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Celebrating, not hibernating

Students at Ecole RW Bobby Bend School celebrated Métis culture and the voyageur last month during the school's Festival du Voyageur week. Class 2Mb made snow sculptures and decorated them with coloured paint.

TRIBUNE PHOTO BY CLAUDINE MILBRANDT

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Stonewall Girl Guide fundraising for Nova Scotian trip

By Nicole Brownlee

A Stony Mountain teenager is setting off to Nova Scotia after two years of delay with the help of Girl Guides of Canada.

This is Kyla Hancher's second trip with the female-empowering organization. Kyla's first trip sent her to Newfoundland in 2019.

"(My trip in 2019) was a really amazing experience and I met a lot of friends who I still talk to today and I got to see things that I've never seen before."

The girls went whale watching, explored Signal Hill and camped near the ocean.

Kyla was shocked she had the opportunity to join another Girl Guides adventure.

"Being accepted for the first (trip), I never thought I would get in because there's, like, hundreds of girls that apply," said Kyla.

"I never thought that would happen to me, so when I got it the second time, I was even more shocked than the first time."

Girl Guides of Canada hosts nationally sponsored trips, which send girls across the world to connect with other girls, develop essential skills and foster independence.

"You get to meet friends and other Girl Guides across Canada and have fun," said Kyla.

Danelle Hancher, Kyla's mom and Girl Guide leader, said one of her favourite memories while being a Girl Guide was participating in their trips.

"I went on a nationally sponsored

trip to England when I was 18," said Danelle.

"Best experience of my life."

The 2020 trip would have sent the lucky Girl Guides to a conference in Florida to meet other role models from the organization. Plans changed because of the COVID-19 pandemic, public health restrictions and travel requirements, so the summer trip was re-routed to Nova Scotia.

Around 15 girls from across Canada will meet in Nova Scotia this summer and spend eight days kayaking, hiking and exploring Nova Scotia.

Girl Guides covers half of the cost of the trip and then requires the trip-taker to pay for the remaining cost to encourage the members to learn the value of financial planning.

"They want them to learn how to work for part of their trip," said Danelle.

Girls sell Girl Guide cookies for a portion of the cost and can fundraise or work to pay the remaining bill.

Kyla is no stranger to cookie sales, and with the help of Danelle, she's bound to sell thousands in no time.

"I'm an avid leader, and I like selling Girl Guide cookies," said Danelle.

To help pay for the trip, Kyla plans to sell 60 cases, with each case holding 12 boxes of cookies. Earning around \$11 per case, Kyla will raise around \$2,000 from cookie sales, leaving her with around \$700 left to fundraise.

Kyla chose to organize a Thirty-One Gifts fundraiser for the final couple hundred dollars she needs for the trip.

The fundraiser is online through the



PHOTOS SUPPLIED BY KYLA HANCHE

Kyla Hancher, 17, travelled to Newfoundland with Girl Guides of Canada in 2019 where she went whale watching, camping and visited Signal Hill.

"Kyla's 31 Gifts Fundraising Party for GGC National Trip to NS, July 2022" Facebook group. Once donators are permitted to join the group, they can browse catalogues of bags in a range of sizes and shapes.

"You always see them at the beaches or at the stores," said Danelle.

Shoppers can buy bags through a consultant on the Facebook page, and for each purchase, Kyla will receive

30 per cent of the sale.

Kyla's first Thirty-One fundraiser is open until March 19. She plans to follow up with a second Thirty-One fundraiser in the summer.

To participate in Kyla's fundraiser, visit "Kyla's 31 Gifts Fundraising Party for GGC National Trip to NS, July 2022" on Facebook.

St. Patrick's Day event raises funds for ACL

By Jennifer McFee

The luck of the Irish will bring together music-lovers for an early St. Patrick's Day dinner and concert at Something Beautiful café this weekend, all while raising money for a good cause.

On Saturday, March 12, The Bards of Rhiannon, along with guest pianist Doug Breckman, will play Celtic musical favourites at the sold-out event.

The \$30 tickets will include the concert as well as a three-course Irish-inspired meal consisting of a caramelized onion potato pancake, roasted garlic and lentil soup, and a choice of homemade corned beef with cabbage or herb grilled chicken breast (with a mushroom tart available for vegetarians).

This marks the second fundraiser organized by Rick Williamson, who is

involved in the local ukulele club that meets regularly at Something Beautiful, a social enterprise run through the Association of Community Living Interlake in support of adults who live with intellectual disabilities. Williamson wanted to find a way to support the café, which often extends its hours to accommodate the ukulele club.

The first event featured The Bards of Rhiannon in a dinner concert in No-

vember at the café, which was a great success.

Williamson expressed amazement that the St. Patrick's Day event sold out all 50 tickets within 24 hours.

"I think people are really ready to hear live performances again," he said.

"Our band really enjoys performing

Continued on page 10

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Rezoning discussed for future continuing care retirement community

Stonewall council news in brief

By Jennifer McFee

The Town of Stonewall is taking steps to preserve a piece of the community's history.

At the March 2 council meeting, members of the public had the chance to weigh in on the town's proposal to borrow \$500,000 towards the project to restore the historic kilns. The town received one letter in opposition.

"The kilns that are currently in Quarry Park were constructed in the early 1900s and have sustained themselves over the course of time fairly well, although they are currently in a very poor state of repair and need some much-needed work in order to ensure their survival over the course of the next generation," said CAO Wally Melnyk.

The kilns represent the strong and proud history of Stonewall, he added.

"They have become the visual icon of the community. They are represented on letterhead and on advertisements for various businesses around the community. They are famous across the province and across the nation in terms of what they represent for this community," Melnyk said.

"They have been in desperate need of repair for several decades. That investment has not been made in the past and, unfortunately, that will mean the kilns need a greater amount of work to be done now rather than what would have been required a couple of decades ago. Ultimately, they are still salvageable."

The Save the Kilns initiative began in 2018 in an effort to preserve the historic structures. The organizers have proposed a multi-year project to achieve that vision.

"It is intended to make these kilns an integral part of the community, something that ultimately will be used and

integrated into a variety of different initiatives, whether that be tourism or simply using them for the visual appeal of the community," Melnyk said.

The project will cost an estimated \$3 million to preserve the three kilns and provide landscaping around them. Council has expressed support for the project and committed \$1 million to the cause, with \$500,000 to be borrowed in 2022 to get the project started. The additional \$500,000 will be contributed over time between 2023 and 2027.

The notice for the public hearing and draft bylaw both identify a five per cent interest rate, which is higher than the current borrowing rate. The loan would be repaid over a maximum period of 20 years, and the annual repayment would be no more than \$55,439.78 the first year. After that, \$40,121.29 would be included in the general municipal levy, which works out to about \$20 annually for an average house in the Town of Stonewall.

Mayor Clive Hinds stressed the importance of roots in a community.

"I'm excited to see this thing get going and get done," he said. "And I'm very, very pleased with the group that are behind getting things done."

Council passed first reading of the borrowing bylaw.

In other council news:

- The Town of Stonewall will show solidarity with Ukraine by acquiring a Ukrainian flag and then flying it for 30 days. In the meantime, they will add a Ukrainian flag to the town's social media accounts. Each member of council will also give \$50 to the Canadian Red Cross in support of Ukraine.

- Interlake Salvage and Recycling hopes to expand on the opposite side of a strip of land owned by the Town of Stonewall. Access would be from the proposed extension of Lime-stone Drive. Rather than use public



PHOTO SUBMITTED

Plans are in the works to restore Stonewall's historic kilns.

roads, the business is requesting an easement over the town's property to move equipment and materials between its current salvage yard and the proposed expanded area. To accommodate the expansion, the property would need to be rezoned from light industrial to heavy industrial.

The town hosted a public hearing on the topic at the March 2 council meeting. Council planned to discuss the matter at the committee of the whole meeting on March 9 and will likely give second reading at the council meeting on March 16.

Before proceeding to third reading, South Interlake Planning District recommends that the Town of Stonewall enter into a development agreement to address site access, land use, traffic, parking, buffering and screening from adjacent residential development, business hours, land drainage and site maintenance.

- Council discussed an application from SAJ Advisors to rezone portions of seven properties

in order to create three proposed lots and two residual lots. The properties are located along 4th Street East and Winfield Road. The land would be used for a future continuing care retirement community as well as a lift station, which would also require a variance.

"We still have a number of hurdles to go through, but at least we're starting the process and moving in that direction," said CAO Wally Melnyk.

- The regular council meeting on April 20 will be changed to April 13, and the committee of the whole meeting that had been previously scheduled for April 13 will be cancelled.

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Students and veggies are growing at WCI

By Nicole Brownlee

Students in Warren have the chance to get their hands dirty while developing their green thumbs with the help of two horticultural teachers.

Warren Collegiate Institute teacher Amber Oughton is leading the charge with the help of her colleague Amanda Dion to continue WCI's gardening club.

"Lots of the students seem to be excited about just getting their hands in the dirt," said Oughton, who has gardened with several generations of students at WCI.

In spring 2021, WCI sold rain barrels to raise funds to build an outdoor greenhouse at the school. The school raised \$1,000, which could purchase an outdoor greenhouse but isn't enough to also cover seeds, soil and supplies.

Using the \$1,000 raised last year and a \$400 grant from the South Interlake Garden Club, WCI purchased three indoor greenhouses with grow lights stationed in Oughton's classroom, soil and seeds for peppers and tomatoes.

