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VOLUME 13
EDITION 7

Stonewall Teulon Tribune

THURSDAY,
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TRIBUNE PHOTO BY LANA MEIER

Mary and Sarah Delaney were shocked to find four dinosaurs on the loose in Stony Mountain last Sunday. The four tyrannosaurus rexes were touring the town sharing Valentine love and treats.

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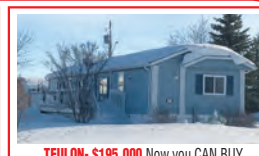
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Delta marsh carp exclusion fishery returning in 2022

By Ty Dilello

Every spring, the province accepts names from interested commercial fishers from Lake Manitoba who wish to participate in the Delta Marsh Carp Exclusion Fishery.

The province holds a draw and licenses four commercial fishers annually to fish in pairs at the Crooked Creek and Waterhen Creek Exclusion screen sites on Clandeboye Bay. On occasion, it includes licences for an additional pair to fish at the Delta Channel.

Start dates vary to match when the screens are dropped each spring and generally end when the screens are removed mid-summer.

The Fisheries Department will be holding another Delta Marsh Carp Exclusion Fishery Draw in a few months. On average, they receive 30 to 40 fishers interested in participating in this fishery, with four to six fishers licensed to fish within the Marsh at the screens only.

Delta Marsh is the largest coastal wetland on Lake Manitoba and is widely known as an essential staging marsh for fall migrating waterfowl. However, the marsh had deteriorated and no longer supported abundant waterfowl over the past decades. Common carp (*Cyprinus carpio*) in high densities have been reported to be highly destructive to shallow-water ecosystems.

While carp are not officially considered an invasive species, they are certainly a problem in the Delta Marsh.

A provincial spokesman said, "During the period of 2016 and 2019, the Lake Manitoba Commercial Fishers harvested approximately 1.4 million kilograms of carp, including 535,000 kgs harvested as part of the Delta Marsh Exclusion Fishery. However, the past couple of years have not been successful, with extremely low water levels in the marsh and on Lake Manitoba."

With appropriate timing of exclusion screen placement and size of openings within the screens, carp numbers in the marsh have been reduced while allowing native fish species continued access to the marsh. The result has been improved habitat conditions in the marsh, including the return of submerged aquatic plants, which are an essential food source for waterfowl and habitat for spawning native fish.

This fishery has proved mutually beneficial as fishers selected can profit off them. Although carp don't have a great reputation here in Canada, they are well sought out elsewhere in the world.

Carp is a highly valued food fish in parts of Europe, the Middle East, and the Freshwater Fish Marketing Corporation (FFMC) has significant market demand. Fish bodies, heads, sperm and roe are bought from fishers and



TRIBUNE PHOTOS SUBMITTED

A channel in Delta Marsh where a screened culvert blocked the entrance of numerous carp for research purposes.



The difference in size between a newly hatched common carp and an approximately one-year-old specimen.

sold to separate markets worldwide. Carp licences are available as an additional licence that provides additional

fishing opportunities to commercial fishers. While prices are lower than for some other species, carp can often

be caught in large quantities, increasing income.

If you are interested or have questions regarding the Delta Marsh Exclusion Fishery, please contact Kevin Casper in Gimli at 204-642-2240 or kevin.casper@gov.mb.ca.

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Louis Riel Day film screening brings families together

By Nicole Brownlee

A Manitoba film festival is giving families the chance to support Canadian filmmakers while celebrating Louis Riel Day.

Freeze Frame is a media arts centre for Manitoba youth. The centre is a non-profit that offers workshops and programs and organizes the annual Freeze Frame International Film Festival.

In addition to their film festival this year, Freeze Frame is screening a feature-length animated film and an animated short film for free on Feb. 21.

"It's a gift for families to watch together and a precursor to the festival," said Kelly Frazer, manager of Freeze Frame.

On the opening day of the festival, Freeze Frame would usually offer a free in-person screening of a film, but because of public health regulations, the organization chose to host the free screening virtually instead.

"We decided to keep the free screening online because that gives the most flexibility for families to watch," said Frazer.

Freeze Frame chose to screen *Snowtime!* and *The Importance of Dreaming* on Louis Riel Day to support Canadian artists and winter-themed stories.

The first film, *Snowtime!* (2015), is a recreation of *The Dog Who Stopped the War* (1984). The original film was released by director André Melançon and follows children in a small Quebec village who engage in a snowball fight over a snow fortress. The film won the Golden Reel Award as Canada's top-grossing film at the domestic box office in 1985.

Snowtime! is available in English and French.



The Importance of Dreaming will share the story of a white owl and red fox falling in love.

The short film *The Importance of Dreaming* (2017) will also be available to stream for free on Louis Riel Day.

Directed by Tara Audibert, a Wolastoqiyik artist from New Brunswick, *The Importance of Dreaming* tells the story of a white owl and a red fox falling in love despite the red fox family's disapproval.

Audibert started working on the film in 2015 and relates the plot to her family.

"This is the story about my mom and my dad falling in love," said Audibert.

Audibert's parents got married in the 1970s, before Bill C-31 was in power, taking away Audibert's mother's Indian Status when she married Audibert's father, a non-Indigenous man.

Audibert's mother's family disapproved of their relationship and cut ties with the couple until Audibert was born and the family reconciled.

"IT'S A GIFT FOR FAMILIES TO WATCH TOGETHER."



TRIBUNE PHOTOS BY FREEZE FRAME AND TARA AUDIBERT

Freeze Frame is screening Canadian short film *The Importance of Dreaming* on Louis Riel Day, which reflects the director's life.



"The (owl and the fox) end up having some very cute little fox babies that are white, and they represent me, my brother and sister, that brought everything back together again."

The Importance of Dreaming was also a source of comfort for Audibert as her father fell into Alzheimer's.

"I feel like at times (my dad) wasn't with us. He was there in body, but his mind was somewhere else, and I guess this is my little story of where

his mind may have been in those times."

Audibert said she is excited to have her short film included in Freeze Frame's Louis Riel Day screening.

"I want people to know this story and have access to Indigenous stories as well."

Freeze Frame's film festival will be held from March 6 to 13 with online and in-person screenings. To learn, more visit freezeframeonline.org.

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Red River

February 14 - May 1, 2022

LRI celebrates Louis Riel Day with history and crafts

Virtual workshop Feb. 21

By Nicole Brownlee

Manitoba youth have the opportunity to learn more about the province's founder while making a colourful collage.

The Louis Riel Institute is hosting a virtual workshop on Feb. 21 from 11 a.m. to 12 p.m. to teach participants about Louis Riel, his connection with Red River Métis, the importance of celebrating Louis Riel Day while guiding them through a craft.

"We feel there's a need for more learning about our Red River Métis history and culture, and who that is is Louis Riel," said Teresa Byrne, history and culture co-ordinator for the Louis Riel Institute.

"They'll learn about Louis Riel, and then they walk away with something that they can be proud of and that they could share."

The Louis Riel Institute will provide participants with an outline of Louis Riel through email that they can fill with pieces of colourful tissue paper, crayon or whatever they would like.

After they complete their proud masterpieces, participants can submit a photo of their work to the Louis Riel Institute by March 1 to be entered to win a prize.

"I would love to see the kids go crazy and do what they want to do with this collage," said Byrne.

This is the first year the institute is hosting a virtual workshop for youth. Most years, the institute team members spend most of their time creating programs with the Saint-Boniface Museum in Winnipeg.

"We have been on the fringes of society and really marginalized as people, and now is a really good time to be proud to be Métis," said Shannon Parenteau, executive director of the institute.

"I grew up learning that I couldn't celebrate who I was being Métis and the fact that we have the opportunity to change that narrative and to tell our story ... it just brings out a big smile," said Byrne.

The first Louis Riel Day was celebrated in 2008 after 11 Manitoba schools suggested the province's

newest holiday should commemorate Manitoba's founder.

Louis Riel was the Métis leader of the Red River Resistance of 1869-1870 and was instrumental in drafting what would become the Manitoba Act and designating Manitoba as Canada's fifth province.

The Manitoba Act also fought to protect English and French-language rights, Protestant and Roman Catholic educational rights and land for the Red River Métis.



PHOTO SUBMITTED

The Louis Riel Institute encourages Manitoba youth to join them on Feb. 21 for a virtual workshop to learn about Louis Riel while making a colourful collage.

For more information about Louis Riel Institute workshops, visit www.louisrielinstitute.ca.

NDP calls on PC government to address rising fertilizer costs

By Nicole Brownlee

The New Democratic Party is calling for the provincial government to step up its support for farmers in preparation for the next growing season.

NDP agricultural critic Diljeet Brar said the Progressive Conservative government has been "slow to act," and producers are raising concerns about the rapid increase of fertilizer prices.

"The producers basically say that the drought broke (them), and now these fertilizer prices... are skyrocketing," said Brar.

Canadian farmers are paying nearly double for fertilizer per acre because of supply chain issues caused by the COVID-19 pandemic, rising energy prices and high demand.

Canada is the world's largest producer of potash, a common nutrient in fertilizer, and exports fertilizer to more than 75 countries, said Fertilizer Canada. Canada also imports fertilizer from the U.S., Russia and the Middle East.

Brar wrote a letter to Agricultural Minister Derek Johnson on Jan. 18, encouraging Johnson to ensure fair and affordable fertilizer prices for farming families.

"This is the time when (producers) representatives, people in power, need to speak," said Brar.

Brar said Johnson replied quickly to the letter, defending the province's current agricultural support programs, and explained the price increase of fertilizer is a global issue.

"They say that intervention on price is not recommended at this time," said Brar.

China asked its top state-owned fertilizer firms to curb the export of phosphate for 2022 to retain domestic supplies. China is the world's top exporter of phosphate and the world's largest phosphate producer.

Other impacts on the fertilizer industry were Hurricane Ida damaging major chemical and fertilizer manufacturers in Louisiana and nitrogen manufacturers shutting down in Western Canada, said Johnson.

If the province tried to control the price of fertilizer in Manitoba, companies would sell fertilizer elsewhere, said Johnson.

"It's costing (fertilizer companies)

more money, and they would potentially take that product and sell it next door in Saskatchewan then there would be no fertilizer available for our farmers."

Producers can access four programs created by the provincial and federal government, which help cover the cost of replacing livestock, transporting feed and water and accessing remote pastures.

The Manitoba Agricultural Services Corporation is also increasing its direct loan limit from \$3.5 million to \$4.25 million to purchase agricultural land, buildings, equipment, livestock and maintenance.

Johnson also highlighted the federal AgriStability program, which protects Canadian producers against large declines in farming income because of production loss, increased costs and market conditions.

Producers need to enrol in the program to receive a payment if their production margin falls below their historical reference margin by more than 30 per cent.

"There are existing programs there, but obviously, they take place after the fact," said Johnson.

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Arborg to host LPN program to help with nursing shortages

By Nicole Brownlee

The Interlake's roster of nurses has the potential to grow with the recent acquisition of a consistent licensed practical nursing program.

The province announced in late 2021 that it would increase the capacity of nursing programs throughout Manitoba.

Suzanne Nicolas, dean of Assiniboine Community College's School of Nursing, negotiated with the province to dedicate a rural rotating site for three regional health authorities: the Interlake-Eastern Regional Health Authority, Prairie Mountain Health and Southern Health.

"There is a significant shortage of nurses in the entire province," said Nicolas.

Each of the RHAs then decides which community in their coverage area could benefit the most from hosting the rotating program.

"Nurses are an aging population. There will be potential for a lot of retirements in the next five years," said Nicolas.

"These new programs and seat expansions will definitely help to contribute to minimizing the nursing shortages in these regions."

Before the province's additional help, the IERHA, Prairie Mountain Health and Southern Health would compete for one rural rotating LPN program every two years, forcing rural students to transfer to another community to access training.

"Training nurses close to home allows them to learn in a familiar environment and have the opportunity to learn about and apply for jobs in their community upon graduation," said Marion Ellis, interim CEO of the IERHA, in a statement.

A licensed practical nurse is also a key component to provincial health care, said Nicolas.

"Health-care aides are absolutely critical to maintaining that equilibrium in the provision of health care to Manitobans."

Arborg will host the IERHA's rural rotating LPN program starting September for 25 students. The deadline for applications to the Arborg class is April 18, and only applicants living in the Interlake-Eastern Regional Health Authority will be considered.

Before applications opened for the Arborg site on Jan. 31, Fieldstone Ventures Education and Training Centre Inc. received over 40 messages of interest.

The non-profit helps students from the area apply for the program and prepare the community for classes.

"Over the last two years, Fieldstone Ventures has worked with the town of Arborg to upgrade some buildings so that we can have the training facility in Arborg," said Julie Bergner, Fieldstone Ventures manager.

The province, nearby municipalities and several community organizations helped pay for building improvements to the Age Friendly Building, the program's classroom and computer lab, and the former Kinsmen Building, the program's clinical lab space.

"Being able to host this program

has been extremely valuable to not only Arborg but also the surrounding area," said Cindy Stansell, Arborg CAO.

"Training in our community (also means) graduates can find employment locally and not have to uproot themselves or their families."

