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Stonewall Teulon Tribune

THURSDAY,
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Growing youth



TRIBUNE PHOTO BY DEAGHAN MCLEOD

On Saturday, Stonewall's Cubs and Beavers took part in the Rockwood Environmental Action Community Taskforce Arbour Day Celebration & Team Up to Clean Up! This group assisted in the planting of several trees in Memorial Park.

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



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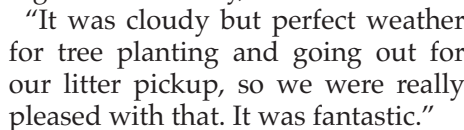
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Within the first 10 to 15 minutes, there were already enough people to complete the tree planting in Memorial Park. Volunteers also replaced one damaged tree in front of the Industrial Park. In total, volunteers planted

"You're really thinking of the future when you plant a tree. Others are going to be able to enjoy it by the time it gets to full growth, so it's the whole



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Experiences Canada holds first in-person event after two years

Program promotes teachings on allyship topics not as familiar to rural youth

By Autumn Fehr

First thing Thursday morning, Elisee Moore grabbed her bags and headed out the door with her parents.

After months of virtual webinars, she looked forward to truly experiencing the program through the in-person summit and exploring the City of Winnipeg with the knowledge she had learned.

From May 5 to 8, Experiences Canada brought together 60 youth participants and youth leaders for their summit on allyship and advocacy in Winnipeg after two years of running their program virtually.

Over the past three months, the participants learned about a variety of allyship topics through their regular monthly webinars — including Islamophobia, LGBTQ2S+, reconciliation, accessibility for persons living with disabilities, environmental racism, mental health and the impacts of social media — to prepare them for the in-person event.

Through the program, Moore learned about the importance of advocacy.

“Joining together with a group of people can create better change than individuality. For example, working together in a team can really help push towards the change that you imagine,” said Moore.

As part of the summit, the participants volunteered with Pride Winnipeg to clean up the Assiniboine Forest, visited the Canadian Museum for Human Rights, Quamajug: the Inuit

Centre at the Winnipeg Art Gallery (WAG), and toured Fort Whyte Alive.

“It was really cool to explore the city with a group of individuals who are like-minded,” said Moore.

The participants also had the opportunity to hear from guest speakers such as an Indigenous elder named Parry who spoke about respecting others and the land and the importance of keeping family traditions

Continued on page 5



TRIBUNE PHOTO SUBMITTED

Participants of Experiences Canada's summit on allyship and advocacy on May 6, in front of the Canadian Museum for Human Rights.

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Meet Our Local Team

			
Dr Sarah Sung Optometrist Hometown: Russell Loves traveling, snowboarding, and camping!	Dayna Toth Operations Manager Hometown: Teulon Loves spending time with family and friends, and ice fishing!	Cindy Allard Optical Assistant Hometown: Steinbach Loves reading mystery books, glamping, and a great glass of wine!	Katelyn Morran Optical Assistant Hometown: Stonewall Loves hiking, reading true crime books, and going on outdoor adventures!

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Touch-A-Truck gearing up for June 11

By Jennifer McFee

After two long years, a favourite family-friendly event is back and is revving up for a full day of excitement.

Touch-A-Truck, presented by the Stonewall Children's Centre and sponsored by Sunova Credit Union, is coming to the Ag Society's Red Barn on Saturday, June 11.

"We are thrilled to be able to hold our Touch-A-Truck fundraiser after a two-year pause. From what we have heard, vendors and the public are very excited as well," said Pam Kozokowsky, assistant director of the Stonewall Children's Centre.

"Kids of all ages and many adults love this event. We have approximately 45 vehicles lined up, such as fire trucks, buses, garbage and dump trucks, street sweeper and many more. The Air Force will also be doing a fly-by sometime before noon."

Attendees can also look forward to fun activities including bouncy castles, graffiti cars, face painting and balloon bonanza. Youngsters and the young-at-heart will enjoy the chance to dress up for the superhero theme.

Adding to the excitement, some spe-

cial guests will be making appearances, including Batman, Spiderman, Sparky, Mick E. Moose, Buzz, Boomer and Yourrie.

"New to Touch-A-Truck this year is the craft and home-based business market," Kozokowsky added. "Spaces are still available."

In addition, tickets will be available at the event for the Sigfusson Northern raffle for \$5 each or five for \$20.

First prize is a kids' electric ride-on tractor with trailer, second prize is an eight-foot bouncer with waterslide, and third prize is a lottery tree.

"Touch-A-Truck is a huge fundraiser. We are looking forward to using the funds to do backyard improvements after being put on hold the last couple years," Kozokowsky said.

"If anyone is interested in volunteering at the event, we would love to hear from you."

Committee member Jaymie Deprez said more than 30 local businesses sponsored the event through four levels of sponsorship.

"Through their support, we've been able to make Touch-A-Truck bigger and better than ever," Deprez said.



TRIBUNE FILE PHOTO BY JENNIFER MCFEE

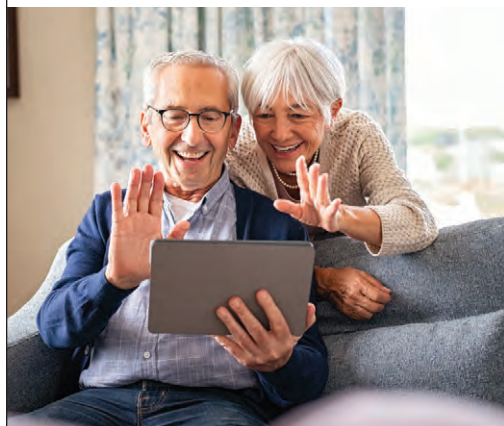
About 45 vehicles will be on hand for the upcoming Touch-A-Truck event at the Red Barn on Saturday, June 11.

"We are so appreciative of the support all these businesses have shown our event, Stonewall Children's Centre and the children that attend. In the end, it's the children and families that attend the centre that benefit from the fundraising."

Touch-A-Truck is set for Saturday, June 11 from 10 a.m. to 3 p.m., rain or shine, at the Red Barn, located three kilometres south of Stonewall on Highway 236.

The cost is \$5 per person, and wee ones aged one and under are free. It's a cash-only event, parking is free and food will be available to purchase on site.

Anyone who would like more information about volunteering or getting a space in the craft and home-based business market can contact Pam Kozokowsky at 204-467-2214.



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Rocklands Antique Club Threshing event set for June 4

By Jennifer McFee

If you're looking for a unique activity to enjoy this weekend, Rocklands Antique Club will be threshing two wagons of sheaves on Saturday, June 4 at the Red Barn, located at the corner of Highway 236 and Road 75.

The threshing will be held in conjunction with the South Interlake Rockwood Ag Society, which is having its annual horse show and events on the weekend.

"We have had these two wagons of sheaves in storage for over two years

because we never had any events during the lockdown of COVID," said Rocklands Antique Club member Doug Kroll.

"The weather is supposed to be nice this weekend, so we invite everyone to come out around 1 p.m. and watch us thresh these two wagons with our 1928 John Deere threshing machine."

Admission is \$5, which includes a pancake breakfast on Saturday from 8 to 10:30 a.m. For kids under age six, the event is free to attend.



TRIBUNE FILE PHOTO

The Rocklands Antique Club is threshing two sheaves this Saturday at the Red Barn around 1 p.m.

> ALLYSHIP, FROM PG. 13

alive.

"It was really inspiring," said Moore. Experiences Canada also taught Moore the importance of and how to be an ally to those in marginalized communities by creating a podcast to inform others on human rights issues.

As part of the in-person event, the participants were split into groups and given different topics to focus on in creating their own podcast.

Moore's group took on the issue of environmental racism, focusing specifically on Curve Lake First Nation and the lack of access to clean water.

Curve Lake First Nation is one of

the most endangered communities in Manitoba regarding not having safe drinking water.

For over 15 years, the community has not had safe drinking water and experiences 10 to 15 boil-water advisories a year.

"We wanted to raise awareness about that specific issue and tell people about how it's not really right considering Canada has so much clean water," said Moore.

The podcast's goal was to learn more about human rights issues and have a hand in educating others by releasing the podcast to Spotify later.

Moore has completed this specific youth forum with Experiences Can-

ada and won't be able to participate next year as she will be graduating from high school.

"The program exposed me to lots of different ideas, which isn't really talked to you in school like Islamophobia and all those things, which isn't as common around here. So, I thought it would be really neat to get some knowledge about that before I head off to university," said Moore.

Moore wants to apply as a volunteer or youth leader for next year's forum to continue to be a part of the change and learning experience that Experiences Canada offers.

"It really inspired me to continue to look at topics like environmental rac-

ism and further explore how we can change and make an impact on these issues. It really inspired me to continue to be involved in groups like these and organizations," said Moore.

Moore said the experience was eye-opening and a valuable opportunity.

She encourages others to also participate in the program, either as participants in the forum or as volunteers or youth leaders.

"I really took away the importance of community and how working together can really help drive change," said Moore.

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AT 8:00 pm
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CHANGE

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AT 8:00 pm
EACH NIGHT

*Top Gun:
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Jennifer Connelly

Coarse
Language;
Violence

PG

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Government passes legislation to allow larger minimum wage increases

Submitted by Manitoba government

The Manitoba government is introducing legislation that would allow larger increases to the provincial minimum wage, given current uncertain and challenging global economic conditions as employees and employers struggle to recover from the COVID-19 pandemic, Labour, Consumer Protection and Government Services Minister Reg Helwer announced Monday.

"Our government is committed to making life more affordable for Manitobans," said Helwer. "This legislation would make critical changes to the Employment Standards Code to permit larger increases to the provincial minimum wage under certain economic conditions."

Bill 44, the Employment Standards Code amendment act (minimum wage), would allow cabinet to mandate a larger increase to the minimum

wage when inflation in Manitoba, as measured by the Consumer Price Index, exceeds five per cent in the first quarter of a calendar year.

Under current regulations of the Employment Standards Code, Manitoba's minimum hourly wage is set to increase by 40 cents to \$12.35 on Oct. 1. The proposed legislation would allow cabinet to authorize a larger increase. Any increases authorized would continue to come into effect on or after Oct. 1.

Currently, the Employment Standards Code regulates increases to Manitoba's minimum wage rate. Annual increases are indexed to inflation as measured by the Consumer Price Index. Each year on Oct. 1, the minimum wage is adjusted in proportion to the change in the previous year's inflation. While this approach to tying predictable increases to inflation works well under more normal eco-

nomic conditions, the minister noted the government requires flexibility under extraordinary economic conditions to consider additional adjustments.

"This change would provide much-needed support to hard-working Manitobans who have been burdened by soaring cost-of-living increases," said Helwer. "Manitobans have worked tirelessly throughout the COVID-19 pandemic, and this legislation would relieve some of the financial strain they are experiencing due to rising food and fuel prices."

This legislative amendment strikes an appropriate and workable balance for employers and employees in Manitoba who continue to struggle to recover from the challenging economic conditions brought about by the pandemic, the minister added.

Elections Manitoba launches accessible video series

Submitted by Elections Manitoba

Elections Manitoba is celebrating Manitoba Access Awareness Week, May 29 to June 4, by launching four simple and colourful animated videos showing viewers how to vote, how to register, steps to consider when planning to vote, and the types of election jobs available with Elections Manitoba. There are two versions of each video, one in English with English closed captioning and American Sign Language (ASL) interpretation and the other in French with French closed captioning and Langue Signe du Québec (LSQ) interpretation.

"As a deaf person and a member of the deaf community, accessing election information in American Sign

Language, along with the closed-captioned videos, gives deaf Manitobans an opportunity to understand the information with more clarity," said Denise W. "ASL provides the facial expressions and body language in a video format and not just in written English. Providing information in ASL gives me and everyone who uses ASL an equal opportunity to understand the important information from Elections Manitoba. Thank you so much for making ASL available."

The videos can be viewed on the Elections Manitoba website and YouTube channel. The independent office of the Legislative Assembly will work with community organizations to circulate them widely on social media.

Find them on YouTube at the following links:

How to Register to Vote: <https://youtu.be/tKrO2I-nLtw>

Make a Plan to Vote: <https://youtu.be/iUS5D5Qj3hE>

How to Vote: <https://youtu.be/h4kYAvDWKR8>

Work for Elections Manitoba: <https://youtu.be/MjJJ28KxMzQ>

Elections Manitoba offers many accessible voting options, including homebound voting, interpretation service and assistance to vote. Recent legislative change also allows voters to use their own assistive devices to vote. Find out more at <https://electionsmanitoba.ca/en/Voting/Accessibility>.

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TRIBUNE PHOTO BY MATTHIEU MEIER

Spring seeding was underway across much of Manitoba for the week ending May 28. Spring cereals and peas were being seeded across most of the province, while central and Interlake regions also saw some canola, corn and soybeans go in the ground. Temperatures ranged from 6 degrees C. upwards to 25 degrees C. with rain in the forecast. 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.

COVID study shows ‘significant reduction’ in working memory, concentration

By Patricia Barrett

Medical research on COVID-19 continues to reveal the extent to which the virus can damage body organs and also impair brain functioning.

A U.K. study looked at the impact of COVID on the brain, revealing problems with memory and the ability to concentrate in those with COVID and in those who continued to suffer long after their initial period of infection.

The study titled “The negative impact of COVID-19 on working memory revealed using a rapid online quiz” was published May 21 as a preprint — studies that have yet to be peer-reviewed and should not inform health-care decisions until verified as good science — by researchers from the University of York, the University of Hull and the U.K. National Health Service.

The study’s findings point to cognitive deficits COVID can cause in people aged 25 years and older while sparing those under 25.

“Given the importance of working/short-term memory for everyday tasks, such as having a conversation, decision-making, reading comprehension, performing a sequence of actions, it is reasonable to conclude that COVID-19-induced working memory deficits may compromise performance in daily life,” the researchers wrote.

They developed a “CORONA” survey and a memory quiz after reading reports in the media of many people with COVID experiencing “brain fog” problems, which include difficulty remembering, concentrating and performing daily tasks, as well as reports of those still suffer-

Table 6. Principal component analysis of subjective questions in the CORONA survey (N=5428).

Subjective Questions ^a	Principal Components ^b		
	Cognitive	Sensory	Smell/ Taste
Thinking clearly	0.835	0.238	0.087
Concentrating on complex tasks	0.832	0.193	0.082
Thinking quickly	0.799	0.256	0.094
Concentrating on simple tasks	0.790	0.174	0.081
Having a conversation	0.762	0.264	0.067
Getting tired easily after mental effort	0.736	0.271	0.115
Remembering things	0.716	0.279	0.070
Fatigue	0.706	0.262	0.149
Low mood	0.646	0.129	0.029
Balance	0.222	0.757	0.161
Dizziness	0.231	0.702	0.222
Vision	0.242	0.631	-0.012
Hearing	0.175	0.605	-0.029
Touch or pain	0.248	0.598	0.219
Taste	0.123	0.153	0.936
Smell	0.126	0.144	0.933
Eigenvalues	7.127	1.801	1.231
% of variance	44.544	11.253	7.695

^aEach subjective question was preceded by the introductory phrase “During the COVID-19 pandemic, have you had **MORE** problems with:”
^bRotated factor loadings over 0.50 appear in bold.

