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You'll love this 2015 built 1211 sqft 4 bedrm, 3 bath Bi level on a large lot 75x 116 - Gunton \$329,900 - Matt

VOLUME 13  
EDITION 16







*Slava Ukraini!*

# Stonewall Teulon Tribune

THURSDAY,  
APRIL 21, 2022

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**TRIBUNE PHOTO BY LANA MEIER**

Indy was enjoying the outdoors while being a good Samaritan last Wednesday by shovelling the walk leading up to the Stony Mountain Post Office following the first dump of snow. Stony Mountain received approximately 30 centimetres of snow through the week.

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# Miscommunication leads to mix-up at local ski hill

By Jennifer McFee

Things went downhill quickly when the owner of a local ski area noticed excavation equipment driving across the private property.

For the past 33 years, Heather Campbell-Dewar and her husband Gary Dewar have owned Stony Mountain Ski Area, which features six ski runs and two surface lifts.

In the morning on April 5, Campbell-Dewar left their gate open after going to work since her husband planned to leave soon afterwards.

As he was getting ready to head out the door, Dewar heard a vehicle pull into their property.

"He assumed it was a pumper truck for our septic service," Campbell-Dewar said.

"He heard clanking and then looked outside and saw a low-bed truck with a huge backhoe on it unloading. It was going up the hill by the chalet. Gary came running out and stopped them just before they started digging right by our rope tow where there's cabling and wires."

He asked the engineer what they were doing and she explained that they were digging test holes.



TRIBUNE PHOTOS BY GARY DEWAR

A backhoe was ready to dig test holes at Stony Mountain Ski Area due to a miscommunication between a potential developer and its engineering firm.

"He told them they were trespassing. They went past the two stops signs at our gate, the 'no trespassing sign' and the security cameras," Campbell-Dewar said.

"They had a map with some sort of

cookie-cutter subdivision put on our property. It had about 30 lots going on our property with a cul de sac going downhill. We had not had one conversation about it."

Chris Luellman, CAO for the RM of Rockwood, said it was a matter of miscommunication.

"The occurrence of heavy equipment showing up at the location was that of a miscommunication between a potential developer investigating

the opportunity for potential sites and its engineering firm. The developer had not yet communicated with the property owner to ask if there was an interest in possible sale of the property," he said.

"The engineer and developer had a communication error, and the equipment was on site. The property owner called our offices, and I had the process stopped immediately. Right now,

Continued on page 4

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# Workshop showcases natural benefits from herbal remedies

By Nicole Brownlee

An unkempt field contains hundreds of varieties of native plants some would consider weeds. However, an Eriksdale herbalist says these seemingly unwanted plants offer natural remedies.

Erica Lindell grew up in Eriksdale, learning about foraging, trapping and hunting from her parents.

"We've always been connected to the land," said Lindell.

Her interest in native plants grew in her 20s when Lindell visited a herbalist to discuss her health concerns.

"It opened up a whole other world of thinking of how to deal with herbs," said Lindell.

She was intrigued by herbs and nature's potential to improve her health while listening to medical doctors.

"We tend to balance out medical doctors and herbalism, so often, instead of running to the doctor for certain things, (we reach) for something from nature," said Lindell.

"I like to think that I am a lot healthier now."

Lindell's open perspective about health has been passed to her children, who often ask for her advice on a salve, food or drink that could help with a headache, stomach pains or other minor issues.

"There's still a place for western medicine, but in conjunction, the land and our Creator do give us everything we need to heal ourselves on a basic lev-

el."

Lindell has participated in several certificate courses and is currently enrolled online at Dominion College to learn more about clinical herbalism.

"I am also trying to find out how to work with some Indigenous bodies for the Indigenous medicine side," said Lindell, who is Métis.

In the meantime, Lindell is selling crystals, jewelry and homemade products like creams and salves from her online store Mossy Birch Homestead. She is also offering her second workshop in Eriksdale on April 23 from 1 p.m. to 4 p.m. at the Eriksdale Memorial Community Centre.

"People consider a lot of the plants I talk about weeds, but these plants have such amazing uses that we have to almost rethink how we treat the plants," said Lindell.

"I think that's where a lot of people's excitement comes, from the disbelief that these things will actually fix skin or stomach issues."

Lindell will walk participants through creating an oxymel, a tangy mixture of apple cider vinegar, honey and herbs that can soothe sore throats while suggesting incorporating herbs and fruits into a diet.

"To balance out the bad stuff that we put in our bodies," she said.

The workshop will also teach participants how to make salves.

**"IT'S IMPORTANT THAT PEOPLE GET TO LEARN ABOUT NATURE AND THE CONNECTION TO THE LAND."**



TRIBUNE PHOTO SUBMITTED

Erica Lindell is hosting a herbalism workshop at the Eriksdale Memorial Community Centre on April 23 from 1 p.m. to 4 p.m.

"It's important that people get to learn about nature and the connection to the land."

Participants can pre-register for the event online through the Mossy Birch Homestead website or purchase a ticket at the door for \$50.

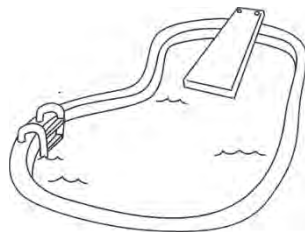
To learn more about Erica Lindell and Mossy Birch Homestead, visit [mossybirchhomestead.ca](http://mossybirchhomestead.ca).

## SOUTH INTERLAKE PLANNING

### *Make a (Safe) Splash this Summer!*

The South Interlake Planning District (SIPD) would like to give a friendly reminder that **private pools (inground and above ground), hot tubs and swim spas** require a Development and Building Permit.

The *Manitoba Building Code* requires any artificially constructed basin, capable of containing a water depth of two feet or more, to conform to the *Code*. Part of conforming to the *Code* means having proper fencing installed, which helps prevent accidents.



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](http://www.sipd.ca)

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# Community shows support for local family displaced by fire

By Jennifer McFee

A Stonewall family is figuring out their next steps after their house caught fire last weekend.

On Saturday, April 16 at about 6 p.m., Stonewall-Rockwood Fire Department responded to a call about a structure fire on 7th Avenue South.

"We dispatched our trucks. The fire was contained to the attic, and we stopped it in the roof," said Fire Chief Darrell Humeniuk.

"The fire actually didn't get down into the house but, unfortunately, with all the water we put on it, the inside collapsed from the weight. There's a lot of water damage."

Stony Mountain Fire Department also helped out in response to a mutual aid request, he added.

"From what we can tell, it looks like the fire started outside with the barbecue," Humeniuk said.

"It burned up the outside of the house and then got into the attic. We managed to put it out within a couple hours."

The family was home at the time, and they managed to get themselves, their children and their pets out of the house.

"Everybody was out safely before we even got there, so that part was good," Humeniuk said.

"It was a tough weekend for them, for sure."

Homeowners Meghan and Evan Taplin, who is a band member in Past the Perimeter, extend gratitude to the community for their overwhelming support.

They also want to thank the fire department and RCMP for their help during this difficult situation.

Donations are currently being organized for the family through the Stonewall Manitoba Bulletin Board Facebook page. For more information, email Kaitlyn Peters at kaitlyn-peters1989@gmail.com.



TRIBUNE PHOTO BY KELLY FARMER

The Stonewall-Rockwood Fire Department responded to a house fire on 7th Avenue South in Stonewall Saturday night.

## > SKILL HILL, FROM PG. 2

there are no plans for development in that area as the potential developers are in an exploratory mode."

For Campbell-Dewar, she feels the situation could be indicative of a larger issue with how subdivi-

sions are handled across the entire capital region.

"It's a systemic problem. We're just hoping to get some answers, and an apology would be nice too. We'll be following up to see who's

responsible for the damages," she said.

"There are bigger problems in life than trucks in the yard. But it's such a bizarre thing. It really is a comedy of errors."



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If desired, your Will can define a charitable gift to a cause that's important to you. ICF can help you plan a legacy gift and document your instructions carefully to ensure that gift is used as you intend.

For more information see the Wills section on the ICF website.  
We thank these local professionals that support Will Week in our community!

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Join webinars by following the link from the ICF website at  
<http://interlakefoundation.ca/> or <https://www.wpgfdn.org/leadership/will-week/>  
**Tuesday, April 26 9 – 11 a.m.**  
**Wednesday, April 27 1 – 3 p.m.**  
**Thursday, April 28 7 – 9 p.m. Dependents with Disabilities session**



# Manitoba earns top grade in Canada from CFIB for reducing red tape

Submitted by the Manitoba government

The Manitoba government's efforts to reduce red tape have been recognized by the Canadian Federation of Independent Business (CFIB) with an "A" rating from the small business organization, the top mark in its cross-country ranking of all provinces and territories, Justice Minister Kelvin Goertzen announced Monday following the release of the CFIB's annual Red Tape Report Card.

"This rating demonstrates the ongoing commitment from our government to reduce red tape and make it easier for small businesses to do business in Manitoba," said Goertzen. "Reducing red tape and regulatory hurdles faced by small business are

especially important now as so many business recover from the uncertainty during the last two years."

The report card grades governments in two areas. The accountability section considers whether governments are measuring regulation and setting regulatory budgets. The burden section includes some broad indicators such as the number of regulatory restrictions in each province.

"Manitoba is an established leader in regulatory accountability and has the most comprehensive measure of the regulatory burden in North America," said Laura Jones, executive vice-president, CFIB. "As small businesses look to economic recovery, it is more important than ever that

governments commit to reducing costly red tape, and we applaud the province for once again achieving an A grade."

Manitoba received a perfect score with an "A" on regulatory accountability and "B+" on regulatory burden for a total score of 9.4 and "A" grade, the highest of any province in Canada. Provincial wine importation rules are a high-visibility indicator of the regulatory burden with numerous groups advocating for a fix over the past number of decades, noted CFIB. While this is a very specific indicator, whether direct-to-consumer sales of locally produced wine from Canadian wineries are allowed, it is symbolic of a broader commitment to reduce regulatory barriers between provinces.

Only three provinces, Manitoba, British Columbia and Nova Scotia, allow direct-to-consumer shipments. These provinces received the highest score in this area. Saskatchewan received a partial score as B.C.-produced wines can be shipped directly to residents. The rest of the provinces received a score of zero.

The CFIB has been ranking provincial efforts to reduce red tape since 2011. Since that time, Manitoba has consistently raised its rating to the current grade "A" level of success.

The full results of the CFIB Red Tape Report Card can be found at [www.cfib-fcei.ca/en/media/news-releases/red-tape-grades-are-governments-have-improved-accountability-have-long-way-go](http://www.cfib-fcei.ca/en/media/news-releases/red-tape-grades-are-governments-have-improved-accountability-have-long-way-go).

## 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](mailto:news@stonewallteulontribune.ca)



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### Clubroom Events for the Week of April 18

**Wednesday 4-9 Chase the Queen Draw at 8:30**

**Thursday Doors open at 6 Crib starts at 7 sharp**

**Friday 4-10 Meat Draw at 6:30**

**Saturday 2-10 Darts 6:45**

**Tickets are available at the bar for the Dinner on April 30 for \$10.**

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Violence;  
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**FRI-SAT-SUN-MON APRIL 22-23-24-25  
(CLOSED TUES) AND WED-THURS APRIL 27-28**

**FRI-SAT-SUN-MON APRIL 29-30, MAY 1-2  
(CLOSED TUES) AND WED-THURS MAY 4-5**



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Violence;  
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**AT 8:00 pm  
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## Saturday, April 23 Special

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> Got news?



Jennifer McFee  
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Call Nicole Brownlee  
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## Finance Minister introduces new budget

### Province prioritizes tax cuts, health spending: Friesen

By Lorne Stelmach

The Manitoba government promised tax cuts and a boost in health-care spending as key priorities in its 2022 budget.

It is a plan that moves Manitoba on the path to recovery with strategic investments in key priority areas that focus on the health and financial well-being of all Manitobans, suggested Finance Minister Cameron Friesen.

"We're strengthening care, investing in communities and we're building our economy," Friesen said last Tuesday after the release of Budget 2022: Recover Together.

"Two years of the pandemic have forced Manitobans apart, shaken our families and damaged people's livelihoods — now it is time to look ahead," said Friesen. "Budget 2022 implements our plan to recover together and is built to take action on the issues Manitobans care about ... and gives Manitobans hope and optimism for the future."

While the budget especially emphasized health care as the top priority, Friesen also cited the need to address the financial well-being of Manitobans, as he cited a report that three in ten Manitobans feel they are in a worse place than a year ago.

"The last three months have taught



TRIBUNE PHOTO SUBMITTED

Finance Minister Cameron Friesen outlining highlights of Budget 2022: Recover Together.

us that Manitobans are really focused on their finances, on affordability and on their household bills," he said.

"We're taking action. ... We've got a good record on tax reduction, but we'll go further in this budget."

The province is projecting a deficit of \$548 million for 2022-23, which is an improvement over the deficit forecast for 2021-22 of \$1.393 billion, and Friesen said they are on track to return Manitoba's books to balance in seven years.

"Our government recognizes that

fiscal responsibility is critical to building up our communities and our economy," said Friesen. "From a pandemic deficit high of \$2.1 billion, our government has worked diligently to reduce the deficit and invest in the areas that matter most to Manitobans."

Friesen noted the budget makes strategic investments in five priority areas:

- Health care
  - investing \$110 million to reduce the pandemic diagnostic and surgical backlogs.
  - \$17 million to implement Year 1 of the five-year mental health and community wellness strategy.
  - almost \$20 million to develop a new seniors strategy

Continued on page 8

"WE'RE STRENGTHENING CARE, INVESTING IN COMMUNITIES AND WE'RE BUILDING OUR ECONOMY."

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# get informed

NEWS > VIEWS > STONEWALL > TEULON > WARREN > SURROUNDING AREAS



TRIBUNE PHOTO BY JO-ANNE PROCTER

Last Wednesday a Colorado low swept through southern Manitoba, leaving the streets of Stonewall desolate. Many businesses were closed with the safety of their staff in mind due to dangerous travel conditions. 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](mailto:weather@stonewallteulontribune.ca).

## letter to the editor

Letters to the Editor:  
[letters@stonewallteulontribune.ca](mailto:letters@stonewallteulontribune.ca)

### Earth Day - April 22

*For most of history, man has had to fight nature to survive: In this century he is beginning to realize that, in order to survive, he must protect it!*

-Jacques-Yves Cousteau

It is easier to deal with a catastrophic act of nature, then the harmful actions that are perpetrated by humans. As our planet faces the impacts of global warming, food and water shortages, air and water pollution, concerns for the environment, and a continuing acceleration of health problems, we are witness that many, if not all, of those challenges are the direct result of human input and human endeavours.

Repeatedly, we have been warned that, as humans, we are on a dangerous path. We subordinate ecological concerns to the demand of economy, political and personal ambition. The planet can no longer sustain this relationship and needs to heal.

We can see that life is a cycling

phenomenon which forms within a single system. Nothing stands alone, no individual species or community, for in a cycle each thing and each event in one way or another is connected with everything else. We, all of us, are but strands in the web of life and what we do to the web, we ultimately do to ourselves.

Once we accept this simple understanding and dedicate a commitment to improve our ways, there is always the hope that mankind will survive. Otherwise, if we choose to continue on our present collision path with nature, we will perish in the holocaust that we, as humans, have created. Nature will survive without humans. Humans cannot survive without nature.

And yet, even though nature is as integral to life as breathing, politicians and corporations insist on viewing it as an object to be exploited, instead of a being to be respected.

- John Fefchak, Virden

### Thank you for our neighbours

We would like to thank one of our neighbours, on Lillies Lane in Stonewall, who on Wednesday during the major snowstorm, anonymously snow-plowed our front walk and driveway!

In this day and age, having neighbours who believe in helping each other out, and do things out of the kindness of their heart, is worth acknowledging 10 times over!

Thank you, whoever you are, and next time you pass by our place, please come by to say "hello." It's heartwarming to know that you can still depend on your neighbours!

- K & G Levy

## worship

with us > FAITH

### I will give you rest

Are you tired today? Burdened by the things of this world that seem to spin out of control no matter what you do! Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest" (Matthew 11:28). Jesus invites you to come and find refuge with Him because He is the only one who can give you the rest you are looking for. This is not the kind of rest you get from sleeping in or taking a vacation, which sounds awesome; rather, a rest that can remain in your inner spirit and reside in your soul. Where you can draw from at anytime, anywhere. It is the rest and assurance that comes from trusting in the One who gives it.

The invitation to rest is throughout the scriptures. My presence will go with you, and I will give you rest. Exodus 13:14 In returning and rest you shall be saved. Isaiah 30:15 Return, O my soul, to your rest; for the LORD has dealt bountifully with you. Psalm 116:7 Notice the key to getting rest is coming to the Lord? Though the wages of sin is death, complete separation from our Creator for all eternity, but the gift of God is eternal life through Jesus Christ our Lord. Romans 6:23 Because of His immense love for you, He wants you to return to Him and not be burdened anymore but find the peace your soul forever longs for. So He did what only He could do. Isaiah 59:16 says, Therefore His own arm brought salvation for Him. His way for you and me to enter into rest is through the work of Jesus on the cross. John 3:16 For God so loved the world, that he gave his only begotten Son, that whoever believeth in him should not perish, but have everlasting life.

The invitation to believe in Jesus is an invite to live at peace with our holy Creator God. It's an invitation to stop trying to earn your way to Heaven through good works and deeds, which can also be burdensome and stressful. Jesus willingly offered to pay the wages of our sin on the cross so we can be at peace with God. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. Matthew 11:29

He is Risen Indeed!

Laura Lawrence

Discovery Time Director for Child Evangelism Fellowship of MB



# COVID resurgence, no public health measures: boosters advised for adolescents

By Patricia Barrett

The Manitoba government announced last week that youth aged 12 to 17 can now get a COVID-19 vaccine booster, sometimes referred to as a third dose for those who already received a two-shot primary vaccine series.

In March the government lifted public health measures such as masking, capacity limits, social distancing and quarantine for infected individuals. Those measures helped prevent the spread of COVID among Manitobans. An omicron-driven wave of infections is now building across the province, prompting recommendations for COVID booster doses. Boosters also compensate for vaccines' waning effectiveness.

"Based on updated recommendations from the National Advisory Committee on Immunization, Manitoba Health is revising its guidance on booster doses of COVID-19 vaccine for young people age 12 to 17," said the government in an April 13 COVID-19 Bulletin.

The government is recommending that an mRNA vaccine be given to youth at least six months after their first two doses.

In addition to booster doses for adolescents, the government said all COVID testing sites across the province will close on April 15, with "several" having closed already — including Selkirk's — during the mid-week

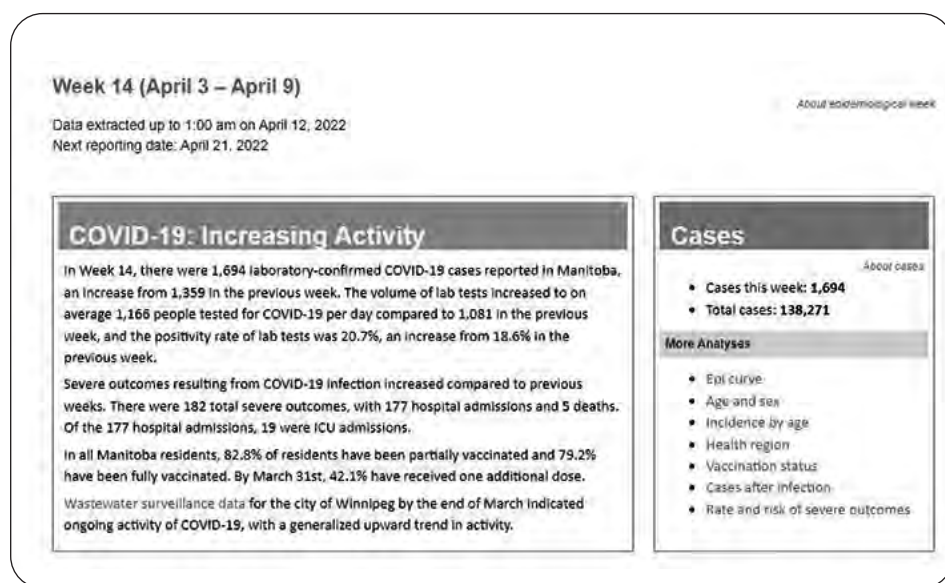
blizzard that started to roll in on April 12. PCR testing will become available only "through primary health-care providers for eligible individuals."

