les Moulins de Soulanges, which provides flour to bakers in Canada, and Beam Suntory, which distils the Northern Keep vodka brand.

"Winter wheat's always been a sustainable crop, but it's just tying the sustainability to flour or to a sustainable product that consumers can buy and maybe feel good about what they're buying for the environment," said Martin.

More information about the Habitat Friendly Winter Wheat Ecolabel Program can be found at <https://cerealscanada.ca/habitat-friendly-winter-wheat-ecolabel-program/>.

> EGG PRODUCER, FROM PG. 13

under the national on-farm food safety and animal care programs over the years

"It gives the birds more freedom to move, access to water all the time and feed and also a nesting area ... this is something that is working well for us and seems to be the way of the future," said Thiessen.

He also noted an example of how they benefit now from technology improvements.

"We can find out the conditions in the barn just with apps on our phone. That has been a good thing," he said. "For the most part, we always have been able to adapt and keep learning and keep moving forward."

As egg farmers, they take pride in what they provide to our province.

"Eggs are a nutritious and affordable food. Here in Manitoba, 99 per cent of the eggs in the store come from our own province," Thiessen said. "Supply management ensures that, as farmers, we get a fair return for our investment, and it also makes sure the consumer pays a fair price, levelling the volatile changes in the economy.

"I think there's a steady growth in terms of eggs being consumed."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Trio graduating from U18 AAA female Lightning

Submitted

The Interlake Lightning U18 AAA female hockey team will have three players graduating from the league after this season.

Warren's Tessa Stewart, Gimli's Veronica Asquith and Arborg's Kylee Emms-Finnsson will be moving on after this year's playoffs.

Stewart played ringette from the age of four until she was nine when she turned to hockey. Stewart played both ringette and hockey for one year.

She won a U12 A1 Winnipeg championship in 2019 with the Stonewall Blues and was an A1 captain and Bantam MVP in 2020. That same year her team won gold at WickFest.

She was named the most improved player for the U18 Lightning in 2022 and was the team captain this season.

She played on numerous spring teams and played for the Phillies and ran cross country and track pre knee injuries.

Stewart is very active in her high school community at Warren Collegiate Institute.

She signed with the University of Regina women's hockey team for the 2023-24 season and will take Bachelor of Arts, focusing on pre-law.

Asquith put on her first pair of hockey skates at the age of two. She immediately fell in love with the game and joined her first hockey team with the Gimli Vikings at the age of three. Asquith continued to play for the Gimli Vikings and finished her second year

for the U15s and was an AP for the U18 Vikings.

During those years, she brought home numerous first-place trophies, banners and awards for most dedicated and Gimli's very first top female player. Her love, dedication and respect for the game, coaches, managers, players and referees will never fade away, and she quickly became a true leader both on and off the ice earning her captain or assistant captain for many years.

Asquith registered for her first AAA female tryouts in 2020 and has been playing with the Interlake Lightning U18 AAA female team since.

In the 2021-22 season, she received the Interlake Lightning female U18 AAA Top Defence award and finished that year off as an AP for the Manitoba Blizzard in the MWJHL.

In 2022, she earned a spot in the Manitoba Female Top 68 POE. Asquith is finishing her last year with the Interlake as an assistant captain and will start her education in psychology and criminology while playing the sport she loves.

Emms-Finnsson, meanwhile, has played hockey for nine years. She started in Arborg with the Falcons and tried out for the Stonewall Peewee A1 team, was selected for the Peewee all stars and Peewee prospects.

She has been playing south ever since. In Bantam, she was also an AP with the Midget AA team in Stonewall and in Midget was an AP with



PHOTO SUBMITTED

The Interlake Lightning's Kylee Emms-Finnsson, far left, Tessa Stewart, middle, and Veronica Asquith will be graduating from the Manitoba U18 AAA Female Hockey League after this season.

the Silvertips in the MWJHL.

Emms-Finnsson played on many provincial teams, bringing home silver and bronze medals. She was an assistant captain in Bantam and Midget and was a Female top defence in Bantam. She was selected to the provincial team for track and field, bringing home two silver medals. Emms-Finnsson also participated in school sports, winning gold medals

in track and field and badminton. She's played volleyball and basketball throughout high school earning school banners.

Emms-Finnsson has always maintained honours with distinction in school and has earned female athlete of the year many times.

She plans to continue onto university or college and play hockey at that level.

U18 AAA Lightning pound Parkland on Sunday

Staff

The Interlake Lightning's U18 AAA male hockey team's playoff chances are still alive ... but barely.

Interlake has 39 points heading into this Saturday's road game against the Winnipeg Bruins to wrap up its regular season. Puck drop at the Southdale Community Centre is 4 p.m.

The Lightning trail Southwest by one point for the eighth and final playoff spot but the Cougars have three games remaining on their schedule.

Interlake kept its slim playoff hopes alive with a solid 8-4 road victory

over the Parkland Rangers on Sunday afternoon.

Lightning forward Adam Vigfusson had a great game with a natural hat trick and four points while Nicholas Carlson, Morgan Waddell, Joel MacMillan, Ian Buors and Wylie Garbinski also tallied.

Interlake's Gavin Holod had three assists while Aiden Miller and Kai Smith each had two assists.

Hayden Seib, Dru Mushumanski, Cash Clarkson, and Madden Murray replied for the Rangers.

Alex Myers made 30 saves for the

win.

On Saturday, Interlake lost 3-1 to Parkland.

After a scoreless opening period, Mushumanski scored to give the Rangers' 1-0 second-period lead.

Buors tied the score at 1-1 at 4:11 of the third period but Parkland's Sam Swanton replied about seven minutes later.

The Rangers iced the win with an empty-net goal by Havryil Simchuk with seven seconds remaining in the game.

In Manitoba U18 AAA Female Hock-

ey League action, Interlake lost 3-1 to the Winnipeg Ice at the Scotiabank hockey for all centre on Saturday.

