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COMING SOON

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Offers Monday April 18, 7pm
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VOLUME 13
EDITION 15

Slava Ukraini!

Tribune Stonewall Teulon

THURSDAY,
APRIL 14, 2022

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Hoppy Easter

TRIBUNE PHOTO BY JO-ANNE PROCTER

On Monday afternoon the Perron children — Hazel, Theo and Henry — had the opportunity to pick out their Easter baskets and bunny ears at Deals for Dollars in Stonewall. The store has a bunny trail of festive Easter colours and whimsical treats available for purchase.

> everything you need to know in your locally owned and operated community newspaper

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GUNTON - NEW PRICE \$134,900
1450 sf 3+BR MH on HUGE lot surrounded by century old trees, Gunton is an E-Z 25 min commute to city. OC Kit/DR & LR - Home has newer features incl garden doors to West Deck; pressure tank... there's an attached 26x24 Garage.

STONEWALL - SUMMIT RD COMING SOON
Architecturally Designed Custom Home featuring 3 BR 2 Bath with +/- 2196 sf Tucked away on 5 Acres just 10 minutes to City. Property includes a Barn/shop. Stay Tuned for more information.

ESCAPE THE URBAN LIFE - CHECK OUT RURAL LIVING Share your dreams, with me, and I can help make them COME TRUE!

Please note: Our offices will be closed Good Friday, April 15th, 2022, regular hours will resume Monday, April 18th. We do have 24 hour call service.

Mark your calendar for Jets Town Takeover

By Jennifer McFee

The countdown is on!
The Jets Town Takeover is coming up next week, with a full slate of fun events on Thursday, April 21.

Kory Harnum, manager of community relations for Winnipeg Jets Hockey Club, said the doors to the Veteran Memorial Sports Complex (VMSC) in Stonewall will open at 5 p.m. for the Winnipeg Jets viewing party. The Jets will be playing the Hurricanes in Carolina, with puck drop scheduled for 6 p.m.

"The Winnipeg Jets in-game experience will be brought to VMSC with in-game host Brody Jackson emceeing, mascots Mick E. Moose and Benny in attendance, the famous Jet Dog being available for purchase and plenty of prizes available to be won," Harnum said.

"The Winnipeg Jets official DJ, DJ FIN-S, will be spinning beats all night and Winnipeg Jets alumni will be on site signing autographs, making it a night you will not want to miss. We look forward to fans from Stonewall and surrounding areas joining us for this family-friendly celebration of community and fandom."

In addition, True North Sports + Entertainment will bring Project 11 to Ecole RW Bobby Bend School, Ecole Stonewall Centennial School and Stonewall Collegiate Institute for the day. This project focuses on mental health and wellness.

For more information about the Jets Town Takeover, visit <https://www.winnipegjets.com/jetstowntakeover>.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Town of Stonewall welcomed True North Sports & Entertainment to Stonewall this past Monday for their final visit with the planning crew leading up to The Jets Town Takeover on April 21. The famous Jet Dog will be available for purchase along with plenty of prizes to be won.



Water projects continues to flow



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Town of Stonewall water project is progressing as expected. Depending on the weather later this week, CAO Wally Melnyk is hopeful that all the construction will be done by the end of April. HD Accurate will return later this spring to complete cleanup. Overall, the town has been pleased with how the project is moving forward. The project only includes water and is in two areas of town. The first area is along 3rd Avenue South to the east side of 4th Street E and then south to 5th Avenue S. The second area is from the corner of 4th Street E and 2nd Avenue North, east to the western boundary of the industrial park.

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In their yards or under the Chamber tent on Main St. across from the TD bank. We do all the advertising, provide maps, and put out the Chamber Community Yard Sale signs. To register or questions please call Jan 204-886-7982 or Krista 204-886-3910.

A celebration of science in Stony Mountain



TRIBUNE PHOTOS SUBMITTED

Last Thursday, approximately 40 Stony Mountain Grade 7 and 8 students had the opportunity to display individual science projects they have been working on since January. Students brainstormed, researched, planned, designed, tested and gathered results for topics that ranged from cleaning teeth to plant growth, magnetism to mental health, and everything in between. Each project encouraged students to think and problem-solve critically. Pictured left to right: Stony Mountain students and staff had an opportunity to view science projects and ask questions; Mason shares his knowledge about meteors; Danica's project was about extracting fruit DNA; and Riley's project was the effect eggs have when baking cookies.

Rosser council news in brief

By Jennifer McFee

Rosser council voted in favour of suspending some of its COVID-19 health and safety procedures. Coun.

Angela Emms went from attending the March 8 meeting virtually to attending in person. As of March 22, Rosser council meetings are open to

the public both in person and virtual via Microsoft Teams.

In other council news:

The April 26 council meeting is cancelled and the May 10 meeting is rescheduled to Tuesday, May 3 at 11 a.m. This meeting, along with the May 24 meeting, will be held in person at the Grosse Isle Memorial Park Recreation Club. Anyone interested

Continued on page 4

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84TH ANNUAL GENERAL MEETING

of **RED RIVER COOPERATIVE LTD.**

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(pending health restrictions in place at this time)

THURSDAY, APRIL 21, 2022
Registration: 5:30-6:45pm | Meeting: 7:00-9:00pm

VICTORIA INN
1808 Wellington Avenue | South Centennial Room

MEMBERS ARE ENCOURAGED TO ATTEND
refreshments provided | prize draws

Quit Smoking program could save province \$1 million per year

By Nicole Brownlee

Manitoba pharmacists have united to reduce health-care costs by supporting Manitobans who want to quit smoking.

The province unveiled the Quit Smoking with your Manitoba Pharmacist program on April 1, which will enrol up to 4,500 smokers who want to quit over three years.

"Smokers who are ready to quit will be supported by one of more than 500 Manitoba pharmacists who are trained in smoking cessation tools and supports," said the province in a news release.

The program's goal is to encourage smokers to quit smoking for at least 12 months and continue to abstain from nicotine after 24 months.

Supporting people who want to quit smoking will help decrease short and long-term health effects, easing costs to the smoker and the Manitoba healthcare system.

Health Minister Audrey Gordon said this program could save the province more than \$1 million per year in health-care spending.

Shoppers Drug Mart in Teulon has two pharmacists participating in the program, including associate owner Michael Olynik.

"It's been shown over time how costly smoking can be on the health-care system in general through various outcomes like heart disease and cancer," said Olynik.

"The impact of this program will be quite substantial."

The program offers counselling sessions with participating pharmacists and up to \$100 worth of prescribed medications and nicotine replacement therapies over one year.

Nicotine replacements include nicotine products like gums, mouth sprays and inhalants, which can cost between \$20 to \$50 depending on the nicotine content and size of the prod-

uct.

"The \$100 is not going to cover the costs for the whole year or however long it takes them to quit, but it's a good start," said Olynik.

To apply to the program, interested participants meet with pharmacists for up to an hour to share information about their tobacco use, health and medication history.

If applicable, the pharmacist will create a personalized quit plan, prescribe medications to help the participant quit and arrange for up to nine follow-up appointments which could take up to 15 minutes each.

"Individuals attempting to quit tobacco products have the best chance of success when counselling from a health-care professional is combined with effective medication treatment to manage cravings and withdrawal symptoms," said Darren Murphy, Pharmacists Manitoba president, in a statement.

If a participant can't quit smoking in a year, they may enrol in the program again.

Pharmacists have to complete one of three tobacco cessation informational courses in the past three years.

The majority of pharmacists participating in the Quit Smoking program had already taken additional training in smoking cessation and behaviour change before the program was announced in January 2020, said a provincial spokesperson.

Pharmacy students graduating from the University of Manitoba also complete equivalent training.

The Stonewall Pharmacy has four pharmacists trained in smoking cessation support.

"We see the need for smoking cessation in our daily practice with people that suffer from the consequences of smoking," said Jason Nutbean, Stonewall Pharmacy manager.

"It's not an easy thing to do, but



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Quit Smoking with Your Manitoba Pharmacist program is expected to enrol up to 4,500 people across the province over the next three years. Smokers who are ready to quit can be supported by pharmacists including Jason Nutbean of Stonewall Pharmacy who is trained in smoking cessation tools and supports.

sometimes, with some guidance and strategies, that can help (people who want to quit)."

Manitobans over 18 years old can apply to enter the program through

participating pharmacies.

To find a pharmacist trained in smoking cessation supports, visit quitsmokingmb.ca/pharmacies.

We want to hear from you

Letters to the editor - If you wish to comment on anything you read in the newspaper, or if you wish to comment on any concern affecting Stonewall and surrounding communities, write a letter to the editor. We welcome diverse views and opinions.

Why You Should Write a Letter to the Editor

Writing a letter to the editor is one of the most efficient ways of reaching large audiences. The *Stonewall Teulon Tribune* has an approximate readership of 18,727 readers weekly.

Readers also include members of local government, who we may want to reach. Frequent letters about a certain topic will convey that a sizable group of people care about it.

A letter to the editor is a very short piece of writing, meaning that you don't need to invest an inordinate amount of time in it. Shoot for less than 300 words.

Tips for Writing a Letter to the Editor

Connect your letter to a specific article, op-ed, or topic recently covered by the newspaper.

Structure your letter in three parts:

refute or promote a certain claim made previously, provide reasons for your stance, and then suggest what needs to happen now.

Write from your own perspective and show how the topic relates to your local community.

If you have expertise in the topic you're writing about, let the readers know.

If you're trying to convince a government representative, refer to them by their full name (it'll be more likely to make it to their desk).

Stick to a single point. Have more points to make? Write more letters.

Be respectful – don't attack anyone when expressing your concerns.

Letters must include your name and a telephone number where you can be reached. Please keep letters to 300 words or less.

The *Stonewall Teulon Tribune* reserves the right to edit letters for length, content and/or taste as well as the right to refuse publication of any letter.

We look forward to your submission: news@stonewallteulontribune.ca

> COUNCIL, FROM PG. 3

in attending virtually can contact the office at 204-467-5711 or visit www.rmofrosser.com.

- Council received bids for gravel supply from Inland Aggregates and Lilyfield Quarry Inc. They accepted a price quotation for a three-year contract from Lilyfield Quarry at a cost of \$12.50 per tonne in 2022 and 2023, followed by \$13 per tonne in 2024.

- Council approved several culvert applications on Goldenrod Drive from Sandbox Design and Consulting. The applicant must cover costs of supplies and installation.

- Rosser council passed a resolution condemning the unprovoked attack on Ukraine by the Russian government and expressed support for the people of Ukraine.

- Council passed first reading of a bylaw to establish rules and procedures for the use of municipal resources during the 42-day period before a general election or byelection.