Canada's National Advisory Committee on Immunization (NACI) updated vaccine guidelines for adolescents last week, strongly recommending a booster dose for this age group to help reduce infections and severe disease.

It cited the lifting of public health measures across Canada that used to help protect the population, as well as the omicron variant's ability to partially evade vaccine-induced or natural immunity.

"With NACI's updated recommendations, a first booster dose may now be offered to everyone 12 years of age and over," said the Public Health Agency of Canada in an update titled "Updated guidance on a first booster dose of COVID-19 vaccines in Canada" published April 12. "Given the current resurgence in cases due to the increased transmissibility of the Omicron BA.2 sub-lineage and the lifting of public health measures, NACI's updated recommendations may help to further reduce infections and severe disease."

Pfizer-BioNTech's Comirnaty (30 mcg) booster is preferred to Moderna's Spikevax (50 mcg) booster "as there are currently no data on the use of Moderna Spikevax (50 mcg) booster dose in adolescents 12 to 17 years



## MANITOBA GOVERNMENT

Hospitalizations and ICU admissions for Manitobans with COVID are currently increasing, according to the provincial government's weekly surveillance bulletin. There were 1,694 new cases between April 3 and 9. Wastewater surveillance data also show an upwards trend in infections.

of age."

NACI said COVID surveillance data show there is a rise in infections across the country.

"The Omicron wave had been abating nationally in Canada, but there is now a rise in cases with an increasing proportion of infections being attributed to the Omicron sub-variant BA.2."

The variant and its even more infectious subvariant have the capability to repeatedly infect people.

The Manitoba government stopped

releasing daily COVID infection numbers, hospitalizations and deaths. It instead releases a weekly Respiratory Surveillance Report containing data from a week previous.

The April 3-9 report, released last Thursday, shows a jump in hospitalizations and almost 1,700 new COVID infections. It's unclear how the government will report new infections with no public testing centres.

"In Week 14, there were 1,694 labora-

Continued on page 9

## > BUDGET, FROM PG. 6

- investing over \$11 million to increase nursing enrolment.
- \$812 million in continued capital commitment for rural and northern health care under the five-year clinical and preventative services plan.
- \$630 million for contingencies and COVID-19 response and recovery.
  - Making life more affordable
  - increasing the education property tax rebate to 50 per cent by 2023, saving the average homeowner \$1,355 over two years.
  - providing \$12 million in new income support programs for people with severe and prolonged disabilities.
  - Building the economy
    - a new venture capital fund with an initial \$50-million investment.
    - providing \$5 million to strengthen immigration programming.
    - providing more than \$18 million for improving the wages of front-line workers in the community living disability, children's disability and family violence prevention sectors.
    - Investing in communities

- investing \$326 million over two years to make childcare more affordable and accessible.
- creating 716 spaces in new childcare centres and supporting 50 new home-based spaces.
- investing in new schools with a new goal to build 22 new schools by 2027.
- supporting the arts, culture and sports organizations with \$100 million over three years including \$34 million in 2022-23.
- investing an additional \$10.3 million to enhance the Building Sustainable Communities Program with a \$25-million total investment in 2022-23.
- investing \$578.5 million in capital projects for highways including projects funded under the Manitoba Restart Capital Program.
  - Protecting the environment
    - developing an energy policy framework and a new water management strategy.
    - investing over \$6 million for 12 initiatives to advance the Made-in-Manitoba Climate and Green Plan including \$1.5 million for expanding the

Conservation and Climate Fund.

- allocating over \$10 million for forestry programs and over \$14 million for provincial parks.

- developing a new multi-year parks capital strategy to modernize and enhance campgrounds, roads, trails and other key infrastructure.

In a question-and-answer session with rural media, Friesen touched on the need to further tweak the Building Sustainable Communities initiative especially to benefit rural Manitoba.

"It was way over subscribed," he noted. "We expanded it from about \$14 million to \$25 million. We brought a whole new fund for arts, culture and sport ... \$100 million over three years to make sure that those projects are not getting short shrift; they're not getting overlooked in lieu of other municipal projects."

Friesen also touched on how the province is moving forward in terms of changing how it will be funding education.

"We have undertaken to form that new committee that is going to study education funding. We want to make sure that it looks equitable across the

province of Manitoba," he said.

"It's very important that we have a new formula. Our formula is broken. We will continue to invest in education, but we want the formula to be right."

He addressed funding for municipalities and maintained that we have one of the most fair and equitable payment schedules to municipalities of any province.

"We'll continue that good level of support that we have been doing," he said. "We're very, very cognizant of the needs in southern Manitoba for wastewater investment. We know how important it is."

Finally, Friesen also highlighted the importance of the province's new immigration advisory council initiative.

"They are going to help us do a deep dive and do a complete top to bottom analysis of immigration ... to know what do we need to do to make it better," said Friesen. "We need to retool the program better so that it really understands the needs of employers, it understands the expertise in the community, and it works fast to bring people to Manitoba."



# Short-lived protection against omicron infection with fourth dose of Pfizer COVID vaccine

By Patricia Barrett

An Israeli study on the effectiveness of a fourth dose of Pfizer-BioNTech's COVID vaccine shows short-lived protection against infection with the omicron variant.

The study titled "Protection by a Fourth Dose of BNT162b2 against Omicron in Israel" was published online April 5 in the New England Journal of Medicine.

Researchers found protection against infection quickly waning about four weeks after the fourth dose was given. Protection against severe illness, however, appeared to last longer.

"The results presented here indicate that as compared with three vaccine doses given at least 4 months earlier, a fourth dose provides added short-term protection against confirmed infections and severe illness caused by the omicron variant," the researchers wrote. "The incidence rate for confirmed infection was lower by a factor of 2 and the rate of severe disease lower by a factor of 3 among persons in the fourth week after receiving the fourth dose than among eligible persons who did not receive the fourth dose."

Israel opened up eligibility for fourth doses in January of this year to adults 60 years of age and older.

With the emergence of omicron in December 2021 in Israel, infections began to rise. And it had been over four months since most adults had had their third dose of the Pfizer vaccine.

Omicron and its subvariants are highly contagious and able to evade vaccine-induced and natural immunity. Omicron can also re-infect people multiple times.

To stem the growing wave of infections, Israel approved fourth doses of the vaccine in January to people 60 years of age and older, health-care workers and high-risk populations if four months had passed after receipt of their third dose even though the real-world effectiveness of a fourth dose was unclear.

The researchers looked at health data of 1,252,331 people from Jan. 10 to March 2 (a period of just over eight weeks) when the omicron variant (B.1.1529) was predominant. The study population was 60 years of age and older and had received only Pfizer's vaccine before the study period commenced. Researchers compared fourth dose recipients to those who had received only three doses.

Although protection against infection was found to wane at the four-week mark after the fourth dose, protection against severe illness didn't wane over the course of the study period. But further research is needed to determine the precise longevity of that protection.

"In contrast, protection against severe illness did not appear to decrease by the sixth week after receipt of the fourth dose," the researchers wrote. "More follow-up is needed in order to evaluate the protection of a fourth

dose against severe illness over longer periods."

Pfizer's vaccine was tailored to the ancestral strain of COVID, not the omicron variant, which is "genetically divergent," they wrote.

It's possible the study's findings could have been confounded by behavioural differences between those who had received a fourth dose of vaccine and those who hadn't, the researchers wrote, as well as co-existing health conditions affecting severe illness outcomes.

After many provinces across Canada dispensed with public health measures, including in schools, COVID infections began to spike. Hospitalizations in Ontario and Quebec are

rising.

"Laboratory test positivity during the latest 7-day period (April 4-10, 2022) increased to 19% nationally," said Canada's chief public health officer Dr. Theresa Tam in an April 12 statement, "and community wastewater data continue to signal sharply rising trends in a number of localities across the country."

The BA.2 subvariant of omicron — which is even more contagious than omicron — accounts for 61 per cent of the virus strains tested in Canada. And cases of a recombinant variant, called XE (with genes from the BA.1 and BA.2 strains), have already been detected in the country.

## > COVID, FROM PG. 8

tory-confirmed COVID-19 cases reported in Manitoba, an increase from 1,359 in the previous week," states the report. "Severe outcomes resulting from COVID-19 infection increased compared to previous weeks. There were 182 total severe outcomes, with 177 hospital admissions and 5 deaths. Of the 177 hospital admissions, 19 were ICU admissions."

The report also says City of Winnipeg wastewater surveillance data show an upwards trend in the virus.

The virus is continuing to evolve. Subvariants of omicron, as well as subvariant combinations, are being tracked by the World Health Organization.

The pandemic remains an international public health emergency, says the WHO. But the ability to monitor COVID variant trends

has been "compromised" by countries/jurisdictions having cancelled their COVID testing programs or having scaled them back.

"At present there are a number of omicron sub-lineages we're following closely, including BA.2, BA.4 and BA.5 and another recombinant detected, made up of BA.1 and BA.2," said WHO director-general Tedros Adhanom Ghebreyesus in an April 13 United Nations news report.

The evolution of a new variant or a recombinant could result in a virus being able to completely evade immunity. The WHO recommends that people wear masks indoors.

Worldwide, 6.1 million people have died from COVID, according to the WHO data as of April 14.

## Budget 2022 RECOVER TOGETHER Strengthen. Invest. Build.

Budget 2022 moves Manitoba on a strong path to recovery with strategic and significant investments that focus on the health and financial well-being of all Manitobans.

Budget 2022 includes:

### Strengthening health care

- \$110 million to address the pandemic diagnostic and surgical backlogs
- \$17 million to implement year one of the five-year plan: *A Pathway to Mental Health and Community Wellness: A Roadmap for Manitoba*
- \$20 million to develop a new Seniors Strategy and \$32 million for initiatives from the Stevenson Review

### Making life more affordable

- Increasing the Education Property Tax Rebate to 50 per cent by 2023, saving the average homeowner \$1,355 over two years
- Implementing the new Residential Renters Tax Credit
- Reducing child care fees

### Building our economy

- Launching a new Venture Capital Fund
- Focusing on tax competitiveness for Manitoba businesses and investors
- Providing \$5 million in immigration programming to help attract newcomers to Manitoba

Budget 2022 is also **Investing in communities** and **Protecting our environment**. To learn more and what this means for you, visit [manitoba.ca](http://manitoba.ca).

**Manitoba** 



# Peaceful festival puts participants at ease

By Nicole Brownlee

A spiritual festival in Teulon gives visitors a chance to reconnect to nature, make new friends and relieve stress through guided activities, mindfulness presentations and music.

Tracy Thibodeau, Maurice Thibodeau and Keith Macpherson launched the I Am Festival in 2016 after the Thibodeaus started hosting concerts at the Teulon home.

The Thibodeaus moved to the Interlake from Regina in October 2011 and wanted to connect with the community and create relationships through music.

"One of our house concert guests was Keith Macpherson, and he was struck by the property," said Tracy.

"He challenged us and said, 'You need more people to have access to this type of environment.'"

Tracy felt the community could benefit from a mind, body and soul festival on their almost seven hectares of property.

"You can meet people wherever they're at," said Tracy.

"Whether or not they've ever done a yoga class or they've ever practised mindfulness, but they're curious."

The I Am Festival is a space for people

to relax, check in on themselves and recharge.

Participants can practise yoga by the pond, sit cross-legged in a forest clearing to listen to presentations or take time alone to explore the extensive trails.

"We have a variation of presenters from all over North America," said Tracy.

Over a dozen speakers will tackle topics like love, intimacy and emotional intelligence.

Participants can also visit a rejuvenation lounge that offers alternative healing like massage therapy, reiki and Ayurveda.

"It's a wide range of practitioners who serve in the rejuvenation lounge the entire weekend."

Musicians entertain jiggling crowds before

festival-goers wind down the night around a communal fire, singing songs and reflecting on the past day.

Despite many campers coming alone, they quickly create relationships.

"We call it the I Am effect," said Tracy.

"It's a really safe and inviting environment. So many individuals just want to come out and explore by

**"IT WAS SO HEART-FILLING, AND MY SOUL WAS RECHARGED."**



TRIBUNE PHOTO SUPPLIED BY THE I AM FESTIVAL

The I Am Festival in Teulon reconnects visitors with nature and peace through mindfulness exercises, guided activities and music.

themselves and meet some new people."

The festival is limited to 200 tickets to keep the event intimate.

Crystal Supeene heard about the I Am Festival in 2019 from a friend at work and was intrigued by the experience.

"I was striving to be the best version of myself, and I'd been working on this emotional and physical wellness," said Supeene.

"It sounded like the perfect fit."

Supeene was welcomed to the festival with open arms and was surprised by the sense of community.

"It was like nothing I've ever experienced," said Supeene.

"I felt like I had found my people. It was so heart-filling, and my soul was recharged."

Supeene started volunteering with the I Am Festival in 2021, directing traffic, and joined the organizers this year to co-ordinate volunteers.

"It's such a rejuvenating experience."

The schedule for the event will be released at the end of May.

For more information, visit iamfestival.net.

## Manitoba Conservation officer service enforcement update

Submitted by Manitoba Conservation

Natural Resources and Northern Development advises that conservation officers are continuing enforcement to

protect Manitoba's natural resources through a variety of enforcement activities across the province.

On Jan. 8, a conservation officer and

a park patrol officer were at Lockport conducting fisheries checks on the Red River when officers observed a pop-up fishing tent. Officers entered

the tent and observed a male and a female fishing. Officers determined that neither person had a valid fishing licence. The male was issued a \$298 ticket for angling without a licence while the female was given a warning. Officers later observed the same male, who was suspended from driving, drive a vehicle off the ice. They initiated a traffic stop and issued the male a \$672 ticket under the Highway Traffic Act for driving while disqualified and his truck was seized and impounded for 30 days.

On Jan. 25, Swan River conservation officers located a moose kill site along Provincial Trunk Highway (PTH) 77 west of Barrows. The moose was killed within a moose conservation closure area (in Game Hunting Area 13) along the north side of the Porcupine Mountain Provincial Forest. Evidence collected at the scene led investigators to a residence in Cross Lake. The Manitoba Conservation Officer

### TEMPORARY SERVICE DISRUPTION TEULON DIAGNOSTICS

Diagnostic lab services in Teulon are experiencing temporary service disruptions.

- Bloodwork and urinalysis will be available daily.
- X-ray and ECG services will be available on Wednesdays.

If you'd like to confirm service availability prior to arriving, please call the lab in Teulon at 204-886-2672. Alternatively, you can access lab services in Stonewall, Gimli or Selkirk.

We apologize for this inconvenience in accessing care. Work is underway to restore service delivery.

### INTERRUPTION TEMPORAIRE DES SERVICES DE LABORATOIRE DE TEULON

Le laboratoire de Teulon fait face à des interruptions temporaires de service.

- Le laboratoire est ouvert tous les jours pour les analyses de sang et d'urine.
- Les services de radiographie et d'ÉCG sont offerts les mercredis.

Si vous souhaitez vous assurer qu'un service est offert avant de vous déplacer, veuillez appeler le laboratoire de Teulon : 204 886-2672. Vous pouvez également obtenir des services de laboratoire à Stonewall, Gimli ou Selkirk.

Veuillez nous excuser pour ce contretemps. Nous nous efforçons actuellement de rétablir l'offre des services.



Interlake-Eastern  
Regional Health Authority

Office régional de la santé  
d'Entre-les-Lacs et de l'Est



# NACI recommends second booster of COVID vaccine although unauthorized by Health Canada

By Patricia Barrett

With troubling COVID-19 numbers sweeping across many provinces, as well as waning vaccine protection from first booster doses and the ability of variants to evade vaccines, Canada's National Advisory Committee on Immunization (NACI) recommended last week that a second booster be administered to vulnerable segments of the population.

The recommendation comes even though second doses are considered off-label use, which means a drug is used without regulatory approval from Health Canada.

"Second COVID-19 booster doses are currently not authorized by Health Canada and therefore constitute off-label use," said NACI in a vaccine update titled "Initial guidance on a second booster dose of COVID-19 vaccines in Canada" published April 5.

NACI is an advisory committee that provides medical, scientific and public health advice to the Public Health Agency of Canada.

The committee said there are "concerning trends" in the COVID pandemic and that jurisdictions should prepare for a "rapid deployment" of a second booster for people 70 year of age and older, those who live in congregate settings such as personal care homes or assisted living facilities, as well as for Indigenous people under 70 years of age.

"Preparation for implementation and deployment of a second booster dose program for groups outlined above is recommended given the increasing circulation of the BA.2 VOC [variant of concern] and the possibility of waning protection against severe

disease in those at highest risk," said NACI in its update.

Second boosters can be given six months after the first booster or sooner, said NACI, depending on the how BA.2, an omicron subvariant, is spreading in communities.

"In general, jurisdictions should aim to provide a second booster dose 6 months after receipt of the previous booster dose, but the 6-month interval may need to be balanced with local and current epidemiology," said the committee. "As a result, shorter intervals may be indicated for these older adult populations in these settings at this time."

The committee recommends an mRNA vaccine for a booster unless that type of vaccine cannot be tolerated.

Current scientific data suggest that COVID-19 vaccines offer reduced protection against omicron infection and symptomatic disease, said NACI, and somewhat lower protection against hospitalization and severe disease compared to the protection they offered against the ancestral (or original) strain of the virus and previous variants of concern.

"This lower protection is also occurring in the context of decreasing protection over time since the previous dose," it said. "Vaccine effectiveness against infection/symptomatic disease for Omicron from a first booster of mRNA vaccine is approximately 60% and decreases over time since vaccination in most studies."

NACI said the evidence on the effectiveness of second boosters is "limited" and is compared to the first booster — given after the first two doses of

a vaccine series — as a relative benefit.

"Preliminary data indicates that a second booster dose provides additional protection compared to a first booster, including against severe disease," NACI said. "However, the duration of protection is currently unknown, and the absolute benefit will depend on the residual protection from the first booster dose and on the level of circulating disease in the community."

Vaccine manufacturers are working on new COVID vaccines, including those that specifically target variants of concern but their "exact composition and timing of availability are not yet known," said the committee.

And further research is needed on "optimal timing" for future booster doses, evaluation of potential risks of providing booster doses earlier than necessary, and vigilant monitoring

and reporting of adverse events.

The Manitoba government, which is not providing daily data on COVID infections and hospitalizations, recommended April 6 that personal care home residents, those living in congregate living facilities, individuals in the wider community aged 70 and older and Indigenous people aged 50 and older are now eligible for a fourth dose, according to the government's vaccine website.

The government is recommending an mRNA vaccine be given for the second booster. It recommends the Pfizer-BioNTech mRNA vaccine for people aged 12 to 29 (there is a greater risk of myocarditis or pericarditis with Moderna's vaccine in this age group), and either Pfizer or Moderna for people aged 30 and older.



## COMMUNITY NOTICE

### ANNUAL VEGETATION MANAGEMENT PROGRAM

Every year, CN is required to clear its right-of-way of any vegetation that may pose a safety hazard. Vegetation on railway right-of-way, if left uncontrolled, can contribute to trackside fires and impair proper inspection of track infrastructure.

For safe railway operations, CN will conduct its annual vegetation control program on its rail lines in the province of Manitoba. A certified professional will be applying herbicides on and around the railway tracks (primarily along the 16 – 24 feet graveled area/ballast). All product requirements for setbacks in the vicinity of dwellings, aquatic environments, and municipal water supplies will be met.

The program is expected to take place from April to October 2022. Visit [www.cn.ca/vegetation](http://www.cn.ca/vegetation) to see the list of cities as well as the updated schedule.

For more information, contact the CN Public Inquiry Line at [contact@cn.ca](mailto:contact@cn.ca) or 1-888-888-5909.

CN.CA

## Stonewall Quarry Days will be coming back for 2022

Staff

After a two-year pandemic pause, the much-anticipated community event will offer a full slate of festivities this summer from Aug. 19 to 21.

Be sure to check out the website ([www.stonewallquarrydays.com](http://www.stonewallquarrydays.com)) — featuring a fresh new design by a committee member — for the latest updates, including the new contact information. Also, you might notice the eye-catching new Stonewall Quarry Days logo, designed by a small local business called Little Quinn's Design Co.

Vendor and sponsorship applications are now open, with forms available to download from the website. Email [stonewallquarrydays@gmail.com](mailto:stonewallquarrydays@gmail.com) for general information or spon-



sorship details and vendors.stonewallquarrydays@gmail.com for vendor information.