Kylee Emms-Finnsson scored a first-period goal for the Lightning.

Ava Bergman, Stephanie Jacob and Annika Russell replied for the Ice.

The Lightning will begin their playoffs on Friday at 7:30 p.m. when they host the Winnipeg Ice in Warren.

Both teams will then play Feb. 24 at the Scotiabank hockey for all centre. Puck drop is 7:15 p.m.

Rams having a ball in winning ways



TRIBUNE PHOTO SUBMITTED

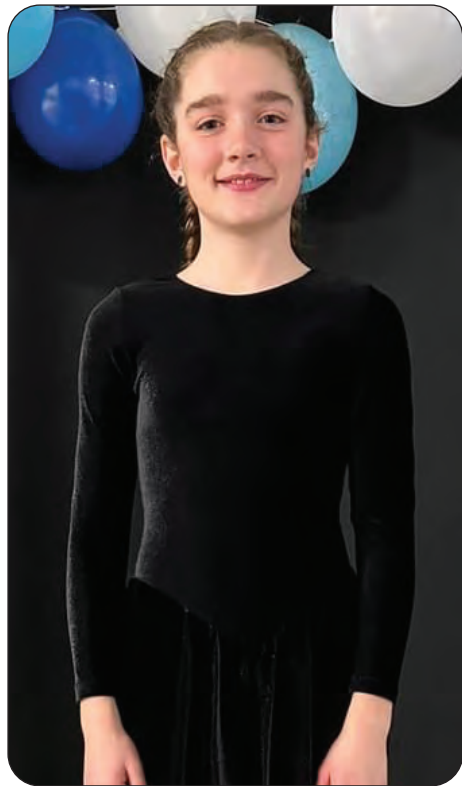
The Stonewall Rams junior varsity boys were victorious in their home tournament last weekend. The Rams defeated Linden Christian Wings in the final 56-51. Earlier in the day they defeated Westwood Warriors 60-48 and the Sanford Sabres 51-44. Pictured, back row, left to right: Ms. Hunter (coach), Jackson Vandersteen, Cole Swanson, Foxx Domansky, Trent Hogg, Bohdan Hradowy and Mr. Benson (coach); middle row: Logan Meier, Easton Killbery, Reis Meier and in the front Evan McMurtry.



TRIBUNE PHOTO JO-ANNE PROCTER

The Stonewall Collegiate Rams' Foxx Domansky takes a shot against Shaftesbury during junior varsity boys' league action last Thursday.

Turner terrific



TRIBUNE PHOTO SUBMITTED

Gaia Turner skated beautifully at the 2023 Skate Manitoba Winter Blast in Pilot Mound. She won gold in Star 1 Elements, Star 1 Creative Improv, Star 2 Elements and Star 2 Freeskate. Turner is coached by Keesha McCutcheon and skates with the Stonewall Skating Club.

Warren wins Game 1 of SEMHL playoff series

Staff

The Warren Mercs had a great start to their South Eastern Manitoba Hockey League playoff series with the Notre Dame Hawks on Saturday.

Warren soundly defeated Notre Dame 6-1 in Game 1 of their best-of-five first-round series.

Matt Jacobucci, Matt Stanley and Eric Swanson scored first-period goals for Warren and then Drake Lindsay and Carson Ouellette tallied in the second.

Jacobucci closed out the scoring late in the third.

Swanson and Lindsay each had four points in the game.

Eli Carels scored the Hawks' goal midway in the opening period to tie the score at 1-1.

Hayden Dola made 36 saves for the win.

The two teams played again on Monday but no score was available.

Warren will host Notre Dame on Wednesday. If necessary, Game 4 will return to Notre Dame on Friday and a series-deciding fifth game is tentatively scheduled to be played in Warren on Sunday.

All games in the series have 8 p.m. start times.



TRIBUNE PHOTO JO-ANNE PROCTER

Mercs' forward Drake Lindsay had a goal and three assists in Warren's 6-1 playoff win over Notre Dame last Saturday.

Balmoral Curling Club hosts men's bonspiel



TRIBUNE PHOTOS BY KEZIA LOEHMER

For the first time since 2020, the Balmoral Men's Bonspiel was held from Feb. 8 to 12. The bonspiel was a success, with everyone joining in the weekend fun. Team Dunlop, including Thomas Dunlop, James Dunlop, Matt Dunlop and Nathan Wright won the A-side, defeating Team Billings, Terry Proctor, Darren MacMillan, Tristen Janke and John Billings. The B-side winner was Team Dodd of Gary Dodd, Jason Dodd, Adam Newcombe, Neil Stewart and The Loehmer team won the C side, including Dylan Lucas, Kyle Loehmer, Nick Luhowy and Lyle Loehmer.

Laxdal coaching in Oshawa

By Ty Dilello

After spending the past three years as an assistant coach for the NHL's Dallas Stars, Stonewall's Derek Laxdal now has a head coaching gig with the OHL's Oshawa Generals.

The 56-year-old Laxdal had his start in hockey as a youngster in Stonewall and never looked back.

"Just like any Canadian kid, we loved Hockey Night in Canada on Saturday night. I began skating at three or four and just started going from there. Back then, that's all we had was hockey. I was playing road hockey every night, so it was in your blood right from the get-go," said Laxdal.

"I was pretty good in Stonewall and was playing senior hockey at 14, but you don't realize there's much bigger fish when the pond gets smaller. Until you get outside Stonewall, you don't realize what's really out there."

Laxdal was one of the few players of his era to play in the NHL at just 18 years old. At the time, the right winger was playing junior hockey with the Brandon Wheat Kings. From there, he was called up to the AHL's St. Catharines Saints and was then called up to the Toronto Maple Leafs.

"I think my first game was in Buffalo, but that's all I can remember. All I can say is it was special to play in the NHL at 18, and then I got a chance to break in full-time in the NHL at 21 or 22 years old."