- Councillors Angela Emms and Lee Garfinkel will be Rosser council's representatives for Stonewall Chamber of Commerce meetings and events.

COVID-19 transmission on the rise, but severe outcomes decreasing: Roussin

By Ashleigh Viveiros

Manitoba's top doc says COVID-19 transmission in the province is on the rise once again.

"Manitoba is currently experiencing an increase in COVID-19 transmission. Our data showing wastewater signals have been trending upwards," Dr. Brent Roussin, chief provincial public health officer, announced at a press conference April 7.

The Omicron BA.2 subvariant has become most common strain of COVID-19 circulating in Manitoba, Roussin said, noting it makes up about 60 per cent of all transmissions right now. This variant is more contagious than the Omicron variant but not necessarily more severe.

"We're seeing that the test positivity rates have been increasing over time. We're seeing an increase in hospitalization admissions," Roussin said, going on to explain that most of those admissions are among individuals age 80 and older. "Over that same time frame, though, we are seeing a decrease in more severe outcomes such as ICU and deaths."

The province says it appears peak hospitalizations may have passed in recent weeks.

"We've seen those increases in cases, transmission, wastewater. We've heard

of the increases in hospitalizations, but our modelling continues to show a relative plateau in admissions," Roussin said.

The province no longer updates its COVID-19 data on a daily basis, instead sending out an epidemiology report every Thursday with data for the week before.

For the week ending April 2, 141 people were admitted to hospital with COVID-19, which was up from 111 the week before. Of those, 11 were ICU admissions (down from 16 the week before). Six deaths were reported for the week (down two from the week before).

While there have been calls for more information more often so Manitobans can have a clearer picture of current COVID-19 conditions, Roussin continued to defend the province's change in its reporting of the virus.

"The data right now, I think it's appropriate for where we are in the pandemic," he said. "I think we are in that transition phase. ... We do have to understand that we're going to not deal with this virus the same way as we have for the last two years forever, and at some point we have to transition away from that intense data reporting to less frequently updating."

Public health officials continue to

urge Manitobans to be fully vaccinated against COVID-19, including getting the booster shots.

"Vaccines are still the best way to protect ourselves and the people around us," Roussin stressed.

As of last week, about 80 per cent of eligible Manitoba youth aged 12-17 had received two doses of vaccine. Among adults, about 88 per cent of eligible Manitobans are fully vaccinated.

"We know in the five to 11 year age range, that's where we could use some work. We're seeing about 41 per cent of 5-11-year-olds have received two doses," Roussin said, urging parents to strongly consider getting their kids vaccinated against COVID-19.

When it comes to booster shots, more than half of Manitoban adults have received a third dose of the vaccine. That number jumps to 70 per cent in the 50+ age range.

The unvaccinated continue to be at highest risk for severe outcomes with COVID-19, Roussin noted, citing data gathered over the past several weeks in Manitoba.

"After adjusting for the age differences, those who are not fully vaccinated are seven and a half times at greater risk of hospitalization, almost 10 times greater risk for ICU admission, and 32 times greater risk of death" compared to a fully vaccinated individual, Roussin said, noting people with three doses of vaccine increase their chances of positive outcomes by an even greater margin.

"So we know vaccines work. It's made the biggest difference. It's our biggest weapon against this virus and

so we continue to strongly recommend to Manitobans: get whichever dose of vaccine you're currently eligible for as soon as you become eligible."

Fourth doses

The province last week announced it is offering a second booster dose of the COVID-19 vaccine to certain Manitobans.

Based on recommendations from the National Advisory Committee on Immunization (NACI), the following groups are now eligible for another booster:

- residents of personal care homes and elderly persons housing congregate living sites (such as supportive housing and assisted living) with no age limit;
- individuals aged 70 or older who live in the community; and
- First Nations, Inuit and Metis people aged 50 or older, regardless of where they live.

The second booster should be Pfizer or Moderna and given at least six months after a person's last booster dose, the province has said.

For most people, the second booster dose will be their fourth dose of vaccine. For some immunocompromised people, however, this will be their fifth dose. In these cases it should also only be given six months after their last shot.

A NACI report released last week noted the greatest benefit of a second booster shot is expected in adults age 80 and older and strongly recommended provinces begin prioritizing this age group, followed then by offering a fourth dose to adults age 70-79.

Fire fighters battle garage fire

By Jennifer McFee

A total of 15 fire fighters from two departments worked together to battle a blaze at a Stony Mountain home late last month.

On Friday, March 25 at 1:55 p.m., Stony Mountain Rockwood Fire Department was dispatched to a double attached garage fire at a property on Vincent Road.

"The 911 call was by a plumbing contractor who was working in the basement of the residence. They noticed the fire in the garage when they were going outside," said Marcel McIvor, chief of the Stony Mountain Rockwood Fire Department.

When members of the Stony Mountain Rockwood Fire Department arrived, they sent a mutual aid request

for Stonewall Rockwood Fire Department to also attend the fire.

"Initial fire attack crew were focusing on the breezeway to control the fire from extending to the attic in the residence. Stonewall Rockwood Fire Department, once on scene, were tasked to cover exposures on the west side of the garage and neighbouring home while fighting the garage fire — a great job by both departments in containing the fire to the garage," McIvor said.

"No family members were home at the time of the fire. Crew members were able to get the family dog out of the house unharmed."

There were no injuries, and McIvor said the fire was caused by electrical failure in the garage.

Saturday, April 16 Special



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Disease, drought, and war – a time of volatility

By Cam Dahl, general manager of Manitoba Pork

Anyone who tells you that they know where commodity prices will be six months from now is either being misleading or fails to have a firm grip on reality. We are in a time where contradictory pressures on supply and demand are combined with political upheavals. As a result, farmers can expect an extended period of volatility in the prices they receive for the food they produce, and the cost of inputs needed to deliver that food to consumers' tables.

How did we get to this uncertain place? We can start with the COVID-19 pandemic. The pandemic has caused disruptions in international shipping. Labour shortages, which were appearing before the pandemic, have become acute. Government policies, like vaccine mandates for international truckers, have exacerbated labour gaps and logistics concerns. Our supply chain has become more brittle. What was an efficient international "just in time" logistics system has become "just in case," with each link in the value chain having to build in extra shipping time and holding increased inventory. Carrying costs have increased. Uncertainty has increased. This is not going to change anytime soon.

On the positive side, Canadian agricultural value chains have proven to be resilient throughout the pandemic. Production and processing capacity has been bent but has not broken. We continue to deliver on our promise of safe, high-quality food for Canadians and consumers around the world. This is a competitive advantage.

COVID-19 is only one disease influencing international supply and demand. African Swine Fever (ASF) has devastated pork production in Asia, particularly in China and the Philippines, two countries that are leading destinations for Canadian pork. This

has helped support pork prices in Canada. But how long is this going to last? What is the status of Chinese pork production today? Europe has also been hit by ASF outbreaks. What impact will this have on their production and export volumes? How far will ASF spread? These questions are difficult if not impossible to answer. ASF has caused, and will continue to cause, significant market uncertainty and volatility.

There was widespread drought throughout the Great Plains of North America in 2021. For livestock producers, this has meant feed has been hard to find. Many operations that have traditionally been self-sufficient have faced the decision of either buying feed or exiting the industry. Producers' margins have been squeezed by ballooning feed costs. Prior to the fall of 2021, most people would have laughed at the suggestion that feed wheat would be over \$10 per bushel, but here we are. Will North American crop production levels recover in 2022? How will reduced supply from the Black Sea impact feed prices? Again, we are uncertain.

Which brings us to the third major contributor to market uncertainty — war. Over the past 20 years, the Black-Sea region has become a key contributor to international agricultural markets. For example, before the Russian invasion, Ukraine accounted for 16 per cent of world corn exports and 12 per cent of world wheat exports. Curtailment of these supplies has already sent the soaring price of feed grains higher. What happens if supplies from the Black Sea stop all together? What impact will the war in Ukraine have on major European pork producers, like the Netherlands and Spain, that rely on the region for feed?

Further, the region is also a critical supplier of fertilizer. Ongoing disruptions

in key crop inputs will have an impact on world crop production. The degree to which changes in input supply will impact crop producers, and how long this impact will be felt, is unknown. Also unknown is the impact on world supplies of, and cost of, soybean meal, corn and feed wheat.

How should agriculture respond to uncertainty and volatility? Risk management tools become far more important when market uncertainty drives increased volatility. Manitoba's hog farmers run modern business operations. They use risk management tools such as forward contracting for their pigs and hedging feed. However, we can do more to mitigate the growing risks that are beyond the control of producers. First, governments need to reform the current suite of business risk management programs so that they meet the risks farmers are facing today. The pork industry is not alone in calling for changes to AgriStability or access to affordable livestock insurance programs. Second, industry and governments should be looking for ways to improve market and price transparency to allow for better risk assessments. This can, and should, be a collaborative effort that includes all parts of the value-chain.

Manitoba Pork has just held our 57th annual general meeting. With all the uncertainty facing producers, one might have expected pessimism to be the predominant emotion at the event, but that was not the case. Farmers are optimistic that our pork will continue to see rising demand in global markets. Most are looking for ways in which to grow the sector here in Manitoba, both in production and processing. This attitude goes a long way in explaining the resiliency that the value chain has shown through the COVID-19 pandemic, and it is a predictor of how we will face uncertain days ahead.



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TRIBUNE PHOTO BY LANA MEIER

Mother Nature was helping with snow melting last week, with temperatures reaching double-digits over the weekend causing overland flooding on Highway 323 east of Argyle. 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.

Manitoba announces award for innovation in mental health and addictions care

Submitted by Manitoba government

The provincial government is calling on Manitobans to nominate individuals and organizations for an opportunity to win a \$5,000 Council of the Federation (COF), Mental Health and Community Wellness Minister Sarah Guillemard announced Friday.

"I look forward to recognizing a deserving individual or organization this summer with this award to highlight the ways they make positive differences in people's lives every day," said Guillemard. "Mental health and addictions are complex issues affecting many Manitobans and every person's experience is unique. The COVID-19 pandemic has brought these issues into greater focus and the COF Award is one opportunity to recognize the incredible work happening here in Manitoba."

The COF Award for Innovation in

Mental Health and Addictions Care is a one-time grant to be given in the summer of 2022. The award recognizes innovation and collaboration in the non-governmental, private and academic sectors. Thirteen awards will be presented, one per province and territory valued at \$5,000, to support the initiative and further innovation.

All provinces and territories are implementing their own selection processes and will choose their own recipients. In Manitoba, a nomination review committee has been established with representatives from the Department of Mental Health and Community Wellness and from Shared Health, the minister noted. The award winners will be announced at the COF summer meeting in July.