Stay tuned for important announcements and the full event schedule by checking the website and social media often.



# Thousands of hearing loss, tinnitus cases reported after COVID-19 vaccination

By Patricia Barrett

Emerging data on some of the adverse effects that may be associated with various COVID-19 vaccines now includes tinnitus and hearing loss. In January of this year, the World Health Organization (WHO) published a report on hearing disorders dating back to February 2021 (and prior to that) in people who received one of the COVID vaccines, but says further monitoring is required to determine direct association.

In a report titled "Covid-19 vaccines and hearing loss and tinnitus" in the WHO's Pharmaceuticals Newsletter No. 1, 2022, researchers found 531 cases of hearing loss and tinnitus in people who received different COVID vaccines.

The WHO's newsletter provides safety information on medicinal products and legal actions taken by regulatory authorities around the world.

The hearing loss and tinnitus case reports had been entered into Vigibase, the WHO's global database of individual case safety reports (ICSRs). The hearing disorder cases date from vaccinations administered from the time the first COVID vaccines were made available until late February 2021.

"Up to 22 February 2021, there were 164 unique individual case safety reports (ICSRs) which reported hearing losses ... and 367 ICSRs which reported tinnitus ... with COVID19 vaccine in the WHO global database of ICSRs, Vigibase," states the report.

Health Canada approved Pfizer-BioNTech's COVID vaccine with an interim order on Dec. 9, 2020. The U.S. Food and Drug Administration gave the vaccine emergency use approval on Dec. 11, 2020. Moderna was the second COVID vaccine Health Canada authorized on Dec. 23, 2020. The FDA gave Moderna emergency use authorization on Dec. 18, 2020.

Tinnitus is defined as the perception of sound, often described as ringing in the ears, that doesn't have an external stimulus. It can be intermittent or continuous, occur in one or both ears and be acute or chronic. Hearing loss

**Table 1.** Individual characteristics of reports in Vigibase of sudden hearing loss in association with COVID-19 vaccines (n=23).

Case	Age/sex	Type of vaccine	Dose number	Relevant reactions (MedDRA preferred terms)	Time to onset	Outcome	Type of reporter	Additional information
1.	46/M	Pfizer/BioNTech	-	Tinnitus	7 days	Not recovered	Physician	-
2.	52/F	Pfizer/BioNTech	-	Headache Myalgia Tinnitus Chest pain Sudden hearing loss	9 days	Recovered	Physician	-
3.	4/F	Moderna	-	Deafness neurosensory Deafness unilateral Sudden hearing loss	3 days	-	-	Lost hearing in left ear three days after the vaccination, diagnosed by an ENT with "sudden sensory nerve severe hearing loss".
4.	61/F	Pfizer/BioNTech	-	Acoustic stimulation test abnormal Deafness Deafness Sudden hearing loss	1 day	-	-	Sudden total hearing loss, left ear; numbness in face and outer ear.
5.	54/M	Pfizer/BioNTech	-	Tinnitus	1 day	Not recovered	Pharmacist	One day after the vaccine tinnitus in ear, 14 days later still constant.
6.	70/M	Pfizer/BioNTech	-	Deafness unilateral Nausea Sudden hearing loss Tinnitus Vertigo Vision blurred	18 hours	-	Consumer	Woke up with vertigo and imbalance, closed left ear and tinnitus, started hyperventilating, went to the hospital with CT and MRI not showing any abnormalities, later referred to ENT, who started high dose steroids after audiogram showed abnormal findings, no improvements five days after treatment initiation.

**WHO PHARMACEUTICALS NEWSLETTER**  
Cases of hearing loss and/or tinnitus in Vigibase, a database on adverse events maintained by the World Health Organization.

refers to the partially or completely diminished ability to hear in one or both ears. It can result from damage to the inner ear, the cochlear nerve or the brain. It can also occur after viral infections or be caused by hypertension or certain medications.

The 164 hearing loss cases in Vigibase had been reported from 10 countries. The time to onset ranged from the same day of vaccination to 19 days afterwards, with an average of one day. It affected people aged 19 to 93, with an average age of 49.

Fifty-one people were noted as recovering or had recovered. Fifty had not recovered. There was no outcome information for the remaining 63 cases.

"The most reported COVID-19 vaccines in these [hearing loss] cases were Pfizer/BioNTech (142 cases), followed by Moderna (15 cases) and AstraZeneca (7 cases)," the report states. And most cases of hearing loss were in "young healthy adults with no comorbidities."

The 367 tinnitus cases in Vigibase came from 27 countries. The time to onset ranged from several minutes to 30 days after vaccination, with an average of one day. The subjects' ages ranged from 19 to 91 years old, with an average age of 48.

Of the 367 reports, 90 were noted as not having recovered, 164 as having recovered and 112 were unknown.

"The vaccines received were Pfizer/BioNTech (293, 80%), Moderna (39,

11%) AstraZeneca (31, 8.4%), and Sinovac (1, 0.3%)," states the report.

The WHO's report includes an update carried out in November 2021 on hearing disorders entered into Vigibase. It notes that hearing disorders "have been reported for most of the COVID-19 vaccines."

"On 18 November 2021 there were 37, 529 deduplicated cases ... from 86 countries: 21 countries reported more than 100 cases; another 22 countries reported 10-99 cases; 15 countries reported 5-9 cases and 28 countries reported 1-4 cases," states the report.

Despite the number of growing cases, the WHO says data are "limited" to make a definitive link to the vaccines and further monitoring is required.

In addition to the WHO's report, researchers from Pakistan and Qatar found over 12,000 case reports of people developing tinnitus after receiving a COVID vaccine, either an mRNA vaccine or a vector vaccine.

Their study titled "SARS-CoV-2 vaccine-associated-tinnitus: A review," was published online on Jan. 25, 2022, in the journal Annals of Medicine and Surgery.

By September 2021, there were 12,247 cases of tinnitus registered in the Vaccine Adverse Event Reporting System, which is a U.S. early warning system co-managed by the Centers for Disease Control and Prevention and the Food and Drug Administration, they wrote.

The researchers said cases of tinnitus arose after people received one of the viral vector vaccines such as AstraZeneca, Sputnik and Janssen, or one of the two mRNA vaccines, Pfizer and Moderna.

In addition to tinnitus, they said other adverse events have arisen following vaccination for COVID, including hearing loss, sensorineural hearing loss, otalgia, anaphylaxis, myocarditis and pericarditis, and vaccine-induced immune thrombotic thrombocytopenia.

The precise mechanism behind the development of tinnitus after vaccination has yet to be determined, they wrote, but a "hypersensitivity reaction" or inflammation induced by a COVID vaccine may be responsible. A pre-existing autoimmune condition, such as Hashimoto thyroiditis and gastritis, could also play a role. As well, the "possibility of one or more vaccine components exerting ototoxic effects cannot be written off" and requires further investigation.

"Anti-spike antibodies may potentially react with antigens anywhere along the auditory pathway and initiate an inflammatory reaction involving the tympanic membrane, ossicular chain, cochlea, cochlear vessels, organ of Corti, etc.," they wrote.

Developing tinnitus is "rare" after vaccination, they said, and the COVID vaccines' benefits outweigh adverse effects.

"Although the incidence of COVID19 vaccine-associated tinnitus is rare, there is an overwhelming need to discern the precise pathophysiology and clinical management as a better understanding of adverse events may help in encountering vaccine hesitancy and hence fostering the COVID-19 global vaccination program," the researchers wrote. "Despite the incidence of adverse events, the benefits of the SARSCoV-2 vaccine in reducing hospitalization and deaths continue to outweigh the rare ramifications."

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**Tribune** Stonewall Teulon



# Province boosts support for Manitoba 4-H

By Nicole Brownlee

After plummeting participation during the COVID-19 pandemic, the Manitoba 4-H Council is optimistic members will return.

To help spur interest in the Manitoba-originated organization, the province has committed to a \$900,000 investment in the Manitoba 4-H Council over three years. This builds on the province's \$1-million donation to 4-H Manitoba to provide post-secondary scholarships to current and former 4-H members.

"Leaders invest their time in helping to shape the youth in 4-H," said Derek Johnson, minister of agriculture.

"There are so many assets that 4-H teaches."

Started in 1913 in Roland, Man., 4-H develops leadership skills, communication and self-confidence through projects and activities. In Manitoba, 4-H offers over 90 hands-on projects focusing on topics like beef, photography and machines.

"We're able to use (the investment) for our project materials, project development, the printing of project manuals," said Shannon Carvey, Manitoba 4-H's executive director.

A portion of the investment will also be set aside for each of the 10 area councils in Manitoba to use for events and projects.

"Those area councils are able to use that funding for activities within their area, like camps and clinics," said Carvey.

Area councils can also distribute the money to clubs in their area.

"The funding goes directly to the area council and is directed on to the grassroots level."

Clubs across the province experienced a decline in memberships because the public health restrictions during the COVID-19 pandemic interrupted in-person meetings, but Carvey said the numbers are slowly improving.

Jennifer Harmon, leader of Gimli's Minerva 4-H Club, said before the COVID-19 pandemic, the club would attract around 30 to 50 members between six and 21 years old.

"This year, we're at six kids," said Harmon.

"We're just trying to rebuild."



The province donated \$5,000 to the Manitoba 4-H Council to help cover Clover's \$40,000 cost. Agriculture Minister Derek Johnson got to see the cow's complexities inside and out at the Royal Manitoba Winter Fair.

The province also kicked in \$5,000 to help Manitoba 4-H reach their \$40,000 goal to purchase Clover, a life-sized cow that simulates birthing a calf.

The 1.36-metre-tall model has an inflatable calf airbed support system, clear vinyl uterine bag and functional udder with a milk tank. The Hereford Model Dystocia Simulator made by Veterinary Simulator Industries gives trainers a realistic view and process of a cow in labour.

"We have had that purchase of the Dystocia Model in the back of our mind for a while now," said Carvey.

Clover will live at the Manitoba Beef and Forage Initiative Learning Centre as an educational tool.

"We'll be able to host workshops and teach our members under the direction of a veterinarian



TRIBUNE PHOTOS SUBMITTED

A life-sized model and simulator of a cow in labour attracted crowds at the Royal Manitoba Winter Fair on March 30.

about calving techniques."

Johnson demonstrated Clover's abilities on March 30 at the Royal Manitoba Winter Fair in Brandon, delivering a calf he has dubbed Leaf.

"There's everything that you would feel when you would reach inside a cow to pull a calf," said Johnson.

"You can place the calf in different scenarios, like if the calf is breached."

Johnson said Clover fits Manitoba 4-H's "Learn to Do by Doing" motto perfectly.

"Clover is a very hands-on, powerful teaching tool."

To learn more about Manitoba 4-H clubs, visit [4h.mb.ca](http://4h.mb.ca).

## > ENFORCEMENT, FROM PG. 10

Service and RCMP executed a search warrant and a 32-year-old male was issued a Fish and Wildlife Restitution Notice for \$6,000 and a notice to appear in Swan River provincial court in May.

The Manitoba Conservation Officer Service is investigating two other moose kills within the moose conservation closure area along the Porcupine Mountain Provincial Forest in January and February. Anyone with information about illegal moose hunting is encouraged to contact the Conservation Officer Service at 204-734-3429 or the TIP Line at 1-800-782-0076.

On Feb. 4, conservation officers from the Winnipeg District conducted an inspection of a Winnipeg restaurant to

ensure its fish was acquired from legal sources. Officers entered the restaurant and began inspecting coolers, locating 21 whole walleye and one package of fillets. The restaurant owner was unable to provide documentation proving that the fish were lawfully obtained. Further investigation revealed that some fish had been obtained from a licensed angler, who does not have the authority to sell, trade or barter fish caught under the authority of that licence. All the fish were seized and the restaurant owner received a \$577 ticket for exceeding the fish possession quota.

On Feb. 7, conservation officers from the Riverton area were conducting a commercial fishing compliance patrol

on Lake Winnipeg near Hecla Village when a gang of unmarked nets was located. Officers inspected the nets, and one net was found to have a mesh size larger than allowable by the Fisheries Act. Through an investigation, a suspect who is a commercial fisher was identified. Charges for failure to comply with the terms and conditions of a licence under the Fisheries Act (Manitoba) as well as using an improperly marked gill net under Fishing Licensing Regulation are pending, totaling \$1,158 in fines. If convicted, the fisher will face a one-year suspension of his commercial fishing licence.

On Feb. 14, conservation officers from the Riverton District and Fisheries Branch staff conducted a compliance patrol off Black Island and Hollow Water area. During the patrol, officers and staff observed three males

pulling commercial fishing nets and observed a large amount of walleye and whitefish left on the ice around the recent basin holes that they fished. Officers conducted an inspection of the fish and nets and determined that approximately 80 per cent of the fish were decayed and unfit for human consumption and one illegal mesh net was larger than allowed under the Fisheries Act. Charges are pending, with fines totaling more than \$1,500. The total weight of decayed fish will be deducted from the fisher's annual quota and the fisher faces a possible fishing suspension upon conviction.

Anyone with information on illegal activity is asked to call their local Natural Resources and Northern Development office or the Turn in Poachers (TIP) line at 1-800-782-0076.



# Riverton resident writes memoir, *Dancing the Night Away: An Amma's Memoir*

By Patricia Barrett

A Riverton resident wrote and published a memoir as a loving tribute to her family and to document the history of Riverton over the course of the 20th century.

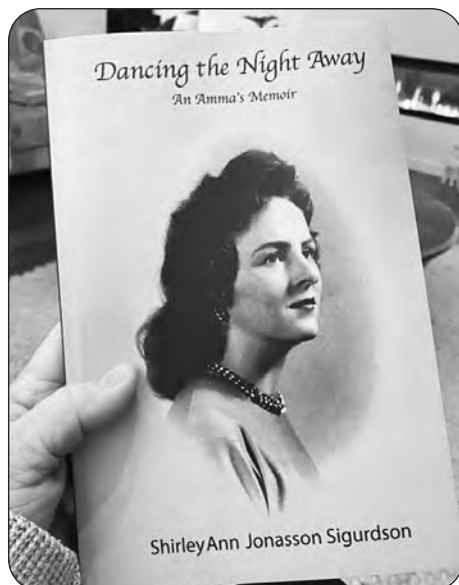
Shirley Ann Sigurdson (nee Jonasson), 86, worked on her memoir during the COVID-19 pandemic with assistance from her grandchildren.

She turned a lifetime of memories into a compelling story and shed light on the town's social and economic conditions.

"My two granddaughters came to me one day and asked me if I'd write a book on my life. I said I couldn't really do that because I'm getting old. But they kept hounding me and I finally decided I better try it," said Shirley last week. "It was mainly written for all the kids."

Shirley jotted down her memories and gathered together a rich collection of material that included photographs, recipes and song lyrics.

Shirley was born in Riverton in the 1930s. She grew up in a large family that didn't have much money in a house on the east side of town. She had to share a bedroom with six sib-



Book cover of *Dancing the Night Away: An Amma's Memoir*.

lings.

"We didn't have electricity and running water. We didn't have a fridge. My dad made a box outside, in a hole in the ground, and we put our milk, meat, fish and other food that had to be kept cold in there," said Shirley. "My dad was a fisherman and a carpenter. We didn't have much to eat. But my mom and dad were very good to us."

After Shirley completed Grade 7, she enrolled in a hairdressing course in Winnipeg at the then-Manitoba Technical Institute on Portage Avenue and afterwards worked as a hairdresser in Riverton for 30 years.

Shirley's memoir is chock-full of photographs that show the reigning fashions of the day, such as "sailor pants" and "drapes," a term for baggy trousers that were worn by women and men in the 1950s.

"We bought drapes in Winnipeg. Everybody had them. One person got them then everybody was rushing around to see if they could get enough money to buy a pair," said Shirley. "They were made to measure — you had to go to a seamstress. They had stripes on the side. You'd pay a



Shirley and her husband Johnny still live in Riverton and will be celebrating their 65th wedding anniversary this summer.



A large family get-together.



TRIBUNE PHOTOS COURTESY OF BRENDA FULSHER/SHIRLEY SIGURDSON  
Haley Fisher (left) and Brooke Storry (right) flank their Amma Shirley Ann Sigurdson, who at the age of 86 published a book on her life in Riverton.

little more for every stripe put on. I think I paid \$25 for mine. We would wear them to dances."

Social life in Riverton revolved around music and dancing. Like her mom, who was an accomplished pianist with a storied musical career, Shirley developed a love for music.

"The music is my favourite memory [of Riverton]. I danced three nights a week. And then every Saturday we had a dance. We always went to dances," said Shirley. "There was so much music in Riverton. We had hootenannies. We had Sadie Hawkins' dances. We'd dance to the Musical Mates. Nobody dances these days."

We'll Meet Again, a 1939 tune sung by Vera Lynn, is Shirley and her mom's favourite song.

In addition to stories and photo-

graphs, the memories of Shirley's husband, Johnny, form part of the book as do Shirley's favourite recipes, including Icelandic dishes such as ponnukokur and vinarterta.

Shirley's daughter, Brenda Fulsher, held a book launch party at her house for the family.

"We all got up and danced and cried, reflecting on what an incredible accomplishment this has been for mom," she said.

A relative — Sarah Jonasson — designed Icelandic necklaces, which Shirley and Johnny bought and presented as gifts to Brooke and Haley for their help with the book.

People who've read the memoir call

Continued on page 15



True love. When she was 21, Shirley Jonasson married Johnny Sigurdson.



Drapes were a popular style of baggy trousers in the 1950s. Both men and women wore them.



# Underinvestment in staffing; paramedic hiring promise in Manitoba budget criticized

By Patricia Barrett

The government's 2022 budget promise to hire 35 paramedics has disappointed critics who say it doesn't go far enough to provide the health-care staff necessary to support Manitobans.

The "Recover Together" budget, released April 12, says the 35 hires will occur "across our province."

"An increase of \$7.6 million is being provided for Emergency Response Services including for the hiring of 35 additional primary care paramedics (PCPs) as part of the government's commitment to hire an additional 80 paramedics to achieve [a] customer service standard of 24-7 access to care within 30 minutes for 90 per cent of Manitobans, 90 per cent of the time by 2023," states the budget.

The Manitoba Association of Health Care Providers (MAHCP), which represents over 6,500 allied health professionals, including rural paramedics, said that without the government investing in staffing — which leads to unsustainable workloads and burnout — it's difficult to attract people to a career in health care.

"The short-sighted dependence on overtime and vacancy management causes burnout which leads to increased sick time, stress leaves, early retirements and staff turnover. That results in higher costs for the whole health care system. A budget without significant, long-term investments in staffing makes no fiscal sense," said MAHCP president Bob Moroz in a statement last week. "Today, 35 new paramedic positions were announced, but where are the paramedics coming from? We are not anywhere close to training enough paramedics to fill the vacancies we currently have."

Before the COVID-19 pandemic, MAHCP had been pressing the government to hire more paramedics, saying allied health professionals are "just as critical" to the health-care system as nurses are.

Moroz told the *Express* last fall that the critical paramedic staffing shortage in the Interlake region endangers not only Interlake residents but also paramedics who are forced to work "dangerous" and "crazy" amounts of overtime and spend excessive hours on the road to cover the large geographic area. Compounding that are regular and ongoing emergency room closures — because of a lack of physician coverage — at Interlake hospitals. Paramedics can drive hundreds of kilometres with a patient to find an open ER.

The Interlake-Eastern Regional Health Authority — just one health region — had between 50 and 60 paramedic vacancies and a government unwilling to hire more, said Moroz at that time. And that staffing crisis didn't arise as a result of the COVID-19 pandemic but as a result of government inaction extending back a decade or longer.

Manitoba NDP leader Wab Kinew said the Progressive Conservative government hasn't presented a plan to plug the paramedic gap in the Interlake or in other regions where they're badly needed.

"Families in the Interlake are looking for hope, but they won't find it in the PC's new budget. When it comes to health care, Manitobans don't trust the PCs to get the job done. Just like they refuse to set targets and timelines for the surgery backlog, there's no plan to put new paramedics to work in the Interlake," said Kinew.



TRIBUNE FILE PHOTO BY PATRICIA BARRETT

A provincial Shared Health ambulance is shown attending a call. In its budget, the government promised to hire 35 paramedics.

"The PCs have a track record of making announcements and never following through, and we're concerned that will be the case with rural paramedics."