"We're just going to start off small this year," said Oughton.

The 15 club members are planting pepper seeds in early March and

tomatoes at the end of the month. Oughton will also teach the students how to transplant the vegetables.

"We're going to try and get close to 200 (plants)," said Oughton.

Chris Mason, a Grade 9 student in the garden club, said he gardens at home with his mom, and he's excited to share his talent at school.

"Finally, something in school that I am already good at," said Mason.

"I am excited to learn something new beyond the traditional courses in high school," said Abby Cassidy, a Grade 12 student participating in the garden club.

"It will be nice to see this project grow into

something more over the next few years."

The students will organize a vegetable sale in the spring to raise money for the club to continue next year.

"Hopefully, next year we'll have enough money to buy an outdoor greenhouse, and then we can expand into flowers and more veggies," said Oughton.

The two teachers are brainstorming ideas for future fundraisers to aid in their pursuit of an outdoor green-

"IT WILL BE NICE TO SEE THIS PROJECT GROW INTO SOMETHING MORE."



TRIBUNE PHOTO SUPPLIED BY AMBER OUGHTON

Grade 9 to 12 students at Warren Collegiate Institute have the chance to grow peppers and tomatoes this year with the help of teachers Amber Oughton and Amanda Dion.

house.

"If we can fundraise a couple hundred dollars, then we should be to the point of being able to purchase an outdoor greenhouse and sustain it."

In the meantime, WCI is collecting donations of small pots, around 5 five to 10 centimetres, and trays. Spare seeds, soil and other gardening supplies are also welcome, said Oughton.

Oughton and Dion hope to offer a

plant science course at WCI one day.

The course is a long-term goal, which Oughton expects will take around two to three years to develop and secure Manitoba Education's approval.

"It's just nice to see kids getting back into extracurriculars and some of the stuff we haven't been able to do for two years because of COVID," said Oughton.

Interlake School Division's notes from Feb. 28 board meeting

Staff

At the regular meeting of the Interlake School Division board of directors on Feb. 28, Supt. Margaret Ward reported that schools had been closed for nine days due to inclement weather this school year.

The amount of closures is the most the division has seen

in 18 years. Nov. 18 schools were closed due to inclement weather; Jan. 18, 19 and 21 due to inclement weather; Jan. 25 due to extreme cold (-45); and Feb. 1, 2, 11 and 18 due to inclement weather.

School closure decisions are made by 6 a.m. so parents can make arrangements. Transportation supervisor Jaret Thiessen is out the door before 5 a.m. assessing road conditions for inclement weather cancellations. In the case of extreme cold cancellations, the temperature is taken from the Winnipeg Airport, and the natural temperature must be colder than -40 with a windchill -45.

Thiessen also reported that this winter, weather conditions have definitely strained the school bus fleet. Between breakdowns, 28 stuck buses and waiting for parts, they

have come close to cancelling routes and extra-curricular trips.

- On March 1, the following changes regarding public health were undertaken: student-athletes are no longer required to provide proof of vaccination or undergo regular testing and tournaments, and overnight trips are now allowed. Masks can be removed in phys-ed class when students are physically active. Employees will no longer require proof of vaccination and regular testing, and the ISD will abide by provincial guidelines regarding masking mandates.

- Schools will be easing into allowing spectators and visitors into their buildings by principals' discretion.

- The public budget meeting will be held virtually on March 9 at 7 p.m. via Zoom, accessed through the ISD website. www.interlakesd.ca.

- April 4 is the projected date to open schools for community use bookings.

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'Continue to take COVID precautions,' urges Doctors MB

By Lorne Stelmach

Physicians are urging Manitobans to remain cautious about COVID-19 even as pandemic restrictions are being eased in the province.

During an online press conference last week, Doctors Manitoba president Dr. Kristjan Thompson stressed that we all need remember there's still a significant risk and a need to take precautions, as COVID continues to circulate widely in communities throughout the province.

"While these protections are being loosened, the risk from COVID-19 is not yet gone," stressed Thompson, who is an emergency physician at St. Boniface Hospital in Winnipeg.

"While our numbers are trending in reassuring directions, we are not out of the woods yet," he continued. "We've been at this for two years. There's a very strong sentiment and urge just to get back to way things were, but we're not there yet."

During this critical transition period, it remains vital that people continue to follow public health and medical recommendations to reduce the risk.

With that in mind, Doctors Manitoba has launched a new website, new-

covidnormal.ca, to help Manitobans understand the current risks, who is more vulnerable and what everyone can do to help. The resource was created based on public health advice and with the input of physicians with a wide variety of expertise including in infectious diseases, public health, family medicine, critical care, geriatrics and pediatrics.

As part of the awareness campaign, Doctors Manitoba is also stressing that there are many factors that can make people more vulnerable to severe outcomes from COVID-19.

Risk factors include age, underlying medical issues, compromised immune systems, obesity, disabilities, history of smoking and pregnancy, and many of these risk factors are not visible to others. As well, Manitobans who are Indigenous, Black or people of colour can also be at an increased risk.

"There are over 20 risk factors that can make people more vulnerable to COVID-19," explained Thompson. "Over half of Manitobans have risk factors that make them higher risk for severe illness or even death from COVID-19."

He reiterated the message that "COVID is still circulating widely in Manitoba ... our hospitals are still nowhere near back to normal. There are hundreds of patients with COVID still in hospital, and this affects patient care all across the board.

"I think we're concerned that people are getting the wrong message. ... The end of restrictions and protections does not mean the end of the pandemic," Thompson said. "There's still absolutely a need to continue doing things that will limit the risk of spreading COVID-19 to others."

Thompson touched on his own recent experiences at St. Boniface Hospital as a prime example of the health-care system still being well over capacity.

"There are often days when there are over 20, sometimes approaching 30 admitted patients waiting for beds," he said. "Our hospitals are still stretched and are still over capacity, so I think it behooves us to tread carefully and softly so we can get on top of these numbers.

"I don't want there to be another wave. I'm done with COVID too. ... I want this to be over just as much as

anyone else," Thompson continued. "Another variant could still come, and we may have to reinstate these restrictions. If we start to see a trend in the wrong direction, if we start to see our numbers go up, if we see a new wave ... we have to have a mechanism to reinstate, if need be, and I do trust our public health officials are looking at that data and will advise government accordingly."

Over the next several weeks, physicians recommend Manitobans do the following to help:

- Understand the risks by visiting the newcovidnormal.ca website.
- Continue to wear a mask that is good quality and well-fitted.
- Get vaccinated and boosted, especially as easing restrictions increase risks for those who haven't been fully vaccinated and boosted.
- Reconnect with others gradually by keeping contacts at a reasonable level and finding fresh air whenever possible.
- Stay home when ill to avoid spreading COVID to others.

Self-isolation requirements gone as of March 15

By Ashleigh Viveiros

Manitobans who test positive for COVID-19 will soon no longer be required to self-isolate.

Dr. Jazz Atwal, deputy chief provincial public health officer, last week announced the province's intention to drop self-isolation requirements on March 15, the same day the mask mandate expires.

"No matter what your respiratory symptoms are, it's still recommended to stay home when you're sick to give your body time to recover and to reduce the likelihood of spreading that illness to someone else," Atwal stressed.

Manitoba will also stop COVID-19 case investigations next week.

People who test positive for the vi-

rus will still be contacted and provided guidance on how to care for themselves and whether they're eligible for certain treatments, Atwal explained, but the province will no longer be looking into where a person may have caught or transmitted COVID-19.

Health officials will also be changing how it reports COVID-19 data moving forward.

"As we continue to transition to living with COVID-19 outside of public health restrictions, we also need to adjust to the information we collect and share with Manitobans," Atwal said. "Real-time data is less critical with endemic reporting. Instead, we would shift our focus to key piece of information that will provide the most relevant epidemiological evi-

dence and data for both the public and decision-makers.

"Manitobans will see this shift in the days ahead as we focus on reporting on key trends, more vulnerable settings, and other important indicators of COVID activity and severity in our province."

With restrictions easing across the province, it's likely Manitoba will see a jump in cases, Atwal said, though he doesn't believe a major new wave of the virus will hit in the weeks ahead.

"The system has been preparing and will continue to prepare for potentially a new wave," he said, noting a future variant could well come along and cause more severe outcomes than the currently prevalent omicron variant. "There isn't anything on the hori-

zon that we can see in relation to that, but we're going to continue to monitor that situation."

Public health is prepared to scale up its response once again should case numbers, especially hospitalizations and ICU admissions, require it.

On Monday, Manitoba's online COVID-19 dashboard was reporting 434 people in hospital with COVID-19 (192 of them contagious) and 27 people in ICU (15 contagious). That is an improvement over the previous week, dropping by 40 in hospitalizations and three in ICU patients.

The number of deaths due to the virus was at 1,700, up 20 from the Monday before.

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Tale of two pandemics

By Cam Dahl, general manager of Manitoba Pork

It has been over two years since we first heard the words COVID-19. Since then, we have seen over 130,000 Manitobans become ill from the virus and over 1,500 deaths from the disease. Our mental health has taken a hit too, families kept apart, kids seeing extended time away from school, and the normal interactions we need as social beings are broken. There is an overwhelming feeling that we need to do things differently if this happens again.