STUDY SURVEY

The CORONA survey, which was completed by 5,428 people, asked about thinking clearly, thinking quickly, concentration on simple tasks, recall and how tired participants got after mental effort.

ing with COVID symptoms long after they were infected. The researchers focused on assessing “working memory,” defined as a form of short-term memory whereby information is stored and retrieved while performing a task. Working memory is involved in problem-solving,

worship

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I Will Be With You

We are not meant to do life alone and the past number of months have certainly highlighted this for many. There are those around us (and perhaps you’re one of them) who are lonely and if we’re not intentional, days and even weeks can go by without touching base with one another. When our circles became pretty limited in the early days of the pandemic (and still are for some), it made us even more aware how very important it is to see, interact with and spend time with others. People are important at whatever age or stage of life and we need each other. Whether we have a large group of family and friends or just a few key people, I’m reminded how much we need people to do life with. Family and friends to laugh with, to help out and to share life together. As I write this, I imagine there are some wondering where in the world they’re going to find the extra time to sit and visit with someone, to help with a few jobs or to go for a walk and enjoy each other’s company. But let me encourage us to find time for one another, in the midst of whatever else we have going on, because people matter. And let’s do our best to wiggle past the frustrations and annoyances we have with each other and invest in people because they’re worth our time and effort. I hope our social circles are not limited again, but if that happens, let’s also remember Jesus’ final words to the disciples (and us) in Matthew 28:20, “I am with you always, even to the end of the age.” When we ask Jesus to be our Lord and Saviour and we yield ourselves to him, we can be reassured he is with us always, even to the end of the age.



Pastor Jo-Ann Porterfield
Alive Family Church
Stonewall, MB
alivefamilychurch.ca

letter to the editor

Letters to the Editor:
letters@stonewallteulontribune.ca

Beware of scams

Have you ever been tempted by an offer that seemed too good to be true?

Scam artists count on the gullibility of their targets. Many people have lost a substantial amount of money and their pride when they get taken advantage of.

Personally, I read a text that said that I had an e-transfer. All that I had to do was press A to accept it. Luckily, I had the foresight to get advice from my siblings and son. All three of them told me to delete the text and block it from appearing on my cell phone again. They told me that an e-transfer will identify the financial institute or individual that is sending it to you. I was relieved that I got

support.

Not everyone has someone to warn them about scam artists. That is why so many innocent people lose their hard-earned cash to these internet predators.

The rules to follow when someone tempts you are easy. Never open an email or text of an unknown person. A decade ago, many of the money scams were emails from a Nigerian prince. He needed help with money transfers.

It became known as a type of scam.

Never send money to anyone that you don't know. Some scammers pretend that someone you love is in distress. The best way to find out if that is true is to clarify their whereabouts. Don't let your emotions take over. Ask to speak with your loved one. Think through the situation clearly. If you are unsure of what your next

move should be, call a friend, family member or the local police for advice. They will assist you to make the best decision.

Never give out your password, social insurance or credit card numbers to someone you don't know. If scammers have your password, they could get into your email account and have access to all of your contacts. The devious people could try to steal their identities. If they know your social insurance number, they would have the ability to set up an account in your name and would have access to your accounts. They could make withdrawals. If they know your credit card number, they could buy items that you may be responsible to pay for.

If any of these incidents occur in your life, report them to the local police or the credit card companies.

They will assist you in dealing with the situation.

Scammers have to be stopped before they take advantage of innocent individuals.

Scammers are prevalent in our society. They prey on vulnerable people who are convinced that the offer that they are provided with is legitimate. If they accept the e-transfer or send money to a stranger, there is a good chance they will regret it. Their funds will probably be lost. Any time that scam artists are successful, it makes them want to continue with their illegal activity since it is lucrative. Your naïve actions put others at risk.

Don't fall for scams. If you are taken in by one, tell a friend, family member and the local authorities about it. Protecting yourself and your loved ones is the key.

- Patricia Witzke

Words of wisdom: Be careful what you wish for

Many beef producers currently leasing Crown land are questioning whether their organization's lobbying efforts, adopted by the Pallister government, have achieved any of the organization's expectations of "advantaging young producers" and making the system "more flexible and transparent."

"Modernization" has relieved the current minister of Agriculture of any responsibility for the reported annual increases of 100 per cent in Crown land leases rates. The unseen hand of the marketplace has established true value. Any protest from lease hold-

ers, as to the affordability and future security of their leases, is deflected by the reminder that a "more flexible" market-driven system of Crown land evaluation is what MBP lobbied the Pallister government to deliver. Any objection arising from these changes is best directed towards the organization that lobbied for the abandonment of the points-based system.

My records show a strong majority of delegates attending the February 2017 Manitoba Beef Producers (MBP) Brandon Convention supported a resolution presented by District 13 delegate Mary Paziuk, seconded by District 5 delegate Romona Blyth, directing MBP lobby the government of Manitoba to implement "a more flexible system" of agriculture Crown land (ACL) transfers. Paziuk described the points-based system as "lacking in transparency, complicat-

ed, bureaucratic and difficult to understand." The Pallister government was quick to respond to MBP lobby efforts, announcing changes to the ACL program two weeks following the September 2019 provincial election.

The March 2022 issue of the MBP publication *Cattle Country* ignores the organization's role in replacing the points-based system. However, the written history of events is well recorded in previous issues of *Cattle Country*. Past MBP presidents and staff produced comforting prose, lavishing praise upon the pending modernization of Crown land leasing. Mary Paziuk's resolution opened the gate to the creation of a market-driven system of Crown land allocation. Unfortunately, Crown land lease holders are experiencing exactly what I predicted when I spoke against

the intent of her resolution back in 2017. I warned "Be careful what you ask for." The benefits provided by the earlier points-based system of Crown land allocation have been permanently replaced by a system that reflects the political-ideological belief that the marketplace provides true freedom and sustainability.

The question is how much more of this type of freedom can the lease holders afford. And, finally, I do not anticipate that people responsible for creating the problem are capable of solving the problem. This is definitely not a case where you want to be driven home by the one that brought you to the dance.

- Fred Tait
Rosendale



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Volunteers needed for Ukrainian free shop

By Jennifer McFee

The community showed its generosity through an enormous amount of donations to help Ukrainian families coming to the area, and now volunteers are needed to help sort through the items.

Last weekend, community members dropped off donations at Veterans Memorial Sports Complex for the cause.

"We received an overwhelming amount of donations over the weekend," said Allison Churchill, one of the organizers.

"At this time we have put a hold on clothing donations. We could still use toiletries (shampoo, deodorant, femi-

nine products, disposable razors) and diapers as well."

Donations are also needed of non-perishable foods and snacks for kids, such as granola bars. There's also an urgent need for new underwear and socks for all ages.

Also in demand are volunteers who can help from June 1 to 10 with sorting and setting up the lobby of Veterans Memorial Sports Complex for a free shopping area.

The free shop will take place for Ukrainian newcomers to pick up items on June 11 and 12 from 9 a.m. to 4 p.m.

"Ukrainian families (with valid Ukrainian ID) from the Interlake and

surrounding communities are invited to come and fill up bags with whatever they need. We have household items, baby items, kids' toys, clothing for all ages and some food items. All items are free of charge to the families," Churchill said.

"We have several families already in the area and are expecting at least four more over the next week."

Anyone can go to the Interlake Ukrainian Immigration Resource Page on Facebook to sign up, and there are also posts on the Stonewall Manitoba Bulletin Board Facebook page.

Don't want to compete? Find other ways to join the 55+ Games

There are many ways to have fun at the games without vying for the podium

By Katelyn Boulanger

The 55+ Games will be coming to Selkirk in less than two weeks and registration to participate in the competitive events themselves is now closed, but that doesn't mean that you can't enjoy the games.

There are still many events and options for people that want to get out and get active socially but don't want to take part in the competition.

The Games will be taking place in Selkirk on June 7, 8 and 9, and during that time, they will have two social events that residents can get tickets for if they aren't an athlete in the games.

The first event, which will take place on June 7, is the Bannock and Jammin' Variety Night. At that event, residents will be able to taste some delicious bannock made by the Selkirk Friendship Centre as well as have some fun listening to Double Bourbon and a local choir that has some special songs picked out for the event. There will also be Métis music and Indigenous dancers.

"For 10 bucks to come out and watch some really good local entertainment and get some locally made bannock and to support the community is a fun way to come out and [support the games]. We've got room for 300 and it'll be spaced out enough that people shouldn't feel too crowded. We still have the mask mandate so people will be wearing masks," said Deborah Vitt, 55+ Games host committee public relations co-chair.

The other event is the Games Celebrations Night, which will take place on June 8. Like the Bannock and Jammin' event, this event will also take place at the Selkirk Recreation Complex. Tickets are \$25 each, which includes a meal of pulled pork with sides or a vegetarian option. This night will not just be food because a local band will be playing and the dance floor will be ready for people to have a good time.

Proof of vaccination is required to attend either event and tickets were available to be picked up at the Selkirk Recreation Complex until May 27.

Residents can also have some fun cheering on local athletes or just have a good time as spectators at the games. With over 600 athletes signed up and 16 events going on, there will be a lot to see.

"There's no entrance fee for people to come and watch any of them," said Vitt.



A quilt originally made for the 55+ Games when they were meant to be in Selkirk in 2020, which will be raffled off during the games.

Melanie Shumilak, 55+ Games host committee public relations co-chair continued, "And a lot of them are all three days. So people can kind of mix and match and pick what they want to do."

People who attend the events are required to wear masks and vaccinations are required. But attendance to spectate is absolutely free.

Vitt recommends spectators check out the pickleball competition that, with about half of the competitors in the games taking part, looks to be an exciting part of the games.

"Pickleball will be at the arena, on the floor of the arena, and so there'll be lots of places for people to watch in the in the seats at the arena. It's also at the [Selkirk] Community Church," Vitt said.

Some other outdoor events that will have a lot of space for spectators will be the predicted walk/run, Nordic pole predicted time walk and track competitions at the Lord Selkirk Regional Comprehensive Secondary School, the horseshoes competition at the Selkirk Legion, and the Slo-pitch tournament at the Selkirk Recreation Complex.

Another way that residents can participate, even if they aren't over the age of 55, is by volunteering.

"We still want to give the message that we're accepting volunteers," said Shumilak.

The best way to get in touch to vol-



TRIBUNE PHOTOS BY KATELYN BOULANGER

Nancy Mueller, Melanie Shumilak and Deborah Vitt want people to take part in the 55+ Games even if they don't want to compete.

unteer is by contacting the Gordon Howard Centre.

"[Volunteers are needed to go] around to all of the sports venues selling 50/50 tickets. They could be offering refreshments that we will provide, taking them around to the different

venues. They will be at the banquet helping seat people and selling raffle tickets on the quilt. [Volunteers] could be helping marshaling with the

Continued on page 11



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Dreams Take Flight lifts off once again in 2023

Flights dedicated to giving special needs kids the trip of a lifetime are coming back next year

By Kiana Crouse

Dreams Take Flight, a non-profit organization created by Air Canada employees in 1989, is coming back in 2023.

COVID-19 restrictions have prevented the flights from being safely held, which takes mentally, physically, socially and emotionally challenged children on a one-day trip to a Disney resort.

"Dreams is a wonderful charity. It's 100 per cent volunteer. Nobody is paid. We have a great group of people from all walks of life that help us out, and we just look forward to it every year," said Bev Watson, president of Dreams Take Flight. "We're glad we're going to get back to it next year."

Dreams Take Flight usually only accepts kids from six to 13 years old, but Watson said the team had to adjust their rules this year since they had already selected the candidates from 2020 for the upcoming Dreams flight, and those who were at the top of the age bracket are two years older now.

"We're really excited knowing that we're going to be able to have all eight flights across Canada," said Watson. "Of course, we have a lot of different things to look at too because, as with everything, COVID has changed how everybody does things."

Dreams Take Flight started with a small group of Toronto Air Canada employees wanting to give back to the community and do something to support kids with special needs. Their original plan was to take a bus of kids to Canada's Wonderland for a day,

but they instead decided to utilize Air Canada's planes. Other Air Canada chapters heard about the flight and decided they wanted to get involved.

Dreams Take Flight has eight chapters in Vancouver, Edmonton, Calgary, Winnipeg, Ottawa, Toronto, Montreal and Halifax. The Winnipeg chapter covers the entirety of Manitoba and Saskatchewan, and Halifax covers the Maritime provinces.

Winnipeg has the longest trip to make out of all of the provinces. Kids on the Winnipeg Dreams flight have to arrive at the airport at 3 a.m. and expect to get back from the trip around 1 a.m. All kids must go through medical checks and have access to the proper supplies and equipment to ensure they are prepared for the long but exciting day.

At the end of 2018, Dreams Take Flight had taken over 35,000 children for an unforgettable experience and 2,600 from the Winnipeg chapter alone. Around 120 children are taken on the Winnipeg Dreams flight each year, and 10 kids from Selkirk were expecting to go in 2020.

Winnipeg is one of the only chapters that brings along caregivers but only if the children require it. Parents do not need to worry, though, as the Dreams team members are there for the children, and other children are there to make the experience fun.

"They're complete strangers at the beginning of the day, but by the end of the day they're best friends," said Watson.

There are two doctors on board and numerous specialists based on the



PHOTO COURTESY OF DREAMS TAKE FLIGHT FACEBOOK

Photo from a previous Dreams Take Flight event before the COVID-19 pandemic.

kids' needs. For example, if there are kids with diabetes, a specialist monitors the amount of sugar they intake for the day.

In order for kids to apply, they can't have gone to Disney resort before, and this flight would be their only chance to go.

The Dreams Takes Flight Winnipeg chapter takes its applicants through a wide variety of programs such as Big Brothers Big Sisters of Canada, Juvenile Diabetes Research Foundation, Rossbrook House, Society for Manitobans with Disabilities, AboutFace and many more. They also cover many different school divisions.

"We've had feedback from the schools that we deal with, and they said that [the children] had trouble at school before, but when they came back, they were excited. They talked about being a flight attendant or a pilot," said Watson. "Their whole atmosphere changed because of that one day, and that's what we want. We want to make a difference in their lives and show them that people aren't there just to take something from them, that people really care and want them to have a good time and make them happy."

Watson has been president of Dreams Take Flight for 22 years. She said that knowing they are doing something enjoyable for the kids and seeing the awe on their faces is the biggest thing.

"One of the ones that got us the most was when we had this little blind fella with us one year, and he went to see Mickey Mouse, and Mickey was really, really great. He took his hands, and he let him touch his face, and the smile on that kid's face," said Watson. "Everybody else was crying their eyes out. This kid was so happy because he got to touch Mickey Mouse."

Those wanting to support this organization can attend the Swing for The Kids Slo Pitch Tournament fundraiser event. It takes place on Saturday, June 18 at Little Mountain Sportsplex in Winnipeg. The entry fee is \$350 and includes a silent auction with prizes comprising two flights anywhere Air Canada travels in North America and prizes from Winnipeg Jets, Winnipeg Blue Bombers, Winnipeg Goldeyes and other companies. Participants have to email spnmanitoba@gmail.com to enter.

People can also donate directly to Dreams Take Flight by going to dreamstakeflight.ca, clicking on the Winnipeg chapter and clicking "Donate." Those interested can go to that same website and click on "Get Involved" to volunteer.

Donors can also mail their Dreams Take Flight donation to 2 Kurt Ave., Winnipeg, MB, R2R 1N5.

For any inquiries, people can contact the Dreams Take Flight Winnipeg chapter at winnipeg@dreamstakeflight.ca.

