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TRIBUNE PHOTO BY LINDSAY HARRISON

Antonella Bertone and her daughter Siena decorated the windows at Rosewood Lodge.

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Supporting the fight against cancer

Staff

The community is banding together to support a local woman who was diagnosed with leukemia less than a month ago.

Taylor Dibley turned 29 years old on March 13, the same day her son Jack turned one. She had been feeling sick, and she and her husband Scott thought she had the flu.

But on March 20, her fever returned and she fainted a few times at home. Scott took her to the emergency room at the Stonewall and District Health Centre, where hospital staff did blood work and determined that her hemoglobin and platelets were low.

Later that day, she was taken by ambulance to Health Science Centre, where she underwent a bone marrow aspiration and eventually received platelet and blood transfusions. Soon after, she was diagnosed with a rare form of cancer called mixed phenotype acute leukemia.

"Taylor is currently on D6 (isolation ward), where she has not been able to have any visitors since she was admitted into the hospital," states a GoFundMe page organized by Lisa Bakum.

"Due to the COVID-19 pandemic, the hospital is not allowing anyone to

visit as well as not accepting any care packages. She has been battling this completely alone, being away from her baby boy for the first time."

On March 21, Taylor began chemotherapy and will continue to receive treatment without leaving the hospital for another few weeks. Once she is able to go home, she will continue her treatments through CancerCare, with a projected treatment plan lasting six to 12 months.

"Due to this prognosis, Taylor is unable to work. Scott is currently off work to take care of Jack, as daycare is not set to start until later this year. This fundraiser will help Taylor and Scott with the unexpected expenses as well as ensure their family can solely focus on Taylor beating this disease," states the GoFundMe page.

"We would also like to raise awareness on the importance of donating blood if you are able to. Thank you so much for supporting Taylor and her family at this very difficult time."

By press time, the GoFundMe page entitled "Help Support Taylor's Fight Against Cancer" had raised more than \$28,000 in just three days.

To donate, visit: <https://www.gofundme.com/f/help-support-taylors-fight-against-cancer>



TRIBUNE PHOTO SUPPLIED

A GoFundMe campaign is raising funds to support the Dibley family.

A heart-warming gesture

By Jennifer McFee

Antonella Bertone shared a lesson in empathy with her daughter Siena through a special outing to Rosewood Lodge.

Bertone contacted Rosewood Lodge to get permission to decorate the windows for the residents. She put out a request on "The Not So Perfect Mom" Facebook page to ask for contributions of hearts painted or coloured by kids.

"I had a drop box outside our home and asked for hearts to be placed in a Ziploc so I could wipe it down to keep my family safe," said Bertone, a Stone-

wall resident.

"I created some designs myself with vinyl so we could have some variety."

On April 8, the mother-daughter duo began decorating, just two days before Siena's sixth birthday.

"Siena smiled and waved to residents — and some even told her where to place the hearts. Our hearts are full and Siena learned about isolation and empathy," Bertone said.

"A small gesture can make anyone's heart full. An act of kindness can be contagious, and seeing the seniors' faces light up when we were done made it all worth it."



TRIBUNE PHOTO BY LINDSAY HARRISON

Siena decorated the windows at Rosewood Lodge.



Keep Us In Mind This Spring and Summer!

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 Building and Development 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, Basement Developments, etc.**

Permits help ensure that Buildings and Structures meet 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

Cotton sheets needed for making masks and gowns

By Jennifer McFee

A group of local residents is joining the efforts to make much-needed masks and gowns for the fight against COVID-19.

Beverley Lewicki has been busy sewing masks and gowns to drop off in Selkirk for potential use at regional hospitals.

"I'm a retired nurse so I know what the gowns look like from wearing them over the years," said Lewicki, a Stonewall resident.

"I took my pattern and tweaked it to make it exactly as to what the gowns are in the hospitals. They have cuffs so that they're not going to get in the way of doing IVs and anything like that."

The masks are created from cotton in a duck-billed pattern that covers the nose, mouth and chin. Four layers of material are used for the front, the back, the filter pocket and the filter, which is made from deconstructed pieces of Filtrete furnace filters. Elastic is used for the ears, but there is also an option for the wearers to insert a shoelace to tie behind their head and neck. A strip of metal for the nose holds it in place.

Lewicki is seeking donations of 100 per cent cotton sheets and pillowcases for the project. They can be left in bins at the end of her driveway at 27 Aspen Dr.

"When we receive the sheets, they are left out in the cold for about four hours," she said.

"While wearing gloves, we take



TRIBUNE PHOTO SUBMITTED BY LYNNE THOMPSON

Flaps are for people who do not like elastic. They can insert one shoelace in each side of the mask and then tie each shoelace behind the head.

them to the laundry room where they are washed in Javex and then dried on high heat. This is all done before we sew the gowns and masks."

Other integral helpers include Lewicki's husband Don, as well as Annette Brown, Barb Kaminski, Twylla Gordon and the Keystone Colony women.

Lynne Thompson is also actively involved in the efforts, along with her husband Ross. Before she embarked on the project, Thompson asked the opinion of several nurses about whether masks helped or hindered the situation.

"People tend to touch the face when they are putting the masks on or taking them off. Plus, they need washing

Continued on page 6



TRIBUNE PHOTO SUBMITTED BY BEV LEWICKI

Beverley Lewicki and many other local helpers are creating masks and gowns to help fight the COVID-19 pandemic.

DATE CHANGE



The Unconventional Medium

JENNIE OGILVIE

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Storytime with Reeve Schellekens

By Evan Matthews

A community leader in Woodlands is doing her part in bringing joy to children during scary times.

RM of Woodlands Reeve Lori Schellekens, a former preschool teacher, recorded herself reading the book *Our Tree Named Steve* by Alan Zweibel and broadcast it on the community Facebook page with the caption, "Storytime with Reeve Schellekens."

"It's just one of those things that isn't going to hurt while we all go through this together," said Schellekens. "It's a way for kids, parents and grandkids to connect and share together."

Our Tree Named Steve is about a family moving into a new house, and they subsequently fall in love with the big tree that grows in their yard, naming him Steve.

Unfortunately, after many years of friendship, the father of the family gets some bad news about their devoted outdoor companion.

"It's one of my favourite books I used to read to my preschool students. At the end of the story, even though Steve ends up crashing in a storm, Steve still saves the family. He's still their haven," said Schellekens.

"I found it relevant now. Even though we have (figurative) trees crashing down all around us right now, we have a haven here at home, with our loved ones."

Schellekens said she plans to do one reading per week, as school is suspended and the province's communities continue to follow public health advisories related to self-isolation.

Taking the time to remind everyone, Schellekens said it's not just adults af-

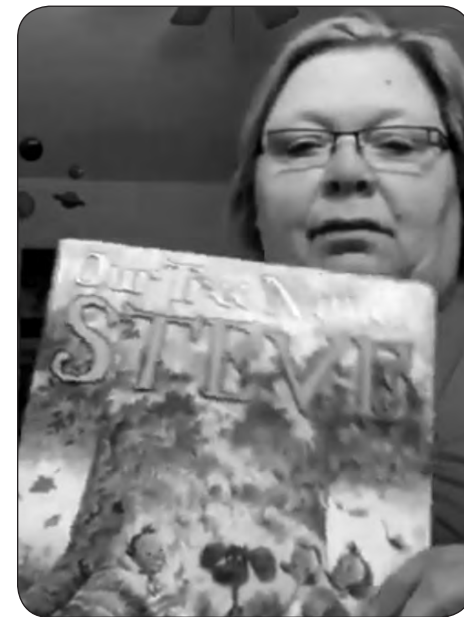
ected by the COVID-19 situation but the kids too.

"Will every story be for every age group? Probably not. But at least it gives the kids something," said Schellekens, adding she was inspired by her favourite singer Dolly Parton's Imagination Library.

Each month, Parton's Imagination Library mails out an age-appropriate book to all registered children, addressed to them, at no cost to the child's family.

"It feels good to smile and to laugh, and with everything going on, I feel this is just a small thing we can do," she said.

Find Storytime with Reeve Schellekens on the Woodlands, Manitoba - Community (Facebook) Page.



TRIBUNE PHOTO SUBMITTED

Woodlands Reeve Lori Schellekens is reading some of her favourite books on line for children, parents and grandparents as a way to connect and share time together.



TRIBUNE PHOTO SUBMITTED

A single rain barrel can save over 1,000 gallons or 3,785 litres of water during summer months.

CPF Stonewall selling rain barrels

Submitted

Spring is in the air!

The warmer daytime temperatures remind us that spending time outdoors and gardening are just around the corner. Why not consider buying a rain barrel to help your garden grow?

