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TRIBUNE PHOTO SUBMITTED BY DARIA LUKIE

Daria Lukie runs the Ukrainian Youth Association program on Saturday mornings in Winnipeg and assisted with organizing a large-scale rally at the Winnipeg legislative ground last Saturday. Her mask says "Honour to Ukraine, ready to defend."

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By land, sea and air: Russia attacks and invades Ukraine

By Patricia Barrett

Russia attacked and invaded Ukraine by land, sea and air last week, a full-scale onslaught that hasn't been seen since the Second World War and which has already killed hundreds of Ukrainians and destroyed or damaged residential apartment buildings and infrastructure.

By last Sunday night, at least 353 Ukrainian civilians, including children, were reported dead according to Ukrainian officials. The United Nations said an estimated 368,000 people have fled to western neighbouring countries such as Poland, Hungary, Moldova and Romania.

Russia's unprovoked invasion of the sovereign, democratic nation began in the small hours of Feb. 24. The invasion goes against international law and was condemned worldwide.

Russia annexed Crimea, a peninsula in southern Ukraine on the Black Sea, in 2014. Last spring president Vladimir Putin started massing troops close to Russia's borders with Ukraine. By the time it launched missiles at several Ukrainian cities last Thursday, Russia had an estimated 150,000 troops in a sickle-like configuration around Ukraine's eastern, northern and southern borders.

Although Canada and its NATO allies issued several condemnatory statements, enacted swift economic sanctions against Russia and sent additional lethal weapons, they're not



TRIBUNE PHOTO BY TARA CAMPBELL
Rallies similar to the one held Ukrainian Catholic Parish of Sacred Heart Church in Gimli were held all around the world to show opposition to Putin's attack on Ukraine.

sending troops onto Ukrainian soil to help repel Russian forces.

Selkirk-Interlake-Eastman MP James Bezan said Canada and NATO have taken the wrong tack with regard to Putin, whom many have likened to Adolf Hitler, and should be standing "shoulder-to-shoulder" with Ukrainians.

"One of the greatest disappointments — in addition to the weak leadership we've seen from Justin Trudeau and other NATO leaders —



TRIBUNE ANITA ANAND TWITTER

Canada's minister of national defence, Anita Anand, tweeted Feb. 22 that a second shipment of lethal weapons was delivered to Ukraine, two days before Russia invaded.

has been U.S. president Joe Biden. He essentially gave the green light to Putin when he said at almost every press conference over the last few weeks that the United States wouldn't be going to war against Russia, that there wouldn't be American boots on the ground, that they wouldn't be standing toe-to-toe against the Russian military," said Bezan last Friday.

"Without that threat, it provoked Putin into invading. He saw there was going to be no military force superior to his own marching across the border. And he also knew that without the U.S. leading the charge, the rest of NATO would step back instead of stepping forward."

Bezan said that kind of posturing is reminiscent of former U.K. prime minister Neville Chamberlain, who attempted to appease Hitler before the Second World War and even got a promissory agreement signed by Hitler that he wouldn't start a war. Less than a year later, Hitler invaded Poland.

"This is one of those moments," said Bezan. "Instead of acting like Chamberlain, we should be acting like [prime minister Winston] Churchill. And we're not."

NATO (North Atlantic Treaty Organization) is a political and military alliance of countries that was formed on the principles of democratic rule after the Second World War and provides collective defence for its members. It's currently made up of 30 countries, which include Canada, the U.S., the U.K., Belgium, Germany, France, Hungary, Spain, Poland and Iceland.

And there's nothing — including any legal rules — stopping NATO from putting boots on the ground in Ukraine, said Bezan. The United Nations, the European Union or NATO members themselves can use Article 6 of the treaty and enter Ukraine. In the past, NATO has fought in non-member countries.

"NATO jumped in to help liberate Kosovo. It was NATO that jumped in to help settle the war in Bosnia and hold the Serbs to account; those were non-NATO members," said Bezan. "And [NATO] has been outside Europe including in Iraq. Canada led the NATO mission in Iraq until two years ago."

He thinks the reasons NATO is not willing to go into battle are Putin's

Continued on page 4

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Local ties run strong to Ukraine

By Jennifer McFee

The Russian invasion of Ukraine is hitting close to home for many Manitobans with Ukrainian roots.

For Daria Lukie of Stony Mountain, she's doing all she can to keep connected to family members in Ukraine while also raising awareness about the perilous situation.

All four of Lukie's grandparents were born in Ukraine, and her family continues to maintain a strong connection to their heritage. Ukrainian was the first language spoken by Lukie and her cousins, who attended Ukrainian bilingual school. Growing up, they also spent three hours every Saturday at Ukrainian school in Winnipeg's North End and another two hours at Ukrainian Youth Association.

Now Lukie shares the country's history, culture, traditions and life skills by running the Ukrainian Youth Association program on Saturday mornings herself.

"For my whole life, I've learned about what Ukraine has gone through, including why we became a sovereign state in 1991 and why we had the Holodomor famine in 1932," she said.

"Never did I think I would actually have to utilize the knowledge to educate others because we're dealing with history repeating itself again."

The Ukrainian Youth Association operates branches around the globe, with prominence in Canada due to the large Ukrainian population, she added.

"Our Ukrainian Youth Association's



TRIBUNE PHOTOS BY DARIA LUKIE

The anti-war rally at the Manitoba legislative grounds drew a massive gathering.

motto is 'Honour to Ukraine, ready to defend,' which came out of years and years of Russian invasion," Lukie said, pausing to cry.

"Living in Canada and being Ukrainian makes us feel so helpless because we can't go there and be boots on the ground, ready to defend. I'm trying to do everything I can to feel helpful here."

In an effort to raise awareness and ward off feelings of helplessness, Lukie assisted with organizing a large-scale rally on Saturday. The event drew an estimated 5,000 Manitobans to the legislative building, which was lit up blue and yellow to represent the colours of the Ukrainian flag.

"The Ukrainian Canadian Congress reached out to a couple of us to ask if

we could plan something. So Thursday morning, we had a Zoom meeting and then it ballooned into this humongous event," she said.

"Politicians from every major party came, and James Bezan spoke at it.

We sang the Canadian anthem and the Ukrainian anthem. We chanted and sang traditional Ukrainian songs. We're trying to be loud so more and

Continued on page 5



Daria Lukie with her family in Ukraine in 2018.



Demonstrators gathered Saturday for their part in protesting Russia's massive military operation in Ukraine.



Approximately 5,000 Manitobans gathered to show their support for Ukraine.

Third dose protection of mRNA COVID-19 vaccines wanes

By Patricia Barrett

The protection offered by COVID-19 mRNA vaccines declines over time after the third dose, according to an American study released last month.

The U.S. Centers for Disease Control and Prevention study found that the effectiveness of the third dose of mRNA vaccines (Pfizer-BioNTech and Moderna vaccines or a combination of the two) dropped to 66 per cent against emergency/urgent care and 78 per cent against hospitalization after four to five months. It dropped even further as more time passed since the receipt of the third dose.

The study titled, "Waning 2-Dose and 3-Dose Effectiveness of mRNA Vaccines Against COVID-19-Associated Emergency Department and Urgent Care Encounters and Hospitalizations Among Adults During Periods of Delta and Omicron Variant Predominance — VISION Network, 10 States, August 2021–January 2022," was published online Feb. 11 as an early release in *Morbidity and Mortality Weekly Report*.

Previous research showed protection waning after two doses of an mRNA vaccine, but it was unknown how the vaccines would hold up after three

doses, particularly against the delta and omicron variants.

Vaccine effectiveness was assessed using emergency/urgent care data and hospitalization data for people aged 18 and older in the U.S. at various points after they received a second and a third dose of vaccine during the periods when the delta and omicron variants were the predominant strains.

Although it was hyped as a milder variant, omicron mounted a stronger defence against the vaccines than delta had. Researchers found that the third dose effectiveness against both emergency/urgent care and against hospitalization was lower during the omicron-dominant period than it was during the delta-dominant period.

"During the Omicron period, VE [vaccine effectiveness] against ED/UC [emergency department/urgent care] visits was 87 per cent during the first two months after a third dose and decreased to 66 per cent among those vaccinated four to five months earlier," the researchers wrote. "VE against hospitalizations was 91 per cent during the first two months following a third dose and decreased to 78 per cent four months [and longer] after a third

dose."

Five months after the administration of a third dose, the vaccines' effectiveness dropped to 31 per cent (during the omicron period), although the researchers say that estimate is "imprecise" because fewer data were available on people at or beyond the five-month period.

Data on second dose effectiveness (against omicron) showed similar declines.

For emergency/urgent care visits, for example, the vaccines' effectiveness dropped to 69 per cent within two months after the second dose. At five and more months after the second dose, the vaccines' effectiveness declined to 37 per cent.

The delta variant was found to be less resilient than omicron to the vaccines, but the effectiveness of three doses of vaccine also declined against this strain. Vaccine effectiveness was 97 per cent against delta within two months of vaccination and declined to 89 per cent among those vaccinated four or more months earlier.

The researchers looked at 241,204 emergency de-

Continued on page 7

> ATTACKS, FROM PG. 2

aggressive rhetoric and his oblique reference to nuclear weapons, said Bezan.

"I think the big [concern] is that Russia is a major nuclear power; they have a huge arsenal at their disposal," he said. "If you followed the recent logic of how Putin is behaving, as well as his comments yesterday [on Day 1 of the invasion] that if anybody tried to intervene, they'd pay an enormous price. It almost sounds like a threat that he might use his nuclear arsenal."

On the first day of the invasion, in fact, Russian troops seized the nuclear power plant in Chernobyl, north of Ukraine's capital, Kyiv. And last weekend Putin put Russia's nuclear forces on "high alert" because he said western countries were being "aggressive." Russian ally, Belarus, also announced it will host Russian nuclear weapons in its country.

In the weeks leading up to the assault, Putin denied he was planning to attack and/or invade Ukraine. He and leaders in Belarus called the massing of thousands of troops around Ukraine's borders regular "training exercises."

There are over 1.3 million people in Canada with Ukrainian heritage. Bezan said there are about 30,000 in his riding. And he understands how worried people are by Russia's violence.

"It's a tragedy to see this happening and a shock that Belarus [a former Soviet republic along Ukraine's northern border] has joined in with Russia. It just proves that Putin is a pathological liar with all his previous comments and statements. I'm incredibly disturbed by the toxic rhetoric he was throwing around prior to the invasion," said Bezan. "And my thoughts and prayers are with the people in Ukraine as they deal with this barbaric attack."

Bezan said he has cousins in Ukraine as well as many friends and professional connections. His Baba and Guido were part of the first wave of Ukrainian emigres to Canada in the late 19th century.

"There are a lot of people in Ukraine I'm worried about," he said. "And there are a lot of people here who have immediate family there and are sickened by what we're seeing on TV and the stories they're getting from their families as they try to fight back or flee."

Canada has imposed economic sanctions on Russia, but that won't stop the invasion. It also announced it's sending \$7.8 million in lethal weapons and providing a \$500-million loan — that's on top of an earlier pledge to provide Ukraine with a \$120-million loan. Canada will also accelerate immigration applications from Ukrainians.

Bezan said Canada, along with the U.S. and Europe, has to take national defence and collective security much more seriously and make "proper" investments in light of this invasion. And we shouldn't forget that Russia is Canada's neighbour; Russia has claimed the "entire Arctic" as Russian territory.

"The cost of not supporting Ukraine is far too great. This is an attack on democracy. This is a pivotal moment in history and Canada has to be on the right side of this. If we don't [act], it's not

only Putin but the communist regime in Beijing, dictators, warlords, thugs and other despots around the world that will try to get out there and redraw the lines on the map through the use of armed violence and brutal force," said Bezan. "And they'll think they can get away with it because the west stood by; the west sat on the sidelines and watched it happen in Ukraine."

The Russian invasion prompted concern from some Manitoba politicians about the fate of Ukraine's people. NDP MLA (Fort Garry) Mark Wasyliv said Ukrainians need our help and that we need to act immediately.

"Manitoba must be a Canadian leader in offering safety and shelter to the people of Ukraine. The Premier must take immediate action to support local Ukrainian organizations in Manitoba as they work to settle displaced families, and she must urge the federal government to immediately waive visa requirements and bring in more refugees from the Ukraine," said Wasyliv in a statement issued Feb. 24.