Balmoral 4-H member earns speech award

Staff

Congratulations are in order for a local 4-H member who earned accolades for a top-notch speech.

Kardyn Reimer of Balmoral 4-H ranked second in the junior speech category for a presentation entitled "History in a Jar."

The Provincial 4-H Communications Extravaganza took place on Saturday, April 30 at CanadInns Destina-

tion Centre Polo Park.

A total of 59 4-H members competed after qualifying through a series of competitions ranging from club level to area level.

About 150 people attended the event, with a combined audience that was in person and virtual.

Hats off to Kardyn for a job well done!

> SIGNIFICANT REDUCTION, FROM PG. 7

reasoning, reading comprehension and conversing, and is highly correlated with measures of cognitive function.

People 25 years of age and older suffered from cognitive impairment based on their memory scores.

"Our main finding was a significant reduction in memory scores in all COVID groups (self-reported, positive-tested and hospitalized) compared to the non-COVID group. Memory scores for all COVID groups combined were significantly reduced compared to the non-COVID group in every age category 25 years and over, but not for the youngest age category (18-24 years old)," the researchers wrote.

Previous research on brain functioning has suggested there are short-term memory deficits arising from COVID, but that research had been limited to small numbers of patients (6-87 people), the researchers wrote. A large pool of test subjects statistically improves the reliability of findings.

The online, anonymous survey was available for seven months, between Dec. 8, 2020, and July 5, 2021, and could be completed on a mobile phone, tablet or personal computer.

Of the 5,428 participants who took part, 3,722 (68.6 per cent) said they didn't have COVID while 1,706 (31.4 per cent) said they did. The greatest number of participants (1,385) were in the 45 to 54 age group. The majority of participants said they were living in the U.K. while others indicated residence outside the U.K. (from 43 other countries).

The survey consisted of yes or no questions that included COVID status, the month and year they had it or may have had hit, what symptoms, if any, they experienced — including a new continuous cough, difficulty breathing, high temperature and tiredness — and whether they had

ongoing symptoms.

Participants were also asked to rate questions that asked about concentration on simple and complex tasks, thinking quickly, thinking clearly, tiredness after mental effort, their gender and what age group they were in (i.e., 18-24, 25-34, 35-44 etc.).

The working memory component of the test consisted of 55 simple and unique visual images across four categories (animals, numbers, fruits and other objects) which required minimal levels of English proficiency and education. Participants were shown a grid of six images and were then asked to select two images that were shown previously. The number of images was then increased whereby participants were asked to recall three, four and five previously shown images.

The factors most affecting objective memory scores were COVID status, age, time post-COVID and ongoing COVID symptoms, the study found. Although short-term memory naturally declines with age, those with COVID — compared to those without COVID across the various age groups — had reduced memory scores.

"With respect to age, we found that memory scores for the COVID group were reduced compared to the non-COVID group in every age category 25 years and over, but not for the youngest age category (18-24 years old)," the researchers wrote.

The results suggest that deficits in working memory can "recover over time," taking about 12 or more months, but cognitive impairment may persist in those with ongoing COVID symptoms.

"For the COVID group, memory scores increased as the number of months elapsed since having had COVID-19, indicating that working memory deficits can recover over time," the researchers wrote. "How-

ever, scores were reduced for those with ongoing COVID-19 symptoms suggesting that working memory impairments can persist in those who continue to suffer the effects of COVID-19."

Future studies, they suggest, should examine the relationship between COVID and different age groups to "determine which factors protect younger adults from memory deficits with COVID-19, with the aim of designing interventions to protect older adults."

Limitations of the study include the survey and quiz not being carried out in "controlled laboratory conditions" where participants might be compelled to answer questions more accurately.

The exact mechanism by which the

virus negatively affects neurological functioning is unknown, but previous research suggests that inflammation within the brain or spinal cord (i.e., the central nervous system), impaired clot formation and underlying medical conditions could play a role.

"While our study provides evidence that working memory is negatively impacted by COVID-19, the underlying mechanisms for this are unknown," the researchers wrote. "Several pathophysiological mechanisms underlying the neurological impact of COVID-19 have been proposed, including neuroinflammation, vascular dysfunction, coagulopathy, and pre-existing co-morbidities. It is possible that some of these mechanisms may affect brain areas involved in working memory."

2022 Spring Flooding

Disaster Financial Assistance

What you need to know

Disaster Financial Assistance (DFA) is available to assist Manitobans and communities who experienced damages from 2022 spring flooding.

DFA is available to help with the cost of evacuation, the cost of preventing or limiting flood damage, and the cost of recovering from damages that were experienced. DFA is also available to assist with the cost of non-insurable damage to property such as principal residences and buildings essential to the operation of eligible farms and businesses. DFA is also available to assist with repairs to damaged municipal infrastructure.

The Manitoba Emergency Measures Organization (EMO) will be offering live webinars to answer your DFA questions. Check the DFA website for dates and times.

To find out more details about DFA eligibility or to obtain an application form, please contact the Emergency Measures Organization at:

Phone: 204-945-3050 in Winnipeg
Toll-free: 1-888-267-8298

You may also apply online at: **Manitoba.ca/emo/dfa**

Deadline to apply for DFA is August 8, 2022.

Manitoba.ca/flooding

Manitoba 

> 55+ GAMES, FROM PG. 9

events and the opening ceremonies," said Vitt.

Volunteers should also know that they don't need knowledge of the games or the sport to be part of volunteering for the events. You can just get out there and be part of the event.

The host committee members want to make sure volunteers know that it's not just about helping out the athlete by volunteering but that the volunteers will also have a fun time.

"The games are a really special time to get together as a community of people who enjoy being active and just volunteering there and helping support that," said Nancy Mueller, 55+ Games host committee public re-

lations co-chair.

There will also be a volunteer appreciation event after the games are over so that volunteers can spend a little more time together.

Perhaps the best way that residents can participate in the games, however, is to be welcoming to the out-of-town guests that the community will be hosting on June 7-9.

To volunteer, you can contact the Gordon Howard Centre at 204-785-2092.

The place to keep up to date on the latest info from the games is their Facebook page at <https://www.facebook.com/selkirk55games>.

A special shirt changes chemotherapy treatment for patients

Selkirk Lions Club looking for T-shirt donations

By Autumn Fehr

Statistics Canada says two in five Canadians will have cancer in their lifetime.

Many individuals who develop cancer go through a series of chemotherapy treatments that often leaves them feeling vulnerable and exposed to the hospital room and world around them.

The Canadian Lions Childhood Cancer Foundation set out to change how cancer patients experience chemotherapy treatment.

At the beginning of April, the foundation started getting the ball rolling on their idea to craft shirts that would help ease these feelings of discomfort for patients going through treatment.

"If you think about a child from the age of three to 18 going to the hospital to get their chemo treatments, they are cold, vulnerable. They feel exposed, and a lot of them aren't happy. These shirts make them feel more comfortable, less vulnerable, less exposed. When that happens, they are a fair bit happier to have treatment," said Mike Janssen, chair of the Canadian Lions Childhood Cancer Foundation.

The idea for the shirts came from a friend of Janssen's out in southern Ontario, Melissa Patrick, who came up with the idea when her family found out their daughter had cancer.

Experiencing childhood cancer first-hand with his daughter years ago, Janssen connected with Patrick through the Canadian Lions Childhood Cancer Foundation, and they ran with the idea.

The foundation then put out a call for either shirts, donations for the shirts or sewists to sew the shirts to get the project rolling.

The shirts are purchased from places like The Children's Place, and the zippers are ordered on Amazon. Then, the eight-inch zippers are sewn into the shirts at a side angle from just off the centre on the right-hand side to just before under the arm.

Although it's rarely needed, Janssen said shirts can be made so the port can go on the left-hand side, as currently the ports are sewn on the right-hand side only.

Gord Zeglinski, president of the Selkirk Lions Club, helps organize the process from buying the shirts to getting them dropped off for Janssen to start putting the shirts together.

The shirts are paired up with co-or-

ordinating zippers and bundled, usually in 20s. Then, Janssen gets them out to one of the 14 volunteers who sew the shirt's zipper.

After the shirts are sewn, they are inspected for quality, organized and packaged by gender and size — 3T to XL. Afterwards, they are provided free of charge to different entities such as the Children's Hospital or Cancer Care Manitoba.

The shirts are used for any cancer that requires chemo treatment using a port, a device used to draw blood and give the medicines.

"It provides their dignity to be able to say all I got to do is undo this zipper and expose this port," Janssen.

So far, 230 shirts have been made.

"One nurse said that these shirts were a game-changer in how chemo is administered to kids," said Janssen.

Janssen said of these 230 shirts, 200 have been given to Cancer Care Manitoba and the Children's Hospital. As they work closely with Patrick, 30 shirts have been given to the pediatric cancer unit in London, Ont.

"This is a really good example of how Lions Clubs from all over pull together and support each other and help children," said Zeglinski.

The foundation also takes part in numerous projects to help raise money for children and their families going through childhood cancer, as they understand that it is hard emotionally and financially on families.

"The Selkirk Lions Club has worked nicely and very closely with the Canadian Lions Childhood Cancer Foundation because we do have other endeavours as we do support children and their families going through



A young boy wearing one of the customized T-shirts with a zipper sewn in from the neck to make chemo treatments easier.



TRIBUNE PHOTOS SUBMITTED

Mike Janssen modelling a shirt created for the presentations he does on the shirts.

childhood cancer," said Janssen.

One of the premier things they do to raise money is their bike ride throughout September where they go out and ride and collect donations.

Since the foundation was started in November 2019, the Canadian Lions Childhood Cancer Foundation has raised almost \$50,000 towards the fight to stop childhood cancer.

"Our foundation couldn't make these shirts happen without the support of the clubs. The clubs are our backbone to provide us with the funding and the material to be able to do this," said Janssen.

Anyone interested in donating T-shirts can contact Janssen by email at mjanssen@shaw.ca or on his cell at 204-330-3802.

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Camp Arnes open house welcomes friends and family

By Autumn Fehr

After two years, a deserted and lonely camp will soon welcome back for friends and family.

On June 4, Camp Arnes will host an open house to kick off the reopening of its summer camp.

The open house is to welcome back friends and family and thank those who have supported them through the COVID-19 pandemic.

Camp Arnes has been around for 72 years and hopes to continue the work they've been doing for many more.

"It allows us to have those generational stories. I hope people know that it's as precious a place now as it ever was," said Jim Croy, the operations director at Camp Arnes.

Their website says, "We're excited to be back on site for 2022 with another big change: the re-introduction of Camp Skills! While still being able to experience the fun of Camp Arnes, we're giving campers the ability to challenge themselves by learning and developing new skills in (but not limited to) sports, archery, bikes and arts & crafts."

There is something for all ages, including Teddy Bear camp for ages 6-7 years; Explorers, 8-10 years; Challengers, 11-13 years; Stokers, 14-15 years; and Leadership Training for 16-17 years.

Teddy Bear Camp is when the smallest campers are the biggest focus. They get the whole camp to themselves for three days and two nights of fun. It's just enough time for kids to make great friends, try new activities and explore all the fun of summer camp. They make amazing crafts at the Creator's Studio, play games in the water and enjoy songs at fireside.

Explorers are at the age when they see the world through their imagination and can find fun in everything. At camp, the world becomes a playground full of new things to explore. They get to climb up the high ropes course, race around on a pedal cart



and let their imagination run free in the Creator's Studio.

Challenger Camp is all about pumped up energy, fun and excitement. Challengers get to try all the epic activities that camp has to offer while making meaningful friendships and memories. Each day is filled with adventures like ziplining, racing on a pedal cart and soaring over the lake on a giant swing. In addition, campers experience outdoor adventures like archery, high ropes, kayaking, paddle boarding and so much more.

Camp Arnes is also bringing back a Camp Arnes classic this year. From July 30 to Aug. 3, families are welcome to have fun at the Camp Arnes Family Camp. Enjoy all that camp has to offer: activities, swimming at the lake, beautiful nature and memories that last a lifetime.

With the easing of restrictions in sight in January and February, Camp Arnes started to make serious plans to reopen come summertime.

As they went into Arborg and Gimli to get supplies to plan their reopening, they started to talk to everybody about opening again.

"It was pretty amazing the excitement in those communities with everyone we talked to," said Croy.

Croy said when the word started to spread that they would be back to business as usual this summer, the surrounding communities were full of excitement.

"We realized that as we did this, us reopening wasn't just a win for us, it's an exciting thing for everyone around



TRIBUNE PHOTOS SUBMITTED

Kids of all ages are supervised by counsellors and welcome to attend a number of camps.

us," said Croy.

The past two years have been tough on businesses, especially camps like Camp Arnes that rely on social interaction and community engagement to run.

Camp Arnes was fortunate to get through the pandemic with the support of the businesses they partner with, so they could continue to do what they do best — creating memories.

"Some of the businesses around us suspended any kind of invoicing to us throughout COVID, which is a huge financial help, and some of the businesses now that we're restarting are asking what more they can do," said Croy.

After everything that was done to ensure they stayed afloat, Croy said the only proper way to thank those that have helped that along the way is through hosting an open house.

"We wanted to make sure that the community knows that the open house is not us as a Christian group pushing our Christianity. It's us as a thankful group, thanking the community," said Croy.

From 12 to 4 p.m. individuals will have the freedom to tour the camps and get to know Camp Arnes as it opens again.

There will be lots of free food and activities at the open house to enjoy, such as bouncy castles and a baby animal farm, all to foreshadow the fun-filled summer ahead for kids.

The children who attend the open house will also receive a scavenger hunt card.

As they go into the different buildings and discover what they are for,

they get their card stamped to later redeem a free item at the "Tuck Shop" — a small store on the grounds of Camp Arnes.

"We are going to be giving away a lot of stuff," said Croy.

The open house is welcome to anyone — those already familiar with the camp and excited for the reopen and those wanting to check out the space for the first time.

"We want to showcase the facilities to the families and other groups that might need a space and not realize what's here," said Croy.

Croy says how it's incredible when he goes into the communities and talks to an adult and their first comment is about how they came to Camp Arnes as a kid.

"Everybody my age or younger has a story about Camp Arnes, whether they came here with band, their school or whether they came here for a summer camp in whatever year," said Croy.

Now with the reopening of camp this summer, it's time for those generational stories to continue.

"Grandpa comparing stories with his grandson about the same experiences they had. Grandpa was here climbing the ropes, and his grandson is gonna be here climbing the ropes," said Croy.

Being around for almost 75 years, Camp Arnes has been able to be a part of thousands of different memories over the years, the camp being the ground tying the generational stories together.

Visit camparnes.com to learn more and register.



Ziplining and archery are two of the is one of many outdoor activities at Camp Arnes.



Expansion underway at Crescent Creek Estates

By Jennifer McFee

More housing options will soon be available in Teulon with the expansion of a 50-plus community.

Crescent Creek Estates, located in the south end of Teulon, is currently home to 80 residents — and it's set to expand to welcome even more residents to the community.

"Our friendly and secure community offers spacious lots, lovely homes and ample green space. We have many amenities, including a club house with outdoor barbecue area, a pond, a storage compound, community gardens and walking paths that connect with the local trails system," said Genevieve Rosset of Crescent Creek Estates.

"Crescent Creek Estates is geared to the 50-plus community, mostly retirees looking to downsize and enjoy the safety and camaraderie of living in a smaller community, all the while being located close to amenities."