Manitoba's mental health and addictions professional community is diverse, Guillemard noted, adding it

is hoped nominations will reflect the province's principles of diversity and inclusiveness. Nominations will be evaluated on their innovation as well as on the anticipated success and benefit of the initiative to Manitobans.

The Council of the Federation consists of all 13 provincial and territorial premiers. It enables premiers to work collaboratively, form closer ties, foster constructive relationships among governments and show leadership on important issues that matter to Canadians.

Nominations are now open and will be accepted until May 1. Applicants are encouraged to submit nominations via an online form.

For more information on the award criteria and nomination process, visit www.gov.mb.ca/mh/mh/cof_award.html.

worship

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Is someone pursuing your heart?

Years ago, I meet my wife, Allison. She's incredible. I start pursuing her heart.

I do research. Her favourite dessert? Magic Cookie Bars. The crack cocaine of desserts. When I finish making them, I hear a voice.

"Eat them, Paul. They're yours. Allison will never know."

What do you think I did?

It says in the Bible that "all things" were made "BY" Jesus, "THROUGH" Jesus and "FOR" Jesus.

What's something you love? Strawberries? Delish. Stonewall has the best. The strawberries you enjoy are made "BY" Jesus "THROUGH" Jesus and "FOR" Jesus. They are "FOR" Jesus.

What are HIS strawberries doing in YOUR mouth? Good question. Maybe Jesus is pursuing your heart? After all, my Magic Cookie Bars ended up in Allison's mouth.

Jesus came up with the strawberry plant, the seasons, the soil, etc. Jesus gave you the equipment to enjoy them — eyes, tastebuds, nostrils, etc.

Think of everything and everyone that brings you enjoyment. Jesus made them. All.

Could Jesus be madly pursuing your affection? Could the things you love be evidence of His love for you?

Eventually, Allison responds. We start an epic relationship. Jesus gives us eight incredible children. We experience so many joys together. As I battle cancer, she's my helper and my best friend.

When someone is pursuing your heart, you need to respond. You need to turn it into a relationship. What would WE have missed if Allison didn't react to my cheesy songs, poems and Magic Cookie Bars? If she just grabbed the gifts and ghosted the giver?

What will you miss if you ignore Jesus? First, you'll miss a great relationship. Nobody will love you as completely, consistently and passionately as Jesus. Nobody will be a better helper or best friend during your difficult times.

Second, you and the people you love might miss out on eternal life and heaven, which would be tragic. What's stopping you from talking to Jesus right now?

Paul Emmer
LiveLearnGive.com

Federal government tables \$52.8B deficit budget

By Lorne Stelmach

The Liberal government sees the federal budget released last week as offering smart, necessary investments with a focus especially on growing our economy.

The Conservative Opposition, however, sees it differently, and Portage-Lisgar MP and interim Tory leader Candice Bergen particularly sees the influence of the NDP, who have agreed to support the minority government in return for concessions. "It's not good news for Canadians," Bergen said last week.

"It's an NDP budget. It's a tax and spend and tax and spend big NDP budget, and the Liberals are really going further to the left," she said. "It's dangerous for the country. ... When things are good, this government spends, and then when things are not great and we need to have had a responsible government in terms of fiscal policy, it's not there."

The budget offered more than \$85 billion in new spending room that the government cited as coming from a stronger than anticipated economic rebound.

Money is being targeted at speeding the flow of goods through the supply chains, boosting housing supply and boosting business investment among other priorities.

Overall, there is \$452.3 billion in new spending on projected revenue of \$408.4 billion, leaving a deficit of \$52.8 billion.

Among the highlights cited by the federal government:

- \$4 billion over five years to launch a new fund to help cities and municipalities create more affordable hous-

ing and \$1.5 billion over two years to create 6,000 new affordable housing units with at least one-quarter of the funding for women-focused projects.

- \$625 million over four years for childcare to help the provinces and territories build new facilities and make new investments.

- \$1 billion over five years to create an independent federal innovation and investment agency designed to spur economic growth and address the fact that Canada is ranked last in the G7 in spending on research and development by business.

- Over \$8 billion pledged over five years for the defence budget to better equip the Canadian Armed Forces, reinforce cyber-security and support a culture of change. The budget contained no road map on whether this would be enough to boost Canada's defence spending to the NATO target of two per cent of GDP.

- Up to \$1 billion for the Ukrainian government through the International Monetary Fund to help keep its government operating.

- \$4 billion over six years to remove systemic barriers to First Nations children receiving services in health, education and social services.

- \$5.3 billion over five years and \$1.7 billion ongoing to Health Canada to provide dental care to Canadians as a result of the Liberal-NDP agreement. The plan will start with children under 12 in 2022 at an initial cost of \$300 million.

- \$1.7 billion over five years to help make zero-emission vehicles more affordable for people. The Canadian Infrastructure Bank will spend \$500

million over five years to build infrastructure to support 1,500 charging stations the government has promised to build throughout Canada.

- \$547 million over four years to help businesses upgrade their fleets to zero-emission vehicles.

Bergen said there were three key things they had wanted to see in the budget starting with tax relief for Canadians, who have been suffering with inflation and rising costs.

"We wanted to see some tax breaks. ... We also were hoping that we could see just much, much controlled spending because spending is what adds to inflation.

"We wanted to see a big halt on all of the massive, permanent programs that they've been doing," she said, adding they had also hoped for more effective housing strategies and support.

"We were very frustrated but not surprised that we didn't see any of those three things, and the reason is we can see this now in the budget," Bergen said. "The Liberals have collected a windfall of revenue on the backs of Canadians paying through the nose for things like gas and groceries and essentials. And they're using that money to again spend on big permanent government programs instead of tax cuts or things that will grow the economy and produce long-term productivity and in-

vestment."

In her foreword to the budget, Deputy Prime Minister and Finance Minister Chrystia Freeland highlighted what they feel a stronger country looks like:

"It means we need housing that is affordable for everyone and a system where an entire generation is not priced out of owning a home.

"It means we need to do our part to fight climate change so that we can leave our children with clean air, clean water and a livable planet.

"It means we need to continue to face up to the sins of our past and ensure that Indigenous peoples in this country are able to live dignified and prosperous lives.

"It means we need a health-care system that allows people to see a doctor or a dentist and to receive mental health care too.

"It means we need to continue to build a society that is truly equal for everyone because the colour of your skin or who you love or where you were born

should not dictate whether you get to share in the opportunities that Canada provides.

"And it means we need an economy that allows businesses to grow and create good middle-class jobs and where everyone can earn a decent living for an honest day's work."

"IT'S AN NDP BUDGET. IT'S A TAX AND SPEND AND TAX AND SPEND BIG NDP BUDGET, AND THE LIBERALS ARE REALLY GOING FURTHER TO THE LEFT."

Stonewall council news in brief

By Jennifer McFee

A public hearing on April 6 focused on a conditional use application for a basement-level secondary suite in a single-family home on Kurelek Crescent.

The home was built during 2020 and 2021 with a design

that could provide for two separate living spaces to accommodate the principal homeowners as well as their aging parents in the future.

In late 2021, the South Interlake Planning District opened an enforcement file about an unauthorized secondary suite in the home. After an extended period of back-and-forth correspondence on the matter, the homeowners filed a conditional use application in February 2022.

The South Interlake Planning District expressed no concerns about the proposed secondary suite.

Council provided conditional approval for the secondary suite. The owner will need to apply for a variation regarding the suite's size.

In other council news:

- Council gave second and third reading to a bylaw regarding council and committee in-

demnities. The town made a change to how its mileage rate is calculated. In the past, the town had chosen a rate based on the rates of neighbouring municipalities. Due to the recent spike in gas prices, the Town of Stonewall and many other municipalities will use the Canada Revenue Agency rate, which is regularly reviewed.

- Council discussed the length of time that they would like to keep the Ukrainian flag flying at town hall. The flag will fly until the end of April, and then council will review the topic again at the May 4 meeting.

- A public hearing about the Town of Stonewall's 2022 financial plan will take place in the council chambers on Thursday, April 14 at 6:30 p.m. More information is available on the Town of Stonewall website at www.stonewall.ca.



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Teulon teens can learn life skills while socializing

By Nicole Brownlee

Teulon youth now have the opportunity to game, socialize and learn new skills at the Green Acres Art Centre monthly events.

Event nights planned by youth for children between 11 and 17 years old will be hosted at GAAC twice per month.

"We really hope that, along with building relationships and social skills, youth will gain experience in planning, organizing and running events to benefit others in their community," said Amanda Hepples, a GAAC co-ordinator leading the Youth Committee, in a statement.

In addition to attending the social events, youth can opt to help plan activity nights by joining the Youth Committee.

"The goal of these programs is to help guide the youth in running the program themselves, including planning, advertising and fundraising to support them," said Hepples.

GAAC plans to hold two youth committee meetings for teens between 13 and 17 years old and children between 11 and 12 years old to plan events once a month.

Lana Knor, president of GAAC's board of directors, was inspired to establish more youth-led programs in 2019 because she noticed there were very few activities for children in the community outside of school.

"We had already started to try to create nights out for teens, but then the pandemic put a halt to all of those plans," said Knor.

GAAC received a \$10,000 grant before the COVID-19 pandemic to create a Youth Committee to plan activities and was able to extend the grant to use in 2022.

"Things are opening up, and now we want to get things going for the kids," said Knor.

GAAC also received a \$1,100 grant from the Interlake Community Foundation to help purchase a projector and Xbox for the youth event nights.

"Youth groups aren't just going to be Xbox nights," said Knor.

"We want to empower the kids who are interested in planning and organizing and teach them valuable skills."

Hepples is working with the Youth Committee to organize an electronics donation and recycling program to teach children about computer maintenance. Youth are also interested in learning more about cooking, finance

and other life skills.

Hepples said she received positive feedback and ideas for future activities from youth who attended the Junior Youth and Teen Nights.

Teens can compete in an Xbox tournament at the next Teen Night on April 29.

The next Junior Youth event, where children have the chance to play games like Wheel of Fortune, Jeopardy and Family Feud on the centre's Xbox, is expected to be hosted in the first week of May.

Anyone interested in joining or for more information can contact Amanda Hepples at gaacevents@mymts.net.



TRIBUNE PHOTO SUBMITTED

Teulon teens kicked off Green Acres Art Centre's Teen Nights on March 25 by playing Xbox.