Interlake resident Bill Martin said he's also greatly concerned about what Ukrainians are undergoing. He's "appalled by what humans do to each other," and frightened by the threat of nuclear warfare.

"I'm concerned about the very grave danger of Putin using nuclear bombs," said Martin, who is not of Ukrainian heritage but stands with the beleaguered democratic nation of 44 million people.

Martin added that we should be assisting and accepting refugees from Ukraine.

The provincial council of the Ukrainian Canadian Congress Manitoba organized a rally at the Manitoba legislature last Saturday "to stand united against Russian aggression."

Large rallies were also held around the world in cities such as Budapest, London, Munich, Buenos Aires, Tel Aviv, New Delhi, New York — and in Russian cities such as St. Petersburg — to show their opposition to Putin's attack on Ukraine.

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> STRONG, FROM PG. 3

more people will come forward.”

The purpose of the Winnipeg rally, and other similar events across the country, was to increase awareness in the hopes of affecting change.

“We’d like to see a resolution to this sooner rather than later. It’s been really tough hearing people say this is going to be a long drawn-out fight, so we’re trying to stay optimistic,” she said.

“If there are levers that each country can pull, then there is a potential that this will be resolved sooner.”

An important step is removing Russia from SWIFT (Society of Worldwide Interbank Financial Telecommunication) banking communications platform, Lukie said.

“It’s also important for NATO to declare a no-fly zone over Ukraine,” she added.

“Ukraine has strength on the ground, but they don’t have the capacity or resources to protect the sky.”

In addition to bolstering awareness efforts here in Canada, Lukie endeavours to keep in contact with her family members living in Ukraine.

“One of my mom’s cousins has two sons who are around my age, so they’re probably in their 30s. Both of them are staying to fight,” she said.

“My mom’s cousin left to go to Poland with her daughters-in-law and their babies. They all packed into a car, bringing whatever they could. They headed to the border and sat in a line for about two days with the toddlers and babies in the car. We found out that they finally got to Poland, which is awesome but it’s also really scary.”

Another cousin said they’d be staying in Ukraine “until the end.” Lukie hopes that means until the end of the battle, but she dreads the thought that it could mean until the end of Ukraine.

“That’s what nobody wants to believe. That’s why we’re trying to work so hard in Canada to increase awareness and to call for further action from our government and from different organizations to do more — and even just the general public,” she said.

“I sent a video of us singing the

Ukrainian anthem to my cousins in Ukraine. For one of the cousins who is fighting, his job has been protecting gas stations so people can get fuel if they are fleeing and becoming a refugee. He messaged back in Ukrainian, saying, ‘Well done. We are so grateful for your support. We understand more and more that we are not alone.’ That’s why we’re doing this.”

For anyone who would like to learn more about the background leading to the current situation, Lukie suggests watching the Netflix documentary *Winter On Fire: Ukraine’s Fight for Freedom*.

And in anticipation of a humanitarian crisis, Lukie suggests Canadians can also consider donating funds to organizations such as the Canada-Ukraine Foundation’s humanitarian appeal (<https://www.cufoundation.ca>) and Canadian Red Cross.

Likewise, Lukie and many other Ukrainian Canadians are donating to military resource groups. Ukrainian-focused options include SaveLife UA (<https://savelife.in.ua>) and National Bank of Ukraine’s special fund.

Another option is to write letters to MPs through a template posted on the Ukrainian Canadian Congress website at www.ucc.ca.

At the same time, Lukie stresses the importance of sharing accurate information.

“Be very careful where your sources are coming from, especially on social media,” she said. “One of Russia’s tactics is to spread misinformation, including old footage to try to scare Ukrainians into thinking it’s a lot worse than it really is.”

In the face of uncertainty, Lukie feels hopeful when she sees people around the world banding together to support Ukraine.

“Ukrainians have fought so long and hard to be able to speak Ukrainian, practise their religion and continue to uphold their traditions. The fact that it’s being compromised again is hard to believe,” she said.

“But Ukraine’s advantage is that they have the strength and the willpower to continue. Ukraine is not stepping down.”

MB does away with most proof of vaccination requirements

By Ashleigh Viveiros

Manitoba’s return to normal sped up this week, with proof of vaccination in public spaces no longer required as of Tuesday.

Public health officials further announced at a press conference Feb. 24 that the province has also removed the proof of vaccination and testing requirements for designated public sector employees, including education, child-care and health-care workers.

Dr. Brent Roussin, Manitoba’s chief public health officer, said this continued relaxing of restrictions is possible now that the fourth wave of COVID-19 in Manitoba has peaked and is

on the decline.

Hospital and ICU admissions have both stabilized, he said.

“These are the projections, among other indicators, that public health continues to monitor very closely, giving us that confidence to continue on our plan to loosen restrictions in Manitoba,” Roussin said.

“We are moving from public health rules to recommendations,” he stressed. “We’ve always known that these rules were in for a temporary amount of time.”

While proof of vaccination is no longer mandated by the province to

Continued on page 17



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Rules for visitors to long-term, acute health-care facilities loosening

By Staff

Long-term and acute health care facilities are taking a phased approach to broadening in-person visitation in the coming weeks.

Shared Health announced on Tuesday, Feb. 22 that it was enacting Phase 1 of expanded visitor access.

In this phase, fully vaccinated general (social) visitors are allowed in long-term care and acute care facilities. Photo ID and proof of vaccination are required.

Unvaccinated visitors or those who do not wish to provide proof of vaccination are allowed to visit in designated visitor shelters and spaces (long-term care only).

In emergency departments and urgent care centres and for outpatient

appointments, patients may now identify one fully vaccinated essential care partner to accompany them. Access is subject to the ability to maintain physical distancing from all other patients and essential care partners. Proof of vaccination and photo identification is required.

"The decision to expand visitation reflects recent changes to public health orders and takes into consideration current COVID-19 hospitalization rates and the number of active outbreaks at health-care facilities," Shared Health said in a statement.

Future phases will be rolled out in the weeks ahead.

"Timing of these changes may vary by health region and individual facility," the agency noted. "As has been

the practice throughout the COVID-19 pandemic, access to health-care facilities may vary from changes to public health orders. This is due to the increased vulnerability of residents and patients to the most severe effects of the virus."

Medical masks are still required at all health-care facilities. They are provided to visitors as they arrive.

"We are very pleased to see the provincial situation stabilizing and look forward to once again welcoming family and friends for visits, celebrations and activities," those updates stated. "Visitor access will expand gradually over the next several weeks and we thank you for your patience, cooperation and respect for the guidelines as they change."

Accessible employment in Manitoba is mandatory on May 1

By Becca Myskiw

On May 1, 2022, all Manitoba employers with one or more employees will be required to make accessibility a regular practice.

In 2019, the Legislative Assembly of Manitoba passed the Accessible Employment Standard Regulation, which applied to full-time, part-time, seasonal employees and apprentices. Essentially, it's to make accessibility a standard practice for employers when recruiting, hiring and supporting employees who "experience barriers in the workplace."

A few things the regulation states:

- An accommodation is reasonable for an applicant if required to access the materials or activities used in the selection process and wouldn't result in undue hardship to the employer. Accommodation is also reasonable if the employee needs it to perform their job or access the benefits.

- The employer must establish

and implement measures that reasonably accommodate disabled employees and applicants.

- Large employers have to document the measures and make them publicly available and inaccessible format on request.

- When recruiting, employers have to let applicants know of accommodations available.

- Accommodation training must be provided to recruiters, managers, coordinators, supervisors, promoters, those in charge of redeployment and termination, and those implementing policies.

In a Feb. 11 letter, Kathryn Gerrard, deputy minister of the Department of Families and Director under The Accessibility for Manitobans Act, said accessible employment levels the playing field, improves productivity and makes workplaces healthier and safer for everyone at little to no cost.

According to Statistics Canada, in

2017, one in five Canadians 15 years and older had a disability. That's 6.2 million people or 22 per cent of the total population. In Manitoba, that number is one in four — 234,000 people.

The report shows that women were more likely to have a disability than men. The most common ones were related to pain, flexibility, mobility and mental health. And among people aged 25 to 64, those with disabilities were less likely to be employed than those without.

"While Manitobans with disabilities are already an important part of our provincial workforce, they also represent a skilled segment of unemployed individuals looking for work," said Gerrard.

The entire Accessible Employment Standard Regulation can be found at https://web2.gov.mb.ca/laws/regs/current/_pdf-regs.php?reg=70/2019.

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Submitted by the Reverend James Bardsley, Anglican Church of the Ascension, Stonewall. Member of Stonewall and Area Ministerial.



TRIBUNE PHOTO BY DESTINY GULEWICH

Tyler Matthews and friends took advantage of the balmy -4 degree weather while snowmobiling near La Salle over the weekend. 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.

> THIRD DOSE, FROM PG. 4

partment and urgent care visits, and at 93,408 hospitalizations in 10 U.S. states between Aug. 26, 2021, and Jan. 22, 2022.

The researchers acknowledged a number of limitations to the study, including failure to capture data on COVID infections that were not “medically attended,” a relatively short period of time (average 49 days) to observe the performance of the third dose, a small number of COVID-positive patients in the most “remote” time period after vaccination, and lack of information about waning by age group or immunocompromised status.

As well, they weren’t able to determine what dosage (for the third shot) was administered to people.

“This study could not distinguish whether a third dose was received as an additional dose as part of a primary series (as recommended for immunocompromised persons) or as a booster dose after completion of a primary series,” they wrote.

The results could have also been

confounded by a lack of identification of the viral strain.

“Genetic characterization of patients’ viruses was not available, and analyses relied on dates when the Omicron variant became locally predominant based on surveillance data; therefore, the Omicron period of predominance in this study likely includes some medical encounters associated with the Delta variant,” they wrote.

The trend of decreasing mRNA vaccine effectiveness since vaccination with three doses “was significant,” researchers wrote. The implication is that fourth doses for the general public may have to be considered.

“The finding that protection conferred by mRNA vaccines waned in the months after receipt of a third vaccine dose reinforces the importance of further consideration of additional doses to sustain or improve protection against COVID-19-associated ED/UC encounters and COVID-19 hospitalizations,” they wrote. Manitoba recommends a fourth

dose of vaccine for immunocompromised people.

The World Health Organization has repeatedly warned against the use of “blanket booster” programs and has also advised countries against a premature lifting of public health measures (e.g., masking, social distancing) in an attempt to restore a sense of normalcy.

Manitoba public health officials said last week that vaccination rates are partly behind the plan to drop protective measures against COVID, which has killed 1,675 Manitobans as of Feb. 25.

Over the past few months, the province severely restricted PCR testing to detect COVID and didn’t release wastewater data showing the extent of infections, but it has repeatedly said that new daily infections are an undercount. Protective measures such as capacity limits and mandatory masking are being abolished this month.

Worldwide, COVID has killed 5,922,047 people, according to the WHO data as of Feb. 25.

‘Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. Luke 6:37

The bible records a synopsis of relationships; with God, with others; with ourselves; with creation itself. The first two chapters of Genesis give a glimpse of initial harmony. The third chapter records an incident that breaks harmony in all relationships. The remainder of scripture describes God’s plan to redeem all of creation, and our human response.

The above passage from Luke declares the power to redeem creation lies with God, who is gracious and forgiving. God’s desire is to restore relationships and redeem the created order.

Humankind has been created with free will (created in God’s image, and having dominion over the earth) and has the ability to choose to be in a covenantal relationship with God, confess our sins, and receive God’s grace, or not. Jesus tells us our choice has consequences on how we treat others.

Genesis 3 describes the cause of broken relationships as succumbing to the temptation of selfish desires. The results of acting out of selfishness are recorded as withdrawal, shame, enmity in relationships, and a real struggle to deal with the created order itself. These consequences of broken relationship are readily apparent in the world today.

God continues to be gracious in offering us the freedom to choose how we relate to God and the world. Jesus encourages us to join with God in making the restoring harmony. The choice seems obvious, though many refuse.

‘Enter through the narrow gate; for the gate is wide and the road is easy that leads to destruction, and there are many who take it. For the gate is narrow and the road is hard that leads to life, and there are few who find it. Matthew 7:13-14

You are created with the power and ability to choose, and are encouraged to choose wisely!