COVID-19 has impacted Manitoba's agriculture production too. In the hog sector, we have seen labour become more difficult to find, both in our barns and processing plants, while at the same time more has been required of existing staff because of the pandemic, including filling in for those who have become ill. Our supply chains have been interrupted by a shortage of truckers and vaccine requirements. These constrictions have made it more difficult to access feed and export pigs to the United States. Despite the ongoing difficulties, the value chain has shown tremendous resilience to COVID-19 outbreaks, ensuring a reliable supply of pork to both Canadian and international consumers.

While we all have been dealing with COVID-19, hog farmers in Manitoba have been hit with another coronavirus outbreak: porcine epidemic diarrhoea (PED). While PED has no impact on people, and our pork remains safe to eat, the disease is fatal to young pigs. Euthanasia is often the only humane response to prevent extended animal distress.

PED was first found in Canada in 2014. Since then, Manitoba has seen major outbreaks in 2017, 2019 and 2021-22. We seem to be on a two-year cycle for this disease, which is not sus-

tainable in the long run.

PED has taken an enormous toll on farmers whose operations have been impacted. The financial loss has driven some independent producers to consider their future in the industry. The disease has also taken a significant emotional toll on farmers and their staff. Like COVID-19, producers are telling us that we need to do things differently.

Manitoba is fortunate. All links in our value-chain work collaboratively, including producers, independent and company veterinarians, transport companies and the office of our chief veterinarian. These partnerships may seem natural, but it is actually not common to see industry and government players step out of their silos and openly collaborate.

Using this collaborative model, Manitoba Pork has established a value-chain working group to answer the question, "What do we need to do differently to prevent the spread of PED?" Each participant is being asked to bring forward the pieces of their PED management strategy that they feel are effective and highlight areas where they feel changes could be made. To see the best results possible, members of the working group are looking beyond their own specific issues and will make recommendations based on the best interest of the entire industry.

As part of this effort, Manitoba Pork has engaged the Western College of Veterinary Medicine to review PED management practices in other jurisdictions, including other Canadian provinces and the United States. What works elsewhere that might fit in the Manitoba environment? What alternative practices might look promising but have been shown to be ineffective?

All parts of the value chain have ramped up biosecurity enforcement

since PED was first discovered in Manitoba. But are there still gaps in the application of biosecurity best practices? Can the industry do a better job of communicating the appropriate responses, by service providers, if PED is found on a farm? It is clear that strong communication, both within the value chain and to outside stakeholders, is critical in preventing the next outbreak.

How do you stop the spread of the next potential pandemic? The principles are the same, whether one is talking about a virus spreading through our towns and cities or one spreading through our barns. First, get out in front with strong biosecurity. Take measures to prevent contact with infected premises. Collaborate and communicate frequently with all stakeholders. Perhaps most of all, be flexible and be willing to adapt new approaches that will better meet the needs of the community.

Clocks spring forward this Sunday for daylight savings

Staff

Most Canadians will adjust their clocks ahead by an hour Sunday, March 13 for the switch from local standard time to daylight saving time.

Daylight saving time officially starts at 2 a.m.

Clocks are pushed ahead one hour in spring to what's commonly called "daylight saving time," an idea first used in Germany during the First World War with the goal of saving energy. It aims to take advantage of daylight hours in the spring so that people don't sleep through the first few hours of sunshine.

When the daylight period gets shorter in the fall, the clocks are readjusted to the proper "local standard time."

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TRIBUNE PHOTO BY JO-ANNE PROCTER

Keeping up with a longtime tradition, Kelly and Gary Eyford were out "ski-dooskiing" east of Warren last Wednesday. Kelly said as resourceful flatlanders they have made this a fun winter pastime for their family for many years. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@stonewallteulontribune.ca.

letter to the editor

Letters to the Editor:
letters@stonewallteulontribune.ca

Don't give away our historical documents

First of all, I wish to thank the many family and friends that have been calling and writing to inquire about our family and friends in Ukraine.

Our family and friends mostly live in rural areas and, so far, are safe. However we do have friends in Kyiv, Lviv and Kolomeyia, which are cities that are under attack. Some have moved to rural areas with other family and some have chosen to remain in the city. We have spoken with them often, and Sunday, March 6 was the first day that we have not been able to reach them. We hope it is just because the lines were all busy. The men, whether in country or city, are being called up to help protect their homeland. How can this be happening in our world of today? How I appreciate what we have in our country! Each and every one of us has the responsibility to maintain the integrity of our communities and country.

Secondly, I wish to thank Jennifer McFee for the article on page 4 of the *Stonewall Teulon Tribune*, Feb. 24, 2022, edition, re: "Stonewall council considers the best ways to store the town's historical records." It should not be a complicated decision as to where and how to store these docu-

ments. Thank you Jennifer for bringing to the attention of the citizens of Stonewall, Teulon, Rockwood and surrounding towns and municipalities that the Heritage Arts Centre has original materials that need a home. Since Stonewall has no other museum, maybe our heritage should be preserved in our Heritage Centre. If that is not feasible, could space be made in the newly renovated town hall? Or preferably in the old post office, which council will vacate when it moves back into the town hall and could be converted into a museum and storage facility? Preservation of these materials, which have recorded the life and legacies of citizens from many cultures and many walks of life, is a must. These are citizens who helped make Stonewall, Manitoba and Canada what they are today! I hope the decision is not made to give away these valuable documents. It is important that these records be kept locally accessible to any individuals or groups to use for research. When I have asked friends in other locations, most have decided to keep their records where they retained ownership and they are accessible in the community where people would be most likely to look for them. I am also writing a letter to the council of the Town of Stonewall to ask that they not give away these original records to Winnipeg, where they may be digitized and then destroyed. I will be

asking that they keep the originals here in Stonewall.

The Town of Stonewall has an amazing group of volunteers, the Heritage Committee, which has worked together for many years. I suspect members of the Heritage Committee would be happy to help formulate a plan for the storage of the town records. I hope Stonewall council consults with them and gets their input before deciding where and how to store our heritage. Dedicated people did a wonderful job of raising funds to save the kilns and I hope the same will be done to save the town's historical records. Possibly a joint committee could be set up with individuals from the Interlake School Division, the Rural Municipality of Rockwood, the IERHA, the local businesses and organizations, the government, the Heritage Committee, etc. I am pleased to have read (page 8, of the same edition of the *Stonewall Teulon Tribune*) that the Manitoba government has extended the deadline to March 21 for applications to the Heritage Resources Conservation Grant.

Lastly, thank you to our veterans as well as all citizens and organizations, past and present, for what they have done to make Stonewall, Rockwood, Manitoba and Canada what they are today!!!

- Sincerely,
Merle Tomyk

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A Lenten Journey

The season of Lent has changed a great deal for me since I was a child. Growing up in a Catholic household, it was just expected that we would all be "giving up something for Lent." Since I was always on the big side, it usually had to do with refraining to indulge in some sort of food. It also had to be a real sacrifice, not some meaningless act.

As an adult, I must admit that I have a completely different outlook on Lent, mostly from my seminary training but also my personal effort to make my Lenten disciple spiritually beneficial. In particular, I now understand that the whole idea of changing some behaviour for Lent is about learning to manage our human appetites. Nowadays, the whole idea of reigning in our natural cravings is taboo. Heaven forbid that I should not be free to do whatever I choose, even if it infringes on someone else's rights.

What I have found helpful is to understand that sometimes we need to give up some freedoms so that we might attain a higher cause. For me, that higher cause has become living a life of gratitude to God in which I freely choose to live for others and not just for myself. Of course, I am trying to imitate our Lord Jesus Himself, who would take on the human condition so that you and I might be restored to being God's beloved children.

Although I am not entirely successful in living such a life all the time, it is in my heart and mind to do so. What the season of Lent does is remind me yearly to refocus and clarify my resolve to live a disciplined life so that I may freely live a life that allows me to choose God. What I try to give up these days is any self-righteous attitude that would prevent me from reverting back to a mindset where only I matter.

Submitted by Rev. Barry Schoonbaert

Donation drive underway for Ukraine humanitarian relief

By Jennifer McFee

While the world rallies in support of Ukraine, the local community continues to do its part.

Warren resident Lauren Iwanchuk is currently collecting donations of priority items for humanitarian relief to be sent overseas. Some of the items will also be stored in preparation for the influx of Ukrainian refugees expected to arrive soon.

The donation drive will wrap up in the morning on Friday, March 11.

Iwanchuk decided to get involved when she saw a Facebook post from her friend John Huver of Royal LePage Prime Realty stating that his co-worker had put a bin in their office to collect donations.

"His co-worker has family in Ukraine currently. I had a couple of things I wanted to donate and thought I would reach out to the community to see if anyone else wanted to help out," she said.

"I reposted the post to a few community pages and it blew up. I had people messaging, wanting to donate items. It was amazing to have so many people wanting to help out."

Items being accepted for donation include

non-perishable food (with a big demand for baby food), feminine hygiene products, diapers, first aid kits, oral hygiene products, blankets, bedding, clothing, footwear, tents, camping mattresses, portable lamps, candles and tactical items such as helmets, backpacks and dry rations.

Restricted items that aren't eligible for donation include knives, aerosol items, matches, perfumes, aftershaves, any products with alcohol, batteries, compressed air or gas cylinders, camping stoves and perishable food.

Anyone who would like to donate to the cause can drop off items at Warren Tire by Friday morning.

"All donations get taken to a drop-off depot on Main Street in Winnipeg," she said.

"They get sorted and sent to Poland and then they are transported to Lviv and distributed to humanitarian centres there."