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:

To SUBDIVIDE five +/- 0.03 to 1.15 acre parcels plus residual (+/- 1.98 acres) totalling +/- 4.54 acres from the NE ¼ 27-11-2E in the RURAL MUNICIPALITY OF ROSSER

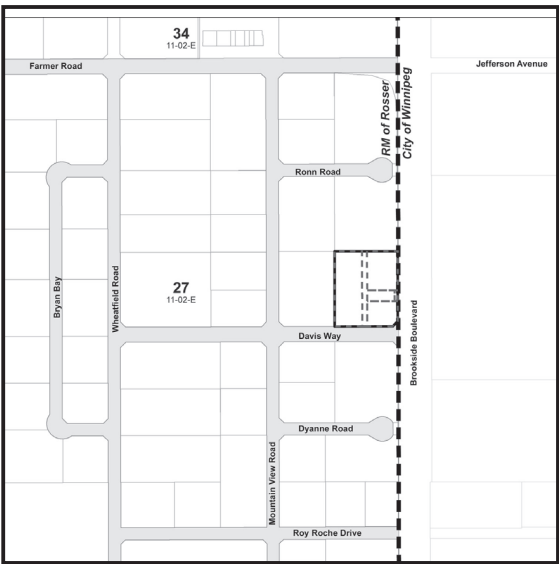
HEARING LOCATION: Virtual Public Hearing
Microsoft Teams

DATE and TIME: Thursday, April 21, 2022 at 6:00 p.m.

GENERAL INTENT AND PURPOSE: To subdivide a portion of the NE ¼ 27-11-2E in the RM of Rosser CentrePort lands to create five new lots.

AREA AFFECTED: This subdivision and by-law shall apply to the area identified on the map appearing on the 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.





Wishing you all the Blessings of the Beautiful Easter Season

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Clubroom Events for the Week of April 11
Wednesday 4-9 Chase the Queen Draw at 8:30
Thursday Doors open at 6 Crib starts at 7 sharp
Friday Closed Saturday 4-10 Darts 6:45
Tickets are available at the bar for the Dinner on April 30 for \$10.
All are welcome - Support your local legion!

Coffee and perogies served at TCI fundraiser for Ukraine

By Nicole Brownlee

As the war in Ukraine stretches into its seventh week, students at Teulon Collegiate Institute are pushing for local support.

TCI's social justice league, an amalgamation of four environmental and social service clubs that meet once a month, felt they had to help a country where many of their community members' ancestors come from.

"Teulon is a large Ukrainian community," said Megan Loudon, a Grade 12 student.

Canada is the second-largest Ukrainian diaspora group after Russia. Manitoba leads Canada's Ukrainian population, with more than 180,000 Manitoba identifying as Ukrainian.

Remnants of Ukrainians immigrants' impact on Teulon can be found at the Teulon and District Museum, which includes a Ukrainian log house and St. Mary's Ukrainian Catholic Church, built in 1922.

When Russia invaded Ukraine on Feb. 23, the social justice league was engrossed in finding ways to support people impacted by the war.

"The Ukraine crisis came up, and that's taken over everything," said Kathy Simcoe, a TCI teacher involved with the social justice league.

The Stand with Ukraine Coffee House is set for April 22 from 6:30 p.m. to 9:30 p.m. at the Teulon Hall. Admission to the event is \$5. Children 12 years old and younger get in for free.

Tickets are available at the TCI front office, Teu-

lon Medical Clinic and at the door.

The coffee house will include performances from local youth, a silent auction and a 50/50 draw.

"We're looking at getting the Green Acres Art Centre involved," said Otilya Yankech, a Grade 12 student.

"There's some guitar and piano students from the art centre as well as some other students who are in our school band."

Prizes like gardening tools, Easter treats and gift cards to local businesses will be included in the silent auction.

Free treats made by the social justice league and coffee will be available. Supporters can also buy homemade perogies to enjoy at the event.

Money raised at the coffee house will go to the Ukrainian Canadian Congress, which works with several organizations that support displaced Ukrainians, the shipment of tactical and medical supplies and the National Armed Forces of Ukraine.

The Interlake Community Foundation is also matching donations raised at the coffee house up to \$500 as part of their Students Give Back philanthropy program.

Teulon, Warren and Stonewall high schools have ICF funds that generate money for an annual grant to a charity selected by students participating in Students Give Back.

"The (ICF) celebrates efforts of Teulon Colle-



TRIBUNE PHOTO SUBMITTED

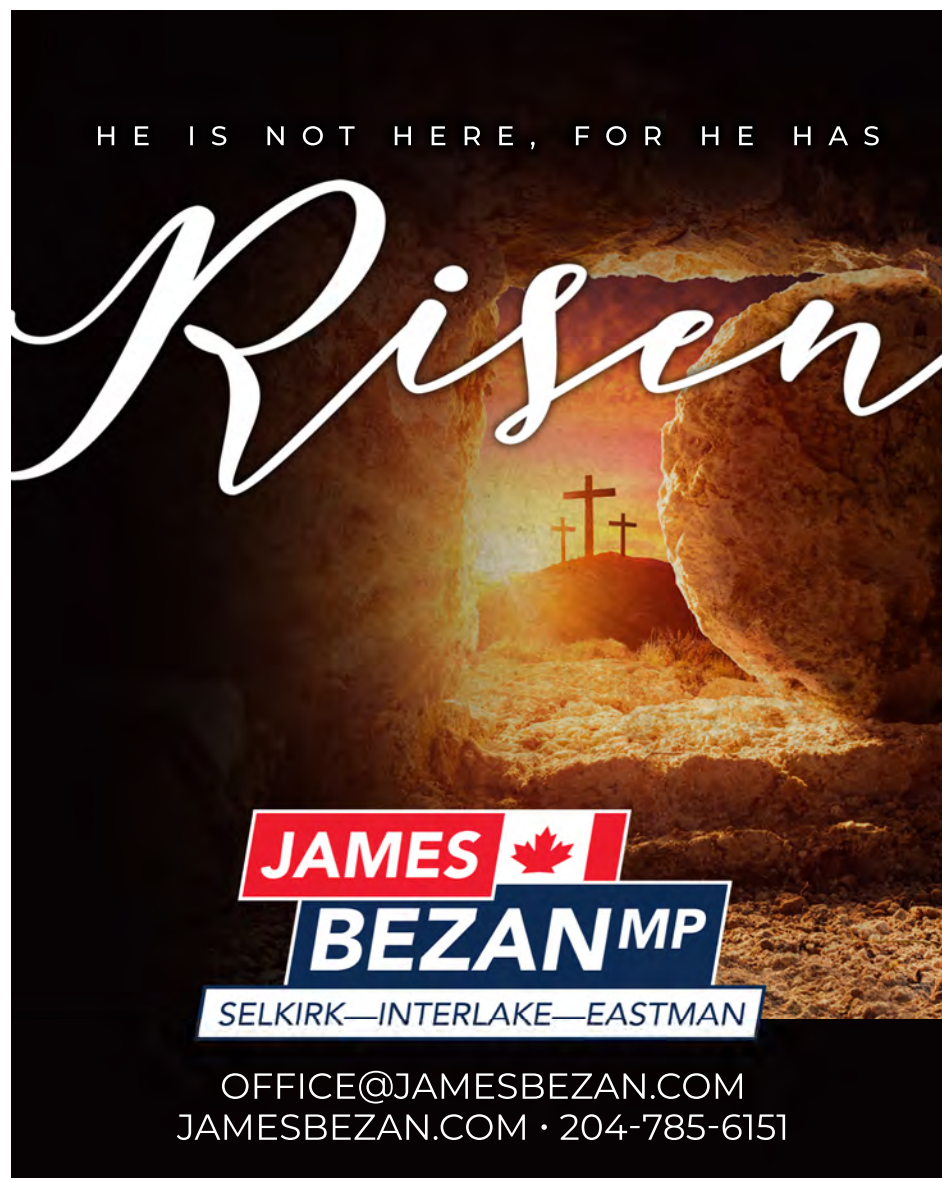
Teulon Collegiate Institute's social justice league is hosting a coffee house to raise money to support Ukraine. Back row, left to right: Kaleigh Watson, Megan Loudon, Chloe Domino, Kathy Simcoe, Amanda Guilbeault, Sharon Ward, Otilya Yankech, Melissa Budd; front row: Madison Charison and Liam Tinker.

giate students in raising funds that will directly benefit Ukrainian people so devastated by war," said Murray Slagerman, ICF board vice-chair.

"Their caring for those in need is true to the spirit of the foundation movement."

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Friday, April 22nd at 7:00 pm
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Brought to you by:  **REACT** INC.org
Rockwood Environmental Action Community Taskforce Incorporated

Municipal Board to consider annexation proposal

By Jennifer McFee

Members of the public had the chance to learn more about the Town of Stonewall's annexation proposal last week.

On April 5, the town hosted an open house event at the Heritage Arts Centre to provide an update on the status of the annexation proposal while also presenting the concept plan.

In July 2020, Stonewall council passed a resolution to submit a proposal to the provincial government to annex eight quarter-sections from the RM of Rockwood, for a total of about 1,250 acres.

The town is working with consulting firm WSP to develop a concept plan for how these eight quarter-sections might be developed in the future. The concept plan is not a binding policy or planning document, and future development plans do not need to conform to the concept plan.

The main land use in the concept plan focuses on lower-density residential areas, which are envisioned as mostly single-family homes along with a mix of two-unit and low-rise multi-unit dwellings. Development would start in the west and move east.

In the south area, a mixed-use designation could also include commercial

uses as an extension of the town's existing commercial corridor. Highway commercial locations could serve a regional customer base.

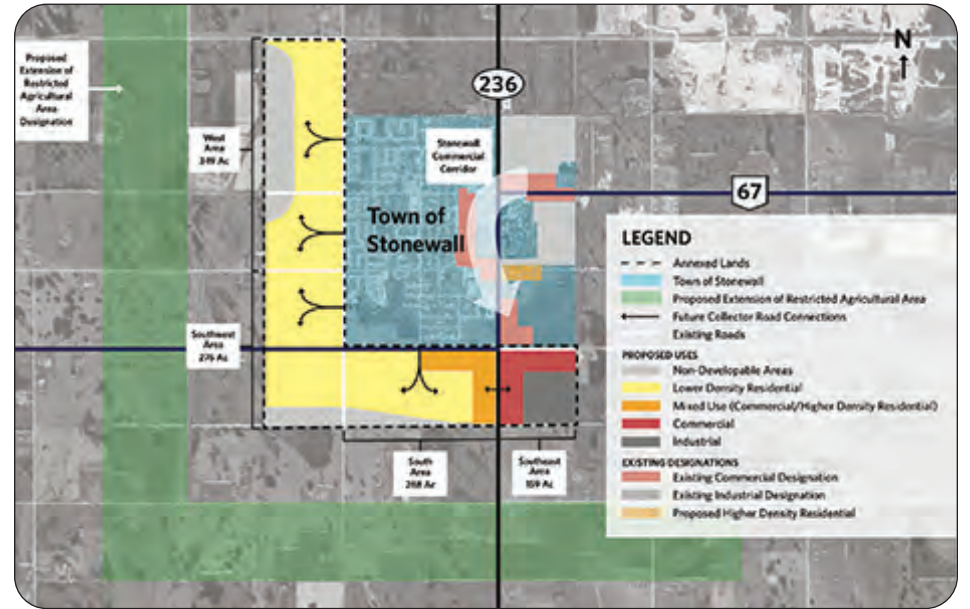
An industrial area is envisioned as a mix of business park and light industrial uses. It's not intended to be developed until after the town's existing industrial areas are built out.

