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TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall's Ecole R.W. Bobby Bend Grades 3 and 4 students arrive at school on Tuesday morning wearing their mandatory masks. All Students (K-4) are required to wear masks on the school bus.

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



#### **By Jennifer McFee**

A young Stonewall girl is on a roll towards her goal to provide a wheelchair for another child.

Eight-year-old Amaya Dawson returned home from the Children's Hospital on July 31, five months

after she was involved in a head-on collision on Highway 236. She suffered a brain injury and severe spinal cord injury, along with broken bones in her neck, pelvis and eye area.

After an eight-hour surgery on the day of her accident, the neurosurgeon broke the difficult news that Amaya would be paralyzed from the neck down

The remarkable young girl defied expectations and began moving her arms, head and shoulders on her own. She is now able to get around in a wheelchair — and she hopes to offer that same sense of freedom to another child.

Friends and family began to collect

tabs towards a wheelchair for Amaya before they found out that Manitoba Public Insurance will be funding Amaya's wheelchairs for her entire life.

"While she was in the hospital, Amaya met with little kids that didn't have their own wheelchairs. They're quite expensive - \$5,000 to \$8,000 for a basic chair — so not every family can afford them. Also, not all families go through an experience where MPI pays for things, so it has to come out of their own pocket," said Alycia Dawson, Amaya's mom.

"Lots of times, they just rent a chair. Sometimes they're stuck in a chair that doesn't really fit them properly but they have to make do, which is not good for the body of a child or an adult."

Amaya came up with the idea to use the donated tabs to help another kid to get a

wheelchair of his or her very own. "She fully understands the fact that she's in a wheelchair now and her life wouldn't be the same without it," Dawson said.

"She basically can't imagine other kids not being able to have their own and being able to do all the things she can do."

Amaya is collecting tabs of any colour from pop and beer cans and even from tins of salmon, tuna or pet food, which actually have larger tabs that weigh more.

"Our goal for right now is to collect enough for one chair," Dawson said.

"To buy a \$6,000 wheelchair, you would need about 9,500 pounds of tabs or 14 million tabs."

The tabs can be dropped off at the RE/MAX office in Stonewall, Monday to Friday from 9:30 a.m. to 5 p.m.

"My hope is that by spring, we would have enough for a chair," Dawson said.

"Amaya would like to be there when that child finds out that they'll be getting a chair of their very own."



**TRIBUNE PHOTO SUBMITTED** Amaya Dawson is collecting tabs towards a wheelchair for another child.

## Rockwood residents get connected to alert ready system

#### **By Jennifer McFee**

Rockwood residents can now opt in to a new tool to keep connected with the community.

Rockwood Connect, an automated messaging system, went live on Aug. 20. Developed by Winnipeg-based All-Net Municipal Solutions, the program replaces and exceeds the capabilities that the municipality had through CodeRed.

"This program is a central communication portal, which gives us the capability to send out emergency alerts, notifications and e-news to our residents on a variety of platforms, such as voice calls to landlines and cell

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phones, text messages and emails," said operations co-ordinator Ashley Michaluk.

**"SOMETIMES** 

**IN A CHAIR** 

THEY'RE STUCK

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THEY HAVE TO

MAKE DO."

REALLY FIT THEM

"The RM of Rockwood believes that this will be a valuable tool to ensure that our residents receive important and up-to-date information from our office, including emergency alert messages generated from Canada's national emergency alerting system (Alert Ready)."

Not only can the RM send out email and send text messages, but it can also send voice calls to landlines and cellphones.

"This program has the capability to send notices to a specific group of people," Michaluk adds.

"If there happens to be a situation that directly affects a specific area, we will have the capability to notify these people in an efficient and timely manner."

Residents can choose what type of information they receive. For example, they can receive notifications from different departments, such as administration, transportation or recreation. They might also prefer to just be notified in emergency situations.

In addition, the program provides the flexibility for residents to make changes to their account if they no longer want to receive certain types of

notifications.

"This program will be used on an as-needed basis and the frequency of messages can vary," Michaluk said.

"Ideally, the RM would like to get as many residents signed up as possible. We would be happy to assist anyone that wishes to sign up."

Residents can register online at www.rockwood.ca, by email at info@ rockwood.ca or by phone at 204-467-2272. They can also register in person at the RM of Rockwood office, located at 285 Main St. in Stonewall.



### Woodlands woman discovers piece of handwritten history

#### By Jennifer McFee

A Woodlands woman discovered a handwritten letter that hints at local history, and she's hoping community members can help her unravel its mystery.

Betty Simonson has been busy with the onerous task of downsizing in preparation for her upcoming move to the Lion's Manor in Stonewall.

She's been sifting through various collections amassed by her late husband Lloyd, who died suddenly nearly two years ago.

In his stamp collection, she came across a letter postmarked Feb. 26, 1937, addressed to Rose Grotike from her brother Joe. The address on the envelope is simply written as "Stonewall, Manitoba" with no post office box number or street name.

"It's got a three-cent Canada stamp with the king," said Simonson, whose husband also had a collection of signed historical books, penny matches and records."I'm sure the stamp is what piqued his interest and he just kept the whole thing."

The letter is written in pencil, and the return address is 121 Lenore St. in Winnipeg. Simonson is hoping to return the letter to a family member, and she's hoping that someone in the community might still have a connection to relatives of Rose or Joe.

A Google search shows an obituary for Rose Viola Grotike of Stonewall, who was born on July 16, 1908, and died on Nov. 6, 2000. She is the daughter of William and Whilemina Grotike, who moved with their family to the Stonewall area in 1915 from Prairie Grove.

The obituary states that she was predeceased by her parents, brothers and sisters, but at the time she had several surviving nieces and nephews.

MacKenzie Funeral Home held the funeral, and the burial took place in the Stonewall Cemetery.

"There isn't anybody of that last name in the local phone book," Simonson said.

"I'll hang onto the letter until I hear something. I think nine out of 10 people would have thrown the letter out. But if it was my family, I would find it very interesting to have this little piece of history."