Quarry Choristers ready to return to stage

By Jennifer McFee

After a two-year hiatus, the Quarry Choristers are preparing to take the stage for a much-anticipated performance.

The local performers will entertain audiences at the Heritage Arts Centre with their show called *The Home*, which was originally scheduled for the spring of 2020 but was postponed due to the pandemic.

The family-friendly dinner shows will feature a buffet-style meal catered by Abas Catering on April 28 to May 1 and May 5 to 7. There will also be a desert matinee on Saturday, May 7. Tickets cost \$60 for the dinner shows and \$25 for the matinee. Attendees older than 12 years must provide proof of vaccination.

The story is set in a retirement home for superheroes, and the characters need to dust off their old super powers when they're challenged to save their home.

Quarry Choristers member Julie Leduchowski said the core membership has remained the same as the original group of performers. They had stopped their practices in March 2020 and didn't get back together again until October 2021, with a pause for Christmas and in January.

"That was a big gap in our lives for a lot of us. We're thrilled to be back at it," she said.

"We're really looking forward to seeing people



TRIBUNE PHOTO BY HALEY CVAR

The Quarry Choristers will be selling tickets for their musical performance of *The Home* at the Stonewall United Church on March 12 and online after that.

again and hoping that they can support us so that we can continue on."

The group delayed ticket sales until after the latest round of announcements about restrictions.

"We weren't really sure if we could afford to put on a show at 50 per cent because the hard costs remain the same. So we were relieved when we found out that restrictions were changing, which allows us to still do the buffet and hopefully fill the seats," she said.

"I think a lot of people are really excited to go out

again. We've made a decision to head into it assuming everything is going to go well."

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

Tickets will be available for purchase in person at Stonewall United Church on March 12 from 1 to 5 p.m. After that, they will be available online at choristers.yapsody.com.

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

Accessible help to quit smoking coming to Interlake

By Nicole Brownlee

Carrie Bradshaw from *Sex and the City* is known for her extensive shoe collection, eclectic outfits and gracefully balancing a cigarette between her lips while dictating her dating life in an inner monologue.

Bradshaw's habit stood out to Margaret Aisicovich.

"In the *Sex and the City* series, they're constantly smoking," said Aisicovich who lives in Warren.

The foursome from *Sex and the City* and people close to Aisicovich led her to pick up smoking in her 30s.

After five years of addiction, Aisicovich quit smoking because of her distaste for the control cigarettes had on her life and stayed smoke-free for five years.

"Feeling desperate, 'Oh my gosh, I only have one cigarette left. I have to go buy more, but it's 10 at night.' Just that mindset, I didn't like it," said Aisicovich.

She returned to the habit in her 40s. "I got hooked."

Aisicovich decided to try quitting again when she struggled to move bales dropped off at her property.

"I just couldn't keep up," said Aisicovich.

"It was embarrassing."

Aisicovich said she felt ashamed that she was addicted to smoking and



Margaret Aisicovich, left, tried to quit smoking after five years because of her distaste for the control cigarettes had on her life. Rachel Hamilton, right, found that Chantix, a nicotine-free pill, helped her quit smoking in 2016.

didn't want to ask for help.

"I think it's great that there are groups and there are people that can talk you through and answer questions. But for me, I have to do it myself for myself," said Aisicovich.

"It's up to me to make me stop."

Health Canada reports that over 45,000 people die from smoking tobacco each year in Canada. Worldwide, the death toll climbs to seven million.

Around 15 per cent of residents 12 years and older in the Interlake-Eastern Regional Health Authority cur-



TRIBUNE PHOTOS SUBMITTED

rently smoke, which is two per cent lower than the provincial average.

Some parts of the region have two to four times this usage rate, said Connie Nixon, clinical team manager of the IERHA's primary health care.

The province announced their investment of \$300,000 to programs that help people quit smoking on Feb. 22. The investment will expand the Tobacco Quit Card and Counselling Project to all regional health authorities in Manitoba to make nicotine alternatives and support more accessible.

The program targets lower-income individuals and Manitobans in rural and northern regions.

"People in a lower socioeconomic status are overrepresented as smokers," said John McDonald, executive director of Manitoba Tobacco Reduction Alliance Inc.

"Having a program like this that they can access is very beneficial."

Using nicotine replacements can increase the chance of successfully quitting by 50 to 70 per cent, said Nixon.

"In many areas, whether it's rural or urban, the lack of ability to access nicotine replacement therapy is a barrier, whether it's due to low income or a geographic inability to access."

Rachel Hamilton found Chantix, a nicotine-free pill, worked best for her when she quit smoking in 2016 but transitioned to vaping during the COVID-19 pandemic.

"It's just something else to be addicted to, and I would just like to break it entirely," said Hamilton, also from Warren.

Hamilton started smoking when she was 14 years old and has tried quitting several times.

"It's been an off and on relationship with smoking, but more on than off," said Hamilton.

While she hasn't accessed counsel-

Continued on page 9

Keep voting for Stony Mountain pooch

By Jennifer McFee

Rosey, a five-year-old red heeler from Stony Mountain, earned enough online votes to clinch a spot in the Top 15 for the 2022 America's Favorite Pet Competition.

Now she needs your votes to jump ahead once again and secure a spot in the Top 10.

Owners Penny and Chris Shannon entered Rosey in the online competition, which will crown one dog or cat as America's favourite furry friend.

Anyone with a valid Facebook account can cast a free vote every 24 hours after voter eligibility is confirmed. As well, voters can purchase additional votes for one or more pet.

Voting for the Top 15 entrants wrapped up on Feb. 24. Now voting for the Top 10 runs from Feb. 24 to

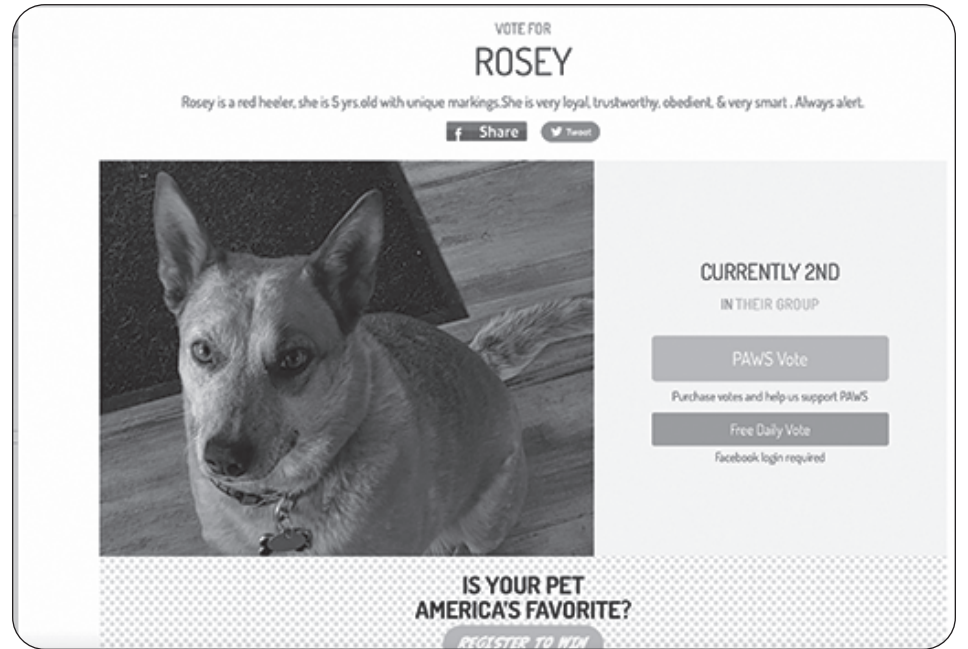
March 3, followed by the Top 5 from March 3 to 10.

For the group finalists, public voting will run from March 10 to 17 to choose one preliminary from each group to advance to the quarter-finals.

From March 18 to 24, one winner from each quarter-final group will advance to the semi-finals, which run from March 25 to 31. After that, the finals will run from April 1 to 7 when public votes will determine one cat and one dog winners.

The top cat and top dog will each receive a \$5,000 cash honorarium plus a two-page spread of professional photos in *Catster* or *Dogster* magazine.

Visit <https://americasfavpet.com/2022/rosey-644c> to vote for Rosey.



TRIBUNE PHOTO SUBMITTED
Rosey needs online votes to progress to the next level in the 2022 America's Favorite Pets Competition.

> QUIT, FROM PG. 8

ling services in the past to help her stop smoking, Hamilton said she's interested in trying.

"Trying to (quit) on your own is pretty tough," said Hamilton.

"A support system is really important because smoking also becomes part of your identity when you've been doing it for (decades)."

Increasing access to resources in rural communities would encourage more people to quit smoking, said Hamilton.

"I think it makes people reluctant to (quit) if you feel the help isn't available."

A three-year trial of Shared Health's Tobacco Quit Card and Counselling Project proved that nicotine replacement therapy and cessation counselling helped Manitobans quit smoking.

The trial started in the Winnipeg Regional Health Authority in 2018, while the Southern Regional Health Authority and IERHA joined a year later.

Smokers looking to quit were given a Tobacco Quit Card, which could buy up to \$300 worth of nicotine replacement therapy medications like nicotine patches, gum and inhalers. People could also access at least three counselling sessions and additional support through local resources.

Over 1,500 Quit Cards were given to Manitobans throughout the three-year trial, said Caitlin Keyzer, chronic disease specialist with Shared Health and project leader.

While the organizations involved with the program are still waiting for a final report on the impact of the project, McDonald said 20 per cent of the participants quit smoking over the three-year trial.

The \$300,000 investment will help continue the program, expand it across Manitoba and train more staff to help provide counselling for tobacco smokers.

Another support in the IERHA is a five-week program called Commit to Quit, an online program run in partnership with Shared Health. The program will start in the spring for one hour per week and is open to all Manitobans who currently smoke.

"There's no one right answer for everyone," said McDonald.

"Having that conversation (with a health care professional) is the first step, and then you can get referred to the resources that are best suited to that individual."

For more support, visit www.smokershelpline.ca or call 1-877-513-5333.

Inland Port Special Planning Area 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:

INLAND PORT SPECIAL PLANNING AREA BY-LAW 4-21
Being a REVISED APPLICATION for an AMENDMENT to the
INLAND PORT SPECIAL PLANNING AREA REGULATION 48/2016
to RE-ZONE SW ¼ 34-11-2 EPM
in the RURAL MUNICIPALITY OF ROSSER
from "IPR" INLAND PORT RURAL ZONE
to "I2" INDUSTRIAL GENERAL ZONE

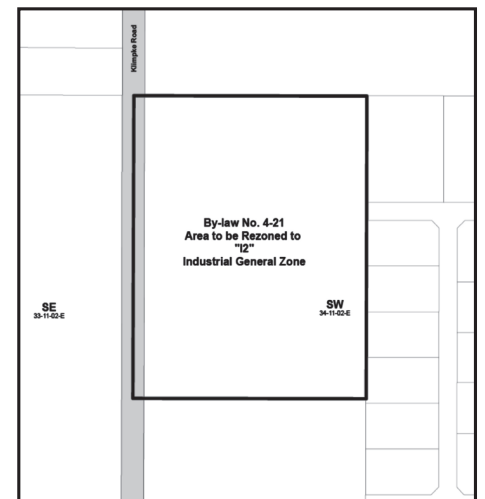
HEARING LOCATION: Virtual Public Hearing via Microsoft Teams

DATE and TIME: Wednesday, April 13, 2022 at 6:00 p.m.

GENERAL INTENT AND PURPOSE: To rezone part of SW ¼ 34-11-2 EPM in the RM of Rosser CentrePort lands from "IPR" Inland Port Rural Zone to "I2" Industrial General Zone to establish a container storage area on the northern portion of the site, and a construction equipment storage area on the southern portion.

AREA AFFECTED: This by-law shall apply to the area identified on the map appearing on the Public Hearing Notice.

FOR MORE INFORMATION CONTACT: Holly Ervick-Knote, Planner
 Manitoba Municipal Relations
 Inland Port Special Planning Area
 604-800 Portage Avenue
 Winnipeg, MB R3G 0N4
 Phone: 204-945-1312
 Email: inlandportspa@gov.mb.ca



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. A description of the procedure to be followed at the hearing is also available at the location noted above.