Iwanchuk said another option is to donate funds online through the Ukraine Humanitarian Appeal organized by the Canada-Ukraine Foundation (www.cufoundation.ca).

"I feel that we're all pretty lucky to wake up every



Donations for Ukraine are being collected until Friday, March 11 and can be dropped off at Warren Tire.

day and go about our lives without minimal disruptions," she said.

"The people of Ukraine have had their whole lives upheaved at no fault of their own, and I just wanted to help in anyway that I could."

Lieutenant-governor requests nominations for annual historical award

Submitted by the office of the lieutenant-governor

Lt.-Gov. Janice Filmon is encouraging the public to nominate a worthy Manitoban who has provided prolonged and meritorious service in the preservation and promotion of Manitoba history for an award, presented in consultation with the Manitoba Historical Society.

"In every community, in every city and town, there are individuals who devote their time and expertise to preserving documents, creating his-

torical studies, restoring or maintaining historical buildings and artifacts, bringing the past to life in schools, museums and historic sites, and advocating for historical understanding," said Lt.-Gov. Filmon. "It is a pleasure to formally recognize Manitobans who take such pride in preserving and promoting the history of this great province for the benefit of us all."

The Lieutenant-Governor's Award for Historical Preservation and Promotion is presented to those with experience in such endeavours as:

- the writing of historical publications and documents;

- stewardship of museums and archives;
- raising of public education, advocacy and awareness;
- committee or community service;
- preservation of historic sites / buildings; and
- art and media.

As the oldest historical organization in Western Canada, founded in 1879, the Manitoba Historical Society (MHS) presents awards to businesses, farms and organizations that have operated for over 100 years, recognizes important historical books with its Margaret McWilliams Awards and encourages school children to learn about Manitoba's past through its Young Historians Awards. It publish-

es the *Prairie History The Journal of the West* and operates a comprehensive website with information on all facets of Manitoba history and heritage.

The MHS will receive nominations from the public and will recommend up to three individuals to receive awards this year. Nominations to be considered for 2022 must be received by Friday, April 1. The awards will be presented at Government House later in the spring.

Nomination forms and further details of the award program are available on the websites of the lieutenant-governor of Manitoba (www.manitobalg.ca) and the Manitoba Historical Society (www.mhs.mb.ca).



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Clubroom Events for the Week of March 7
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!

Police charge 15-year old female with second-degree murder, robbery

Submitted

On Feb. 26 at approximately 3 a.m., the Winnipeg Police Service responded to a well-being call at a parking lot near Shaftesbury Boulevard and Conservatory Drive. Responding officers located a deceased adult male in a vehi-

cle parked at that location.

The Major Crimes Unit assumed the investigation and determined it to be a homicide.

The deceased has been identified as Paul Ens, a 43-year-old male of Winnipeg.

On March 1, a 15-year-old youth female of Stonewall was charged with second-degree murder and robbery. She was detained in custody.

Members of the Major Crimes are continuing this investigation. Anyone with information is asked to call the Major Crimes Unit at 204-986-6219 or Crime Stoppers at 204-786-TIPS (8477).



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Eating disorders addressed in school presentation

By Nicole Brownlee

Youth can learn the importance of balanced eating and healthy eating habits in a one-hour presentation offered by the Mood Disorder Association of Manitoba.

MDAM created the disordered eating program in 2021 for people who identify as women to address disordered eating habits, low self-esteem and mental health issues during a six-week workshop.

Andrea Smith and Dana Lance adapted the program this year to address these concepts to youth.

"I got involved because I wanted to do more with youth about body image and disordered eating because that's a very vulnerable age," said Lance, MDAM's youth program co-ordinator.

Statistics Canada states around one million Canadians had a diagnosed eating disorder in 2016, and up to 30

per cent of girls and 25 per cent of boys aged 10 to 14 reported dieting to lose weight.

"The incidence of eating disorders in Canadian children is estimated to be two to four times greater than Type 2 diabetes," said the National Initiative for Eating Disorders (NIED).

Smith created a one-hour presentation for elementary, middle and high schools out of the six-week workshop to address concepts like beauty standards for all genders, diet culture and healthy habits. MDAM will also offer a six-week program for youth and people who identify as women.

"Disordered eating and body image issues start in kids as young as four," said Smith.

"Early intervention is imperative when you're trying to deal with eating disorders."

The Body Image Heroes presentation acknowledges the damage caused by

stereotypes, disordered eating habits and the importance of self-love.

"We also let (schools) view the content in the slides beforehand because we want to make sure that it's appropriate for the kids at the school ... and the environment," said Lance.

Presentations to elementary schools focus more on body movement, nourishment and self-love, while older grades touch on more serious topics.

"Even as young as Grade 1, they do understand the concept of other people make me feel bad about my body and make me feel like I need to do something different," said Lance.

Body image issues have increased during the COVID-19 pandemic because people were forced to change their lifestyles, extracurriculars and sometimes their eating habits.

Smith also attributes body image issues to the increase in social media usage over the past decade.

"People aren't being taught how to love themselves," said Smith.

"If you ask someone, 'How do you work on loving yourself?' not even most adults know how to do that."

Diet culture has been glamorized by celebrities and social media influencers, which distorts children's perception of healthy eating, said Lance. Parents can also impact how children feel about their bodies if parents talk poorly about themselves.

"Parents should be conscious of what their kids are listening and tuning in to because you can never know what the impact may be," said Lance.

The NIED states that eating disorders have the highest overall mortality rate of any mental illness in Canada.

Interested schools can book a presentation through Dana Lance at youthprogram@moodmb.ca.

Don't stop voting for Stony Mountain dog!

By Jennifer McFee

Rosey, a five-year-old red heeler from Stony Mountain, keeps moving forward in the 2022 America's Favorite Pet Competition.

Now she needs your votes to jump ahead once again and secure a spot in the Top 5.

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, followed by the Top 10 wrapping up on March 3. Now Rosey is in the running for a spot in the Top 5, with voting open 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 *Catsster* or *Dogster* magazine.

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



TRIBUNE PHOTO SUBMITTED
Rosey needs online votes to secure a spot in the Top 5 in the 2022 America's Favorite Pets Competition.

THE CASTELANE TEAM



CENTURY 21 Bachman & Associates

Kayla Hueging
www.castelane.mb.ca
@thecastelane team
204.996.9851
kaylahueging@gmail.com

Hi! My name is Kayla Hueging, I was born in Winnipeg and raised in Rosser. I currently live in the town of Warren, with my husband and two children. It's been 5 years since we moved back to where we grew up and we just love our community! Over the last 5 years, I have worked in the Real Estate Industry in conveyancing, which developed a passion for helping navigate clients with their single largest investment, real estate. I feel my previous positions allowed me to understand the importance of being hard working, professional, ethical and honest when assisting my clients. I am now fully licensed as a real estate salesperson with The Castelane Team at Century 21 Bachman & Associates. The Castelane Team has over 40 years of experience in the industry with over 4,500 transactions and continue to be in the top 1% of agents in the Country. I'm extremely excited for this next chapter in my career and I look forward to helping all my clients in finding their forever homes. If you're in the market to sell, buy or invest, feel free to contact me and we will provide you with a FREE market evaluation. I look forward to hearing from you.

Your community Realtor,
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Video about Stonewall athlete reaches global audience

By Jennifer McFee

A young Stonewall athlete is getting worldwide attention thanks to a locally produced video that puts her in the spotlight.

Hockey player Anya Epp is the focus of a short video produced by Randy Frykas, made possible by a grant that aims to promote gender equity in recreational sport.

"Anya is a great example of a hard-working athlete, trying to make a difference on and off the ice," Frykas said.

"Not only thinking about where she is now with hockey, Anya has an eye on the future and how she can continue being a supporter and leader."

The Canadian Parks and Recreation Association provided more than 20 grants across the country to support efforts to increase participation and retention of girls and women in recreational sport. This video project received a grant through this project, which is part of the federal government's funding commitment to achieve gender equity in sport at every level by 2025.

Within 48 hours of its release, the local video reached a global audience with views throughout Canada and the United States and stretching as far as Mexico, Hong Kong, the United Kingdom and Czech Republic.

"The video provides a quick look at where Anya currently is with hockey. There's a glimpse at some of the work she puts in off of the ice and, most importantly, you get to hear the story from Anya herself," Frykas said.

"It feels great to see this video has been viewed locally, in locations

around North America and overseas."

For 17-year-old Epp, the video offered an opportunity to express her love of sport for a wider audience — including other girls who might share a similar interest.

"I decided to participate in this video mainly to inspire other young female athletes to keep choosing the game they fell in love with. I wanted to showcase the opportunities that are out there for young women participating in hockey and sports in general. I am passionate about encouraging equality in sport and believe that promoting more opportunities will inspire people to continue chasing their dreams," said Epp, a student at Balmoral Hall School in Winnipeg.

"It is an absolutely incredible feeling to know that my voice has reached and hopefully had an influence on so many people globally. My goal is to do my part in helping provide awareness and opportunities for those who feel like they are smaller and less valued in the world of hockey."

The issue of gender equity is close to Epp's heart for multiple reasons.

"I aspire to leave my mark by helping create a pathway for other young women to follow in terms of following their heart and dreams when it comes to sports. I understand how it feels to think you are less valued and less important than male athletes in hockey. I want every young girl to believe and know they are strong, valued and have an impact on each other and our evolving society," she said.