Anybody with information can call Simonson at 204-383-5691.



**TRIBUNE PHOTO BY JO-ANNE PROCTER** Woodlands resident Betty Simonson found a letter from 1937 and she's searching for family members of the recipient.



### E N A I S S A N C E.

BY VENTURA DEVELOPMENTS INC.

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# Argyle museum receives support from ICF

#### By Evan Matthews

The Interlake Community Foundation continues to support local grassroots charities and non-profits, as Argyle's Settlers, Rails and Trails Museum received a cheque in the mail.

During the last week of August, the ICF provided \$2,225 in support funding to the Settlers, Rails and Trails Museum so the museum could fund a new roofing project.

"We are so happy to have the support of our local community foundation, who helped fund this roofing project as an important first step toward renovating our three heritage buildings," said Shayne Campbell, executive director of the museum.

"We will continue with renovations, with the ultimate goal of opening these important structures to the public in the next few years."

The next few steps, according to Campbell, include landscaping the property, having permanent foundations constructed for the three buildings, and planting prairie grasses and flowers.

The ICF provides citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands the opportunity to invest in the future of their community and region forever, according to its website.

"Settlers, Rails and Trails are an awesome organization, and they're grassroots. It's volunteers working hard in their community, and they touch on the heritage aspect of organizations we try to support," said Tracy Holod, executive director of the ICF.

"Shayne and his volunteers are so passionate, and we were thrilled to be able to support them."

The foundation pools gifts in a capital fund, which remains in perpetuity providing citizens with a means of permanently endowing their region and helping to shape its future, according to the website.

When someone donates, the gift is never "spent" or "used up," but rather the income generated from



Crews contracted for the job have been repairing the roof of the three heritage buildings owned by the Argyle museum.

the capital is distributed as grants to registered charities in the region.

"A lot of the money we're able to grant back out to the community. It actually comes from the community," said Holod.

"Some people think we get all our money from the government. In truth, people make donations to us, and we invest the money they donate, and we take the income and grant it back out."

Since 1994, ICF now has over \$1 million in assets, according to its website, funds the volunteer board grants out to local charities and non-profits for projects that benefit the region and its residents.

Background

Currently, the museum operates from Argyle Community Centre's basement, as the organization rents out a 700-square-foot space. The current facility allows the museum to showcase a mere one per cent of its holdings.



**TRIBUNE PHOTO COURTESY OF FACEBOOK** Settlers, Rails, and Trails thanks the ICF for its grant via the sign just outside the museum property in Argyle.

The museum's collection is made up of over 1,700 cultural artifacts from around the region, over 1,400 items in the museum's Canadian Flag Collection, and over 15,000 digital and paper archival documents, according to Campbell.

The museum also boasts the second largest flag collection in Canada.

By the year 2027, the Settlers, Rails and Trails Museum hopes to have switched its designation from a local to a regional museum, according to Campbell. In 2019, the museum established what it calls the Shared Heritage Fund, an endowment fund that

would allow for the museum to make consistent withdrawals from its invested capital. By generating more capital now and putting it in

By generating more capital now and putting it in an endowment fund, Campbell said the museum won't have to rely on community funding in the future and will be self-sufficient.





Dr. Funmilayo Olayemi

Dr. Olayemi is accepting male and female patients of all ages and all health backgrounds. To book an appointment call 204-467-5509. Please make sure to have your health card available when making your appointment.



Interlake-Eastern Regional Health Authority

# Morden man "stranded" in support of STARS

### Bernhard Teichroeb taking part in Rescue on the Island 2020

#### **By Ashleigh Viveiros**

Bernhard Teichroeb joined three other Manitoba business and community leaders in the STARS Rescue on the Island this week.

Teichroeb, a sales and project manager with Wiebe's Steel Structures in Morden, spent all day Wednesday "stranded" on an island in the Whiteshell.

He and the two other participants— Loewen Windows and Doors president Al Babiuk and RM of Ste. Anne councillor Sarah Normandeau—were armed with cell phones to use to earn their ride home by reaching out to their contacts for donations to the air ambulance service.

Teichroeb's goal is to raise \$50,000 for STARS, which he credits with saving his daughter's life three years ago.

"Without them she would not be with us today," he said, noting his family have been involved as volunteers at various local STARS events in recent years as a result. "It's an appreciation thing, trying to give back in thanks."

Those volunteer efforts got Teichroeb an invite to last year's Rescue on the Island reception.

"I took a look and I said, 'Hey, yeah, I

could do that.""

The importance of STARS—which undertakes hundreds of emergency and inter-facility patient transports across Manitoba each year—cannot be overstated, Teichroeb stressed.

"It's a vital service," he said. "It's an absolutely necessary life-saving service."

Teichroeb has spent the past few weeks reaching out to his contacts for donations in advance of the event. At press time he had already raised over \$16,000. He's feeling pretty good about his chances of reaching his goal.

"I'm pretty confident we're going to get there," he said, noting he has a lot of calls planned for the day-of."It's all about just trying to putting the finishing touches on the work you've been doing for the last couple of months."

He also feels he's well prepared for whatever challenges STARS may throw at him on the island.

Participants in past years have been tasked with exercising their survival and medical skills to earn additional money towards their fundraising totals.

Rescue on the Island has raised more than \$1.5 million for STARS since 2013.

COVID-19 forced them to scale down the 2020 event, but the funds this year's participants raise are no less vital, said STARS development officer Lori Derksen.



TRIBUNE PHOTO SUBMITTED

Morden's Bernhard Teichroeb is taking part in the STARS Rescue on the Island fundraiser this week.

"As STARS has experienced firsthand, this is not an easy time for fundraising, so we are sincerely grateful to Al, Bernhard, and Sarah for their commitment and perseverance," she said, noting that all donations will stay in the province.

To support any of the three Rescue participants, visit www.rescueontheisland.ca and click on their individual donation pages.

### New Manitoba water services board capital projects announced

Submitted by Manitoba government

Ralph Eichler, MLA for Lakeside, is welcoming an announcement from Central Services Minister Reg Helwer that the Progressive Conservative government is investing more than \$50 million in 42 new water and waste infrastructure projects as part of the #RestartMB program.