Inwood Manor serving up delicious mouth-watering meals

By Nicole Brownlee

The Inwood Manor welcomed a new chef, decadent dishes and a return to sharing meals in February.

Arlene Farebrother is a resident of the manor and has joined the team to serve mouth-watering meals.

"Our cook is cooking such lovely, diverse, flavourful options," said Drenna Campbell, secretary of the manor board.

"Everything's made from scratch."

Farebrother's dishes include freshly baked buns, homemade asparagus soup and fried chicken. For desserts, she has prepared strawberry truffles and broken glass cake.

"The smell is divine when you walk into the manor," said Campbell.

"Should these strong winds continue, these savoury smells from Arlene's dishes will have the queen herself being seated at the table."

The manor has offered a meal program for over 45 years and has expanded its reach from manor residents to anyone in the community who is over 55 years old.

Diners can order from the meal program on Mondays, Wednesdays and Fridays. Extra meals can be pre-

ordered for the weekend. To dine-in at the manor, meals are \$6.50, and for takeout, they are \$7.

Bruce Moore, a resident at the manor, said the meals are punctual and well proportioned.

Over the first two weeks of the new meal program, Farebrother received around eight to 15 orders per day from the manor's residents and community members.

"The majority of people that rely on the meal program don't drive, and without a grocery store here in town, it can get costly," said Campbell.

Community members have to drive to nearby towns to stock up on groceries for residents in the manor, or residents have to rent the handi-van service.

"Also, to be able to socialize at a congregated meal soothes that craving not to be so isolated during this pandemic."

"In the last two years during this pandemic, I've noticed seniors shuffled into manors that aren't near their hometown. Without nearby family or friends' support, they really depend on these meal programs," said Campbell, who has been a homecare work-



TRIBUNE PHOTO SUBMITTED

New board member Diana Breen joins Inwood Manor's newest chef Arlene Farebrother at the manor.

er for 25 years.

New board members and volunteers are welcomed at the manor. To learn

more, contact Drenna Campbell at 431-305-5114.

Resources available for Human Trafficking Awareness Day

Staff

In honour of the second annual National Human Trafficking Awareness Day on Feb. 22, the Joy Smith Foundation — widely considered Canada's leading authority on human trafficking — is offering free educational resources to help Canadians understand and fight human trafficking.

"Human trafficking can happen to anyone at any time," says Joy Smith, founder, advocate and former member of Parliament. "In urban municipalities, less than a kilometre from where you are living, someone is being trafficked. Many people don't think it can happen to their family but, in fact, 93 per cent of human trafficking victims in Canada are Canadian."

Launched in 2021 by the Joy Smith Foundation, the National Human Trafficking Education Centre provides free and fee-based courses for teachers, parents, front-line responders and all Canadians who want to prevent and intervene with human trafficking. Sign up for a free course independently or with friends, work colleagues or your family at joysmithfoundation.com/national-human-trafficking-education-centre.

"Education is our greatest weapon

when it comes to fighting and ending human trafficking," says Janet Campbell, CEO and president of the Joy Smith Foundation. "Canadians may be surprised to learn that it is happening in cities and towns across our country. Every day, at-risk youth and adults are manipulated and forced to participate in the sex trade or labour market. What starts as a seemingly innocent conversation online or in real life can quickly turn into something sinister that affects lives forever."

Nicole Hunter, a survivor who came from a middle-class Christian family, fell victim to human trafficking.

"My parents are wonderful. Looking back, I never thought that I would ever land up as a victim of human trafficking. I got out of being trafficked

but the guilt and anger still remained with me. It was when I was sitting in a presentation by Mrs. Smith about human trafficking and how the traffickers work that I came to realize that it was not my fault. The education program that the Joy Smith Foundation puts forward is such a help to me as a trafficked survivor. It changed my life. The Joy Smith Foundation helped me to rebuild my life. I am now so happy to help out any way I can to be a part of this wonderful Foundation that helped me to restore my life," said Hunter.

The Joy Smith Foundation's mandate is to prevent victimization from human trafficking through education. Educating at-risk populations and sharing signs to watch for will help

Canadians learn who might be vulnerable and how to effectively intervene. Since the organization's inception, the foundation has helped over 6,000 human trafficking survivors and their families restore their lives by reuniting, healing and integrating back into their communities.

They are currently offering free classes for parents and they've shared "Know The Signs" resources for youth and parents on the Joy Smith Foundation website.

"Raising awareness of Human Trafficking on this dedicated Awareness Day is crucial in helping Canadians better understand this important issue," says Campbell. "Education, support and compassion are essential to creating change."



ROYAL CANADIAN LEGION
STONEWALL BRANCH - 467-2261 Lic #418

Clubroom Events for the Week of February 27
Wednesday 4-9 Chase the Queen Draw at 8:30
Thursday Doors open at 6 Crib starts at 7 sharp
Friday 4-9 Meat Draw at 6:30
Saturday 4-10 Darts at 6:45
All are welcome- Support your local legion!



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Local chef forges forward in tough times

By Jennifer McFee

Local chef Dustin Peltier has travelled north to Lac Brochet and brought some of his sought-after artisan cheese with him for the journey.

Since the onset of the pandemic, times have been tough in the food industry — yet Peltier is still finding ways to forge forward.

In September 2020, his catering company Loaf and Honey reduced its business since he couldn't secure and maintain a commercial kitchen at an affordable cost.

"I am in negotiations with a space and hope to be able to get something going in the next few months," he said, "but it will all depend on funds."

Likewise, his cheese company shut down operations in the spring of 2020 and continued to sell inventory throughout the summer. Then the cheese company was up and running again in the fall and into 2021, continuing to sell its aged and hand-washed Monastic cheese and fresh whipped ricottas.

"We had built up a good inventory again but with all the restrictions, our commercial sales were very low — and not being able to sample has made doing markets not worth it," Peltier said.

"So we currently have an inventory we are trying to sell but unfortunately do not know where we will go from here."

Whenever possible, Peltier has been taking small catering jobs. In addition, he has started selling

bottled salad dressings and has partnered with 3 Green Guys, a Winnipeg-based company that sells a microgreen subscription salad box. He has also added a line of Momma's mustard and beer jellies.

"I have helped with some restaurants when friends were in need of an extra hand, and I was even selling firewood to a friend's restaurant that has a wood-fired oven," he said.

"I'm currently doing electrical work, so a little of whatever I can to make things work, really."

However, he doesn't think he'll be selling much cheese in Lac Brochet since the shipping costs are too high, but he's working on possibly getting the cheese up to Thompson and a few other communities.

Looking ahead, Peltier isn't sure what the future will hold for the cheese company, but he's trying to figure out ways to keep it afloat.

"At the end of it all, it's hard to get too upset. We sell a specialty cheese product, and it has been hard for any specialty products to survive through all this," he said.

"People are watching how they spend their money closely these last two years with all the added expenses and losses."

At the same time, he's hopeful that Loaf and Honey will be able to resume again soon.

"It's been extremely hard and exhausting planning anything over the last two years, so I am pretty wiped," he said.



PHOTO SUBMITTED

Dustin Peltier travelled north with his artisan cheese.

"I am trying to look forward with some optimism for the catering side going into this summer."

Manitoba's top event for your outdoor living retreat

Submitted by Matthew Seth Ostrove

The Cottage Country's Lake & Cabin Show is back at the Red River Exhibition Park after a two-year absence due to the COVID-19 pandemic.

Aviva Insurance Canada proudly sponsors this year's show.

The 2022 event features over 160 booths with many new ideas on how to build or renovate your lakeside retreat. Cottagers can save themselves weeks of running around town by meeting all the local experts right in

one place.

The show starts again on Friday, March 18 and runs through until Sunday, March 20. Tickets are \$12 and can be purchased at the door. Seniors, respectively, get a discount and pay just \$10. Kids 13 and under can attend for free. There is no charge for parking at the event.

Hours: Friday, 2 to 9 p.m.; Saturday, 10 a.m. to 8 p.m.; and Sunday, 11 a.m. to 5 p.m.



PHOTO SUBMITTED

The Cottage Country's Lake & Cabin show is at the Red River Exhibition Park from March 18 to 20.



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Art project creates intergenerational connections

By Jennifer McFee

Handmade cards made by little hands are creating intergenerational connections in the community.

The Caring for Cards project is a joint effort between Starting Blocks childcare centre and Age Friendly in Stonewall, made possible through a generous grant. Through this project, youngsters are creating cards for seniors in Stonewall and Rockwood to brighten different holidays throughout the year.

Nicole Kibsey, director of Starting Blocks, sees the benefits for both demographics.

"This project is benefiting both Starting Blocks and the senior living centres by helping combat the feeling of isolation among our seniors and the programming struggles in the child-care centres due to COVID-19," she said.

The local Age Friendly organization is helping to distribute the cards to older adults, particularly those living in isolation.

"Our senior population in long-term care homes or living independently enjoy receiving cards and messages made by children," said Joie Van Dongen of Age Friendly.

"Hand-drawn pictures and simple messages remind us that we are cared for and that our young generation of preschoolers are learning good life skills, both educational and compassionate."

This art-from-the-heart project is possible thanks to a \$1,700 grant offered jointly by the provincial government and Interlake-Eastern Regional Health Authority's suicide prevention committee.

The Interlake Eastern Suicide Prevention Committee is made up of representatives from the health authority as well as local organizations and community members. The purpose is to take a leadership stance that focuses on suicide awareness, prevention and intervention.

The committee supports evidence-based, best-practice initiatives that aim to prevent suicide while also encouraging resilience and self-management. The grant is geared for grassroots projects that are sustainable, intergenerational, integrated and focused on target populations.

Community wellness facilitators Bonnie D. Peloski and Caroline LeClair explained the impetus for



TRIBUNE PHOTO BY LAINE WILSON

Starting Blocks and Age Friendly are teaming up for a card-making project funded by a generous grant.

the project.

"The Caring with Cards project is a multi-generational project, supporting both children and seniors' mental well-being. Its goal is to lessen isolation for seniors, letting them know they are valued," Peloski said.

"Both children and seniors will benefit both from the cards that are created and receiving the cards. Children will have fun creating cards, learning about others and developing empathy. The recipients will receive a homemade card that a child enjoyed making just for them."

Likewise, Le Clair hopes this project will spread joy by connecting generations, along with other community members.

"The project might also be addressing any issues of loneliness that so many people may be facing and have been facing, even before COVID," she said. "Small acts of kindness can certainly go a long way."

At the same time, Peloski provided a deeper look at the potential positive impacts of innovative projects like this one.

"It's important to decrease stigma associated with suicide, emphasizing the importance of prevention. While building community capacity, we want to target prevention and health promotion efforts in Interlake-Eastern communities," she said.

"By supporting community-led prevention activities, we strive to have organizations, communities and regions working together to bring awareness to mental health and well-being. By building on existing suicide prevention programs, we increase skills, knowledge and ability at the community level to carry out projects to address mental health issues, support mental wellness, create awareness, reduce stigma and promote prevention strategies."

Starting Blocks has about 168 children involved in its programs, and they're all participating in making the cards and other crafts.

"Our kinder program made Valentine's cards and they were delivered on Friday, Feb. 11 so the seniors could enjoy them for Valentine's Day," Kibsey said.

"The children were very excited to create and to be able to bring cheer to others in our community. Many of the children asked to make multiple cards and are looking forward to creating the next project for our community friends. The children have also started working on birthday cards and get-well cards."

At the same time, Kibsey gives a shout out to Laine Wilson, recreation facilitator for the RM of Rockwood and Town of Stonewall. Wilson offered support for the grant application — and she even did all the shopping and delivery of art supplies to the child-care centre.

These supplies include art tubs filled with markers, crayons, paint, glitter glue, pencil crayons, paper, construction paper, stickers, googly eyes, as well as some donated items. Laminators are on the way so that the art creations can be easily wiped for an added level of pandemic safety.

"Laine has been a great resource for Starting Blocks by sharing with us the many grant opportunities and other program resources available," Kibsey said.

"We look forward to many more opportunities to work with Laine and the RM of Rockwood and Town of Stonewall."