Fieldstone Ventures applied to host the rural rotating LPN program for several years. The first class of Arborg's LPN students will be graduating from the two-year program this spring.

"We just feel fortunate that we can get it back into the rural area and get people trained locally," said Bergner.

Assiniboine nursing graduates make an average of \$53,000 a year and have a high rate of employment after graduation, said the community college.

Rural drivers more likely to go seatbelt-free: MPI

More Winnipeggers, meanwhile, caught on their phones while driving

Staff

Rural Manitobans are more likely to drive seatbelt-free compared to their urban counterparts, a study by Manitoba Public Insurance has found.

A road safety observation study commissioned last fall by MPI found that 10 per cent of all rural drivers

observed were not wearing their seatbelt, compared to three per cent in the Winnipeg capital region.

The worst regions for non-seatbelt use were Interlake and Parkland at 16 and 14 per cent respectively.

Meanwhile, Winnipeg drivers were found to be much more likely to be using their cellphones behind the wheel.

The use of an electronic communication device (ECD) was higher in Winnipeg (10 per cent) compared to rural areas (three per cent).

"The findings of this study will be

Continued on page 9



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Public health restrictions on their way out: Stefanson

Province announces a relaxation in some restrictions this week already, plans to lift mask, vaccination mandates next month

By Ashleigh Viveiros

Manitoba is speeding up its plans to do away with most public health restrictions before spring.

Last Friday, Premier Heather Stefanson and Chief Provincial Public Health Officer Dr. Brent Roussin unveiled the new public health orders that went into effect on Tuesday, Feb. 15.

There are no longer any capacity limits at venues such as restaurants, entertainment venues, and indoor and outdoor sporting events, nor are there restrictions on any gatherings at private residences.

Capacity limits have been removed as well for outdoor public gatherings, though indoor public gatherings are limited to 50 people unless proof of vaccination is required.

Youth age 12 to 17 participating in indoor sports and recreation are no longer required to provide proof of vaccination or recent testing.

There were no changes to retail and personal services.

There are no longer self-isolation requirements for close contacts of someone who tests positive for COVID-19, and self-isolation for people who live in a household with others who have symptoms is now only recommended, not required.

Likewise, people entering Manitoba from another province no longer need to self-isolate, though those coming in from international destinations still need to meet requirements under the federal Quarantine Act. Travel restrictions to northern Manitoba remain in place.

The past two years have been filled with financial hardships and countless missed celebrations and life experiences, the premier said.

"Manitobans have put their lives on hold and it's time that we give them their lives back," she said. "Today we offer hope to those who have been waiting for a long time to see that light at the end of the tunnel."

"The restrictions have placed many burdens on Manitobans, and now that we see the pressure of our hospital system starting to ease it's our responsibility [as] government to ease those restrictions on Manitobans."

The province intends to take the next step on March 1, removing proof of vaccination requirements entirely.

Starting March 8, notification of close contacts in settings such as personal care homes, shelters, and health-care facilities will no longer occur.

Finally, mask requirements and other restrictions will be lifted effective March 15, the province has said.

"Based on our data, on our modeling, we can see that omicron has peaked and is beginning to subside in Manitoba," said Dr. Roussin. "All the indicators that public health considers are moving in the right direction at this point."

Monday's COVID-19 bulletin noted data from the seven days ending Feb. 10 showed a 12.2 per cent decrease in new hospitalizations due to the virus

from the week before and a drop of 11.8 per cent in new COVID-19 ICU cases.

The provincial online dashboard had the total number of hospitalization of people with COVID-19 at 633, including 40 ICU patients. The death toll due to COVID-19 was at 1,637 — up 37 from the Monday before.

With numbers starting a downward trend, Roussin said Manitoba is moving into a transitional phase in its mandates, moving from public health restrictions to recommendations.

The public health orders were always intended to be temporary, he said.

"We knew that this pandemic would come to an end. We knew that the public health restrictions would come to an end, and we are now on that path moving forward."

Manitobans not yet vaccinated are still encouraged to do so, Stefanson said.

"As a government, we have encouraged as many Manitobans to get vaccinated as possible and we will continue with those efforts," she said. "But it's time for a new normal to begin in Manitoba."

"We need to end the divisiveness between families, between communities. We need to move forward. It's time to bring Manitobans back together again."

**"IT'S TIME
TO BRING
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TRIBUNE PHOTO BY LANA MEIER

The snow clearing crew were out in full force with graders, skid steers and trucks on Main Street in Stonewall last Friday. Town of Stonewall employees been kept very busy this winter with record amounts of snow fall. 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.

letter to the editor

Letters to the Editor:

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Let's work towards healing and bridging divisions

We are very encouraged by Premier Stefanson's announcement earlier last week that laid out a detailed roadmap for the elimination of COVID-19 restrictions in Manitoba. We have confidence in the public health announcement that the announced deadlines will be implemented as publicized, with the removal of the proof of vaccination requirement for youth ages 12 to 17 for participation in extracurricular sports on Feb. 14, removal of the proof of vaccination requirement on March 1, and removal of the mask mandates for schools and indoor spaces on March 15.

The lifting of these mandates and restrictions will enable a resump-

tion of normality for many Manitobans and is warranted given the evidence that the vaccines have an increasingly waning ability to prevent transmission and infection, and given that effective treatment options are now available. Bridging division is one of the most important steps that we can take in order to rebuild our communities and strengthen public trust in our health-care system.

Our truck drivers intend to continue their presence in front of the legislative building until the provincial COVID-19 measures are removed and until there is collaborative discussion with the federal government on fully eliminating the bor-

der restrictions and interprovincial mobility restrictions, particularly travel by air and train. However, as community members, we recognize the need for minimizing disruptions to residents and business owners in the area, and we will be scaling down our presence while continuing to ask for open dialogue with the federal government.

We also know that there have been a number of other independently organized protests occurring around the Province of Manitoba throughout the last week. Although we understand the frustrations that underlie these actions, we would ask that everyone acknowledge the efforts that the province has taken today. We collectively need to work towards de-escalation, healing and respect for one another.

- The organizers of Winnipeg Freedom Convoy

worship

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What is Love?

Laura Lawrence

Discovery Time Director

Such a fun '90s song to sing. Now I've dated myself. That's OK. With age comes wisdom, right? Only if we pursue it. The good Lord continues to remind me of this. *Ask & it shall be given to you, seek and you will find...Matthew 7:7*. Since this is the Valentine week issue, I thought, "Oh no! Am I to write about love again? Haven't I already written about this topic too much?" Then *Luke 10:26* comes to mind where a lawyer asks Jesus. "Teacher, what shall I do to inherit eternal life?" Jesus asks him, "What is written in the law?" The lawyer quotes Deuteronomy 6:5. "You shall love the LORD your God with all your heart, with all your soul, & with all your strength, with all you mind & your neighbor as yourself." Jesus said, "You have answered rightly, do this & you will live." But the lawyer has another question. "And who is my neighbor?" Jesus then describes a man on a journey who runs into thieves who beat him and steal from him, leaving him half dead. Two more men end up passing by, see him and do nothing. But then a Samaritan sees him and has compassion for him. He bandages him up and brings him to an inn and pays for his stay there. "Which of these three do you think was neighbor to him?" Asks Jesus. "He who showed mercy." Answers the lawyer. "Go and do the likewise." Said Jesus.

Clearly, our neighbour is anyone we come across in our daily lives who needs help. Isn't that all of us? We all need help from time to time. The Samaritan didn't ask, "What has this man done for me?" I'm thinking if he did, he probably wouldn't have helped. He saw a need and met it. No questions asked. What a beautiful picture of the Lord's love for us. *But God shows his love for us, because while we were still sinners Christ died for us (Romans 5:8)*. What have any of us done to deserve His compassion and mercy? Yet He gives it. *God is love, and all who live in love live in God, and God lives in them. God is love, and he who abides in love abides in God, and God in him. 1John 4:16* The teaching of love is written in the 10 commandments. The first three focus on putting God first, the last seven instruct us how to treat each other. It is the answer to inheriting eternal life.

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

Send your letters to the editor or acts of kindness to news@stonewallteulontribune.ca. Please include your name, address, and phone number for confirmation purposes.

Community weighs in on proposed quarry projects

By Jennifer McFee

A trio of public hearings drew a large virtual crowd who wanted to share their sentiments about proposed quarry projects in the RM of Rockwood.

On Thursday, Feb. 10, more than 40 people tuned in for the virtual meeting, which lasted more than three hours.

Experts from Scatliff + Miller + Murray provided information on each of the three proposals for rezoning.

The first hearing focused on a 110-acre site on properties owned by Maple Leaf Construction, located about 500 metres north of Stonewall between PR 236 and Summit Road, south of Road 78N. In addition, this proposal includes the former rail corridor owned by the RM of Rockwood.

A total of 12 rural residential properties are located within a one-kilometre radius from these properties.

These properties contain about five million tonnes of limestone aggregate. Development is planned in phases over eight to 10 years, based on an extraction rate of 500,000 to 625,000 tonnes annually. In order to proceed, the land would need to be rezoned from AL-1 (agricultural limited – Stonewall vicinity) to ME (industrial extractive).

The hauling would be routed through Maple Leaf Construction's existing quarries by following Road 7E north to Road 79N, then heading east to Road 8E where the route continues south to Road 78N and moves east to Provincial Trunk Highway 7.

According to a planning report by Scatliff + Miller + Murray, the RM of Rockwood has been identified as one of the most important sources of non-renewable mineral deposits to support the construction industry in the Manitoba capital region.

Tom Janzen of Scatliff + Miller + Murray said these lands are designated as aggregate mineral extractive area and consistent with provincial policy.

"It really prioritizes and places a high priority on mineral development as a contributor to the local regional provincial economy and overall social well-being," he said.

"So this is very much in keeping with that and also the longer-term vision for the balance of the lands that Maple Leaf owns here."

Janzen added that this project is also consistent with the vision for extractive resources in the development plan.

"We know quarrying activity is really important to the local economy here and the regional economy and certainly to the provincial economy.



Virtual public hearings on Feb. 10 focused on rezoning land for aggregate extraction.

It's adjacent to existing quarries and, longer term, these lands have significant potential beyond," he said.

"Really, the first step is to undertake this extraction before that longer-term development vision can be achieved. If we're approved through this application, of course, Maple Leaf would undertake additional technical site work."

After that, the company would move towards detailed project design and a development agreement with the RM of Rockwood.

"The broader development potential could include residential and potentially some other industrial and commercial uses," Janzen said.

"That quarry operation has to occur first, but I think Maple Leaf sees it as a really incredible opportunity for these lands and I think it is an incentive to ensure that the rehabilitation happens so that the development potential of these lands is protected long into the future."

Council also heard presentations from community members at the public hearing, which was chaired by Coun. Art Goudy.

Stonewall area resident Dan McDermid said this rezoning would potentially change buffer zones in and around the Town of Stonewall and the RM of Rockwood.

"By having zones of AL around the urban centres prevents the use of nuisance properties that are industrial in nature, such as quarry operations, away from the urban areas, making an intentional buffer between residential properties and industrial uses of

quarry operations," he said.

"It's very important for the council to remember that this change would potentially create a cascading effect that I don't think the RM would be very interested in accepting."

He also noted that this proposed project would be in close proximity to the Town of Stonewall's border, which might impact the town's drinking water supply.

"The quarry operations will somehow need to tap into the aquifer to pump down so that they can extract their minerals," he said.

"More straws in the aquifer are never a good thing. More straws close to an urban centre are never a good thing."

As the chair of the meeting, Goudy read an opposition letter from John and Pam Palcat that was also signed by two neighbouring households.

"We are concerned that once the quarries move closer to our homes, there will be issues with our foundations, wells and septic systems. Currently, the blasts from the quarries cause our windows and homes to shake and this will only intensify as quarries move closer," the letter states.

"Having seen the plume of dust hovering over, and blowing out of the quarries after a blast, we are extremely concerned with air quality. Existing berms do not stop the dust and noise caused by the blasts. Dust causes breathing difficulties for everyone but especially for those who already suffer from allergies. All of our neighbours would also be affected, along with the campers at Quarry Park."

Hermina Hildebrand of Stonewall area also expressed her concerns about plans for excavation.

"We know there is nothing esthetically pleasing or environmentally friendly about this process. We know what to expect — moonscapes for a landscape, closed and barricaded roads, noise and air pollution from the blasting, heavy machinery and truck traffic, added potential danger to those using the roads," she said.

"There will be absolute destruction of the land as we know it today. Productive farmland, natural habitats of plant and animal life and ecosystems will all be destroyed. Nothing survives this."

Hildebrand also expressed concern about "pit creep" from the excavated pits from Highway 7 to PR 236.

"This could be known as an industrial wasteland. Is this what we want to be presiding over or pass on to the next generation?" she asked.

"The province may have designated us to be a convenient source of crushed rock, particularly with our close proximity to Winnipeg, the primary market, but at what cost to us? Collectively, I would say there is no advantage to us in being called pit city."

At the same time, Hildebrand questioned the restoration or rehabilitation process as well as potential devaluation of nearby properties.