"As we see populations growing in rural Manitoba towns, cities and municipalities, our infrastructure has to grow with them," said Eichler. "Our Progressive Conservative government is proud to make these important investments in local infrastructure projects that ensure Manitobans have access to modern, reliable water and wastewater services."

Projects were prioritized based on those that could be accomplished in a limited time-frame, public health concerns, environmental issues and regional servicing. Funding these projects will provide safe drinking water, environmentally sustainable wastewater treatment and promote economic opportunities in rural Manitoba.

"We want to help municipalities with immediate projects that improve quality of life," said Minister Helwer.

"These projects will not only help increase clean drinking water and advance our clean sewer projects to help keep our rivers and lakes safe but will help boost our provincial economy too."

The following projects in the constit-

uency of Lakeside will receive funding:

- Stonewall - Industrial Park low pressure sewer

The #RestartMB Program is the Manitoba government's roadmap to recovery from the effects of the CO-VID- 19 pandemic. It outlines more than \$2 billion in investments in public health preparedness, jobs and economic stimulus to protect Manitobans and their livelihoods.













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### Candid about cannabis, THC and CBD oil

#### By Evan Matthews

Weed is legal now, but there still aren't as many people using marijuana-related products that maybe could and should be.

There is still a stigma seemingly attached to use of marijuana-related products, some of which have real medicinal value.

Case in point, a recent anecdote from someone in my life: A 73-yearold man - a staunch conservative Protestant Christian, law-abiding, blue-collar guy — has recently had an epiphany.

He had been suffering from terrible migraines daily since his early 20s. Without any quick fix, this man suffered with migraines — sometimes debilitating — for about 50 years.

His solution for the entire duration of that time, was to take upwards of eight Advil extra strength liquid gels a day, often while also having taken Excedrin.

Excedrin Migraine is a powerful, fast-acting migraine medication, pro-

viding effective relief from pain and is to be taken sublingually (underother migraine symptoms, but far more intense — as well as difficult for your body to process — than an Advil.

Of note, and for whatever reason (likely just following the law), this man was seriously against cannabis use for the majority of his life — until he recently was persuaded into trying CBD treatments for his migraines.

Cannabidiol (CBD) is an active ingredient in cannabis derived from the hemp plant but is not psychoactive, meaning it doesn't get a person "high." THC is the main psychoactive compound in cannabis that produces the "high" sensation.

All to say, there are products heavy in THC, which will get a person high. There are also products very low in THC but high in CBD.

In this one man's experience, he walked into cannabis clinic. He sat down with someone, described his symptoms, and he was told there might be something to help him.

He was prescribed a CBD oil, which

neath the tongue) in the morning and at night.

Because the oil is CBD heavy, it has medicinal affects, but there is no THC, so he doesn't get high. It is strictly for medicinal use, which in this case is pain relief.

He was impressed by the fact that the "clinic" was not a cliché pot shop, in which he had to wait for the smoke to clear in order to see a long-haired, bearded man, sitting behind a beaded curtain displaying a peace sign and awaiting his order.

The result of the CBD oil? Better than he could have imagined. While expensive (\$90 for month's supply), he has not taken one Excedrin nor has he taken one Advil extra strength and no migraines.

If you're in pain or if you're struggling with sleep, as just a couple of examples, look into CBD treatments. It's natural, it's legal, it's accessible, and it seems to work. Don't let stigma prevent you from potentially being well.

### Manitoba at 412 active COVID cases

#### **By Ashleigh Viveiros**

Manitoba's five-day COVID-19 test positivity rate was at 1.3 per cent at the end of the long weekend.

The province announced 15 new cases of the virus on Monday, including one in the Interlake-Eastern health region, six in the Prairie Mountain health region, one in Southern Health-Santé Sud, and seven in Winnipeg.

That brought the number of active cases to 412. Preliminary case investigations indicate that five of the new cases are related to close contacts of previously identified cases.

A total of 910 people have recovered from COVID-19 since the pandemic began in spring.

Thirteen people were in hospital with the virus at the start of the week, three in intensive care.

Manitoba saw its 15th and 16th deaths related to COVID-19 last week. The two women, who were in their 80s and 90s, were connected to the outbreak at the Bethesda Place personal care home in Steinbach. The care home last week had a total of 13 cases, including seven staff members and six residents. Four residents have died.

Outbreaks have also been declared at several cares homes in Brandon and in Winnipeg.

The increase in the number of deaths in recent days "comes as a real reminder that we have to stay on guard," said Dr. Brent Roussin, Manitoba's chief public health officer.

He urged Manitobans to continue to stay home if showing even mild symptoms of illness, follow good hand hygiene, maintain physical distancing with people outside your household, and wear a mask when distancing is not possible.

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OUR SISTER PUBLICATIONS WEEKLY NEWS

### The Stonewall Teulon Tribune Thursday, September 10, 2020 7 Wanted: You! Just the way you are

#### By Shawna Howard CLC

Don't you just love how amazing you feel after being around little children?

They have this way of loving without holding back. They accept us, exactly how we are, and love just seems to pour out through their words, gestures and actions. The next time you are around your small children or grandchildren, nieces and nephews, take a moment and watch them. Their eyes shine with total acceptance; their arms embrace and hug without holding back. They say "I love you!" without fear. They have a sureness of their worth as they give fully.

So why do we as adults hold back? Overthink things? Shy away from affection? Because we may be struggling to fully love and accept ourselves as we are. We can get wrapped up in the ideals of the world, which leads to feelings of inadequacy. Today I'd like to challenge you to look within yourself and see yourself as the diamond you are.

Take the lead from a child; they don't care about your degree, what size you wear, your income, the mistakes you've made, or how many friends you have on social media. They love WHO you are. They see your diamond.