Living literature

TRIBUNE PHOTO BY BECCA MYSKIW

Last Friday Stony Mountain Elementary students wrapped up I Love to Read Month, some dressed in character of a book they read and enjoyed. Pictured left to right: Grade 3-4 students from Mrs. Eluik-Prins' class. Princess read *Cinderella*, Taylor and Kensi read *The Babysitters Club*, Eden who enjoyed *The Paper Bag Princess*, Bryce read about *Sharks* and Reese read *Stephanie's Ponytail*.

Manitoba

Winter Explorer Ideas

Chase the northern lights

You can witness this natural phenomenon from vantage points across the province, but one of the best places to see the northern lights is Churchill due to its ideal spot under the aurora dome.



↑ Churchill Northern Studies Centre



SCAN THIS QR CODE to open the Winter Explorer Guide on your phone.

TRAVEL SAFE IN MANITOBA

Keep yourself and others safe as you explore Manitoba. Remember to:

- ➔ Wash or sanitize your hands frequently
- ➔ Wear a mask
- ➔ Practice physical distancing
- ➔ Stay home when you're sick
- ➔ Be prepared to provide proof of vaccinations at restaurants, events and museums
- ➔ Follow all local travel restrictions

Travel Manitoba cannot guarantee that the attractions and businesses featured will be open and operating as described. While we strongly recommend that all tourism businesses adhere to the public health and safety measures set by the Government of Manitoba, we cannot guarantee the compliance of any business featured in this content. Please contact businesses directly for operating hours and policies.

FROM AN OPERATING RESEARCH CENTRE

📍 MANITOBA NORTH

The Churchill Northern Studies Centre, situated 30 minutes outside of the town of Churchill, provides ideal conditions for viewing the night sky. There are a few options for viewing the aurora borealis, from the heated dome at the top of the centre to the outdoor observation deck.

FROM AN AURORA POD

📍 MANITOBA NORTH

Book your northern lights trip with Natural Habitat Adventures in Churchill and get exclusive access to the warm and comfortable Aurora Pod, specially designed for viewing the aurora borealis with 360-degree views of the sky via innovative glass construction and cushioned seats.

FROM A NATIONAL PARK

📍 MANITOBA WEST

Riding Mountain National Park is known for its regular aurora activity in the depths of winter. Book a stay at a hotel in Wasagaming, Elkhorn Resort or a winterized Parks Canada oTENTik and watch the night sky light up.

FROM A WILDERNESS SETTING

📍 MANITOBA NORTH

Best suited for the DIY traveller, Nanuk Operations in Churchill offers Nights Under Lights, a guided photography outing for the chance to shoot the aurora with the backdrop of a yurt tucked deep in the boreal forest. All guests get a clear view of the lights from the yurt's large, wrap-around deck.

FROM A FISHING LODGE

📍 MANITOBA NORTH

Book a stay at Baker's Narrows Lodge, located outside Flin Flon where the northern lights will be highly visible. Book an ice fishing package for a multi-night stay and hook a catch while taking advantage of the north's wide open skies.

FROM THE CITY

📍 WINNIPEG

It's possible to see the northern lights as far south as Winnipeg when the conditions are just right. Download an aurora forecasting app and keep an eye out for clear nights with a high chance of discovery. We recommend heading outside the perimeter to ensure the city lights don't impact your view.



↓ Aurora Pod

PHOTO: ALEX DE VRIES



↓ Churchill

PHOTO: @JUBCAPTURES



↓ Poplar River

PHOTO: WILDHOUSE MEDIA



↓ Churchill

PHOTO: JIRENE MOORE

Find more ways to see the northern lights at manito.ba/winter-explorer.

Manitoba encompasses Treaty 1, 2, 3, 4 and 5 Territory and communities who are signatories to Treaties 6 and 10. It is the original lands of the Anishinaabeg, Anish-Ininiwak, Dakota, Dene, Ininiwak and Nehethowuk and the homeland of the Métis. Acknowledging these original caretakers is a reminder of our unique heritage, our important relationships and our obligations to and shared responsibilities with Indigenous peoples.



Fundraiser for Canadian flags flown in France

By Nicole Brownlee

Canadians can show their support for veterans, first responders and their families through a flag sponsorship program co-organized by a Second World War commemoration organization.

The Juno Beach Centre is a Canadian Second World War museum and cultural centre in Normandy, France, opened in 2003. The centre commemorates the 45,000 Canadians who died during the war, of which 5,500 were killed during the Battle of Normandy on June 6, 1944.

On weekdays, the centre flies two Canadian flags and regularly replaces the flags as they become worn. Canadians now have a chance to own one of the flags flown at the centre in France.

"Very few Canadians are able to go to the museum, so we tried to come up with a way where we can bring a piece of the Juno Beach Centre to Canadians," said Alex Fitzgerald-Black, executive director of the Juno Beach Centre Association.

The sponsorship program launched in 2020 as a way for the centre to make

up for donations lost during the COVID-19 pandemic.

While the flag sponsorship program has been flying for two years, the JBCA wanted to expand the program to help another group in need.

The JBCA was often asked while fundraising if any proceeds go towards helping veterans.

"I would often say, 'Well, it does, but not in the way that you're probably thinking,'" said Fitzgerald-Black referring to the importance of commemorating the Second World War.

"With our flag program, we decided, wouldn't it be great to partner with some Canadian veterans facing organizations that assist veterans in the modern sense?"

Supporters can now purchase a flag that has flown at the Juno Beach Centre and contribute to Wounded Warriors Canada, which provides veterans, first responders and their families mental health resources and clinically facilitated programs.

"This is two international organizations coming together to pair commemoration to mental health service support, so it's pretty special," said



TRIBUNE PHOTO SUBMITTED

Canadians have the chance to buy a Canadian flag flown at the Juno Beach Centre in Normandy, France, while supporting modern troops.

Scott Maxwell, Wounded Warriors executive director.

Half of the \$500 donation to secure a flag flown at the centre in France will go towards JBCA, while the other will go to Wounded Warriors Canada.

The donation will be distributed to all programs in need at Wounded Warriors.

"I think this is going to be a long-term partnership," said Maxwell.

"The work of the Juno Beach Centre is there permanently, as is the work that we do here in Canada with respect to mental health for veterans, first responders and their families."

The Government of Canada estimates that up to 10 per cent of war zone veterans will experience post-traumatic stress disorder or symptoms associated with the condition.

"It's really important to us going forward as we're saying goodbye to those veterans that we're also engaging with modern veterans," said Fitzgerald-Black.

"We're a site of commemoration that can be accessible to them, and we care about their stories as well."

National Day of Kindness - Pass it on!



TRIBUNE PHOTOS SUBMITTED

Kin Canada celebrated their 10th annual National Day of Kindness on Feb. 19. Stonewall's Kinettes donated \$200 cash and non-perishable food items, as well as health and beauty items and cleaning supplies, for the Interlake Food Bank. Karen Chaboyer with the Food Bank gratefully accepted the donations.

"AS WE'RE SAYING GOODBYE TO THOSE VETERANS. ... WE'RE ALSO ENGAGING WITH MODERN VETERANS."

To see more photos of your favourite Interlake Athletes

GO TO **Stonewall Teulon Tribune | flickr**

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Warren beauty studio re-opened March 1

By Nicole Brownlee

Angela Moore was struggling to find a flexible job that could accommodate her hectic schedule as a stay-at-home mom of two kids when she discovered a beautiful solution opening the Magnolia Beauty Barn.

Moore was introduced to the idea of opening a beauty studio by a woman in Stonewall who used to offer lash extensions, tints and lifts.

"The lady that I went and saw, she said (the job) was great because she got to work from home. She was her own boss. She got to make her own hours and work it around her schedule," said Moore.

"That was something I would absolutely need."

With a two-year-old daughter and a six-year-old son at home and limited access to daycares, Moore needed a career that would revolve around her availability.

With some words of encouragement from the local beautician, Moore made the plunge in 2019 and signed up for courses through the Eternal Beauty Institute in Winnipeg to learn how to work with lashes.

Each technique Moore learned took around five classes to complete before she was able to practise on clients and open her business. Through the Institute, Moore learned how to dermaplane, lift and tint lashes and apply classic and volume synthetic lash extensions.

Moore and her husband built a beauty studio in their basement to cut



Anglea Moore

her commute time and were ready to open in early 2020.

"I was getting really busy and then, unfortunately, COVID happened and shut me down about five weeks after I opened," said Moore.

As public health restrictions loosened over the past two years, Moore was able to temporarily re-open the Magnolia Beauty Barn but will officially re-open her doors on March 1.

"I'm actually astounded by how many people have messaged me," said Moore.

"I've had a lot of inquiries, and I have enough bookings for the first few weeks that I'm open."

Moore's lash services have been a hit with her clients looking for a low-



TRIBUNE PHOTOS SUPPLIED BY ANGELA MOORE

Moore built an in-home beauty studio with the help of her husband and launched the Magnolia Beauty Barn in February 2020.

maintenance confidence booster.

"When they come back, they're like, 'I can't believe when I wake up in the morning and I look in the mirror, I already look like I'm ready to go,'" said Moore.

"It's a time saver."

She hopes her momentum will continue as she takes additional courses like facial waxing in April.

"Because of the COVID-19 pandemic, I wasn't quite ready to take on any new courses in case I ended up being another business that was completely ruined," said Moore explaining why she waited to expand her expertise.

"The clients that I have told already about it are excited."

To learn more about Moore's services, visit the Magnolia Beauty Barn on Facebook or Instagram.

"I'M ACTUALLY ASTONDED BY HOW MANY PEOPLE HAVE MESSAGED ME,"

Woodlands students celebrate Pink Shirt Day



TRIBUNE PHOTO SUBMITTED

All 130 Woodlands School Grade 1-8 students tie-dyed their own shirt and wore it on Feb. 23 for Pink Shirt Day to show everyone that they are all unique and special individuals but at the same time share many common traits and qualities.

Fundraisers underway for Stony Mountain Community Centre

By Jennifer McFee

Fundraising efforts are underway at Stony Mountain Community Centre to continue mov-

ing forward with the goal of modernizing the facility.

Coming up on March 18, the community centre

will be hosting a spring craft night.

"For \$60, we have Tia Marias Floral and Trends coming to give us a step-by-step instruction on how to create a beautiful spring/Easter wreath," said board member Lisa Deprez.

"Craft supplies will be included. We are limited to 40 spots."

Anyone interested in participating can email Dawne Smithson at smithsonhome@gmail.com or Lisa Deprez at rnldeprez@hotmail.ca.

In addition, the adopt-a-seat fundraiser continues to raise money for the cause.

"For \$100, adopting one of our brand-new stadium seats or stool seating is a visible and lasting way to celebrate a special occasion, birthday or anniversary, or to acknowledge a loved one," Deprez said.

"The seat, or seats, that you dedicate will each have a plaque engraved with your unique message. There is a limit of 60 characters."

There are 88 seats in total, made up of both stadium seats and stools. The overall fundraising goal is \$7,000. To adopt a seat, email Lisa Deprez at rnldeprez@hotmail.ca or Dawne Smithson at smithsonhome@gmail.com.

"We will then provide them with a form to fill out," Deprez said. "We can accept cash or cheque."

Plans are also in the works for more fun fundraisers, so there will be lots to look forward to.

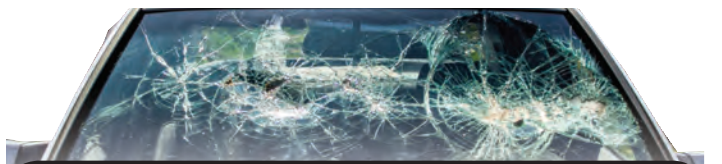
"After a two-year hiatus due to COVID and restrictions, the Stony Mountain Goose Shoot will be back this fall. Stay tuned and check out the Stony Mountain Goose Shoot Facebook page for updates," Deprez said.

"On behalf of the SMCC board, we would like to thank the community of Stony Mountain for their great support as we have been working on the modernization project. It is sincerely appreciated."



PHOTO SUBMITTED

Upcoming fundraiser focuses on making spring and Easter wreaths.