The servicing of the west area for water and wastewater would require minimal infrastructure upgrades. A shared wastewater forcemain would be needed to service the southwest, south and southeast areas, as well as the existing town lands north of Winfield Road.

The southwest, south and southeast areas would also need moderate to significant off-site improvements for water distribution.

The Municipal Board will consider the annexation proposal at a hearing on April 25 and 26. The provincial government has recommended a reduction to the area proposed to be annexed. More information about the Municipal Board hearing is posted on the Town of Stonewall website at www.stonewall.ca.

The presentation slides are also posted on Town of Stonewall website under "Documents."



TRIBUNE PHOTO SUBMITTED

The yellow area shows the land proposed to be annexed to the Town of Stonewall.

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NOTICE OF ANNUAL MEETING

MEMBERS OF SUNOVA CREDIT UNION LIMITED ANNUAL GENERAL MEETING

PLEASE TAKE NOTICE THAT the Annual General Meeting of Sunova Credit Union Limited will be hosted via Zoom webinar at 7:00 pm CST on April 28, 2022. Members must pre-register no later than 5:00 pm CST on Wednesday, April 27 at sunovacu.ca to receive the Zoom meeting link.

THE PURPOSE OF THE MEETING IS TO:

1. Receive and consider the annual report;
2. Receive and consider the financial statements and report of the auditors;
3. Appoint auditors;
4. Transact such other business, including Special Business, as may properly come before the meeting or an adjournment thereof.

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7 things on your car you should check in spring



After a long, cold winter, you should inspect your vehicle and make sure it's in good condition. Here are seven things to check.

1. TIRES Before installing your summer tires, assess the tread depth. If it's less than 4.8 millimetres, invest in a new set. Once your summer tires are installed, inflate them according to the manufacturer's recommendations. Additionally, inspect your winter tires before storing them. If the wear is uneven, visit a mechanic for an alignment check.

2. FLUIDS Depending on when your car was last serviced and the number of kilometres you drove over the winter, you may need to change the oil. Additionally, top up the coolant, brake fluid and windshield washer fluids.

3. FILTERS Determine if the engine or cabin air filter is clogged

4. AIR CONDITIONING Don't wait until there's a heatwave to ensure your air conditioning system is working.

5. WINDSHIELD WIPERS If applicable, swap your winter wiper blades for summer ones. Additionally, if your windshield wipers are cracked and worn, invest in a new set.

6. BODYWORK After thoroughly washing your vehicle, check for rust. If you notice any corrosion, repair it immediately.

7. CABIN AND TRUNK Clean the interior of your car, and make sure to organize your emergen-

cy kit, put away seasonal items and replace anything that's outdated in your first aid kit.

Additionally, it's a good idea to schedule a full inspection with your mechanic to ensure your car didn't suffer any damage over the winter.

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Saddle up for the return of the Stonewall Horse Show June 4

By Nicole Brownlee

After a two-year break, the Stonewall Horse Show is returning this summer, welcoming back riders, families and community members.

The Stonewall Horse Show, sponsored by the South Interlake Rockwood Agricultural Society (SIRAS), is set for the weekend of June 4.

"I can hardly wait to see the same people return," said Penny Fidler, the Show co-ordinator.

"I'm just happy to have two days of people and their horses being together."

Fidler joined the show team 11 years ago without any background knowledge about horse shows.

"I knew nothing, but I've had horses for 50 years," said Fidler.

Fidler quickly picked up the reins of the event with the help of other volunteers from SIRAS and her five com-

mittee members.

"Horse people are a really great community," said Fidler.

"All of the show people who know what's going on have just held my hand and led me down the right path."

The community also extends its patience and knowledge to all newcomers.

"Some people have never been to a show before, and there's always somebody to step up and give them a hand."

The show features 60 classes, including showmanship, Western Pleasure, Western Horsemanship, rookie reining, English Pleasure, English Equitation, trail, barrels, poles, barrels and keyhole.

All judged events are set for June 4 and timed events for June 5.

Judges will award a high point



TRIBUNE PHOTOS SUPPLIED BY THE STONEWALL HORSE SHOW.

The Stonewall Horse Show returns June 4- 5 after a two year hiatus.

champion and high point reserved champion prizes in age divisions for Senior (contestants 19-year-olds and older), Intermediate (14- to 18-year-olds), Junior (13-year-olds and younger), Pee Wee (10-year-olds and under) and Lead Line (eight-year-olds and under).

Fidler has seen contestants as young as three years old and riders in their 70s compete in the show.

"We've had some good community

support."

The last Show held in 2019 attracted 80 horse-rider combinations and around 100 audience members. Fidler expects they'll get the same crowd for this year's event.

"All the families come out for the riders."

Registration forms are available online at stonewallhorseshow.weebly.com. For more information, email stonewallhorseshow@gmail.com.

CORRECTION

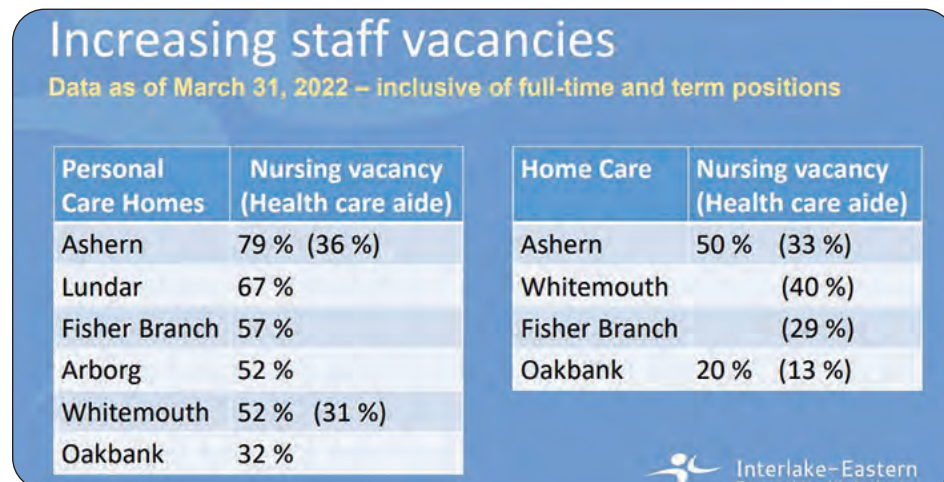
Staff

In the story "Ongoing nursing vacancies, bed closures in IERHA; Eriksdale

to replace physicians" in the April 7 edition of the *Stonewall Teulon Tribune*, we wrote that the Interlake-Eastern Regional Health Authority had hired 13 uncertified health-care aides (UHCAs) when it had, in fact, hired 30

uncertified health-care aides. The *Tribune* apologizes for the error.

A spokesperson for the IERHA added that in addition to the 30 UHCAs that had been announced during the March 31 briefing with municipal officials, the health authority has "just added another 30 from the most recent graduating class."



COURTESY OF IERHA

The graph shows nursing vacancies and [certified] health-care aide vacancies (shown in parentheses) in personal care homes and home care services across the IERHA. The health authority recently hired 60 uncertified health-care aides to help support staffing.

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SOUTH INTERLAKE PLANNING

Planning a Project this Construction Season?

Spring and summer are busy seasons for construction, and it's also a time when many are preparing to enjoy the outdoors.

With this in mind, the South Interlake Planning District (SIPD) would like to issue a reminder that Development and Building Permits are required for most types of construction, renovations, and structures (pre-built, site-built, temporary or permanent). These include but are not limited to: **Swimming Pools, Hot Tubs, Decks, Sunrooms, Gazebos, Pergolas, Sheds, Fabric Shelters, Interior/Exterior Renovations or Repairs, Solar Panels, Window and Door Installations (structural only), Basement Developments, etc.**

Permits help ensure that buildings and structures meet the *Manitoba Building Code*, which in turn increases the level of safety for everyone.

If you are unsure whether your project requires a permit or not, or if you have any questions, please contact the SIPD office at 204-467-5587 and we'd be happy to assist you! More information is also available on our website: www.sipd.ca

Local firefighters honoured and acknowledged

By Jo-Anne Procter

Since the smoke is finally starting to clear on the two-year-long pandemic, the Teulon Rockwood Fire Department was able to host their annual Firefighters Ball.

Fortunately, the only smoke that evening was from the 24 Charison turkeys being cooked up to go along with the delicious meal, which included meatballs, mashed potatoes, stuffing, gravy and corn, as well as dessert prepared by Blue Skies Bakery.

People were lined up early for blocks, excited to be out to celebrate their local heroes at the sold-out event.

Former Fire Chief Chris Dawson individually introduced the 2021-2022 Teulon Rockwood Fire Department members. A standing ovation welcomed the 23 firefighters. Dawson then recited the firefighter's prayer before dinner.

Following dinner, Rockwood Reeve Wes Taplin brought greetings from the municipality.

"It is an honour and privilege to be here tonight," said Taplin. "We can't thank the fire department and their members enough for what they do for us, the amount of time they give up or occasions they miss because the pagers have gone off. We want to thank your families for allowing us to borrow you guys."

Rockwood council members Taplin, Art Goudy and Lyle Willis presented Kyle Kearny and Curtis Good with their 10-year service pins. RM and Town of Teulon Mayor Anna Pazdzierski and Coun. Todd Campbell along with Willis, Taplin and Goudy presented retiree Chris Dawson with a gift for his years of service to the department.

Dawson stepped down from his position after spending 30 years with the department: 10 years as chief and 20 years in command, with four as deputy captain and six as captain.

"During that time, everything grew and evolved and we really developed a strong group. I was so pleased to be able to step away and let that energy



Fire Chief Ryan Trombo with one of the trays of delectable desserts prepared by Blue Skies Bakery.



Robin Chestnut takes his turn at the buffet.

and enthusiasm continue," Dawson said. "We wouldn't be as successful of a department if we didn't have the group we have to work with us. The support we get from this community is unbelievable."

Deputy Chief Scott Skinner said that Dawson has always been a strong leader and led by example.

"Chris left some big shoes to be filled by our new fire chief Ryan Trombo, who has proven to handle the job well."