Maggie Fitzpatrick of Stonewall area shared a PowerPoint presentation in which she examined the changes in landscape over the years, particularly in regards to quarry activities. She also expressed concern that quarry use within the buffer zone could create a dangerous precedent.

"I actually feel like I'm thankful for the quarter-mile buffer zone around town and I think it would be nice if it was actually a little bit bigger," she said.

"But we can't have the quarries coming that close to town."

As well, she drew attention to noise pollution caused by quarrying activities.

"In 2021, there was over 120 blasts in the RM of Rockwood. Every time there's a blast, our houses shake. Maximum decibels allowed is 130 decibels. This is extremely loud and can lead to permanent hearing damage and hearing loss," she said.

"I'm not saying people who live in Stonewall are going to have hearing loss from this, but living close to a quarry and having numerous blasts like this does deteriorate our way of

Continued on page 10

Nominations needed for Canada's Volunteer Awards

By Jennifer McFee

Do you know someone who is making a difference in the community?

If so, you might want to consider nominating them for Canada's Volunteer Awards program, which aims to recognize volunteers and bring national prominence to the contributions made by volunteers.

The call for nominations is only open until March 4, so you'll have to act fast if you'd like to nominate a volunteer for recognition. Nominees can be individuals, groups, businesses or not-for-profit organizations.

Brenda Martinussen is one of three representatives for the prairies on the National Advisory Committee. She encourages community members to consider nominating a local volunteer who is making a difference.

"I think at the heart of most volunteers is selflessness. They basically do things because it's the right thing to do. They want to see their community improved or meet a need in the community in some way," she said.

"I don't know of any volunteer that does it to get an award, but I do think it's one of the few ways that we can give back to volunteers and recognize how our society could not be what it is today if it weren't for the work that they do."

The nominations are reviewed regionally and then the top-ranked nominations move forward for assessment by the National Advisory Committee.

Regional awards will be offered in four categories: community leader, emerging leader, business leader and social innovator.

The community leader award recognizes indi-

vidual volunteers or groups of volunteers who have worked towards developing solutions to social challenges in communities.

The emerging leader award recognizes volunteers aged 18 to 30 who show leadership and help build stronger communities.

The business leader award recognizes businesses that demonstrate social responsibility, including by promoting and facilitating volunteerism.

The social innovator award recognizes not-for-profit organizations, including not-for-profit social enterprises, that use innovative approaches to address social challenges in their communities.

On the national level, nominations can be submitted for the Thérèse Casgrain Lifelong Achievement Award, which honours individuals who have volunteered for at least 20 years to one or more organizations or causes.

Award recipients will be recognized at an award ceremony, where they will receive a pin and certificate signed by the prime minister.

Recipients will also have the chance to identify a not-for-profit to receive a \$5,000 grant at the regional level and a \$10,000 grant at the national award level.

Martinussen said she is available to speak with or provide information to any individuals, clubs, organizations, boards and councils regarding the awards.

"These awards are recognizing both the volunteers as well as providing some much-needed funding for some not-for-profit organizations, especially in this day and age," she said.

To contact Martinussen, call 204-467-7450 or email brendamartinussen@yahoo.com.



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BUSINESSES INDIVIDUALS OR GROUPS NOT-FOR-PROFIT ORGANIZATIONS SOCIAL ENTERPRISES	NATIONAL AWARD Thérèse Casgrain Lifelong Achievement (20 years of volunteering) REGIONAL AWARDS Emerging Leader (youth ages 18 to 30) Community Leader (individuals or groups) Business Leader (businesses) Social Innovator (not-for-profits)	THANK those who are involved in your community 20 GRANTS OF \$5K 1 GRANT OF \$10K A NOT-FOR-PROFIT ORGANIZATION chosen by the recipient will receive a government grant

Canada

PHOTO SUBMITTED

Canada's Volunteer Awards program is looking for nominations.

For more information about Canada's Volunteer Awards, visit Canada.ca/volunteer-awards, call 1-877-825-0434 or email Info-cva-pbc@hrsdc-rhdcc.gc.ca.

> MPI, FROM PG. 5

used as a benchmark to monitor behaviour change over time, and shared with the Manitoba Association of Chiefs of Police for the purpose of planning future enforcement and awareness campaigns," noted Satvir Jatana, MPI's chief customer officer.

The study was conducted in September and observed nearly 29,000 vehicles in 46 towns and cities across Manitoba.

A few other interesting things the researchers found:

- Overall, seven per cent of all drivers observed were using an ECD in some capacity.
- ECD use appeared to be higher in areas with traffic lights.
- ECD use is highest among younger drivers.
- Overall, seven per cent of all drivers observed were not wearing their seatbelt.
- Those driving trucks had slightly higher rates of not wearing a seatbelt compared to passenger cars or vans/SUVs.
- Drivers in rural areas wore their seatbelt less often across all age groups.
- In cases where the driver was not

wearing their seatbelt, 54 per cent of passengers were also not wearing their seatbelt.

"High-risk driving behaviours places all motorists at risk on our public roadways," said Jatana. "This study confirmed too many drivers continue to exhibit high-risk behaviours which can easily be changed."

Driver distraction is a leading contributor to fatal crashes in Manitoba, linked to nearly 50 per cent of all fatalities and 37 per cent of all serious injuries in 2020, according to MPI data.

Getting caught using a hand-held electronic device while driving comes with a \$672 fine, a three-day driving suspension for first-time offenders, and a drop of five levels on one's Driver Safety Rating scale. A subsequent conviction results in a seven-day driving suspension and moving down the DSR scale five more levels.

Not wearing a seatbelt could net you a \$200 fine and two levels lost on the DSR. A person is more than 50 times more likely to be killed and almost four times more likely to be seriously injured when not wearing a seatbelt, MPI says.



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Growing Outcomes in Watersheds (GROW) is a new initiative that recognizes the valuable role farmers play in improving the environmental health of the agricultural landscape.

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- ✓ shelterbelt establishment

For more information on GROW or to connect with your local watershed district, visit www.manitobawatersheds.ca, or call 204.945.0002.

Manitoba

Let's celebrate I Love to Read Month

By Jennifer McFee

February is I Love to Read Month, and Stonewall library staff members are showcasing their love of literacy.

In celebration of *The Paper Bag Princess* by Robert Munsch, staff members donned dragon T-shirts and paper bag dresses just like the book's main character.

"As it is a bit tough to work in a paper bag — though we admire the character Princess Elizabeth for vanquishing the dragon in the story wearing only a paper bag dress — we made ourselves T-shirts that say 'Stand Up to Dragons.' This to us sums up the book perfectly and is a motto we can all get behind," said branch librarian Joan Ransom.

Booklovers can rejoice since the fun and festivities will continue at the library all February long with 50 "golden crown" coupons hidden in stacks of books that patrons can sign out throughout the month.

"Harold Enns of Beyond Bread has generously partnered with us, and when a patron finds a coupon, they can take it to Beyond Bread to redeem it for a special cookie — and we all know that our readers love books treats," Ransom said.

"The Stonewall Branch is now open to the public and we welcome our patrons to come in and see us, and see our giant copy of *The Paper Bag Princess*, sign out a stack of books and hopefully find a coupon."

In addition, the Bookmobile will be celebrating I Love to Read Month by reading via Zoom to any schools that have made a request.



SUBMITTED PHOTO

South Interlake Regional Library Stonewall staff, left to right: Teagan Sheppard, Catherine Desmarais, Kelsey Dingwall, Joan Ransom, Tara Glaspey and Stella McAuley.

"We are providing specially requested reading materials along with our regular deliveries," said Bookmobile librarian Pam Palcat. "Happy I Love to Read Month!"

> QUARRY, FROM PG. 8

living and our right to a quiet, peaceful life."

In addition, she said the potential project could cause air pollution.

"There is heavy traffic that causes air pollution," she said. "We know that quarrying activities create even more heavy traffic. We know that the dust from gravel quarries are a concern as well."

She cited studies that looked at the correlation between living in close proximity to a quarry and respiratory diseases and other health conditions.

At the same time, she said the quarry project would cause visual pollution through destruction of prairie landscape.

"Right now, our town is surrounded by peaceful prairie farmland," she said, "and if this continues, this is going to be our new view."

Del Phillips, whose home backs out onto Quarry Park, expressed concerns about foundation damage.

"I have visible damage in my home. The worst part are problems you might not see — cracks in the foundation, basement floor cracks, drywall cracks over the years, and, my favourite, a lot of my triple-pane glass in the windows and patio doors with broken seals that I am in the process of re-

placing at my expense," Phillips said.

"Moving the quarry closer to town is ridiculous, to say the least."

Representatives on behalf of the applicant responded to concerns, stating that they would strictly adhere to regulations when it comes to dust control, noise and blasting. The development agreement would also provide site-specific obligations on the applicant to ensure that those concerns are mitigated.

The second hearing focused on a 150-acre site located north of Stonewall between PR 236 and Road 7E, just north of Road 79N on properties also owned by Maple Leaf Construction.

A total of five rural residential properties are located within a 500-metre radius from these properties.

These properties contain about 10 million tonnes of limestone aggregate. Development is planned in 16 phases over eight to 10 years, based on an extraction rate of 500,000 to 625,000 tonnes annually. In order to proceed, the land would need to be rezoned from MEH (industrial extractive holding area) to ME (industrial extractive). The MEH zone is intended for future industrial extractive operations.

All hauling would be routed through

Maple Leaf Construction's current quarries by following Road 79N to Road 8E, continuing south to Road 78N and moving east to Highway 7.

According to a planning report by Scatliff + Miller + Murray, the RM of Rockwood has been identified as one of the most important sources of non-renewable mineral deposits to support the construction industry in the Manitoba capital region.

If the rezoning for these projects is approved, Maple Leaf Construction would ensure remediation and redevelopment efforts exceed minimum requirements. A representative on behalf of the applicant noted that planning regulations and policies aren't meant to be static; rather they evolve and change over time depending on economic growth and urban growth.

The third hearing focused on a 270-acre site located north of Stonewall between Road 78N and Road 79N, on either side of PR 236 on properties owned by Glacial Stone Incorporated.

A total of 10 rural residential properties are located within a one-kilometre radius from these properties.

These properties contain about 10 million tonnes of limestone aggregate. Development is planned to begin in 2024, dependent on when cur-

rent quarry operations wrap up. The phased project would take place over eight to 10 years, based on an extraction rate of one million to 1.25 million tonnes annually. To proceed, a portion of the land would need to be rezoned from MEH (industrial extractive holding area) to ME (industrial extractive) and conditional use approval would be needed for the residual portion zoned AL (agricultural limited).

The proposed project would generate 280 trips during an average weekday. All hauling would be routed through Rockwood's existing quarries by following Road 79N to existing haul routes to Highway 7. Glacial Stone would construct a nine-metre-wide driveway at PR 236 and Road 79N for site access.

The land for all three of these proposed projects is designated to be an aggregate mineral extractive area, according to the South Interlake Planning District's development plan, and the rezoning would be consistent with this development plan.

Rockwood council will consider the bylaws at the next regular meeting on March 9.

Oak Hammock Marsh looking for more than a facelift

By Nicole Brownlee

Oak Hammock Marsh is reaching for a refresh over the next few years, with plans already underway to re-envision programs, facilities and style.

The educational hub near Stonewall opened in 1993, offering Manitobans a glimpse at the restored marsh and birding hot spot.

The Harry J. Enns Wetland Discovery Centre has since had minor renovations but looks like a replica of the early '90s opening.

"We see changes a lot at the museums and the zoo. ... But sitting here in the Interlake, we haven't changed a whole lot," said Nathalie Bays, the centre's operating manager.

Bays joined the centre as the education co-ordinator in 1997 and has watched the centre gain popularity over 25 years but is pushing for more.

"We're working with an external consulting company to design new exhibits and new themes and change a little bit of the flow of the building," said Bays.

The province committed \$1.5 million to help with renovations but needs the centre to find \$3 million from other avenues to access their donation.

If the province approves the project, the exhibit entrance, main hall and reception area will be reconfigured.



TRIBUNE PHOTOS BY OAK HAMMOCK MARSH

The original interpretive centre at Oak Hammock Marsh, built in the 1980s, right, will be replaced with a new building purchased by Qualico.

"There would really be more of a flow and a story as people go through the exhibit," said Bay.

There are also plans for the café, and the theatre would also be upgraded.

"We'd be working all across the building, both from an infrastructure and an exhibit purpose."

The centre sent surveys to members, volunteers and the public to gauge their perspective on Oak Hammock Marsh and found resounding support for development.

"They all said, 'It's a great place, but it's looking its age,'" said Bays.

One of the most recent additions to Oak Hammock Marsh is a new build-

ing sponsored by Qualico. The new facility costs just under \$300,000 and will replace the original interpretive centre built in the 1980s.

"This was before Ducks Unlimited came along and built a better facility," said Bays.

The original long wood building with four small rectangular windows hosted information sessions for school groups.

The updated building has a sloped roof and several large windows overlooking cattails and hectares of property.

School groups will also be able to

use the new addition, but Bay expects family events, cultural gatherings and workshops will also be held there.

"People will be able to rent a beautiful facility if they don't want to be in the main building."