"Sport and hockey is important to me because it has taught me so much. It's taught me real lifelong lessons. It



TRIBUNE PHOTO BY RANDY FRYKAS

Local athlete Anya Epp is the focus of a short video that has gained worldwide traction.

has made me feel important and powerful. It teaches me teamwork and how to represent something bigger than myself."

Epp will continue to follow her dreams since she recently committed to the University of Prince Edward Island's women's hockey team. She will also be participating in the junior women's hockey league playoffs taking place in Boston this weekend.

"I believe it is important to showcase girls and women in recreational sport to show kids — girls and boys — that playing hockey is about the passion, the families, the skill, the moments — not the gender. Women deserve to be respected in the way where all hockey and sport is noticed, encouraged and provided at a professional level. Many people are even unaware of the amazing talent but lack of opportunity women have compared to men

in the world of hockey and sports in general," Epp said.

"When I look at this game, I see life lessons and long-term goals. I see limitless effort, hard work and compassion. I see it as building character and sportsmanship. I see teams bring their families and communities together."

For other girls who are passionate about pursuing sports, Epp offers a few words of encouragement.

"Believe in yourself. Embrace the journey. Conquer the challenges. Face your fears," she said.

"But, most importantly, have fun and be you."

To view the short video, visit <https://vimeo.com/randyfrykas/anyaapp>.

> ACL, FROM PG. 2

at fundraisers for organizations like Something Beautiful that are involved in the community. Band members are travelling from Winnipeg, Portage la Prairie and as far away as Alexander to be a part of this."

Jimm Simon, executive director of Association of Community Living Interlake, welcomes the event to Something

Beautiful. The funds will likely be used towards events and recreational activities for the organization's housing and day program clients.

"We also operate the Buffalo Stone Café at FortWhyte, and we have lead cooks at both of those places. All of our food is prepared under the supervision of our chef, Ryan McMorris. Part of our social mandate is to have some of our clients involved, so hopefully we'll have some of the people that we support working as servers," Simon said.

"As COVID restrictions get lifted, both at Something Beautiful and at FortWhyte, we hope to get our clients more involved. Part of our mandate is to do job training and activities that promote inclusion."

Simon added that he's glad the café is able to operate at full capacity again.

"We only have 50 seats in the café so we're also looking forward to summertime when we can do things outside on our patio, which almost doubles our capacity," he said.

"Sometime in April, the snow is going to melt and everybody's going to want to sit outside, especially after this long winter."

Looking ahead, Simon hopes to incorporate more community events at Something Beautiful.

"The café opened about a year before the first COVID restrictions, and we were starting to get fired up and get music in here on a regular basis," he said.

"Every second Thursday, the ukulele club meets and plays here in the evening. Once a month, we have a book club that comes in and has a meeting. And we're ambitiously looking forward to having some kind of music event every Friday night."

Simon recommends following the organization on Facebook and watching for ads in the *Tribune* about upcoming events.

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ISD completes first phase of HVAC upgrade to reduce COVID

By Patricia Barrett

The Interlake School Division (ISD) has completed the first phase of upgrading heating, ventilation and air conditioning (HVAC) systems in its schools to bring more fresh air into classrooms and help reduce the possible transmission of COVID-19.

COVID is an airborne virus. When students or teachers infected with the virus exhale carbon dioxide (CO2), the virus is carried along with it into the classroom where others can breathe it in and become infected.

ISD maintenance supervisor Anthony Cornwell said the HVAC project was carried out in the division's 13 schools after the province indicated a need for more fresh air.

"The province set out guidelines for school divisions to get as much fresh air into classrooms as reasonably possible," said Cornwell by email. "This system is very effective in doing so by monitoring the CO2 levels in classrooms and bringing fresh air in as needed. This was part of the fight against COVID-19, to bring in as much fresh air as possible."

In addition to its 13 public schools, ISD has nine colony schools and an off-campus program. It serves about 2,850 students across a wide expanse of Interlake territory encompassing Teulon, Balmoral, Argyle, Woodlands, Warren, Stonewall, Stony Mountain and Rosser/Grosse Isle.

The new HVAC system keeps track of CO2 levels and automatically adjusts the amount of fresh air entering the schools.

"The air is constantly being monitored by sensors as it goes through its cycle. The air is heated, sent through MERV 9 filters [minimum efficiency reporting values], which trap tiny molecular particles, then pushed throughout a school. The return

grates then take air out of the classrooms through a different set of duct work and are monitored with sensors to keep track of the level of CO2 coming back through the unit," said Cornwell.

"At this point, the control system calculates the amount of CO2 coming back and determines if fresh air is needed and opens up fresh air intake to compensate for the amount of CO2 that is in the system. Some air is then expelled from the building through exhaust ducts to keep the pressure of the building intact."

HEPA filters [high efficiency particulate air] weren't used in the schools because they would impede air flow and not let enough fresh air into classrooms, said Cornwell. The MERV 9 filter is able to pick up microbes and allows for air to circulate.

The HVAC system, the filters and precautions such as vaccination and mask-wearing has enabled the division to make its schools safe, he added. The division followed the government's guidelines to bring in as much fresh air as possible.

"In conjunction with proper filters, the Interlake School Division has, in my opinion, succeeded in meeting those targets to make sure the schools are safe for staff and students to attend," said Cornwell. "With all other guidelines working together — masks, vaccinations, social distancing and staying home when ill — I do believe ISD should be proud of how we have faced these challenges and everyone should be thanked for doing their part."

The HVAC upgrade was divided into two stages, said Cornwell. The first stage was completed for the start of the September 2021 school year, providing the division with the "basics" to bring fresh air into the classrooms of all 13 schools. The second stage, which started in January, is still ongoing and entails further improvements in areas of the schools that

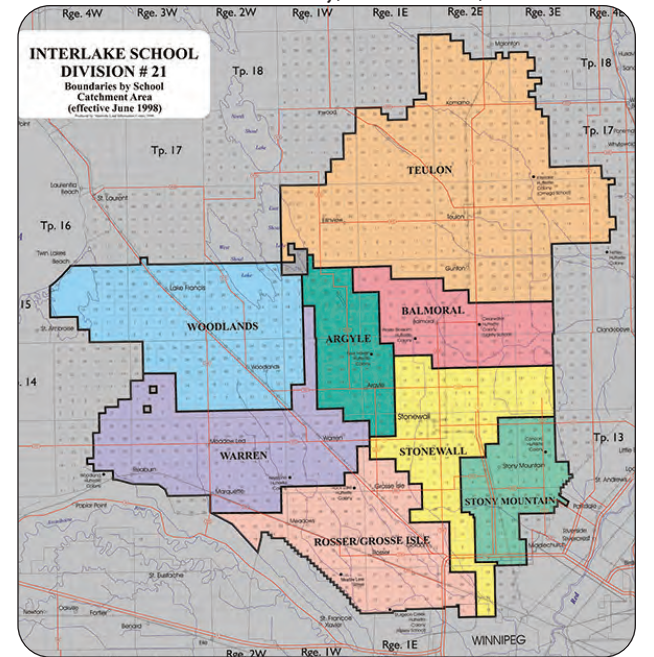


PHOTO SUBMITTED

ISD has completed the first phase of upgrading heating, ventilation and air conditioning (HVAC) in all 13 schools.

weren't in the original scope of the work.

The division also provided to the Hutterite schools within its catchment area portable air filtration units and HEPA filters, which are very good quality filters, said Cornwell. Because Hutterite schools are self-sustaining, the division is not familiar with the mechanical systems in those schools.

The Manitoba government provided \$800,000 for the project, said Cornwell.

"The first stage was paid for by capital planning as it was asked for by the division to improve air quality," said Cornwell. "The second stage was paid for by a piece of the province's \$6.8-million upgrade to ventilation systems in schools."

Brave patients share their stories to help others with dental anxiety

BY ELISHA VANDOR

When I first say dental implants to someone, they don't jump at the opportunity to go through a dental procedure. Quite often, it's the reason some stray away from the hope of tighter dentures altogether, but I'm here to give you some peace of mind from some who have been in your shoes, seen the other side and are here to share their stories.

When Brian came in to see us earlier this month, we were able to get the insider scoop on how his dental implant appointment at the dentist went. He had 5 teeth removed and 4 dental implants placed just two weeks prior. Brock the Denturist asks Brian what he's often asked, like does it hurt? Brian says, "I only had freezing put in and I didn't feel a thing to be honest with you. I didn't know they were putting in the dental implants until they were in. The whole process was about an hour and a half and afterwards I went home. I was given prescription Tylenol from the Dentist

and took that for a week after, but it wasn't terribly terrible. So, if you're thinking about dental implants, go for it! So far, it's been easy and that was the hardest part."

While Brian is still in the healing phase, the next patient we interviewed is now enjoying the full benefits of his new dental implant supported smile. Brock asked him to share his experience. Frank says, "I first came here for an appointment to discuss options with Brock. He was honest right from the beginning and guided me through every step. At first, dental implants is a scary thought, right? I came here with only 4 teeth left and had suffered for years. I didn't even want to go out and see people anymore. I had lost all my self-esteem, until I did something. The procedure changed my life 100%. A couple of weeks go by with the healing and you get used to it and it's nothing but great after. To me, it feels good, if not better than when I had my real teeth. It's a long-

term solution. Now I can eat, see my friends and family. People love my smile. This is the best decision I've made and the best place to get it done. I recommend it to anyone."