To help with pressing recruitment and retainment issues, Kinew said a concrete step forward would be to offer Interlake paramedics pay that's competitive with the pay received by paramedics working in the city.

Kinew called the budget the continuation of a Progressive Conservative legacy of underfunding health care, with families in places such as Gimli, Brandon and Dauphin having had a "de facto cut" to hospitals, emergency rooms and frontline health-care workers.

Gimli hospital has a 28 per cent nursing staff vacancy. Seven of the its 26 acute care beds have had to be shut down in order to maintain a safe level of patient care, according to an

IERHA update provided to municipal leaders a few weeks ago. And vacancies in personal care homes were worse. Nursing vacancies hit a whopping 79 per cent at the Ashern PCH, while vacancies at the Lunder, Fisher Branch and Arborg PCHs are 67, 57 and 52 per cent respectively.

The government's budget promises over \$11 million to increase nursing enrollment in post-secondary institutions. It's also promising \$7.2 million for two pilot projects in home care and supportive housing, funding for the construction of 1,099 new and replacement personal care home beds, and \$110 million to address the surgical and diagnostic procedures backlog.

Doctors Manitoba, which is tracking the backlog for Manitobans on its dashboard, shows 167,887 procedures in the queue as of March 22.

## > AMMA'S MEMOIR, FROM PG. 14

it a walk down memory lane, said Brenda.

"I'm so proud of mom. It's unbelievable that she would do something like this, documenting her life at the age of 86. It's surprising how much came back to her when they started triggering different memories; the stories just kept coming," she said. "Some of them surprise me because I hadn't heard them. It's so raw and honest. It's part of my life, too and my sister Lana's and my brother Darren's."

Shirley's granddaughters Brooke Storry and Haley Fisher helped their Amma get the book started. They created a structure and edited copy. The process took about two years. They each wrote a brief chapter explaining how the project came to fruition and how enriching it had been to have

spent so much time with their grandparents.

Brooke wrote that "learning about our family roots and working with Amma on her life story felt like the most important work I had ever done," and it also brought her and her cousin, Haley, closer together.

Haley, who teaches history and other subjects at Arborg Collegiate, came up with the idea of having her Amma document her life story after giving her class an assignment to investigate their family history. She said she appreciated spending time with her grandparents while working on the project.

"Have that time together is most special and I am so proud of Amma and Afi for supporting each other and working towards this goal together,"



Shirley and Johnny Sigurdson with their children.

Haley wrote. "Their heart-warming love story will stand the test of time and inform future generations of their heritage for years to come."

To order a copy of the book, email Brenda Fulsher: [brendafulsher4@gmail.com](mailto:brendafulsher4@gmail.com)



# Waste not want not; Woodlands investing in recycling compost

By Nicole Brownlee

A new countertop tool could help reduce waste in the RM of Woodlands.

The municipality partnered with Food Cycle Science to offer their residents a chance to try the FoodCycler at a subsidized cost.

Items like vegetable scraps, coffee grinds and meat are broken down to a tenth of their volume with the FoodCycler.

The byproduct from the FoodCycler can then be used to fertilize plants, added to compost bins or thrown in the garbage, which reduces the amount of waste taken to a transfer station, a facility that sorts and consolidates waste.

"It might just be 200 pounds of food being diverted from the Woodlands Transfer Station, but it still helps," said Reeve Lori Schellekens.

The FoodCycler grinds the food waste into small particles. Simultaneously, the unit aerates and heats the waste, decomposing and sterilizing the byproduct. Temporary carbon filters eliminate odours generated by the machine.

"The FoodCycler is a bit like composting on fast forward," explains the FoodCycler website.

Composting can take weeks to develop food waste into a nutritious garden supplement, but the FoodCy-

cler's combination of air incorporation, heat and pulverization prepare a similar byproduct within three to eight hours.

FoodCycler's pilot project wants to reduce food waste at home, which can support municipalities' environmental goals, cut down on household carbon footprints and extend the life of local landfills.

"Rural, remote, northern and small communities will typically have unique challenges in diverting food waste," Christina Zardo, Food Cycle Science municipal solutions manager.

"Implementing something like a curbside Green Bin program can be cost-prohibitive for small towns and operationally challenging to run trucks to a food waste processing facility."

The town of Neepawa and the RMs of East St. Paul and Rockwood have also joined the pilot project.

"Nelson, B.C., was the first community to trial the FoodCycler (in 2020). They've now decided to put a FoodCycler in every home," said Zardo.

"That will be their organic waste diversion program instead of putting more trucks on the road and running a collection service."

The FoodCycler reduces the volume and weight of the waste, which meant Nelson has fewer curbside collections



Fruit cores, vegetable peels, dairy, chicken bones and more — the FoodCycler transforms food scraps into fertilizer and reduces your family's food waste.

per year, lower transportation costs and fewer greenhouse gases.

After purchasing the units, and considering the tipping fees, electrical, collection and new bins costs, FoodCycler units cost Nelson \$115 per household per year, which is \$40 cheaper than picking up wet food waste curbside.

Woodlands has 50 FoodCyclers available for \$150 plus tax. The units' price without the municipal subsidy is \$500.

If more than 50 residents are interested in buying a FoodCycler, the municipality will create a draw to select who will receive the composting tool. Winners will be notified on April 29.

For three months, residents are encouraged to track their FoodCycler usage and submit their results through a survey to Food Cycle Science.

"We want to trial the viability of the FoodCycler technology in these communities," said Zardo.

"We want to see if it's an effective tool, how much net diversion of food waste are we achieving and keeping out of the landfill."

After three months, residents are welcome to keep their FoodCycler.

Email [admin@rmwoodlands.ca](mailto:admin@rmwoodlands.ca) or call the municipal office at 204-383-5679 to enter the FoodCycler draw. April 27 at 4:30 p.m. is the entry deadline.

## Stonewall council presented its financial plan for 2022

By Jennifer McFee

Stonewall residents might expect to see a small decrease to their total property taxes for 2022.

On April 14, CAO Wally Melnyk virtually presented Stonewall's 2022 financial plan, which includes a 0.25 per cent decrease to property taxes.

At the same time, the solid waste special services levy is set to increase by \$10.24 per household and the water rate is scheduled to increase by two per cent on an average consumption bill.

This year's budget includes an investment in Quarry Park with a power upgrade for the campground. Other investments include a new emergency operations centre generator as well as a new wildland unit for the fire department. Road paving projects will be underway, particularly in the Industrial Park on Limestone Bay and on Main Street towards Veteran Memorial Sports Complex. In addition, the kiln restoration project will begin.

All capital costs will be funded by reserves and borrowing.

Melnyk also noted that Quarry Park Heritage Arts Centre is expected to bring in about \$45,000 less in revenue for 2022.

"That's based on the fact that a facility like the HAC is normally taking bookings six months in advance," he said.

"We're starting to see a pickup in those bookings but they're mostly slated for the fall of 2022."

Fiscal services, recreation and culture, and protective services are the main areas where the town will spend money in 2022. Council also approved a cost of living increase for 2022.

Melnyk noted that the budget includes \$65,000 for snow removal costs to date, which is an increase of more than 200 per cent compared to average years. Last week's storm wasn't included in those costs, so that could add another \$5,000 to \$10,000.

"It has been a massive cost increase that has affected everything from the hiring of contractors, the fuel costs that we've incurred and the labour costs that we've incurred," Melnyk said.

One additional solar crosswalk will be considered for installation this year at 5th Street West and Thunder Hill.

"These have been really popular in the community," Melnyk. "We have constant requests for additional ones to be installed around town."

As well, additional staff members have been added to the works and operations department.

A study is underway to look at alternatives for solid waste disposal, and council will receive more details in coming weeks.

Melnyk also offered a comparison of Stonewall's mill rate, taxes and utility rates compared to other Manitoba municipalities.

"We have one of the most reasonable tax regimes in the province and also a very good water rate in terms of our utility," he said. "That reflects in the costs paid by individual property owners."

### In other council news:

- Stonewall is one step closer in its plans for a continuing care retirement community.

At the April 13 council meeting, Stonewall council hosted a public hearing and passed second reading to amend the zoning bylaw from "development reserve" and "parks institutions and open space zone" to "residential multiple family zone."

A related subdivision application proposed to create two new lots for the retirement community and a third lot for a lift station.

- Council defeated an application to vary the minimum yard setback from 25 feet to 15 feet to allow for construction of a three-season sunroom addition to an existing single-family home on Kurelek Crescent. South Interlake Planning District recommended that the request be denied, stating that it is inconsistent with the intent of the zoning bylaw. Coun. Walter Badger voted in favour of the requested variance, while the rest of council voted against it.

- Council approved a revised subdivision application from Global Homes subject to conditions.



# Like a canary in a coal mine

By Nicole Brownlee

Dragonflies flitting over softly rippling lakes and ripening golden fields are a sign of summer hitting the prairies, but their presence also indicates the health of wetlands.

Ducks Unlimited Canada highlights dragonflies' integral role in the environment through Project Dragonfly.

Dragonflies are sensitive to changes in the environment, and their welfare is an indicator of the overall health of wetland ecosystems where they live and breed, said Larry Kaumeyer, CEO of DUC, in a news release.

"These amazing insects are sending us a clear message about the fate that could potentially befall hundreds of other species that depend on wetlands during their life cycles."

Wetlands store carbon, protect from floods and are habitats for up to 40 per cent of the world's known species. Around a quarter of the world's wetlands are in Canada.

"Dragonflies are more fortunate than some species because they migrate," said Janine Massey, DUC's chief marketing and communications officer.

"We could be seeing species from the U.S. coming to Canada that usually haven't ... just like we've seen the patterns changing with migratory birds as a result of changes in climate and warming temperatures."

While Canada's dragonfly populations are seemingly unchanged, Eu-

rope, South America, South Asia and Southeast Asia are noting declines because of habitat loss, water quality decline and climate change.

Wetlands globally are disappearing three times faster than forests, said Dr. Bruno Oberle, International Union for Conservation of Nature's director general, in a news release in December 2021.

It's hard to tell how Canada is truly impacted by wetland loss because there is no comprehensive wetland inventory and monitoring system in Canada. Most industrialized nations, including the U.S., have a full wetland inventory to track changes.

DUC warns that if Canada continues to lose wetlands and doesn't effectively monitor habitat loss, the world might lose more than dragonflies.

The Green Budget Coalition, which consists of 23 of Canada's leading environmental organizations, has appealed to the federal government to commit to creating an inventory and monitoring system.

"We need to be investing in watching our at-risk species and ensuring that their populations are in a healthy state," said Massey.

In addition to donating to DUC and signing up for a monthly newsletter about the organization's conservation efforts, DUC is offering the public a chance to help track dragonfly populations.

DUC is hosting a



TRIBUNE PHOTO SUBMITTED

Ducks Unlimited Canada launched Project Dragonfly to preserve Canada's wetlands, which are home to thousands of species.

webinar in May to kick off the citizen science project on iNaturalist, a social network that maps and shares biodiversity observations.

Participants can join the team on Biodiversity Day on May 22 to document dragonfly sightings in Canada.

To add information to iNaturalist about dragonfly populations, participants can add the free iNaturalist application to their phone, take a photo of a dragonfly and share it through

the app.

"This also gets people interested and engaged with nature, which is really quite important for all of us," said Massey.

"Hopefully people will be much more motivated to help conserve natural spaces once they understand the beauty and intricacy of our wildlife that exists there."

For more information, visit [ducks.ca/project-dragonfly](https://ducks.ca/project-dragonfly).

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# Winter storm sweeps through southern Manitoba

By staff

A Colorado low swept through southern Manitoba last Wednesday, Thursday and into Friday, causing blizzard-like conditions. Schools, highways and many businesses were closed and several flights were cancelled at Winnipeg's international airport. The Winnipeg Jets game was postponed due to the spring storm. It took days for people to dig out and for plows to clear roads.

Environment and Climate Change Canada reported a high of 82 centimetres of snow in Onanole to a low of 13 centimetres in Woodlands and Miami. Selkirk reported 45 centimetres with Winnipeg receiving somewhere between 25 and 35 centimetres.

Environment Canada is calling for rain heading into this weekend.

## A Blemished Storm

By Steven Harrison, Stonewall

'Twas the middle of April when all through the land,

not a creature was stirring not even a lamb.

While I sat on my deck having a very cool beer,

I was hoping that summer soon would be here.

Our snowblower was packed not to be seen soon,

and I was wishing to see a goose or a loon.

My fishing rods hung in my garage with care,

with visions of moby trout soon to be there.

When what on the radio I heard on that night,

was the report of a winter storm bringing a fright.

It would break all the records, close highways and dump snow,

the high winds too would reduce

your sight so.

Mama and I went to bed on that night,

in hopes that the forecaster may not be right,

When outside the window was a horrible sound,

a very strong wind and snow blowing round.

The storm had arrived with a vengeance and force,

filling the driveways and placing snow on the porch.

The wind was so strong that it took my truck too,

making you wish that spring would break soon.

Even Bambi and Thumper headed deep in the woods,

to bury themselves in the thicket they should.

All creatures with wings and abound with some fur,

would try to find shelter, even cuddle a bear.

The snow would continue late through the night and next day,

you knew that the storm was going to stay.

It was proving to be the worse of its kind,

that the province had seen in decades, but why.

Why did it come at this time of the year,

when I was hoping at least that I could finish my beer.

My deck was cleared of all the past snow,

giving hopes that summer would soon be a glow.

But 'no' said the forecaster 'here's one more blast',

just like your old girlfriend showing up from the past.

The storm came from Dakotas heading northward we found,

but not to be done it will be melting it down.

The water will come in the Red River set,

because this storm was not done with us yet.

The snow will melt fast followed by a spring rain,

it will fill all the creeks, the rivers and streams.

The Red River System will fill to the brink,

overrunning the towns berms and will bust at the seams.

The towns and the villages will be swimming by May,

despite the sand bags being filled on each day.



TRIBUNE PHOTOS SUBMITTED FROM THE COMMUNITY

Manitobans will gather while not knowing each other,

to help their neighbour despite the odd weather.

Manitobans are a tough and resilient to see,

they work hard, they survive and they do not flee.

They have been through this weather several times as before,

but they continue to help each other, as a daily norm.

The flood will drive northward through Emerson then Morris,

to where the river bends through the St. Norbert Park forest.

The province had built the wide Red River Floodway,

to divert the water away like this someday.

Although the water will rush by the city and towns,

some flood water will come from Assiniboine Downs.

Into the city the waters will merge, by the Forks is where the rivers will turn.

Continuing northward to Lockport the water will flow,

to meet with the floodway filled with much melted snow.

As the storm continues to move out of sight,

the waters will diminish from all of its might.

We Manitobans can say this for sure, we are a tough breed and want to help more.

We help each other in times such as these,

but we ask that you don't send any storms please.

Us Manitobans have paid for a tough season,

despite waves of COVID, vaccines and gas prices heaving.

The snow and flood waters will continue to flow,

but still, the farmers will prepare for

the sow.

From boarder to boarder, from east and the west,

Our province is central and truly the best,

Abundant with rivers, forests, lakes and the hills,

We treasure our people, our land and our skills.

Our people are strong and the land is so pure.

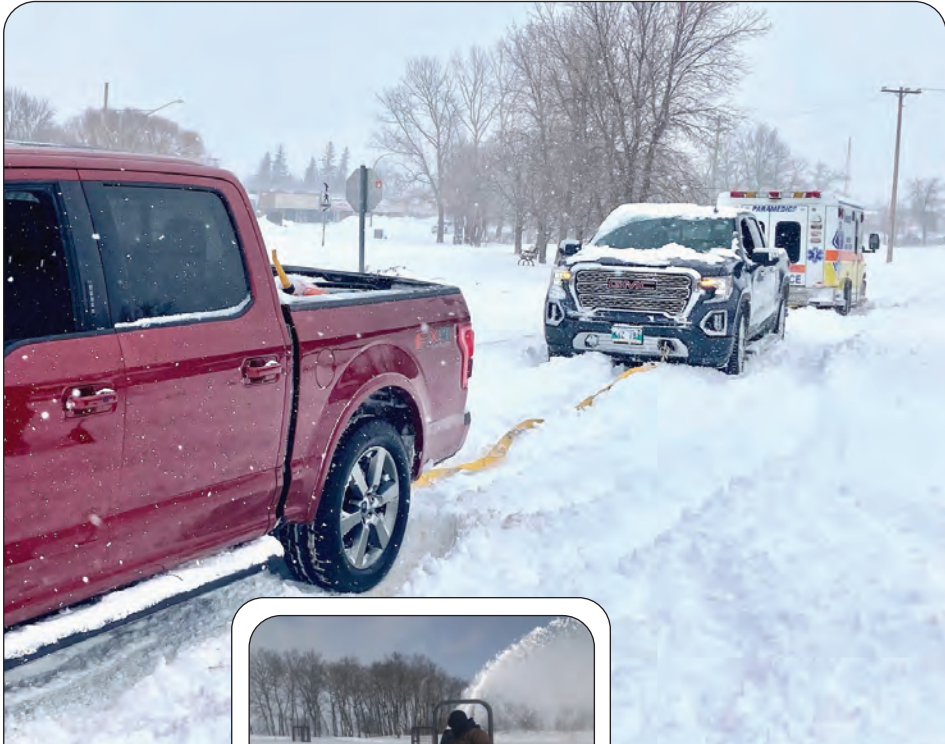
Such a large storm was here, but we will endure,

This storm through time is a just a small blemish,

I'll be glad when the storm's gone and the flooding has finished.









# AUUC Winnipeg puzzle race fundraiser for medical relief in Ukraine

**Staff**  
On April 30 at 5 p.m., the Association of United Ukrainian Canadians Winnipeg is hosting a perogy dinner and puzzle race to raise funds for Doctors Without Borders in Lviv, Ukraine.

A total of 100 per cent of funds raised will be used to provide critical medical supplies to war-torn areas of Ukraine.

"We want to thank some of our younger AUUC members for standing up for peace in Ukraine and for organizing this fun way for families and friends to support the important medical relief work of Doctors without Borders," says AUUC Winnipeg vice-president Emily Halldorson.

Teams of three to four will race against each other to complete a 500-piece puzzle, donated by Ravensburger Puzzles Canada through Across the Board game café. Local North End businesses have supported the event by donating prizes for the silent auction. Other event sponsors include Ira's Deli and Glen Eden Funeral Home & Cemetery.

Robyn Smith, event organizer, explains, "This is a true locally supported and run event, representing our communities' deep ties with Ukraine and our desire to help in anyway possible."

In addition to event tickets (\$30 for adults, \$20 for 12 and under, free for five and under), the organizers are also selling support tickets for \$10 for those who cannot attend but may wish to support the cause. Tickets are available on Eventbrite.

The event is being held at the newly renovated national historic site of Ukrainian Labour Temple at 591 Pritchard Ave. Association of United Ukrainian Canadians Winnipeg is requiring attendees at events to wear masks and show proof of vaccination.



## New housing concept now available in Stonewall

Home ownership has been a cornerstone of the Canadian lifestyle for families, but in today's world, it is increasingly out of reach for many people. The price of housing in urban areas have skyrocketed in the last number of years. Many first-time home buyers and people looking to downsize are assessing their options as remote work and quality of life drive potential home buyers to look at rural communities with increasing interest. However, many rural communities have limited offerings in terms of lot size and size of homes, often both being too large for the average buyer and too costly as a result. Building a custom home can be a daunting task for a first-time buyer in today's market with many realizing that option is now simply out of reach. Other offerings such as apartment condominiums do not offer much in terms of greenspace or ability to have a garage. Many people still yearn to own a detached home that is unique to them surrounded by a beautiful front and back yard with privacy. Bare land condominiums are the perfect solution to bridge that gap, often referred to as gated communities due to their exclusivity. With affordability and ease of use in mind, Ventura Developments Inc. has developed a community that will revolutionize the custom home buying experience in Manitoba. With past success rolling out Prairie Place in La Salle, MB Ventura has now brought Quarry Place Condominiums to Stonewall, Manitoba!

When the word condo comes up, we often think of high-rise buildings, limited space, and vertical living. Bare land condos have clear land titles, individual detached homes on deep lots, and enough space for a growing family leaving you with the pride and sense of homeownership. With strong architectural controls

in place, you also know your community will maintain high standards that protect your investment long term. On top of this because this is your own home there are many exciting custom options for your interior and exterior finishes to choose from enabling you to make it your own custom home. With packages and individual selections available for upgrades you will be able to ensure your unique home has what your family needs.