Unlike the previous facility that required a holding tank, wastewater from the Qualico building will be filtered to the sewage lagoon used by the Interpretive Centre.

"From an environmental perspective, that's a big plus as well," said Bays.

The addition is expected to open in Spring 2022.

Pandemic parenting woes acknowledged in MPS seminar

By Nicole Brownlee

A Winnipeg psychologist researching the impact of the COVID-19 pandemic on parents and their children is hosting a seminar to connect with parents and offer support.

Dr. Leslie Roos is an assistant psychology professor at the University of Manitoba and an investigator for the Children's Hospital Research Institute of Manitoba. Roos' research focuses on developing clinical programs to support the mental health and parenting needs of families affected by chronic stress.

"Early on in the pandemic, we started doing some research in Canada and elsewhere on how family mental health was going," said Roos.

The challenges and stress of the pandemic continue to have a significant impact on families' mental health, which has pushed Roos and her team to learn how to improve virtual care to meet families' needs.

Roos' team has used online surveys, a parent advisory panel and online

forums to dig into what parents need.

"We pull data from thousands of responders," said Roos.

"Some of the parents are really worried about persistent effects of the pandemic on their own relationships, kids' mental health."

Through the Manitoba Psychological Society, Roos will discuss "Parenting During the Pandemic: Supporting Families of Young Children through Innovations in eHealth Technology" on Feb. 18 from 2 to 3 p.m. with Lindsay Berard and Bailin Xie.

The team will describe current research about the scope of parent mental health needs, their importance and address the impacts of family stress on kids.

Innovations in virtual care and app-based services will also be reviewed to remind parents to access support when they need it.

"Before the pandemic, it often felt like I was working hard to convince

Continued on page 12



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Manitoba

Stonewall Art Group preserving history in paint

By Jennifer McFee

Stonewall artists are showcasing their creative flair while also preserving parts of the town's history in painted interpretations.

The Stonewall Art Group is contributing their talents to a local heritage project with a commitment to provide 40 pieces of artwork. Half of these pieces are now completed and hung on display at the Quarry Park Heritage Arts Centre.

Member David Mackinder came up with the idea after seeing a series of Facebook posts about the historic quarry site last summer.

"Our group normally takes up a project theme for each of our fall and winter group sessions," he said.

"I made the suggestion that we cover some of the beautiful historic images being posted by the centre."

He spoke with Quarry Park manager Catherine Precourt about whether a dedicated wall space at the Heritage Arts Centre might be available to display the works.

"It was decided that our previous installation Flower Quilt would be donated to Rosewood Lodge and the works would be hung in that space. Catherine was enthusiastic about the idea, as was our group, and we set about to get commitments for a dozen pieces to fill the Flower Quilt space," he said.

"However, the project soon exploded. We received permission to expand the wall space to the point that now it has a life of its own."

For Mackinder, it's meaningful to share Stonewall's history through art.

"Very few people stop to reflect on the past and learn about our heritage. We feel art is great means to make history accessible so we can showcase the town's rich heritage," he said.

"In our display, we highlight some of the treasured limestone buildings we have that remain standing, but we also highlight many of the ones that are gone. In addition, we make tribute to some of your



The W. Montgomery Hardware store by Kathryn Jack.

builders and heroes through portraiture."

The pandemic impacted the Stonewall Art Group's ability to meet together. They paused in-person painting sessions from March 2020 to September 2021, when they began to meet together again until Christmas. However, in January, the group once again paused its in-person sessions due to concerns about the virus. Nonetheless, they forged forward with the project with ongoing communications through email and their Facebook group page.

Although the artists have been working individually, Mackinder said this heritage project has kept them connected.

Precourt notes that an opening reception will take place in the spring.

"We're putting together a booklet of Stonewall history to complement the art exhibit," she said.

"Thank you to all the artists who are donating their art for this exhibit. It is an amazing gift for our centre and the community."



Artist Mary Abrahams has completed artwork depicting a local structure known as the Registry Building. Since this building is currently the residence of Catherine Precourt, she thought it was appropriate to create a separate take-home piece. This acrylic on canvas rendering of the building shows a historic and present-day view.

"Catherine and her staff have been our gracious hosts for our weekly painting sessions," explained David Mackinder, member of the Stonewall Art Group.

"We meet in the Sunova auditorium. It's a large, wonderful light-filled room, overlooking the kilns and surrounded by a beautiful park. We are also provided with a venue for a revolving exhibition of our art in the lobby. We feel very thankful and privileged."

For anyone who is interested in getting involved, the Stonewall Art Group always welcomes new members. They normally meet Thursdays from 9 a.m. to noon at the Heritage Arts Centre. For more information, email stonewallartgroup@gmail.com.



TRIBUNE PHOTOS SUBMITTED

Dawn Mitchell painted a portion of Main Street featuring the Hudson Bay Hotel.



The McLeod family — Dr. McLeod, his accomplished wife Margaret Arnett McLeod and author, and, of course, local First World War hero Alan Arnett McLeod — painted by Cindy Trachsel.



The Langtry Fox Tower (now located at Boonstras Berry Farm) painted by Brenda Tarrant.

> WOES, FROM PG. 11

people that mental health is health, and I don't make that argument anymore," said Roos.

"I don't need to spend a lot of energy convincing people."

The pandemic has caused mental health resources to be more accessible online, the government to invest in mental health services and acknowledge the necessity of balanced mental health.

"I'm really optimistic we'll have

long-term positive impacts," said Roos.

Roos said she hopes parents will learn more about the impact of the pandemic on families, consider resources and feel less alone after the seminar.

"Starting these conversations reduces the stigma, and you learn about some of the great work going on in the province."

For more information, visit www.mps.ca.



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frontiersnorth.com/adventures/winter/northern-lights-and-winter-nights



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PINK SHIRT DAY

February 23,
2022



4 facts you may not know about bullying

Contrary to what some people think, bullying isn't a normal part of childhood. Here are some other realities about this harmful behaviour that need to be acknowledged.

1. KIDS DON'T GROW OUT OF BULLYING Unless children face meaningful consequences and learn that bullying is unacceptable, this behaviour is likely to persist through adolescence and into adulthood. It can also evolve into dating violence, workplace harassment and domestic abuse. **2. FIGHTING BACK MAKES BULLYING WORSE** While children should be encouraged to stand up to bullies, retaliating with violence, insults or other aggressive behaviour can lead to more persistent and severe bullying. Assertive responses and reporting bullying to an adult are more effective strategies.

3. PEERS CAN STOP BULLYING IN SECONDS Most bullying incidents happen when peers are watching, and their reaction plays a major role in reinforcing or stopping the behaviour. In fact, research shows that when peers intervene, more than half of the time the bullying stops within 10 seconds.

4. BULLYING CAN CAUSE SERIOUS HARM Bullied children are more likely to experience headaches, stomach aches, anxiety and depression. They're also at greater risk of long-term mental health problems and suicide. Additionally, children who bully are more likely to use drugs and engage in criminal activity. It's only by dispelling myths about bullying and teaching children to develop healthy relationships that the issue can be properly addressed and bullying eradicated for good.

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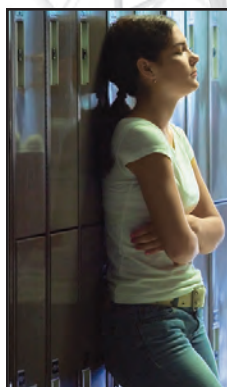
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PINK SHIRT DAY

This Pink Shirt Day, let's lift each other up

In 2007, two boys from Nova Scotia took a stand against local bullies and started a movement. When a classmate in their high school was harassed for wearing a pink shirt on the first day of school, David Shepherd and Travis Price decided to do something about it. The teens bought over 50 pink shirts and handed them out to their classmates, creating a "sea of pink" in support of the boy who'd been bullied. That was the first Pink Shirt Day, an event that has since made its way across the country and is now recognized on the last Wednesday of February every year. In 2020, the event takes place on February 26 and the theme is Lift each other up. In light of this powerful message, here are seven ways we should all strive to treat each other every day. 1. Be kind. Treat everyone with kindness and empathy, regardless of how you feel about them. Everyone deserves to be treated with respect, even those you don't like. 2. Be inclusive. Make it a point to be friendly with everyone you know, even the people who are different from you. You'll make others feel good and could even make an unexpected friend. 3. Check in. If you know that someone in your life has recently gone through a hard time, call or text periodically to make sure they're doing okay. 4. Listen. Be a sounding board for friends who need to talk. However, don't offer advice unless they ask for it. Sometimes, people just need to share what they're going through in order to come up with their own solutions. 5. Think before you speak — or post. Sometimes we can hurt people without meaning to. Before you say or post something on social media, think about how others may perceive it, and keep your comments to yourself if you think someone might be hurt by them. 6. Don't gossip. Though it's easy to get drawn into discussions about other people, these types of conversations are best avoided. Even if what you say isn't meant to be hurtful, it's unkind to discuss others without their knowing it. 7. Speak up. If you see someone getting bullied, don't just stand there and watch. Instead, say something. Most bullying incidents stop within ten seconds of someone intervening. Bullying in schools is an ongoing problem, but teaching young people how to treat others is a step in the right direction.



The impact of
childhood bullying
can last well into
adulthood.



Pink SHIRT DAY



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Gunton post office construction reaching finish line

By Nicole Brownlee

The finishing touches to Gunton's sought-after post office are being finalized as dedicated volunteers push for a final fundraiser.

Gunton community members rallied to keep their post office in the neighbourhood when the home of their previous post office was sold in May 2021.

Since spring, the community has fundraised, lobbied local municipalities' support and erected a lofted barn cabin as a replacement post office.

"The building is pretty much complete," said Lena Robertson, a member of the Gunton Community Projects Committee.

"It was a long, tiring, very exhausting (process)."

Organizers continue to wait to complete several tasks. Projects like installing wheelchair ramps and wheelchair-accessible doors, which are required to hold a building permit, have been delayed because of supply chain issues caused by the COVID-19 pandemic.

The group hopes to raise around \$8,000 to pay for outstanding projects.

"We've seen a lot of unforeseen costs," said Robertson.

The group relied on volunteers for most of the post office installation but was mandated to hire help for certain



TRIBUNE PHOTOS SUPPLIED BY LENA ROBERTSON
After several months of construction, the Gunton Post Office is nearing its grand opening. Organizers are calling for funds to reach their \$8,000 goal to cover installation costs.

aspects like floor installation and temperature controls.

"The planning group wanted us to have an HVAC system so that was \$3,100, and we had to pay someone to put that in," said Robertson.

During the holidays, the group held a wine raffle that raised \$3,000 and a Shelmerdine's order that raised almost \$200.

In addition to the group's current call for funds to finish paying for the installation of the post office, they plan to hold another fundraiser around spring to build a maintenance fund.



Robertson is waiting to hear back from Canada Post for a tentative start date but expects the new post office to open in March.

Before opening, Canada Post will have to close their previous location in Gunton on a Friday. Over a weekend, Canada Post would transport and install their equipment to the new post office.

"It's a very nice building," said Robertson. "I can't wait until people see it."

To donate, mail cheques to The Gunton Projects Committee, Box 17, Gunton, MB, R0C 1H0.

Dentures are staying in place, thanks to the Vandor team

BY ELISHA VANDOR

As I'm writing this, I'm thinking about the person who is struggling to keep their dentures in their mouth. The lower denture can pop out with a flick of the tongue and the upper has lost its once cement-like suction. If your tongue is doing more work keeping your dentures in your mouth than helping chew your food for digestion, then we can help. Most importantly, how would you like to adjust the tightness of your denture like you adjust the laces on your shoes? Those laces give your feet the ability to stay in place and grip the sidewalk. Imagine if your foot was slipping out of your shoe with every step you took? You probably wouldn't walk as confidently as if your laces were tight and your foot secure in your shoe. Coincidentally, your ability to chew and eat with confidence is affected by your denture's ability to stay in place.

There are different ways we can get your denture to grip better. Yes, I do suggest Polygrip, but Polygrip's effectiveness is determined by how well your denture fits. So first, your denture

needs to fit as tight as possible. If you've had your denture for more than 3 years and it's never been refitted (also called relined), then that's a good start. A reline will refit your current denture to the way your gums are right now. It's very beneficial as it will prevent the denture from prematurely cracking and give you some improved tightness. If you experience extreme bone loss from years of wearing dentures, then mixing Polygrip with a reline can benefit you too. Alternatively, improving the grip of your dentures is best done by getting new dentures altogether. Over time, teeth become worn and the material of the denture can become thin. A new denture will correct these issues and simultaneously give you the best fit possible. So how do you adjust the tightness like a shoe lace? For that we will need a couple more denture components...