Rain barrels capture rainwater and control moisture around your home's foundation. Unlike tap water, rainwater doesn't contain groundwater additives and is considered healthier for your plants. In addition to saving

money on your water bill, collecting rainwater can reduce residential run off, ponding and flooding, all while providing a free and sustainable water source for flowers and veggies.

Canadian Parents for French Stonewall is once again partnering with RainBarrel.ca.

Rain barrels vary in size and cost between \$60 and \$85.

In order to promote social distancing, the delivery of items will be held outdoors and in a safe manner using

staggered pickup times, beginning Friday, May 29 at 5 p.m.

All proceeds from this sale go towards local CPF Stonewall initiatives. Canadian Parents for French is a group of volunteers who further bilingualism by promoting and creating opportunities for youth to learn and use French.

Please order your rain barrel and accessories by placing an online order at <https://rainbarrel.ca/cpfstonewall/>.

Charity golf tourney postponed

Staff

The Ralph Eichler Charity Golf Tournament has been cancelled due to the uncertainty with the COVID-19 virus.

This year's event was slated for June 12, but the committee made the difficult decision to hold off on the event to allow everyone to focus on their own families and health instead.

"We know many of you have been tremendous supporters of our organizations over the past 15 years that the tournament has been running, and we thank you. While the tournament has been a major source of funding for both the Interlake Community Foundation and South West District Palliative Care, be assured that our

services will continue to be provided during these difficult times," said co-chairs Bob Beck and George Willis in an email.

"We absolutely are looking forward to better times and plan to have the tournament in June 2021. Thank you for your continued support as we move through this crisis together."

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INTERLAKE COMMUNITY FOUNDATION

NOTICE OF ANNUAL GENERAL MEETING

Monday, May 4, 2020 6:00PM. Due to the pandemic, we will hold our meeting using an on-line platform. To register for the meeting, before May 2nd please email info@interlakefoundation.ca and we will send you a link. Everyone is welcome. www.interlakefoundation.ca



Rainbow trout fingerlings coming to Watersong Farms

By Jennifer McFee

It was music to their ears when Watersong Farms was named Manitoba's approved supplier of rainbow trout fingerlings for private ponds.

Located 11 kilometres west of Stonewall on Highway 67, Watersong Farms offers farm-fresh steelhead trout and roasting chicken for purchase.

Now customers will also have the chance to purchase rainbow trout fingerlings for their own ponds — marking the first such opportunity in Manitoba for many years.

A Manitoba-based non-profit group used to bring in up to 100,000 fingerlings from South Dakota every spring to distribute to farmers or landowners that had a pond or a dugout, explained Rudy Reimer, who runs the business with his wife Leslie.

"That went on for quite a few years until several years ago when the Canadian Food Inspection Agency put a stop to that because they no longer wanted the fingerlings to cross the border. So that was halted," he said.

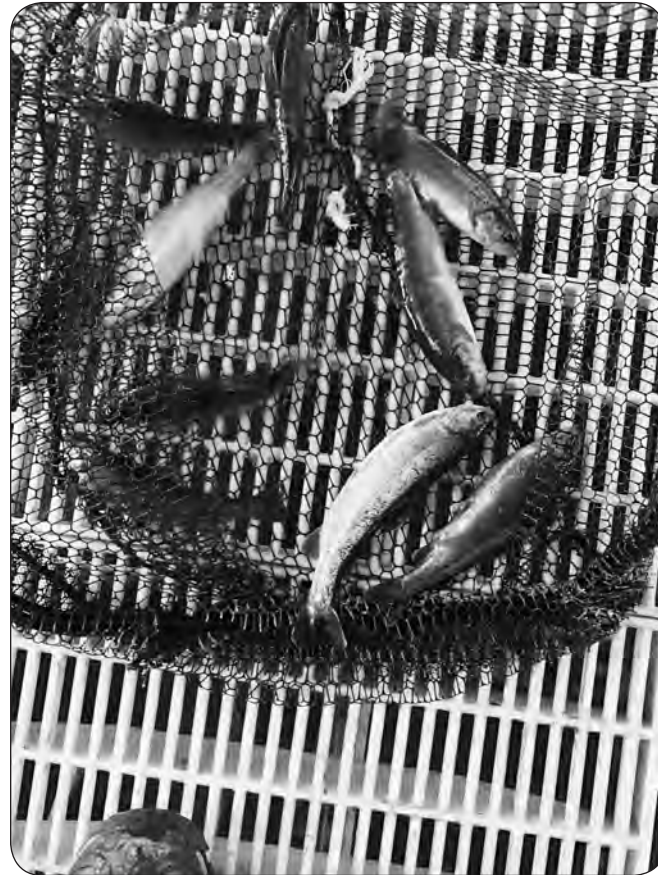
"After that, you couldn't bring them in across provincial lines unless you had a live animal transfer permit from CFIA. Also, the Wildlife and Fisheries branch here in Manitoba has to approve them coming in."

Meanwhile, Watersong Farms had been receiving about 100 phone calls per year from people wanting to buy fingerlings from them.

"They assume we're a hatchery but we're not. We're actually a grow-out. We raise fish for food and we have to buy the fingerlings ourselves, but we don't have a problem bringing them in," he said.

"In our case, the fish are going into our system so they can't escape. They don't mix with other fish, so that's never been an issue."

Over time, the Manitoba government realized there was a demand for the fingerlings and expressed a willingness to work with Watersong Farms as a distributor.



TRIBUNE PHOTO SUBMITTED

Watersong Farms is Manitoba's approved supplier of rainbow trout fingerlings for private ponds.

"We already know the rules and regulations. We've been talking with them for the past couple of years and now they finally decided that we would be a good fit, so they gave us the distributorship here in Manitoba to bring them in," he said.

"The fingerlings will be coming from southern Ontario and we will be distributing them this year."

In addition, Watersong Farms plans to open its own hatchery to serve its business as well as private pond customers.

"It's something that we had thought of doing previous-

Continued on page 7

worship Quilting A New Life

with us > FAITH

Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. (Matthew 6:28-29)

Easter 2020 will be remembered for social distancing.

We have had to accept the new reality of a no-touch world at a season of the year when we look forward to the embrace of our families and our church community. We are missing the meals we normally would share together in person — whether Easter Dinner or Easter Communion.

Over and over again, I have heard the words "Things will never be quite the same again."

Life is already different. Many families around the world are dealing with loss and grief. Many are dealing with a loss of work and income. Families have become home-schoolers; we may also be living into the new normal of working from home.

Good and hopeful things are emerging, however. We have more time to reflect on what really matters. Neighbours are reaching out to each other in creative ways. We have had to discern what is life-giving for us and for our community, what keeps us going.

The message of Easter is all about the miracle of resurrection. Christians find new hope each Easter in the empty cross — a visible reminder that pain and suffering is transformed into the promise of a new life that is eternal. Easter invites us to take the long view.

For Easter this year, I decided to quilt new banners for my churches. Each square will be a cross; each square reflects members of my pastoral charge. The threads that sew it together reflect the ties that bind us, even when we are apart. The frayed edges reflect the uncertainty of this crisis and how we may be feeling alone. When we gather again for worship, the ragged edges will be woven together into a beautiful pattern. The banners will reflect the ways we remained united in this time of isolation.

My prayer for each one of you is that the fabric of your lives will display deeper and more beautiful colours in these uncertain times. May hope be woven into the fabric of our communities as we seek new life together.

One of my favorite hymns ends like this:

Let eyes that in the plainest cloth a hidden beauty see.
Discern in us our richest hues; show us the patterns we
may use, to set our spirits free, to set our spirits free.
(Dear Weaver of Our Lives' Design by Nancy C. Dorain)

Rev. Mona Denton

Stony Mountain & Lilyfield United Churches

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at Stony Mountain-Lilyfield Pastoral Charge

RCMP incident

Staff

On Saturday, April 11, officers executed a search warrant in the RM of Rockwood, where they located stolen property as well as numerous firearms.

A 32-year-old man was taken into custody. He faces charges of possession of stolen property as well as firearms offences, and he remains in custody.



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SALES
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Voice

New scam involving Interlake pharmacies and customers

By Evan Matthews

A new scam is targeting Interlake patients who may need prescriptions delivered.

The scam comes in the form of a call with a man's voice on the other end saying pharmaceutical patients — so far in Stonewall, Teulon and Arborg — have a prescription ready to be delivered but a credit card number is needed before delivery.

"We're pretty sure it's at random. A man is calling people within our community, suggesting he has a prescription for delivery from (Stonewall I.D.A. Pharmacy)," said Vern Appleyard, owner and pharmacist.

The scammer asks for some personal health information, he added.

"Then they ask if the patient will be paying by credit card. In the instance we experienced in Stonewall, they got lucky and actually called a patient of ours. But we had already delivered a prescription to her last week, so she wasn't expecting anything," he said.

"She was told another prescription had come in. ... Because she wasn't expecting anything, she was on the ball, and she hung up and phoned us."