The following year, Laxdal represented Team Canada at the 1986 World Junior Championships in Hamilton. He scored five points in seven games as Canada took home a silver medal.

Laxdal went on to play 67 games in

the NHL, spread out between the Toronto Maple Leafs and New York Islanders. Although he wished he had given more effort and played longer in the National Hockey League, Laxdal went on to play pro hockey for over 15 seasons spread across several leagues all over North America and Europe.

"You have to work every day once you make it, and that's something I preach to junior and pro players as that's something that I had trouble figuring out there during my own career. You're not given anything, and you have to work to stay."

Throughout his playing career, Laxdal was often a captain or assistant captain, and so coaching was something that he was always interested in getting into when he retired.

After being an assistant coach with the NHL's Dallas Stars for the past three seasons, Laxdal joined the OHL's Oshawa Generals as their head coach for the current 2022-23 season.

Before joining the Dallas Stars, Laxdal spent six seasons with the AHL affiliate Texas Stars as the head coach from 2014 to 2020, which included a run to the Calder Cup final in 2018, losing in seven games to the Toronto Marlies.

His other professional coaching experiences include a five-year tenure in the ECHL with the Idaho Steelheads, winning a championship in 2007. He also coached the WHL's Edmonton Oil Kings for five seasons and won league championships in 2012 and 2014 and the Memorial Cup as well in 2014.

Now with the Oshawa Generals,

Laxdal is happy with where he's at, but he would also like to get back to the NHL while he's still in the coaching realm.

"The goal is to get back and stay in the NHL. I tried getting an NHL job in the summer, but it didn't work out. This opportunity came up to coach the Oshawa Generals, which was a pretty good chance for me, so I jumped at it. We're a rebuild type of team, and it's been a real good experience for me so far."

The Oshawa Generals have a record of 21 wins, 23 losses, one overtime loss and four shoot-out losses.



TRIBUNE PHOTO SUBMITTED

After spending the past three years as an assistant coach for the NHL's Dallas Stars, Stonewall's Derek Laxdal now has a head coaching gig with the OHL's Oshawa Generals.

Curling reunion champs



TRIBUNE PHOTO SUBMITTED

Stonewall's Emerson Klimpke reunited with his former junior team to sweep the A-side of the Winkler Men's Spiel this past weekend. The team was down 5-0 after two ends of play and clawed back to win 9-8 in the final. Pictured left to right: Emerson Klimpke, Reece Hamm, Tim Johnson and Jayden Rutter.

Balmoral Judo Club wins medals



TRIBUNE PHOTO SUBMITTED

The Balmoral Judo Club attended the Inner City Judo Tournament on Feb. 4 at Churchill High School in Winnipeg. There were over 150 competitors from Manitoba and northwestern Ontario in attendance. All the members competed very well and the coaches were pleased with the results. These are the medal winners: Avery Wakeham U12 male group 4 Silver, Mia Good U14 female -63 kg Silver, Nathaniel Panchuk U16 male -66 kg Bronze, Sam Jones U16 male -73kg Bronze, Ben Jones U16 male +73kg Bronze, Cai James U16 male +73 Gold and Cai James U18 Male +90 kg Gold. Pictured, left to right: Cai James, Avery Wakeham, Nathaniel Panchuk, Ben Jones and Sam Jones. Missing from the photo is Mia Good.

Hofer shuts out Rochester



TRIBUNE PHOTO SPRINGFIELD THUNDERBIRDS

Springfield Thunderbirds' goaltender Joel Hofer shut out the Rochester Americans 4-0 last Friday night inside Blue Cross Arena. Hofer, who has family in the Interlake, participated in the American Hockey League all-star games on Feb. 6 in Laval, Que.

U17 Lightning wrap up regular season this weekend

Staff

The Interlake Lightning were blanked 8-0 by the Winnipeg Bruins in U17 AAA male hockey league action on Sunday.

Bruins' goals were scored by Shea Chornley (two), Lukas Mager, Brody Green, Connor Vandal, Caden Gordon, Tyler Free and Mikey Thomas.

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

in Stonewall.

Troy Johansson scored a first-period goal for the Lightning and then Cole Swanson tallied twice in the third.

Thrashers' goals came from Carter Anderson (three), Branden Watson, Gavin Ulrich and Adam Hryhoruk.

On Feb. 8, the Lightning defeated the Brandon Wheat Kings 3-2.

Dainen Jacobson led Interlake with

a pair of goals and an assist while Johansson also tallied.

Interlake's Preston Crate had two assists in the game.

Brandon goals were scored by Liam Puchailo and Aiden Laing.

Braedan Cormack made 38 saves for the win.

Interlake will host the Eastman Selects on Friday (7:30 p.m.) in Teulon and Brandon Saturday (5:15 p.m.) in

Warren.

The U15 AAA Lightning, meanwhile, lost 11-1 to Brandon on Sunday.

The scoring summary was not posted on the league website at press time.

Last Friday, Interlake was defeated 8-1 by the Winnipeg Thrashers White.

Interlake's Damon Marquart scored a power-play goal in the second period.

Winnipeg goals came from Prabh Bhathal (three), Lucas Thomas (two), Tyler Cordoviz (two) and Lincoln Black-Greaves.

Interlake teams compete at MHSAA curling provincials

Staff

The Interlake was well represented at the Manitoba High Schools Athletic Association's provincial curling championships last Thursday through Saturday.

The Teulon Collegiate Saints' rink of Hannah Spence, Sarah Simcoe, Jessica Shelest, Mhea Reed and Teagan Price finished the girls' provincials with a 2-2 record.

Teulon defeated the William Morton Warriors 9-8 before losing 10-4 to the

Swan Valley Tigers.

Relegated to the B-side, the Saints crushed the Strathclair Nighthawks 12-0 but were then defeated 8-6 by the River East Kodiaks.