Joining Dawson in retirement is Deputy Chief Perry McMahon, who served on the department for 25



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Retired Fire Chief Chris Dawson was thanked for his 30 years of service. Pictured left to right; Todd Campbell, Anna Pazdzierski, Chris Dawson, Lyle Willis, Wes Taplin and Art Goudy.

years: 10 years as deputy chief, five years as a captain and five years as a firefighter. McMahon is known for his ability to keep things calm scene.

Taras Derbowka also stepped away from the department after serving 11 years as captain and seven years as a firefighter. He was a leader in the public education group

Kelly Klein, a member for 18 years, 13 as the acting association president, also stepped away from the department.

"We firefighters owe them for all their teaching and service over the years and we as a community owe them for their sacrifices and time, effort that could easily been spent with family and friends instead."

Trombo has 19 years of active service and is trained in ground search and rescue. Deputy Chief Scott Skinner has 17 years of active service, and newly appointed captains Tyler Wilton, Sean McGill and Danny Hutchinson have 51 active years of combined service. The new command crew has vowed to do their best to serve and protect their community.

Kyle Kearney ran a slide show introducing the rookies, showing off the new fire hall, training exercises and equipment the department uses, and photos of the new rescue truck, a 2021 Freightliner M2 that is being built for the department. The truck will give them the ability to continue growing and serving the community even better.

Kearny also shared data of the department's time over the years.

As of April 2022, the department has attended 16 calls compared to 10 calls by April 2018.

In 2021 the department recorded 67 calls (206 hours); in 2020 the department attended 47 calls (107 hours); 2019 had 71 calls (178 hours); and in 2018 there were 75 calls (183 hours).

In 2020 there were four structure fires, seven grass fires, 10 automotive calls, 11 false alarms, five Stars landing calls, one water rescue and nine other calls, totalling 47 calls and 24 training meetings. In 2021 there were three structure fires, 18 grass fires, 18

Continued on page 15



Former fire chief Chris Dawson recited the Firefighters Prayer

Stonewall Co-op food store to eliminate plastic grocery bags

Submitted by Red River Co-op

Starting Earth Day, single-use plastic bags will no longer be available at checkout stands.

In an effort to further reduce its impact on the environment, Red River Co-op food stores will no longer offer single-use plastic grocery bags at checkout stands at their nine food stores starting on Earth Day on April 22.

"Last year, we sold over 2.2 million bags," said Sara Fournier, vice-president of Food and Pharmacy Operations. "We believe that this Earth Day is a great opportunity to move away from single-use plastic bags at our checkouts and offer reusable options to our customers."

Red River Co-op began encouraging reuse over single-use plastics in 2018 when they started charging for plastic grocery bags. In the first year, three million plastic bags were diverted from landfill, a reduction of 54 per cent over the previous year. To further the impact on the local environment, Red River Co-op pledged to donate the profit from each sale to local green-living non-profit Green Action Centre to support their food waste reduction and composting educational programming. From there, a partner-



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall's Red River Co-op store manager Ron Harder shows off the reusable options available for purchase. Starting Earth Day April 22, single-use plastic bags will no longer be available at checkout stands at the store.

ship formed and the co-operative and the non-profit continue to support the work each does for the environment.

"Our current and growing reliance on plastics is not sustainable, as very little of the disposable plastic products used are recycled, despite years of recycling efforts and programs," said Colleen Ans, Living Green Living Well co-ordinator with Green Action Centre. "We fully support the elimination of single-use plastic bags and a switch to reusables. The focus

must remain on reduction, not simply 'better disposables' like paper that is recyclable but may also have a large carbon footprint."

Red River Co-op members and customers are encouraged to bring reusable bags to shop at their food stores. They have reusable totes and bag options for sale in-store, including a reusable cloth bag for 25 cents per bag, available at the tills in case customers forget their reusable bags from home.

> FIREFIGHTERS, FROM PG. 14

automotive calls, 11 false alarms, three Stars landing calls and 14 other calls, totalling 67 calls and 24 training meetings.

The generous support of community members and local businesses enables the department to purchase life-saving tools. Glen and Maureen Kletke were thanked for their generosity, which allowed the department to buy a Holmatro Combi tool, battery-operated jaws of life that will save critical time in life-saving situations.

With funds raised this year, the department plans to purchase updated grass fire accessories, training equipment and training aids.

Skinner thanked guests and sponsors Charison's Turkey Hatchery, who donated the turkeys for supper, Willis Agro for the wine and Ken and Darci Loehmer for the programs.

"We have an amazing group of guys, very much like a family in the fire hall, and that is what makes it worthwhile when it gets a little tough — to have that camaraderie around the fire hall," said Skinner.



THURSDAY APRIL 21

VETERANS MEMORIAL SPORTS COMPLEX



VIEWING PARTY

FREE ADMISSION

DOORS OPEN 5 PM
PUCK DROP 6 PM



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Argyle Curling Club hands out trophies; recognizes life members



TRIBUNE PHOTOS BY LANA MEIER

The Argyle Curling Club carried on with their annual tradition of a windup Saturday night, after taking a year off due to the COVID-19 pandemic. This year, the Men's Club Champion trophy was presented to the Trevor Buchanan rink including Riley Buchanan, Ryan Holod and Jeff Meier. (Top middle photo) Darcy Holod and Chrissy Buchanan accepted the Ladies' Club Champion trophy on behalf of their team, including Brooklyn Buchanan and Kristin McCurdy. (Bottom left photo) Bruce Buchanan and his team of Bill Rossington, Greg Harrison, Lloyd Buchanan and Wayne Peters received the B-side Men's trophy, and Pam Crockatt, Natasha Pederson, Lindsay Jack, Jen Mikaluk and Alexis Buchanan were this year's Ladies' B-side winners. Life Member plaques were presented to members over 65 years, which included Virginia Crockatt (top right photo) and Lloyd Buchanan, Greg Harrison, Bill Rossington, Bruce Buchanan and Ken Yule, who was not in attendance.

Stonewall to host 2022 Women's Invitational Championship

Submitted by Patti Hacault

The 2022 Women's Invitational Championship is heading back to Stonewall.

The popular event, featuring the top female baseball talent in the country, will be hosted from July 21 to 24, 2022.

The previous events scheduled in 2020 and 2021 were both cancelled due to the COVID-19 pandemic.

Stonewall is no stranger to hosting Baseball Canada National Championships. They have previously hosted the Baseball Canada Cup on three occasions in the late '90s while recently putting on successful editions of the 21U Women's Invitational in both 2017 and 2018.

"The Manitoba Girls Baseball committee is so

pleased to be hosting our third national event," said Gail Langlais, co-chairperson of the Women's Invitational Championship Committee.

"We had the privilege of hosting two 21U tournaments and will use that experience to welcome the best women players in Canada in July. The calibre of baseball is excellent and we would love to see fans from across Manitoba come out and enjoy a weekend of exceptional baseball."

Canadian girls and women have always dabbled in baseball.

However, they usually were mixed in among the boys but not in the numbers they play the sport now, 20 years after the first-sanctioned national championship for girls' baseball in 1998.

Historically, females played softball and males

played baseball in Canada. The reason was mostly cultural, reported André Lachance, former general manager of Baseball Canada and former field coach of Canada's National Women's Baseball Team.

Lachance, Baseball Canada's director of business development and sport, bid farewell to his duties at the federation's national office. He indicated that in the past, baseball associations would simply not offer baseball to girls.

"I'm not sure about why. Perhaps a stereotype that girls cannot handle baseball or that they would get hurt?" he offered. "I would say things started to change in the late 1990s. We had our first national championship back then. The first Women's Baseball World Cup was in 2004. Lots has happened in just 15 years."

Merces win Hockey Manitoba Senior 'A' Championship

By Brian Bowman

The Warren Merces completed an outstanding season with a provincial title.

Warren defeated the Boissevain Border Kings 7-6 on Sunday evening in Virden to claim the Hockey Manitoba Senior "A" Championship.

It was Boissevain's first loss of the season.

"It was a lot of fun," said Merces' defenceman Chad Deprez. "We didn't have the pressure, I don't think. Everybody was expecting Boissevain, because they hadn't lost all year, to come out on top. So, we were able to play pretty freely and go out there and have some fun, which we did."

Warren got out to a 3-1 lead before Boissevain came back with a goal before the opening period ended. Merces' goaltender Hayden Dola then made an incredible save with about one second remaining in the first period.

The Merces took it to the Border Kings in the second period, opening up a 7-3 lead.

In the third, Boissevain scored a pair of goals with the final one coming with just a second remaining in the game

"We were just in a mode, 'OK, let's just lock it down,' Deprez said. "It wasn't a one-goal game, we beat them by two. We were already celebrating and they kept going. We just ran the clock off for the win."

On Friday night in Minnedosa, Chase Faulkner scored the game-winning goal on the power play in overtime to lift Warren to victory over the Bombers in the two-game, total-goal series.

Minnedosa scored with three seconds remaining to win the game 4-3 which meant both teams had scored 10 goals in the two games, forcing the overtime.



TRIBUNE PHOTO SUBMITTED

The Warren Merces are the Hockey Manitoba Senior 'A' champions after a 7-6 victory over the Boissevain Border Kings on Sunday evening in Virden.

The provincial championship capped off a great season for the Merces. Warren had talent in goal, on defence and up front.

"We always talk about our depth and that's exactly how we got it done," Deprez said.

"Most senior teams aren't structured the way we're structured. Every other team has their top line and the rest is pretty thin. We rely on all 23 skaters, or how many that we have, and everybody chips in. That's how we do it, by committee, so it's

a lot of fun that way."

Deprez feels that most guys on this year's Merces' team will come back next season.

"There are a couple of us with kids that are a little hesitant but I think most guys are talking about coming back," he said.

"And we have a few good players coming up that we're looking forward to (having). I think the Merces will be a strong team again next year."

Balmoral Judo Club wins medals at Portage tournament

Staff

The Balmoral Judo Club had some great results at the Portage Open Judo Tournament in Portage la Prairie on April 2.

"There were over 100 competitors from all across Manitoba (and) this was the first tournament in two years due to the pandemic shutdowns," said Milton Good in an email.

"The coaches were very happy with the performance of the Balmoral competitors."

The Balmoral Judo Club's Avery

Wakeham won both his matches in U10 -40 kg (there is no placing in this age division and everyone gets participation awards).

Winning gold were Nathan Panchuk (U14 -60 kg), Sam Jones (U14 +66 kg) and Cai James (U16 +73 kg).

Silver medals were won by Greg Panchuk (U12 -52 kg), Jackson Wallace (U12 +58 kg), Ben Jones (U14 +66 kg) and Aythen Gross (U16 +73 kg).