As a community brought to you by Ventura Developments, you are certain that your dream home will receive the care and attention of one of Manitoba's most active and reputable developers and home builders. There are six floor plans

available to choose from, all designed to have an open concept layout conducive for quality time with your friends and family. These are not just entry level homes. They boast 9-foot-high smooth ceilings, piled foundations, huge kitchens, large master bedrooms, with gorgeous exteriors that include stone and siding... Like all Ventura builds, you are assured of our industry leading aftersales service program, making sure your investment is taken care of.

For more information about Quarry Place Condominiums please visit quarryplace.ca or reach out to our realtor Steve Breton at 204.999.2460 or by email at steve@stevebreton.ca

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Please share your story ideas at news@stonewallteulontribune.ca Phone 204-467-5836

# Tribune

Stonewall Teulon

ADVERTORIAL



# Your FARM



## Green Gold program tells farmers the optimum alfalfa cutting date

By Becca Myskiw

Manitoba alfalfa growers have the opportunity to find out their optimum cutting date to get the best quality off the crop again this year.

The Manitoba Forage and Grassland Association is again offering their Green Gold program. It's been running for 27 years now.

The program encourages growers to be strategic with their alfalfa hay crop harvest, helping them make cutting decisions based on their feed and market needs. During May and June, producers cut 10-inch samples of their alfalfa crops twice a week for a three or four-week period. They then put the sample in a Ziploc bag, send it to The Manitoba Forage and Grassland Association, and send it off to be tested in Winnipeg.

The testing tells producers their optimum cutting date based on what they use their crop for. Next, it gives them the protein value and how many points it's dropping in relative feed value per day. Finally, it helps producers know if they need supplements in their herds.

Lawrence Knockaert from Bruxelles uses the program to ensure his dairy cattle get the best feed he can give them.

"It gives you real-time reporting so that you're not guessing by what the actual results are off your field, which is a bonus," he said.

He said finding out the protein status of his crop ultimately optimizes his milk production and saves him on protein supplements.

"If you have a row of really good bales you've taken off high in feed value, you can use lower feed value bales and get the optimum blend for dairy cattle," said Knockaert.

The Green Gold program currently has 13 fields in the province taking part. Terra Bergen, communications support and Green Gold co-ordinator, said they'd prefer to have four or five fields in each region of the province at the bare minimum, but the more, the better.

"It's important for knowing what the quality of your alfalfa feed is for those who need it for their protein



TRIBUNE PHOTO SUBMITTED

Alfalfa growers can take part in the Manitoba Forage and Grassland Associations' green Gold program to find out their optimum cutting date.

status in either dairy or beef fields," she said. "Last year's drought made for a tougher year for feed quality so we'd like to figure out what we can."



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# Stonewall teen takes stage in musical theatre show

By Jennifer McFee

A Stonewall teen will shine in the spotlight after landing a lead role in a classic musical.

Parker McElroy, a Grade 12 student at Stonewall Collegiate Institute, will play the role of Barnaby Tucker in *Hello, Dolly!* next weekend.

The Dramatic Theatre Company, a Winnipeg-based community theatre group, is staging the production — and for McElroy, it's a thrilling opportunity to be involved in the show.

"I am fully and fundamentally a theatre kid. The last two years of having no theatre in school really sucked," said McElroy, who has been accepted into the Greek and Roman Studies program at the University of Ottawa.

"My mom noticed that this company was doing auditions for a musical, so I prepared a song and monologue. My heart was beating so fast, and I found out a couple days later that I got a lead role."

Adding to the excitement, *Hello, Dolly!* is the first theatre production that McElroy has been involved with outside of school.

"I love everything about it — the singing, the dancing, putting it all together. For my character specifically, he's kind of the comic relief so it's fun being the funny weirdo on stage," he said.

"Everyone who's involved in the



Parker McElroy of Stonewall will take the stage in *Hello, Dolly!*

production is so nice too. Rehearsals are three times each week, and I genuinely enjoy spending time with these people. It's almost like I'm just going to hang out with my friends."

Justin Danyluk, artistic director for The Dramatic Theatre Company, said McElroy was chosen for his role through the season's auditions.

"He came in and did an excellent audition," Danyluk said. "His acting skills and vocal ability made him an excellent candidate for the role."

The theatre company is currently in its ninth season, focusing on productions that the whole family can see



TRIBUNE PHOTOS SUBMITTED

The Dramatic Theatre Company's production of *Hello, Dolly!* runs from April 28 to May 1.

together — and *Hello, Dolly!* is its second full-length musical. In this must-see musical theatre performance, audience members can look forward to being entertained by the exploits of character Dolly Gallagher-Levi, a turn-of-the-century matchmaker.

"*Hello, Dolly!* is a Broadway classic and one of the most challenging productions to do well with vocal ranges higher than the clouds, complex set designs and master acting," Danyluk said.

"*Hello, Dolly!* features some of Broadway's most cherished numbers including 'Put on Your Sunday Clothes,' 'Hello, Dolly,' 'It Only Takes A Moment' and much more. The audience is sure to leave the theatre humming."

Typically, The Dramatic Theatre Company produces four or five family-friendly shows each year, but they've had to adapt over the last couple years.

Continued on page 25

## How to transition from natural teeth to dentures

BY ELISHA VANDOR  
www.vandordenturecentre.com

Do you find yourself hiding your smile from unsightly and/or decaying natural teeth? If yes, then it might be time to replace one, some, or all of your teeth. So, where do you go from here? Well, let me answer that question for you!

Once you know or have received information that you'll be needing all or some of your teeth extracted; the first step is to contact us for a free consultation to talk with our Denturists Brock or Matthew about how we can help get your smile back.

Getting dentures put in the same day the teeth are pulled is possible! Actually, it really is a preference based on the individual. Some like to wait until the extraction site is healed before they get dentures and some like to have dentures right away. For the latter preference, having a denture on the same day has some great benefits:

1. You can smile!
2. You can eat!
3. The denture(s) act like a bandaid™ over the extraction site helping the gums heal.

When replacing your teeth immediately, you'll need a denture that's crafted a bit differently from a regular denture. The dentures are called immediate dentures. It's pretty simple to remember because they go in IMMEDIATELY after your teeth are extracted. Of course,

this means we have to make the denture(s) before your teeth are pulled, so we need to know as soon as possible.

Once the dentures are in, it's not the end! Immediate dentures are designed to fit over inflamed or swollen gums. As the gums start healing, the denture becomes loose. Maybe one day we will invent a way to have dentures self-mould every morning to the mouth, but until then, we want to see you more often to make sure that you're happy and loving them. So, there's a series of follow-up appointments that are necessary to keep the denture fitting, feeling, and functioning great. These appointments are included in the cost the denture(s)... thank God! At the beginning, we will see you more frequently because the gums are healing and changing. The majority of these appointments are scheduled within the first month and will extend for another 6-months to 2-years. I know what you may be thinking, 'Yikes, two years of seeing my Denturist?!' Not to worry, this time frame really depends on each individual and their gums ability to heal. It is all of these careful follow-ups that really make the difference for patients.

In a nutshell, replacing missing teeth can be a mystery and often daunting for most. There's a lot of options for replacing your teeth too, other than dentures. Immediate dentures are currently the most common and inexpensive way to replace missing teeth. If they're made right, they can work great and look very natural too! For any tooth replacement questions, call us anytime!



Recent Vandor Denture Centre patients reveal their before and after transformations. They went from decaying upper natural teeth to custom designed upper immediate dentures.

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# Kids contribute to Earth Day efforts at Family Foods

By Jennifer McFee

Stonewall school kids are embracing Earth Day in a colourful and creative way through an eco-friendly initiative designed to catch the attention of local grocery shoppers.

Ecole RW Bobby Bend School has teamed up once again with Family Foods to decorate paper bags with Earth Day images and messages. On April 22, in honour of Earth Day, the bags will be available to Family Foods shoppers for 10 cents apiece.

Then Family Foods will donate the proceeds from the coloured bag sales to REACT (Rockwood Environmental Action Community Taskforce), a non-profit volunteer-run organization that focuses on environmental responsibility.

"We will also be donating a portion of the proceeds of all the reusable bags that we sell on Earth Day. We have a big assortment of them, which we're so proud of," said Megan Ireland, front end manager at Family Foods.

"We really wanted to take it up a notch to make sure that we're not only getting the message out about why taking care of our earth is so important, but we also wanted to give back to such a great initiative like RE-

ACT and help them out."

The local grocery store takes pride in giving back to the community, she added.

"Dave, our previous owner, was always really good about that. Now Kristle Snell, our new owner, is amazing as well," Ireland said.

"We just really like to help out within the community."

As Earth Day approaches, Ireland anticipates an enthusiastic response from shoppers who have been looking forward to seeing the kids' latest artistic creations.

"Last year, our customers loved to see the bags that the kids had coloured. The response was just amazing," she said.

"Towards the end of the day, we had run out of the bags that the kids had coloured and we had so many people asking for them still. We're so happy to be doing it again this year."

Stonewall Family Foods phased out plastic bags in October 2021, and Ireland shared appreciation for their customers' adaptability.

"I can't even express enough how grateful we are to the community. Everyone has been so amazing with the transition to paper bags and not



TRIBUNE PHOTO SUBMITTED

Teacher Jennifer Rukhra, Stonewall Mayor Clive Hinds and Coun. Jackie Luellman share smiles with Ecole RW Bobby Bend School students who decorated paper bags for Family Foods to distribute on Earth Day.

using plastic bags. The reaction has been great and everyone has been so supportive," she said.

"We're seeing so many reusable bags now, which is wonderful. We want to

make sure that we're doing the best that we can for the environment, and we're excited to bring back the Earth Day bags again this year.



## April is oral health month! 7 teeth-staining substances

Do you want sparkling white teeth? On top of regular brushing, the easiest way to prevent your teeth from yellowing is to avoid or limit the consumption of things that can stain them. Here are seven substances that can dull your smile.

**1. Red wine** can stain teeth. In fact, your teeth can turn a light purple colour after you drink it. However, certain white wines also contain tannins that can discolour your teeth.

**2. Coffee and tea** can leave behind grey or brown stains on your teeth if consumed daily.

**3. Carbonated beverages** are very acidic. Consequently, they can discolour your teeth and make them more porous and vulnerable to staining. Use a straw to limit the amount of time the beverage is in contact with your teeth.

**4. Berries** like raspberries, blackberries, cherries and blueberries contain pigments that can stain your teeth. Therefore, it's a good idea to thoroughly rinse your mouth with water after eating berries.

**5. Curry spices** are extremely pigmented and can leave yellow or orange marks on your teeth. The spices can be found in a variety of dishes and sauces.

**6. Tomato sauce and ketchup** are highly pigmented and can leave marks on your teeth. Additionally, their acidity


can weaken your enamel, making your teeth more susceptible to staining.



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**7. Cigarettes** contain nicotine and tar, which can leave yellow and brown stains on your teeth. Additionally, smoking cigarettes can lead to other oral health problems like gum disease.

Have your teeth lost their lustre? If so, contact your dentist and ask about professional teeth whitening solutions.




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# CAR CARE POINTERS

FOR SPRING

## 4 signs you should get your brakes checked



When it comes to vehicle safety, your car's braking system plays a crucial role. Here are four signs that you need to get your brakes professionally serviced.

1. **UNUSUAL NOISES** Brake pads have built-in wear indicators that produce a high-pitched squeal when the pads wear down. As soon as you hear this sound — you can't mistake it! — you need to get your brake pads replaced.

2. **VIBRATIONS** It's normal for your brake system and other car components to pulse and vibrate when you slam on the brakes. However, if your brakes vibrate when applied normally, this is a major red flag. In most cases, brake shudder is caused by an unevenly worn brake rotor.

3. **PULLING** If your car pulls to the left or right, it's likely due to uneven tire pressure, incorrect wheel alignment or a problem with the brake system. If it's the brakes, you may have a stuck caliper, collapsed brake hose or uneven brake pads.

4. **SPONGY PEDAL** If your pedal feels mushy or you have to apply extra pressure when braking, this is usually an indication that the brake fluid isn't flowing properly. Replacing the brake fluid typically

corrects this issue.

Finally, note that experts recommend car owners get their brakes checked every six months

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# Investment opportunities available for hotel project

By Jennifer McFee

An initiative to build a new 30-room hotel in Stonewall continues to forge forward in an effort to provide the area with modern overnight accommodations.

Trevor Rempel, vice-president of sales and marketing for Steel Creek Developers, explained that the hotel will operate under the rapidly expanding Blue Crescent Hotels brand.

"This brand was created by Steel Creek Developers to offer the advantages and credibility of being part of a larger hotel network for these smaller rural hotels. Through the brand, each independently owned hotel will have access to a central website, booking engine, operating software, central brand marketing, volume buying programs, group benefits and peer-to-peer support among network managers," he said.

"With properties in Manitoba and Saskatchewan currently, the brand will continue to expand in number and geography with plans to cover from B.C. to Ontario and wherever the brand may grow beyond that."

The company has completed a land purchase agreement with the Town of Stonewall and is working through the subdivision process for the site located between the RCMP headquarters and the soccer fields.

"Our goal is to provide downtown visibility, easy access to sporting events and future recreational developments. We also currently continue to look for more local investors who might be interested in becoming a part of this exciting project," Rempel said.

"One big advantage to becoming involved is that the province has a tax credit program that will allow investors in this hotel to receive 45 per cent of their investment back as a provincial tax credit, which you can claim against taxes paid going back three years and up to 10 years into the future."

As a result, investors can expect to see an immediate return on their investment, Rempel added.

"We have already been approved for the program, and Steel Creek Developers has used this program successfully in three other projects in Manitoba," he said.

"It is a fantastic program to help stimulate the creation of new small businesses in communities just like Stonewall. We would prefer to have as much local ownership as possible."

Beyond the investors, the community will also reap rewards from the project.

"Keeping visitors in the community overnight supports the many organi-

zations and businesses that share this community with us," Rempel said.

"Gas stations, restaurants, bars, shops, industry, event centres and minor sports organizations can now leverage these overnight accommodations to provide a truly and hopefully uniquely 'Stonewall Experience.' We are confident that the community will be pleasantly surprised at how nice the hotel will turn out to be."

The pet-friendly hotel will provide several different room types, including a split room design in both double and single rooms. There will be something for everyone with executive king rooms, bunk bed rooms, barrier-free rooms, and one- and two-bed-room suites with kitchenettes.

"Often rural communities don't even realize the opportunities that they themselves have," Rempel said.

"We are excited about occupancy drivers such as Manitoba Hydro Training Centre, Kinsmen Park, Quarry Park Heritage Arts Centre, Stony Mountain Penitentiary, as well as many industrial and commercial businesses that bring in specialized short-term workers, services and customers."

In addition, minor sports will be able to plan larger events, tournaments, camps and more.

"Overnight accommodations open the community to convention opportunities such as health region and

school division regional or provincial meetings," he added.

"There are also events and visitors from the broader Interlake region as well."

Looking ahead, Rempel hopes to see shovels in the ground in the coming months.

"Everything is ready to go once we have raised enough investment funds, so right now that is the only thing impacting the timeline," he said.

"We hope to start construction in early summer if we can have enough people to connect with us regarding being a part of the group and making this project happen."

Anyone who would like more information — or who would to get involved in the project — can contact Ken Rempel at ken.rempel@steelcreekdevelopers.ca or 204-750-3286 or Trevor Rempel at trevor.rempel@steelcreekdevelopers.ca or 306-229-3523.

More information is also available on the Steel Creek Developers website at [www.steelcreekdevelopers.ca](http://www.steelcreekdevelopers.ca).

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

Sudoku Answer

## > THEATRE SHOW, FROM PG. 22

"The pandemic is the single most challenging time I have faced in theatre. Being a local community theatre production that relies on revenue from each show to produce the next show, we didn't know if we would survive," Danyluk said.

"We did two virtual productions, which helped, and finally felt it was the right time to take the stage once again. But the empty theatre seats, the empty rehearsal halls, the vacated dressing rooms were a very hard thing to see."

Looking ahead, Danyluk remains optimistic about seeing performers step back on stage.

"We hope the community will come out and support this amazing cast, the wonderful show, and help us get back on track to produce a number of shows each season," he said.

And while McElroy prepares to take the stage, he encourages folks from Stonewall and surrounding areas to come check out the show.

"It's been so long since we've had live theatre and live productions, and it's awesome to be able to be a part of some shows coming back to Winnipeg now that we're opening up again. It's a great feeling and I'm excited to perform in it. I have all my lines and choreography down, so it's just a matter of keeping anxiety in check," McElroy said.

"It really is an amazing show, especially if you like Broadway and if you like good music. We've put so much work and effort and time into this production — and I'm so excited for everyone to see it."

*Hello, Dolly!* runs from April 28 to May 1 at Salle Martial-Caron Auditorium (Université de Saint-Boniface) at 200 De la Cathédrale Ave. Tickets cost \$20 each plus a processing fee. Attendees must be double vaccinated and wear a mask, in accordance with the venue policy.

For more information or to buy tickets, visit [dramatictheatre.net](http://dramatictheatre.net).

## SUDOKU

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

Level: Intermediate

### Here's How It Works:

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

### Fun By The Numbers

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



# Province's proposal to lift pesticide ban raises health and environment concerns; Bill 22

By Patricia Barrett

The provincial government's proposal last week to lift restrictions on the use of pesticides is not sitting well with some Lake Winnipeg commercial fishers and independent scientists.

Robert T. Kristjanson, who lives in Gimli and has fished his entire life on a lake that's already overburdened with agricultural and wastewater pollutants and is deemed eutrophic, said he's exasperated by the further potential for more toxic waste to degrade the lake and the waterways that flow in and out of it.

"We can't look after our own water in Manitoba. It's absolutely criminal what we've done to our water and to ourselves," said Kristjanson last week. "With the sewage and the farming, we're destroying our water and life. How long do we have to pound this out until people understand? When are the people of Manitoba going to realize the jewel [Lake Winnipeg] they have here and what they're doing to it?"

Kristjanson has long fought for the health and protection of Lake Winnipeg, earning the Order of Manitoba in 2018 for calling attention to the rise of algal blooms on the lake and the deleterious effects they have on fish and other aquatic life.

"We mustn't give up on this; we have to oppose this [bill] and these culprits. Are there no brains around their table?" said Kristjanson, referring to the provincial government. "People are going to be putting hundreds of railway cars' worth of pesticide on the ground and it's going to flow into Lake Winnipeg."

He said he's also worried about the toxic effects of pesticides on children — and on pets and other wildlife — saying there's "no value anymore to children's lives."

Pesticide is an umbrella term for compounds that kill, and they include herbicides, fungicides and insecticides.

Provincial environment, climate and parks minister Jeff Wharton introduced Bill 22, the Environment Amendment Act (Pesticide Restrictions), on March 14. If passed the bill will lift the current ban on "cosmetic" pesticides while at the same time expanding areas where they cannot be applied, including playgrounds.

Wharton said he's not concerned about runoff carrying pesticides into Lake Winnipeg because pesticides are approved by Health Canada.

"Health Canada uses quite stringent [standards]. They're looking at this constantly; they don't dive into a pesticide once then say, 'OK, approved.' They're constantly reviewing what products are acceptable under their standards. Some of the strictest rules come out of Health Canada. We need to support that. Other jurisdictions have," said Wharton last Friday. "We're adding more protective zones that won't be on the spray list ... playgrounds, dog parks and picnic areas and provincial parks."

When asked why — if Health Canada assesses the safety of pesticides and approves them — there would be a need to ban them from spaces such as playgrounds and dog parks, Wharton said the government wants to provide enhanced safety measures.

"We felt that in addition to what was in the current bill introduced by the former government in 2014, we added these areas — playgrounds, dog parks and picnic areas — to ensure that we're pro-

viding more coverage," he said. "Obviously, it's about safety. We want to make sure we respect Health Canada's view on this, but we feel we wanted to take it a step farther to protect Manitobans and their pets."

Wharton said the government listened to Manitobans' concerns during a public feedback process a number of years ago and decided to add into the bill the "additional areas" where pesticides will be banned.

In 2016 the Conservative government asked for public feedback on the former NDP's pesticide ban, which had come into effect in 2015, according to a backgrounder appended to a March 14 news release announcing the new bill. Over 2,100 comments had been submitted by businesses, municipalities, organizations and the public. Over 60 per cent indicated the sale and use of cosmetic pesticides were "too strict."