At the provincial mixed doubles championship, the Lundar Kodiaks' duo of Jersi Godfrey and Aiden Spalding were eliminated after an 8-5 loss to the Nellie McClung Stingers.

Lundar earlier beat the Neelin Spartans 8-7 in a playoff game.

The Kodiaks posted a 2-1 record in

pool play. Lundar blanked the Pierre-Elliott-Trudeau Canadiens (12-0) and the Prairie Mountain Predators (6-0) but was defeated 7-6 by the Garden Valley Zodiaks.

The Ashern Cobras' team of Warrick Gunther and Kierra Hickman were eliminated from the mixed doubles provincials after a 7-2 loss to the Garden City Fighting Gophers.

Ashern started the playoffs with a 10-3 victory over the Killarney Raiders.

The Cobras finished pool play with a 1-2 record. Ashern downed Brandon's Vincent Massey Vikings 8-1 but lost to Nellie McClung (6-5) and the Morden Thunder (8-4).

At the MHSAA boys' provincial curling championship, the Gimli Lakers' rink of Mitchell Baker, Brady Michaluk, Ryan Hoplock, Ben Cherlet and Rylan Graham finished with an 0-2 record.

Gimli lost 7-5 to the Dauphin Clippers and 7-3 to the Pilot Mound Pilots.

Hockey Manitoba to host Female U16 Evaluation Tournament

Staff

Hockey Manitoba will be hosting a Female U16 - Evaluation Tournament March 31 to April 2 at the Scotiabank hockey for all centre.

The registration form can be found at <https://permission.click/Ez332/ca>

The registration link will also be posted publicly on social media and

the Hockey Manitoba website sometime this week.

The Evaluation Tournament is an open registration event for 2008 and 2009 born female athletes interested in participating in the Hockey Manitoba Female U16 Program. Athletes that attend the Evaluation Tournament weekend will be placed on mixed region teams and play inter-squad ex-

hibition games that will be scouted by the selected Female U16 coaching staff.

Based on current projections, the cost of the Evaluation Tournament weekend will be approximately \$150 plus GST per athlete. This fee will be confirmed following the conclusion of registration and the payment link will be sent out to all registered ath-

letes the week of Feb. 13-17.

Following the evaluation tournament, a group of approximately 60 athletes will be selected to move on to Development Camps in June and July before a competition weekend in August. Details on dates and camps can be found on the Hockey Manitoba website at <https://www.hockeymanitoba.ca/programs/female-u-16/>

Rams end regular season on seven-game win streak

By Brian Bowman

The Stonewall Collegiate Rams ended their Winnipeg High School Hockey League regular season with their seventh straight victory.

The Rams wrapped up their regular season with an impressive 4-1 win against the Springfield Sabres last Friday in Stonewall.

Reid Byle (two), Ty Woods and Noah Chartrand scored for Stonewall.

The Sabres' goal was tallied by Cam Osborne.

Jackson Vandersteen earned the win in goal.

Last Wednesday, Stonewall skated to a 3-2 home ice win over Leo Remillard.

Adam Newcombe, Rylan Slatcher, and Chartrand scored for Stonewall.

Samuel Maltre and Michael Charney replied for Leo Remillard.

Hunter Manning posted the win in goal.

On Feb. 7, the Rams outscored Gabrielle Roy 7-4 in St. Anne.

Slatcher had a goal and three assists while Newcombe added two goals

and an assist and Logan MacDuff chipped in with a goal and two helpers.

Reid Byle, Ty Woods and Wayde Byle also scored for the Rams.

Stonewall's Luke Bullivant finished the game with four assists.

Leo Remillard goals were scored by Gage Ferguson (three) and Justin Anderson.

Vandersteen earned the win in goal.

Stonewall finished the regular season in first place in the Winnipeg Free Press Division with 56 points, six better than Springfield. The Rams earned a bye in the first-round of the playoffs.

The Warren Collegiate Wildcats, meanwhile, were defeated 10-7 by the Fort Richmond Centurions on Friday.

Owen Shymko (three), Dylan Rid-dell (two), Quinn McKnight and Le-lan Chartand scored for Warren.

Fort Richmond goals came from Dylan Care (four), Peyton Grennan (two), Taylor Paupanakis, Matthew Cracknell, DJ Saunders and Scotty Hawryluk.

Last Wednesday, Warren lost 8-1 on



TRIBUNE PHOTO JO-ANNE PROCTER

The Rams' Ty Woods had an assist in Stonewall's 3-2 home win over Leo Remillard last Wednesday.

the road to Pinawa.

Dylan Tully scored a second-period goal for the Wildcats.

Pinawa goals were tallied by Jack Reynolds (two), Jaedys Dancyt (two),

Emmitt Nowell, Lachlan Cuthbert, Jakob Morgan and Myles Rosnow.

On Feb. 6, Warren was shut out 9-0 by Lorette.

Stonewall Jets derail Transcona Railer Express

Staff

Before the Stonewall Jets had a chance to watch the Super Bowl, they picked up a solid 4-1 road victory over the Transcona Railer Express on Sunday afternoon.

After a scoreless first period, Stonewall took a 2-0 lead on second-period goals from Peyton Bateman (short-handed) and Cole Topham.

Michael Spence then put the Jets up 4-0 with a pair of goals.

Transcona's Carter Johannesson closed out the scoring at 18:32 of the third.

Spence finished the game with three points while the Jets' Matthieu Meier and Cole Emberly each had two assists.

Tucker St. John made 25 saves for the win.

Last Friday, Stonewall lost 4-3 in a shootout to the Ft. Garry/Ft. Rouge

Twins.

Brayden Kohlman, Seth Hlady and Andrew Caron scored for the Jets.

Matt Lizotte, Darien Medwick and Porter Holland replied for the Twins.

Peyton Bateman scored for Stonewall in the shootout while David Balshaw and Owen Ostermann tallied for Ft. Garry/Ft. Rouge.

On Feb. 7, the Jets were edged 5-4 by the visiting Pembina Valley Twisters.