Think about your life and how it has shaped you. How do you see yourself? Do you know, and I mean really know, your worth and value? Do you ever take time to think about how much you are loved? How important you are to those around you? How you add so much value to this world because you have gifts and talents that only YOU can offer? I'm not talking about an unbalanced, over-the-top attitude, thinking you're any better than those around you but more of a confident awareness, a knowing, that you matter. That you have something to offer. That you are genuinely "Wanted," just the way you are.

Choose your thoughts!

Maybe someone has belittled you, told you that you're worthless or in-

capable, or you've been rejected and hurt, but that's not who you are. The hurtful things people say and do to us can cause us to shrink back and stop believing in ourselves, but we've got to rise above all that. You are more than those words, mistreatment, difficult circumstances and hurtful memories. It seems to come naturally to us to get down on ourselves, hang onto negative words and believe we are less than we truly are. If we're not careful we can start to internalize those negative things and let them influence our thoughts, words and actions.

Start thinking on purpose, "I am whole, fully capable. I am unique. I am strong. No words or circumstances can stop me. I will rise above. I am going to live with purpose!"Play these thoughts through your mind every time those negative and discouraging thoughts try to bring you down.

Encourage yourself.

You have such great purpose! You wouldn't be here if that wasn't true. Sometimes we need to encourage ourselves. It's not always easy to press on when no one seems to notice the extra effort we are making. The other day, I had sent out one of my inspirational articles and I got zero replies. Zero. I felt discouraged but I fought the urge to give into that discouragement.

So, to encourage myself, I sent myself the article, read it, and then replied to myself saying how I truly enjoyed the read and to keep up the good work! Now, this seems silly and I did laugh at myself. So did my 13-year-old daughter! But it helped. Later I got all kinds of encouragement. Days and weeks later comments and encouragement came. Be confident in WHO you are! You are special; you have gifts, talents and creativity inside of you.

What determines your self acceptance?

We need to have a deep knowing of our worth and an unshakable acceptance of ourselves. We can't let the world's views determine our worth. Like, the size of our jeans, the house we live in, the car we drive or how many letters we can put behind our name. That's all OK. It's great to be healthy, own nice things and have a great education and job, but we can't let those things determine our worth. What happens when you lose your great job? When you put on 10 pounds and your jeans don't fit? When you need a shoulder to cry on and no one is there for you? If our sense of worth is wrapped up in these things, we're headed for trouble. What makes you valuable is WHO you are on the inside. You have been so uniquely created; there is no one remotely like you in the entire universe! You are irreplaceable! One of a kind.

By accepting who you are; you are now better able to treat those around you with love, respect and acceptance. You can look past the small stuff. You can "see" them through eyes of compassion. So, why should you love and accept yourself? Because ...

You can only give what you already have.

You have self acceptance, so you can accept those around you as they are.

You love yourself, so you can love others.

You are kind to yourself and so you are less critical of those around you.

You forgive yourself for the mistakes you've made and now you can forgive others when they make mistakes.

You know you are on a journey, so you can accept those around you as they also travel along on their personal journey. Purposely look for the good in yourself. There's a brilliant diamond under all those layers of protection you've built up over the years of hurt, pain, unanswered prayers and disappointments. Love yourself exactly where you are right now, on the way to where you are going. The mistakes you've made, poor decisions, addictions, failures don't define WHO you are. What propels you forward is having a self acceptance of where you are right now, on the way to where you're going. Don't wait until you get it all "just right" before you will accept yourself.

You are wanted. Just the way you are. Some coaching questions for you:

1. How do you"see" yourself? Do you love yourself in a healthy way?

How are you basing your self-worth? What is working? What isn't?
What drives you? Is this creating a fulfilling life? What needs to change?
What protective layers do you need to peel back in order to reveal your brilliant diamond?

Thank you for reading! I'd love to hear from you. Just hit reply and send your questions, comments and feedback. Please forward to family and friends who may enjoy this message. Let's inspire hope into others, together.

Believing in you, Shawna Howard, Certified Life Coach

Email: daretosoarlifecoaching@ gmail.com Phone: 204-823-1287. Anyone can receive these inspirational messages. Simply email daretosoarlifecoaching@gmail.com stating you'd like to be included in my upcoming messages.



#### We want to hear from you.

The Stonewall Teulon Tribune connects people through stories to build stronger communities. Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

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



### Despite high winds, no damage in St. Laurent

#### By Evan Matthews

Despite a wind warning from Manitoba Infrastructure's Hydrologic Forecast Centre, St. Laurent is still standing.

On Sept. 2, the Hydrologic Forecast Centre released a high wind effect warning for the south shores of Lake Manitoba and Lake Winnipeg.

"Forecast wind from the northwest gusting to 80 km/h and wave action could raise levels by as much as five feet or more," the warning read.

"Property owners are advised to take precautions," it went on.

But as of press time, the RM of St. Laurent hadn't been contacted by any property owners regarding damage due to high winds, according to Reeve Cheryl Smith.

Smith reported the community did not really experience any severe weather but rather sustained high winds.

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## ily Pad Cruisers celebrate 20th anniversary.

#### By Katelyn Boulanger

The Lily Pad Cruisers established their car club in Petersfield. MB in twenty years ago this September when a group of seven friends started to get together to discuss their love of classic cars.

"Sitting one day just having coffee with a bunch of guys. [We thought] why don't we have our own car club here. There are lots of vehicles in the area so that's how it started we had seven members and how we have 80." said Marcel Lemire, the presidents of Lily Pad Cruisers.

The club was named after the Lily Pad Restaurant with the intention that members would then have a place to come and meet. Now members meet throughout the summer at the A&W in Selkirk and Hunts Roadhouse in Petersfield though COVID-19 did affect this this year.

"The first car show that we held was at the restaurant itself and we used the grass and I think that there were only 11 cars in that very first show. It wasn't until the year after because the first year it was too late for a show and then it just progressed and we decided to use the park across the road and that's our home base," said Lemire.

Over the twenty years the club has grown to the point that they can give back to the communities that their members live in specifically they have supported the MS Society of Canada,

the Daily Bread Soup Kitchen and palliative care services with funds from their shows and other events.