The problem, according to Appleyard, is that patients might be more inclined to give the information out than they would normally, given the COVID-19 pandemic.

Appleyard said his pharmacy has printed posters to hang around the community, as well as posting online

via social media, advising patients the pharmacy will not be calling and asking for credit card information at random.

All prescriptions would have been discussed previously with patients, he said.

"Our regular customers know us and we know them, so they would know if it was us," said Appleyard.

"But a less regular customer who wants something delivered could fall prey to this."

After surveying locals, a minimum of two reports surfaced in Teulon detailing the same scam. At Arborg's Guardian Pharmacy, manager Tammy Ciemny noted another two patients there have also reported the same scam to pharmacists.

In one report out of Teulon, the scammer targeted a person who was not a patient at the pharmacy they were allegedly calling from, which is why pharmacists around the region believe calls to be random.

Teulon's Shoppers Drug Mart owner and pharmacist Michael Olynik declined comment.

In every instance — including Stonewall, Teulon and Arborg — the patients had the presence of mind to call the pharmacy with which they have dealings. No one (to date) has fallen for the scam, according to Appleyard and Ciemny.

Both pharmacists encouraged locals to hang up and call the pharmacy

directly if they have any questions about a phone call they've received or a potential delivery.

"It makes me sick to my stomach that somebody would try to take advantage of this situation," said Appleyard.

"To try and take advantage of vulnerable populations in an extremely stressful and chaotic time ... it's sickening."

Typically, the process for the pharmacies surveyed throughout the Interlake is quite standard.

A patient calls to request a prescription. The pharmacy then notifies the patient when it is ready for either store pickup, curbside pickup, or delivery. If delivery or curbside pickup is chosen, the pharmacy will then take credit card information over the phone. The patient is then notified and aware of the pickup or delivery date and time.

"We don't want to see patients — whether ours or somebody else's — get taken advantage of," said Appleyard.

"We want to ensure people don't give personal information over the phone without being 100 per cent confident in knowing who they're talking to. Most people are pretty wise to that."

Pharmacies in Selkirk, Gimli and Lundar had not been notified of any scams affecting their patients by press time.

> MASKS, FROM PG. 3

immediately after removing or put in a plastic bag till they are laundered. They do not really protect the wearer; rather, they protect those around the wearer," she said.

"They are not worn to allow chatting as isolation and social separation are still the best defence. However, for a quick trip to the grocery store or the pharmacy or Home Hardware, they will protect others from anything you

may be carrying. I think if the mask is removed immediately on return home, and as we are trying to shop only once a week, they could be a good idea."

Thompson said she tried several different patterns and wasted two or three metres of fabric before selecting the pattern she got from Lewicki — and she's grateful for the tutelage.

"I am not in this for a profit. In fact,

I am giving the masks to those who ask," Thompson said.

"I have a lot of material and thought it would help pass the time and hopefully do some good. Plus, my husband needs something to do as well so he is my cutter and my 'metal man.'"

For more information or to get involved, contact Lewicki at 204-467-9465 or email lewicki1@hotmail.com.

ADVERTISING OR PRINT CONTACT INFORMATION

Stephanie Duncan
204-461-4771
ads@stonewallteulontribune.ca

Lana Meier
204-467-5826
news@expressweeklynews.ca

PHONE 204-467-5836

ADDRESS

74 Patterson Drive, Stonewall Industrial Park, Box 39, Stonewall, MB R0C 2Z0

OUR EDITORIAL STAFF

Brian Bowman Sports Reporter
sports@expressweeklynews.ca

Evan Matthews - Reporter/photographer
204-990-9871 Email: evan@expressweeklynews.ca

Patricia Barrett - Reporter/photographer
Cell 204-407-6099 patricia@expressweeklynews.ca

Jennifer McFee 204-461-5352
jen@stonewallteulontribune.ca

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New Life Church Stonewall moves to online services

By Jennifer McFee

Providing a sense of solace in troubled times, many churches have transitioned towards virtual worship.

New Life Church in Stonewall is offering video sermons several weeks ago to provide a spiritual connection for parishioners while also striving to keep them safe.

"This sure is a challenging time for everybody, including the people of New Life Church. But we've been asking ourselves the question, 'What if, instead of seeing this pandemic as simply an obstacle to gathering together, we could see it as an opportunity to support one another, serve our communities, and experience God in more meaningful ways?'" said lead pastor Rusty Hildebrand.

"This is causing us to reimagine what it means to be the church. A few weeks ago, we decided to move our Sunday morning services online in order to keep our community as safe as possible."

Each Sunday, a couple hundred people have been visiting the church's website (www.newlifestonewall.com) at the same time to worship together and watch an uplifting message from one of the pastors, he added.

"It's been really neat to receive countless texts with pictures of families 'doing church' while gathered around their laptop or TV — even one of a family with newborn twin girls joining the service on their cellphone in the NICU department of the hospital," Hildebrand said.

"We'd love to share this experience with everyone in Stonewall and area, and the great thing is that it gives people an opportunity to get a taste for what our church is like before they ever step into the building. All a person has to do is go to our website and click on the button to watch the service, which is uploaded first thing every Sunday morning."

The church has suspended all of its other programs, yet it's finding creative ways to stay connected.

"James Parkinson, our youth director, has been doing teen Bible studies through Zoom, and our children's director, Angela Wolff, has been providing activities for the families so they can do Sunday School at home with their kids. My three daughters have loved it," he said.

"One of the most important ministries we have at New Life are our Life Groups. These small groups meet in

homes weekly to support one another and study the Bible. Because these groups can't physically meet right now, we have set them all up for video-conferencing so they can still get together and encourage one another. We're just trying to figure it out as we go, like everyone else."

Even in the midst of difficult times, Hildebrand is able to see the light of positivity.

"While we really miss being together as the church family, we're seeing this as an opportunity to support one another and our community in new and meaningful ways. A Care Team we've established connects with everyone in the church on a regular basis to see how they're doing, which has made a huge difference for some people," he said.

"We also have a Prayer Team that prays for the needs people share, and a Help Team that is available to pick up groceries or do other errands for people who can't get out. We want to help anybody in the South Interlake community in any way we can."

For those who would like someone to pray for them, someone to talk to, or some help with running errands like picking up groceries, they are en-

couraged to call the church at 204-467-5529.

Community members also participated from their cars in the Parking Lot Easter Sunrise Service on Sunday, March 12.

New Life Church will now be beginning a new message series called Burning Questions, which will address questions submitted by members of the public about God, life or the Christian faith. Anyone who would like to submit a question can email it to officenlc@mymts.net and then tune in to hear some answers.

Hildebrand also offers some comforting words that might help some people to weather the crisis.

"What is my message to the people of the Interlake? It's that God can offer you life-giving peace in these uncertain times, no matter what you're going through. He made you, he loves you and he has a good purpose for your life," he said.

"At New Life Church, we're just a bunch of ordinary people on a journey of discovering and living out that peace and purpose, and we'd love for you to come join us on that journey. You don't have to do life alone."

> FISH, FROM PG. 5

ly just for our own use, but it was a matter of numbers. We were bringing in about 75,000 fish every year but it was borderline whether we were better off to put the investment in ourselves or just continue to purchase them from an experienced hatchery. The transportation was quite expensive, but the risk-versus-reward was on the margin," he said.

"Now if there's the potential to sell 75,000 to 80,000 fingerlings to this pond market, then it actually starts making more sense for us to invest in starting our own hatchery. We would be able to grow for ourselves and decrease our dependence while also servicing this other market at the same time."

Looking ahead, they could even help other entrepreneurs to set up similar ventures.

"We would be already set up to supply them," he said. "We know from experience that it can be an issue to find a reliable source."

The rainbow trout fingerlings will be available in May for private ponds, and the Reimers are ready to start taking advance orders.

"They can phone or email us and then we'll send them all the information they need," Reimer said.

"There are some specific stipulations that are imposed by the government, so we send them all those details plus the price list so they can order from us."

For more information, visit the Watersong Farms website at www.watersongfarms.com, email info@watersongfarms.com or call 204-322-5558.

Uplifting message for Interlakers



TRIBUNE PHOTO SUBMITTED

Interlake Recreation Practitioners Association members meet once a month to share ideas. Last week they wanted to show that they are still connected and really care about the well-being of our communities. Clockwise from top left: Tyne Mills (East St. Paul), Brenna Philip (Gimil), Sonny Albert (Fisher River Cree Nation), Damara Geddes (West St. Paul), Breanna Rae (Coldwell), Shelly Leonard (City of Selkirk), Kelly Kimball (Rosser Woodlands), Paul Emmer (Stonewall Youth for Christ), Laine Wilson (Town of Stonewall/RM of Rockwood), Allan Sulyma (Winnipeg Beach).