Bateman had a great game for Stonewall with two goals and two assists while Alex Kaczorowski added a goal and two assists.


Raf Padua scored the Jets' other goal. Twisters' tallies came from Kyle VanDenyze (two), Derek Wiebe, Nico Vigier and Riley Goertzen.

Stonewall (10-23) will visit the Twins on Friday and the St. James Jr. Canucks Sunday. Puck drop for both games is 7:30 p.m.



TRIBUNE PHOTO LANA MEIER

Stonewall Jets' forward Peyton Bateman scored twice and had two assists in his team's 5-4 home loss to the Pembina Valley Twisters on Feb. 7.




Stonewall Jets Player Profile

#23 Nolan Moroz

Defense

Come out to support the Jets



UPCOMING GAMES

Stonewall Jets at
Ft. Garry/Ft. Rouge Twins
Friday, February 17 at 7:30 p.m.
Century Arena

Stonewall Jets at St. James Canucks
Sunday, February 19 at 7:30 p.m.
St. James Civic Arena

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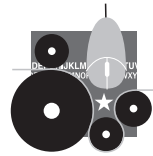
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Looking for part time work? We are hiring collators for Tuesday (12:30 to 8:30 p.m.) and Wednesday in the Inkster Park in Winnipeg. Must be in good physical condition, have good manual dexterity, be capable of standing for long hours and lifting at least 20 lbs. If interested call 204-467-5836.

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THE RURAL MUNICIPALITY OF ROCKWOOD

INVITATION TO QUOTE 2023 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 2023 construction and maintenance season.

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

Quotations may be submitted to the Rural Municipality of Rockwood, Box 902, Stonewall, Manitoba, R0C 2Z0.

**Deadline for Quotation Packages is 4:00 p.m.
(CST) Friday, February 24, 2023**

Ian Tesarski, Director of Operations
Rural Municipality of Rockwood
Box 902, Stonewall, MB R0C 2Z0

Phone: 204-467-2272 Fax: 204-467-5329
Email: ian.tesarski@rockwood.ca

PUBLIC SAFETY NOTICE

Dangerous Ice Conditions During Ice Cutting and Ice Breaking Operations

Ice cutting crews will begin working on or about February 21st on sections of the Red River beginning in the Netley Lake area and will move upstream towards Selkirk. On February 21st, 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



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and Scourguard yearly

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Bulls turned out June 18th

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Buddy Bergner 204-768-0018
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SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. 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!

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

Sudoku Answer

V	O	H	A	S	I	Z	L	E	B	V				
I	N	V	H	A	I	V	R	I	E	B	O	T		
S	E	L	B	V	O	D	V	O	S	V	R	V		
		W	N	T	V	T	O	R	I	S				
E	O	E	C	E	R	R	E	Y	N	E	I	S		
C	I	W	S	E	I	S	E	N	E	I	S			
V	W	M	E	L		O	R	E	R	V	H			
		T	S	V		L	S	I	A	R	V	H		
		E	N	I	M	J	A	B	E	I	N	I		
D	N	E	M		S	E	T	V	I	S	V	H	S	
E	E	H	D		S	E	O		T	E	V	R	S	I
H	C	L	I		E	T	V		D	C	V	V	N	
S	S	V	B		P	V	N		O	N	B	V		

Crossword Answer

CLUES ACROSS

- River in Tuscany
- A way to represent
- Rocker's guitar
- Civil Rights group
- Brew
- Scratch
- W. Asian country
- The Eye Network
- Clarified butter
- Part of the Cascade Range
- Downwind
- A way to steer
- Loop
- Not ingested
- Swampy coniferous forest
- Musician
- Signing
- Containing iron
- Part of a theorem or proof
- Veterans battleground (slang)
- Of enormous proportions
- Italian city
- Come before
- Balm
- Undergarments
- Male parent
- Ropes
- Ear part
- Investment vehicle
- Dictator
- Cain and
- A type of code
- Border river along India and Nepal
- It's what's for dinner
- Consume
- Christian, designer

- ### CLUES DOWN
- Cuckoos
 - Skin issue
 - City in central Japan
 - Sorrels
 - Twinned diamond
 - Canadian province
 - Monetary units
 - Head honcho
 - Goddess of wisdom
 - Part of a play
 - Get rid of
 - Applicant
 - Bowling alleys have many
 - Explosive
 - "The Say Hey Kid"
 - Ultrahigh frequency
 - No (Scottish)
 - Make a mistake
 - Credit card term
 - Keyboard key
 - Woman (French)
 - In the middle of
 - Score perfectly
 - Coat a metal with an oxide coat
 - Deadly disease
 - A place to dock a boat (abbr.)
 - Belch
 - Member of U.S. Navy
 - "In": separate from others
 - Examine extensively
 - Adjust
 - Tattle
 - Actor Pitt
 - Gulls
 - Within
 - Exceptionally talented performer

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Tuesday, February 21, 2023

6:00 PM – 8:00 PM – Drop-in

Quarry Park Heritage Arts Centre
SUNOVA AUDITORIUM

The Town of Stonewall is in the process of developing a vision plan with HTFC Planning & Design for the development of the Stonewall Cemetery.

We are hosting a public event to receive feedback on the preliminary plans. HTFC's design team will be present to answer questions about the plans.

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Qualifications:

The successful candidate must be professional, dependable, energetic, goal-oriented, self-starter, can work within deadlines, well organized and friendly. Passion is a must.

- strong computer skills, including Microsoft Office
- excellent communication skills and a genuine love of people
- Willingness to learn
- Ability to work independently
- leadership skills and the ability to work with volunteers
- must have valid drivers license and own vehicle

If you fit this description, please email resume to s.w.d.p.c@hotmail.com by March 2, 2023.