Their annual car show, which is the second Saturday of July in Mallard Park in Petersfield and has attracted more than 130 cars in previous years, is open to members and non-members alike to enter and of course evervone is invited to stop by and look at the vehicles. This is also one of their major yearly fundraisers.

"The general gist of the club is now that we have 80 members everyone brings something to the table. Everybody had a different trade in their lifetime. Most of our people are retired so if you ever have any trouble that you don't know how to fix, you just send it to us. We put it on the email list. You might get 79 answers because you also have your own opinion," said Lemire.

He also says that the club benefits it's members in the camaraderie that he believes keeps the club growing and strong.

The oldest cars that have been a part of the club over the years have spanned from 1911 into modern vehicles as they accept members with interest in all types of vintage or antique vehicles.

"A classic car according to the MSRA is anything that's 25 years old and worth more than \$5,000 especially if your looking to put a collector plate on your vehicle. Some of them fall



TRIBUNE PHOTO BY KATELYN BOULANGER Above: (left to right) Dale Hiscock, Faye Drummond, and Marcel Lemire with a 1956 Ford Fairlane. Below: A sign celebrating the club's 20th anniversary.

close to that and some are way off," said Lemire.

Dale Hiscock the group's treasurer thinks that the club has lasted all of these years because of the combined interest of the group as well as their willingness to support each other and other car clubs in surrounding areas.

"We're out there. Please come and join us and support the societies in our communities," said Faye Drummond the club's vice president.

More information about the club can be found at lilypadcruisers.ca, memberships are \$25 a year and contact details for memberships can also be found on the website.

The group would also like to thank all of the members of the community and businesses who have helped to sponsor them, and their events over the past 20 years.



### **No-parking zone created near Bobby Bend**

#### By Jennifer McFee

Community Living Interlake approached council with plans to expand their restaurant footprint by adding a patio on the north side of the building, located at 307 Main St.

Since the space they hope to use includes a portion of the 1st Street North right of way, they needed council's

approval before proceeding with the project.

At the Sept. 2 meeting, council approved the request.

• The Stonewall Curling Club's current agreement with the town has been extended to March 31, 2021, due to the uncertainty of the upcoming curling season. Since the curling club needed to close in March due to the pandemic, the club lost income and its operations will continue to be impacted for the rest of the year. As a result, council agreed to reduce the 2020 rent by \$2,500. The rental rate will be kept at \$5,000 per month for January, February and March 2021.

The Town of Stonewall applied for support from the Water Services Board for its project to upgrade the low-pressure sewer in the industrial park. Council received approval for the application and passed a motion to proceed with the project, which must be completed by March 31, 2022.

Council approved a new contract for CAO Wally Melnyk that extends to Aug. 31, 2024.

A temporary no-parking zone will be created near Ecole Bobby Bend School so that additional school buses can load and unload on 2nd Avenue North and 2nd Street East. The temporary no-parking zone will be reviewed again by Dec. 31.

The previous off-leash dog area in Quarry Park will be closed and become an on-leash only area on Sept. 11. A new off-leash dog park will be created at the south end of town.

Welcome Back Dr. Wayne Hicks!

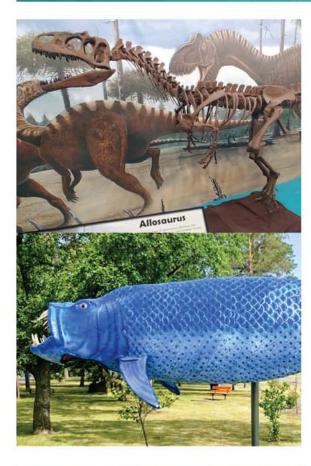
Stonewall Medical Group at 589 3rd Ave. S is pleased to welcome Dr. Wayne Hicks back to the community. Dr. Hicks completed his undergrad at Queen's University in Kingston, Ontario, and completed Medical School at University of Manitoba's Max Rady College of Medicine. He completed his Residency through the Parkland Residency program in Dauphin. Dr. Hicks enjoys full scope family medicine and warmly welcomes people of all ages and cultures in his practice. He is happy he could return and provide care in the community where he grew up.

Dr. Wayne Hicks



Interlake-Eastern Regional Health Authority

## Dig into MANITOBA'S PAST



### The Canadian Fossil Discovery Centre in Morden is your chance for a glimpse into an ancient North American seascape!

The museum's many paleontology displays lay out a fascinating, ancient and dangerous world, now hidden by today's serene prairie. Located less than 90 minutes south of Winnipeg, the Canadian Fossil Discovery Centre houses the largest collection of marine reptile fossils in Canada.

The star of the collection is Bruce the mosasaur, who – at 13m long with teeth to match – would have dominated the water during his lifetime, 80 million years ago.

The museum is open seven days a week! Check out the Aquasaur Theatre and the Agassiz Activity Room, where kids and adults alike will leave amazed by fossilized discoveries. Even better, book a VIP tour with a knowledgeable tour guide for a behind the scenes look.

After enjoying the museum, discover the fantastic shops, restaurants and parks of Morden. Gorgeous hiking trails are just a short drive away at the Pembina Valley Provincial Park, known for its red tail hawks and bald eagles.

CHECK OUT THE CANADIAN FOSSIL DISCOVERY CENTRE - BRUCE WILL BE WAITING FOR YOU! DISCOVERFOSSILS.COM



Manitoba Home is where the heart is



assiniboineparkzoo.ca

SEPT. 19 & 20 RED PANDR WEEKEND

OPEN DAILY 9 a.m. - 5 p.m. including holidays

## Tigers in town: When salamanders roam the streets

#### By John Gavloski

In late August and early September, interesting amphibious creatures start emerging from some of the ponds in southern Manitoba and wandering through nearby towns.

Such is the case for the barred tiger salamander. On a recent trip to St. Leon in early September, we saw 12 tiger salamanders in about an hour, including several that were on roads in the community.

St. Leon is known for its late-summer salamander emergence. There are four species of salamanders in Manitoba, but the barred tiger salamander is the species most likely to be encountered in our area.