Teulon schools continue to connect with Columbia

By Jennifer McFee

Cross-cultural connections continue between students in the Interlake and their amigos in South America.

Teulon Elementary and Teulon Collegiate Institute once again have raised funds and contributed a total of nearly \$650 to support education initiatives at their twin schools in Colombia.

These international relationships have been ongoing for many years and they continue to flourish. Teulon Elementary partnered with Escuela Michoacan in 2013 and Teulon Collegiate Institute partnered with Escuela Bilingue San Pedro in 2017.

Both schools are located in Colombia's rural Putumayo region, where poverty persists as an ongoing barrier to education. Many families have been displaced due to violence from internal conflicts in the country. Others are part of the Indigenous Inga group, which struggles to preserve its traditions and culture.

Many students drop out of elementary school to work alongside their parents as agricultural labourers. As they get older, they often feel reluctant to return to the classroom.

The efforts from the Teulon schools help to bolster a personal project that my husband and I launched in 2010 called the Privilege of Giving. This project aims to provide support to impoverished students in developing countries.

Before he immigrated to Canada, my husband Ricardo Burbano was employed as a humanitarian worker endeavouring to improve the lives of Colombia's displaced population, so he has seen first-hand the great need to help those who have so little.

With help from the Teulon schools, along with additional donations from



family and friends, we were able to provide packages of school supplies to more than 70 impoverished students in early February, right in time for the start of the new school year in Colombia. In addition, my husband's family in Colombia hosted celebrations at the two schools.

The Teulon students' ongoing contributions have reduced financial strain for the Colombian families while also providing much-needed encouragement for the students to continue with their education.

Currently, the Colombian schools are also closed due to the COVID-19 pandemic and the entire area is in quarantine. Nonetheless, the Colombian teachers, students and families express their gratitude to their far-away friends in Canada.

Through The Privilege of Giving project, our continued vision is to help an increasing number of children in Colombia and beyond in the hopes that education might be able to



TRIBUNE PHOTOS BY ADRIANA BURBANO
Colombian students received school supplies and enjoyed a celebration.

break the cycle of poverty.

For more information or to get involved, please contact me at 204-461-

5352 or jen@stonewallteulontribune.ca.



Snowmen for seniors

TRIBUNE PHOTO BY
LINDSAY HARRISON

Residents of Rosewood Lodge Personal Care home in Stonewall were entertained by the Learmond children building snowmen in the PCH's courtyard on April 6. Pictured left to right: Eva, Carson and Josh Learmond.

Another COVID creation

By Evan Matthews

If there has been anything positive to come from the COVID-19 pandemic, it has to be the number of the newly formed artistic groups and endeavours.

Gail Spencer-Lamm — a mother, grandmother, Zumba and YogaFit instructor, as well as artist — is working to share her passion from her Balmoral home with her community.

"I've always posted and shared my work, starting about five years ago. In the last couple of weeks, though, my page has changed completely," she said.

"It's become a place where I can share what I love to do and hopefully help to give some fun activities to youth who are at (safe) home."

She is the creator of the Facebook page "Artsy Farting with Gail Spencer-Lamm," who is also a frequent contributor on the newly created Teulon Facebook Page titled "GAAC Outlet - Together While We're Apart."

"When I was a child, my mother always called me artsy fartsy. ... I guess

I was always drawing and dancing, so the name came pretty naturally," she said when asked about the group's name and paying homage to her mother.

The Facebook page is designed to teach step-by-step painting and art projects through free video lessons all under half an hour. Currently, her videos are aimed for children who are being homeschooled.

Spencer-Lamm's favourite things to paint often include flowers, animals and nature, she said, which provides her with tranquility.

"I love painting the light. Happy themes that turn your mind toward happy times. Nature does that for me, and I hope it does for others, too," said Spencer-Lamm.

"I usually have a thought in mind, like, 'Today, let's learn about shading.' Or, 'Let's learn about mixing colours.' I usually have a theme."

Spencer-Lamm's biggest hesitation was being on camera, but being a self-taught artist, she felt compelled to share and connect with others, hop-



SUBMITTED BY ARTSY FARTING/GAIL SPENCER-LAMM

Gail Spencer-Lamm sits in her art studio and walks through paintings for youth, step by step, hoping to inspire and provide a fun activity for those being homeschooled due to COVID-19.

ing to inspire artistic creation.

Going in front of the camera may be relatively new, but Spencer-Lamm said leading an art class is not.

"I've taught recreational programs — not just art but dance and fitness

— for over 40 years," said Spencer-Lamm. "I'm kind of used to leading. I'm used to explaining and speaking to people, so sharing my passion for art is something I'm excited about."

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Why having a pet is good for your health



Did you know that sharing your home with a pet is good for your health? Here's why.

They reduce stress

Spending time with a pet can decrease stress and slow your heart rate. In addition, some studies indicate that pet owners with Alzheimer's are less likely to suffer from fear and anxiety than those who don't have animals.

They ease symptoms of depression

Studies indicate that animal therapy can mitigate symptoms of depression, anxiety and post-traumatic stress disorder (PTSD). In general, owning a pet has been shown to elevate levels of oxytocin and other feel-good chemicals in the brain.

They keep you active

Dog owners who walk their canine companions regularly are more likely to be physically fit than people who don't have dogs. Furthermore, seniors who walk their dogs walk quicker than those who don't.

They may prevent allergies

Some studies indicate that children who share their home with a dog or cat in the first year of life have a decreased risk of developing allergies or asthma.

In addition to these health benefits, owning a pet can also help lessen feelings of loneliness. In particular, owning a dog can help foster social interactions and be an effective way to combat social isolation.



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Federal health officials reverse course on homemade cloth masks

By Patricia Barrett

As COVID-19 spread across the country, Canadian health officials told the public face masks were ineffective against the highly contagious virus and that they might give wearers a false sense of security.

But at the beginning of April when the virus had infected over 9,500 Canadians and more than 922,000 worldwide, Canada's top doctor and federal health minister told Canadians to use homemade masks if they so wish when they have to go out in public.

"The effectiveness of the use of non-medical masks hasn't really been well demonstrated, but I think that there may not be any harm in wearing [one], as the minister [federal health minister Patty Hajdu] said, if one uses it properly," said Canada's chief public health officer Theresa Tam during a briefing on April 1.

There's no ironclad guarantee that a homemade cloth mask will prevent someone from catching the virus, but there is enough evidence to suggest they can help reduce the risk of spreading it.

Hajdu said the public should not wear medical masks as they are critical for health-care workers caring for COVID-infected patients.

Wearing a homemade mask may prevent people from habitually touching their nose and mouth, said Tam. The mask must fit snugly without gaping and not require any adjustment when out in public. And people cannot let their hygienic guard down when wearing a mask. In other words, the same don't-touch-your-face rule applies to masks: don't touch your mask. Wash your hands.

And physical distancing — staying at least two metres (just over six feet) or more away from other people in public — is still a must even when wearing a mask. Droplets loaded with the virus can travel from others' coughs and sneezes.

"I would say absolutely no matter what you do with that kind of covering of your nose and mouth, you have to practise what we know works, which is physical distancing and hand-washing and not touching your face," said Tam.

Wearing a mask is going to require some effort. People must wash their hands before putting on a clean cloth mask. And before removing it, they must wash their hands, then peel the mask away from their face (rather than pulling it down over the mouth and chin). They must then wash their hands again and also wash the mask right away with soap and water or toss it in the washing machine.

Tam said the change in advice comes after reviewing the



TRIBUNE PHOTO SUBMITTED

Masks may help reduce the spread of COVID-19.

science on the use of masks.

As of late Sunday evening, the virus had infected 1,850,220 million people worldwide and killed 114,215. Canada's tally stands at 24,380 infected with 717 dead (Johns Hopkins University data). Manitoba had 242 cases of which 17 are in the Interlake-Eastern health region, according to the province's website.

"The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) ... and to slow the spread of virus and help people who may have the virus and do not know it from transmitting it to others," it states on its website.

The World Health Organization is neither recommending nor deterring the use of cloth masks until such time evidence is available on which to make a recommendation.

"The use of masks made of other materials (e.g., cotton fabric), also known as non-medical masks, in the community setting has not been well evaluated," the WHO said in an April 6 interim guidance report. "There is no current evidence to make a recommendation for or against their use in this setting."

In a notice on the wearing of masks and gloves in public, the Interlake-Eastern Regional Health Authority says [homemade] masks have not been proven to protect the wearer, but there is evidence that shows they "can protect others around you."

Like Tam, the IERHA says those who wear a mask must wash their hands before putting it on and wash their hands before and after removing it as contamination can occur during the improper use of and/or removal of masks.

The best way to avoid being exposed to COVID-19 is to stay home, says the IERHA.