Both Brian and Frank have the same dental implant solution! Their lower denture is held in by four dental implants, which clicks in and out, like how a button snaps open and closed. In addition, if you recall the article a few weeks ago, we talked about how someone with dental implants can adjust the tightness of their denture with o-rings, well now both Brian and Frank are able to do that. They use o-rings to adjust the tightness to just tight enough to chew that morning toast, but still easy to clip out or have it so tight they can eat that well-done steak!

The first step to seeing how we can help is to call and book a free consultation. Like Frank said, we will guide you through each step so you can make the decision that's best suited for you.



- supplied photo -

Frank shows off his new smile that changed his life! **SENIOR PRICING**

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INSIDE > OUTSIDE > UPSIDE DOWN

Carman to host Rural Female U15AAA provincials

Staff

The Pembina Valley Hawks will be hosting the 2022 Hockey Manitoba Rural Female AAA U15 Provincials, presented by Cargill, in Carman beginning Friday through Sunday.

The tournament format will feature seven teams — Pembina Valley, the Parkland Rangers, Westman Wildcats, Eastman Selects, Brandon Wheat Kings, Normal Wild and Yellowhead Chiefs.

The Pembina Valley team includes Paige Powroznik and Vayha Willis, both of Teulon. The PV Hawks are hoping to repeat what the team did in the 2018-19 provincials. This year's squad has battled through adversity and put together a 13-1 record since Christmas. The Hawks are a team on a mission, playing some outstanding hockey. The team travelled to Regina for a tournament earlier in the year, competed in three showcase tournaments, and played in league with

combined rural and Winnipeg teams. The coaching staff and players are committed to competing hard and showing why this team is improving every game and are excited about this opportunity. Come out and support these girls and watch some exciting female hockey. The Hawks hit the ice for their first round-robin game Friday at 1 p.m. against Parkland. On Saturday, they will face off against Westman at noon. The semifinals, consolation, gold- and bronze-medal games will kick off Sunday at 9 a.m.

All games will be played at the Carman arena. There will be a full canteen, 50/50, door prizes and great hockey to watch all weekend.

To see the full schedule and keep up to date on the scores throughout the weekend, visit https://www.hockeymanitobastats.ca/schedule/day/division_instance/454580/2022/3/13?subseason=801925



Vayha Willis - Teulon



Paige Powroznik Teulon

Zone 5 champs



TRIBUNE PHOTO SUBMITTED

The Warren Collegiate Wildcats won the Zone 5 junior varsity girls' basketball championship after defeating the Fisher River Hawks 56-21 and Teulon Collegiate Saints 54-37 on March 1.

Pictured, back row, left to right: coach Michelle Riddell, Reese Hnatuk, Kjerstin Green, Bryn-Lee Procter, Samantha Boonstra, Abby Alexander, Mia Cassils and coach Fallon Campbell. Front row, left to right: Jaydn Baldwin, Avery Langrell, Colby Darragh, Rianna Cassils, Sarah Gilmore and Lauren Voth.

U13 girls win silver



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Stonewall Blues female U13 hockey team are provincial A1 silver medallists after a 5-4 loss to the Morden Hawks in the final in Stonewall last Sunday. The Blues defeated MacDonald 1-0, Oak Lake 5-0 and Hamiota 3-0 earlier in the tournament. Pictured back row, left to right: Kirt Swanson (coach), Keira Pattie, Kashlynn Kiesman, Emily McMurtry, Olivia Hagen, Sydney Boughton, Abi Minnie, Riley Swanson, Dallas Minnie (coach) and Todd Chetyrbok (coach). Front row: Blake Darragh, Payton Farthing, Nicole Hutchinson, Sophie Fumerton, Julia Harrisko, Maria Riddell and Jordyn Chetyrbok.

U15A Blues win bronze



TRIBUNE PHOTO BY MONICA BALDWIN

The U15A Stonewall Blues defeated the Southwest Stars 3-2 in the bronze-medal game of the provincials in Melita. Pictured back row, left to right: Scott Myers, Hailey Hiebert, Izzy Boonstra, Ruby Harrisko, Rhea Myers, Scarlett Dowsett, Jencie Henry, Kenzie Porter, Bailey Mantik and Bryce Baldwin. Front row, left to right: Brooke Darragh, Reese Farmer, Kaelyn Morden, Ali Thompson, Jordan Hudon, Jady Baldwin and Colby Darragh.

Stonewall bronzed at provincials



TRIBUNE PHOTO BY HOLLY POTTER

The U11A Stonewall Blues beat the Southwest Stars 3-2 in overtime in the bronze-medal game at the provincials. Pictured back row: coach Michelle Myers, Emma Bailey, Kenzie Myers, Brynn Williams, Lilly Slobodzian, Kendra Zaretsky, and coaches Todd Chetyrbok, Jason Sugimoto. Front row: Olivia Potter, Paige Bernier, Aubri Porter, Tamsen Killbery, Kaylah James, Brooklyn Chetyrbok, Claire Sugimoto, Khalie Minnie and goalie Emma Cassils laying in front.

Jets edged by Twins

Staff

The Stonewall Jets were edged 4-3 by the Ft. Garry/Ft. Rouge Twins in Manitoba Major Junior Hockey League action last Sunday.

Lucas DeGrave gave the Twins a 1-0 lead with a goal midway in the first period but Stonewall answered with a goal from Cole Emberly and a pair from Jordan Gray.

It was the Twins turn to score three in a row, though, as Ethan Gibson, Owen Ostermann (power play) and Darien Medwick tallied.

Stonewall wrapped up its season this past Tuesday with a road game against the St. Vital Jr. Victorias but no score was available.

Last Friday, the Jets were doubled

4-2 by the Transcona Railer Express.

Nolan Weihs and Evan Palmer, on the power play, scored for Stonewall.

Michael Todoruk had a hat trick for Transcona while Conner Grunsten also tallied.

On March 2, Stonewall blanked the Twins 4-0 as Josh Bond made 20 saves for the shutout.

After a scoreless opening period, the Jets' Nick Prystupa, Jaytey Towle and Michael Spence scored in the second.

Towle and Spence's goals came on the power play. Rylan Slatcher closed out the scoring with a shorthanded marker early in the third.

Slatcher and Weihs each had two points in the game.



TRIBUNE PHOTO BY LANA MEIER

Stonewall Jets' forward Nolan Weihs had two assists in his team's 4-0 shutout win over the Ft. Garry/Ft. Rouge Twins last Wednesday.

U17 Lightning ousted from playoffs

By Brian Bowman

The Interlake Lightning gave the Winnipeg Thrashers all that they could handle in their U17 AAA play-off series.

Interlake lost the best-of-five series 3-1 but every game was decided by just a goal. Game 3 of the series went into overtime with Winnipeg winning 2-1.

"It was an incredible series to be part of," said Lightning head coach Aaron Kaatz. "We kind of knew going into it that it would be a close series and it could have gone either way by the way we finished off the season with them."

Winnipeg clinched the series victory with a 3-2 victory at the Bell MTS Iceplex on March 1.

Adam Vigfusson gave Interlake a 1-0 lead with a goal midway in the first period but the Thrashers came back with first-period goals from Ian Lavallee and Branden Watson.

Winnipeg went ahead 3-1 as Liam Urciuoli tallied at 10:43 of the middle frame.

The Lightning's Hayden Kaczowski pulled Interlake to within a goal at 14:05 of the third.

Dylan LeClair made 35 saves in the losing cause.

Defensively, the Lightning were

very good, allowing just nine goals in the four playoff games.

"They were low-scoring, very intense games," Kaatz said. "The first two games, four out of the six periods, it was scoreless and it was just the third period where goals started to go in."

The Lightning made vast improvements over the course of the season and were playing their best hockey in the playoffs.

"Every single person on our team showed up ready to play and ready to sacrifice and they gave it their all right to the final minutes of Game 4," Kaatz said.

"We pushed and fought hard right to the end. We didn't want to give up, we had vision, we had hope, and that stayed with us the entire series."

Interlake will have just three players — captain Luke Sekundiak, Mitchell Wilson and Max Goulden — age out of U17 hockey. The Lightning have 17 players eligible to return to their program next season.

"It's a very healthy number to have coming back, especially seeing the possibilities of what can be done," Kaatz said.

Lightning reach U15 AAA semifinals

By Brian Bowman

The Interlake Lightning U15 AAA hockey team had its three-game playoff winning streak snapped on Sunday.

The Yellowhead Chiefs scored twice in each period on their way to a 6-1 victory in Warren.

"We had 28 minutes in penalties and I think the kids were pretty excited about being 3-0 and heading into next weekend without having to win," said Lightning head coach Chad Balmer. "I think the kids took the game a little bit for granted and we got behind early. We got away from our game plan that made us successful in the first three games."

Cole Swanson scored Interlake's goal late in the third period on the power play.

Brad Brandon (two), Kaden Allan, Riley Swereda, Cohen Kulbacki and Cole Hunter had the Chiefs' goals.

Last Friday, the Lightning defeated the Winnipeg Thrashers 7-4 in Warren.

Interlake, which held period leads of 3-1 and 3-2, had a three goal and two assist performance from Gavin Holod while Noah Oughton scored once to go along with three assists.

Swanson and Talon Hogg each had a goal and an assist while Skylar Fa

rthington scored the Lightning's other goal.

Thrashers' goals were tallied by Ben Brambilla (two), Hubert Clarke and Griffin Rarog.