Wyatt McRae took home bronze in the U14 -46 kg division.



TRIBUNE PHOTO SUBMITTED

Balmoral Judo Club members competed at the Portage Open Judo tournament on April 2. Pictured back row, left to right: Sam Jones, Cai James, Ben Jones and Nathan Panchuk. Front row, left to right: Greg Panchuk, Wyatt McRae, Jackson Wallace and Avery Wakeham. Missing from the photo is Aythen Gross.

To see more photos of your favourite Interlake Athletes

GO TO Stonewall Teulon Tribune | flickr

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King co-winner of Broncos' most improved player award

By Brian Bowman

Karson King had one heck of a rookie season with the Western Hockey League's Swift Current Broncos.

The Warren product was recently named the co-winner of the Broncos' most improved player award along with Josh Filmon.

"It's definitely something to accept, the team has been great to me," said King on Sunday afternoon. "They have built up my confidence along the way. It's a great achievement and it's only going to get better from here."

King's improvement from the beginning of the season to now has been quite the story. After recording two assists in his first 27 games of the season, King found the back of the net for the first time on Feb. 11 against the Brandon Wheat Kings.

"I was always saying to myself that I just have to get that first goal to build my confidence," King said. "It took longer than I had hoped but it was nice to do it in Brandon, especially in front of my family and some friends. That was a big moment for me, for sure, to get the monkey off my back."

The goal lifted a huge weight off King's shoulders as he went on a torrid scoring pace following that goal, recording 18 points over his next 21 games. That included a nine-game point streak leading up to awards

night.

"After that first goal, things started to come together for me and I was getting the bounces," King said. "With injuries, I was fortunate enough to get bumped up in the lineup to the second line. Things started working out for me and I was getting on the score-sheet more and more each night."

King has 11 goals and 20 points in 49 games heading into this Friday's final regular-season game against the Prince Albert Raiders.

He has really enjoyed his time playing in the WHL and living in Swift Current.

"I love living in Swift Current, it's a lot like being back home," King said. "It's a smaller city so it feels a little familiar like home."

With a 26-34-5-2 record and 58 points, Swift Current is precariously holding on to the eighth and final playoff spot in the Eastern Conference heading into this weekend. As of Monday, the Broncos were one point ahead of the Calgary Hitmen and two better than the Regina Pats and Raiders.

"I could be home as early as this Saturday or I could be here for another two, three weeks," King said. "It definitely keeps you on the edge of your seat. It's been a battle for us all year long. We've had our ups and

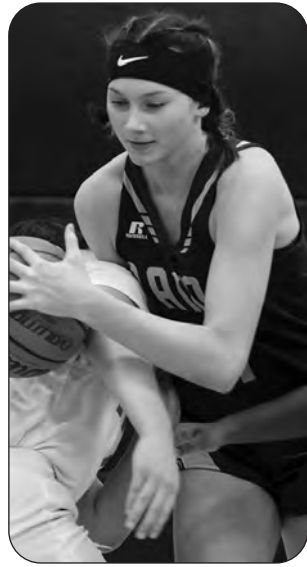


TRIBUNE PHOTO SWIFT CURRENT BRONCOS

Warren's Karson King, right, and Josh Filmon were named the co-winners of the Swift Current Broncos' most improved player award.

our downs. We put ourselves in this position and we know what it's going to take to make the playoffs."

MHSAA A/AA/AAA Graduating all-stars



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Teulon Collegiate's Madison Charison, Stonewall Collegiate's Grace Fines and Warren Collegiate's Katie Dorsch were selected to play in this Saturday's MHSAA A/AA/AAA Graduating Female All-Star Game.

MJHL to host Prospect Camp

From the MJHL

The Manitoba Junior Hockey League is excited to host the fifth-annual MJHL Prospect Camp July 20-24 in Winnipeg.

The 2022 MJHL Prospect Camp will feature three divisions of players who will be invited to attend the event. Players born in 2004 and 2005 who are currently protected by MJHL teams will feature the Premier division of the camp. Meanwhile, the draft prospects division will feature 2006-born players who will have recently gone through the 2022 MJHL draft (June) identification process by time the camp begins.

Last but not least, new to the camp will be the U16 Futures division with the top 2007-born players in the province also attending the MJHL Prospect Camp.

The main goal of the camp is to prepare these players on and off the ice for what it takes to be successful in the MJHL and what it takes to advance to NCAA, WHL, USports, and eventually to pro or the NHL. The camp activities will emphasize the elements these players need to focus on to transition successfully from elite minor hockey up into junior hockey.

Successful camp events were held in 2020 and 2021 despite limitations and constraints due to the COVID-19 pandemic, however, plans are underway to host the first full-scale camp since 2019 providing added excitement and enthusiasm for MJHL organizers.

What's included for each prospect:

- Three games (full games)
- On-ice practice/skills
- Off-Ice Testing Combine
- Meals provided by Boston Pizza
- Player development seminars/presentations

Special guests generally include experienced individuals from NCAA, WHL, U Sports, AHL, NHL.

Opportunity for prospects to showcase themselves to scouts from all levels in attendance

The 2022 MJHL Prospect Camp will be held at Seven Oaks Sportsplex in Winnipeg. Camp invitations will be distributed later this month followed by further announcements of camp rosters, schedules and special guests.

For more news about this event and all MJHL updates, follow @mjhlhockey on social media or keep posted at www.mjhlhockey.ca.

27. Figures
28. Polish Baltic coast peninsula
29. Old cloth
31. Explosive
32. Automobiles
33. 007's creator
34. The Volunteer State
35. Old Irish alphabet
36. Japanese city
37. Portrayed emotion
38. Observers
39. Mimicked
40. Polite reference to a woman
44. Male parent
47. Peter Griffin's daughter

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Stonewall Teulon
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Classified and Notice booking deadline is Monday at 4 p.m. prior to Thursday's publication.

Call 204-467-5836

RURAL MUNICIPALITY OF ARMSTRONG

NOTICE OF REGISTRATION

OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION



Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that candidate registrations will be received:

For the office of head of council:
Between May 1st, 2022 and September 20th, 2022

For the office of councillor:
Between June 30th, 2022 and September 20th, 2022

at the Rural Municipality of Armstrong office, Box 69, Inwood, Manitoba R0C 1P0 during the regular hours of business.

To obtain a registration form contact the municipal office at 204-278-3377.

Dated at Inwood, Manitoba on April 4th, 2022.

Ernie Epp
Senior Election Official (S.E.O.)

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

LAKESIDE FLIGHT SCHOOL

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UPCOMING EVENTS

Cluck & Quack Poultry Club Auction. Poultry & small animals auction on Saturday, May 7 at 12 noon. Springfield Curling Club in Dugald, MB. For further vendor information contact Danica Mutchter, email danimonica@hotmail.com or phone 1-204-770-3857.

NOTICES

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

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RURAL MUNICIPALITY OF ROSSER PUBLIC HEARING

2022 FINANCIAL PLAN

In accordance with Section 162(2) of The Municipal Act the Council of the Rural Municipality of Rosser will hold a **PUBLIC HEARING** to present the 2022 Financial Plan for the Municipality at:

6:00 P.M.

TUESDAY, MAY 3, 2022

GROSSE ISLE MEMORIAL PARK RECREATION CLUB

Important Note: This Hearing will be conducted both in-person and virtually

For anyone who wishes to attend the Public Hearing by in-person and virtual means, you are required to Pre-register by emailing the RM of Rosser at clerk@rmofrosser.com.

The Rural Municipality of Rosser 2022 Financial Plan consists of:

- 1) the 2022 Operating Budget,
- 2) the 2022 Capital Budget,
- 3) an estimate of the operating revenue and expenditure for the 2022 fiscal year, and
- 4) a five year Capital Expenditure Program (2023-2027).

At this time the Council will present the proposed 2022 financial plan for the Municipality. The presentation will provide an overview of the proposed financial plan followed by a forum for questions and comments from the public. The purpose of the hearing is to allow any interested person to make a representation, ask questions or register an objection.

Copies of the proposed financial plan are available upon request at the Municipal Office, 77 E PR 221 in Rosser, Manitoba during regular office hours Monday to Friday between the hours of 8:30 a.m. and 4:30 p.m.

Larry Wandowich
Chief Administrative Officer
Rural Municipality of Rosser



PUBLIC NOTICE 2022 Financial Plan

In accordance with Section 162(2) of the Municipal Act, the Town of Teulon shall hold a **PUBLIC HEARING** to present the 2022 Financial Plan on:

Tuesday, May 10, 2022 at 6:00 p.m.
Teulon Civic Centre
44 Fourth Avenue S.E.
Teulon, Manitoba

The Town of Teulon 2022 Financial Plan consists of:

1. The 2022 Operating Budget
2. The 2022 Capital Budget
3. An Estimate of the Operating Revenue and Expenditures for the following fiscal year, and
4. A five (5) year Capital Expenditure Program

The purpose of this Public Hearing is to allow any interested person to make representation, ask questions or register an objection in respect to the Town of Teulon's 2022 Financial Plan.

Copies of the 2022 Financial Plan will be available for review as of April 14, 2022 on our Municipal Website at www.teulon.ca or by calling 204-886-2314, or emailing info@teulon.ca

The public is invited to interact, ask questions, and have the opportunity to speak for or against the proposed By-Law.

Dated this 31st day of March, 2022.

Andrew Glassco
Chief Administrative Officer
Town of Teulon



EMPLOYMENT OPPORTUNITY

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NOTICE OF PUBLIC HEARING BY THE MUNICIPAL BOARD OF MANITOBA

PROPOSAL TO ANNEX CERTAIN LANDS FROM THE RURAL MUNICIPALITY OF ROCKWOOD TO THE TOWN OF STONEWALL (BOARD FILE NO. 20E2-0001)

In accordance with Section 34 of *The Municipal Act*, the Town of Stonewall has filed a written proposal with the Board to alter its boundaries by annexing certain lands from the Rural Municipality of Rockwood (the "Proposal").

The Municipal Board will hold a public hearing on **April 25, 2022 and April 26, 2022 at 9:30 am at the Quarry Park Heritage Arts Centre, Sunova Room 166 Main Street, Stonewall, Manitoba**, to consider the Proposal.

The lands proposed for annexation are described as follows:

NE 1/4 of Section 23, N 1/2 of Section 24, Section 25, E 1/2 of Section 26, E 1/2 of Section 35, S 1/2 of Section 36, and all that portion of Government Road Allowance East of and adjacent to NE 1/4 of Section 35 which lies between the straight productions Ely of the Northern and Southern limits of NE 1/4 of Section 35 in Township 13 - 1 EPM Exc all that portion of E 1/2 of Section 35 contained within the limits of Water Control Works Plan 9608; and NW 1/4 of Section 19, W 1/2 of Section 30 and SW 1/4 of Section 31 in Township 13 - 2 EPM

as shown on the map attached.