Guidelines on how to make homemade masks abound on the web, on YouTube and on the CDC's website. A double layer of cotton (so that the mask is breathable) is recommended with elastics secured behind the ears. Those

who don't have a sewing machine or don't know how to stitch by hand can use a bandana or scarf wrapped around the mouth and nose and tied at the back of the head or secured with elastics behind the ears.

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St. Laurent keeping an eye on Lake Manitoba as spring melt underway

By Patricia Barrett

Lake Manitoba is lying low for now as spring melt causes flooding in other areas of the province, but the RM of St. Laurent is keeping its eye on the weather and the flood forecast.

The RM's Deputy Reeve Frank Bruce said Saturday that as far as current lake levels go, the municipality is on safe ground.

"If it continues the way it does, I don't think we'll have an issue because the lake is pretty low," said Bruce.

Overall, the risk of major spring flooding is low for the Interlake, according to Manitoba Infrastructure's Flood Outlook Report of March 31, and its regions have "near normal" soil moisture. Rivers that can spell trouble for Lake Manitoba are currently considered low risk.

"The risk of major flooding is low for the Assiniboine, Souris, Qu'Appelle and Saskatchewan rivers," states the report.

The provincial Hydrologic Forecast Centre's April 11 reading of water levels along the southern shore of Lake Manitoba near Westbourne showed 811.9 feet. At Steep Rock, northwest of Moosehorn, it was 811.3 feet.

The lake's top and bottom operating ranges are 812.5 and 810.5 feet respectively.

High water carried by the Red River in

the eastern half of the Interlake is becoming problematic. The RM of St. Andrews issues daily flood updates indicating what roads have been closed and what areas are at risk of flooding. Ice jams south of Selkirk last week closed the Red River Bridge. The province opened the Red River Floodway last Friday as the RM of Montcalm along the southern border of the U.S. began to see water creeping up to roads.

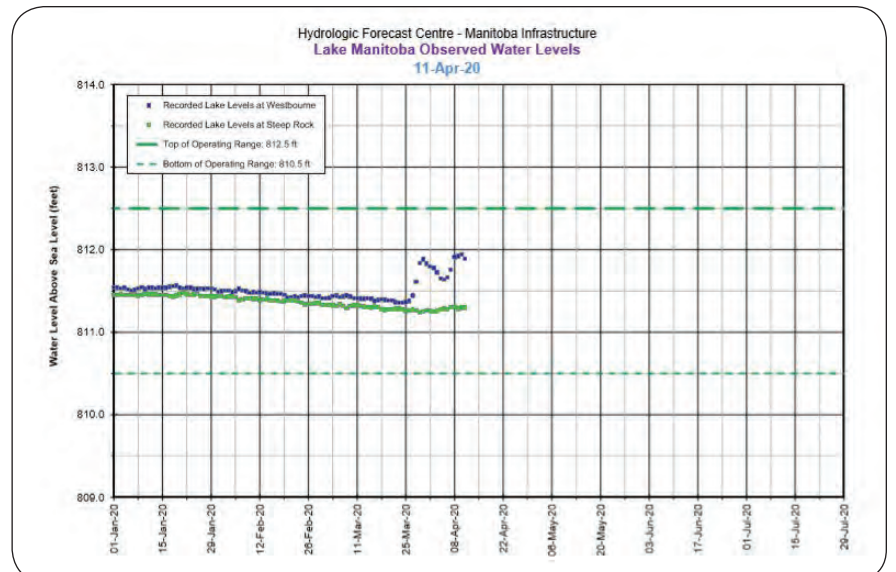
The province usually warns the RM of St. Laurent a few weeks ahead of time if there's a potential for flooding, said Bruce.

In 2011 hundreds of properties were damaged or destroyed, and trees and bluffs along the shoreline were taken out by severe flooding when more water than the lake could handle was sent north from the Assiniboine River through the 29-kilometre long Portage Diversion water control structure in order to save the city of Winnipeg.

Bruce said there are a few spots in the municipality that regularly get a little waterlogged, but the RM is on top of the situation.

"There are low spots we deal with every year, but they're under control. We have to make sure the culverts are open," said Bruce. "But there's nothing serious."

Things could change, however, if the RM gets two inches of rain, he said.



TRIBUNE PHOTO MANITOBA INFRASTRUCTURE
Water level taken at Westbourne shows average lake levels as of April 11.



TRIBUNE FILE PHOTO BY PATRICIA BARRETT
The Lake Manitoba shoreline near St. Laurent where bluffs, trees and dwellings were destroyed by the flood of 2011.

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Forests, fires and wildlife ... disturbance can bring diversity!

By Cameron Meyers, Wildlife Management graduate, Natural Resources Management Technology Program, University College of the North, The Pas Campus

My name is Cameron Meyers and within a few months, I will be graduating from the University College of the North's (UCN) Natural Resources Management Technology (NRMT) Program.

Located in The Pas, the NRMT program is a two-year, 16-month curriculum designed to provide technical skills required by field technicians in the use and conservation of Manitoba's natural fish, forest and wildlife resources.

With only a year of the program under my belt, I successfully acquired employment with the Manitoba Wild-fire Program as an Initial Attack Crew Member – Fire Ranger 2 (FR2) providing suppression action on forest fires, maintaining fire fighting equipment and improving my knowledge of wild-fire behaviour and forest ecosystems. Operationally and as part of a team, I helped to extinguish provincial forest fires (caused either by human factors or lightning), averaging a total area of 234,223 hectares across the province yearly.

Now, after graduating Year 2 of the program, my Initial Attack experience and new interests addressing the interplay between natural forests and wildlife have been "ignited."

Natural fire disturbance clearly provides a very relevant topic for addressing spatial issues related to forests and wildlife. If an average of 234,233 hectares are burned each year in Manitoba isn't enough to make you read this sentence twice ... just look at what has recently happening in Aus-

tralia!

Last month, Australia's environment minister Sussan Ley and the Morrison government announced an initial \$50 million in emergency funding for wildlife affected by the fires, government said the commitment was a down payment, to be spent immediately on rehabilitating injured wildlife, securing viable populations of threatened species, controlling feral predators, scientifically mapping the damage and the relocation of fish species. Ecologist Chris Dickman, from the University of Sydney, estimates more than one billion animals were killed in fires that burned more than 10.7 million hectares.

Although Manitoba's forest fires are only 2.2 per cent the size of Australia's, our wildlife is no less important when natural disturbances create patches of forest that vary in size, shape and composition. Different types of disturbances result in different patterns of forest — which in turn create different habitats for wildlife. Understanding this variability is important for exploring how everything from fires to high voltage direct current (HVDC) right-of-way's can be used to 'study' wildlife and manage spatial arrangements in forests.

For instance, the effects of tree loss on the continuity of forest canopy varies enormously. When a moderate sized tree falls, it leaves a gap no larger than its crown. A larger tree may take down a few neighbours and create a significant hole. Disasters, catastrophes, devastation and destruction are just some of the nouns used to describe "landscape-sized disturbances" wrought by fire, tornados and insects. The take-home message here is that both the extent of disturbances and the patchiness within them must be "studied" by students like us.

Northern Manitoba forests are characterized by a "forever changing" set of impacts ranging from clear-cutting to high voltage direct current (HVDC)



Cameron Meyers identifying small mammals captured from a small mammal plot. Body measurements including body length, weight, and ear and hind foot were taken.



TRIBUNE PHOTOS SUBMITTED

Meyers trimming a black spruce tree, located on one of the small mammal survey plots where a labelled tag with the survey year (2019) will be scribed into it.

right-of-ways ... which, believe it or not, have removed an estimated 100 km² (or 10,000 ha²) of boreal forest (delivering northern power to the south) without the public blinking. These alterations cause impacts on all wildlife, from the smallest shrew to the largest moose.

Based on my experience working wildfires and this last year of studies in the NRMT program, I had opportunities to apply my technical skills, generate insight and acquire relevant knowledge while surveying both small mammals and ungulates following forest disturbances.

One of my particular field studies compared small mammal abundance between a 140-year-old black spruce forest (as a control) and a 10-year old post-disturbance power line right-of-way. Each study area was one hectare in size and compared species biomass, diversity and density — information essential to understand how these mammals react to forest disturbance (whether it is a forestry clear-cut, a wildlife or a HVDC right-of-way). This changes in forest structure is a regional concern relating directly to trapper income and cultural ways

of life in the North.

Although there are many dis-benefits of wildfires (like you were hearing about in the news) including the loss of ground litter, organic duff layers, plants, small shrubs, trees and wildlife ... forest fires alternatively provide a crucial role in forest regeneration, cleaning diseased and downed woody debris and treed stands in the late stages of their lives.