Interlake goaltender Nathan Meisner made 34 saves for the win.

Interlake finished the playoffs with an impressive 3-1 record. The Lightning scored 19 goals in its first three playoff games — all victories.

"The kids are definitely connecting all of the dots that we have been teaching them all year," Balmer said. "A lot of (our offence) is coming from playing pretty good defence and we're taking advantage of opportunities."

Despite posting a 6-24-1 record in the regular season, Balmer isn't surprised with the Lightning's success in the playoffs.

"We were always optimistic and felt our guys were, not underperforming, but definitely had all of the tools to be successful," he said. "It just took a little longer to be expected. We're not surprised at all."

Interlake will now play the Southwest Cougars in a semifinal game this Saturday (4 p.m.) at the Bell MTS Iceplex.

Not too many people would have predicted that the Lightning would



TRIBUNE PHOTO LANA MEIER

The Lightning's Ryder Kirk is stopped on this scoring attempt by the Winnipeg Thrashers' goaltender during U15 AAA playoff action last Friday in Warren.

have a shot at winning a medal this season.

"It's super cool and it doesn't happen very often in the Interlake," Balmer said.

If the Lightning win then they

will play Sunday (3:45 p.m.) in the gold-medal game.

A loss would send Interlake to the bronze-medal game on Sunday at 12:45 p.m.

Provincial golden boys

Mercs advance to SEMHL final

Staff

The Warren Mercs are headed to the South Eastern Manitoba Hockey League championship series.

Warren defeated the Bombers 6-2 in Morden last Thursday to win the best-of-seven semifinal series in five games.

The Mercs took a 2-0 first-period lead on goals from Carson Ouellette and Kyle Lundale.

The Bombers answered with a goal from Andrew Clark at the 17-minute mark of the opening period.

Warren's Mitch Hansen, on the power-play, and Morden's Clark

traded goals midway in the middle frame before Johnny Lazo gave the Mercs a 4-2 lead at 16:26 of the second period.

Warren's Brenden Luschinski and Ouellette closed out the scoring in the third.

Hayden Dola made 40 saves for the victory.

The Mercs will now await the winner of the other semifinal series between the Portage Islanders and Notre Dame Hawks.

That best-of-seven series was tied at 2-2 heading into Wednesday evening's game in Portage.



TRIBUNE PHOTO BY BONNIE FORTIN

The Stonewall Blues U11 boys' hockey team won gold after defeating Springfield 4-0 in the U11 Rural A1 provincial championship in Thompson last Sunday. The team recorded five wins that included four shutouts, 40 goals for and two against. The Blues defeated Springfield earlier in the tournament 4-2, Thompson 12-0, The Pas 8-0 and Mitchell 12-0. The Blues finished their league with a 12-3-1 record and will now face off against Riverton in the Interlake Minor Hockey League Association playoffs on March 10 at 7:15 p.m. in Warren.

Pictured back row left to right: coaches Tyler Moran, Tyler Kuzyk and Kyle Kauk. Middle back row, Nolan Grantham, Knox Nickel, Hunter Krahn, Logan Deprez, Ashton Kozyra and Xavier Lamb. Middle row: Liam Kauk, Jake Fortin, Reed Moran, Avin Wedel, Kristoffer Sheldon and Elliot Peters. Front row: goaltenders Cole Kuzyk and Graysen Malcolm. (Missing from the photo are coach Billy Gemmill and his son Henry Gemmill.)

Come out and support your Warren Mercs

PLAYOFF HOCKEY

Stay tuned for dates for the SEMHL league finals.

The Mercs will play a seven game series with the winner of Portage Islanders vs Notre Dame Hawks



Hawks headed to MHSAA A/AA junior varsity boys' basketball provincials

By Brian Bowman

The St. Laurent/Ecole Communautaire Aurele-Lemoine Hawks have earned a berth into the MHSAA A/AA junior varsity boys' basketball provincials in Birtle.

The tournament begins this Thursday and continues through Saturday.

Hawks' head coach Heather Lambert said her team has high expectations going into provincials. Still, the competition is going to be tough as every team there is deserving to be at provincials.

"Right now we're ranked No. 2 going into provincials," Lambert said last week. "We're not just going into provincials, we have a good ranking, too. We might win it all."

The Hawks defeated Fisher Branch 79-41 and the Gimli Lakers 72-55 at the Zone 5 A/AA championship back on March 1.

"I thought we played well," Lambert said. "We struggled with Gimli but as the game progressed we did OK and still beat them by (17)."

The Hawks worked well as a team, said Lambert, and did a good job finding the open player.

"They don't force it," she said. "They just move the ball around very well."

On defence, the Hawks, which are blessed with height, did a great job on

the boards by cleaning up rebounds.

Before the zones, St. Laurent/Aurele-Lemoine played in tournaments in Treherne and Carberry while also playing exhibition games against bigger schools like Brandon's Vincent Massey and Neelin.

"We were fortunate that we played a lot in February," Lambert noted. "We've played teams at all levels. We played Vincent Massey, which is AAAA, and we didn't get blown away (losing 72-61) and we did beat Neelin once and they're ranked eighth in AAA."

Smaller schools get so much better by playing AAA or AAAA teams.

"I love to play stronger teams, we lost by 10 points, it wasn't much. It just makes us so much stronger," Lambert reasoned. "As a team, we know exactly what our weaknesses are and how we can build from there. You can really fix your game and know where your flaws are and get better."

The year's Hawks' team is a first-time co-op between St. Laurent and Ecole Communautaire Aurele-Lemoine.

"It's good because we have two small schools and everybody has an opportunity to compete," Lambert said. "When we played them in



TRIBUNE PHOTO SUBMITTED

The St. Laurent Hawks won the Zone 5 A/AA junior varsity basketball championship last week with wins over Fisher Branch and Gimli. Pictured back row, left to right: Christine Allard (manager), Jullian Richardson, Kaydin McKay, Aidan Lambert, Tyson Christensen, Tyrell Jolicouer, Carter Pashe, Kenyon Boudreau and coach Heather Lambert. Front row, left to right: Noah Oughton, Kayden Chartrand, Ian Buors, Daniel Morden, Deric Ducharme and Isaac Chartrand.

Grade 7 and 8, they're our neighbouring school, so I knew in my mind as a coach if we combined we could have a really good team and I think that's why we're as good as we are. There's great potential on both sides and it worked out because we are very

competitive. It also brings the schools together, the community together, because we are accomplishing one goal and that's to win provincials.

"It's very positive for the community."

Pawluk scores twice



TRIBUNE PHOTO MINOT STATE

The Minot State Beavers' Brayden Pawluk of Teulon scored twice to lead his team to a 3-1 win over the Dakota College-Bottineau Jacks on March 1. The Beavers were 28-2 heading into last week's pair of games.

Rams reach varsity girls' basketball final

Staff

The Stonewall Collegiate Rams' varsity girls' basketball team has reached the championship game.

Stonewall played the St. James Jimmies this past Tuesday but no score was available.

The Rams defeated the Churchill Bulldogs 63-38 in a semifinal game on Friday.

Stonewall beat the Tec Voc Hornets 58-23 in a quarter-final game last Wednesday.

In varsity boys' regular-season action, the Rams lost 100-58 to the Grant Park Pirates on Feb. 28. The Rams finished league play with a 1-8 record.

In junior varsity boys' basketball, Stonewall lost 82-33 to Tec Voc in a league playoff game last Wednesday.

The Rams' junior varsity girls beat the John Taylor Pipers 38-29 in a semifinal game last Thursday.

Stonewall played St. John's in the final this past Monday.

Cockerill ties for second in Kenya

Staff

Wu Ashun cruised to a four-stroke victory at the 2022 Magical Kenya Open presented by Absa last Saturday.

He fired a final round 65 to finish at 16 under par 268.

Stony Mountain's Aaron Cockerill, South African Thruston Lawrence and German Hurly Long finished four shots back.

Cockerill carded rounds of 70, 68, 67 and 67.