By-law Enforcement Officer (5-Year Contract / Full Time)

The South Interlake Planning District (SIPD) is accepting resumes for the position **By-law Enforcement Officer (5-Year Term / Full Time)**. This five-year contract position is established in partnership with the Rural Municipality of Rosser.

Please see the **complete job description** at <http://www.sipd.ca/p/employment-opportunities> for details on the position, including job duties and responsibilities, required skills and qualifications, work location and hours, transportation, training, compensation, and more.

MINIMUM QUALIFICATIONS:

- Must be legally entitled to work in Canada;
- High School Diploma, GED, or equivalent is required;
- Must possess and maintain a valid full stage Manitoba Class 5 driver's license;
- Minimum of two (2) years of demonstrated work experience in municipal by-law enforcement, policing, private investigation, security, or a related field;
- Post-secondary education and/or training in municipal by-law enforcement, policing, private investigation, security, or a related field is considered a strong asset and may be substituted for one (1) year of work experience;
- Ability to interpret provincial legislation, including but not limited to the Municipal Act, the Planning Act, the Municipal By-law Enforcement Act, and the Freedom of Information and Protection of Privacy Act is considered a strong asset;
- Effective investigation, analytical, negotiation and mediation skills are required;
- Familiarity with court procedures, legality of evidence, and the requirements for documenting and presenting evidence;
- Effective customer service, interpersonal, public relations, and problem/complaint resolution skills;
- Excellent oral and written communications skills;
- Demonstrated knowledge of computer software applications including proficiency in Windows-based software, including Microsoft Office Suite;
- Must be a proven team player with strong collaboration skills.

If you are interested in applying for this position, please send or email your cover letter, resume, and three references (a minimum of two references must be work-related) to the General Manager of SIPD by **Friday, March 10, 2023, at 12:00PM CST:**

Eric Shaw, General Manager
South Interlake Planning District
Box 1219, Stonewall, MB, R0C 2Z0
Email address: eric.shaw@sipd.ca

Please note: We thank all those for applying, however, only those selected for an interview will be contacted.

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Regular Display, Classified and Notice booking deadline for the February 23rd edition is Friday, Feb 17 at 4 p.m. due to the Louis Riel holiday on Monday, February 20th.

Call 204-467-5836

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NOTICE TO CREDITORS

In the matter of the Estate of Wiegand Karl Schweitzer, late of the town of Teulon, in Manitoba, Deceased. All claims against the above estate, duly verified by Statutory Declaration must be sent to the Attention of: Erica Johnson, PO Box 245, Teulon, Manitoba R0C 3B0 on or before the 7th day of April, 2023 Dated at the town of Teulon, Manitoba, this 12th day of February, 2023.

Erica Johnson
PO Box 245,
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Executrix

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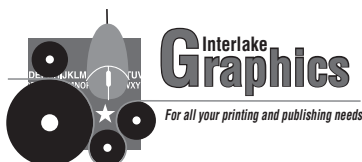
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If you fit this description please email resume to Bigandcolourful@mts.net



Stonewall Teulon
Tribune
THE EXPRESS
WEEKLY NEWS

Interlake Cattlemen's Co-op
ATTENTION FARMERS AND RANCHERS
Plan to attend the Bred Cow sale Saturday, March 4th at 1:00 p.m. Ashern Auction Mart

The complete herd dispersal sale of Ron and Brenda Jonsson

103 cows 17 heifers
95% sim angus black cows 5% red, tan or grey
Bred to calving ease black angus bulls
Turned out June 16th (March 28th start date)
Full health program: bovishield, covexin, ivermectin in June
cylence in December, Scourbos 9 January
23rd and heifers boosted March 3rd
A quiet set of cows from a reputable operation.

The Complete dispersal sale of Kevin Richards

70 cows and 12 cow calf pairs
70 cows (black, red and tan)
Bred to easy calving Edie creek Angus bulls
Cows approx. 4-8 years old
Full health program
Ivomectin, bovishield, blackleg, vit a/d/e,
previously scourguarded
Have not pulled a calf in years

Farthing Family complete dispersal 40 cows

20 blk cows
2-5 years old
Bred to Black angus bulls
March 15th start calving
20 black and Charolais cows bred later

For further information contact:
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RURAL MUNICIPALITY OF ARMSTRONG
EMPLOYMENT OPPORTUNITY
CHIEF ADMINISTRATIVE OFFICER

The Rural Municipality of Armstrong is accepting applications for the position of Chief Administrative Officer.

Found in the heart of the Interlake region of Manitoba, northwest of Teulon on Hwy #17, the RM of Armstrong is home to a number of small hamlets offering a mix of urban and quiet country lifestyles.

Under the direction of Council, the CAO is responsible for the overall management of the operations of the municipality including: administration, supervision of staff, policies and planning and financial management.

Key responsibilities of the position include:

- Recommends new initiatives, programs, policies, and plans for Council to consider.
- Advising Council as to current and future policies, programs and budgets.
- Acting as the coordinator and team leader of the administration in areas of staff, personnel, policies, plans and programs.
- Develops and implements a process for preparation of annual capital and operating budgets.
- Assisting Council in determining the future vision of the Municipality.
- Working closely with all levels of government

Skills & Qualifications

- Ability to communicate effectively with the public, employees and external stakeholders.
- Ability to develop, interpret and administer agreements, statutes and by-laws.
- A graduate of the University of Manitoba Continuing Education Division Certificate Program for Municipal Administrators, or equivalent education.
- A background in Accounting is considered an asset.
- Ability to read and understand Municipal Financial Statements and manage a budget.
- A minimum of three years direct experience in municipal administration.
- Computer experience with a municipal software program, preferably Asyst, and demonstrated abilities with Windows, Microsoft Office 365: including Work, Excel, Power Point.

Salary is commensurate with experience and qualifications. The RM of Armstrong provides an excellent group benefits and pension program. A detailed job description is available upon request.