In this month's Incredible Creatures, we will explore the interesting biology and some of the beneficial ecological roles of tiger salamanders.

#### Getting to know Manitoba's Salamander

The barred tiger salamander, sometimes called the western tiger salamander, is a relatively large salamander, about 33 centimetres in length. It is one of the largest terrestrial salamanders in North America, although some species that spend their whole life in water get bigger.

They are common west of the Red River, especially in the Prairie Pothole region. Another species called the Eastern Tiger Salamander is uncom-

mon in Manitoba. They occur east of the Red River to edge of the boreal forest. A small salamander called the blue-spotted salamander (getting to about 13 cm in length) can be quite common in some areas of eastern Manitoba.

The fourth species of salamander in Manitoba is the common mudpuppy. They are large (getting to about 50 cm) and all stages live in water. They like lakes, rivers and streams with rocky bottoms.

#### **Refusing to become an adult**

Salamanders belong to a class of animals called amphibians. Frogs and toads are also amphibians. Amphibians start out as eggs, followed by a larval stage, which become adults. The egg and larval stages occur in the water in salamanders, while adults of some species, such as tiger salamanders, live on land.

The lifespan of salamanders is not well known, but most can probably live more than 10 years. Adult barred tiger salamanders move to ponds and mate early in spring, often by the end of April. Eggs are attached to submerged vegetation and hatch in three to four weeks. How long larvae live varies. Some larvae may grow large enough to become adults by latesummer. In permanent ponds, larvae may continue to grow and develop for several years before becoming an



Barred tiger salamanders can be spotted in Manitoba in late August and early September.

adult.

Some individuals will remain permanently in the larval form yet become sexually mature and breed. This is referred to as neoteny. Whether adults emerging from ponds in late summer are young from eggs in spring or the result of larvae that have lived for several years is not known.

Salamanders are predators. Larvae hunt for tiny aquatic animals as soon as they hatch and progress to larger prey as they grow. Food may include fish, tadpoles, cricket nymphs, grasshoppers, moths, flies, beetles and earthworms. They may even occasionally be cannibalistic.

When approached, they have some

interesting defensive behaviours. When we first encountered them, they were always on the move. But when we got close, they would always stop moving. Occasionally they would raise up on their hind legs, arching and waving the tail. Tiger salamanders have a poisonous tail gland, which produces a toxic milky secretion for self-defense.

Observing salamander emergence from their ponds in late summer is an interesting experience. Given the levels of grasshoppers that have been developing in Manitoba over the past few years, some of the ecological services of salamanders should also be appreciated.

The Graham Bremner Memorial Golf Tournament, 2020



Please join us at our upcoming golf tournament on September 13, 2020.

The purpose of this golf tournament is to remember our friend Graham, and to continue his support of youth piping and drumming in Manitoba.

#### **VEGETABLE SALE in the parking lot** of Inwood Golf & Country Club on September 13, from 10:00 am to 5:00 pm.

All proceeds raised will be donated to the Prairie Pipe Band Association of Manitoba – Scholarship Fund, supporting youth piping and drumming in Manitoba.

We look forward to your participation... to make this event spectacular!

Thank you to our sponsors so far		r 😻 itzke	₩itzkeriverfarm	
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*Net proceeds to ben	efit Prairie Pipe B	and Association of Manito	oba – Youth Scholarship Fund	

# **Co-op's Fuel Good Day**



Fuel Good Day is back for another year! Fill up your tank on Sept. 15, 2020, at a participating Co-op Gas Bar in Western Canada, and Co-op will donate a minimum of five cents per litre of fuel purchased to a local registered charity or non-profit organization. All grades of gasoline and diesel fuel are eligible.

Each year, proceeds from Fuel Good Day benefit local schools, community centres, libraries, hospitals, food banks and more.

View the full list of organizations supported by participating Co-ops in Western Canada.

## Stony Mountain Community Club names 50-50 winner

#### By Evan Matthews

The Stony Mountain Community Centre is saying congratulations to one local, and thank you to the many others who support the non-profit.

Lisa Deprez, a board member for the Stony Mountain Community Centre, congratulated Rhett Whitely for taking home \$2,540 in the centre's most recent 50-50 contest.

The Stony Mountain Community Centre also raised \$2,540.

"Money raised will be going toward the continued modernization happening at the community centre," said Deprez.

"I can't speak for other community groups, but we'll be OK for a while."

The 50-50 fundraiser had added financial importance this year, according to Deprez, as many of the region's community groups have not been able to host typical fundraisers.

One example would be the annual Stony Mountain Goose Shoot. The Stony Mountain Community Centre is a contributor to the event's organizational efforts.

Organizers cancelled the 2020 event in August due to concerns related to COVID-19.

In 2019, the Stony Mountain Goose Shoot raised just over \$20,000, with each of the four affiliated community groups (Stony Mountain Minor Hockey, Skate Stony Mountain, and the Stony Mountain Community Association being the other three) taking roughly \$4,000.



Stony Mountain Community Centre Board Member Lisa Deprez (right) presents Rhett Whitley (left) with \$2,540 outside the community centre on Sept. 4.





Technology has transformed nearly all facets of life, including education. While desks and blackboards can still be found in the classroom, technology has become more and more influential in regard to how students learn.

to help students better understand their coursework. Devices can make for useful learning tools, but when does screen time cross over from useful learning tool to something that's potentially harmful to students' has produced age-specific guidelines that can help parents determine if their school-aged children are spending too much time staring at screens.

Children between two and five years of age

Parents should limit screen time for this age group to one hour per day of high-quality programs. The AAP advises parents to co-view with children in this age group so they can help kids understand what they're watching and how it applies to the world around them. Children ages six and older

The AAP does not provide specific information regarding how many hours children ages six and older eas of the home, such as the kitchen and dining room, should use screen media. However, the AAP advises as device-free zones. Keep devices out of bedrooms parents to make sure such media does not take the unless children need them to do their homework. place of adequate sleep, physical activity and other behaviors essential to health.

In addition to following AAP recommendations about screen time as closely as possible, parents can simple strategies.