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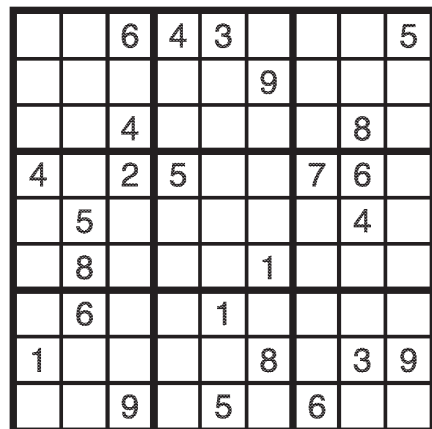
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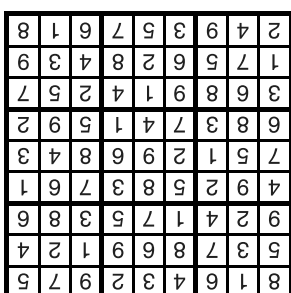
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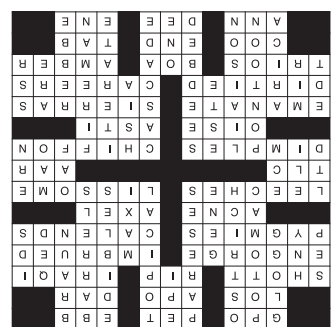
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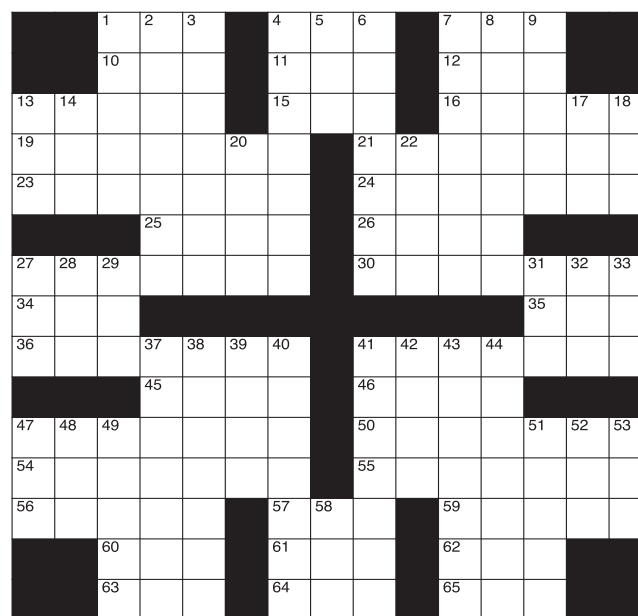
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- Member of the family
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- ___ Angeles
- Military mailbox
- Patriotic women
- Shallow lake
- Tear apart
- Middle Easterner
- Eat to excess
- Stained
- Certain peoples of equatorial Africa
- 1st day of month
- Skin disease
- Skating figure
- Annelids
- Gracefully slender
- Kids need it
- Swiss river
- Indents
- A sheer fabric of silk or nylon
- Belgian River
- ___ Spumante (Italian wine)
- Originate from
- Rugged mountain ranges
- Made less clean
- Professions
- 3s
- Scarf
- Yellow light
- Bird noise
- Opposite of start
- Bar bill
- Northeastern Mass. cape
- American rocker Snider
- Midway between northeast and east

CLUES DOWN

- Scandinavian drink
- Washington river

CROSSWORD



- Fast-running flightless bird
- Nerve conditions
- Indicates near
- Immediate relevance
- Things you can eat
- Receptacles
- Retired Brewers great
- Month
- Happy New Year!
- Exclamation to convey truth
- Passports and licenses are two
- Ebert's partner Siskel
- Long skirt
- Part of company name
- Drugmaker ___ Lilly
- Electronic countermeasures
- Klut
- Chinese statesman
- Stir with emotion
- Flat-bottomed boat
- Go-between
- This (Spanish)
- A plot of ground where seedlings are grown before transplanting
- Small waterfall
- Modern tech necessity (abbr.)
- Utter repeatedly
- One of the bravest
- Sun up in New York
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These positions are to commence as soon as possible. We thank all who apply, however only those selected for an interview will be contacted.



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204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Wage depending on experience, and health benefits after 3 months. Please call 204-344-5404 for more details.

Dylan Bodnar is looking for a new Team Member, start date April.

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jydola@mts.net
Attn: Yvonne Dola

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TEULON ROCKWOOD RECREATION OFFICE



REQUEST FOR PROPOSAL

Teulon Rockwood Recreation Office is requesting proposals for servicing five portable toilets and four holding tanks for the Teulon Green Acres Park's season from May 16, 2022 to September 29, 2022.

Each proposal should include "per call" and a "flat rate" pricing.

Please send information to
teulonrockwoodrec@gmail.com

Deadline for proposals is April 29, 2022.



EMPLOYMENT OPPORTUNITY Driving Position

We have an opening
for a long-haul driver.
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Our customers are located in BC, Alberta, Saskatchewan, Manitoba, Iowa, South Dakota and Minnesota. Compensation is paid on an hourly basis. We have a health package including dental, a deferred profit sharing plan, and paid meals while outside of the province.

For further information call
Shaunne at 204-886- 2922 ext 205 or
email resume to shaunne@charisons.ca

MORTGAGE SALE ADVERTISEMENT

The land and building known as 1024 Rd 74N, Grosse Isle, Manitoba as described in Certificate of Title No. 3133950/1 will be sold at auction on Wednesday, the 13th day of April 2022, at 11:00 a.m. Due to COVID-19 restrictions, the auction sale will be held by way of video or teleconference. There will be no in-person attendees at the auction.

In order to participate in the auction sale, you must pre-register at least 24 hours prior to the auction by contacting Sonia at 204-957-6437 or by email at sruppel@ltglc.ca.

The Vendor is informed that there is situated on the property a single family of approximately 1,700 square feet on 2.71 acres with 3 bedrooms, 2 bathrooms, living room, kitchen, laundry, sunroom, attached double garage and 3/4 unfinished basement.

TERMS: Deposit of \$25,000.00 by certified cheque, bank/credit union draft or solicitor's trust cheque to Levene Tadman Golub Law Corporation, or cash (the cash component of the deposit not to exceed \$7,500.00) to be provided within 24 hours of the date and time of auction and the balance in accordance with the conditions to be announced at sale.

The Property is sold subject to a RESERVE BID of \$143,478.38 plus such other additional and incidental costs which may be incurred by the Lender from the 3rd day of March, 2022 to the date of auction and which costs will be announced prior to the commencement of the Sale.

Property Taxes are paid to December 31, 2021.

Purchaser to be responsible for payment of any outstanding water accounts owing by the Mortgagor.

Property is subject to Caveats 1039424/1, 2491226/1

The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca

Further information and copies of Conditions of Sale may be obtained from:

LEVEVE TADMAN GOLUB LAW CORPORATION
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700 - 330 St. Mary Avenue
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Attention: Mara Koven-Lapointe/Sonia
File No. 118415
Phone No. 957-6437

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The Canadian Tire Selkirk Automotive Department is now seeking staff for the following position:

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- Problem solving abilities
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Compensation based on experience.

Full time position includes benefit package.

Email resume and references to
mick.walsh@thetire.ca



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

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Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

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Journeyman Truck Transport Mechanic

Shop is located in Stony Mountain.

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For Further info contact

Rick at Darse Ltd @ 431-338-5828 or
email resume to darseltd@mts.net

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 Board Election Act* (MCSBEA), the Town of Stonewall Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the Town of Stonewall 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, fax or mail to:

Name of Local Authority: Town of Stonewall

Address: Box 250, 293 Main Street, Stonewall, Manitoba

Phone: 204-467-7979

Fax: 204-467-7999

E-mail: info@stonewall.ca

The next General Election takes place October 26, 2022.

Wally R. Melnyk

Senior Election Official

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Pictures of last year's heifer calves on our
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IN MEMORIAM



In Loving Memory
of Joyce Irene Davis

October 1, 1928 – March 12, 2021

If Roses Grow In Heaven

If roses grow in Heaven Lord
Please pick a bunch for us,
Place them in Mother's arms
And tell her they're from us.
Tell her that we love and miss her
And when she turns to smile,
Place a kiss upon her cheek
And hold her for a while.
Because remembering her is easy,
We do it each day;
But there's an ache within our hearts
That will never go away.

-Love Barry and Bev, Greg and Maddison,
Jennifer and Kris, Millie and Poppy

IN MEMORIAM



Denis Aime Nolin
April 26, 1937 – March 11, 2016

As the years go slowly by
We wonder what our lives would have been like.
If things would have been different
But only God knows why our lives
Turn out the way they do.
We love and miss you every day
And as our lives go on
We think of all the things you have missed.
Your spirit will live on in our hearts forever.

-Love you forever,
your wife Shirley, children,
grandchildren and great-grandchildren

There is a link death cannot sever,
Love and remembrance last forever.

OBITUARY



Douglas Deprez

July 12, 1951 – March 6, 2022

Peacefully with his family by his side, it is with great sadness that we announce the sudden passing of Doug Deprez, age 70 of Stony Mountain on March 6, 2022, at St. Boniface Hospital. Longer obituary to follow.

kl
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OBITUARY

Muriel Emily Boyer

The family of Muriel Emily Boyer sadly announces her passing on Monday, February 28, 2022 at the age of 98 years young.

Funeral arrangements are pending and a longer obituary will follow.

OBITUARY

Robert Andrew Jacobson

November 29, 1949 – March 2, 2022

It is with tremendous sadness that we announce the passing of Robert Andrew Jacobson, age 72.

He was a devoted husband to Delores Jacobson for 49 years and was blessed with two children, Cynthia (husband-David) and Tracy. Grandchildren further blessed his life when Liam (fondly called "guy") then Cassidy (fondly called "princess") were born.

The son of Anna and Ernest Jacobson, brother to Leslie Jacobson (wife-Carol) and Diane Kicenko (husband-David), Robert was a farmer-heart, mind and soul farming the family farm with his father, brother and two nephews. He loved driving a combine in the sun of Manitoba's early fall, tinkering with machinery, playing cribbage with coffee, hunting, history and visiting his large extended family.

Robert achieved many dreams in his life: travelling to Europe for his 25th wedding anniversary (memories of which he fondly shared), traveling to Alaska for his 65th birthday, and purchasing his own camper (which he was passionate about, repairing and tinkering it with zeal). Seeing his 50th wedding anniversary was his only unachieved dream when he lost his final battle with cancer.

We gratefully thank his doctor, Dr. John Donnelly, as well as all the staff at CancerCare for the smiles, hope and aid they gave. So too the staff of Interlake Eastern Palliative Care who helped to ease him at the end.

A celebration of his life will be planned before seeding and a private interment will follow for the family.

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