The overall consensus among scientists is that pesticides are toxic and are killing life on land and in aquatic environments. But rather than reduce the use of pesticides, the world is ramping up their use in the face of climate-related food crop losses.

In an overview on the use of pesticides worldwide, researchers from China, Australia and India said agriculture-based chemicals often "induce calamitous effects on the environment." The chemicals, along with other organic pollutants, are persistent, ubiquitous and toxic.

"These pesticides are known to hinder the normal functioning of endocrine and reproductive systems in living organisms," they wrote in a 2019 issue of the journal SN [Springer Nature] Applied Sciences.

Canada is among the top ten "pesticide-consuming" countries in the world, along with the U.S., China, India, Argentina, Italy and France, they said, citing other scientific findings. In Canada, 35 million kilograms of pesticides are used annually in agricultural fields in order to boost crop productivity. Manitoba uses two million kilograms of herbicide annually, according to provincial crop insurance records.

When asked whether the provincial government might consider moving to a more environmentally friendly way of dealing with plants and/or insects considered to be pests, Wharton said we "need to rely on the science coming out of Health Canada with respect to pesticides."

"Farmers, producers have been using pesticides even post-2014 [NDP] legislation," he said. "The biggest threat to Lake Winnipeg and our tributaries and our waterways is the city of Winnipeg's North End wastewater treatment plant. That's what we need to focus on. We are committed to that as a province. We're hopeful the city will get on board and move forward."

University of Winnipeg retired biology professor Eva Pip, who has published over 100 scientific studies, primarily on water quality, said she's disappointed with the provincial government's proposal to lift pesticide restrictions.

"We do not seem to be progressing to a more responsible way of living, or to be more aware and considerate of our impact on our environment. Rather, our selfishness and petty convenience seems to override our moral duties to the planet that is the only life-support option we have," said Dr. Pip. "We do not think, and even more disappointingly, we do not act. Perhaps one day we will learn to see



TRIBUNE PHOTO BY LANA MEIER

Manitoba uses two million kilograms of herbicide annually, according to provincial crop insurance records.

the value of the things that are no longer there."

Dr. Pip offered a lengthy list of reasons why pesticides shouldn't be used.

They include residential applications that are "more intense" per unit area than applications to agricultural land, collateral damage to "non-target" species that are important for diversity and beneficial for bees and birds, the persistence of the chemicals in the environment, and the inability of sewage treatment plants to handle pesticides, which will be flushed into rivers and lakes.

"In the environment, many pesticides and their formulation components may be very harmful to fish and aquatic communities," said Dr. Pip. "Many of these chemicals may persist for a long time in the environment, and when they do degrade, they may sometimes degrade into compounds that are more toxic than the original chemical."

Pesticide manufacturers don't have to list all the ingredients they use, she said, making it impossible for independent scientists to evaluate a product's safety.

"According to the Uniform Trade Secrets Act, formulations are proprietary information and all the ingredients do not need to be listed on the label. Therefore, the consumer has no way to get this information and make an informed decision," said Dr. Pip. "The data on which federal approval of a product are based are confidential and provided by the company itself. There is no way for outside agencies to review and evaluate the data."

Other ingredients in pesticides may also be dangerous to both humans and animals.

"The active ingredient is only one part of the product formulation. There are many other components for example surfactants, extenders, adjuvants, emulsifiers, etc. Some of these components may be more toxic to humans and animals than the active ingredient itself," said Dr. Pip.

Toxicity testing is carried out on animals and the results are generalized to humans. The problem is humans and animals aren't the same species; one may be able to tolerate certain chemicals without



# Province finally responds to years of Norris Lake study requests

By Nicole Brownlee

After decades of voicing concerns about the water level in Norris Lake, Robert Lowe received some answers in early April.

"We are pleased," said Lowe in a brief email on April 5.

Lowe bought over 15 hectares of property on Norris Lake in the RM of Rockwood in 1995.

Over the past 26 years, Lowe has kept a journal to track changes in the environment surrounding the lake as the water fluctuates.

"I have letters that I wrote in 1997 to both the RM of Rockwood and James McCrae, who was the Minister of Environment at the time.

"In 1996 or 1997, two things happened. The weather started drying out, and there wasn't as much precipitation and runoff. The other thing is the beaver used to keep the lake higher than the control."

Water control annually removed the beaver dams, lowering the lake level, said Lowe.

"In a way, the beavers were managing the lake well. ... They were the regulators."

The operating range of Norris Lake is between 267.9 metres and 268.8 metres.

The province said the average recorded lake level since 1996 was 268.76 metres.

"This year, the lake dried up. You could walk across it," said Lowe.

"I've been corresponding for years about this, trying to get the lake to be held at least a foot higher so that there was a reserve for these dry conditions."

Lowe connected with the Regional Water Operations Branch that operates and maintains water control systems and networks, explaining his concerns about the lake level in 2017.

Lowe said Dan Laychuk, acting director of the technical services and operations division, acknowledged Lowe's concerns but said they can't do anything about the lake level without a letter of support from the municipality.

"We started talking to our neighbours, and it became apparent that everyone was concerned."

Community members and Lowe collected 21 signatures in 2020 to petition the province to review the water control level of Norris Lake.

On Dec. 9, 2020, Kibreab Assefa, senior water control systems planning engineer, connected with the municipality to explain the province can't move forward with the request until the municipality passes a resolution supporting the petition.

Dr. Fisaha Unduche, executive director of hydrologic forecasting and water management, repeated Assefa's explanation to Lowe in an email on Jan. 21, 2021.

On Feb. 22, 2021, the Rockwood council passed a resolution requesting a review of Norris Lake's water level.

The province confirmed they received the request on Feb. 25, 2021.

Unduche replied 320 days later and requested more information.

"I am asking the RM for further clarification if their request is for us to evaluate the feasibility and impacts of a higher operating level," said Unduche in an email on Jan. 11.

Within 30 minutes of Unduche's email, CAO Chris Luellman responded, including a letter community members sent to the municipal council expressing their concern.

Luellman clarified, "please evaluate the feasibility and impacts of a higher operating level."

Unduche responded in the next hour, acknowledged Luellman's clarification and said the province would collect background information and inform the municipality when the study will be completed.

On Jan. 25, Unduche emailed Luellman asking for clarification a second time.

"We assume that the study request is to evaluate the feasibility and impacts of a higher operating level; however, we require clarification," the email reads.

Unduche asked Luellman to confirm for the second time that the municipality wants a study about the impact of raising the operating level and also requested the council propose a new level for the department to evaluate.

Luellman explained the study request to Unduche a third time in an email on Feb. 3 and referenced a 2010 letter from Steve Ashton, former infrastructure and transportation minister, which said that operating levels are set by the Manitoba Water Stewardship. The Manitoba Water Stewardship was dissolved in 2016, leaving water control under the environment, climate and parks department.

Unduche replied to Luellman on Feb. 7, apologizing for a mix-up with Manitoba Transportation and Infrastructure.

"Please be assured that we have been working on the review of the Norris Lake operating level on a priority basis as indicated (in) my email to you on Jan. 11, 2022," said Unduche.

In response to an interview request with Unduche on the morning of April 5, a provincial spokesperson said Unduche was occupied with high water in southern Manitoba.

That evening, Lowe and Luellman received a response from Unduche.



TRIBUNE PHOTOS SUBMITTED

In the fall of 2021, the lake had virtually dried up.



Normal lake levels on the Norris Lake.

The province reviewed Norris Lake's water levels from April 1999 to January 2022. The lake was inconsistently measured, but the study found the lake reached its maximum level of 269.29 metres on June 28, 2005, and reached its lowest level of 268.23 metres on Dec. 5, 2001. A similar level of 268.25 metres was recorded on Jan. 14, 2021.

The operating range has been temporarily increased by 0.3 metres and is being closely monitored to measure impacts on the control structure and residents along the lake.

"If the continued high-level operation does not cause any significant concern, we will assess a permanent change on the operating regime in the future."

A provincial spokesperson said Unduche was unavailable for an interview on April 8.

"Stakeholders and the RM indicated their satisfaction (with) the approach taken by (Manitoba Transportation and Infrastructure)," said a provincial spokesperson in an email.

## > BILL 22, FROM PG. 26

adverse consequences while the other cannot.

"Toxicity testing is carried out by the company using certain test organisms and for a relatively short period of time. The results are extrapolated to humans, but different species can respond differently to the same chemical," she said. "For example, onions, grapes and chocolate are toxic for dogs, but not humans. These tests identify obvious acute effects (e.g., death, incapacitation, reproductive problems, birth defects), but not many other effects. We can't ask a rat, 'Do you have a headache?'"

These tests do not identify long-term chronic effects (longer than two years) or issues such as cancer that take many years to develop."

Pesticides that get the stamp of approval today may get yanked later when adverse effects start to pile up.

"Many products that do get approved may be taken off the shelves later when there are more data and more documented cases of adverse effects," said Dr. Pip. "There is a backlog of older products that are waiting to be retested because they were approved under older rules. Meanwhile, they are still on the shelves."

And it's the appearance of pesticide products on

store shelves that may lead consumers into thinking they're "harmless," said Dr. Pip. Consumers may be unaware that they should use personal protective equipment and keep children and pets off freshly treated areas. There are much less harmful options for dealing with insect pests, she said by way of example. Spraying diluted liquid dish soap is a better option than using pesticide.

"We are already overwhelmed by so many chemicals of all kinds in everything we touch, consume, wear and use," she said. "There are almost no data on how these chemicals work together to affect our health. Why not limit exposure in the places where we can actually do so?"



# Join festivities for Jets Town Takeover

By Jennifer McFee

Tonight is the night!  
After a pandemic-induced delay, the Jets Town Takeover is finally here.

The long-anticipated event will draw crowds to Veterans Memorial Sports Complex tonight (Thursday, April 21) for a viewing party to watch the Winnipeg Jets take on the Carolina Hurricanes. Doors open at 5 p.m. for the free all-ages event, and the puck drops at 6 p.m.

The family-friendly festivities include prize giveaways and music by DJ FIN-S until 11 p.m.

The Stonewall Jets will host a beverage garden, and concessions will be available on site — including the mouth-watering Jumbo Jets Dog.

In addition, Winnipeg Jets alumni Derek Meech, Grant Clitsome and Jason Simon will take to the ice to skate with local minor hockey players — and they'll even be joining community members for the viewing party.



Dale McClintock and Shaun Dalglish — The Stonewall jets are proud to be part of this exciting event.



Bryce Baldwin and Jason Cassils — Stonewall Collegiate is looking forward to hosting the jets Town Takeover alongside the entire community.



Bonnie Fortin, Stonewall Minor Hockey — Our community came together as a team, to win this contest and we can't wait to be part of it.



Taylor Studler, Stonewall Centennial — Project 11 is a great program our student's mental health is so important. We are looking forward to being part of the whole day!



Stonewall town council — We can't wait to bring everyone together after having been apart for too long.



Evan Smallwood — I am so excited about it all.



Patt Williamson-Crockatt, RW Bobby Bend principal — We can't wait to reap the rewards of all the hard work that went into the community effort to win this great opportunity!

# Senior Blue Jays host baseball camp



Seventy minor ball players were able to get a jump on the 2022 baseball season at a camp hosted in Stonewall by the Senior Blue Jays this past month. Eight sessions were set up for players aged 9U to 15U to learn fundamentals of the game and brush up on their hitting, fielding, pitching and conditioning. Pictured left to right: coach Adam Kirk demonstrates the proper way to swing the bat, Crew Corbett tees up the ball, Xavier Lamb scoops up a grounder, and Bronson Marcus throws the ball.



TRIBUNE PHOTOS BY JO-ANNE PROCTER



# Incredible Creatures: The wonders of wood frogs

By John Gavloski

Very soon we will be hearing a symphony of sounds as overwintering amphibians start emerging. There are eight species of frogs in Manitoba, and four species of toads, each with their own call. Some of these frogs also have some quite fascinating attributes to help them survive. This month's Incredible Creatures will explore the wonderful world of wood frogs.

## Where to find a wood frog

The wood frog is appropriately named. It's a frog that is found mainly in wooded areas. But it can also live in meadows or even urban areas. They can get to about eight centimetres long, and females tend to be larger than males. Colour can vary, but they are usually a mottled brown (the same colour of dead leaves on the forest floor). Wood Frogs can change colour rapidly from very dark to very light. They will darken when cold to absorb more heat. They have a black marking across the eyes, which resembles a mask, and white jaw stripe. Some may have a white stripe down the back.

## Built-In Antifreeze

Many frogs survive northern winters by hibernating deep under water, in ponds, lakes and streams. They are cold and dormant, but their body temperature never falls below freezing. Wood frogs have a different strategy. Wood frogs hibernate on land. They can lie frozen under a log, leaf litter or moss, partially insulated from a deep freeze by a layer of snow. Wood frog's cells concentrate glucose and

urea before they hibernate, which act as antifreeze, lowering the freezing point of water. Crystals form in the fluid outside the cells, where they cause minimal damage. Its amazing adaptations to cold are why wood frogs can live at higher latitudes than other amphibians. It occurs throughout Canada, as far north as the tree line (the edge of the Arctic tundra). It is absent from the island of Newfoundland (but found in Labrador).

## Oh give me a home, where the fish do not roam

Wood frogs prefer to breed in small, temporary ponds arising from the spring snow melt. Any pond that holds water until the end of June can be used for rearing their young. They will sometimes breed in larger bodies of water, including lakes and slow flowing streams but prefer temporary ponds, which do not have fish and other predators that would eat eggs and tadpoles.

The forest floor where they lie dormant for the winter warms quicker in the spring than do large ponds, marshes or lakes, allowing the wood frog to start its breeding cycle much earlier. The temporary ponds that the wood frog uses for breeding also warm faster and stay warmer than larger water bodies, allowing for rapid growth of tadpoles in an environment largely free from aquatic predators.

## Meet your Frog Choir

The earliest frogs calling in Manitoba are the boreal chorus frogs, which can often be heard by early April. The call of boreal chorus frogs resembles



PHOTO SUBMITTED

Wood Frog

the sound of drawing your finger down the teeth of a comb. By mid-April the wood frogs may be calling as well. Wood frogs have a call that sounds like short clacking or barking sounds, often compared to the quacking of a duck. From late April until mid-May you may hear the call of the northern leopard frog. Their call sounds like a long snore followed by a few grunts.

Enjoy this spring's frog symphony and, when you hear a clacking of wood frogs, appreciate that not long ago they were frozen frogs on the forest floor.

# Welcome aboard to undergrad nurse employees

By Jennifer McFee

Undergraduate nurse employees have become an important new addition to Manitoba's collaborative health-care teams.

Interlake-Eastern RHA has four of these nurses working in the surgical ward at Selkirk Regional Health Centre — including one from Stonewall.

Undergraduate nurse employee (UNE) positions are open to third- or fourth-year nursing students enrolled in an approved Manitoba education program leading to practise as a registered nurse.

Stonewall's Emily Baker is caring for patients and logging work hours along with fellow undergraduate nurse employees Callie Demke, Victoria Lalonde and Danielle Ste Marie. All four are gaining valuable experience under the supervision of registered nurse Victoria Wilgosh, who is the clinical team manager of Selkirk Regional Health Centre's surgery, medical/surgical and family birthing unit.

For Wilgosh, the undergraduate nursing program has been a great success.

"We have hired four undergrad

nurses who are all nearing completion of their respective nursing programs. They have integrated well, becoming confident and proficient as members of the interdisciplinary team," she said.

"The hope is that this program will help us recruit and retain these new nurses into positions where they will be successful and flourish as they start out in their nursing careers."

Likewise, Emily Baker agrees that the experience has been great so far.

"All the nurses and staff have been so helpful and eager to help the UNEs find learning opportunities. I enjoy helping out on the unit as much as I can," Baker said.

"I find it most interesting to learn more about the day-to-day experience of working as a nurse. There is a lot as nursing students we don't get to see, so working as a UNE provides this more in-depth experience."

As an undergraduate nurse employee, Victoria Lalonde of Selkirk said she appreciates the job and the amazing experiences that come along with it.

"Not only is the staff welcoming but they are always there for you,"

Lalonde said.

"The part that I find most interesting is that, as a nursing student, you are able to gain more hands-on clinical experience on top of completing your school clinical hours."

Danielle Ste Marie, who is originally from Oakbank, feels fortunate to be working as a UNE while in nursing school.

"This position has provided me more clinical experience, which I believe will be very valuable moving into my senior practicum and later as a registered nurse. All the staff on surgery have been very welcoming and helpful and have been a huge part in providing me such an amazing experience thus far," she said.

"I think this program is a great way for nursing students to gain on-the-job experience while still under supervision to further their knowledge and confidence in being a nurse."

Similarly, Callie Demke of Winnipeg says her experience at IERHA has been nothing short of amazing.

"The staff are extremely welcoming, helpful and always seek opportunities for growth and learning," Demke said.



PHOTO SUBMITTED

Stonewall's Emily Baker is part of the undergraduate nursing program.

"Victoria's door is always open to provide support and I am grateful as this has eased my transition into the role. I look forward to coming into work each shift and when it ends, I cannot wait for the next one. I am extremely thankful for the experience."



# Helping hands needed for black bear care

By Nicole Brownlee

Preparing for another year helping black bear cubs in need, the Black Bear Rescue Manitoba in Stonewall is calling for volunteers with flexible hours and good backs.

The rescue hopes to build a roster of four to six volunteers to help cover shifts.

"We never know how many bears we're going to get, and last year we were so busy. We needed all hands on deck," said Judy Stearns, owner of Black Bear Rescue.

Cubs are born in January and are meant to stay in their den with their mothers until April.

In 2021, the Black Bear Rescue received 32 cubs from April to August.

"We've received none so far, so fingers crossed we don't get any for as long as possible for the cubs' sake," said Stearns.

"The shorter the stay for a bear in captivity, the higher the survival rate after they're released."

With only five volunteers to help her watch the cubs last year, Stearns felt overwhelmed.

"Five was not enough for bear care."

Two volunteers care for each bear enclosure, which can contain several cubs depending on the number collected that year. The volunteers clean the enclosure, refill food and monitor the bears until they're released in November.

"We cover every shift and every enclosure with a minimal number of different people," said Stearns.

"The bears can only be familiar with



Vinny and Wrigley first arrived at the rescue in May 2021.

a minimum number of people."

Cub care shifts last at least three hours three times a week, but the rescue may require additional time depending on the cubs' needs.

"We need people who are not only flexible in time and can be here often because we have to cover all the shifts seven days a week, sometimes even overnight ... but, also, people who are very empathetic towards animals and take ownership of the cubs they're in charge of."

Volunteers barely have contact with the cubs to ensure they don't become accustomed to human care. Bears need to be vigilant to survive.

"We want them to stay as wild as possible."

Krista Boryskavich started working with Black Bear Rescue two years ago, offering the non-profit pro bono



TRIBUNE PHOTOS SUBMITTED

Black Bear Rescue Manitoba is calling for volunteers to help care for cubs like Vinny and Wrigley who were released in November.

legal work.

Last year, Boryskavich joined the volunteer team caring for the cubs.

"It's very physical work," said Boryskavich.

"I've done everything from picking up poop to chopping vegetables and lifting hay bales."

The Winnipeg municipal lawyer cared for around eight cubs in 2021 and will return this year.

"Seeing what they do at (Black Bear Rescue), they make a tangible difference. You can actually gauge what you're doing in the lives of these little cubs," said Boryskavich.

"These bears now have a chance at life that they didn't necessarily have before they came to the facility."

The rescue also needs weekend volunteers to help with construction, renovations and facility maintenance. Volunteers who can help organize fundraisers are also welcome.

"The more, the merrier," said Stearns.

For more information about the volunteer positions, visit the Black Bear Rescue Manitoba Facebook page or email Black Bear Rescue at emailus@mts.net.

## Volunteer appreciation video to launch during Jets Town Takeover

By Jennifer McFee

Volunteers who often toil behind the scenes will have their hard work recognized in a heartfelt video to show-

case their valuable contributions to the community.

A short video created by Brett Meilleur highlights local volunteers, based on an idea sparked by Rockwood Coun. Terry Hartle.

"Terry has always been very grateful for the work of our volunteers. He put the idea of a volunteer appreciation gesture on the table at the Rockwood-Stonewall Recreation Committee meeting in late 2019," explained Laine Wilson, recreation facilitator for the RM of Rockwood and Town of Stonewall.