The development features large lots that provide plenty of space to enjoy nature right in your own backyard. The lots are leased for \$260 per month, which includes the lot, water, sewer and garbage pickup, as well as use of the storage compound, recreation centre and community gardens. It's ideal for animal lovers since pets are allowed.

"We've just completed developing and servicing 23 new lots. The lots are 60 feet wide by 150 feet long and offer ample space for a home, garage, deck, shed and yard," Rosset said.

"Our new lots in Phase 2 are ready to go. People can now select their lot and start designing their home. All our homes are customizable and range in size from 800 square feet to 1,600-plus square feet."

Crescent Creek Estates works exclusively with two different home-builders: Shelter Home Systems (shelterhomes.ca) and Conquest (conquestbuilt.com).

"For the site work, we're working with local trades and suppliers and look forward to continuing working with them as the development expands," Rosset added.



Crescent Creek Estates is located in Teulon.

The community also features plenty of planned activities and an active social committee that's run by residents for residents.

"The residents take great pride in their community, homes and yards," Rosset said.

"Our spacious clubhouse features a pool table, shuffleboard, fireplace, large-screen TV, a full kitchen and ample space for residents to host family and friends. The exterior also features a deck with barbecues, picnic tables and overlooks a pond and greenspace."

Looking ahead, more plans are in the works for Crescent Creek Estates.

"We have met with the Province of Manitoba and are currently expanding our water treatment plant. The expansion will include a 200 per cent capacity filtration system," Rosset said.

"It will have the highest provincial standards and will offer the highest quality of water."

As well, the rezoning and design of the next phase of the development (Phase 3) is almost complete.

"We look forward to welcoming families and individuals of all age groups in about one year from now," Rosset said.

To check out Crescent Creek Estates, drop by the open house on Saturday, June 25 from 11 a.m. to 3 p.m. The entrance is off Route 415 between Highway 7 and Main Street.



TRIBUNE PHOTOS SUBMITTED

Crescent Creek Estates will host an open house on Saturday, June 25.

"People will be able to tour our show home and get more information about our wonderful community. We'll also have home model plans and design samples on display," Rosset said.

"From 12 to 1 p.m., we will also be hosting a barbecue with hot dogs and

refreshments. Come meet current residents, management and the owners of Crescent Creek Estates."

For more information, visit crescentcreekestates.ca or contact Genevieve Rosset at genevieve.ccestates@gmail.com.



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Elder passing on traditional drum-making knowledge to younger generations

By Emma Honeybun

Students at Stony Mountain School were visited by First Nation Elder James Nelson on May 24 and 25 for storytelling, songs and drum making.

Throughout the two school days, all grades were able to spend a class with Nelson.

Kindergarten to Grade 4 students heard Indigenous storytelling, while Grades 5 and 6 students learned the art of drum making.

Nelson made one drum per class, weaving the materials and explaining the art process to the students as he went along.

Then, he demonstrated a few simple songs to show how it worked and sounded.

Canadian Indigenous drums, depending on the area, are generally two-headed and made through stretching rawhide over a base and tying it with string or rawhide lacing.

Once the drums were completed, Nelson answered questions and gave advice from his experiences and Indigenous stories.

He recounted the different lessons found in particular situations, such as being caught travelling without proper food or water, and how the mind

can accomplish extremely difficult things when it's hard-set on accomplishing a goal.

It was a quiet, thought-provoking experience that had Nelson and the students laughing and sharing different questions and ideas.



TRIBUNE PHOTO BY EMMA HONEYBUN

Elder James Nelson tells a story to the Stony Mountain Grade 5 and 6 students after showing them how to string a drum.

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Local Scout builds little free libraries

By Jennifer McFee

A local Scout had a novel idea that's sure to please bookworms of all ages.

Ten-year-old Finn Smith of Stony Mountain is wrapping up his final year in 1st Stonewall Scouts and he set his sights on earning the Top Cub Award, also known as the Seeonee Award.

Cubs can earn this award in their third and final year of Cub Scouts by completing 10 levels of outdoor skills, dedicating 15 hours of community service and undertaking a meaningful service project.

Finn — who also spent two years in Beavers before progressing to Cubs — soared above these requirements by completing 13 outdoor skill levels and dedicating 22 hours of community service hours.

For his service project, he decided to build a little library and donate it to the community of Stony Mountain. Once again, he went beyond expectations and created not one but two little libraries using donated materials, as well as materials his family had at home.

After getting permission from the RM of Rockwood, Finn installed the little libraries last weekend in Stony Mountain. The first one is located

along the sidewalk near the corner of Memorial Boulevard and Walker Street, and the second one is near the trail map at the bottom of Pike's Peak along Dufferin Drive.

In addition to striving for the Seeonee Award, Finn wanted to make a difference for his town.

"I love my town and like to do something for it," said Finn, a Grade 5 student at Stony Mountain School.

His dad, Colin, outlined some of the project's benefits for Finn — and for the community as well.

"He got to try skills he has never done before, like using drills, nail guns and how to paint properly. He enjoyed making the first and wanted to make more, but we only had enough supplies and time to make one additional library," Colin said.

"He would like everyone in town to go for a walk and find themselves a book to read. He also hopes that it will be stocked with books for all ages so everyone can make use of the libraries. The idea is that people can take a book and leave books that they have already read for others to enjoy."

The project seems to be a perfect fit for Finn, who enjoys reading.

"My favourite book is *Fantastic Mr. Fox* by Roald Dahl," Finn noted.



TRIBUNE PHOTO SUBMITTED

Ten-year-old Finn with one of the free little libraries he built for his service project for Cubs. One is located along the sidewalk near the corner of Memorial Boulevard and Walker Street in Stony Mountain, and the other one is near the trail map at the bottom of Pike's Peak along Dufferin Drive.

At the same time, he enjoys being involved with Scouts and encourages other kids to consider giving it a try.

"I like going on adventures and trying new things. I would recommend Scouts for anyone who would like to learn new skills, especially the outdoors," he said.

"I would like to thank my Scout leaders for the time they spend showing us (the Cubs) how to do everything we have learned."

Colin, who is a Scout leader himself, shared some ways that kids and adults can get involved in the organization.

"We always welcome any boy or girl who wishes to join, if they are inter-

ested in gaining self-confidence, camaraderie with their peers and learning new skills," he said.

"We are always looking for volunteers who can help guide the Scouts in their journey."

Stonewall Scouts offers Beavers (age 5 to 7), Cubs (age 8 to 10) and Scouts (age 11 to 14).

"Scouts helps boys and girls develop the self-confidence, values and problem-solving skills," Colin said, "which will guide them through every future adventure — at every stage of life."

For more information, check out scouts.ca or the Facebook page called "Scouts Stonewall."



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Online 4-H Steer Sale back for another year

By Emma Honeybun

The North Interlake 4-H Steer Sale will be online for a second year, but the cattle will be up for judging at this year's Lunder Fair.

The youth will demonstrate their knowledge and showcase their animals starting at 9:30 a.m. on Friday, June 10 but the sale will be held virtually Saturday, June 11 starting at 9 a.m. and closing Sunday, June 12 at 7 p.m. with DLMS Farm Gate Timed Auctions.

The winning steers, the grand champion and the reserve champion win their young owners jackets and other cash prizes.

Those entering steers in this year's auction range from six to 19 years and come from all over the Interlake, including one from Steinbach.

Even with the large variety of ages, the youth often enter with a plan in mind.

Prize money or funds from the sold steers go towards post-secondary and agricultural schooling, vehicles or farm equipment, or good feed. The price of feed for cattle has risen as much as 50 per cent since the last auction.

The average weight of the steers entered into the 4-H Steer Sale is 1,350 pounds. The steers are priced differently based on weight classes. Depending on the market, that can vary from \$2 to \$3 per pound.

4-H's market beef project is meant to give youth and teens a chance to gain experience every step of the process throughout the steer's growing phase. They're able to go through the evaluation process, practise proper



The 4-H Pledge is at the heart of the 4-H program and represents the values of 4-H members, volunteers and alumni — head, heart, hands and health.

maintenance and health, and develop a great understanding of the beef and farm industry.

The competing youth get their steers as calves and raise them over the six months preceding the show and sale.

It's often hard on the younger competitors for their first time.

"Even older kids, especially if they've got a nice quiet steer, you get a little more attached. You spend a lot of time with them over the six months. That's a long time, especially when you're raising them from just a little baby," said Cynthia Wirgau. "But that's part of it and it's worth it. They learn a lot over the year."

There had been initial discussion on how the sale would be held. The decision to keep it online was due to shifting COVID-19 restrictions.

"Just in case things change, we didn't want to be planning things last minute," said Wirgau.



TRIBUNE FILE PHOTO

Keira Duguid and her Simmental steer Blackie, weighing 1,380 pounds, won reserve champion in 2019. Duguid is a member of the Lunder Beef Club and is looking forward to this year's 4-H steer sale.

"Overall, there's eagerness for the cattle that will be up for show in-person again at the Lunder Fair and excitement amongst the youth about who will win," said Wirgau.

Keira Duguid was one of the bursa-ry winners last year. She had put the funds towards livestock.

"Dad got the call that I had won it, and he kind of hid it from me and he didn't want to tell me originally," she said. "And then once he told me, I

started looking out at all the sales that were coming up. ... I picked out two offers, and we bought them."

One of the cows has its own calf now. Duguid said that they're very sweet.

Duguid has been raising cattle for her whole life but has been with 4-H for four years. She says that she's really enjoyed her time so far.

She said that though the group is competing against each other, they're

Continued on page 21

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Home & yard

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3. **Plastic edging** is affordable and can be made into virtually any shape. However, it's not as durable as other edging options and may need to be readjusted from one season to another. Additionally, some plastic borders can't survive the winter and must be replaced every year.

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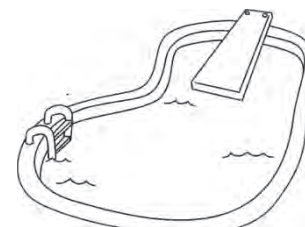


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The South Interlake Planning District (SIPD) would like to give a friendly reminder that **private pools (inground and above ground), hot tubs** and **swim spas** require a Development and Building Permit.

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

Home & yard

6 tips for growing rhubarb

Here are six tips for growing rhubarb in your backyard.

1. Choose a sunny location with rich, relatively moist soil. Ideally, pick somewhere other than your vegetable garden. Rhubarb takes up a lot of space and can cover up smaller plants.

2. Allow at least one metre between your rhubarb and other plants. This ensures it has plenty of room to spread out.

3. Apply compost and all-purpose organic fertilizer annually. Make sure to read the package instructions for the proper application.

4. Remove weeds at the base of the rhubarb plant to avoid attracting pests like weevils. Make sure to regularly remove wilted stems to promote growth.

5. During dry spells and intense heat, water your plant in the evening to prevent shock. Avoid getting the leaves wet, and don't oversaturate the soil.

6. Don't pick any rhubarb the first year. Wait until the third year to harvest heavily. However, never pick all the stems because this can weaken the plant.

Talk to your local garden centre staff for more tips and advice.



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Co-op teams up with local partners to reduce food waste

By Autumn Fehr

In May 2021, Red River Co-op grocery stores launched a diversion program to support people, animals and the planet.

The food reduction program is the first of its kind in the grocery store market, a forward thinker and leader in the trend towards less waste for the world.

To make this happen, Co-op has partnered with Compost Winnipeg, local locations of Leftovers food rescue and Loop Resource.

Since the outset of the program, it has successfully managed to divert over 540,000 kilograms of food to farmers, families and animals who can use it instead of throwing it into the landfill.

The companies in partnership with the program depend on the local region.

Co-op stores in each town have their own way of contributing to the goal and getting one step closer to further

reducing food waste for the planet.

"I know a handful of the farmers that pick up for Loop turn most of what we give them ... to make it into things like pigfeed, which is a much better use and more supportive to a local group than just say that same product is going to the dumpster," said Jeff Thorpe, store manager for the Red River Co-op in Stonewall.

For Red River Co-op's rural stores, like the one in Stonewall, Loop is used to help reduce food waste.

In these rural communities, it is farmers who benefit most from Co-op's food reduction program.

If it's still food safe for animal or human consumption, any food that no longer meets Co-op's food quality standards, such as damaged product, product that is past the best before or expiration date and even meat trimmings are given to Loop to deliver to farmers.

"Loop is the logistical hub for the farmers," said Thorpe.

Farms of various sizes and uses sign up for the Loop program. Farmers are then connected with a store nearest to them to pick up



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall's Red River Co-op manager Jeff Thorpe is proud to be part of the food reduction program.

the donated food to use for their animal feed.

In the end, this helps farmers cut their costs, so they can further invest in their agricultural production, rather than on animal feed.

To reduce waste at the Red River Co-

op in Stonewall as much as possible, almost everything, from produce to deli and bakery, is donated through the Loop program instead of being thrown in the trash.

Someone partnering with the Loop program, usually a local farmer, visits their store daily to pick up the food that is no longer sellable to customers, per Co-op's standards, and Loop delivers the packages to local farmers.

"Loop has been a fantastic opportunity for us to greatly reduce the amount of food that can still be consumed or used in some way, whether that be as animal feed or fertilizer. It's stuff that otherwise we would've just been having to throw away. It can now go off to somebody who has a much better chance of being able to use it," said Thorpe.

The Red River Co-op in Stonewall takes the food reduction program a step further, beyond the bounds of the Co-op enterprise, by donating nutritious food, still within the realms of food safety, to organizations in the area that are in need.

Instead of letting the food go to waste, Stonewall's Co-op is also donating some of their extra food to the local Interlake Food Bank and providing hampers that their customers can buy.

There is still plenty to be done to eliminate food waste completely.

With Stonewall's Co-op committing to a plan to reduce waste by partnering with Loop, they have taken the first step towards accomplishing this goal, taking the lead and showing it can be done.

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all part of a friendly group who speak regularly and support each other, and that any win would be well deserved.

"Everybody supports one another. We're all competing for the same thing. We all want to win, but we all will support each other," she said. "If one person needs help, there's always people that will help you. If the little younger kids need help, lots of older members will step up and help them out. It's nice seeing people work together."

Duguid plans on continuing further. She says that she's "in it for a long time."

On steer health

Preparing and caring for the steers before the event has been different compared to last year; 2021's summer season dealt with an extreme drought, whereas 2022 has been remarkably wet.

Heavy rains and floods have made keeping cattle in good health for the past while much more of a challenge.

"A lot of the families who were dealing with the drought had been cutting back a lot of their numbers, their herd size," said Wirgau. "And then now fighting with the rain, the moisture,

the muddy pens that are not healthy for the livestock. But, if we can get the kids out there, smiling and laughing and having fun, that's what we want to see, right?"

It's important that cattle are kept in drier areas to avoid footrot, a condition in the hooves that's caused by the animals standing in wet ground or puddles for too long. Their feet become soggy and pliable, resulting in badly infected cuts or cracks.

Footrot is easily recognizable through the scent of decay.

It's also important that the cattle are washed frequently but kept warm and dry. They're easily susceptible to colds and sickness if they get stuck in rain or become too chilled while wet, most commonly with respiratory diseases and hypothermia.

"It's too cold to wash cattle because we don't have heated water. You can't get them too cold or else they won't feel good. It's not healthy, right?" said Duguid. "So I've been brushing every day, cleaning them up, clipping them ... getting them all prepared."