Please submit your resume and three reference to:

RM of Armstrong
Box 69, Inwood, MB R0C 1P0
Fax (204) 278-3437
Email: cao@rmofarmstrong.com

Deadline to apply for the position is Friday, February 24, 2023 at 4:30 P.M. If a candidate is not found by the deadline date the position will remain open until filled. We thank all that apply and advise that only those selected for further consideration will be contacted.

EMPLOYMENT OPPORTUNITY

Position: Summer Location Assistant
Location: Arborg, MB
Company: Foster Ag Services
Job Type: 6-month term
Start Date: April 1, 2023
Salary: Based on experience



Foster Ag Services is an independent crop inputs retailer located 15 minutes Northwest of Arborg, MB and we are currently looking to fill a 6-month term position for Summer Location Assistant

Duties and Responsibilities for this position include, but are not limited to the following:

- Administration • Warehouse and inventory management
- Shipping and receiving crop inputs
- Seed dispersal and treating • Yard Maintenance

Required Skills and Experience:

- Organized, self-motivated, and positive attitude
- Ability to work independently and as part of a team
- Be flexible in work hours and days throughout the busy season (May-June)
- Have a valid Class 5 driver's license
- Ability to drive a forklift
- Previous experience is an asset, but not required

Qualified candidates may submit a cover letter and resume in confidence to:

Kyle Foster, Kyle@fosterag.ca

Deadline to apply is March 10th, 2023

Thank you to all those who apply; however, only those selected for an interview will be contacted.

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TOWN OF STONEWALL
SUMMER EMPLOYMENT OPPORTUNITIES

The Town of Stonewall invites qualified individuals to apply for the following Summer Student Positions:

- Gate Attendant/Concession Staff/Janitorial Staff
- Banquet Servers
- Bartenders (must be 18)
- Lifeguards
- Swim Instructors
- Groundskeepers
- Works & Operations Summer Projects Staff

Based on the position, Town of Stonewall Summer Staff will report to one of the following: Quarry Park Manager, Parks & Arena Manager, or Works & Operations Manager. Wage 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 March 10, 2023

A complete job description can be obtained by email at ashleym@stonewall.ca

The Town of Stonewall thanks all applicants, however only candidates interviewed 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.
- A Post Job Offer / Pre-Placement Physical Exam shall be required for all temporary full and part-time employees within the Works & Operations Department and Parks and Arena Department in the Town of Stonewall.

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CARD OF THANKS

A genuine heartfelt thank you to all the people who helped and supported Henry and I on our journey over the last couple of years and before. Your care, concern, personal inquiries, texts, phone calls, prayers and personal assistance have all meant so much and will long be remembered.

To Dr. Venter and the entire staff at Stonewall Medical Clinic and hospital; Michelle Loehmer and all her wonderful home care workers; Sharon Fotty-Smith and her Angels in the Adult Day Program; Stonewall Handivan Service and all the caring helpful drivers; Monique Isbister, Doug Grantham and the staff at Grantham Law Office; Ernie Schedler for his friendship and sage advice as we begin this journey; the community of Stonewall and especially the business community; our entire concerned, caring family and all our wonderful supportive friends.

This is an ongoing journey as Henry is now in friendly, helpful, concerned care at Betel Home, Selkirk. He is able to have visitors, so please feel free to drop in and say hello and you all are always welcome at now, my home in Stonewall.

Thank you and God bless all of you.

-Sincerely,
Doug Moore

CONGRATULATIONS



Congratulations Jamie on the success of your final playwright! It was a very entertaining show enjoyed by everyone in attendance.

OBITUARY

Edwin Webb

Peacefully, on Saturday, February 4th, 2023 at almost 92 years of age, Ed passed at home, in Stonewall, surrounded by family.

He was predeceased by his wife of 56 years, Jean, and was survived by his five generation family. Daughter Eadie McIntyre, grandchildren John McIntyre (Linda) and Kathy Drury (Sheldon). Four great-grandchildren Jessica Nunn (Blair), Kyle Drury, Donnie McIntyre, and Erik Drury. Three great-great-grandsons Blake, Cole and Jack Nunn, as well as many friends and countless others who called him Uncle Ed.



Ed was born in London, Ontario on St. Patrick's Day, March 17th, 1931. He and Jean started their family in London before being transferred to Winnipeg in 1956 to open a printing plant for Somerville Belkin, where he printed everybody's milk cartons for 30 years. He was honored as the most senior executive officer of the Canadian Union of Graphic and Allied Products for over 25 years. Ed retired at 55 to enjoy his backyard pool, and his hobbies. He enjoyed golf, was an avid bowler, and followed his beloved Jets, Bombers, and Blue Jays. He kept meticulous, up-to-date stats for all. His large model railroad in his basement earned him the name "Grandpa Choo Choo". He was assistant superintendent of the Winnipeg Modular Railway, displaying in Winnipeg's malls, and delighting thousands of children for many years.

A celebration of Ed's life will be held at a date to be determined. Ed's family would like to extend their thanks to the many home care nurses and workers who helped him stay at home until his passing.



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OBITUARY

Bernice Duff of the Town of Stonewall
January 19, 1934 - February 5, 2023

It is with heavy hearts that the family of Bernice Duff announces her death on February 5th, 2023.

She was predeceased by her husband Leon in 1964, her parents Bill and Eva Paulsen, her sister Inez, and other beloved family members over the years. Despite these losses she remained a source of strength for her family, showing love and compassion to those around her. Bernice will be lovingly remembered and missed by her daughters, Eva-Marie (Dale) and Lori (Stan); her grandchildren Nicole, Peter (Meaghan), Shauna, Jessica (Cavy), Karlie, and Mackenzie (Maggie); great-grandchildren Skylar, Jacob, Lola, and Charlotte. She will also be missed by her siblings, in-laws, nieces, nephews, and many close friends.



Bernice was a long-time member of Stonewall United Church and drew great strength through her faith. She enjoyed knitting for family and knitting with the Linus Project in town. Bernice was also an avid 5 pin bowler, spending many happy hours on the lanes with friends. She will be remembered for her kindness, strength in faith and generous spirit.