"With the pandemic throwing plans for an in-person event awry, this was the creative solution adaptation."

Meilleur, owner and operator of Meilleur Media, also created the original video submission that propelled Stonewall to win the Jets Town Takeover contest in early 2020.

"Brett jumped into this with two feet and started calling local volunteers as soon as the idea came across his desk," Wilson said.

"Everyone in the film is so important but specifically (grandpa) Jim Harris. He passed away in December 2021 and Brett collected footage of him just before he has passed on. He has been a staple volunteer in Grosse Isle for over 50 years — a really wonderful person who is loved by so, so many."

In preparation for National Volunteer Recognition Week, which runs from April 24 to 30, the film will launch during the Jets Town Takeover viewing event at Veterans Memorial Sports Complex tonight (Thursday, April 21). After that, the video will be posted on social media to highlight the hearts of local volunteers.

"Volunteers foster a sense of belonging and contribution to a wider sense of community," Wilson added.

"We have so many wonderful volunteers and organizations. It is important to recognize their contributions to making our communities wonderful places to live and grow."

### What's *Your* story?

#### We want to hear from you.

The Stonewall Teulon Tribune connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service?

A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

Please share your story ideas at [news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca) Phone 204-467-5836

# Stonewall Teulon Tribune



# get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

## Caramelized Onion, Mushroom and Bacon Pierogies

4 strips bacon, chopped  
3 small onions, thinly sliced  
1/3 cup baby bella mushrooms, thinly sliced  
2 teaspoons fresh thyme  
1 tablespoon balsamic vinegar  
1 tablespoon sugar  
1/2 teaspoon salt  
2 tablespoons butter  
1 box Mrs. T's Classic Cheddar Pierogies  
In pan over medium-high heat, cook

bacon until tips begin to crisp. With bacon and drippings still in pan, add onions, mushrooms, thyme, balsamic vinegar, sugar and salt. Cook 2-3 minutes until onions begin to brown. Reduce heat to medium-low and simmer, covered with lid, 10-15 minutes; stir occasionally. Set aside. In clean skillet, melt butter and saute pierogies according to package directions. Top pierogies with caramelized onion mixture before serving.



## Sloppy Joe Mini Tacos

1/2 lime, juice only  
salt, to taste  
pepper, to taste

Preheat oven to 300 F. In blender or food processor, process salsa until smooth. Remove 1/2 cup processed salsa and set aside for garnish. In medium bowl, mix remaining salsa, ketchup, mustard, Worcestershire sauce and brown sugar until combined. In large saute pan over high heat, heat oil until it begins to shimmer. Add chorizo and ground meat; season with salt and pepper, to taste. Cook, breaking up meat with wooden spoon, until golden brown and just cooked through, about 8 minutes. Add salsa mixture and water; bring to boil, reduce heat to medium and cook, stirring occasionally, until mixture thickens, about 10 minutes. Taste for seasoning. Wrap tortillas tightly in foil and heat in oven 10 minutes. Remove and keep wrapped tightly until ready to serve. To make avocado mash: In medium bowl, coarsely smash avocado halves with fork. Add onion and lime juice then season with salt and pepper, to taste, and gently mix to combine. Place tortillas on flat surface, top each with meat mixture and garnish as desired with reserved salsa, avocado mash, cotija, Mexican cheese and sliced red onion.

Recipe courtesy of Stephanie Banyas  
Yield: 12-15 tacos  
1 container (16 ounces) Fresh Cravings Restaurant Style Salsa (mild or medium)  
3 tablespoons ketchup  
2 tablespoons yellow, brown or Dijon mustard  
2 teaspoons Worcestershire sauce  
2 heaping tablespoons light brown sugar  
2 tablespoons vegetable oil  
8 ounces ground turkey or pork chorizo  
8 ounces 90% lean ground chuck or turkey  
salt, to taste  
freshly ground black pepper, to taste  
1/4 cup water  
15 tortillas  
1/4 cup finely chopped fresh cilantro leaves  
1 cup crumbled cotija cheese  
1 cup shredded Mexican blend cheese (optional)  
1/2 red onion, thinly sliced, soaked in ice water 30 minutes and drained  
Avocado Mash:  
1 ripe Haas avocado, halved, pitted and removed from skin  
2 tablespoons finely diced red onion



Christine Ibbotson

*Dear Money Lady: When do I have to file my taxes this year and how can I pay less. I am retired now and every penny counts. Thanks, Janice.*

Dear Janice, the due date is Monday, May 2 to file your tax return with the CRA.

You are not alone Janice. Many wonder how they can earn more and pay less tax to make ends meet every month. It is not your gross income that counts, it is your take-home income or after-tax income that is most important. Yes, it is wonderful for those to say they have an impressive six-figure income; however, how much of that income are you paying out in Canadian income tax, not to mention all the taxes we pay on our basic cost of living. I must admit that managing your taxes during your working years is relatively generic. You should maximize your RRSP contributions, purchase investments that attract the least tax possible on future investment income and if you can, you should buy real estate to increase your net worth. Some even invest in rental properties to build additional wealth and use the ongoing expenses as a tax write-off to lower their marginal tax rate.

When you transition into retirement Janice, your tax planning process will shift into withdrawing assets, and you should try to do so in the most tax-efficient manner. To succeed in achieving tax efficiency in retirement, Canadians may need to make a minor "mind shift" here. Most are preoccupied with minimizing current taxes each year; however, this cannot be at the expense of your long-term objective for maximizing after tax income for your entire retirement, (often estimated at 25-40 years). Retirees need to have a good understanding of how various income sources are taxed. Decisions need to be made on how to properly allocate investments with a keen awareness of tax brackets and thresholds for future tax credits. Rising life expectancies, market volatilities, progressive inflation and



AsktheMoneyLady.ca

of course, the unplanned expenses we never thought of; all pose serious threats on the ability of a retiree to manage their finances to last their lifetime. So, let's look at ways we can increase your after-tax income in retirement.

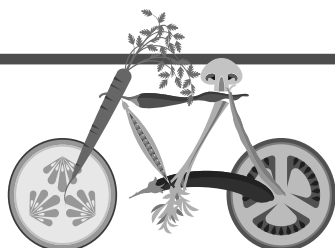
There are three main types of taxation to consider: interest income, dividend income, and capital gains. All are taxed differently, so this makes it easier to structure your portfolio more efficiently when you are creating your plan with your advisor. As a general rule, you want to place income that is going to be unfavorably taxed, (interest income) into tax sheltered products such as TFSAs or RRSPs. Investment income that generates returns that receive more favorable tax treatments, (dividends or capital gains) should be placed in non-registered accounts.

The next rule is to take advantage of government pensions and count them in first when estimating your annual withdrawals for your yearly income. We want to avoid clawbacks as much as possible, so it is imperative that you have a good understanding of your company pension, government allowances, and any anticipated investment income withdrawals you plan on each year. Other ways to initiate good tax planning opportunities would be to utilize CPP/QPP pension sharing with a spouse or common-law partner if possible. You can also split employer pension plans and registered plans with a lower-income spouse or common-law partner to reduce your marginal tax rates. Remember that with any registered plans; RRSP, LIRA or LIFs, you should try to hold them to their latest maturity, (example age 71). Once registered funds are converted into a RRIF or LRIF, the prescribed annual minimum withdrawal requirement will ensure that you have income to report every year.

Tax efficiency in retirement should not be overlooked and should be something you regularly discuss with your advisor. Simply put, paying less tax translates into keeping more money in your pocket, allowing you to enjoy a better quality of life with less overall investment and lifestyle risk.

Written by Christine Ibbotson, National Radio Host and Author of 3 finance books plus the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" [www.askthemoneylady.ca](http://www.askthemoneylady.ca) or send a question to [info@askthemoneylady.ca](mailto:info@askthemoneylady.ca)

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Allen experiencing a Field of Dreams in Iowa

By Brian Bowman

Iowa is known as the home of the Field of Dreams baseball field.

So, it's only fitting that Liam Allen is fulfilling a baseball dream in that very state.

The St. Andrews product is having a successful season playing baseball for the Marshalltown Community College Tigers.

He's having a great time south of the border playing a ton of games and travelling to different states.

"It's been really nice getting back into baseball after being away for a year," said Allen on Easter Sunday. "(The level of play) is very high. It's a lot higher than the last school I was at. We faced Iowa Western and they didn't have a guy throwing under 90 (mph). It didn't matter if it was a left-handed or right-handed pitcher. They were chuckin' very well."

Allen has been throwing very well himself. The talented right-hander shut down Southwestern Community College last Friday, limiting them to just four hits and an earned run in a 12-1 complete-game victory. Allen struck out six in seven innings of work.

"That was definitely my best outing of the year so far," Allen said.

Allen is also enjoying a lot of success at the plate.

"I'm personally pretty happy," said Allen, a 6-foot-4 first baseman. "I'm sitting a lot better than I thought I

would now that I'm playing a lot more, the positional stuff as well as pitching. Hitting-wise, I have a habit of hitting a grand slam in the first inning. I have already done that twice and I'm up to three home runs right now. I think I'm tied for first with the team. It's super cool — it's nice to get all the runs off the bases and put the team up by more than one or two runs in one inning. It helps a lot with changing the game right away."

As a team, the Tigers have struggled with an 8-25 record heading into this week's six games. But Marshalltown did win two out of three games against Southwestern last weekend.

"It's been a combination of things," Allen said. "We have our good games where we are pitching and hitting well and then we have our bad games where pitching doesn't do well. I've had some bad pitch outings and we have games where hitting isn't as good. We can't seem to score runners. We get a lot of runners on base but can't always seem to score them."

Allen, 20, played three years of high school with the Selkirk Royals and his minor baseball with the North Winnipeg Pirates. He then moved on to play for the Manitoba Junior Baseball League's Interlake Blue Jays and the Winnipeg Senior Baseball League's Stonewall Blue Jays.

Allen really developed as a player while playing for the Pirates.

"I thought it was huge. I got to be



TRIBUNE PHOTO SUBMITTED

Liam Allen is enjoying a solid season with Marshalltown Community College in Iowa.

coached by probably the three best coaches that have come out of the Pirates," he said.

"I got to be coached by Dave Nychyk, who is obviously one of the biggest coaches out of North Winnipeg. I got coached by Donnie Smith in the years that I wasn't coached by Dave and then I was coached by my dad (Ken) who is still with the Pirates' organization and he's going on to his 18th year being with them and coaching with them. He coached my older

brother, he coached me, he coached my younger brother. He's been huge in the system along with Dave, Donnie, (and) Roger Langlais. I was pretty lucky to have the coaches that I did when I was younger. That helped me a lot and made me who I am now, especially with work ethic. That was something that all of those coaches preached and that's something that we worked on every single day in practice."

## Local players had a ball in St. Louis

Staff

There may be snow on the ground here, but a pair of local athletes were playing baseball in late March.

Stony Mountain's Daniel Forsythe and Balmoral's Easton Killbery represented the Interlake as part of the Winnipeg Jr. Goldeyes' program that competed in eight exhibition games and a tournament in St. Louis, MO.

The local squad finished 2-6 in exhibition games and 1-3 at the tournament.

The boys had a tremendous experience down south. The level of play was pretty high and the ball diamonds were impressive.

Both players hoped to go down south again next year and wanted to thank all of the coaches involved.

TRIBUNE PHOTO SUBMITTED

Daniel Forsythe, left, and Easton Killbery were part of the Homerun Training Academy baseball team that recently played some games in St. Louis.





# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Karish commits to University of Manitoba Bisons

By Brian Bowman

After a stellar football career with the Interlake Thunder, Keenan Karish will now be taking his talents to the next level.

The offensive lineman has committed to attend school and play football for the University of Manitoba Bisons.

"I'm stoked and super excited," said Karish on Sunday afternoon. "It's a great opportunity ... and they were really excited to sign me."

Karish sent out a highlight tape to several universities across Canada and it generated a lot of interest amongst coaches.

At just 17 right now, Karish will be very young compared to his teammates, many of whom have plenty of experience playing junior football before joining the Bisons.

"They have a pretty good team and pretty good (offensive) line," said Karish, who lives in Fraserwood. "I'm happy to join a good group of guys."

Karish, who stands 6-foot-3 and weighs 280 pounds, is looking forward to the challenge of competing with and against men that are just as big as him. Some are even bigger.

"I've been getting into the weight room to try to get stronger," he said. "I'm going to be playing against guys between 18 and 25 years old so it is going to be a big jump. But I'll work hard and the hard work will pay off."

Thunder head coach Mitch Obach had plenty of great things to say about his former star lineman.

Obach feels Karish is a complete

player that has a lot of talent. Karish will do well at the university level.

"He's a great football player," Obach said. "He's one of those guys that when you see him on the field he has a big smile on his face and I think that's how he is in all of his life. He's always so happy to be there, so affable, such a positive energy with all of his teammates and coaches. He's super committed to football every day (and) he's always been one of our captains. If this was a hockey team, he would be the one wearing the 'C' on his jersey."

Karish really enjoyed his time playing for the Thunder.

"That's a great team and I loved every moment of it," he said. "It was such a great group of guys. The Thunder was a small team. We only had, I would say, 20 or 25 players. We were looking at folding because we didn't have enough players at the start of the year. Playing for the Thunder was a great experience. It was a lot of fun."

The Thunder ended their season with a dominating 55-0 victory over the Moosomin Generals in snowy conditions to win the Murray Black Cup.

"Winning that trophy at the very end capped off and summed up a great football career that I had playing for the Thunder," Karish said.

Karish wanted to thank all of the people that have supported him over the years.

"It's an honour to represent my community by playing the sport I



TRIBUNE PHOTO SUBMITTED  
Bisons' head coach Brian Dobie, left, welcomes Fraserwood's Keenan Karish to the University of Manitoba football program.

love," he said. "I would like to say a big thanks to everyone, my family, my friends, coaches, teammates for all supporting me. Especially my Baba, for making me all my pre-game meals, my pre-game perogies, and all of the other Babas for making me perogies."

Meanwhile, the Thunder will be

hosting its minor and varsity registration May 4, May 5, and May 10 from 7 p.m. to 8:30 p.m. at the Stonewall Ice Palace (second floor).

Age divisions include Cruncher for players born (2013-14), Atom (2011-12), PeeWee (2009-10) and Varsity (2005-06).

## To see more photos of your favourite Interlake Athletes

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## NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION

Please be advised that a general municipal election will be held on October 26, 2022.

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 I will be receiving candidate registrations:

For the office of head of council (Mayor): Between May 1, 2022 and September 20, 2022.

For the office of Councillor: Between June 30, 2022 and September 20, 2022 at the Town of Teulon Municipal Office, 44-4th Avenue SE, Teulon, Manitoba during the regular hours of business. To obtain a registration form contact the SEO at the email or telephone number listed below.

Roger A. Bouvier  
1-204-792-0849

[municipalsolutions@mts.net](mailto:municipalsolutions@mts.net)

Dated at Winnipeg, Manitoba on April 15, 2022.

Roger A. Bouvier  
Senior Election Official (SEO)  
Town of Teulon

### METAL RECYCLING

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### HELP WANTED

Mature adult wanted to help create a social advocacy website & possibly maintain it as well. Call 204-467-9368, leave message.

Class 1 or Class 3 driver wanted for local deliveries and pick ups. Hauling water or fertilizer for custom application, Stonewall and Stony Mountain area. Flexible work times - day, evenings and or weekends. To apply call or text 204-461-2499 or email: [agaptech@gmail.com](mailto:agaptech@gmail.com)

### HELP WANTED

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.

Wanted reliable student or graduate for Countryjohns Portable Toilets. Must be able to lift, load, service and deliver poly toilets. Must be able to back up trailers and operate vacuum pump (will train). Please email your resume to: [countryjohns@shaw.ca](mailto:countryjohns@shaw.ca)

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WANTED: FARM HAND FOR GRAIN FARM in Brunkild. Class 5 license and own vehicle needed. Hands on labour, including operating tractors, trucks, farm equipment and yard maintenance. Call 204-990-6115 or email [jurgen.kohler84@gmail.com](mailto:jurgen.kohler84@gmail.com)

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## THE RURAL MUNICIPALITY OF ROCKWOOD



### 2022 FINANCIAL PLAN PUBLIC HEARING

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

**6:30 p.m.**  
**Wednesday, May 4, 2022**  
**RM of Rockwood Administrative Office**  
**285 Main Street**  
**Stonewall, Manitoba**

The Rural Municipality of Rockwood 2022 Financial Plan consists of:

1. The 2021 Operating Budget;
2. The 2021 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 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 Rockwood 2022 Financial Plan.

Any person who wishes to make a Presentation, Ask a Question, or Send a Letter to Council must provide a copy of the presentation and/or documentation no later than 4:00 p.m. on April 29, 2022.

Copies of the 2022 Financial Plan are available for review at the Municipal Office, Monday to Friday between the hours of 8:30 a.m. and 4:30 p.m.

Chris Luellman, CMMA  
Chief Administrative Officer  
The Rural Municipality of Rockwood

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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 Mutcher, email [danimonica@hotmail.com](mailto:danimonica@hotmail.com) or phone 1-204-770-3857.

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THE RURAL MUNICIPALITY OF ROCKWOOD

## 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 1 and September 20th, 2022

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

at the Rural Municipality of Rockwood office, 285 Main Street, Stonewall, Manitoba during the regular hours of business.

To obtain a registration form contact the municipal office at 204-467-2272

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

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



**Permit Coordinator (1-Year Term / Full Time)**  
*R.M. of Rosser (CentrePort) Office*

The South Interlake Planning District (SIPD) is accepting resumes for the position **Permit Coordinator (1-Year Term / Full Time)**. Under the direction of the Manager of Finance & Administrative Services, this one-year full-time term position is responsible for coordinating permit files, systems and processes for the SIPD.

Specifically, the Permit Coordinator is responsible for providing guidance to applicants on application requirements and procedures, receiving and processing permit applications (e.g., Development Permits, Building Permits, Occupancy Permits, etc.), and preparing draft permit documents for issuance. The position requires a high degree of multi-tasking, including the ability to interpret and communicate technical requirements in response to inquiries.

The Permit Coordinator is also responsible for providing excellent customer service at the counter, answering telephone calls, responding to emails, processing payments, and completing other administrative duties as assigned.

A detailed job description for this position is available here: <http://www.sipd.ca/p/employment-opportunities>.

#### MINIMUM QUALIFICATIONS:

- High School Diploma, GED, or equivalent is required
- Five (5) years of work experience in a related field (e.g., office administration, construction management, code compliance, planning, architecture, etc.)
- Excellent customer service skills
- Excellent written and verbal communication skills
- Detail-oriented individual with the ability to multi-task and meet deadlines with frequent interruptions
- Ability to interpret maps, zoning regulations, and building plans
- Proven ability working with computers and office related software (e.g., MS Office Suite), and other office related equipment (e.g., printer/copier, fax machine, etc.)
- Valid motor vehicle license

#### IDEAL CANDIDATE:

- Post-secondary education from an accredited college or university, with major course work in office administration, construction management, code compliance, planning, architecture, or other related field
- Experience with development and building permit review and approval processes
- Experience working for or with a Planning District or Municipal government
- Familiarity with the Manitoba Building Code is considered an asset
- Experience with mapping systems and software (e.g., GIS, etc.)
- Experience with general website management

**WORK LOCATION:** This position will operate from the SIPD's new primary office location at **15 Davis Way, R.M. of Rosser (CentrePort)** upon its opening in the summer of 2022. Job training will take place at the SIPD's secondary office location at **285 Main Street, Stonewall**, in the spring of 2022, prior to the opening of the CentrePort office.

**HOURS OF WORK:** Monday to Friday, 8:30AM to 4:30PM, with one hour for lunch.

**COMPENSATION:** \$26.00 – \$29.00 per hour (35 hours per week), plus an attractive benefits program. Compensation shall be commensurate with qualifications and experience.

**EXTENSION OF POSITION:** Following the one-year contract term, this position will be re-evaluated and may be extended by a subsequent term or converted to a permanent full-time position, as determined by the South Interlake Planning District Board.