Despite the conditions, the cattle seem to be in good hands.

Regular updates on the 4-H steer sale can be found Facebook: North Interlakefour Hbeef.

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2 tbsp | 30 ml fresh parsley, *chopped*
1 tsp | 5 ml each salt & pepper
2 tsp | 10 ml Worcestershire sauce
2 oz | 60 ml mozzarella cheese, *cubed*
buns, lettuce, cheese, tomato, onion & mayo

Combine all ingredients except cubed cheese, buns and toppings into a bowl. Shape into four 1" (2.5 cm) thick patties. Create a small well in the center of each patty and add cheese. Form the turkey to cover cheese. Cover patties and chill 1 hour. Preheat bbq to med-high (375°F | 190°C). Oil grill and cook patties for 4 minutes, flip once, then continue to cook until a thermometer in the thickest part reads 165°F (75°C). Assemble with toppings.



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2019 Toyota Camry
2019 Toyota C-HR
2019 Volkswagen Atlas
2018 Nissan Titan (we have 2!)

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COVID numbers; Manitoba wait times for medical procedures among longest in country

By Patricia Barrett

Six more Manitobans succumbed to COVID in mid-May, according to the provincial government’s weekly COVID surveillance report.

The May 15-21 report shows 537 new PCR-confirmed COVID infections across the province, a decrease from the 728 cases reported the previous week. There were also 112 new hospital admissions, of which 21 needed intensive care, and three additional outbreaks in long-term care facilities. The report shows 1,928 Manitobans have died to date.

Other health news:

Manitoba’s massive backlog of diagnostic and surgical procedures currently stands at 169,198, according the dashboard Doctors Manitoba has made available on its website to inform the public about what’s happening to the health-care system. Backlogged procedures include MRIs, ultrasound scans, lung function tests, endoscopies and bone density studies.

The physician advocacy organization said in a May 10 update that current estimates have the backlog approaching 170,000 procedures.

Doctors Manitoba also posted key findings from a report released by the Canadian Institute for Health Information that show wait times (up to fall 2021) for procedures such as cataract surgeries, hip replacements, knee replacements and MRI scans have increased and are now among the longest in Canada.

“While we already knew wait times increased during the pandemic, this new national report reveals that Manitoba has among the longest wait times in the country for many surgical and diagnostic procedures,” said Doctors Manitoba president Kristijan Thompson in a statement.

June 1 - 15 Doctor availability in emergency depts.										
Day of the Week	Ashern	Eriksdale	Arborg	Gimli	Selkirk	Stonewall	Pine Falls	Pinawa	Beauséjour	Teulon
Mon - 1	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available
Tues - 2	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available
Wed - 3	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available
Thu - 4	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available
Fri - 5	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available
Sat - 6	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available
Sun - 7	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available
Mon - 8	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available
Tues - 9	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available
Wed - 10	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available
Thu - 11	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available
Fri - 12	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available
Sat - 13	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available
Sun - 14	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available
Mon - 15	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available

From June 1-15, emergency room availability at the Eriksdale and the Arborg hospitals is severely limited while Ashern, Gimli, Selkirk and Stonewall hospital ERs are unaffected.

- A critical shortage of nurses has led to bed suspensions and emergency room closures across the Interlake-Eastern Regional Health Authority.

The IERHA suspended emergency department services at Pine Falls hospital effective May 20 and “for the immediate future,” according to a notice on its website.

“The suspension is related to a shortage of emergency department nursing staff, a situation being experienced across health systems in recent months

following more than two years of prolonged pandemic response,” states the May 20 notice.

The health authority advises residents to dial 911 or attend the Pinawa hospital for emergency department services while it continues recruitment and retainment measures in the region.

Emergency department availability can also be affected by a lack of physicians to oversee patient care. The IERHA posts ER availability schedules two weeks in advance on its website. In the Interlake half of the region for the period June 1 to 15, ERs at the Eriksdale and Arborg hospitals will be unavailable for 12 and 10 days respectively. ERs in Ashern, Gimli, Selkirk and Stonewall, however, show doctor availability around the clock.

- The Public Health Agency of Canada reported additional cases of monkeypox in Canada as of last Thursday. The country now has 26 cases, with 25 in Quebec and one in Ontario. The agency said it expects to see more cases.

“It is likely that additional cases will be reported in the coming days as the NML [National Microbiology Laboratory] is continuing to receive samples for confirmatory testing from multiple jurisdictions,” said PHAC in a May 26 statement.

The virus has been reported in 12 non-endemic countries including Australia, Spain, Sweden, Italy, the United Kingdom, the United States and Belgium. It is endemic to central and west Africa.

Canada’s deputy chief public health officer Dr. Howard Njoo advised Canadians to practise physical distancing and wear a mask as the monkeypox virus is not limited to only sexual contact; it can be contracted through airborne particles or by touching surfaces infected with the virus.

Dentures took my taste, but now it’s back!

BY BROCK VANDOR, DENTURIST

It is proven that patients can have loss of taste and smell when they have a full upper denture. This is because the palate (or roof of your mouth) plays a role in your taste and smell, and when a denture covers your palate, the joy of tasting all your favourite foods can be lost!

This was the case for Pam. For years and years she had a full upper denture, and by every standard but one, the denture was great; it was tight, it didn’t hurt at all, the teeth were beautiful and natural-looking and she was very proud of them. However, she missed one thing...the taste of chocolate! “I love my chocolate”, says Pam. “If I really wanted to enjoy chocolate, then I would take my denture out so the roof of my mouth wasn’t covered and just let it melt in my mouth.”

One day Pam was in our clinic and noticed a picture of an upper

denture with no palate. It was totally open and she had to ask about it, wondering if it would solve her chocolate dilemma. “Is that a full denture with no roof of the mouth, Brock? Can I have that?” I said, yes it sure is! The only reason an upper denture covers the roof of your mouth is to create a suction, but if you have dental implants, then you don’t need suction anymore. We can remove all that extra plastic on the roof of your mouth! “Wow, I like the sound of that”, Pam said.

We scheduled Pam in with a Dentist to have the dental implants placed and she still wore her regular denture for a few months while the implants healed. Then, when the implants were strong enough, we built Pam the denture she had been waiting for since her first one decades ago - a full denture with NO PALATE! “This is just amaz-

ing; I got my taste back! It is just so wonderful to be able to have my full taste again, thank-you so much!”

It’s stories like Pam’s that keep us so excited about what we do. We love making people smile and the first step to your new smile is a consultation, which is free. This is where you get to be like Pam and ask questions to find the best solution for you. Sometimes someones teeth are simply worn down and stained and need a fresh set. Other times we just tighten up their dentures with a reline, and what is becoming more and more popular and cost effective are dental implants. When someone has a loose denture, especially the lower and they get even just 2 dental implants, the results are astounding and peoples lives are changed!

Call us today to schedule your free consultation.



- supplied photo - Pam is overjoyed with having her full ability to taste again. She shares her experience with Brock the Denturist and his wife, Elisha.

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299.5 Eaton Ave, Selkirk, MB

WCI Coffee house supports Ukrainian relief



TRIBUNE PHOTOS BY DEAGHAN MCLEOD

Warren Collegiate students held a coffee house on May 24 with proceeds being donated for Ukrainian Relief. Local musicians and entertainers performing included Rosssdale Ukrainian dancers, Amber Archer, Marissa Varnes, Rae Lucier, Braeland and Lachlan McLean, Vitretz, Lauren Voth, Joy Makarchuk, Reese Hnatuk, Shalene Varnes, Marissa Varnes and Two Crows for Comfort.



Activities for Seniors in Your Area



JUNE Calendar of Events!
Activity Centre • 374 – 1st Street West
For newsletters,
visit www.si55plus.org

Proof of vaccination and photo ID are required for in person programming, and proper mask use is encouraged. For more programming or to see how programs are being delivered, visit our website, or contact the office.

Clip & Save

June 2022:

June 3: Quilter's Corner 11:00am (In Person)
 June 8: Stitch N Craft/Men's Chat 10:30am (In Person)
 June 8: Cards/Games 1:00pm (In Person)
 June 9: Virtual Chat 3:00pm (Zoom)
 June 10: Travel Club Meeting 11:00 am (In Person)
 June 10: Canasta 1:00pm (In Person)
 June 14: Celebrations "Summer of 69" 9:45 Departure
 June 15: Luncheon at Noon, World Elder Abuse Awareness Day
 June 15: Cards/Games 1:00pm (In Person)

June 16: Cabin Fever Reliever 3:00pm (Zoom)
 June 17: Quilter's Corner 11:00am (In Person)
 June 22: Stitch N Craft/Men's Chat 10:30am (In Person)
 June 22: Cards/Games 1:00pm (In Person)
 June 23: Kildonan Place Shopping Trip
 June 23: Virtual Chat 3:00pm (Zoom)
 June 24: Canasta 1:00pm (In Person)
 June 29: Stitch N Craft/Men's Chat 10:30am (In Person)
 June 29: Cards/Games 1:00pm (In Person)
 July 6: Stitch N Craft/Men's Chat 10:30am (In Person)
 July 6: Book Club 12:00pm (In Person)
 July 6: Cards/Games 1:00pm (In Person)

PICKLEBALL

Wednesday mornings, 9:30am
 Tuesday & Thursday evenings, 6:00pm



Sunova Curling Rink
Members \$3:00
Non-Members \$5.00

Call 204-467-2582 for more information

LINE DANCING

First 2 classes free!
 Come and give it a try!

For more information call **South Interlake 55 Plus** at 204-467-2582
 Tuesdays/Thursdays 11:00am

CELEBRATIONS DINNER THEATRE

Tuesday, June 14th
Matinee "Summer of 69"

Registration deadline: June 7th
 Members \$75/Non-Members \$85
 Depart 9:30am from Lions Manor, Entrance 1 and 9:45am from 55 Plus

KILDONAN PARK SHOPPING TRIP

Thursday, June 23rd
 Depart 9:15am from Lions Manor, Entrance 1 and 9:30am from 55 Plus
 Registration deadline: Tuesday, June 21
 Members \$20, Non-members \$30
 Call 204-467-2582 to register



HOP, DROP AND SHOP

Operated by Stonewall and Area Mobility Service

June 6 – Manic Monday at Family Foods (Stonewall)
July 5th - 10% Tuesday at Co-op (Stonewall)

• **Stonewall pickups from:** Lions Manor, Crocus Manor and Stonewood Place. **11:00 AM**
 Price is \$5.00 round trip. (Interac Tap is available)
 Stops include Family Foods, Red River Coop, Center & Main (for banking) and Westside Plaza.

Call (204) 467-9446 to reserve your seat!



Become a Member of South Interlake 55 Plus today!
Membership is Only \$20.00 Annually!

Memberships Can Now Be Completed On-line! Check out our Website at www.si55plus.org to fill out a Membership form for a New Membership or to Renew.

- You do not have to be 55 + to become a member! Associate members enjoy all of the benefits of membership, with the exception of holding a position on the Board of Directors, and voting at the AGM.
- The South Interlake 55 Plus is now able to offer E-Transfer as an alternate payment method! Payment for memberships, programs and donations can now be cashless.

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

For more information call 204-467-2582

South Interlake Seniors Resource-Stonewall
144-622 Centre Avenue-Lions Manor, Entrance 4.

SOUTH INTERLAKE SENIORS RESOURCE

Support Services for Seniors • Driver/Escort Program

- Equipment Lending Service • Meals on Wheels • Lifeline
- ERIK and ICE Programs • Handy Helper/Housekeeping Program
- Friendly Visiting and Telecheck (phone buddy)
- Home Hair Care Service • Resource information/Form Assistance

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

204-467-2719 www.sisrc.ca

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



Become a champion of elder abuse prevention every year, on June 15th, we all join forces to remind the world that human rights don't get old. This **World Elder Abuse Awareness Day (WEAAD)**, we're inviting Canadians of all ages to become a Champion of elder abuse prevention by pledging to stand up for the rights of older people.

Register for the Event @ www.weaad.ca

Neighbours, friends and family members can learn to do three things:

1. **SEE IT!** "It's not right!" Recognise the warning signs of abuse.
2. **NAME IT!** "I'm worried about you!" Talk to the older adult. Name your concern.
3. **CHECK IT!** "What can I do to help?" Ask questions check with professionals, check for danger- help with safety planning.

Show your Support wear a Purple Ribbon! Elder Abuse is everyone's business!

Learn more about elder abuse and what you can do to help @ www.weaadmanitoba.ca
 Together we can prevent the abuse of older Manitobans.

"EMPOWERING INDEPENDENCE"

PRESENTED BY VICTORIA LIFELINE MEDICAL ALERT SERVICE

Tuesday, June 28th, 2022 • 1:00 pm

Join Seniors Resource & 55 Plus Centre @ South Interlake 55 Plus Centre
 374 – 1st St W (Odd Fellows Hall) Stonewall, MB

Being prepared is empowering - learn about important resources that can support your independent lifestyle, giving you the ability to continue doing what you love!

SISRC is actively looking for Board Members

We meet September to June once monthly.

For more information, please call our office at 204-467-2719.

For more information call 204-467-2719

St. Laurent Seniors Resource Council Inc.

"A HELPING HAND WHEN YOU NEED IT"

55+ and people with disabilities

Offering support services within the RM of St. Laurent and surrounding areas

St. Laurent Community Health Centre

51 Parish Lane, 204-646-2504 ext.4

Seniors Resource Coordinator, Darlene McKay

- Footcare Clinic • Mobility Aids • Victoria Lifeline
- (E.R.I.K.) Emergency Response Information Kit
- Volunteers for Different Services Such as Telecheck
- Resource Information • Transportation
- Fundraising Activities Throughout the Year.

Inquire about our new bike club coming soon!

"Celebrating Seniors in Action"

Teulon & District Seniors Resource Council Inc.

Providing a Helping Hand

**Find us at 54 Main St,
 Teulon 204-886-2570**

PROVIDING FREE SERVICES TO SENIORS:

- PHONE BUDDY • DRIVER ESCORT
- INFORMATION/FORM ASSISTANCE
- COMMUNITY VOLUNTEER
- INCOME TAX PROGRAM
- MEDICAL EQUIPMENT LOANS

REGULAR OFFICE HOURS: 8:30AM-4:30PM

Community Better Challenge celebrates staying active with 'Jump into June'

By Emma Honeybun

Rosser Woodlands Recreation will be holding Jump into June beginning Monday June 6 to Saturday, June 12, a week full of free recreational activities for the community.

The event is partnering with ParticipACTION and their Community Better Challenge. Those participating are encouraged to download the app to track their progress and help the community gain a chance at winning \$100,000.

The goal of the week is to help the Rosser Woodlands community get outside and enjoy the season's warm weather. The free activities are accessible for a wide variety of age groups to enjoy together and at the same time.

Notable activities include a boot camp class with Christina Hooper, a

personal trainer and lifestyle coach who organizes those camps in the area.

Rosser Woodlands Recreation's Riley Morningstar, facilitator for the event, said that she is looking forward to having Hooper with them.

Another activity is yoga, a great opportunity for those who have wanted to try it but haven't been able to yet.

"I wanted to open it up and offer a chance for people who've either never tried yoga or just haven't had a chance to go to the Rosser class and might want to come out and take a chance before they pay the money to take the class," said Morningstar.

The boot camp and yoga will both be held on Monday.