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Fire on Ice Car Racing on the Lake	March 5-6 12:00 pm – 3:00 pm
Bannock & Tea on Open Fire	March 5-6 11:00 am – 2:30 pm
Hands of Lugh - Viking Life Reenactors	March 5-6
Frozen Fish Toss	March 5-6
New Iceland Heritage Museum <i>Save 50% on Admission!</i>	March 5-6 1:00 pm – 4:00 pm
Gimli Art Club <i>Leave your Mark on the 2022 Festival Banner!</i>	March 5-6 10:00 am – 4:00 pm
Frozen T-Shirt Competition	March 6 1:30 pm
5K or 10K Invitation <i>Info & Registration At: gimliicefestival.com</i>	Feb 26 – March 6
Kid's Colouring Invitation <i>Info & Registration At: gimliicefestival.com</i>	Feb 26 – March 6
Snow or Ice Creation Invitation <i>Info & Registration At: gimliicefestival.com</i>	Feb 26 – March 6
Enjoy the Skating Trail by the Harbour	March 5-6



Register At: saveyourskin.ca/a-vikings-challenge-3rd-edition

Recycle face masks at Stonewall library

By Jennifer McFee

A local library and environmental group have teamed up for a novel way to reduce waste created by disposable masks.

The Stonewall library is working with REACT (Rockwood Environmental Action Community Taskforce) on a pilot project to recycle disposable face masks through a Canadian company called Vitacore Canada.

According to Vitacore, 63,000 tonnes of medical PPE will end up in Canadian landfills by the end of this year — which is enough to span 2.5 million kilometres or go to the moon 6.5 times.

During a recent visit to the zoo, library program facilitator Kelsey Dingwall noticed a mask-recycling bin. She thought it was a great idea so she researched how to bring it to Stonewall. She also mentioned the idea to representatives from REACT to see if they had any advice.

REACT ended up funding the pilot project, and the environmental organization has purchased its first mask recycling box from Vitacore Canada for the Stonewall library branch.

The box is set up between the doors in the library's vestibule so people can drop off their disposable masks any time that the library is open.

"It's a large box with a hole through the top, so you can just come in and put your disposable masks inside. It can only be general everyday disposable masks. We can't accept hospital PPE and we can't recycle cloth masks," Dingwall explained.

"It's a little bit like our battery re-

cycling program. When the box is full, we send it to the recycling company. The masks will go to Burnaby, B.C., and they have a process where they sterilize, sanitize and shred the masks."

After that, the recycled materials masks are made into plastic pellets that can be used in buildings, construction supplies, concrete reinforcement, weather membranes and exterior siding, as well as larger uses in the textile industries for carpeting and structural fabric.

Dingwall requests that people refrain from putting masks in the book drop after hours. Instead, they should come to the library during regularly scheduled open hours to deposit the masks properly in the recycling box.

On behalf of REACT, Heather McDermid said they were happy that Dingwall reached out to them.

"Mask recycling is incredibly important. Recycling of these single-use products will help lessen the huge environmental impact of them," she said.

"It's hard not to notice in our own communities how these masks have been contributing to our local waste problem."

For one example, McDermid draws attention to the number of masks that are littering the streets.

"This has been happening for over two years now. And with millions of people around the world using them on a daily basis, these single-use masks are contributing to an overwhelming and staggering amount of waste pollution for our planet. The

cant toll on all Manitobans," she said. "Together, we can look forward to a co-ordinated and cautious plan to recover from the intensive demands that COVID-19 has placed on our health system."

Part of that plan is the gradual return of health-care workers who were redeployed to care for COVID patients, the minister said, allowing for a phased resumption of surgeries, diagnostic procedures, and outpatient or community services that were reduced as a result.

"There are currently more than 500 health-care workers across the province who are supporting COVID-related care in an area where they would not usually work," noted David Matear, health system co-lead, Unified Health Sector Incident Command. "As COVID admissions to hospital, including critical care, continue



TRIBUNE PHOTO BY JO-ANNE PROCTER

Heather McDermid of REACT (left) and Kelsey Dingwall of the Stonewall Library are encouraging residents to recycle disposable masks at the library.

extensive use of face masks has generated millions of tons of plastic waste to the environment in a very short span of time," she said.

"Results from recent environmental studies have confirmed that there is a huge amount of plastic waste occurring from these masks, found outside of landfill sites and showing up in marine environments, contributing to micro-plastic pollution, which is threatening aquatic organisms."

With an eye on the environment, Dingwall expressed gratitude for the help from REACT with this project.

"I'm so happy that we were able to work together to get this accomplished," she said.

"This 100 per cent wouldn't have happened without REACT."

> VACCINATION REQUIREMENTS, FROM PG. 5

eat in a restaurant or enter other public entertainment spaces, businesses and venues will still have access to the Manitoba immunization card and verifier app should they chose to continue requiring their patrons be fully vaccinated. The mask mandate in public spaces, meanwhile, is slated to expire on March 15.

Looking forward

Health Minister Audrey Gordon said the province is working on returning the health-care system back to more normal operations in the weeks and months ahead.

"This pandemic has taken a signifi-

to decrease we will be able to return many of these staff to their usual duties, allowing for the quick resumption of many services that we know Manitobans have been waiting for."

On Monday, there were 474 people in hospital with COVID-19 (204 of them contagious) and 30 people in ICU (14 contagious). The number of deaths due to the virus was at 1,680, up 31 from the Monday before.

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| March 2022: | March 23: Stitch N Craft/Men's Chat 10:30am (In Person) |
| March 4: Quilter's Corner 11:00-3:00 (In Person) | March 23: Cards/Games 1:00pm (In Person) |
| March 9: Stitch N Craft/Men's Chat 10:30am (In Person) | March 24: Virtual Chat 3:00pm (Zoom) |
| March 9: Cards/Games 1:00pm (In Person) | March 24: Ukulele Club 7:30pm (@ Something Beautiful) |
| March 10: Virtual Chat 3:00pm (Zoom) | March 30: Stitch N Craft/Men's Chat 10:30am (In Person) |
| March 10: Ukulele Club 7:30pm (@ Something Beautiful) | March 30: Cards/Games 1:00pm (In Person) |
| March 16: Stitch N Craft/Men's Chat 10:30am (In Person) | April 2022: |
| March 16: Cards/Games 1:00pm (In Person) | April 1: Quilter's Corner 11:00-3:00 (In Person) |
| March 17: Cabin Fever Reliever 3:00pm (Zoom) | April 6: Stitch N Craft/Men's Chat 10:30am (In Person) |
| March 18: Quilter's Corner 11:00-3:00 (In Person) | April 6: Cards/Games 1:00pm (In Person) |
| | April 6: Book Club 12:00pm (In Person) |

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

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 For more Information or to book an Appointment call 204-467-2582.

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Join us on Zoom to connect with members of the community as we check in on each other for an hour-long chat.
Offered every 2nd and 4th Thursday at 3:00 pm
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Call or email the office to register.



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 For more information, call (204)-467-2582

For more information call 204-467-2582

Teulon & District Seniors Resource Council Inc.
Providing a Helping Hand Find us at 54 Main St, Teulon 204-886-2570

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144-622 Centre Avenue-Lions Manor, Entrance 4.

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- Home Hair Care Service • Resource information/Form Assistance

Our office is located in the Stonewall Lions Manor at 622 Centre Avenue, Entrance 4.

204-467-2719 www.sisrc.ca

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

COVID-19

With the increases in COVID numbers, the health and safety of our clients/ volunteers and community is our top priority. When coming into our office, please adhere to the masking rules, physical distancing, proper hand hygiene and only entering if you have no symptoms.

We remain committed to following all health and safety guidelines!

Meals On Wheels Program

The program is designed primarily for the older temporarily disabled, disabled or ill persons who are able to live alone safely with the minimum of outside assistance. The program is available Monday through Friday in the Town of Stonewall, with pickup and delivery between 4:15 and 5:00 pm. The current fee is \$6.50 and is billed automatically each month. Before start-up of this program, Senior Resources must be contacted at 467-2719 and a Stonewall Meals on Wheels Criteria form must be completed.

SISRC is actively looking for Board Members.

We meet September to June once monthly.
 For more information, please call our office at 204-467-2719.

For more information call 204-467-2719

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Rams punch ticket to MHSAA "AAA" junior varsity girls' basketball provincials

Staff

The Stonewall Collegiate Rams are headed to the MHSAA "AAA" junior varsity girls' basketball championship.

Stonewall soundly defeated the St. James Jimmies 41-28 in the interzone final on Saturday.

The Rams earlier defeated the John Taylor Pipers 49-21 on Friday evening.

Stonewall will compete at the provincials in Souris from March 10 to 12.

In league play, the Rams defeated

the St. John's Tigers 51-7 last Thursday.

With the victory, the Rams finished league play with a perfect 7-0 record.

On Feb. 22, Stonewall took over first place with a 37-24 win over the No. 1 Jimmies.

The Rams' varsity girls' basketball team, meanwhile, wrapped up league play with a solid 52-37 road victory over the Tec Voc Hornets on Feb. 22.

Continued on page 21



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Stonewall Collegiate Rams' Precious Paguio is closely guarded by a John Taylor Pipers' player during inter-zone action last Friday.

Flying high



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Rams' Kayden Stewart soars through the air in a game against the Gordon Bell Panthers last Wednesday. Stonewall Collegiate won the game 97-16.



TRIBUNE PHOTO SUBMITTED

The Stonewall Collegiate Rams are off to the MHSAA 'AAA' junior varsity girls' basketball provincials after defeating John Taylor 49-21 on Friday night in the semifinals of the AAA Interzone playoffs. The Rams then beat St. James 41-28 on Saturday in the final. Pictured back row, left to right: Tasha Thiessen, Maddy Fidler, Carly Safiniuk, Hayley Emberly, Kaity Swanson and Sophia Dowsett. Front row, left to right: Jason Cassils (coach), Maze Debreuil, Precious Paguio, Keira Willey, Ashley Hudon, Chloe Beresford, Ella Holm and Hunter Luprypa (coach). Missing from the photo are Shannon Bodnarus, Natasha Shultz, Erin Sullivan, Daisy Uhres-Todd and Alycia Galbraith.

Warren wins Zone 5 varsity girls' basketball championship

By Brian Bowman

Everyone expected the Zone 5 varsity girls' basketball championship to be a barnburner between the Teulon Collegiate Saints and Warren Collegiate Wildcats.

And that's exactly what it was.

Warren won the exciting, hard-fought game 38-35 last Thursday in Gimli.

"The Zone 5 varsity girls' AA final happened as advertised based on earlier meetings this season between two very competitive teams and perennial zone rivals," said Wildcats' head coach Cathy Pleskach in an email. "The game was close and competitive and was tied at halftime. Both teams missed timely shots on offence, but evenly-matched defenses and pressure were the theme of the second half."

The Wildcats inched ahead in the third quarter, with Teulon fighting their way back in the fourth to come within a point with 1:30 left.

The Saints trailed 36-27 with about six minutes remaining.

"The girls executed the plan in the last five minutes to create some good scoring chances but we just couldn't buy a basketball at the end," Teulon co-coach Jason Darragh recalled in an

email. "(We're) very proud of the effort the girls put in and especially in the last five minutes, they never quit fighting right to the end."

Darragh felt his team played well in the loss.

"I thought our defensive play was good," he said. "We held Warren to under 40 for the third time which was what we wanted to do. Both teams played three close games this year and this game came right down to the wire."

Dominant rebounding by senior forwards Helen Alexander and Lexie Carriere, along with tight and intense pressure by the rest of the Wildcats, helped them close out the victory, said Pleskach.

"I'm very proud of how our girls played," Pleskach said. "We went in with a very specific plan, they stuck to the details and executed, and the result was the outcome we hoped for. Everyone stepped up when they had to with either a clutch three, a steal or big rebound, and it was the definition of a team win from beginning to end. We hope we can repeat the same formula and find success at provincials."

With the win, the Wildcats, currently ranked No. 7 in the province, received



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Warren Collegiate Wildcats won the Zone 5 varsity girls' basketball championship after a thrilling 38-35 victory over the Teulon Collegiate Saints last Thursday in Gimli. Pictured back row: head coach Cathy Pleskach, Molly Phillips, Katie Dorsch, Lexie Carriere, Helen Alexander, Aliyah Allary, Mia Jones and assistant coach Liam Bangle. Front row: Abby Sveinson, Rianna Cassils, Sarah Gilmore, KJ Green and Bryn-Lee Procter.

an automatic bid to the "AA" Provincials in Souris March 17-19.

"Teulon's strong and consistent seasonal play should earn them a wildcard berth to Souris as well," Pleskach

predicted. "Good luck to both teams, as they will certainly represent the Interlake well."