Some like to call them buttons, and others say magnets, but the word for adjusting how tight your dentures grips is called "O-rings". O-rings are

tiny rubber-like clips that hold your denture onto a dental implant, and there are different options for how tight you want your denture to be. Some want them just tight enough to chew that morning toast, but still be easy to clip out. Others want them so tight that they can eat well-done steak, so we simply clip in tighter O-rings. We can actually adjust the tightness of people's dentures with dental implants and the matching O-rings that go into the denture; it is quite amazing! Recent patient Gilbert just had his denture gripped onto 2 lower dental implants and he says, "The denture isn't moving around now. Before, when I was eating they popped out all the time, but now they're a lot better and stay in place. I'm able to eat a lot better. In fact, I could even have them a bit tighter at my next appointment." - January 12, 2022

If you would like to know if your dentures could be made tighter too, just give us a call for a free consultation!



- supplied photo -
Happy patient Gail poses with Brock after receiving her new dentures. **SENIOR PRICING**

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> MEAL IDEAS



Recipe courtesy of Rachael White (setthetableblog.com) on behalf of the Georgia Peanut Commission

Hot water
6 rice papers
3 mini cucumbers, peeled into ribbons
1/4 head red cabbage, finely shredded
1 large carrot, shredded
1/2 cup fresh basil leaves, loosely packed, plus additional for garnish, divided
1/3 cup cilantro leaves, loosely packed, plus additional for garnish, divided
1/3 cup mint leaves, loosely packed, plus additional for garnish, divided
1 large ripe avocado, peeled and sliced
Peanut Sauce:
1/2 cup creamy peanut butter
1 tablespoon soy sauce
1 tablespoon mirin
2 teaspoons fish sauce
1 teaspoon red pepper flakes, plus additional for garnish, divided
2 tablespoons fresh lime juice

Chicken Tortilla Soup

This recipe is reprinted with permission from "Healthy Slow Cooker Cookbook, 2nd Edition." Copyright 2018 by the American Heart Association. Published by Harmony Books, an imprint of Penguin Random House, LLC.

Servings: 4
1 pound boneless, skinless chicken breasts, visible fat discarded, cut into 1/2-inch cubes
2 cups frozen whole-kernel corn, thawed
2 cups fat-free, no-salt-added chicken broth
1 can (14 1/2 ounces) no-salt-added,

RED RIVER CO-OP FOOD STORE

Fresh Veggie Spring Roll Bites with Peanut Sauce

1/3 cup Georgia Peanuts, plus additional for garnish, divided
lime wedges, for garnish

Fill large bowl about halfway with hot water. Soak each rice paper in water 15 seconds until malleable. Place rice paper on clean work surface. Place four cucumber ribbons in single layer in center of rice paper. Perpendicular to cucumber, add strip of red cabbage, carrots, 1/2 cup basil leaves, 1/3 cup cilantro leaves, 1/3 cup mint leaves and avocado.

To roll, fold edges of rice paper over each end of filling. Working with side of rice paper closest to you, tuck rice paper around filling and roll tightly.

To cut rolls into bites, use sharp knife and gently move it back and forth. Arrange bites on platter. Repeat with remaining rice papers and filling ingredients.

To make sauce: In small bowl, whisk peanut butter, soy sauce, mirin, fish sauce, 1 teaspoon red pepper flakes and lime juice.

Toast 1/3 cup peanuts by placing in dry pan over medium heat. Move peanuts around until fragrant and toasted, 3-5 minutes. Roughly chop and add to sauce.

Serve spring roll bites on large platter with sauce. Garnish with additional herbs, lime wedges, red pepper flakes and peanuts.

diced tomatoes, undrained
1/4 cup finely chopped onion
1 teaspoon sugar
1 teaspoon ancho powder
2 medium garlic cloves, minced
1/4 teaspoon salt
2 corn tortillas (6 inches each), cut into 1/4-inch-wide strips
1 corn tortilla (6 inches), torn into pieces
2-4 tablespoons snipped fresh cilantro
1/4 cup finely chopped avocado
1/4 medium red bell pepper, cut into matchstick-size strips

In slow cooker, stir chicken, corn, broth, tomatoes, onion, sugar, ancho powder, garlic and salt. Cook, covered, on low, 6-8 hours, or on high, 3-4 hours.

Preheat oven to 350 F.

On baking sheet, arrange tortilla strips in single layer. Bake 8-10 minutes, or until crisp. Transfer baking sheet to cooling rack. Let strips stand 15 minutes, or until cool. Transfer to airtight container and set aside.

When soup is ready, transfer 1 cup to food processor or blender. Stir in tortilla pieces. Let mixture stand 1 minute. Process until smooth. Stir mixture into soup. Stir in cilantro.

Ladle soup into bowls. Sprinkle with avocado, bell pepper and reserved tortilla strips.

Talk to kids about what it means to be a friend



By Gwen Randall

Often parents express the concern that their child has no or few friends. This can happen at any age. Whether the child is six or sixteen, parents may be tempted to become involved in trying to change the situation. When is it appropriate to do so, and when should parents hang back, and let things be?

The first question to be addressed is how the child feels about the situation. If the child feels lonely and isolated, then parents need to try to help. However, if the child is quite content, the issue should not be forced. If the child wants friends but cannot make or keep them, we need to look a little deeper.

We are all different, and some children are loners at different stages of life. A child may be more introspective, and love spending time alone pursuing his or her interests. Creative or intellectual development often happens during quiet times, when the child is alone with his or her own soul. Often very bright children require higher levels of stimulation than that available with their peers.

In many cases, in older grades, they establish deep and enduring friendships with a few, or even one kindred spirit. These children should not be made to feel that something is wrong with them because they do not spend more time socializing with a larger group.

Sometimes children need a respite

from being in a school filled with students all day. They just need some quiet time. They may have a need to spend time with siblings and parents, because familial bonding nurtures and strengthens them. We must allow each child to find his or her own comfort level of interaction within and outside of the family.

If a child clearly wants more involvement with friends and is having difficulty creating that, there are several ways we can help. First, we need to observe how the child interacts with others. Demanding and controlling, or mean behavior will push others away. Talk to your child about what happens when they approach others. You might find that the child does not know how to reach out, and is just waiting for someone who wants to be friends.

We can teach them things to say to someone they want to play with. I have counselled lonely high school students to simply begin smiling at others. I have modeled conversation starters. Sometimes it takes making an effort.

We can talk to children about what it means to be a friend, and what makes others want us for a friend. Being kind and friendly, sharing, and showing an interest in others are good ways to start. Inviting others to participate in activities shows them you want to be friends.

If lack of friends continues to be a problem, it can be helpful to talk to the child's teachers, to see what is happening at school. If the issue does not become resolved despite your best efforts, a couple of visits with a psychologist who works with children can be very helpful.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration.



Air Fryer Crispy (Un) Fried Chicken

Recipe courtesy of the American Heart Association Servings: 4

1/2 cup all-purpose flour
2 tablespoons minced fresh parsley
1/2 teaspoon ground oregano
1/4 teaspoon pepper
1/4 teaspoon cayenne pepper (optional)
1/2-1 cup low-fat buttermilk
1/2 tablespoon hot pepper sauce (optional)
1/3 cup whole-wheat panko bread crumbs
1/3 cup shredded or grated Parmesan cheese

4 boneless, skinless chicken breasts (about 4 ounces each), visible fat discarded, flattened to 1/4-inch thickness, patted dry with paper towels
nonstick cooking spray
Preheat air fryer to 390 F.

In shallow dish or pie pan, whisk flour,

parsley, oregano, pepper and cayenne.

In separate shallow dish or pie pan, whisk buttermilk and hot sauce.

In third shallow dish or pie pan, stir panko and Parmesan.

Place dishes and large plate in row. Dip chicken in flour mixture then buttermilk mixture then panko mixture, turning to coat at each step and gently shaking off excess. Using fingertips, gently press panko mixture so it adheres. Place chicken on plate. Cover and refrigerate 30 minutes.

Lightly spray chicken with nonstick cooking spray. Arrange chicken in single layer in air fryer basket, working in batches if needed. Cook 10-15 minutes, or until chicken is no longer pink in center and coating is golden brown, turning once halfway through and lightly spraying with nonstick cooking spray.

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Incredible creatures: The changing rules of romance

By John Gavloski

On Valentine's Day, people often offer presents or cards to those close to them or have a special meal. Many insects are also gift-givers. Sometimes the treats provided can help attract a partner and improve reproductive success. These are known as nuptial gifts. In honour of Valentine's Day, this month's Incredible Creatures will explore how a local species of butterfly can advertise and provide a nutritious gift for his mate, and how an altered environment has resulted in less choosy females.

Female cabbage white butterflies like their nitrogen

Cabbage white butterflies (*Pieris rapae*) are a common sight in Manitoba in late-spring and summer, although some may mistakenly think these white butterflies are moths. Larvae of this butterfly, which are called imported cabbageworms, are green with a thin yellow line down their back, and feed mainly on cruciferous plants. Male and females of this butterfly are easy to tell apart because males only have one black dot on their forewings, whereas females have two dots. Adults avidly visit flowers, and

they will also feed on moist earth and mud puddles. Nitrogen plays an important role in mate selection in these butterflies. A nutritious nuptial gift containing lots of nitrogen is passed from males to females during mating and is an important source of energy for female butterflies.

What a butterfly sees in the wings

Nitrogen also affects wing pigmentation in cabbage white butterflies. They can determine the quality of a potential mate by visually assessing the pigmentation of the wings. The wings of these butterflies look different to other butterflies than they do to us though. The mostly white wings of the cabbage white butterflies absorb a lot of ultraviolet light that humans cannot see, but butterflies can see clearly. So to us the wings look white, but to a female cabbage white butterfly, the wings of the male may appear a bold violet. Females know the brighter the violet, the more his nutrient package is rich in proteins. When the male is trying to court the female, he will fly below the female, engaging in a series of pendulum like "sweeps" below her. This dance allows him to showcase the bright colours on

the upper surfaces of his wings that females prefer. If his courtship flight is successful, the female will land on a plant or other substrate below and allow him to mate with her.

Nitrogen makes for less choosy females

Researchers wondered how differences in nitrogen availability, specifically due to man-made influences, might affect mating behaviour and physiology of cabbage white butterflies. To test this, they compared cabbage white butterflies from a non-agricultural population with a population from an agricultural setting where fertilizer has significantly increased nitrogen availability. Several differences became apparent between the two populations. While females from the non-agricultural site typically mated with more than one male, agricultural females tended to mate only once, thus receiving fewer of the nutritious nuptial gifts. In agricultural environments where nitrogen is abundant, female cabbage white butterflies depend less on nuptial gifts from males and were less choosy when selecting a mate. Also, the toothed structures used to break



PHOTO SUBMITTED

Cabbage white butterfly

down nuptial gifts were reduced in agricultural females' reproductive tracts, indicating a reduced need for the nutrients. In addition, both males and females from the agricultural population had increased wing pigmentation. These results suggest that changes in nitrogen availability can affect cabbage white reproductive behaviour and physiology in a many ways. As their world changes, so do the rules of romance for cabbage white butterflies.

Residents have opportunity to discuss proposed borrowing for kiln restoration

Stonewall council news in brief

By Jennifer McFee

Stonewall residents will soon have the chance to share their thoughts about proposed borrowing to restore the historic kilns.

At the Feb. 9 committee of the whole meeting, council discussed the draft bylaw regarding the kilns restoration project and a public hearing about the general borrowing bylaw that will be held on Wednesday, March 2 at 7 p.m.

CAO Wally Melnyk noted that the notice for the public hearing and draft bylaw both identify a five per cent interest rate, which is significantly the current borrowing rate. The loan would be repaid over a maximum period of 20 years, and the annual repayment would be no more than \$55,439.78 the first year. After that, \$40,121.29 would be included in the general municipal levy.

Based on the latest assessment roll, the borrowing would require a mill rate of 0.15 mills.

The purpose of using the higher rate is to cover any potential interest rate changes that could occur between the public hearing and the date to issue the debenture.

"If anything, the annual payments will be less than what is outlined in both the notice and in the borrowing bylaw itself," he said, "but obviously we have to deal with a potential increase between now and the approval period so that buffer has been put in place."

The proposed project timeline would begin with restoration of the south kiln from June to November 2022 followed by restoration of the east and west kilns starting in early spring 2023. The landscaping of the entire project would wrap up by June 2024, with a grand unveiling and ribbon cutting event at Quarry Days that same year.

For the March 2 public hearing, lim-

ited in-person seating will be available in the Sunova Room at the Heritage Arts Centre. In-person attendees must provide pre-register by calling or emailing the town office before noon on March 1, and they will need to provide proof of vaccination before entering the meeting.

More information is available on the Town of Stonewall website at www.stonewall.ca.

In other council news:

- Council discussed a request from Interlake Eastern Health Foundation to include a link to the organization on the Town of Stonewall website. Corporate services manager Marilisa Voth.

"Cyber security has been big on our minds lately and leaving ourselves open or at risk to hackers and attacks," she said.

"We consulted with our web hosting company and went through the process to find out should we putting links on our website and how do we

get links on our website."

The Town of Stonewall website is on a secure platform so it has built-in security, she added.

"If we ever were concerned about an organization that we deal with or knew it was something that we couldn't verify the origins of, then we wouldn't ever put it on our website. But in this case, it's an organization that we know. It's an organization that we're not worried about them being a fake," she said.

"There's actual real people behind it and we know that their website will be maintained to a certain standard so there isn't any risk of us having the link going out from our website and as long as we maintain those parameters ... we should be OK with adding this one."