Now, with two years of education under my belt and having learned more about fire ecology, my perspectives have broadened. I was surprised to learn that the 10-year post-disturbance HVDC right-of-way site actually generated twice the diversity in small mammal species and almost 15 times the biomass (that is 79.5 g/ha on the 140-year old forest versus 1137.5g/ha on the HVDC line).

The real eye-opener while participating in this field study was the new knowledge gained that will help me and my fellow classmates as future technicians and resource managers anticipate when disturbances (whether they are clear cuts, fire or insect) may trigger abrupt shifts in forest ecosystems.

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Rockwood council news in brief

By Jennifer McFee

- The RM of Rockwood is requesting an extension from the provincial government to approve the 2020 budget and financial plan. They hope to extend the May 15 deadline, as specified in the Municipal Act, and hold a public hearing on July 15.
- Council passed first reading of the budget and financial plan at the

April 8 meeting.

- Rockwood council appointed Ryan Trombo as fire chief for the Teulon Rockwood Fire Department, effective immediately.
- A Stony Mountain resident has requested a streetlight on Memorial Boulevard because it's dark in the area. Street light requests are sent to council for a decision. The cost to in-

stall a streetlight is \$823 plus tax, with an ongoing monthly cost of \$11.30 plus tax. The street light budget has enough money allocated to allow for one additional street light each year, so the budget could cover the costs. The proposed recommendation was for council to request that Manitoba Hydro install a new streetlight on a hydro pole.

Province to increase capacity of Fish Lake Drain, improve flow from Armstrong to Gimli

By Patricia Barrett

The province plans to improve water flow in a major drain that runs through two Interlake municipalities and empties into Lake Winnipeg.

The Fish Lake Drain is a provincial drainage canal that flows west from the RM of Armstrong into the RM of Gimli. Its outflow to the lake is about 2.5 kilometres south of Camp Morton.

Manitoba Infrastructure employees Shaho Arjomandi, Bernie Lussier, Paul Dhaliwal and an unidentified employee provided an overview of the project to Gimli council during its regular meeting March 11.

They said the drain operates well on the Gimli side but causes flooding and erosion on the Armstrong side because of reduced channel capacity and under-sized culverts. The proposal is to modify the drain where it runs through Armstrong.

There will be no negative effects on the RM of Gimli based on modelling and surveys undertaken in previous years, said Arjomandi.

"In the RM of Gimli, the downstream part of the drain, we can't see any changes after [reconstruction] so it stays the same," said Arjomandi. "It shows no negative impact on the downstream part."

A preliminary design was completed about 10 years ago, he said, and a decision was made then to reconstruct the drain.

"What we've done recently is to validate if that reconstruction project upstream would have any negative impact on the downstream, which is in the RM of Gimli," said Arjomandi.

The project will entail the rehabilitation of about 9.7 miles (15.6 kilometres) of drain, the replacement of 10 culvert crossings and the installation of nine drop structures to reduce erosion.

A notice on the website of the Canadian Environmental Assessment Agency (now known as the Impact Assessment Agency of Canada) states that in 2011 reconstruction was proposed on 15 kilometres of the drain, the replacement of 19 culvert crossings, installation of nine gradient control structures and excavation of the channel in the RM of Armstrong.

It was determined in April of that year that an environmental assessment was required because "Fisheries and Oceans considered taking action in relation to subsection 35(2) of the Fisheries Act."

Section 35(2) refers to work in ecologically significant areas.

The environmental assessment, however, was terminated in June 2011 because a decision had been made to "not exercise any power," in relation to the project, states the CEAA notice.

After the reconstruction is completed, the "velocity is going to be higher than what we have right now," said



TRIBUNE PHOTO BY PATRICIA BARRETT

Four provincial staff provided an overview about the reconstruction of Fish Lake Drain to Gimli council.

Arjomandi, but the velocity won't increase in the RM of Gimli. The only hitch will be the portion of the drain east of Highway 8.

"Downstream of PTH 8 shows velocity is higher than standard, so this is something we have to take into consideration in the future to reduce the erosion," he said.

Mayor Lynn Greenberg said the RM can't stop water coming from the west, and acknowledged flooding issues in the RM of Armstrong, but asked the representatives to ensure properties won't be negatively affected.

"We have to ask you people to make sure when you're widening ... and as more water comes, to make sure the culvert system in through the RM of Gimli is [OK]," he said, "and maybe

dykes have to be raised so that we're looked after on this side."

The province may have to first acquire land from property owners before it can start enlarging the drain, which is scheduled to start in 2023.

"Part of that [delay] is land acquisition, to buy strips of land," said Lussier. "If people are OK with it, we can purchase land. And if they aren't, it takes more time to buy out landowners."

Council was asked to pass a resolution in favour of the proposed project.

Coun. Thora Palson suggested council introduce a resolution at a future meeting and after the RM's drainage manager reviews the province's project. Council agreed.

New measures to enforce public health orders in response to COVID-19 pandemic

By the Manitoba government

The Manitoba government and the City of Winnipeg are working in collaboration for an Operation Safe Apart pandemic public health enforcement strategy, including new pre-set fines for individuals or business owners who disregard public health orders, to help prevent the spread of COVID-19, Premier Brian Pallister and Winnipeg Mayor Brian Bowman announced last Thursday.

"Everyone has a role to play in reducing the spread of COVID-19, and the majority of Manitobans are adhering to good social distancing practices and changing how they operate at home, in their community and within their business," said Pallister. "Unfortunately, there is still a need to have additional measures in place to address situations where people are ignoring the advice of our health experts. These changes will give enforcement officers more tools to help curb the spread of the virus."

In response to the COVID-19 pandemic, the province declared a state of emergency on March 20, which included orders under The Public

Health Act to help reduce the spread of the virus including:

- restrictions on public gatherings to 10 or fewer people,
- require the closure of non-essential businesses, and
- enforcement of social distancing measures by businesses and services that remain open, including ensuring a two-metre distance is kept between people in the facility or premises.

Effective immediately, fine amounts for breaching these emergency orders will be set at \$486 for individuals and \$2,542 for businesses.

Manitoba will be implementing a multi-tiered enforcement approach to

enforcing orders, which will include public education, written warning or ultimately, enforcement actions such as ticketing or arrest if necessary, the premier said.

Measures involving public health officers working in conjunction with local police services, First Nation police services and the RCMP are also in place for municipalities outside of Winnipeg. Plans are underway to expand these. These include engaging municipal bylaw officers, community and First Nation safety officers, community volunteer groups such as Citizens on Patrol, and Manitoba Conservation officers who will work with

respective police services.

Outside of Winnipeg, reports of non-compliance can be made to the Manitoba Government Inquiry (MGI) inquiry line at 204-945-3744 or by email at mgi@gov.mb.ca.

"We must to everything we can to protect our most valuable service — our health-care system — and our most vulnerable citizens," said Pallister. "These orders will help save lives and changing how we ensure compliance will help us flatten the COVID curve."

More information about Manitoba's response to COVID-19 is available at www.gov.mb.ca/covid19/soe.html.

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Stovin enjoys first full pro season in Scotland

By Brian Bowman

Brett Stovin's first full professional hockey league season was a successful one both on and off the ice.

Stovin scored 14 goals and collected 23 points in 44 games for the Dundee Stars, who compete in the United Kingdom's 10-team Elite Ice Hockey League.

He was a very versatile player in Dundee, playing on the wing, at centre, and on defence.

"It was a huge learning curve for me," Stovin said last week. "When the season started, I wasn't putting up the numbers that I wanted to put up but it was also a situation where I played more of a defensive role. But when Christmas hit, I got promoted to first-line centre and I got on the first-team on the power play. I was just below a point a game after Christmas in the last 23 games."

Stovin also had many opportunities to view the gorgeous scenery Scotland has to offer.

"It was definitely a great opportunity," Stovin said. "Hockey is hockey and it was a great experience as a first-year pro. I think the best part about it was obviously growing as a player but also living in Scotland. I'm an outdoorsy guy so Scotland was a perfect spot for me. The landscape was an absolute dream for me — it was perfect."

On the ice, Dundee struggled early in the season but was much, much better towards the end before play was abruptly halted in early March due to the coronavirus pandemic.

The Stars were a great organization to be a part of, said Stovin.

"Especially with a young guy coming over a lot of teams in Europe still have that North American mentality if you're not successful then you



Stony Mountain's Brett Stovin scored eight goals and collected 23 points in 44 games for the Dundee Stars this past season.

change things up," Stovin noted. "But in Dundee we were a growing organization and they didn't spend a ton of money. We didn't have a big financial budget like some teams ... and when things were tough, they didn't want to just get rid of players. They stuck with us and helped us grow as people and players. By the end of the year, we didn't change much."

"From the start of the year when we were struggling we were in last place before Christmas but by the end of the season from January on, we were the third-best team in the league."