Teulon wins Zone 5 varsity boys' basketball championship

By Brian Bowman

The Teulon Collegiate Saints are the Zone 5 "AA" varsity boys' basketball champions.

Teulon defeated the Gimli Lakers

63-52 on their home court in the final of the zones last Thursday.

"It was a good game, Gimli played very well and their coach Chad (Heminger), I give him a lot of respect," said Saints' head coach Darrell



Warren Collegiate's Johnny Minaker moves the ball against Gimli during Zone 5 action.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Teulon Collegiate Saints won the Zone 5 varsity boys' basketball championship with a 63-52 victory over the Gimli Lakers last Thursday. Pictured back row, left to right: coach Darrell Gebhardt, Victor Einarsson, Logan Mott, Reese MacDonald, Rylan Daniels-Webb, Jaxen Park, Kelbey Lambourne, assistant manager Kaila Ledochowski and manager Ross Ledochowski. Front row: Matthew Dzuba, Isaiah Bergeron, Liam Tinker, Gavin Gebhardt and Josh Tom. Missing from the photo are Caleb Hepples and Jackson Gebhardt.

Gebhardt. "He game planned really, really well and they have a great program. They have always been really strong and we have a good rivalry

with Gimli." The Saints had a size advantage on the Lakers but Gimli came out strong

Rams' hockey season ends in OT loss

By Brian Bowman

The Stonewall Collegiate Rams' hockey season ended in the toughest of ways on Sunday afternoon.

Stonewall was defeated 3-2 in overtime by Powerview-Sagkeeng in Game 3 of their best-of-three series.

Carter Courchene scored the game winner in OT. It was his second goal of the game.

Reid Byle and Adam Newcombe scored for the Rams.

Caleb Campbell replied for Powerview-Sagkeeng.

Powerview-Sagkeeng staved off elimination with a 5-1 home win in front of a boisterous crowd last Friday.

Ty Woods scored Stonewall's lone goal in the third period.

Tanner Amos (two), Courchene, Ryan Dupont and Julius Guimond scored for Powerview-Sagkeeng.

Last Wednesday, the Rams defeated

Powerview-Sagkeeng 8-5 in Game 1 in Stonewall.

Ty Woods led Stonewall with two goals and two assists while Byle and Gage O'Neill each had two goals and an assist.

Carter Boughton and Connor Crosby also scored. Max McIvor had three assists.

Powerview-Sagkeeng goals were scored by Courchene (two), Amos, Guimond and Sullivan Lavoie.

Macrae Gard earned the win in goal.

On Feb. 21, the Rams blasted the Kildonan East Reivers 13-2 in Stonewall to win the best-of-three first-round series in three games.

After going down 1-0, the Rams stormed back with eight straight goals. Newcombe led the way offensively with a hat trick and a helper.

Max McIvor also had a four-point game with a goal and three assists. No other Rams' scorers were available.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Rams' Ty Woods celebrates a Stonewall Collegiate goal in an 8-5 playoff win over Powerview-Sagkeeng last week. Woods had two goals and two assists in the game.

> ZONE 5, FROM PG. 20

with a smaller lineup.

Teulon started to take over the game, though, in the second quarter and led by 11 at the break. The Saints increased that lead to about 20 heading into the fourth.

Victor Einarsson led Teulon with 21 points while Gavin Gebhardt had 15 and Mathew Dzuba added 14.

The Saints whipped the Arborg Athletics 61-25 in a semifinal game earlier in the day.

In the other semifinal, Gimli downed

Warren 67-35.

Teulon now advances to the MHSAA "AA" provincial championship to be held at Westpark School in Portage la Prairie from March 17-19.

The Saints, currently ranked fourth in the province, have the potential to do some damage at provincials. Teulon is very good defensively and they rebound well.

"There's going to be some good teams, some good programs and we'll see how we do," Gebhardt said.



Stonewall Collegiate's Evan Grandmont has a rebound fly past his head during Game 1 action against Powerview-Sagkeeng.



The Teulon Collegiate Saints' Matthew Dzuba carries the ball up the floor against the Gimli Lakers in the Zone 5 'AA' final last Thursday.

> TICKET, FROM PG. 19

Stonewall's top scorers were Grace Fines with 21 and Nicole Paguio with 11.

The Rams finished the regular season 5-3.

Stonewall's varsity boys soundly defeated the Gordon Bell Panthers 97-16 last Wednesday.

On Feb. 22, the Rams lost 93-53 to the Hornets.

Stonewall finished league play on Monday against the Grant Park Pirates but no score was available.

In junior varsity boys' action, the Rams defeated the Tigers 63-57 in overtime last Thursday, securing a

spot in the playoffs.

After being down 10-1 in the first two minutes, the short-handed Rams scratched and clawed their way back into the game late in the fourth quarter.

Down by five in the last minute, Ty King hit a big shot after a clutch timeout and then Jackson Vandersteen made a free throw with 0.5 seconds left on the clock to tie the score and force overtime.

In OT, Jackson Vandersteen put the team on his back, scoring five of his game-high 25 points.

Stonewall was defeated 71-43 by Tec Voc on Wednesday.

On Feb. 22, the Rams were beaten 68-52 by the Jimmies.

Merces lead Morden in SEMHL playoff series

By Brian Bowman

The Warren Merces doubled the Morden Bombers 4-2 in South Eastern Manitoba Hockey League playoff action on Sunday evening.

Warren now leads the best-of-seven series 3-1.

Merces' forward Brenden Luschinski scored the game winner on the power play at 10:17 of the third period. Brock Couch then iced the win with a goal at 19:15.

Warren's Foster Bytheway and Morden's Cole Penner traded first-period goals.

The Bombers took a 2-1 lead when Steve Mullin struck on the power play early in the second.

Kyle Luschinski then tied the score at 2-2 midway in the middle frame.

Hayden Dola made 40 saves for the victory.

Warren took a 2-1 series lead with a 6-4 road victory last Saturday.

The Merces trailed 3-0 early in the second period but bounced back to score four straight goals in the middle frame and then added two more to

start the third.

Brenden Luschinski led Warren with two goals while Carson Ouellette and Travis Bobbee each had a goal and an assist.

Matt Jacobucci and Chase Faulkner also scored for the Merces.

Mike Rey, Tyler Peers, Andrew Clark and Adam Hughesman replied for Morden. Clark and Hughesman each had three points in the game.

Dola stopped 42 Morden shots.

Last Thursday, the Merces doubled Morden 4-2 in Warren.

Trailing 2-1 in the third period, Warren scored three unanswered goals for the come-from-behind victory.

Bobbee started the comeback early in the third and then Brenden Luschinski scored the eventual game winner at 13:02.

Kyle Lundale finished the scoring with a goal with just 19 seconds remaining.

Warren's James Maxwell opened the game's scoring at 4:02 of the opening period.

But Morden came back with power-



Merces' forward Brenden Luschinski celebrates scoring the eventual game-winning goal against Morden during SEMHL playoff action Sunday evening in Warren. Warren won the game 4-2 to take a 3-1 series lead.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Merces' forward Braydon MacDonald had two assists in Warren's 4-2 home win during the SEMHL playoffs last Thursday.

play goals from Rey and Penner late in the first period.

Braydon MacDonald and Lundale each had two points in the game.

Dola stopped 25 Morden shots for the win.

The series started Feb. 22 with Morden winning 4-3 on home ice.

Warren's Trent Genyk and Rey traded first-period goals and then MacDonald tallied in the second to put the Merces up 2-1.

Morden took a 3-2 lead in the third on goals by Jaden Townsend and Hughesman.

Lundale tied the score midway in the period but Hughesman scored the game winner at 14:37.

The Bombers scored three times on the power play while the Merces tallied once with the man advantage.

Game 5 of the series will be played Thursday in Morden.

If necessary, Game 6 is set for Saturday in Warren and a series-deciding seventh game will take place March 8 in Morden.

Puck drop for all of the games in the series is 8 p.m.

U18 'AAA' male Lightning wish the best to graduating players

By Brian Bowman

With just nine wins in 40 games this season, there was a lot of frustration surrounding the Interlake Lightning "AAA" male hockey team.

But after having time to reflect, Lightning head coach Scott Wong felt there were a lot of positives to the season.

Players put in a lot of hard work with their time with the Lightning.

"I want to wish my 10 graduating players the best of luck in their future endeavours," Wong said last week. "I had two kids sign letters of intent this year for next season. One being Zach

Meadows, he was our goaltender this year and he had a phenomenal year. When Zach was on his game, he gave us a chance to win."

Meadows recently signed a letter of intent with the La Ronge Ice Wolves of the Saskatchewan Junior Hockey League.

Alexander Kaczorowski, one of Interlake's top forwards this past year, signed a letter of intent with the Manitoba Junior Hockey League's Swan Valley Stampers.

The other graduating Lightning


Continued on page 23

Come out and support your Warren Merces

PLAYOFF HOCKEY

Thursday, March 3
Warren Merces vs
Morden Bombers
8:00 pm
@ Morden

If necessary:
Saturday, March 5
Warren Merces vs
Morden Bombers
8:00 pm @ Warren



Jets grounded by Victorias

Staff

The Stonewall Jets were edged 5-4 in overtime by the St. Vital Jr. Victorias in Manitoba Major Junior Hockey League action last Friday.

Tyler Rubigny scored the game winner in OT. St. Vital's Brayden Clarke tied the score at 4-4 with a goal midway in the third period.

Jeremy Klimchuk scored a pair of goals for the Jets in the first period

and then Alexander Kaczorowski and Michael Spence tallied in the second. The other Vics' goals were scored by Rubigny, Clarke and Parker Janz.

Ty Hogue made 37 saves in the losing cause.

Stonewall will host the Ft. Garry/Ft. Rouge Twins on Wednesday (7:30 p.m.) and then will visit the Transcona Railer Express Friday (8 p.m.) and the Twins Sunday (7:30 p.m.).

TRIBUNE PHOTO BY LANA MEIER

Stonewall Jets' forward Alexander Kaczorowski scored a second-period goal in his team's 5-4 overtime loss to St. Vital last Friday.



U17, U15 'AAA' Lightning battling hard in the playoffs

Staff

The Interlake Lightning lost 2-1 in overtime to the Winnipeg Thrashers in U17 "AAA" playoff action on Sunday at the Bell MTS Iceplex.

Kade Prud'homme scored the game winner on the power play in OT.

Max Goulden scored to give Interlake a 1-0 first-period lead but Winnipeg's Cody Allen replied with a shorthanded goal in the second.

Dylan LeClair stopped 46 Thrashers' shots.

On Saturday afternoon, Interlake skated to a 3-2 victory.

After two scoreless periods, the teams combined for five goals in the third.

Hayden Kaczorowski scored the game winner at 18:44 of the third period.

Goulden opened the game's scoring at 1:23 of the third but Winnipeg's Leland Cody replied less than two minutes later.

Russell Watts gave the Lightning the lead again just over a minute later before the Thrashers' Shay Woytowich tallied at 6:08 of the final frame.

LeClair made 33 saves for the win.

The Thrashers took a 1-0 series lead with a 2-1 victory last Thursday.

Winnipeg's Dawson Dear gave his club a 1-0 lead with a goal at 4:55 of the third period.

Interlake's Adam Vigfusson tied the

score at 1-1 about three minutes later but the Thrashers' Branden Watson scored the game winner on the power play at 14:27 of the final frame.

Game 4 of the series was played this past Tuesday but no score was available.

If necessary, Game 5 will be played on Thursday (6 p.m.) at the Bell MTS Iceplex.

In U15 "AAA" playoff action, Interlake defeated the Yellowhead Chiefs 5-4 in an overtime thriller on Sunday afternoon in Warren.

Blake Farthing scored the game winner in OT. It was his third point in the contest.

The Lightning's Talon Hogg had tied

the score at 4-4 at 19:49 of the third period with his second goal of the game.

Interlake, which trailed 3-1 in the third, received power-play goals from Skylar Farrington, Evan Deprez and Cole Swanson.

Addison McIntosh (two), Zach Lamb and Carson Smith scored for Yellowhead.

Lightning goaltender Braedan Cormack made 25 saves for the win.

Last Friday, the Lightning blasted the Winnipeg Thrashers Gold 7-2 in Warren. No scoring summary from the game was posted on the league website by press time.