Wishing Our

Many teachers now employ tablets and other devices take steps to ensure their children are not spending too much time using their devices.

• Promote extracurricular activities. Urging children to participate in extracurricular activities that do not employ screen media, such as sports, music lessons overall health? The American Academy of Pediatrics and academic clubs, can be a great way to get kids to put down their devices and engage in in-person interactions with their peers.

• Establish no-device hours at home. The AAP recommends that parents designate certain times of the day as media-free times for the whole family, and not just children. Parents can put down their smartphones and tablets and engage with their children without the television on. In addition, make sure devices don't make it to the dinner table, as nightly, device-free dinners together can help families build strong bonds.

• Establish media-free zones. Designate certain ar-

Devices in the classroom can help young students fulfill their academic potential. Parents can govern their use outside the classroom by adhering to some

### A refresher course in school bus safety

The dawn of a new school year is a time marked by change and fresh opportunities. For many children, school marks the first time they are away from their parents for an extended period of time. It also may be the first time they ride in a vehicle other than their parents' cars.

Each school day, 25 million children ride a bus to school in the United States. A school bus is among the safest modes of transport and one of the most regulated vehicles on the road, according to the National Highway Traffic Safety Administration.

Riding a school bus can be a novel experience no matter a student's age or grade. Kindergarteners may be introduced to the school bus on their first day of school, while older students are no doubt familiar with life inside a school bus. But all students and families can benefit from a refresher course on school bus procedures to ensure this school year begins on safe footing.

• Be a smart pedestrian. Riding the school bus is very safe, but injuries can occur walking to and from the bus stop. Watch for cars backing out of driveways and always look both ways multiple times before crossing streets.

• Remember school bus laws. Most areas of the country have specific school bus laws that include stopping when red lights are flashing on the school bus. Cars must stop whether they're behind the school bus, next to it or on the opposite side of the street facing the bus. Stopping allows passengers to enter or exit the bus safely.



pervised.

til the bus has stopped.



### Students & SAFE & SUCCESSFUL SCHOOL YEAR **Teachers a**



• Stand away from the curb. The National Safety Council advises keeping six feet, or three giant steps, away from the curb while waiting for the bus. Young children should be carefully su-

• Be visible. Always cross in front of the bus, making eye contact with the driver so that he or she knows your intentions before crossing. If you drop something, do not bend down to pick it up. Tell the driver instead.

• Remain seated. Find a seat promptly and remain seated for the duration of the ride. Do not stand up and proceed down the center aisle un-

• Minimize distractions. Always speak softly and behave so that you do not distract the driver. School buses are very safe vehicles, but passengers need to do their part to avoid injury.

### How to manage low bandwidth during remote learning sessions

In the wake of the COVID-19 outbreak, many schools hastily transitioned from traditional inperson learning to remote learning. This transition posed new and unique challenges to educators as well as students and their parents.

One of the biggest challenges posed by remote learning was keeping students connected to their teachers and their classmates, not all of whom had readily available access to devices that could facilitate such connections. In recognition of that challenge, school systems worked to procure devices for students only to be confronted by another challenge: low bandwidth. According to Microsoft, bandwidth refers to the amount of data that can be transferred over an internet connection per second. Low bandwidth can compromise students' ability to stay connected to their virtual classrooms. In an effort to help students overcome that challenge, Microsoft offers the following tips on how educators, students and parents can manage low bandwidth during remote learning sessions.

• Reduce reliance on video during class sessions. Turning video cameras off during live class sessions can help to overcome the challenges posed by low bandwidth, as live video is a key contributor to excessive use of bandwidth. If video must be used, encourage students to turn off their cameras when they are not speaking.

• Use pre-recorded content. Pre-recording content enables students to stream video over the internet, saving those with low bandwidth the learners. Thankfully, there are ways to overcome hassle of downloading large video files to their low bandwidth so students can keep learning.



computers. Microsoft recommends educators who pre-record content for their students to stream to instruct those students to use class time to complete assignments. Educators can make themselves available via chat to answer questions students may have about their assignments.

• Avoid video-based assignments. It can be difficult for students with low bandwidth to send very large files, such as videos. Educators can help students avoid that issue by not requiring them to submit videos as part of their assignments.

• Encourage students to sync files to their devices. Each device is different and each manufacturer has its own instructions on how to sync files to devices. But Microsoft notes that syncing files to a device allows students to read them offline, which is ideal for students with limited internet connectivity.

Low bandwidth poses a challenge for remote



#### DON'T BE AFRAID, FOR I AM WITH YOU. —ISAIAH 41:10

A few years ago my four year-old son started having night terrors. My wife and I would wake up in the dark to the sound of his whimpering, and when we went into his room, we'd find him sitting up on his bed, cringing at the shadows of branches on his wall, reaching like claws through his bedroom window.

I remember laying down with him and telling him, "You don't have to be scared, buddy, because God is with you; in fact God is present everywhere!" So he started pointing around his room, at spot after spot, asking, "Is God present there? And what about there?"

"Yes, son, God is present in that corner, and yes, he is present on the ceiling, and yes, he is present even under the bed."

Now I didn't mean that God was physically present in each of those places, because as we learn from the Bible, God is spirit. What I meant is that God is present with his knowledge and his ability to act in each of those places. But then, after saying that yes, God was present everywhere, I said to my son,"You know what else? God is even present in those shadows on the wall!" When he heard that, his face brightened into a grin and he said, "Yeah, God will smash those shadows into pieces!" Then we sang the song, God Is Bigger than the Bogeyman, and he fell blissfully to sleep.

God is bigger than the bogeyman. He is bigger than our irrational fears, like the shadows on the wall, and he is bigger than our rational fears, like sickness, loss, and death. Now that doesn't mean that those things aren't worth fearing; What it does mean is that even if we must go through those things, in the end we'll be fine, because he'll be with us as we go through them.

Pastor Daren Redekopp New Life Church, Stonewall darennlc@mymts.ca

#### By Evan Matthews

Community members will have a chance to give their input as to where their loved ones will be placed to rest for the next 300 years.