There will also be a gymnastics class Wednesday evening and daily walks

through trails that Morningstar is facilitating herself.

Jump into June will also have donated prizes for participants through partnered businesses.

Family Foods donated gift cards, Market Six donated 25 different bags of healthy goods to be given out at events, Warren Wellness donated a free treatment, and RMs supplied a variety of different swag.

Jump into June is being funded by a grant, but Morningstar is hopeful that this year will spark interest in a second.

"It's been just such a great community effort to kind of get this program up and running," said Morningstar. "We hope that it's a success."

Registration is required as there are some programs that have limited



space, but the whole community is welcome for an inclusive experience.

More info on the activities and registration can be found on the Rosser Woodlands Rec website: <https://www.rosserwoodlandsrec.com/jump-into-june.html>

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Summers named RMFL defensive player of the game at 2022 Challenge Cup

By Brian Bowman

The Interlake Thunder had six players represent the Rural Manitoba Football League against Team Saskatchewan in a nine-man game at the 2022 Challenge Cup in Melville, Sask.

Interlake offensive linemen Keenan Karish, Dallas Batenchuk and Reilly Olafson, linebackers William Summers and Alex Luke and defensive back Kaiden Kendal each played well in a hard-fought 24-16 loss.

Summers really stood out and was named the RMFL's defensive player of the game.

"It was a good experience," said Summers, who lives in Selkirk. "It was kind of weird playing on a team with players that I knew all year from playing against. It was cool to see us coming together to form one team."

Summers didn't expect to get the defensive honour.

"I didn't see it coming at all," he admitted. "It was really cool when I heard my name get called. I was kind of surprised. ... It was, for sure, a shock."

The 32-player team was selected after the recent RMFL all-star game. It was pretty impressive that Interlake had six players named to the team.

"The Thunder was an amazing program, I learned a lot from them," Summers said. "Three of the six that we sent are linemen and that's why I think our season was so good. Our (offensive) line was great."

Summers admitted playing nine-man football is different than having 12 players from each team on the field



Interlake Thunder linebacker William Summers was named the Rural Manitoba Football League's defensive player of the game in the 2022 Challenge Cup.

at the same time.

"It's got its ups and its downs," he said. "I've recently started playing 12-man football so it was a bit of a struggle switching to that just because there's more people to cover on the field. I would prefer 12 over nine."

Summers, 17, has been training with the Winnipeg Rifles who play in the



TRIBUNE PHOTOS SUBMITTED

The Interlake Thunder had six players represent the RMFL against Team Saskatchewan at the 2022 Challenge Cup. Back row, left to right: Reilly Olafson, Keenan Karish, and Dallas Batenchuk. Front row, left to right, Alex Luke, Kaiden Kendal and William Summers.

Canadian Junior Football League.

"That league goes up to 22 so (the players) can kind of be intimidating at times," he said.

Summers was thankful for all of the support he has received from his mom Denise Gallant, his father William Summers, and his stepmom Jordann Wright.

"I couldn't have played football without their support," Summers said. "Putting money towards it and any training. Especially my dad, he has been a trainer of mine and he goes to the gym with me almost every day of the week. My parents were the reason why I had any chance of winning this award."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Sprague makes Canada's women's football team

By Brian Bowman

Not many athletes get an opportunity to represent Canada on an international stage.

But Julie Sprague will be doing just that in Finland next month.

Sprague recently made Team Canada and will compete at the 2022 World Women's Football Championships from July 20 to Aug. 8.

"I'm really quite excited," said Sprague, a former Interlake Thunder player. "I tried out (before) and didn't make it so it's nice to see all of that hard work pay off. I've never been to Europe so I'm excited to go there and play American football."

Sprague was one of about 140 athletes that were invited to a tryout camp in Ottawa last month. That number was eventually cut down to 45.

"It was a really cool experience,"

Sprague said. "There were athletes from all around Canada. I got to play in the red and white game, which was with the top 70 players and that was a super cool experience. Now I'm excited to be in the top 45."

Sprague, 24, plays on the offensive line. She had previously played on the offensive line before switching to the fullback position.

"I actually had a knee surgery that kind of determined that I would move back to the line," she explained. "It's been good. For sure, it's different and I'm learning a lot. The tryout camp for Team Canada was really awesome and I learned a lot from really good, knowledgeable coaches."

Sprague is currently in mid-season with her Manitoba Fearless team that competes in the seven-team Western Women's Canadian Football League. The Fearless evened their record to



TRIBUNE PHOTOS SUBMITTED

Julie Sprague (66) will represent Canada at the 2022 World Women's Football Championships in Finland July 20-Aug. 8.



Julie Sprague, back row far right, is one of six Manitoba Fearless players on Team Canada.

1-1 with a thrilling 33-31 win over the Regina Riot on May 14. Manitoba played the Winnipeg Wolfpack this past Sunday.

The Fearless have a lot of talent on this year's squad.

"We've struggled for a very long time but we got some really good vets a couple of years ago (2018-19) that kind of changed the culture of the team," Sprague said. "I've coached football the last six years and now those players that started as young children are now amazing athletes. They're helping our team so much."

One of those talented young players

is Maddi Siwicki, another former Interlake Thunder player. She threw a late touchdown pass to Morgan Mofatt in the win over Regina.

"She's an awesome quarterback," Sprague said. "She's really good at managing the field. We have a really strong receiving core now, too, so she is able to show off her talents with her arm, which is really awesome. She's doing great."

The Fearless will play the Wolfpack again on June 5 at Eastside Field. Kickoff is 1 p.m.

Sandy Hook Golf Club to host junior tournament

Staff

The Sandy Hook Golf Club will be hosting a 2022 Junior Golf Tournament on June 26.

The tournament, which will begin at 2 p.m., will be part of the course's 100-year anniversary celebration on July.

It's a great idea for Sandy Hook to

host a junior tournament.

"We've formed a community ... and what we're trying to do is celebrate the 100th anniversary of Sandy Hook," said Randy Shrofel, adding advertising posters have been placed in the community.

There will be boys' and girls' 12-14

and 15-17 age divisions.

The cost to enter is just \$30 and includes green fees, prizes, and a meal. Players must be registered by June 19.

The winner of each group will receive a trophy, plus their registration will be paid for the 100th Manitoba Junior Championship, which will be

held at the St. Charles Country Club July 13-15.

For more information and registration form, please visit sandyhookgolf.webs.com or call 204-389-5466.

Athletes on track in Stonewall



TRIBUNE PHOTOS BY LANA MEIER

There were several outstanding performances by local athletes at a track and field meet in Stonewall last week. Pictured, top left, the Stonewall Collegiate's Jayla Butcher flies through the air while teammate Grace Fines clears the hurdles. Bottom left picture: Warren Collegiate's Katie Dorsch competes in the high jump and the Wildcats' Carter Olson lands in the sand.

Bisons golden at 18U volleyball nationals

By Brian Bowman

The Manitoba Junior Bisons were golden at the 18U Canadian Volleyball Nationals in Edmonton last month.

Balmoral's Liam Pauls, a talented 6-foot-5 outside hitter, was a member of that national champion team.

The Junior Bisons defeated the Junior Heat 2-0 in the final by scores of 25-23 and 25-11.

"(They) were a really talented team," said Pauls. "We were the two best teams in Canada. We expected it to be a bit of a dog fight. Winning a national championship is surreal. It took a while to take it in. When I was in Edmonton I was still processing the whole thing and then I came back to Stonewall and went to school and all of these people were asking for stories and congratulating me so I'm just realizing now how big of an accomplishment this really was."

To reach the final, the Junior Bisons defeated a talented Pakmen team from Ontario 2-0 (25-22, 27-25).

"They were the team to beat," said Pauls. "I would say they were the favourite to win (nationals). They've won it every year for our age group. They knocked us out in 15U so it was a personal matter — it was special."

The Junior Bisons were fantastic at nationals, finishing with a perfect 9-0 record at the elite tournament.

This was the third time that Pauls has competed at the nationals. He won a bronze medal at the 15U nationals.

Pauls has previously played club volleyball with the Selkirk Royals and WinMan.

Pauls really enjoys playing for the Junior Bisons. "It's a great program," he said. "We had help from the U of M head coach and we have such a talented group. We have such a deep team and we didn't have any holes. They are fun to play with because I get pushed every day in the gym."

Pauls, a Grade 12 student at Stonewall Collegiate, excelled on the Rams' varsity boys' volleyball team this past season and is now training with the provincial team. He will be attending school and playing volleyball for the Brandon University Bobcats.

"This team was top four in Canada West last season so I have to earn my stripes," said Pauls, who will be studying physical education. "It's going to be completely new because I'll be the young guy so I'll just have to work hard and prove myself."



TRIBUNE PHOTO SUBMITTED

Liam Pauls and the Jr. Bisons won the gold medal at the U18 volleyball nationals in Edmonton.

Rams earn spots at MHSAA provincials

By Brian Bowman

The Stonewall Collegiate Rams are headed to the MHSAA baseball provincials.

Stonewall soundly defeated the Ashern/Fisher Branch/Lundar Kodiaks 15-0 in the Zone 5 final last Wednesday in Grosse Isle.

Hayden Faragher started on the mound for Stonewall. He was relieved by Brody Kops and Curtis Taylor.

Stonewall started the zones with a dominating 24-2 win over the Fisher River Hawks earlier in the day.

"Both games were pretty much blowouts, I would say," said Rams' coach Curtis Grieve. "We were pretty good. I thought all of our guys on the mound were pretty good and it really didn't matter who we were throwing in there at the end of the games." Grieve said the Rams did a really good job offensively putting the ball in play and they were also impressive defensively.

The Kodiaks reached the final of the four-team tournament after beating



The Rams Curtis Taylor delivers a pitch against the Kodiaks in the Zone 5 final.

the Warren Collegiate Wildcats 15-4.

The MHSAA baseball provincials will be held June 2-4 in Brandon.



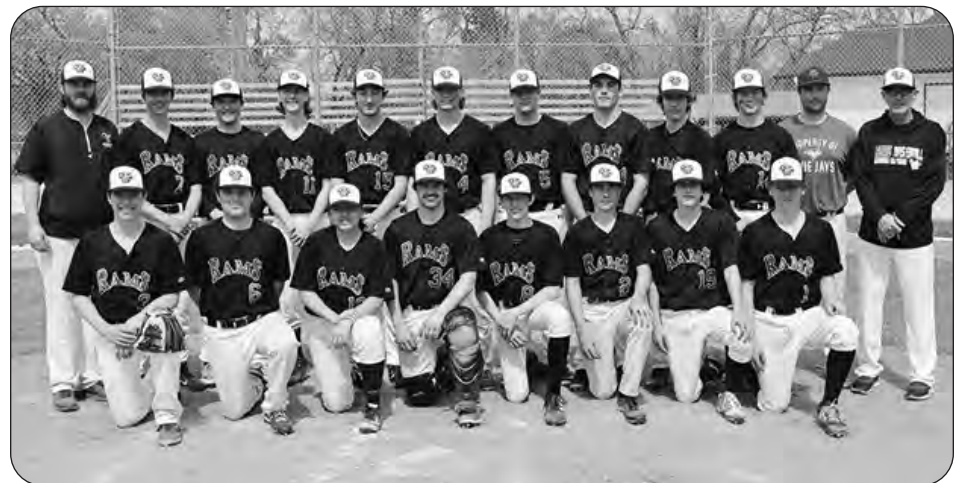
Stonewall Collegiate's Justis Hellegards is congratulated by his teammates after hitting a home run.

Hitting the diamond



TRIBUNE PHOTO BY LANA MEIER

Interlake Orioles' right-hander Bryce Meyers delivers a pitch against the North Winnipeg Pirates during U18 AAA action last Thursday in Stonewall.



TRIBUNE PHOTOS BY LANA MEIER

The Stonewall Collegiate Rams are headed to the MHSAA baseball provincials after defeating the Ashern/Fisher Branch/Lundar Kodiaks 15-0 in the Zone 5 final last Wednesday in Grosse Isle. Pictured, back row: head coach Cody Benson, Tyler Persoage, Curtis Taylor, Alex Kaczorowski, Brody Stovin, Justis Hellegards, Adam Newcombe, Reid Baryliuk, Evan Reimer, Hayden Faragher, assistant coach Eric Swanson and assistant coach Curtis Grieve. Front row: Spencer Schaeffer, Daniel Forsythe, Ella Holm, Rylan Slatcher, Trent Hogg, Bryce Meyers, Brody Kops and Alex Myers.

Stonewall's roster is loaded with depth and the Rams expect to be competitive at provincials.

"We hit all the way through our lineup," said Rams' coach Cody Benson. "We can hit for power, we can run really well, and we throw well enough."

In Zone 5 fastpitch action, Stonewall defeated Warren 9-5 last Wednesday at Quarry Park to punch their ticket into the provincials.

The 11-team MHSAA fastpitch provincials will be played June 3-4 in Brandon.

To see more photos
of your favourite
Interlake Athletes

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get inspired

> MEAL IDEAS


FamilyFoods
Phone 467-5553

Chicken Parm-eroni Sliders



Recipe courtesy of Guy Fieri
Prep time: 30 minutes
Cook time: 30 minutes
Servings: 6
1 cup unsalted butter
1/2 cup minced garlic
1 package King's Hawaiian Pretzel Slider Buns
3 cups vegetable oil
2 cups pepperoni, julienned
1 1/4 cups marinara sauce
9 breaded chicken tenders, cooked crispy
5 slices fresh mozzarella
5 slices provolone cheese
9 teaspoons grated Parmesan cheese
2 tablespoons finely chopped Italian parsley
In small saucepot over medium heat, melt butter and add minced garlic. Cook 3-4 minutes until garlic softens but does not brown. Remove from heat and set

aside.

Separate pretzel slider buns and brush inside halves with melted garlic butter. Toast rolls on griddle until golden brown; flip and slightly toast outside of rolls. Set aside.

In 4-quart saucepot with thermometer, heat oil to 350 F. Fry pepperoni until bubbles start to slow. Carefully remove from oil and place on plate with paper towel.

In small saucepot, heat marinara sauce. Place 1 tablespoon sauce on bottom halves of slider buns.

On lined sheet pan, place one chicken tender on each slider bun. Place 1 tablespoon marinara sauce on top of each tender followed by half slice mozzarella then half slice provolone. Top each slider with 1 teaspoon grated Parmesan. Place baking sheet in broiler and melt cheese.

Top cheese with 1 tablespoon crispy pepperoni on each slider.

Top sliders with other halves of toasted slider buns. Brush tops with garlic butter and sprinkle with chopped parsley. Use bamboo picks to secure.

Lobster Knuckle Sliders with Spicy Mayo



Recipe courtesy of Guy Fieri
Prep time: 15 minutes
Cook time: 15 minutes
Servings: 6
1 package King's Hawaiian Slider Buns
3 tablespoons unsalted butter, melted
1 tomato, finely diced
1 celery stalk, finely diced
1/2 cup Japanese mayonnaise
1 tablespoon sriracha
kosher salt, to taste
freshly ground black pepper, to taste
1 lemon, cut in half
1 package tempura flour mixture
1 teaspoon seafood seasoning
9 ounces cooked lobster knuckle meat
2 1/2 cups white cabbage, shredded fine
2 tablespoons extra-virgin olive oil
3 tablespoons chives, finely chopped
Separate slider buns and brush inside halves with melted butter. Toast rolls on griddle until golden brown; flip and slightly toast outsides of rolls.
In mixing bowl, combine diced tomatoes, celery, mayonnaise and sriracha.