If you are interested in applying for this position, please send or email your cover letter, resume, and three references (a minimum of two references must be work-related) to the General Manager of SIPD by **Monday, May 9, 2022, at 4:30PM CST**:

Eric Shaw, General Manager  
South Interlake Planning District  
Box 1219, Stonewall, MB, R0C 2Z0  
Email address: [eric.shaw@sipd.ca](mailto:eric.shaw@sipd.ca)

*Please note: We thank all those for applying, however, only those selected for an interview will be contacted.*

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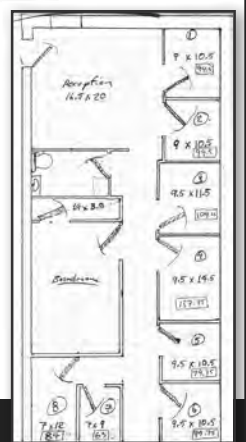
### Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include Sun Life Financial, a Massage Therapist, an Esthetician, Glow Fitness for Women and the Selkirk Record. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.

For information please contact:

**BIG Real Estate**  
204-485-0010

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## THE RURAL MUNICIPALITY OF WOODLANDS REQUEST FOR QUOTATIONS

### CONSTRUCTION OF COLUMBARIUM

The Rural Municipality (RM) of Woodlands requests quotations for the production and supply, delivery and installation of two Columbarium at the following two locations:

- One 48-niche rectangular columbarium at Warren Cemetery, located at the intersection of Hanlan Street (Rd. 4W) and Rd 77N in Warren, Manitoba; and
- One 72-niche circular columbarium at Meadow Lea Cemetery located close to the intersection of Rd 11W and Rd 77N in Woodlands, Manitoba.

A copy of the RFQ along with the specifications can be downloaded from the RM's website or Merx website, or can be picked up from the RM of Woodlands office located at 57 Railway Avenue, Box 10, Woodlands, MB R0C 3H0 during regular office hours.

Bidders must refer to the RFQ Documents for the terms governing the Bid process.

Quotations must be submitted to the RM Office in a sealed envelope no later than 2:00 P.M. on Thursday, May 5, 2022.

Columbarium Tender #2021-001  
RM of Woodlands  
Box 10  
57 Railway Avenue  
Woodlands, MB R0C 3H0

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**May 28, 2022**

**10am**  
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to register or  
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**Marymound's Treatment Foster Care Program (TFC)** is seeking treatment foster parents. TFC provides children and youth with a therapeutic home environment to grow, develop and experience belonging. Caregiving can be carried out by individuals, couples and families. Training and support provided by Marymound Clinical Case Managers.

For more info, please visit  
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or email [fostercareinfo@marymound.com](mailto:fostercareinfo@marymound.com)

### 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](http://www.mcna.com) under the "Types of Advertising" tab for more details.

### NOTICES

Need Class 1 drivers? **HIRING FOR SPRING?** Construction staff? Having an AGM or on-line event and need attendees? Advertise in the 32 Weekly Manitoba Community Newspapers to get your messaging out now! Selling something? Have an on-line store to shop at, doing curbside pickup/deliveries? Let people know in the Blanket Classifieds! Call us at 204-467-5836 or MCNA at 204-947-1691 for details or to book ads. MCNA - Manitoba Community Newspapers Association. [www.mcna.com](http://www.mcna.com)

### FARM PRODUCE

Local unpasteurized honey for sale. Sold in various sizes, 1 kg & up. Ph 204-461-1267.

### 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 [stonewoodelkbranch@mymts.net](mailto:stonewoodelkbranch@mymts.net)

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### PUBLIC NOTICE

#### PROPOSED BELL MOBILITY RADIOCOMMUNICATIONS FACILITY TELECOMMUNICATION TOWER

Bell MTS is committed to providing Canadian communities high speed wireless voice and data service. To improve service, Bell MTS is proposing to construct a 55-metre self-support tower with ancillary radio equipment including an equipment shelter of approximately 3m x 3m at the base of the tower with a perimeter fence restricting public access. As part of the public consultation process as required by Innovation, Science and Economic Development (formerly Industry Canada), Bell MTS' regulator under the Radiocommunications Act, Bell MTS is inviting the public to comment on the proposed tower location by May 21, 2022, in compliance with ISED's telecommunications policy. This tower is fully compliant with ISED guidelines, as found under the federal Client Procedures Circular (CPC 2-0-03)

**TOWER LOCATION:** Approximately 135m south of the intersection of Perimeter Hwy & Rd 63N / Selkirk Ave, on the west side of Perimeter Hwy, within the Rural Municipality of Rosser

**COORDINATES:** 49.929978°, -97.323350°

**LEGAL:** SP Lot 5 Plan 17733 WLTO, Ptn. NE 13-11-1 EPM



Photo Simulation of  
Proposed Tower



Location of Proposed  
Telecommunication  
Tower

**ANY PERSON MAY** comment by close of business day on May 21, 2022, with respect to this matter.

**BELL MTS CONTACT:**  
Anthony Novello, Municipal Specialist  
Evolve Surface Strategies Inc.  
Unit A, 2151 Portage Avenue  
Winnipeg, MB R3J 0L4  
T: 1-888-912-2640  
F: 204-728-2800  
E: [comments@evolvesurface.com](mailto:comments@evolvesurface.com)

**evolve**  
SURFACE STRATEGIES INC.  
Agents for Bell MTS, A division of Bell Canada.

## RURAL MUNICIPALITY OF WOODLANDS UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING OF ZONING BY-LAW AMENDMENT

No. 2744/21

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

### APPLICATION FOR AMENDMENT TO THE RURAL MUNICIPALITY OF WOODLANDS ZONING BY-LAW 2648/14 AND AMENDMENTS THERETO

**LOCATION:** Council Chambers, Rural Municipality of Woodlands Office,  
57 Railway Avenue, Woodlands, Manitoba

**DATE & TIME:** 5:00 P.M., Tuesday May 3, 2022

**OWNER:** Kevin and Susan Cornell  
**APPLICANT:** Kevin Cornell

**GENERAL INTENT:** Re-zoning of the area known as Lot 10 Plan 58198 and shown outlined in a heavy dashed line on the map below, from "RA" Rural Area to "RR" Rural Residential

**AREA AFFECTED:**  
Lot 10 Plan 58198  
PT. of SE28-14-2WPM  
Rural Municipality of Woodlands

**FOR MORE INFORMATION CONTACT:**  
Chad Green  
Building Inspector  
Rural Municipality of Woodlands  
57 Railway Ave  
Woodlands, MB R0C 3H0  
204-383-5679  
[building@rmwoodlands.ca](mailto:building@rmwoodlands.ca)



A copy of the above proposal and supporting material may be inspected on the RM of Woodlands website (<https://www.rmwoodlands.info/>), or by contacting the RM Office during regular office hours.

*Note: Property owners are responsible for notifying lessee*

**WE RECOMMEND ANYONE ATTENDING THE PUBLIC HEARING TO PRE-REGISTER AT LEAST 2 BUSINESS DAYS PRIOR TO THE HEARING BY CALLING OR EMAILING CHAD GREEN AT THE ABOVE EMAIL AND/OR NUMBER.**

**THERE IS AN OPTION TO ATTEND VIRTUALLY IF YOU PREFER, BUT WILL NEED TO PRE-REGISTER AT LEAST 2 DAYS PRIOR SO WE ARE SET UP FOR IT. IF WE HAVE TO CHANGE VENUES DUE TO THE NUMBER OF PEOPLE ATTENDING IN PERSON, WE CANNOT GUARANTEE VIRTUAL WILL BE AN OPTION AT THE NEW LOCATION.**



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**A.I.M. for Work may be able to help!**

A.I.M. is a Vocational Rehabilitation program for persons living with a physical disability or chronic illness.

Contact one of our Vocational Rehabilitation Assistants at **204-482-2130** to get started on your journey to employment.

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## ADVERTISE IN THE TRIBUNE

### NOW HIRING! General Labourer Positions Required

Mariash Quarry is a family owned business located in Stony Mountain that supplies natural stone products for landscaping projects of all sizes. Our customers range from home owners landscaping their own yards to commercial landscape designers and contractors.

We are looking to fill 2-3 entry to mid level positions for the upcoming season. Full time or part time work with varying start times are available. These positions focus on general labour skills including hand sorting stone, assembling pallets, and assisting customers and senior staff. Training provided for any specialized tasks or work with machinery, if required.

#### Requirements:

- Valid Class 5 license
- Steel toed Boots (all other PPE supplied by Mariash Quarry)
- Ability to perform physical and repetitive tasks
- Punctual • Reliable • Personable with staff and customers

Our ideal candidates will have an open mind to learning new skills, enjoy working in the outdoors and be a positive addition to our small team.

Wage between \$15-18/hr depending on experience  
Work Period - ASAP to October 31 (will accommodate for school schedules)

Please send resume, references and contact information to  
**Keith Mariash, Mariash Quarry,**  
**Box 425 – 279 Vincent Road, Stony Mountain, MB**  
**204-344-5115**  
**[kmariash@mymts.net](mailto:kmariash@mymts.net)**

## ATTENTION FARMERS & RANCHERS

### THE ASHERN AUCTION MART Sale Schedule

We will be running every second week Sales

**April 20, 2022**

**May 4, 2022**

**May 18, 2022**

**June 1, 2022**

Feature consignments following the regular sale

**May 4th** 45 cow-calf pairs for Oluf Christensen  
Charolais and Simmental cross cows selling due to health

**May 18th** complete herd dispersal for Victor Penner  
80 Red Angus Cow-calf pairs  
Call Victor 204-494-0008

For Further Information call  
**BUDDY AT 204-768-0018**  
**KIRK AT 204-768-0019**  
License #1128

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

**Call 204-467-5836**

## TOWN OF STONEWALL NOTICE OF REGISTRATION

### OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION TOWN OF STONEWALL

Please be advised that a general municipal election will be held on October 26, 2022.

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 I will be receiving candidate registrations:

For the office of Head of Council (Mayor):  
Between May 1, 2022 and September 20, 2022

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

at the Town of Stonewall Administration Office, 293 Main Street, Stonewall, MB during the regular hours of business (8:30 A.M. to 4:30 P.M.).

To obtain a registration form contact the SEO at the telephone number listed below.

Wally Melnyk  
Senior Election Official (SEO)  
(204) 467-7979  
SEO Contact Telephone Number  
[info@stonewall.ca](mailto:info@stonewall.ca)  
SEO email

Dated at Stonewall, Manitoba on April 21st, 2022

Wally Melnyk  
Town of Stonewall  
Senior Election Official

**"Prospective candidates must register with the Senior Election Official before accepting campaign contributions and incurring campaign expenses. Prospective candidates may obtain a Municipal Candidates Guidebook from the Municipal Office."**



## THE RURAL MUNICIPALITY OF WOODLANDS REQUEST FOR QUOTATIONS

### CONCRETE FOOTINGS FOR COLUMBARIUM

The R.M. of Woodlands is requesting quotes for constructing two concrete footings for columbarium in two different cemeteries within the RM (one footing in each cemetery).

The first footing is in Meadow Lea Cemetery located close to the intersection of Rd 11W and Rd 77N in Woodlands, Manitoba. The second footing is in Warren Cemetery located at the intersection of Hanlan Street (Rd 4W) and Rd 77N in Warren, Manitoba.

The Information package is available at the R.M. Office located at 57 Railway Avenue in Woodlands during regular business hours, or by visiting the RM of Woodlands website.

Quotations must be submitted to the RM Office in a sealed envelope no later than 2:00 P.M. on Thursday, May 5, 2022.

Concrete Footing Tender #004/22

R.M. of Woodlands

PO Box 10

57 Railway Avenue

Woodlands, MB R0C 3H0

*The R.M. of Woodlands reserves the right to accept or reject any or all quotes or parts of the quotes.*



## TOWN OF STONEWALL EMPLOYMENT OPPORTUNITY

### FULL TIME ACCOUNTS PAYABLE CLERK

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

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

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

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

#### Procedure for Applying

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

Town of Stonewall

**Attention: Wally Melnyk**

Email: [ashleym@stonewall.ca](mailto:ashleym@stonewall.ca)

**SUBJECT: ACCOUNTS PAYABLE CLERK**

293 Main Street, Box 250

Stonewall, MB R0C 2Z0

**Deadline for applications:** 12:00 PM on Friday, April 29, 2022

**Start date:** as soon as possible

A complete job description can be obtained by email at [info@stonewall.ca](mailto:info@stonewall.ca)

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



# Announcements

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## CARD OF THANKS

Lorne Grant Willis

September 15, 1941 – February 14, 2022

On behalf of our family, we thank you for the food sent to the house, the flowers, cards, telephone calls and all the visits with us. It was much appreciated. Thank you Ken for all your help.

-Sincerely,  
Merle Willis and family

## IN MEMORIAM

Dave Crockatt Sr.

November 25, 1929 – April 22, 2002

You live on in our hearts.

-Phyllis and family

## IN MEMORIAM

SMITH, Helen

In loving memory of our dear Mother  
who left us April 24, 1967.

-Forever remembered by  
son Richard and his wife Sheelagh,  
Children Sheena and Shawn and  
Daughter Judy, husband Ken Paluk,  
Children Wesley and Trevor

## IN MEMORIAM

Ray Gilson

1932 – April 24 – 1991

In the quiet of the evening,  
I sit and think of you;  
I open up the book of memories,  
Of things we used to do.  
As a rainbow is a promise,  
Of a new and brighter dawn;  
You haven't really left us,  
Nor have you travelled far;  
Just entered God's beautiful garden,  
And left the door ajar.

-Always loved and missed  
By Violet and family

## OBITUARY

Ruth Sampson

July 3, 1921 - April 19, 2022

Ruth Sampson (nee Appleyard) passed away peacefully surrounded by her family at the Selkirk Hospital after over a century of a well-lived life.

Full announcement to follow in next week's paper.



## OBITUARY

Richard Chudley

Richard William Chudley passed away peacefully on Monday, April 11, 2022, at the age of 83.

Richard was born in Neepawa, MB. on January 2, 1939, to Percy and Alice Chudley, the middle of five children; Marie, Doug, Claire, and Connie.

Richard grew up in Brookdale, MB. where his parents owned the General Store. Upon finishing high school, he worked with highways before attending Technical School in Toronto, ON. Once his program was completed, he returned to Winnipeg, and worked for a brief time with CBC. Richard then relocated to Brandon, MB. in 1962 where he worked for CKX television. Richard met Louise Wabick, his soul mate, at a dance at the Neepawa arcade. They married on July 10, 1965, in Polonia, MB. and began their life in Brandon and had four children.



Richard started his career at CKX, as a cameraman, eventually working his way up to Production Manager. Throughout his 38 years with CKX he was an influential leader, mentor, and humble co-worker, boss and friend to many. He was the "Office Dad" to the younger generation, guiding and demonstrating his strong work ethic to all those who crossed this path. He retired after a fulfilling career in 2000. Upon retirement, he worked at the Days Inn, doing various maintenance jobs. In 2012, Richard and Louise moved to the Lions Manor in Stonewall, to be closer to family, where he volunteered his time to help out wherever he could. Richard and Louise were able to enjoy some traveling in their retirement. They took their first trip in January 2002, to Palm Desert, and later five trips to Mexico and a trip to Arizona.

Richard loved his family immensely and valued spending time with them. When his children were young, many summers were spent camping, before purchasing a cabin at Clear Lake. Richard traveled to Thompson frequently to visit his daughters, creating memories of fishing and the delicious meals that followed after the day's catch. Rich also enjoyed numerous rounds of golf with his sons-in-law and grandkids, and never missed an opportunity to go and watch his grandchildren's hockey and baseball games, or dance recitals. Rich also enjoyed going for walks, which included walking to work and just taking any chance to soak up some sun when he could.

Richard will be deeply missed by his loving wife, Louise, of 56 years; son Darryl, daughters, Shauna (Rick), Nadine (Brad), Jolene (Grant); grandchildren, Brenden, Kaylene, Tyler, Braden, Jordyn, Rhys, Taylor, McKenna and Kamryn; and great-grandchildren, Oliver, Bodhi, Elliot, Jaxon and Hanna. As well, he is survived by his brothers, Doug (Thelma), Claire (Connie), and sister Connie.

He was predeceased by his parents, Percy and Alice and sister Marie.

The family would like to thank Dr. Hicks, of Stonewall for his excellent care and compassion.

A celebration of life was held, April 20, 2022, in Stonewall, MB.

In lieu of flowers donations in memory of Richard may be made to the Canadian Cancer Society, or the Alzheimer Society of Manitoba.

God Saw You Getting Tired

God saw you getting tired

And a cure was not to be

So he put His arms around you  
And whispered "Come to me."

With tearful eyes we watched you

As you slowly slipped away

And though we loved you dearly

We couldn't make you stay.

Your golden heart stopped beating

Your tired hands put to rest

God broke our hearts to prove to us

He only takes the best.

-By Frances and Kathleen Coelho

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**204-383-5390**

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# Announcements

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## OBITUARY



**Don Robertson (Drumheller, Alberta)**  
July 21, 1948 - April 11, 2022

We are heartbroken to announce the sudden passing of our father, brother and grandfather.

He was the oldest of three boys born to Walter and Laura Robertson. Don, Earl, and Tom grew up in Stony Mountain.

His passion as a teenager was playing football. He met the love of his life, Elaine, in Winnipeg.

They married in 1969, moving to Drumheller in 1974 where Don had a long career at the Drumheller Institution. He retired in 2005 to care for Elaine. Don was a loving caregiver during her illness and he was heartbroken at her passing in 2007.

Don is survived by his children John (Rayleen), Laura (Chris); seven grandchildren; two great-grandchildren; nieces, nephews and his two brothers.

Don was a very involved community member, a co-founder of the Drumheller Titans Football Association. He loved people, his family with all his heart, music, bridge and had many other interests. Don enjoyed working with the group to plan the Stony Mountain school reunion held in 2010.

A celebration of Don's life will be held at Drumheller Church of the Nazarene on April 23, 2022 at 2 p.m.

In lieu of flowers donations may be made to Palliative Care - Drumheller Regional Health Authority (in honour of Elaine).

## OBITUARY

**Donald Albert Kelpin (Sr.)**  
December 27, 1929 - April 15, 2022

It is with great sadness we announce the passing of Donald Albert Kelpin on Good Friday April 15, 2022 at the age of 92.

Complete obituary to follow.

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

## OBITUARY



**Douglas Wayne MacDonald**

It is with heavy hearts that we announce the passing of our beloved husband, father, grandfather, brother, uncle, and friend. Douglas Wayne MacDonald suffered a stroke at home on the evening of Monday, April 11, 2022, at 74 years of age.

He is survived by his wife of 49 years, Margaret, (Maggie to him); sons, Shawn (Char), David (Aaron) and Trevor (Angela) and grandchildren, Matthew, Katlyn (Maddy), Julie (Scott), Alyssa, Nathan, Kaleigh (Quinton) and Reese; sisters, Edie (Richard) and Tracey (Bill); as well as numerous cousins, nieces, and nephews. He was predeceased by parents, Blair and Josephine; stepmother, Lois; sister, Jean and brother, Ron; in-laws Bill and Mae Zelisko and brother-in-law Marcel.

Doug was born on September 26, 1947, in St. John, New Brunswick, Canada. He was the second of four children born to Blair and Josephine MacDonald, although another sibling would join the family many years later, when his father remarried. Doug was often serious and reserved while growing up, but those who knew him well, knew that he did not stay that way. He was a hard worker and always had a job and a little money in his pocket, which he often shared with his younger siblings.

Doug graduated from Tech-Voc High School in 1966. Within several years, he met his sweetheart, and soul mate Margaret Zelisko. They married on October 28, 1972, about a month after his 25th birthday, as he was determined not to settle down before turning 25. They decided to settle in the Interlake region of Manitoba to raise their family of three boys. Doug was so proud of his boys, daughters-in-law, and grandchildren, loving them unconditionally and wholeheartedly supporting their life choices and career paths.

Doug worked for several years at Plastic Films in Winnipeg before accepting a position at the Varta Battery Plant in 1975, where he stayed until their eventual shutdown in 1990. Later, he found meaningful work at the Co-op Gas Bar in Teulon and was still working there right up to the day of his passing. Known for his easy charm and quick wit, he loved to "hassle" his regulars at the pumps, dispensing his own special brand of banter. The sort of banter where you could get a dirty joke and a wink one minute, and a warm hug the next.

A funeral will be held at the Teulon Rockwood Community Center on Saturday, April 30, beginning at 11 a.m. The family invites all who would like to attend to join them in celebrating Doug's life.

In lieu of flowers, donations can be made to the Heart and Stroke Foundation.

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• Kael Sauerborn  
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