- Council discussed a capital grant request from Quarry Ridge Motorsports. Council would like to arrange a meeting with the group to further discuss the project.

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INSIDE > OUTSIDE > UPSIDE DOWN

Colton Lott finalist at Viterra Championships

By Ty DiLello

West St. Paul's Mike McEwen will be returning to the Tim Hortons Brier as Team Manitoba after defeating Colton Lott of Winnipeg Beach 8-3 in Sunday's 2022 Viterra Championships provincial final.

Team McEwen featuring Reid Caruthers, Derek Samagalski and Colin Hodgson defeated Lott by a dominant 8-3 score at the Selkirk Curling Club to punch their ticket to next month's Brier.

Earlier that day, McEwen overcame a wild back-and-forth struggle with Fort Rouge's Ryan Wiebe to win 10-9. McEwen drew the four-foot with his final stone in the tenth end to win the game.

With Sunday's win, McEwen will be heading to his seventh Brier. After it was all said and done, McEwen noted that this year's provincial victory felt like the most challenging one of them all.

"This one felt like the hardest one," McEwen said after the win. "I've been in a lot of finals, and this one really took a lot out of us. Very satisfying, but this took a lot out of the team. We were pushed very, very hard."

Winnipeg Beach's Colton Lott and his rink of Tanner Lott, Kyle Doering, Emerson Klimpke went into the final undefeated. However, a few uncharacteristic misses cost the young team a chance to go to the Brier.



Lead Emerson Klimpke watches his rock.

"There's so much to build off of, and it just adds to the experience and knowing how to feel in these situations and better prepare ourselves in the future," Lott said. "We just weren't quite as sharp today as we were in our previous games, and it showed."

Despite falling in the provincial final, the week was still a wonderful experience for the Lott rink as they will use what they learned from it in the future.

"We all played so well throughout the week. We just need to close it out a little better next time," said Lott's second Kyle Doering. "We'll be more prepared next time and hope to come out on top at this time next season."



TRIBUNE PHOTOS BY BRETT MITCHELL

Team Lott was undefeated heading into the final of the 2022 Viterra Championships on Sunday. Mike McEwen's team beat the young team 8-3 in the final. Pictured left to right: Kyle Doering, Tanner Lott, Emerson Klimpke, Colton Lott and Kody Janzen.

Team McEwen's most challenging game of the week perhaps came in Sunday morning's semi-final when they overcame Team Ryan Wiebe 10-9 in a thriller.

"There's a lot of talent on that team, and it's nice to see that kind of potential in Manitoba curling," McEwen added. "We've played those guys in a number of different situations over the last few years, and they are all really progressing nicely."

The young 21-year-old Wiebe was a little bit down after Sunday's loss but feels like his rink is right up there to

compete with the best in the future.

"Up until now, we haven't had too many games against top-level teams in the world," Wiebe said. "So, just to get these games under our belt and play really well in them and show a ton of composure and calmness, I think moving forward, it does so much for our confidence."

The 2022 Tim Horton's Brier will run from March 4-13 in Lethbridge, Alberta. Team McEwen will represent Manitoba, and Morris' Jason Gunnlaugson will enter the event as a wild-card team.



Emerson Klimpke and Kyle Doering prepare to sweep skip Colton Lott's stone.

U17 Lightning doubled by Selects

Staff

The Interlake Lightning were doubled 4-2 by the Eastman Selects in U17 AAA action last Friday in Warren.

Hayden Kaczorowski scored to give Interlake a 1-0 first-period lead but Eastman's Ashton Vure, on the power play, and Steele Jowett tallied in the second.

The Selects' went ahead 3-1 early in the third on a goal by Luc De Gagne.

Ian Buors pulled Interlake to within a goal midway in the final frame but Jowett iced the win with a goal with three seconds remaining.

Kaczorowski and Adam Vigfusson

each had two points in the game.

Alex Myers stopped 37 Eastman shots.

Interlake was scheduled to play the Winnipeg Thrashers on Sunday but no score was on the league website at press time.

The Lightning will play the Wheat Kings on Saturday (2:15 p.m.) in Brandon.

In U15 AAA action, Interlake was defeated 10-3 by the Winnipeg Bruins Gold on Sunday in Warren.

The scoring summary was not posted on the league website.

The Lightning will host the Hawks on Wednesday (7 p.m.) in Stonewall.

Rams to face Kildonan East in WSHL playoffs

By Brian Bowman

After a very successful regular season, the Stonewall Collegiate Rams are eagerly looking forward to the playoffs.

Stonewall began its best-of-three series with the Kildonan East Reivers on Tuesday but no score was available at press time.

The Rams will then host Kildonan East on Wednesday at 3:30 p.m. in Stonewall.

Stonewall wrapped up its regular season with a 7-4 home loss to the St. John's Ravenscourt Eagles on Sunday evening.

The Eagles broke the game open with five second-period goals.

Regan Hoess led the Rams with two goals while Reid Byle and Gage O'Neil also tallied. Stonewall's Max MacIvor had two assists.

St. John's Ravenscourt goals were scored by Euan Bohm (two), Rehan Hosain, Owen Karpinski, Lachlin De Nardi, Colby Hnidy and Noah Reiss.

The Rams' game against College Gabrielle-Roy on Friday was cancelled.

On Thursday, Stonewall had a five-game winning streak snapped with a 3-2 road loss in overtime to St. John's Ravenscourt.

Tyler Yale scored the game winner in OT. He had tied the score at 3-3 with a third-period power-play goal.

The Rams' Tristan Shore scored a first-period power-play goal and then he tallied in the second.

Max Braun scored the Eagles' other goal in the second.

Last Wednesday, the Rams rolled to a huge 4-2 road victory over the West Kildonan Wolverines.

After West Kildonan's Dawson Bergagnini scored in the first period, Shore (shorthanded) and Connor Crosby tallied in the second.

Byle scored twice in the third, sandwiched around a goal by West Kildonan's Malikhi Gallinger.

Dray Sobkow posted the win in goal.

On Feb. 7, the Rams edged College Beliveau 3-2 in Warren.

Jace Woods scored the game winner in the third period.

Stonewall's Ty Woods and College



TRIBUNE PHOTO BY JO-ANNE PROCTER

After a stellar regular season, Stonewall captain Brody Stovin, left, and the Rams look to do some damage in the WSHL playoffs.

Beliveau's Alexander De La Ronde combe and De La Ronde tallied. traded second-period goals. Macrae Gard earned the win in goal. In the third, the Rams' Adam New-

Perfect score



TRIBUNE PHOTO SUBMITTED

Warren resident Craig Hughson, along with his partner Ray Sherrin of Marquette, got a 6-ender in stick curling at the Marquette Curling Club on Feb. 1.

Cvar scores pair of power-play goals last weekend

Staff

St. Cloud State Huskies' forward Olivia Cvar scored a pair of power-play goals in two games against the University of Minnesota Golden Gophers last weekend.

In the series opener last Friday, No. 1 Minnesota defeated the Huskies 5-3 in St. Cloud.

The Gophers scored three times in the third period before Cvar tallied a power-play goal with an extra attacker late in the final frame.

On Saturday, Cvar buried a rebound off the goaltender's pad to tie the game at 1-1 in a 5-1 road loss.

Cvar, whose family lives in Stonewall, now has nine goals and 12 points this season.



TRIBUNE PHOTO BY ST. CLOUD STATE

St. Cloud State Huskies' forward Olivia Cvar scored a pair of power-play goals in two games against the No. 2-ranked University of Minnesota Golden Gophers last weekend. She now has nine goals and 12 points this season.

Rams winless at home tournament

Staff

The Stonewall Collegiate Rams' varsity girls' basketball team finished with an 0-2 record at their home tournament last weekend.

Stonewall was defeated 49-39 by the Westgate Wings and later dropped a 64-23 decision to the University of Winnipeg Collegiate.

The St. James Jimmies won the eight-team tournament with a 46-34 victory over the Dauphin Clippers in the championship game on Sunday.

Last Wednesday, the Rams lost 40-37 to the Portage Collegiate Saints in league play.

Stonewall hosted the Churchill Bulldogs this past Monday but no score was available. The Rams will play the Elmwood Giants this Wednesday (6:15 p.m.) in Stonewall. Stonewall will then visit the John Taylor Pipers on Thursday (6:15 p.m.).

Stonewall's varsity boys' basketball team, meanwhile, was defeated 93-27 by the Portage Collegiate Trojans last Wednesday.

The Rams will host Elmwood on Wednesday (4:30 p.m.) and then visit the Westwood Warriors Thursday (4:30 p.m.).



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Stonewall Collegiate Rams' Nicole Paguio goes up for a layup against the Westgate Wings during tournament action last Saturday.

Dowhy earns WCHA Goaltender of the Week honours

Staff

Bemidji State University women's hockey goaltender Kerigan Dowhy earned the Western Collegiate Hockey Association's Goaltender of the

Week honours for her 99-save performance versus No. 2 Ohio State University last weekend.

The fifth-year senior from The Pas, whose family now lives in Stonewall,

recorded a career-high 51 saves in Game 1 versus the Buckeyes on Friday. The Beavers defeated the Buckeyes 3-2 due to a last-second save and assist by Dowhy to teammate Paige

Beebe for the goal with .3 seconds left in the game.

In Game 2, Dowhy made 48 saves for BSU in an 8-1 home loss.

Jets lose to Raiders, Railer Express

Staff

The Raiders Jr. Hockey Club snapped a 3-3 third-period tie with three unanswered goals in a 6-3 home win over the Stonewall Jets in Manitoba Major Junior Hockey League action on Sunday afternoon.

Matthew Smith and Hudson Chamberlin, both former Jets, Riley Barroso, Logan Klippenstein, Jack Oleksiuk and Jayce Kennedy scored for the Raiders.

Shane Bear, Nick Finnson, and Jeremy Klimchuk replied for the Jets.

On Friday, the Jets lost 7-1 to the Transcona Railer Express.

Cole Emberly scored a first-period goal for the Jets.

Transcona, which built period leads of 3-1 and 6-1, received goals

from Mattie Boonstra, Riley Johnson, Evan Chudley, Nathan Turner, Liam McCullough, Devon Matsmoto and Michael Todoruk.

Transcona was 2-for-3 on the power play while Stonewall was 0-for-9.

Last Wednesday, the Jets trailed the Ft. Garry/Ft. Rouge Twins 2-1 after two periods when the game was suspended due to an injured Twins' player.


Jordan Gray scored a first-period power-play goal for Stonewall before the Twins replied with goals from Nick Gilberto (power play) and Lucas Degrave.

Stonewall will host the St. James Jr. Canucks this Friday (7:30 p.m.) and the Pembina Valley Twisters on Sunday at 3 p.m.



TRIBUNE PHOTO BEMIDJI STATE

Bemidji State Beavers' goaltender Kerigan Dowhy earned the Western Collegiate Hockey Association's Goaltender of the Week honours for her 99-save performance versus No. 2 Ohio State University last weekend.



Stonewall Jets Player Profile

#27 *Come out to support the Jets*

Adrian Klimpke
Forward, Shoots Left
Born 2002, 6', 170 lbs



UPCOMING GAMES

Friday, February 18
Stonewall Jets vs St. James Canucks
at 7:30pm @ VMSC

Sunday, February 20
Stonewall Jets
vs Pembina Valley Twisters
at 3:00pm @ VMSC

U18 female Lightning win pair of weekend games

By Brian Bowman

Interlake Lightning goaltender Zach Meadows was a very busy man on Sunday afternoon.

Meadows faced 59 Brandon shots as the Wheat Kings defeated the Lightning 4-3 in overtime in Manitoba U18 AAA Hockey League action in Teulon.

Carter Dittmer scored the game winner in OT.

Interlake's Evan Calder and Nic LeClair scored power-play goals while Joel Purdom tallied an even-strength marker. The Lightning's Hayden Wheddon had two assists in the game.

Skylar Ramsay, Nolan Chastko (on the power play) and Braden Keeble also scored for the Wheat Kings.

Keeble's goal came at 13:50 of the third period to tie the score at 3-3.

On Saturday, Interlake was beaten 6-3 by Brandon.

The Lightning started great with goals from Nathan Vigfusson and Noah Slobozian just 45 seconds apart in the first period to grab a 2-0 lead.

But Brandon came back to score five straight goals before Interlake's Joel MacMillan struck on the power play midway in the third.

Wheat Kings' goals were scored by Dylan Schrader (two), Keeble, Clarke Caswell, Calder Crossin and Callum Halls.

Last Friday, the Lightning lost 5-3 to

the Pembina Valley Hawks in Morden.

Wheddon scored a goal just 16 seconds into the second period and then Vigfusson and Calder tallied in the third.

Interlake's Austin Lourenco had two assists in the game.

Pembina Valley goals were scored by Marek Miller, Griffin Ayote, Carter Campbell, Keston Worley and Liam Goertzen.

Interlake will wrap up its season with home games against the Parkland Rangers on Friday (8 p.m.) and Saturday (1:30 p.m.).

In U18 AAA female action, Interlake defeated the Westman Wildcats 1-0 in a shootout on Sunday afternoon in Stonewall.