Season with salt and pepper, to taste; add juice and zest from 1/2 lemon. Mix well to fully incorporate. Place in refrigerator to chill.

Mix tempura batter per package instructions and season with seafood seasoning.

Preheat deep fryer to 350 F.

Pat lobster dry with paper towels. Place lobster in tempura batter and allow to sit 30-60 seconds.

Remove lobster one piece at a time, allowing excess batter to drip off. Working in batches, fry until golden brown, about 3 minutes.

While lobster is frying, place cabbage in mixing bowl; add extra-virgin olive oil and juice from remaining 1/2 lemon. Season with salt and pepper, to taste. Mix well to incorporate evenly.

Place 2 tablespoons cabbage mixture on each bun, making bed on each bun to hold lobster in place.

Remove lobster from fryer and allow excess oil to drain completely. Toss lobster in mayonnaise mixture and sprinkle with chopped chives. Place lobster on cabbage mixture then add top buns and secure with bamboo skewers.

4 heart health tips

By Fitness Expert Julie Germaine Coram

Cardiovascular disease is dangerous and on the rise, especially for ages 35 to 64, due to high blood pressure and obesity. Fortunately, lifestyle changes greatly reduce the risk of developing heart conditions. Staying in shape by exercising and following a heart-healthy diet are key. Below are 4 strategies to make better choices:

1. Pay attention to fibre content in foods. High-fibre foods, particularly soluble fibre, are proven to help lower cholesterol back to optimal levels. An easy way to start is with breakfast! Instead of sugary breakfast cereal, reach for oatmeal topped with berries.

2. Eat Omega-3 fatty acids regularly. Healthy fats reduce inflammation, manage cholesterol, and lower blood pressure, all of which helps your heart. To boost your intake, try swapping out croutons on your salad for walnuts. Walnuts have that satisfying crunch and the omega-3 fatty acids your body needs.

3. Cut back on trans-fats and processed foods. The fats in processed foods lower good cholesterol and increase bad cholesterol. If you're craving something sweet, make your own treats from scratch, for example, canned frosting is high in trans fats, so instead use whole ingredients like cream cheese and powdered sugar.

4. Include antioxidant-rich foods with every meal. Fruit and vegetables are one of the absolute



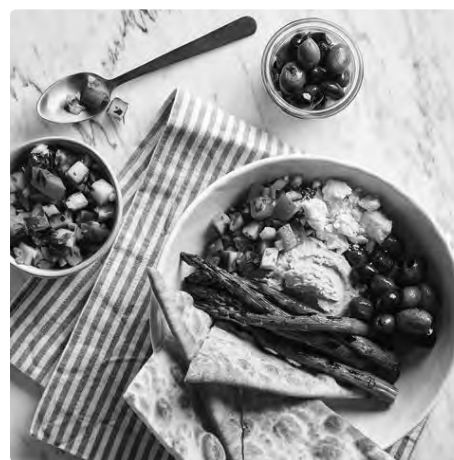
Health and Wellness Fitness expert Julie Germaine Coram

best ways to combat inflammation throughout your body. Make a point to have a side of any veggie with your breakfast, lunch, and dinner. For dessert, cut out on ice cream and try a lowfat yogurt with fruit and nuts.

Try making small changes over time, and remember that your future self will thank you for it!

Would you like to lose 2" from your waistline in the next 30 Days? Join my VIP Fat Loss Challenge! Secure your spot asap – limited space available. Visit: www.calendly.com/juliegermaine or email info@juliegermaine.com

Coach Julie Germaine Coram is a Manitoba-born fit mom, 2x International Pro Fitness Champion, Miss Fitness Manitoba, Certified Nutrition & Renowned Fitness Expert. She has helped thousands of men and women improve their health since 2005.



Mediterranean Platter

3 cups hummus
1/2 cup crumbled feta cheese
1 1/4 cups pitted mixed olives
6 pita breads, warmed and quartered
In bowl, mix lemon, 1/4 teaspoon salt and sugar. Cover and chill 2-6 hours. Dice lemon. Mix diced lemon and 1/4 teaspoon olive oil. Cover and chill.

Mix diced lemon, tomato, cucumber, pickle, green onion, parsley, vinegar, 1 1/2 teaspoons olive oil and 1/4 teaspoon salt. Cover and chill.

Lightly oil grill rack and heat grill to medium. Mix pepper, asparagus, remaining oil and remaining salt.

Grill asparagus 2 minutes, or until tender-crisp. Let cool. Cover and chill.

Set large serving platter on work surface. Place hummus and tomato salad in small bowls.

To assemble, place larger items on platter then arrange smaller items around them. Group pita in several small stacks next to bowls. Arrange feta and olives in remaining space.

Recipe courtesy of Aramark
1/2 lemon, thinly sliced
3/4 teaspoon kosher salt, divided
1/4 teaspoon sugar
3 3/4 teaspoons extra-virgin olive oil, divided
1 cup diced tomato
1 cup diced English cucumber
1 tablespoon diced dill pickle
2 tablespoons sliced green onion
2 tablespoons fresh flat-leaf parsley leaves, chopped
1 1/2 teaspoons red wine vinegar
1/8 teaspoon ground black pepper
1 pound fresh asparagus, trimmed

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SUDOKU

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

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!

Bell

PUBLIC NOTICE

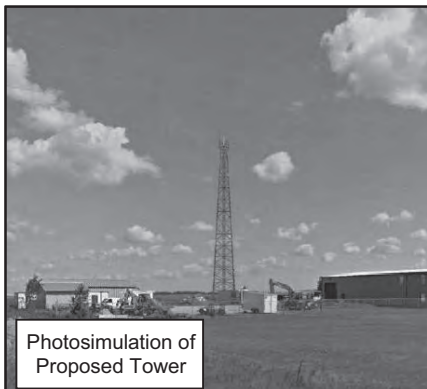
PROPOSED BELL MOBILITY RADIOCOMMUNICATIONS FACILITY TELECOMMUNICATION TOWER

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 2m x 2.4m 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 July 2, 2022 in compliance with ISED's telecommunications policy. This tower is fully compliant with ISED guidelines, as found under the Client Procedures Circular 2-0-03.

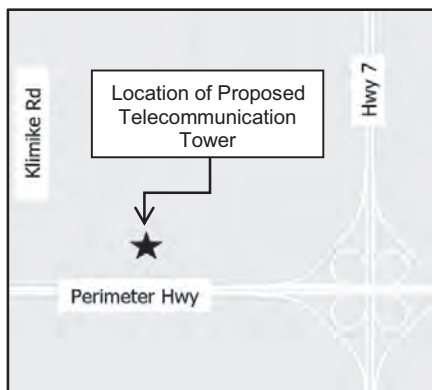
TOWER LOCATION: 9040E PTH 101, NSR, North Perimeter Hwy, RM of Rosser, MB

COORDINATES: Lat. N49°59'30.66", Long. W97°14'48.357"

LEGAL: Ptn. SW 10-12-2 EPM



Photosimulation of Proposed Tower



ANY PERSON MAY comment by close of business day on July 2, 2022 with respect to this matter.

BELL MTS CONTACT:
Evolve Surface Strategies Inc.
Anthony Novello, Municipal Specialist
Unit A, 2151 Portage Ave.
Winnipeg, MB R3J 0L4
T: 1-888-912-2640
E: comments@evolvesurface.com

evolve
SURFACE STRATEGIES INC.

Agents for Bell MTS, A Division of Bell Canada.

METAL RECYCLING

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

SCRAP METAL

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HELP WANTED

Overland Truck Outfitters, the leader in truck caps and truck accessories, is looking for a reliable motivated person to install truck accessories. Bring resume to Overland Truck Outfitters, 102 Aviation Blvd. St. Andrews. 204-338-4292.

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.

HAVE A NEWS TIP OR AN INTERESTING STORY?? CALL 204-467-5836

HELP WANTED

Certified Health Care Aides - Must be able to cook, clean, do light housekeeping and assist client with bathing and dressing. Four hour Day, evening and night shifts available on the north side of Winnipeg. Call for details. Drop resume at 230 Manitoba Avenue Selkirk or email reception@bondedhealth.ca

Looking for computer & cell phone geek/expert. Will pay cash. Call 431-275-2973.

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.

Hiring Class 1 drivers. Must have 2 years of gravel hauling experience. Must have excellent communication skills & a good attitude. Call Tim at 204-955-1654.

PRAIRIE TRUSS IS HIRING! Full time permanent work. Truss assembly position. Competitive wages with benefits. Send resume to careers@prairietruss.com

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Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

Old advertising dealership signs, gas pumps, globes, pop machines, light ups. White Rose, Red Indian, Buffalo, North Star, Case Eagles. etc. Collector paying TOP PRICES. 306- 221-5908.

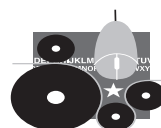
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URGENT PRESS RELEASES - Have a newsworthy item to announce? Having a spring/summer event? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA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

Need to Promote Your Business?

Call 204-467-5836 or Email igraphic@mts.net

NOTICES

HIRING? RENTING? SELLING? NEED STAFF BADLY? 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 204-467-5836 or call MCNA at 204-947-1691 for details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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ICEMAKER REQUIRED

Stonewall Curling Club is looking for a new icemaker for the 2022-2023 curling season, to start this September.

Please contact Stu Brown (204) 223-8468 or info@stonewallcurling.com if interested.

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ANNUAL GENERAL MEETING

Interlake Cattleman's Co-op Association Ltd.

Annual General Meeting
Monday June 20, 2022
8:00 P.M.

ASHERN AUCTION MART

Auditors Financial Report

Election of Directors

Manager's Report

Dainties and coffee will be served.



AVIS PUBLIC

PROJET DE TOUR DE TÉLÉCOMMUNICATION DE BELL MOBILITÉ

Bell MTS s'engage à fournir aux communautés canadiennes des services sans-fil pour le cellulaire et le transfert de données à haute vitesse. Afin d'améliorer la qualité de son service dans la municipalité rurale de St Laurent, Bell MTS propose la construction d'une tour haubanée de 107 mètres en hauteur, ainsi qu'au pied de la tour un abri mesurant approximativement 9 mètres carrés pour les équipements auxiliaires. Le périmètre du site sera clôturé afin de limiter l'accès au public. Dans le cadre du processus de consultation établi par l'organisme fédéral nommé Innovation, Sciences et Développement économique Canada (ISDE) et du cadre réglementaire de Bell en vertu de la Loi sur la radiocommunication, Bell MTS invite le public à transmettre ses commentaires sur l'emplacement proposé avant le 4 juillet 2022. La tour proposée est conforme à l'ensemble des directives du ISDE contenues dans la circulaire des procédures concernant les clients CPC-2-0-03.

EMPLACEMENT DE LA TOUR: Environ 1,1 km à l'ouest de l'intersection des rues Twin Beach et St Veterans Memorial

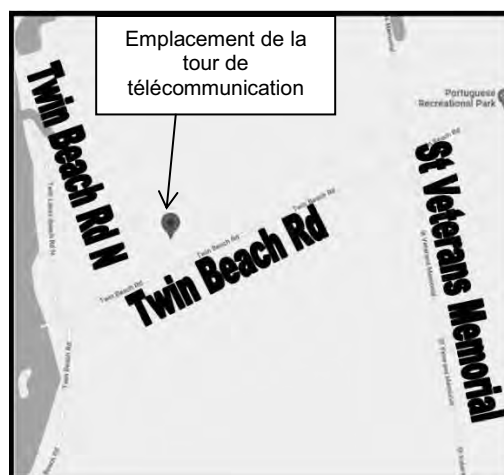
COORDONNÉES: Latitude: 50°21'36.2654"N Longitude: 97°56'24.8588"W

DESCRIPTION LÉGALE: Lot 1 Plan 34740 WLTO Exc all mines and minerals as set forth in Instrument 2146273 WLTO in RL 1 Parish of St Laurent

TOUTE PERSONNE PEUT soumettre leurs commentaires relatifs à ce projet avant le 4 juillet 2022.

CONTACT CHEZ BELL-MTS:

Marshall Rasmussen
Medallion Wireless
Consultants pour Bell MTS
2417 Main Street
West Kelowna, BC, V4T 2H8
Fax: 604-469-6838
Courriel: lfeedback@Medallionwireless.com



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 107 metre guyed tower with ancillary radio equipment including an equipment shelter 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 before July 4, 2022 in compliance with ISDE's telecommunications policy. This tower is fully compliant with ISDE guidelines, as found under the CPC-2-0-03.

TOWER LOCATION: Approximately 1.1km West of the intersection of Twin Beach Rd and St Veterans Memorial

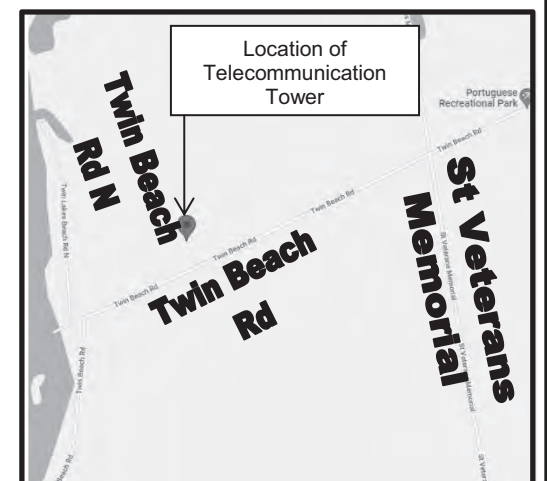
COORDINATES: Lat: 50°21'36.2654"N Long: 97°56'24.8588"W

LEGAL: Lot 1 Plan 34740 WLTO Exc all mines and minerals as set forth in Instrument 2146273 WLTO in RL 1 Parish of St Laurent

ANY PERSON MAY comment by close of business day on July 4, 2022 with respect to this matter.

BELL MTS CONTACT:

Marshall Rasmussen
Medallion Wireless
Consultants for Bell MTS
2417 Main Street
West Kelowna, BC, V4T 2H8
Fax: 604-469-6838
E: feedback@Medallionwireless.com



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Employment Opportunity

In cooperation with the Interlake-Eastern Regional Health Authority and the Manitoba Métis Federation, the following summer student positions are available:

Student Dietary Aides: Various Locations in the IERHA

- Must be Metis, Non-Status or Inuit.
- Must be students between the ages of 16-29

Please see: <https://selfservice.ierha.ca/> and search under: "Support Services" and scroll to find: **Student Dietary Aide** for the complete job postings. (Competition numbers: **MMF 1157/22 and MMF 1158/22**)

Please apply on-line at

<https://selfservice.ierha.ca/> under the competition you are interested in with resume attached. Deadline for submissions is Thursday June 9, 2022 at 11:59 pm.



**Interlake-Eastern
Regional Health Authority**

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

Sudoku Answer

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Estate & Moving

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THE RURAL MUNICIPALITY OF WOODLANDS EMPLOYMENT OPPORTUNITY

MUNICIPAL EMERGENCY COORDINATOR

The Rural Municipality of Woodlands are seeking a Municipal Emergency Coordinator to provide emergency management services.

The Municipal Emergency Coordinator will be responsible for:

- Preparation, maintenance, and testing of the regional Emergency Plan
- Coordinating the response to emergencies in the region
- Attracting, managing, training and motivating volunteers

The job will require a time commitment during normal times of an average of between 1 and 4 hours per week. During emergencies the Municipal Emergency Coordinator must be available for full workdays, including overtime, for as long as is required.