Stovin has played against a lot of very good players during his career in the Western Hockey League with the Saskatoon Blades and at the University of Manitoba. He also played five pro games with the ECHL's Missouri Mavericks back during the 2014-15 season.



PHOTOS SUBMITTED

When he wasn't on the ice for the Dundee Stars' professional hockey team, Stovin was able witness the beautiful scenery in Scotland.

But the level of play in the EIHL was at a much higher level.

"The way to compare it was probably the top-end teams would compete in the (American Hockey League) and the bottom teams (would compete in the ECHL)," Stovin said. "A lot of the players on the top teams have NHL or AHL experience and the bottom teams are all East Coast with a few NCAA or U Sports guys."

Dundee's last game was played March 8, a 3-2 loss to the Coventry Blaze. After that game, the league suddenly cancelled due to the coronavirus pandemic.

That's an extremely difficult way to end a season, especially with Dundee making a very strong push to make the playoffs.

"It was tough because we were on the upswing," Stovin stressed. "We had a few losses at the end of the sea-

son but they were all games that could have gone either way. We were only a couple of points out of seventh and eighth place with a favourable schedule and with games in hand."

The league, Stovin admits, made the right decision in shutting down.

"The virus was getting pretty serious out there," Stovin recalled. "We had a few guys sick on our team that hadn't been tested yet before the season ended. It was pretty serious out there and I don't think Canada is at the point yet as it was out there when we finally decided to shut down. It was the best-case scenario where we needed to shut down to keep everyone safe whether it be fans, the players, or anybody."

"It was obviously difficult and frustrating but it kind is what it is and life is more important than hockey."

Thoughts still entrenched with those affected by the Humboldt Broncos' tragedy

Courtesy of the Canadian Junior Hockey League

The early evening of Friday, April 6, 2018, was a time that changed all of us forever.

It has now been two years since the devastating tragedy shocked the Humboldt Broncos, their families, loved ones, the community of Humboldt, Sask., the Saskatchewan Junior Hockey League, the Canadian Junior Hockey League, Hockey Canada and the entire world-wide hockey family.

This current time of uncertainty involves everyone as present events grip the nation and beyond. On this solemn day, the CJHL, its member leagues and clubs respectively pause to reflect, reminisce and cherish each and everyone involved on that horrendous day.

"It's been two years since the accident, but it seems like yesterday, as we approach this anniversary," said CJHL president Brent Ladds. "There is not a day that goes by, that we don't think

of the impact that this tragedy had, on so many."

The thoughts, reflections and sentiments remain strong to this day.

"To everyone, please pause to remember and acknowledge, in your own way, the families who continue to live through the memories, the front-line workers who were so invaluable throughout, and the millions of supporters who made their feelings known during those heart-rending days."

The Humboldt Broncos remain forever firmly planted in our hearts and their memories live on, never to be forgotten.

The CJHL offers our sincere continued support and admiration to all the first responders, emergency services personnel as well as to anyone who went far and above in answering the call that fateful evening and who continue to do so daily as events unfold across the globe.

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INSIDE > OUTSIDE > UPSIDE DOWN

Cvar completes freshman season at St. Cloud State

By Brian Bowman

Most freshmen players don't make a significant impact with their team at the Division I level.

But Olivia Cvar isn't like most players.

Cvar recently finished her freshman season for the St. Cloud State University women's hockey team.

The talented forward played in all 35 games for the Huskies during her rookie season, scoring an impressive 10 goals while adding four assists. She finished second on her team in goals scored, just two behind Hallie Theodosopoulos.

"I was kind of surprised by (my season) because it was my first year playing Division I hockey and you don't expect too much," said Cvar from her home in Stonewall last week. "I was pretty impressed with myself that I could have such a big impact and help lead my team to victories."

Cvar earned WCHA Rookie of the Week honours three times (Jan. 21, Jan. 28, and Feb. 18) and earned WCHA Rookie of the Month in Janu-

ary.

"It's a nice honour, especially if you get it more than once," said Cvar, the daughter of Mladen and Kara. "It makes you want to keep working hard and keep helping your team."

Cvar ended her rookie season by leading all WCHA freshmen in goals this season.

As for the Huskies, they struggled to a 6-25-4 record. St. Cloud's season ended after losing 2-0 to the Minnesota Golden Gophers in a best-of-three playoff series. Minnesota skated to a 4-2 victory in Game 1 on Feb. 28 and then clinched the series sweep with a 7-3 victory the following afternoon.

"It's always tough (when you lose) but you just have to gather what we learned from this past playoffs and hopefully we'll carry it on to next year," Cvar said. "(Game 1) was a close game and then at the end it sort of trickled away."

Cvar expects to be even better next season in her sophomore year. She also expects the Huskies to be much improved.



TRIBUNE PHOTO SUBMITTED

St. Cloud State Huskies' freshman forward Olivia Cvar led all WCHA rookies with 10 goals this past season.

"Just with training in the summer and totally preparing yourself to come into next year, I know a lot of the girls will be getting to work while they're at home now," Cvar said. "We have a

group chat and everyone is sharing what they're doing to get better. It's awesome to see and I'm excited about next year."

Manitoba Junior Hockey League to hold Bantam draft April 26

Staff

The Manitoba Junior Hockey League and its 11 member clubs have announced that the 2020 Bantam draft will be held April 26 at 9 a.m.

The draft will be held online utilizing RinkNet Live Draft Centre technology provided by HockeyTech.

Traditionally, the MJHL draft has been held the first week of June.

"With the abruptness of season's end and the subsequent cancellation of all hockey activities for the foreseeable future across the province and nation, we felt it was important to pro-

vide some much-needed excitement and positivity during what has been a disappointing and difficult time for everyone," said MJHL commissioner Kim Davis.

The Neepawa Natives will hold the first overall selection in the 2020 MJHL draft followed by the OCN Blizzard and Selkirk Steelers rounding out the top three picks.

Barring a trade, the Steelers have one first-round pick, two in the second, one in each of the third and fourth rounds, and two more in the fifth.

Selkirk does not have a pick in the

sixth round of the draft.

Prior to the MJHL draft, teams will submit up to two Auto-Protect selections from the designated home zone.

New to this year's draft procedures, teams will have the option to decline an Auto-Protect selection and defer that pick to rounds seven or eight of the draft.

Full details of procedure updates along with Auto-Protect selections will be released on April 20.

"The MJHL draft is a very important event for the league and its member teams," said Kevin Saurette, MJHL

Director of Operations. "We are very excited about the talent level across the province in what should be a very thrilling month for the 2005 draft class with both the WHL and MJHL Drafts taking place in April."

All selections will be available online to the public in real-time for the benefit of all teams, players, and fans to engage with this live event.

Keep posted to @mjhlhockey and #MJHLDraft20 on social media for round-by-round draft summaries or follow live at www.mjhlhockey.ca/draft.

Curling Canada cancels remaining national championships for the season

Staff

Curling Canada announced last Thursday that the remaining national curling championships on its 2019-20 schedule have been cancelled due to the ongoing COVID-19 pandemic.

The announcement affects this year's national mixed doubles, seniors, under-18 and wheelchair championships.

The national mixed doubles and

seniors curling championships were scheduled for March in Portage la Prairie while the national wheelchair championship in Boucherville, Que., and under-18 event in Sudbury, Ont., were scheduled to take place in April.

All four events were postponed indefinitely last month.

Curling Canada's announcement comes on the same day the World Curling Federation confirmed that

the cancelled 2020 women's, men's, senior's and mixed doubles championships will not be rescheduled at any point this year.

The world women's championship - which would have featured Kerri Einarson's Manitoba rink - had been scheduled to start March 14 in Prince George, B.C. "We didn't make this decision lightly, but keeping our athletes, volunteers and staff safe was the

primary motivation," said Katherine Henderson, chief executive officer of Curling Canada, in a statement. "We know this has been difficult on athletes who were pursuing their athletic dreams this season. We also know they share our concerns that everyone stays safe in this time of uncertainty, and we thank them for their understanding and dedication to our sport and curling fans across Canada."

Stony Mountain Figure Skating Club enjoys another successful season

By Brian Bowman

The Stony Mountain Figure Skating Club (SMF-SC) enjoyed another successful season on the ice this past winter.

The local club recently received some great news as two athletes won provincial awards while another earned a bursary.

Caitlin Muir was honoured with the Skate Canada Manitoba Program Assistant Award while Lily Hammond received the Manitoba Open Junior Artistic Award.

Jayla Butcher was awarded a Manitoba Open Bursary.

"I'm pretty proud of all of those girls," said SMF-SC head coach Dane McKee last week. "They work hard and to have that many award recipients from such a small club is a pretty amazing thing."

As a club, many of the local skaters improved immensely over the course of the season.

"I think it was a pretty excellent season," McKee said. "We had a lot of girls do some really great stuff. They did pretty well in competition this year and won a few provincial awards so that was really exciting."