Kenady Christensen scored the lone shootout goal.

Rachel Halldorson made 33 saves for the shutout victory.

On Saturday, Interlake defeated the Central Plains Capitals 4-3 in overtime in Stonewall.

Christensen scored the game winner in OT. She had a great game with two goals and an assist.

No other Interlake goal scorers were known at press time.

Danika Botterill, with a pair, and Phoenix Freis scored for Central Plains.

Katelyn Dorsch stopped 36 Capitals' shots for the win.



TRIBUNE PHOTO BY RICK HIEBERT

Lightning forward Evan Calder scored a third-period goal in Interlake's 5-3 road loss to the Pembina Valley Hawks last Friday.



TRIBUNE PHOTO BY RICK HIEBERT

The Lightning's Hayden Wheddon scored a goal in just 16 seconds into the second period.





TRIBUNE PHOTO BY JO-ANNE PROCTER

Swift Current Broncos' forward Karson King, left, a Warren Merces product, scored his first Western Hockey League goal in his team's 4-3 overtime win over the Brandon Wheat Kings last Friday.

**Come out and support
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**Stay tuned for official playoff
schedule in next week's Tribune.**

The Islanders, Bombers, and Merces
will get a rest as the remaining teams
compete in a Survivor Series.



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Stonewall Teulon
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FOR RENT

For Rent: Looking for a place to rent April 1 in Stony Mountain (preferably) or Stonewall area. Or investor wanting to purchase an RTM home to rent in Stony Mountain Trailer Park. I can be responsible for the mortgage, lot fees and utilities. Call 204-641-1041.

BUSINESS OPPORTUNITY

Profitable Business- Gas station- Convenience Store- Restaurant for sale in Gilbert Plains, MB. Perfect location with 4 lots. Serious inquiries only. Call 204-548-2508 or 204-638-2643.

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

Fun By The Numbers

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

Here's How it Works:

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

Level: Intermediate



PUBLIC HEARING NOTICE

PROPOSED GENERAL BORROWING BY-LAW 02-22 FOR RESTORATION OF HISTORIC KILNS

In accordance with Section 169(5) and 174.1 of The Municipal Act the Town of Stonewall has scheduled a Public Hearing to present the following proposal to borrow \$500,000.00 (General Borrowing By-Law 02-22) at their Regular Meeting of Council on:

Wednesday, March 2, 2022 at 7:00 PM

A VIRTUAL MEETING LINK WILL BE AVAILABLE WITH THE MEETING AGENDA ON THE TOWN WEBSITE: www.stonewall.ca

Limited in-person seating is available at the Sunova Room in the Heritage Arts Center, however in-person attendees* must pre-register by contacting the Town Office by phone or email prior to March 1st at 12:00 PM.

***Pursuant to Town of Stonewall Policy 5.11 all members of the public attending council meetings in person are required to be vaccinated against COVID-19 and must provide proof of vaccination prior to entering the meeting.**

General Borrowing By-Law 02-22 is proposed to pay for:

- A contribution towards the overall cost to restore and preserve the historic Kilns located in Stonewall Quarry Park
- The total estimated cost of the historical restoration project is \$3,500,000 to be funded as follows:
 - a. Save the Kilns Committee fundraising \$2,500,000
 - b. Town of Stonewall debenture \$500,000
 - c. Town of Stonewall Annual Contribution of \$100,000 annually for 2023 to 2027 (total \$500,000) from general funds
- The borrowing will be repaid over 20 years at a maximum interest rate of 5.0% per year
- The annual repayment amount will be no more than \$55,439.78 in the first year, and \$40,121.29 thereafter to be levied annually as part of the general municipal levy
- Based on the latest assessment roll, a mill rate of 0.15 mills will be required

At the hearing, Council will hear any potential taxpayer who wishes to make a presentation, ask questions or register an objection to the proposal.

Copies of the proposal to borrow and information about this capital project will be available for review and may be examined by any person on the Town of Stonewall website at www.stonewall.ca on **February 10, 2022**. Alternatively, a paper copy may be requested from the Town Office located at 293 Main Street by calling 204-467-7979.

Dated at the Town of Stonewall this 7th day of February, 2022 and issued pursuant to Section 169(6) of The Municipal Act.

Wally R. Melnyk, CMMA, CPA, CGA
Chief Administrative Officer
Town of Stonewall

PUBLIC NOTICE

Public notice is hereby given that Rockwood-Rosser Weed District intends to conduct the following pesticide control program during the 2022 season within the Rural Municipalities of Rockwood, Rosser, and the Towns of Stonewall and Teulon.

1. To control noxious weeds and brush on public right-of-ways and public or private owned property within the above noted towns and municipalities. The projected dates of application will be from May 1, 2022 to December 31, 2022. The herbicides to be used include:
 - 2,4-D Amine----2,4-D Choline----Dicamba
 - Picloram----Triclopyr----Glyphosate----Aminopyralid
 - Metsulfuron methyl----Mecoprop---Aminocyclopyrachlor
 - Chlorsulfuron----Diflufenopyr----Acetic Acid
 - Iron HEDTA (FeHEDTA)----Flumioxazin----Mineral Oil
 - Alkoxylated alcohol non-ionic surfactant
 - Methyl and ethyl ester----LI 700 --Esplanade----Saflufenacil
2. To control the following insect pests including grasshoppers, emerald ash borer, forest-tent caterpillars, cankerworms, and elm bark beetles if necessary. To control mosquitoes if necessary. The proposed dates of application if and when needed will be from May 1, 2022 to December 31, 2022. The insecticides to be used include:
 - Carbaryl
 - Deltamethrin
 - Bacillus thuringiensis israelensis
 - Bacillus thuringiensis var. kurstaki
 - Chlorpyrifos
3. To control rodents at designated landfills other municipal properties when necessary using the following rodenticides:
 - Brodifacoum
 - Bromadiolone
 - Difethialone
 - Rocon
4. Any resident of the Rural Municipalities of Rockwood, Rosser, or the Towns of Stonewall, Teulon likely to be affected by these programs and opposed to the issuance of a Provincial Use Permit, must submit annually their written comments within 15 days of this publication to:

Environmental Approvals Branch
Manitoba Environment, Climate and Parks
1007 Century Street, Winnipeg MB R3H 0W4

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NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? Having a spring/summer event? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for **ONLY \$35 + GST/HST**. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

Rural Municipality of Woodlands INVITATION TO QUOTE HOURLY EQUIPMENT RATES



The Rural Municipality of Woodlands is inviting quotes for hourly rental rates of various equipment, for the purpose of establishing pay rates for the period April 1, 2022 to March 31 2023.

Quotation packages including submission documents are available at the Municipal Office, or from the RM's website: <https://rmwoodlands.ca/>

Sealed Quotations may be submitted to the Rural Municipality of Woodlands, Box 10, 57 Railway Avenue, Woodlands, Manitoba, R0C 3H0.

Quotations must be submitted by 12:00 P.M. on February 25, 2022

NOTICES

GETTING READY FOR SPRING HIRING? Need Class 1 drivers? Having an AGM? Advertise in the 32 Weekly Manitoba Community Newspapers to get your messaging out now! Selling something? Have an on-line store to shop at, doing curbside pickup/deliveries? Let people know in the Blanket Classifieds! Start the year off right. Don't let COVID get you down. We are now booking Classified Advertising for 2022. Call 204-467-5836 or call MCNA at 204-947-1691 for details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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204-467-5836**

TOWN OF STONEWALL UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

TOWN OF STONEWALL BY-LAW NO. 10/21

Being an AMENDMENT to the TOWN OF STONEWALL
ZONING BY-LAW NO. 6/16, as amended.

**HEARING
LOCATION:**

**THIS HEARING WILL BE CONDUCTED
VIRTUALLY. PRE-REGISTRATION IS REQUIRED
TO ATTEND (PLEASE SEE ENCLOSURE
FOR DETAILS).**

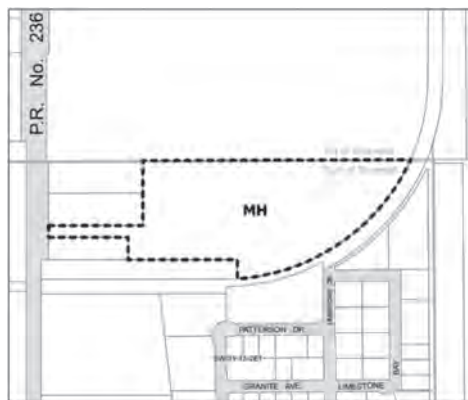
DATE & TIME:

Wednesday, March 2, 2022, at 6:35 PM

GENERAL INTENT:

To rezone Pt. SW ¼ 36-13-02 EPM from "ML" Light Industrial Zone to "MH" Heavy Industrial Zone to accommodate the expansion of a wrecking and salvage business operation.

AREA AFFECTED:



**FOR
INFORMATION
CONTACT:**

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

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

Note: Property Owners are responsible for notifying lessee



INSTRUCTIONS FOR ATTENDING THE VIRTUAL PUBLIC HEARING

Due to the ongoing COVID-19 pandemic, the following Public Hearing will be conducted VIRTUALLY on Wednesday, March 2, 2022:

- **6:35PM: Zoning By-Law Amendment By-Law No. 10/21 (applicant: Interlake Salvage & Recycling Inc.)**

For anyone who wishes to attend this Public Hearing by virtual means, you must pre-register by completing the following steps:

1. Pre-register by emailing the Town of Stonewall at info@stonewall.ca, and include the following information in your email message:
 - o Your name, civic address, mailing addresses (if different than the civic address), and your preferred email address;
 - o Your interest in the Public Hearing: to support, to oppose, or to attend for information; and
 - o Whether or not you plan to make a presentation before Council during the Hearing.
2. The virtual Public Hearing will be conducted via GoToMeeting. This application may be downloaded for free on your personal device. For more information, please visit the following webpage: <https://www.gotomeeting.com/en-ca/features/mac-windows-linux>.

If you have any questions regarding the above, please contact Marilisa Voth, Town of Stonewall, at 204-467-7979.

Thank you for your cooperation!



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NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Eric Walde-mar Ammeter, late of the Postal District of Stony Mountain, in Manitoba, deceased.

All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 30th day of March, 2022.

DATED at Stonewall, Manitoba, this 14th day of February, 2022.

GARANTHAM LAW OFFICES
Solicitors for the Executors

**The Tribune Classified
booking deadline for
Thursday, February 24th is
Friday, February 18th at 4 p.m.
due to the Louis Riel holiday
on Monday, February 21st.
Please Call 204-467-5836**

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

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PUBLIC SAFETY NOTICE

Dangerous Ice Conditions During Ice Cutting and Ice Breaking Operations

Ice cutting crews will begin working on or about February 19th on sections of the Red River beginning in the Netley Lake area and will move upstream towards Selkirk. On February 22nd, 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 skier, 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



NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES TOWN OF STONEWALL

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 17th day of March, 2022, at the hour of 10:00 AM, at Town of Stonewall, 293 Main Street, Stonewall MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
86850	LOT 1 BLOCK 1 PLAN 13360 WLTO IN NW 1/4 25-13-1 EPM - 2 SPRUCE LANE	L-\$134,900	\$9,321.66
108460	LOT 1 PLAN 15369 WLTO IN SW 1/4 31-13-2 EPM - 70 4TH ST E	L-\$206,000 B-\$40,300	\$22,816.51

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the Town of Stonewall as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - iii) A fee in the amount \$309.75 (\$295 plus GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 4th day of February, 2022.

Managed by:



Wally Melnyk
Chief Administrative Officer
Town of Stonewall
Phone: (204) 467-7979
Fax: (204) 467-7999

SHOP LOCAL and help your local economy



FOR SALE

Stonewall & Area Mobility Service (SAMS)
is offering for sale the following vehicle:

2015 Ford E-350 12-Passenger Bus

2 wheelchair positions
6.7L V10 Engine
Automatic Transmission
Power steering, power brakes, AC, tilt, cruise
Safety Included
182,903 km

A reserve bid of \$19,000 has been set for this vehicle. Sealed Bids must be submitted to SAMS by no later than **12:00 PM Friday, March 4, 2022.**

Sealed Bids can be provided as follows:

- **DROP BOX:** Town of Stonewall Office
293 Main Street, Stonewall
- **EMAIL:** sams@stonewall.ca with "VEHICLE BID" in the subject line

To arrange a viewing, email sams@stonewall.ca or call 204-467-9446
HIGHEST OR ANY BID NOT NECESSARILY ACCEPTED

TOWN OF TEULON UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

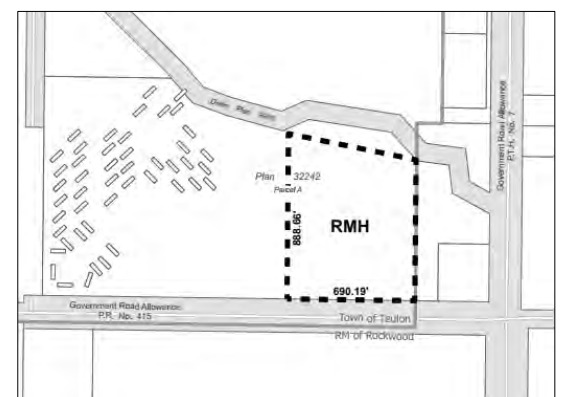
TOWN OF TEULON BY-LAW NO. 1/2022
Being an AMENDMENT to the TOWN OF TEULON ZONING
BY-LAW NO. 18/02, as amended.