The Municipal Emergency Coordinator will hold a contract position reporting to the Chief Administrative Officer. There will be an initial probationary period of six months, following the successful completion of which a contract may be offered.

The successful applicant must have good knowledge of the Manitoba community emergency preparedness program. He or she must have a demonstrated ability to manage volunteers; to provide training to volunteers, staff and members of council; to maintain the emergency plan; and to coordinate emergency response within the community. Training in emergency response management is an asset. A basic level of ability with Microsoft Office is essential. A valid driver's license and access to a vehicle is essential.

Please include 3 references with your resume including contact information and relevance.

Resumes, references, and salary expectations addressed to the undersigned will be received by mail, fax, email or in person until June 30, 2022.

We thank all applicants for their interest in this position. We will contact only those selected for an interview.

Adam Turner
Chief Administrative Officer
Rural Municipality of Woodlands

CLANDEBOYE AVE in Selkirk *Executive Mall* OFFICE SPACE FOR LEASE



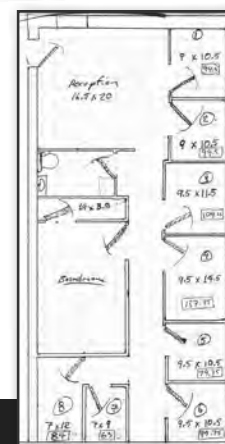
Property Features

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:

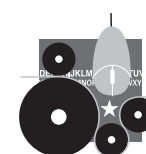
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ANNIVERSARY



Happy 50th Anniversary!
1972 - June 3 - 2022
Ron and Linda Frykas
Dad and Mom
Dido and Gramma

-Love,
Ronda, Tim, Lindsay, Ashley and Morgan
Randy and Kristina

Mnohaya Lita!



ANNOUNCEMENT

UPCOMING EVENTS

The annual service at Norris Lake
Cemetery will be held on Sunday, June 5th at
2 p.m. Located at the Cemetery.

IN MEMORIAM



Les Balan
1940 - 2021

Gone are the days we used to share
But in our hearts, you are always there.
The gates of memory will never close
We miss you more than anyone knows.
With tender love and deep regret
We who love you will never forget.

-Lovingly remembered by
Brenda, Gerri, Jodi, Jayson and families

IN MEMORIAM



Bill Blair

March 18, 1933 - May 30, 2020

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

-Love always,
Pat, Perry, Cindy and family,
Brian, Debbie and family

IN MEMORIAM



Dwayne Swanson
November 25, 1960 - June 2, 2020
"Forever in our Hearts,
Always our Inspiration"

We walked together, the 4 of us
We had hopes and dreams for tomorrow
But tomorrow didn't come.
We walked together, the 4 of us
We talked, we laughed, we loved
Shared so many happy times
And for that we thank God above.
We walked together, the 4 of us
But only for a short time
For all too soon it ended,
Leaving our broken hearts behind.
And even though we miss you,
More than words can say,
We thank God we go to walk with you
Every moment of each day.

-Love always and forever,
Penny, Eric and Neely

IN MEMORIAM



Georgette Proctor

September 26, 1930 - June 5, 2014

We think about you all the time
And see your face so clear
It's as if no time has passed
Since you were standing here.
Your laughter echoes in our minds
Your smile still lights our way
We feel you watching over us
Each night and every day.
The years we spent together
Were so precious and too few
Our hearts still ache with longing
For more time to spend with you.
One day we'll get to hold you close
As we join hands above,
We'll walk together in the light
Of Heaven's perfect love.
So while you wait in Heaven
And you're watching over us
Know you live within our hearts
And will eternally.

-Forever loved,
Forever missed,
Mareta, David, Claudette
And families



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OBITUARY

Donna C. Ward

A funeral service for Donna C. Ward will be held at the Anglican Church, Stonewall on June 4, 2022 at 1:30 p.m. Refreshments to follow at the Parochial Hall.

OBITUARY

James Ansell October 14, 1955 – May 24, 2022

It is with great sadness we announce the passing of James Ansell aged 66 years of Inwood, Manitoba, on Tuesday, May 24, 2022 at the Stonewall Hospital.

Cremation has taken place and no formal service will be held.

kl
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

OBITUARY

Joanne O'Dell (Boyle)

With great love and sadness we announce the passing of our angel from this world into heaven on November 1, 2021 at Rosewood Lodge in Stonewall at the age of 68 years.

A Celebration of Life will be held on Saturday, June 11, 2022 at 1:00 p.m. at the Odd Fellows Hall, 374 - 1st Street West, Stonewall, MB.

kl
KEN LOEHMER
FUNERAL SERVICES
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OBITUARY

Mary Antofichuk 1924 – 2022

It is with heavy hearts that the family sadly announces the peaceful passing of our dear Mom, Nanny and Baba, Mary Antofichuk, formerly of Winnipeg Beach, at the age of 97 on Saturday, May 21, 2022 at Middlechurch Home.

Mom leaves behind her daughters Joan Antofichuk and Marjorie Willis (Barry); grandson Derek Willis (Sherry) and granddaughter Erin Ouendag (Craig) and two precious great-grandsons Max and Lex Ouendag; sister Marjorie Wozney; and nephew David Wozney. She was predeceased by her husband Andrew (2010); son-in-law Leslie McIntyre (2016) and two brothers Nick and John Wozney.

Mom was born in Foley, MB on July 30, 1924 to Michael and Lena Wozney. She grew up with her siblings and attended Foley School until Grade 8. She worked hard on the farm along with her family.

Mom met Dad at the local 'hangout', Pertson's General Store and were married on June 23, 1945. Mom and Dad farmed together and were blessed with two daughters. In 1973 they sold the farm and retired to live in Winnipeg Beach at 55 Park Ave. Mom was happy to live in town as it was close to many conveniences especially to her church St. Peter & Paul where she attended mass.

She enjoyed Bingo, card games with friends, fishing and loved to attend the Austin Threshermen's Reunion. Going to Grand Forks and Fargo with her children and grandchildren was another highlight for Mom. She would walk the toy aisles at Target Store with Derek and Erin (as small children) and would gladly buy whatever toy they picked out.

Mom truly enjoyed gardening; her flower gardens were outstanding as well as her vegetable garden. She loved canning the fruits of her labor as many as 500 jars would be put into her cold storage room for winter. Mushroom picking and picking all sorts of wild berries to make her wonderful jams was also a pleasure.

Mom was a great cook and always had a lovely spread to put out whenever friends and family would pop in for a visit always saying "have some more". Family gatherings on holidays were her most pleasurable times and attending the grandchildren's recitals, concerts and graduations.

Mom and Dad became 'city slickers' in 2003 when they moved to Winnipeg in the same complex where Joan and Leslie lived. They were happy that Joan and Leslie were close at hand for helping out and together went for many country drives.

After Dad passed in 2010, Mom enjoyed living with Barry, Marge and Maggie (family dog) for the last 11 years prior to her going to Middlechurch in August 2021. Every Saturday Marge would have the family come over for dinners which Mom loved, she would say "this is my medication" as she played with Max and Lex, her "poopleke".

We would like to thank Middlechurch Home, Unit B2 for the wonderful care and compassion shown to Mom and family. As per Mom's request, there will be a private family funeral.

"Rest in Peace Mom, we love you more than words could ever express. You will remain in our hearts & memories forever".

Vichnaya Pamyat!

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Leola Hubbard (nee Johnston) July 28, 1939 - May 24, 2022

Peacefully on May 24, 2022 at Stonewall Hospital Mom left us to join Dad.

Predeceased by husband Wentworth and daughter Debbie.

She is survived by her family Noella, Allan (Lynn), Diane, Ron (Joanne), Karen (Don); nine grandchildren and six great-grandchildren.

Mom loved spending time with family gardening, knitting, watching curling.

Private interment at a later date.

In lieu of flowers donations can be made to the Manitoba Heart and Stroke Foundation.

The family would like to thank Stonewall & District Health Care professionals.

kl
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OBITUARY

Richard (Rick) Gratton

It is with deep sadness that we announce the passing of Richard, peacefully in his home in Teulon, MB. on May 24, 2022, at the age of 69.

He leaves behind his wife Susan of 50 years; daughters Tricia (Derek), Crystal (Jason); grandchildren Brenden (Angela), Jenna, Spencer and Jacob; brothers Ken and Ron and many nieces and nephews.

Rick was predeceased by his mother Evelyn, father John, brothers Gary and Lennard and his grand dog Rocky.

Rick loved to fish, hunt and golf as well as getting together with family. But most of all, he enjoyed spending time with his grandchildren, who he adored.

As per Rick's wishes, cremation has taken place and no funeral service will be held.

The family wishes to thank Dr. Loudon for the care he provided.

We would like to thank our husband, father and grandfather for many years of memories and his silly sense of humour. You will be forever missed and treasured.

kl
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OBITUARY

Fred Samuel Yelinek December 16th, 1942 - May 19th, 2022

We lost our beloved husband, father, grandfather and great friend Fred Yelinek peacefully on Thursday, May 19, 2022, with all his treasured wild birds chirping at his home in Ste. Genevieve.

Fred leaves behind, his wife, the love of his life, Marie Tellier; children Tanya Potorieko (John), Tammy Yelinek, Shane Yelinek, Tyson Yelinek (Melissa). He found much joy in all of his grandchildren, Stacey, Shemaine, Chloe, Dmytro, Jadin, Anthony and John. Two sisters Anna Touhey, Marie Brule and other relatives. He was predeceased by both parents and brother Stanley.

Born in Winnipeg, Manitoba and raised in Stony Mountain, is where the legacy began. Fred started as a farmer and was gifted with intelligence that was second to none. He moved on to a job with Comstock at a young age, based out of Lynn Lake, Manitoba.

He moved on to have many other jobs including his own trucking company and working in the overhead door business. Throughout his life, Fred's innovation and extremely hard work ethic led him to his many great accomplishments. He was the man you called when you needed to get the job done. It took a special caliber of person to keep up with Fred and most found that out the hard way. Fred was usually still going and everyone else exhausted. He was capable of anything he put his mind to.

On the softer side, he had an endless passion for nature and animals. His yard was a wildlife sanctuary. Countless feeders of all sorts spread around his property. He and his love Marie would spend hours watching the deer and birds. He once rescued a snowy owl on the side of the road and did what he could to treat it for its wounded wing. Fred loved bonfires with his friends and family and would be insulted if you didn't have a snack and beer with him. He was an entertainer. You didn't dare say I'm not hungry because you would know he'd say, "Hi! I'm Fred!", with his giant smile. Fred loved everybody he held dear and lived on his terms. He would do anything he could for anyone, often overstepping his boundaries but you couldn't get mad at him. As busy as Fred was, he was always there to offer a hand in any community events.

A service will be held for Fred at Glen Lawn Funeral home 455 Lagimodiere BLVD on Monday May 30 at 10:00 a.m.

In lieu of flowers, donations can be made to the Heart and Stroke Foundation or a wildlife charity of choice.



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OBITUARY



Frederick Oliver Burdett
September 27, 1926 – March 8, 2022

Fred was born in Lundar, Manitoba to Bert and Grace on September 27, 1926, one of 12 children. He married Audrey Sigurdson in 1956 and together they raised five children. They took pride and shared immense joy in watching the family blossom into 12 grandchildren and 23 great-grandchildren.

He leaves his five children and their families to carry on his legacy, Lance (Erin), Rick (Corinne), Gail (Chuck), Shelley (Kelly) and Penny (Ron); sister Louise (Eddie); sisters-in-law Agatha and Ivy; brother-in-law Franklin (Ella); special friend Louise along with many nieces, nephews and long-time friends.

As we reflect on who he was and what he meant to each of us, we are reminded that he was many things to many people over his 95 years. A husband, father, father-in-law, Papa, Great Papa,

brother, brother-in-law, son-in-law, uncle, friend and community member.

Fred had multiple careers throughout his lifetime. He gained many life experiences along the way, but he would say his greatest sense of pride and joy from all his working time, would be R&F Freightways.

Easily said, Fred was a one of a kind, gentle man who will not be forgotten and will be missed greatly.

Our family takes comfort knowing Mom and Dad are together again.

We would like to thank all those in the Community Services that took care of Dad. Dad appreciated all of you.

In lieu of flowers, please feel free to donate to a charity of your choice. Dad had a special place in his heart for the Clarkleigh Church. Donations can be sent to c/o Alison King, PO Box 214, Lundar, MB R0C 1Y0.

The Burdett family would like to invite you to Dad's Celebration of Life to be held at 2:00 p.m. on Friday, June 10, 2022 at the Oak Point Community Hall, officiated by Rev Melanie Kauppila. Interment to follow in the Oak Point Cemetery (East).

Arrangements by:
ARNASON FUNERAL HOME
Ashern – Lundar
1-204-768-2072 1-866-323-3593

Your memory will live forever Engraved within our hearts

OBITUARY



Charles Albert (Bert) Walker

After a long and well lived life, Charles Albert (Bert) Walker passed away peacefully in Stonewall Hospital on May 14, 2022 just hours from his 97th birthday.

Dad was born on May 15, 1925 in Grosse Isle, Manitoba to John Bolton Walker and Dorothy Ann Walker (Good). He grew up with his older brother Elbern and younger sisters Ida Linklater and Luella Watier.

The family moved to Stony Mountain where Dad attended school. At the age of 18 he enlisted in the Canadian Military, serving overseas for two years. Home from the war, Dad worked briefly for a furniture company and then Manitoba Hydro before starting with the City of Winnipeg at Stony Mountain Quarry where he spent the rest of his working career before retiring at age 57.

He married Frances Sahaidak in 1949 and together they raised three children, Carolyn, Beverley and Richard. Dad built and moved into their new home on Dufferin Dr. in 1964 on the very same site that Colonel Bedson, the first warden at the Penitentiary, initially housed a herd of buffalo. At the house on Dufferin, Dad and Mom were avid gardeners together. Mom attending the vegetable garden and Dad attempting to grow the largest pumpkin he could. His largest one was 502 pounds.

Dad was an avid outdoorsman, hunting with shotgun, rifle and bow; targeting deer, goose, fox and moose. Also curling and 5 pin bowling became favourite pastimes. He represented his bowling club at the Canadian Championship in Welland, Ontario in 2014.

Dad farmed the area that is now called the "flats" which he eventually subdivided into lots naming the streets after his family.

After Mom passed in 2003, Dad decided to take up walking. In the community he was widely known for his early morning daily walks that inspired people to lead a more active lifestyle. He loved dogs, and during his walks would always have a biscuit and a friendly scratch behind the ears for any pooch he met. He stopped walking on his 95th birthday due to health issues.

He was predeceased by his wife Fran, parents, brother Elbern, sister Ida and many in-laws and cousins.

He is survived by sister Luella; children Carol Crawford, Bev Davis (Barry) and Richard Walker (Joan); grandchildren Clif (Robby), Ashley (Andrew), Jen (Kris), Greg, Terri (Adam) and Rich; great-grandchildren Jacob, Millie, Poppy, Maddison and Henry. As well as many cousins, nieces and nephews.

Dad donated yearly to St. Boniface Hospital Foundation, Heart and Stroke, Siloam Mission and War Amps which were important to him.

As per Dad's wishes, cremation has taken place with private family graveside service at a later date.

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