Any person affected by the proposed annexation may appear before the Board at the hearing.

The Board requires that a person who intends on filing a written submission must file four (4) copies of that material with the Board and one (1) copy with the Town of Stonewall (1) copy with the Rural Municipality of Rockwood at least ten (10) working days prior to the hearing.

The Public Presenter Form, as well as a copy of this Public Notice and rules regarding the procedure to be followed at the hearing, can be found on The Municipal Board website under Public Hearing Notices at: <https://www.gov.mb.ca/municipalboard/appeals/notices.html>

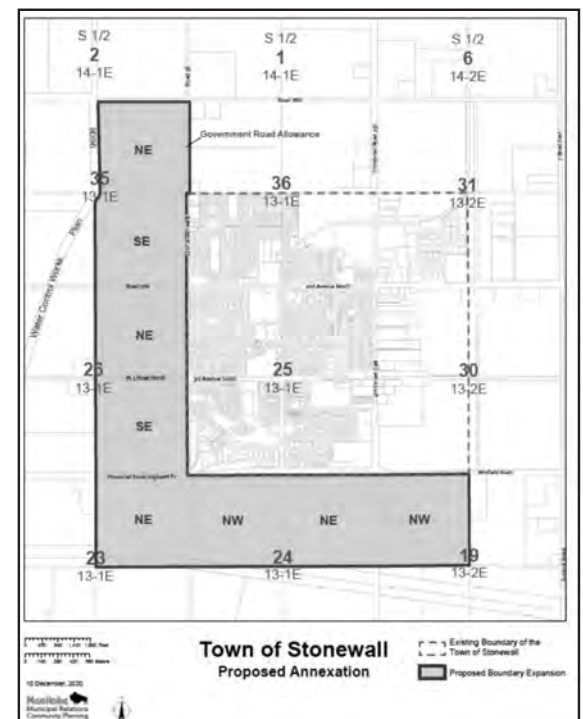
If a party wishes to have service in French, or requires assistance because of a disability, they must notify this office 15 days prior to the hearing.

Dated at the Town of Stonewall, Manitoba, this 2nd day of April, 2022.

Chief Administrative Officer
Town of Stonewall
293 Main Street
Box 250
Stonewall, MB R0C 2Z0

Chief Administrative Officer
Rural Municipality of Rockwood
285 Main Street
Box 902
Stonewall, MB R0C 2Z0

Shelley Jensen
Secretary of the Board
The Municipal Board
1144-363 Broadway
Winnipeg, MB R3C 3N9



NOTICES

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RELIGION

Following the resurrection of the Lord Jesus Christ, the first day of the week became a weekly reminder of his risen presence. Whereas the 7th day speaks of God's work in creation, the 1st day reminds us of His love in redemption. Please visit our newly updated website for more information and resources. www.clda.ca

HEALTH

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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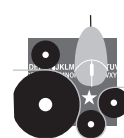
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THE RURAL MUNICIPALITY OF WOODLANDS PUBLIC HEARING

REGARDING THE 2022 FINANCIAL PLAN

In accordance with Subsection 162(2) of The Municipal Act the Council of the Rural Municipality of Woodlands shall hold a PUBLIC HEARING to present the 2022 Financial Plan for the Municipality at

May 5, 2022 at 6:00 P.M.
Warren MultiPurpose Building
152 MacDonald Avenue, Warren, MB

The Rural Municipality of Woodlands 2022 Financial Plan consists of:

- 1) 2022 Operating Budget
- 2) 2022 Capital Budget
- 3) an estimate of the operating revenue and expenditures for the following fiscal year (2023), and
- 4) a five-year Capital Expenditure Program (2023-2027)

The purpose of the Public Hearing is to allow any interested person to make representation, ask questions, or register an objection in respect of the Rural Municipality of Woodlands 2022 Financial Plan. If you are planning to attend we are requesting that you pre-register with the RM of Woodlands Office at 204-383-5679 or by email at finance@rmwoodlands.ca.

Information and documents concerning the 2022 Financial Plan are available for review by email, mail or fax as of April 19, 2022 at the R.M. of Woodlands Office at 57 Railway Ave., Woodlands, MB

Adam Turner, CMM
Chief Administrative Officer
Rural Municipality of Woodlands

Dated April 1, 2022

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The public may send written submissions or objections within 15 days of the publication of the notice to the department below.

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Attention:
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IN MEMORIAM



Marvin Prystupa
March 7, 1949 – April 18, 2020

Dad
You were always there when we needed you,
No task too great or small;
With a loving heart and a willing hand,
For us you did it all.
Though your laugh is gone forever,
Your hands we cannot touch;
Thank you for all the times we shared,
And for loving us so much.

-Michael and Caitlan,
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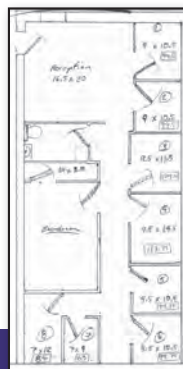


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OBITUARY

Mary Assels (Davidson)



Mom passed away peacefully on April 8, 2022 at Goodwin Lodge.
Mom was predeceased by her husband, Earl; her parents; her
brother Malcolm; sister Kathy; son-in-law, Ray; and special friend
Ken.

Left to mourn her loss are her children Rhona (Chuck), Sharon
and friend Wray, and son Ray (Marian); grandchildren Darren,
Devon, Kris, Trevor, Drew and Kyle; great-grandchildren Josh,
Ashley, Noah and Kira; her beloved sister, Nancy and sister-in-law,
Sheila.

Mom was born on August 29, 1928 in Stony Mountain. Her
parents immigrated from Scotland. Mom was very proud of her
Scottish heritage. She met our dad after he returned from WWII;
they married living on a farm in the Stony Mountain area until
moving to the Gunton area, owning Greenwood Garage. They
made many friends, attended many dances and functions at the Gunton Hall, both working on
the hall board. Dad and mom spent many winters in Florida enjoying fishing and golfing.

After our dad passed away in 1980, mom moved to Teulon and started working as a Health Care
Aide at Goodwin Lodge, where she loved working with the elderly. She made many friends and
often talked about the times when she worked there. Mom travelled to Texas and Arizona and
made a special trip with her brother to Scotland to the Isle of Lewis where her parents came from.
She enjoyed many trips to Halifax to visit her sister, Nancy.

In later years mom met Ken. Their love of dancing took them to several community halls around
the area, and they would be up dancing as soon as the band started to play. Mom became a
member of the Red River Cloggers and performed clogging at many events in the area, attending
the Nashville Clogging Conventions numerous times. Mom's other passions were playing the
organ, knitting and crocheting toques, scarves, sweaters and making many baby outfits for all
her grandchildren and attending her grandchildren's hockey games and school concerts. Mom
made the best chocolate chip cookies and pies.

The family would like to recognize the excellent care mom received in the last years of her life
in the Teulon Hospital and Goodwin Lodge. Thanks to all the wonderful staff that showed such
kindness to mom. Special thanks to Dr. Loudon for his care, also to Ken Loehmer and staff.

In lieu of flowers, donations may be made in mom's memory to Teulon Goodwin Lodge.

Respecting mom's wishes, cremation has taken place and there will be no funeral service. A
private family interment will take place.

You were a wonderful mother and we will love you forever, once again you are with dad where
you were always the happiest. We have lost a loving mother and our children have lost a loving
grandmother and great-grandmother.

Farewell dear mother, thy work is o'er,
Thy willing hands will toll no more
A loving mother, kind and true
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Easter Bunny Rolls with Spinach Dip

onnaise, salt, onion powder, chili powder, pepper and Italian seasoning. Stir in Parmesan cheese and 1/2 cup mozzarella cheese. Cook until cheese is melted. Keep skillet on burner over low heat.

Remove dough from tubes. Leaving dough intact, roll and stretch into 18-inch ropes. Cut each rope into 12 pieces for 24 total.

On baking sheet with parchment paper, form bunny head by placing one piece of dough in middle then surrounding it with six more pieces. Use 13 pieces to form round body. Use remaining pieces to form ears on top of head.

Scoop hot spinach dip into center. Spoon small portions on each ear. Sprinkle ears and belly with remaining mozzarella cheese.

Bake 18 minutes, or until crescent dough is golden brown and thoroughly cooked.

Serves: 24
16 ounces frozen spinach, thawed
8 ounces cream cheese
2 cloves garlic, minced
1/2 cup mayonnaise
1/2 teaspoon salt
1/2 teaspoon onion powder
1/4 teaspoon chili powder
1/4 teaspoon pepper
1 teaspoon Italian seasoning
1 cup shredded Parmesan cheese
1 1/2 cups shredded mozzarella cheese, divided
2 crescent roll tubes (8 ounces each)
Heat oven to 375 F.
In skillet, over medium heat, cook spinach, cream cheese and garlic 3-4 minutes until cream cheese is melted. Stir in may-



Herb Crusted Bone-In Leg of Lamb

even cooking. Remove gland to prevent gaminess during cooking.

Preheat oven to 325 F on convection setting. Score skin of both sides of leg of lamb.

In bowl, whisk olive oil, garlic, Dijon mustard, salt and white wine. Brush onto both sides of lamb, pressing into scored crevices.

Place leg in roasting pan on roasting rack. Insert cooking probe into thickest part of meat, not touching bone. Cook about 1 hour and 20 minutes, or until internal temperature reaches 95 F.

Reduce oven temperature to 300 F and cook to desired doneness. For medium-rare doneness, remove lamb once probe reaches 125 F.

To make herb crust: In bowl, whisk egg whites until evenly foamy with tiny bubbles. Brush onto both sides of lamb.

In separate small bowl, mix rosemary, thyme, peppercorns and salt. Press herb crust mixture onto areas brushed with egg whites. Place back in pan and cook about 5-7 minutes until crust is formed and browned. Remove from oven and rest 30 minutes.

Carve lamb, arrange on platter and serve with fresh mint sauce.

Prep time: 3 hours
Cook time: about 3 hours (depending on size and doneness)

Servings: 15
1 Atkins Ranch bone-in leg of lamb (about 8 pounds)
1/4 cup olive oil
8 cloves garlic, finely minced
2 tablespoons Dijon mustard
2 tablespoons kosher salt
1/4 cup white wine
Herb Crust:
2 large egg whites
2 tablespoons minced rosemary leaves
2 tablespoons minced thyme leaves
2 tablespoons ground peppercorns
1 tablespoon kosher salt
fresh mint sauce, for serving
About 2 hours before preparing, remove leg of lamb from fridge to ensure



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