HEARING LOCATION: Town of Teulon Council Chambers
44 Fourth Ave. S.E., Teulon, MB

DATE & TIME: Tuesday, March 8, 2022, at 6:00 PM

GENERAL INTENT: To rezone Pt. of Parcel A, Plan 32242 WLTO in SE ¼ 21-16-2 EPM from "RM" Residential Multiple Family Zone to "RMH" Residential Mobile Home Zone.

AREA AFFECTED:



FOR INFORMATION CONTACT:

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

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

Note: Property Owners are responsible for notifying lessee

Manitoba Government Job Opportunities

Maintenance Worker

Departmental Full-Time Positions and 12-Month Eligibility List
Manitoba Transportation and Infrastructure, Highway Regional Operations,
Manitoba Infrastructure, Technical Services & Operations, Capital Region, Several
Maintenance Yards within the Capital Region
Advertisement Number: 38482
Closing Date: March 1, 2022
Salary Range: LAB (\$35,896-\$38,442) & OR1-4 (\$38,859-\$46,414); remoteness allowance
where applicable

The Manitoba government recognizes the importance of building an exemplary public service reflective of the citizens it serves, where diverse abilities, backgrounds, cultures, identities, languages and perspectives drives a high standard of service and innovation. The Manitoba government supports equitable employment practices and promotes representation of designated groups (women, Indigenous people, persons with disabilities, visible minorities).

Employment Equity is a factor in selection for this competition. Consideration will be given to women, Indigenous people, persons with disabilities, and visible minorities.

Manitoba Infrastructure is currently looking to fill eighteen (18) full-time departmental positions in the following maintenance yards: Selkirk (2), Headingley (4), Stoney Mountain (2), Warren (1), Hadashville/Whitemouth (2), Sandford (2), Lac du Bonnet (1), Steinbach (1), Piney (1), Lorette (1), and Manigotagan (1).

New employees are hired as Labourers (LAB) and promoted to the Operator (OR1-4) series as training, orientation, and proficiency testing milestones are achieved.

If you are interested in a career with Manitoba Infrastructure, we encourage you to submit an application. To be considered for this competition you must submit an application form. Please visit our website at www.manitoba.ca for a full list of conditions of employment, qualifications, and a link to the application form. Resumes are not accepted at this time.

Future Maintenance Worker (LAB/OR1-4) Career Opportunities: A 12 month eligibility list may be established to fill any subsequent vacancies within Capital Region. Even if you are not interested in the locations listed, we encourage you to apply in the event a vacancy does become available. A list of locations can be provided upon request.

Priority consideration will be given to Technical Services and Operations Division staff currently in the Maintenance Worker Series (LAB/OR) classification.

Duties:

Reporting to the Area Works Supervisor, the Maintenance Operations Worker will also receive lead hand directions from the Assistant Works Supervisor. This position performs physical maintenance work, operates and maintains small hand and power tools associated with highway maintenance operations to ensure the safety of the workers and travelling public while maintaining public infrastructure.

Apply to:

Advertisement No. 38482
Service Centre 3
Human Resource Services
600-155 Carlton Street
Winnipeg, MB, R3C 3H8
Phone: 204-945-8819
Fax: 204-948-3382
Email: govjobs@gov.mb.ca

Applicants may request reasonable accommodation related to the materials or activities used throughout the selection process.

When applying to this position, please indicate the advertisement number and position title in the subject line and/or body of your email. Your cover letter, resumé and/or application must clearly indicate how you meet the qualifications.

Please be advised that job competitions may be grieved and appealed. Should a selection grievance be filed, information from the competition file will be provided to the grievor's representative or the grievor, if unrepresented. Personal information irrelevant to the grievance and other information protected under legislation will be redacted.

We thank all who apply and advise that only those selected for further consideration will be contacted.

Find out about other current job opportunities — click on the Jobs button at manitoba.ca.

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Any personal information provided including employment equity declarations will be used for employment and/or statistical purposes and is protected by The Freedom of Information and Protection of Privacy Act.

Alternate formats available upon request

Announcements

Stonewall Teulon
Tribune

CARD OF THANKS



Thank you to family, friends and neighbours who attended Mom's 80th birthday celebration at Komarno Hall last fall. It was so good to visit in person. Also thank you to those who could not attend, but sent birthday wishes instead. We are grateful for all of you.

-The family of
Theresa Capuska

CARD OF THANKS

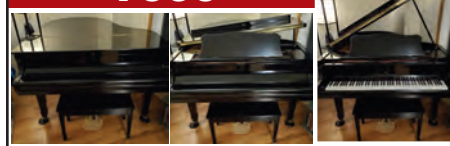
On behalf of the families of Eric Ammeter we'd like to thank all those for their cards and donations made in Uncle Eric's name to the Siloam Mission and Salvation Army. Your thoughts, prayers and generosity have meant the world to us in this difficult time and it is truly appreciated.

-Sincerely,
the families of Eric Ammeter

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IN MEMORIAM



In loving memory of
Shirley Anne Michelle Unrau
November 21, 1943 - February 22, 2020

You never asked for favours,
Yet you did them every day;
You never asked for help,
Yet you gave so much away.
You never asked for gratitude,
And yet our whole life through;
We'll always be so grateful
Just to have your love and you.

-Forever in our hearts,
John, Kim, David and Dan

IN MEMORIAM

In loving memory of
Gordon Kenneth Reed

September 17, 1942 – February 16, 2015

Never more than a thought away,
Quietly remembered every day;
In our hearts your memory is kept,
To love, to cherish, to never forget.

-Love, Lena, Donnie and Sabrena,
Debbie and Brad,
Grandchildren Riley, Cameron, Mhea,
Avery and Conner

*Don't forget to send your special
wishes to your friends and family.*

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OBITUARY



Tracy Irene Dawson

It is with great sadness that we announce the passing of our wife, mother, sister, and friend, Tracy Irene Dawson, on January 31, 2022. Tracy passed after a bout with cancer.

She left behind her husband Frank; two sons Zach (Khristen) and Garrett; siblings Ritchie (Jen), Wayne, and Yvonne (Gord); and close cousins Karen (Marc), Allie (Jack), Samantha (Nick), and Corinna (Logan).

Tracy was born in Winnipeg on July 21, 1962 to her caring mother Jean St. Jean. After moving around they settled in Kelowna, BC where the St. Jean family was raised. Tracy had a calling for helping people and settled on nursing where she spent many years working at Cottonwoods Care Centre in Kelowna, making many friends with her coworkers and residents. Tracy met her husband Frank Dawson while in Kelowna, married on June 25, 1994, and they raised Zach and Garrett together in a home in Rutland. She enjoyed gardening, camping, and spending time with her family. The Dawson family moved to Balmoral, MB. in 2006 to a small hobby farm. Tracy started working at Goodwin Lodge in Teulon, MB., and just like Cottonwoods, she made friends with everyone who was lucky to know her.

Tracy loved caring for the menagerie of animals they acquired over the years, as well as more camping trips, quadding, and gaining an extra large garden that she was dedicated (sometimes too much) to. As much as she loved living on the farm in the prairies, she always missed the Okanagan Valley and her friends and family in Kelowna and would go back to visit as often as allowed, and enjoyed when Ritchie, Yvonne, and Wayne came out to visit. Mom loved to travel and had visited Scotland with her mom Jean. Tracy and Frank would take Zach and Garrett on road trips all over Canada and the US, notably Vancouver Island, the amusement park Silverwood in Idaho, Mt. Rushmore in South Dakota, and a family trip to Mexico. Tracy and Frank went on a couples trip and toured the UK and Scotland in 2017.

Tracy was a kind, caring, generous and creative woman. She would spend her time in the long Manitoba winter months crafting interesting projects that she would then gift to everyone around her. She was loved by everyone around her and would go above and beyond for her residents and gave 100% of herself to care for them. Tracy was a dedicated wife and a loving mother who, despite the challenges thrown at her, always looked on the upside of life. She is going to be sorrowfully missed in all of the lives that she touched. We love you so much Mom.

In keeping with her wishes, cremation has taken place and no formal service will be held.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Glenn Joseph Ambrose Nesbitt

It is with great sadness that we announce the passing of Glenn on February 6, 2022, at the age of 74.

Left to mourn his loss is his beloved wife of 53 years, Sharon (Evans), and their daughters, Audra (Dale Hume) and Melissa, as well as his two grandchildren, Alexander and Grace, who were so remarkably close to him.

Glenn was born on April 16, 1947, in Treherne, MB. to Merle and Ambrose Nesbitt, where he grew up with his younger sister Audrey (Hutlet) and his older brother Doug. After completing grade 11 in Treherne, he moved to Winnipeg where he attended Red River College and obtained his Journeyman plumbing ticket. Sharon and Glenn were married on October 19, 1968. His plumbing career took him to many places, including Churchill where he helped build the hospital, Fisher River, and in later years Ontario, Saskatchewan, and Alberta, where he also worked on the pipelines. In 1974 Glenn and Sharon moved to Cypress River with their young family where they eventually took over the Evans family farm. Glenn continued to work as a plumber while farming. He retired in 2012 and he and Sharon moved to Gunton to be closer to their daughters and grandchildren. Once settled, they helped care for their grandchildren and Glenn worked part-time at the Teulon Co-Op gas station. He enjoyed meeting and talking with people, getting to know his community. He could talk to anyone about anything! Glenn and Sharon also enjoyed taking day trips, exploring the Interlake. When he was done working at the Co-Op, he enjoyed time with family, including some competitive card games at the kitchen table! Grandpa attended many hockey games, figure skating shows and competitions. Dad was always ready to lend a hand and helped Dale and Audra with many renovations over the years. Melissa was the recipient of his advice and assistance with minor repairs, as well. Glenn, Dad, Grandpa, you will be missed beyond words.

The family would like to thank Dr. Venter for his care over the years, the staff of Stonewall Hospital, Selkirk Regional Health Centre ER, Medicine and Med-Surg units where he was an inpatient over the years, as well as the EMS and RCMP. Thanks to Ken Loehmer of Ken Loehmer Funeral Home Services for his support and guidance.

In lieu of flowers donations can be made to The Lung Association in Winnipeg.

To honor Glenn's wishes, a private family memorial will be held at a later date.

Rest in peace.



204-886-0404

Stonewall Teulon
Tribune

Announcements

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OBITUARY

David Murray Harcus

February 1, 1953 – February 6, 2022

It is with deep sadness that we announce the passing of David Murray Harcus on February 6, 2022.

Left to cherish his memory are his wife Shirley, son Ryan, and daughter Leah (John). He is also survived by five grandchildren – Blake, Brook, Carlos, Matthew and Tanner, his sister Jane Turner and brother Tom Harcus. He was predeceased by his parents Tom and Vivian Harcus, brother John Harcus and grandson Marvin Harcus.

Dave was born on February 1, 1953 and raised on the family farm south of Stonewall. He attended Tecumseh School, Stonewall Collegiate, then the University of Winnipeg where he obtained his Bachelor of Science degree, majoring in environmental studies. He chose, however, to return to his roots and work with his dad on the family farm – a decision he never regretted.

With his loving wife and partner of 48 years, Dave and Shirley built a beautiful home and created a life devoted to family, friends, and community. He loved the farming way of life, but his wide-ranging interests also lead him to working for Sports Manitoba, followed by starting his own consulting business, focusing on the development of recreational facilities and programs in rural Manitoba. Dave also served as a school trustee in the Interlake School Division for many years, a job that he truly loved. Sport was a big part of his life, both personally and professionally. From a young age he enjoyed playing football and basketball and then later coached his son and niece. He always encouraged his kids and grandkids to participate in sporting activities and looked forward to cheering them on. There was never a day that would pass when he didn't have the TV on a sports game.

Dave loved travelling and meeting people. He and Shirl took a number of memorable trips whenever they could get away from the obligations of work and family.

Dave and Shirley were renowned for their hospitality, and their home was the hub for frequent gatherings of family and friends. Dave leaves behind many wonderful memories of Christmas parties, birthday and anniversary celebrations. His children and grandchildren will always remember the camping and fishing trips, learning to swim in the pool, the bonfires and sleigh rides with 'Papa'.

Dave was an eternal optimist. One of his favourite phrases was "it's all good". He always had a smile on his face and never complained. No task was ever too challenging for him, and when it came to family and friends, he was always there with a helping hand. He was a remarkable man, whose warm heart and generous spirit touched the lives of many people. He was much loved and will always be remembered.

At the end of his life Dad struggled with many health issues, but proudly fought until his last breath. The family would like to thank the home care workers for the great care they provided to Dad the past year, so that he could continue to enjoy his favourite views while living his last days on the farm.

No funeral service will be held at this time. A celebration of life will be held at the family farm at a later date.

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