In accordance with Bernice's request, there will be no formal service held and cremation has taken place. She will be joining her husband in Saskatchewan at a later date in the family plot.

In lieu of flowers, the family ask that donations be made in Bernice's name to CancerCare.

The family would like to thank the nurses and staff of Arborg and Stonewall Hospitals for their amazing care of Mom.

Her memory will live on through the lives she touched and love she shared.

Rest in peace, Bernice.



A SPECIAL THANK YOU from the bottom of our hearts!
...To each and everyone who organized, helped, supported and donated for Wes Killbery and his family at the fundraisers held in Teulon and Stonewall. We are forever grateful for your time, hard work and efforts in bringing the communities together in our time of need. Everyone's acts of kindness and generosity with text messages, phone calls, meals and baking, visits, snow clearing, donations, gift cards and helping with the kids has touched us beyond words!
Thank you all for having our backs!
The love you have all shown will never be forgotten.
Love you more...
Wes, Jaime, Easton, Tamsen
Tom and Carol
Cam and Bev
Ann (Nanny)
Gordon (Grampa) and families
XXOO

Announcements

Stonewall Teulon
Tribune

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OBITUARY



Fran Bloodworth

It is with deep sadness that we announce the passing of Fran Bloodworth on January 26th, 2023.

Fran was predeceased by the love of her life Don and infant son, Grant. We know that you will be vacationing at PV or Fairford.

Left to cherish her memory are her children, grandchildren and great-grandchildren.

The family is grateful to Arlene, Drenna and Tessa for their compassion and friendship to Mum. Also, thanks to Aravind and the Teulon Homecare staff for Mum's care.

Special thanks to our friends, Mum was so touched by their many visits at the farm, while in Stonewall Hospital and then at her suite in the manor.

Per Fran's wishes, cremation has taken place and a family celebration will be held at later date.



204-886-0404

OBITUARY

Jessie McLean (nee Cameron)

It is with great sadness we announce the passing of Jessie McLean, age 100 years, of Stonewall on Sunday, February 12, 2023 at the Hunter Memorial Hospital Teulon.

Longer obituary to follow.



204-886-0404

OBITUARY

Angel Rita Remus (Duval)

Angel Rita Remus (Duval) was given her angel wings January 31, 2023 at the age of 90.

Born November 27, 1932 at St. Jean Baptiste, Manitoba and lived her life in Winnipeg, Manitoba.

A full obituary and a private celebration of her life will be held at a later date.



204-886-0404

OBITUARY



Clarence Wesley Procter

May 31, 1943 - February 2, 2023

It is with very heavy hearts that we announce the passing of Clarence Wesley Procter. Suddenly, while doing a job he loved, the "odometer" ran out on February 2, 2023, at the age of 79 years, (yes, he still worked hard every day, even at that age).

Hard work was no stranger to Clare, and no job too big for him to handle. He had worked in heavy construction, and the trucking industry all his life. His strong work ethic began as a young boy in Woodlands, Manitoba, where he grew up on the

family farm. This is where Clare developed a love of animals that carried on until his last day. Many years were spent with family at rodeos and stampedes where Clare raced his beloved Thoroughbred teams. His farm and horses have always been a strong passion in his life. The laughter, smiles, generosity and welcoming, helping hand for anyone and everyone will surely be missed by all who knew and loved him.

Clare was predeceased by his parents, Herbert and Isabel Procter; brother-in-law Ron Miller and the love of his life Marlene Olsen.

He is survived by his children Marcel (Tammy), Shannon (Marc), Jamie (Dawn Rae); sister Sandra Miller; brothers Dennis (Joyce), Lynn (Krystal); as well as numerous grandchildren, nieces, nephews, great nephews, great nieces; and Marlene's daughters Tammy Boonstra and Kim Flannery.

A very special thank you to his niece Kara Laing (Ryan) - who took such loving and special care of him for many years.

As per Dad's wishes a celebration of life and interment will take place at a later date on his farm in Lundar, Manitoba.

A very special thank you to Sigfusson Northern for the care and compassion given to him during his last moments.

MACKENZIE FUNERAL HOME STONEWALL
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OBITUARY

Lorraine Marcus (Albrecht)

May 16, 1952 - February 11, 2023

It is with deep sadness that we announce the passing of our mother and grandmother with family by her side.

Left to cherish her memory is her son Brian (Cristen); her daughter Christine (Trevor) Buchanan; grandchildren Daylen, Alexis (Sam), Brooklyn and Riley (K.C.); her siblings Walter (Betty), Albert, Lil (Ted), Peter (Linda), and Carol; her brother-in-law Bob (Jean) as well as many nieces and nephews. She was predeceased by her husband Rick and her parents, Peter and Erna Albrecht.

Lorraine was born and raised in Boissevain, MB. At 17 she moved to Winnipeg to attend Success Commercial College and went on to work with MTS. On October 14, 1972, she married Rick and moved to the family farm where she spent the next 34 years raising her two children, tending to the garden and yard, helping on the farm as well as a variety of part-time jobs over the years. She loved the outdoors, whether it be camping, fishing, gardening, or pushing her grandkids on the swings. When Rick passed away in 2007, she decided to try a new adventure and moved to Stonewall. During this time, she spent many hours volunteering with the seniors at the 55 Plus Centre. Eventually she decided to downsize and moved to a condo in Winnipeg. Here she met and made many friends over coffee time and happy hours. She spoke fondly of her fellow condo neighbors. Even though she left the farm years before, her heart was still in the country. She would always ask how seeding and harvest was going and knew the exact dates that each were started and completed the year before.

Special thank you to Judy K. for all your support during her illness.

As per her wishes, a private interment will take place.

In lieu of flowers, donations can be made to the Mood Disorder Association of Manitoba or the Grace Hospital.



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