> GRADUATING PLAYERS, FROM PG. 22

players included Liam Foley, a third-year Interlake player, Austin Lourenco, Joel Purdom, Liam Cody, Nathan Vigfusson, Kaydyn McMahon, another third-year player, Evan Calder and Andrew Thevenot.

Many of those players will move on to the next level. Wong enjoys seeing his former players find success after they leave the Manitoba

U18 "AAA" Hockey League.

"I've been with Eastman and Interlake and I have had a lot of guys move on to the next level and, as a coach, I think that's the biggest part of my philosophy," he said. "Getting these guys to develop and getting them ready for the next level. I would safely say that all of my graduating players are more than

willing to find somewhere to play or go with their protective teams and are capable of playing at that level."

Wong felt the Lightning had a lot of talent — and strong leadership — amongst the players. He predicts he team will be strong next season.

"These guys went through a lot this year," Wong said. "With every-

thing that went down and all of the issues, they still managed to come to the rink every day and play their butts off. I couldn't ask for much more than that as a coach. Unfortunately, injuries and COVID really hurt our team hard and that affects any kind of comeback that you want to try to make."



Stonewall Jets Player Profile

#16

Come out to support the Jets

Jeremy Klimchuk

Forward, 6'1,
160 lbs, Born 2002



UPCOMING GAMES

Wednesday, March 2

Stonewall Jets vs Ft. Garry/Fr. Rouge Twins at 7:30pm @ VMSC

Friday, March 4

Stonewall Jets vs Transcona Railer Express at 8:00pm @ East End Arena

Sunday, March 6

Stonewall Jets vs Ft. Garry/Fr. Rouge Twins at 7:30 at Century Arena

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POSITION DESCRIPTION

Position: Aggregate Scale Operator
Reports to: Sales and Operations Manager
Hours: Full Time Monday to Friday, Some Saturdays
Department: Winnipeg Aggregates
Location: Stonewall Quarry

Responsibilities:

Ticketing

- Scale trucks when required prior to loading for tare purposes
- Scale trucks when loaded, ensuring proper information is entered
 - o Truck information
 - o Customer/quote information
 - o Product
 - o Weights
- Entering manual tickets as required
- Ensure all Cash Sales transactions are processed correctly and in a timely manner
- Track COD's as required

Office Duties

- Sort and file tickets
- Continually remind haulers of safety requirements
- Assist in maintaining cleanliness and upkeep of scale house
- Other tasks as required
- Works with Stonewall Operations and Sales/Dispatch Group

Education:

- Grade 12 or equivalent

Knowledge & Skills:

- Strong problem solving.
- Excellent communication and leadership skills.
- Works well in a team environment.
- Able to handle difficult issues in a positive way.
- Driven to achieve or exceed set targets.
- Strives for continuous improvement.
- Organized self-starter.

Reply with resume to trevor.wiebe@lafargeholcim.com

METAL RECYCLING

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

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

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MISCELLANEOUS

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LEGAL SECRETARY

Grantham Law Offices requires a legal secretary for a full-time position, due to existing staff member retiring. Duties will include preparing legal documents and dealing with clients. Specific training will be provided. Salary will commensurate with experience. Please forward your resume to:

Grantham Law Offices,
Box 1400, Stonewall, Manitoba, R0C 2Z0
Attention: Doug Grantham
or e-mail to: granthamlaw.lynn@mymts.net

Rural Municipality of Woodlands

ANNUAL PUBLIC NOTICE



Additions to the Voters List and/or Personal Security Protection Requests

In accordance with Section 36 of *The Municipal Councils and School Boards Election Act (MCSBEA)*, the Rural Municipality of Woodlands Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of Rural Municipality of Woodlands can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. That person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to:

Rural Municipality of Woodlands
57 Railway Avenue
PO Box 10
Woodlands, MB R0C 3H0
Phone: (204) 383-5679
Fax: (204) 383-5169
E-mail: admin@rmwoodlands.ca

The next General Election takes place on October 26, 2022

Ernie Epp
Senior Election Official

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Stonewall Teulon
Tribune

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EMPLOYMENT OPPORTUNITY

Teulon Day Care is looking for **part time staff** to join our team. The position available is Monday-Friday 2:30p.m.-5:30p.m. with additional subbing hours available. This position will commence mid-March. **We are also looking for casual substitutes.**

The successful candidates will:

- have or be willing to get current first aid & CPR. Must also submit to a criminal record check & vulnerable sector search & child abuse registry check.
- be reliable, flexible & professional
- be fun, energetic & nurturing
- be willing to work as a team & take direction

Please submit resume with cover letter to teulondc@mymts.net.

Only those selected for an interview will be notified.

Classified and Announcement booking deadline is Monday at 4 p.m. prior to Thursday's publication. Call 204-467-5836

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RURAL MUNICIPALITY OF ARMSTRONG

PUBLIC NOTICE

ADDITIONS TO THE VOTERS LIST AND/OR PERSONAL SECURITY PROTECTION REQUESTS



In accordance with Section 36 of *The Municipal Councils and School Boards Election Act* (MCSBEA), the R.M. of Armstrong Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the R.M. of Armstrong can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, or mail.

Rural Municipality of Armstrong
Box 69
Inwood, Manitoba
R0C 1P0
Telephone number: (204) 278-3377
Email: cao@rmofarmstrong.com

The next General Election takes place on October 26th, 2022

Ernie Epp
Senior Election Official



EMPLOYMENT OPPORTUNITY

FULL TIME UTILITY CLERK

The Town of Stonewall invites qualified individuals to apply for the full time position of Utility Clerk.

Under the direction and supervision of the Assistant CAO the Utility Clerk, as part of the Administration Department, shall provide support to management in the running of the day to day business operations of the Town in accordance with statutory requirements and the policies and objectives of Council.

Wage will be commensurate with qualifications and experience based on Town of Stonewall Non-Union Employee Policy 3.1. This position includes an excellent employee benefits package.

The preferred applicant will have a strong accounting skills, exceptional customer service skills, and the ability to positively interact with vendors, management, and staff. Applicants must be familiar with Microsoft Word and Excel, and accounting software applications. Municipal experience in TownSuite Software Program and Neptune 360 would be considered an asset.

Procedure for Applying

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

Town of Stonewall
Attention: Wally Melnyk
Email: ashleym@stonewall.ca
SUBJECT: UTILITY CLERK
293 Main Street, Box 250
Stonewall, MB R0C 2Z0

Deadline for applications: 12:00 PM on Friday, March 4, 2022

Start date: as soon as possible

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

The Town of Stonewall thanks all applicants, however only candidates interviewed will be contacted.

Announcements

Stonewall Teulon
Tribune

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CARD OF THANKS

Nancy Fleury (Friederici)
February 19, 1946 – January 31, 2022
On behalf of the family of Nancy Fleury of Teulon, we'd like to thank everyone for their warm condolences, cards, telephone calls, messages, gifts and visits during this most difficult time. Your shows of support are truly cherished and brought us comfort. We also thank those who donated to local charities in Nancy's name, as per her request. Your heartwarming kindness, thoughtfulness and generosity are very much appreciated.
-Sincerely,
Eugene Fleury and family
"Now we know why you always taught us to be strong. You knew that someday we would need that strength to bear your loss".

CARD OF THANKS

The family of Lloyd Stewart would like to thank our family and friends for all their care and concern during this difficult time. We will be forever grateful for your cards, text messages, phone calls, and visits. Thank you for all the beautiful flowers, gift baskets as well as all the delicious baking. To all who donated to the Heart and Stroke Foundation in memory of Dad - we appreciate your support of this very important charity. Thank you to Ken Loehmer for his assistance and guidance.
Dad was a wonderful husband, father and grandfather and we will all miss him so very much.
-Darlene,
Michelle and Lyle, Lisa and Dennis, Murray and Kristin
Kyle and Kezia, Grace and Aiden

ANNIVERSARY



Happy 50th
L & G Nelson
March 4, 2022

BIRTHDAY



Happy 90th Birthday
Janet McGillvray
Mom, Grandma and Great-Grandma
-Love your family

CARD OF THANKS

Our family has felt the warmth of messages received in our recent loss of Jim. The expressions of sympathy, made in so many heartfelt and generous ways, were received with great gratitude. Thank you to all.
-Love, Helen Harris and family

Express your Thanks with a message in the Tribune

Stonewall Teulon
Tribune

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

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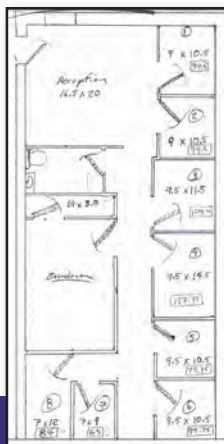
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IN MEMORIAM



In loving memory of
a dear husband, father,
Grampa and friend
David William Fairlie

March 20, 1948 - March 8, 2019

Love is a smile, a tear and a touch
Love says little, but means so much.
Love is forever, and we send it to you
From the family who thought the world of you.

-Forever loved and missed,
Barb, Jeff and Verna, Bob and Stacey,
Heather and Lance
and all the grandkids

IN MEMORIAM



Edwin Carlos Bintcliffe
December 30, 1970 - February 29, 2020

"As we look back over time
We find ourselves wondering.
Did we remember to thank you enough
For all you have done for us?
For all the times you were by our sides
To help and support us.
To celebrate our successes
To understand our problems
And accept our defeats?
Or for teaching us by your example,
The value of hard work, good judgment,
Courage and integrity?
We wonder if we ever thanked you
For the sacrifices you made.
To let us have the very best?
And for the simple things
Like laughter, smiles and times we shared?
If we have forgotten to show our
Gratitude enough for all the things you did,
We're thanking you now.
And we are hoping you knew all along,
How much you meant to us."

-Love, Erica and Noah

Your memory will live forever
Engraved within our hearts

OBITUARY



Ellen Forsley
(nee Puddicombe)

It is with great sadness we announce the peaceful passing of Ellen Forsley on Thursday, February 24, 2022 at the age of 104 years at Douglas Campbell Lodge, Portage la Prairie.

Left to mourn her passing and cherish her memory is her only daughter, Arlene and many close nieces, nephews, great nieces and nephews and many good friends.

Mom was predeceased by her husband, George, in September 1985; her parents, Fred and Florence Puddicombe; brothers Fred and Joe and sister Edith; all her sisters-in-law and brothers-in-law as well as a number of her nieces and nephews of both sides of the family.

In accordance with Mom's wishes, cremation has taken place. A memorial service in celebration of Mom's life will be held at McKenzies Portage Funeral Chapel at a later date with interment following at the Evergreen Memorial Gardens.

Flowers are gratefully declined. If desired, donations can be made to McKenzie United Church Memorial Fund, 85 - 11th St. NW, Portage la Prairie, MB R1N 2S2 or to Big Grass Community Foundation for Lakeland Cemetery, PO Box 497, Gladstone, MB ROJ 0T0.

A tree will be planted in memory and cared for by McKenzies Portage Funeral Chapel. www.mckenzieportagefuneralchapel.com

McKenzies Portage Funeral Chapel
Portage la Prairie, MB
1-204-857-4021

www.mckenzieportagefuneralchapel.com

OBITUARY



Elizabeth Louise Pfrimmer (Leonard)
November 8, 1927 - February 23, 2022

It is with great sadness we announce the passing of our mom, sister, grandma and great-grandma. Elizabeth (Betty) passed away peacefully with family by her side on February 23rd at the age of 94. She will be greatly missed and never forgotten by her loving family and friends.

Special thanks to Dr Loudon and the nursing staff at the Teulon Hunter Memorial Hospital that cared for mom during her short term stay.

A private family graveside service to be held at a later date.

Full obituary to follow.

I'm no longer by your side, but there's no need to weep;
I've left sweet recollections, I'm hoping you would keep.

Eternal joy and memories stay in our hearts forever,

Strengthening our special bond that parting cannot sever.

Now it's time to journey on, so let your faith be strong,

For I am in a better place...I'm home where I belong.

And if times of loneliness bring sorrow and dismay,

Don't despair, for I am there...just a memory away.

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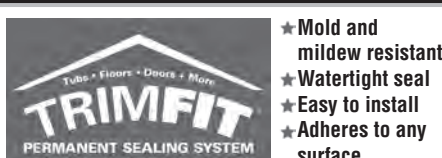
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