The club had about 50 skaters this past winter, McKee estimated. They participated in CanSkate, Parent and Tot, STAR Skate, Competitive Skate and adult skate programs.

But like all sports in Canada and around the world, the SMFSC's season came to an abrupt end with the coronavirus pandemic.

Their annual ice show — Skating through the Decades — was cancelled.

"It was disappointing because things got cancelled just a couple of days before the show was scheduled to go," McKee explained. "We were directed by our national sports body that we couldn't have any gatherings with over 50 (people). We had to cancel the show and we couldn't have all of the grandparents and aunts and uncles come out and watch but we were allowed to have a skating session so we let the kids run through their programs for each other. It was disappointing especially because we have some great volunteers and they put in countless



Caitlin Muir won the Skate Canada Manitoba Assistant Award.



Lily Hammond was the Manitoba Junior Open Artistic Award winner.



TRIBUNE PHOTOS SUBMITTED
A Manitoba Bursary was awarded to Jayla Butcher.

hours of work getting costumes and props together.

"It was a sad way to end the season and everybody was feeling a little down but we did the best we could."

Their Stony on Ice 2020 competition — which attracts approximately 300 skaters — was also cancelled in late March.

"That had a major impact on our club," McKee noted. "That's our main fundraiser and it was a huge loss for the skaters. Hopefully, we will be able to run it again next year."

As for McKee, she has been the head coach in Stony Mountain for the past 20 years. But she will take a step back next year and will do a "little bit of coaching" on a freelance basis a couple of days a week.

"I grew up in a small community so when I began coaching, (Stony Mountain) was where I got an opportunity and, quite honestly, they have been a huge support for me in my development as a coach. They have paid for me to go to different educational training sessions and they have always had my back.



Coaches Katie Roy, Chloe Beresford and Marrin McKee.

"I have been committed to them for a long time. I've decided to make some changes and get out of the cold a little bit — Stony Mountain is a really cold place to skate," she laughed.

Pawluk commits to Minot State University hockey program

From the Dauphin Kings' website

The Dauphin Kings announced that defenceman Brayden Pawluk has committed to the Minot State Beavers (ACHA DIV I) hockey club for the 2020-21 season.

The Teulon product was one of the leaders for the Kings in the 2019-20 season both on and off the ice.

In his 20-year-old season with Dauphin, Pawluk scored six goals and had 31 assists in 54 contests. He was second on the team in defenceman scoring.

Pawluk, who spent a handful of seasons in the MJHL with Virden and then Dauphin, joins former Kings' blueliner Wayne Johannesson. Johannesson, an Arnes product, was added to Minot's lineup last year.

"It feels great to finally have made a decision and to have definitive plans

for this fall," said Pawluk. "The decision process was a long one over the past four months with many institutions trying to recruit me."

The final decision to choose Minot State came down to a few things, but to sum it up would be to say that it was the best fit. "Minot has a wide variety of courses. Their campus is amazing and just around four hours from home so my family could still watch me play," said Pawluk. "The hockey program is very successful in a lot of aspects so I hope to contribute to that and look to defend their national title next season. The head coach and I had several phone calls before my final decision and he and I are on the same page. He believes that I can bring a lot to the organization and knowing that he has high expectations for me motivates me to work harder than ever this

off-season."

The 6-foot-1, 200-pounder will always cherish his time spent in the Sunshine City.

"I will definitely miss the city of Dauphin and the community support for the team," Pawluk said. "I'm going to miss the guys in the locker room and the road trips together. I'm thankful for all the friendships I made there. I'm going to miss the mentorship from the coaches as well. Coach Hedley and coach Topinka believed in me from day one and were really important in my development in the past season and a half as a King."

"The Kings' organization as a whole is world class and has to be one the best places to play junior hockey. Playing in Dauphin brings more than just on-ice development, it teaches character in all aspects.



Brayden Pawluk

"I will always be grateful for the opportunities I had as a Dauphin King," he added.

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

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

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Tenders will be received by the Town of Teulon for Cleaning Services at the Teulon Rockwood Fire Hall located at 371 Main Street South. This tender will be for two years. Commencing May 11, 2020 until April 30, 2022. All tenders must be in writing and sent in a sealed envelope, clearly marked "Teulon Rockwood Fire Department Cleaning Tender" on the outside of the envelope to the attention of the Chief Administrative Officer, Town of Teulon, PO Box 69 Teulon, MB R0C 3B0 or emailed to cao.teulon@mymts.net

Detailed specifications are included in the Tender Package and will be made available starting April 16, 2020 to interested parties by sending an email request to cao.teulon@mymts.net Contact information for a building familiarization tour is included in the tender package.

Please Note: That the Civic Centre is currently closed to the public. Applicants are required to provide three references and indicate if they are bondable.

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Julio Eduardo Frias
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Peacefully with his family by his side Julio Frias of St. Laurent, MB. passed away on Thursday, April 2, 2020.
Cremation has taken place and no formal service will be held.

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- Assist clients with transfers, ambulation and exercises.
- Meet the safety needs of the client and use equipment safely and properly.
- Complete records and documentation accurately and thoroughly.

Other Skills and Abilities

- Must be able speak and write in English. Other languages will be an asset.
- Ability to identify and report client care concerns to Care Designers when needed.
- Able to travel from client to client in a timely fashion.
- Class 5 Driver's License and reliable vehicle required

Skills & Experience

- Passionate about making a difference.
- Described as a self-led leader with the ability to take responsibility for own behavior and success.
- Previous caregiving experience an asset.
- Health Care Aide certification an asset.

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JOIN THE FIGHT TO DEFEAT COVID-19

PROTECT yourself, PROTECT your loved ones, PROTECT your community

COVID-19 IS HERE, MANITOBA. WE ALL NEED TO DO OUR PART TO HELP STOP THE SPREAD.

It only takes
one person to
infect many.

**DON'T BE THAT
ONE PERSON**

To defeat COVID-19, we all need to take social (physical) distancing seriously, right now. Those who don't are not only risking their health, but the health of others as well.

DO THIS:



Stay home as much as possible

Things you can do at home like reading, watching TV, playing games, sitting on your deck, spring cleaning, yard work, and cooking are all good! Staying home whenever it is possible makes us all safer right now.



Use technology to keep in touch with your friends and loved ones

We all need to keep in touch with our friends and loved ones, especially when keeping physical distance. Phone calls, texting, and video chats are all great options.



Get outside

Take a walk, go for a run or bike ride or hike in open spaces away from crowds, on your own or with members of your household only.



Keep at least 2 arms lengths away (2 metres or 6 feet)

For those times when you must be out in public, always use caution by keeping at least 2 metres or six feet distance from others as much as possible. Also remember to wash your hands well and often, avoid touching your face and cough and sneeze into the bend of your arm.



Shop wisely

There are things we need like groceries, fuel, prescriptions and the like. Use caution when out by washing your hands well and often, avoid touching your face, and cough or sneeze into the bend of your arm. Whenever possible, try to use online shopping and home delivery. Please remember that panic buying is not needed.

DON'T DO THIS:



Play dates, sleepovers & in-person visits

We must not have non-essential visitors in our homes, be in a car, or spend time outside with anyone not from our household. It's important to keep in contact with those we care about in non-physical ways, like phone calls, texting or video chats.



Crowds or groups

It doesn't matter if we know the people or not, things like birthdays, dinner parties, weddings, funerals, religious services and team sports must be avoided.



Physical greetings

Handshakes and hugs are out. We need to get good at non-physical greetings like waving or nodding. Limiting unnecessary touching makes us all safer right now.



Touching surfaces people touch often

Walking or exercising outside is great, but keep your distance from others, and avoid whenever possible things like hand rails, public play structures and public phones.



Contact with people at higher risk of COVID-19 (older adults or those in poor health)

We all have a responsibility to protect those in our community who are most at risk from COVID-19. This includes members of our family. We can use non-physical ways to stay in touch, and where possible we can maybe even help these people with getting groceries and other essential errands.

REMEMBER THIS:

- Wash your hands well and often, and avoid touching your face.
- Always cough or sneeze into the bend of your arm.
- Disinfect frequently used surfaces (like countertops and door handles).
- Be kind to one another. We're all trying our best to cope with these changes, and a little kindness will go a long way these days. We're in this together, Manitoba.



YOU MUST:



STAY HOME: If you feel sick, or suspect you may be sick, you must self-isolate by staying at home for 14 days, even if your symptoms clear before then.

SELF-ISOLATE: For 14 days if you return from travel anywhere outside Manitoba.

Spread the word!
covid19manitoba.ca

STAY SAFE, STAY STRONG.
WE'RE IN THIS TOGETHER, MANITOBA.

For health emergencies, always call 911. En cas d'urgence, composez toujours le 911.

Manitoba 