Woodlands Reeve Lori Schellekens said council will hold a meeting on Sept. 13 from noon to 2 p.m. to listen to public input on the RM's plans for a Warren Municipal Cemetery expansion that could start as early as this fall.

"We're looking for public review and input on the cemetery columbarium layout designs," said Schellekens.

A columbarium is a room or building with niches for funeral urns to be stored.

"We have four designs we've come up with, and we're asking the public to pick their most desired. ... It's going to be their loved ones there."

The RM is hosting the meeting at the Warren Cemetery, but the meeting is weather dependent to be held at the Warren Multi-Purpose if weather doesn't permit.

A columbarium is a block of granite, according to Schellekens, with 48 doors installed. The conversation will be more about columbaria location and placement on the property.

"We want people to understand why, depending on what design is chosen, why the first columbarium is being placed along the back of the property line,"said Schellekens, noting the total



#### TRIBUNE PHOTO BY GOOGLE EARTH

Warren Municipal Cemetery will soon have a columbaria installed on the property, as the RM asks for public input on potential designs.

number of columbaria and placement will be dictated by design choice.

"But we don't want people asking, 'Why are you putting the first one in the back by the bush?' There has to be a plan in place to follow. ... Columbaria are big. Depending on the design, you can't move them around one another. You have to bring a crane in, and the first has to go in a certain spot."

Schellekens said once a design is chosen, the RM can install a pad for the first columbarium to be placed. The installation of additional columbaria will span into the future and be dictated by design choice and public demand.

"It's a matter of getting the pad down before the snow flies. They can deliver the first columbarium whenever," said Schellekens.

Each columbarium will also have what Schellekens called a "memory wall" in which people can purchase plaques and have names of loved ones engraved, their legacies cemented forever.

The RM has plans to also place a columbarium in Meadow Lea in the future, which would also go through public consultation, but summer 2021 would be the earliest date for discussion.

## **Masks mandatory for MPI customers**

#### Submitted by MPI

Masks will be mandatory for all customers attending a Manitoba Public Insurance location, effective Wednesday, September 9.

Throughout the COVID-19 pandemic, MPI has been committed to following the advice and direction of the provincial public health authority by putting procedures in place to best protect the health and safety of MPI employees and customers.

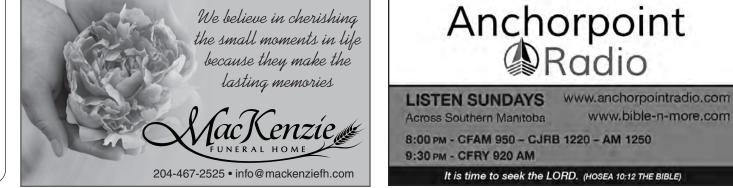
Customers will be required to bring

and wear a face covering/mask when attending any MPI location, including all service centres, claim centres, and MPI's Physical Damage Centre.

Please note the following: · Signs will be posted at all entrances to inform customers of this

requirement. In the interests of protecting the health and safety of employees and other customers, any customer who refuses to wear a mask will be asked to leave. • It is also encouraged that only one family member per household to enter, unless otherwise required for business.

This new mask requirement does not replace the physical distancing guidelines that are already in place. Per public health direction, a distance of two meters (six feet) should be kept between people whenever possible. Customer-facing MPI employees interacting with the public will also be required to wear a mask.





## Zumba classes mark 10-year anniversary

#### **By Jennifer McFee**

A local fitness instructor has been keeping community members in shape for a decade and running.

Erika's Zumba Fitness Club is celebrating its 10th anniversary since the program launched at the popular studio located just north of Stonewall.

"A lot has changed over the years, but one thing that stays consistent is the regulars in the class," said instructor and business owner Erika Riley.

"We've also taught musical theatre classes and hosted kids' birthday parties, so we've done a little bit of everything."

Over the past decade, Riley's passion for Zumba has continued to grow — along with the number of students that she reaches.

"Initially, I just thought it was fun and enjoyable. I loved listening to the music that I grew up with, and I wanted to share my love for it," said Riley, who is originally from Venezuela.

"Now it's not just for me anymore because I've seen the good that it does for others. I've seen them grow to love Zumba the way I love it."

Zumba seems to have the ability to enhance the positive and wash away the negative, she added.

"There's just something special about Zumba. If you have a bad day, it seems to magically fix it even though it doesn't change the circumstance that you might be facing. If you're having a good day, Zumba feels like it makes it even better. And if you're having a boring day, it really turns exciting," Riley said.

"If you go to a Zumba class, all of a sudden it stops whatever negativity you had. Maybe the circumstances won't disappear but the negative feelings will — and that helps you face whatever is troubling you."

Riley's classes, along with her students, have even helped her overcome difficult moments in her own life.

having a bit of a rough time. I thought that I was going to shut the studio down and not teach anymore for personal reasons," she said. "I remember my participants saying I could not shut down and I realized that this has become larger than me. This has become very special and important to other people too. In turn, it ended up helping me emotionally and making it easier to face my personal issues at the time, so I'm glad I didn't close."

It's also been a family affair at the fitness studio over the past decade, since Riley's five children have been actively involved over the years.

"We're a homeschool family. Physical activity was already part of my homeschooling plans, but this gave them an extra venue to be even more active," she said.

"My kids were involved in Ukrainian dancing and swimming and soccer, and Zumba added one more thing that was fun for them."

Two of her older kids took the instructor training courses, leading to opportunities to teach classes and get involved in charity events with their mom.

"They all have done Zumba and enjoyed it. Sometimes they join me still, which is fun and exciting," she said. "They support me 100 per cent and they support the studio too."

To mark the momentous anniversary, Riley had hoped to host a big celebration — but the pandemic changed those plans.

However, she has slowly begun to open her studio to the public again.

"Now that everything has eased up a little bit, we've been allowed to open, which is great. Right now, I have my studio at less than half capacity. We're allowed to open to half capacity, but it's important for me to be extra safe and cautious and give that sense of safety to the people that are coming back," she said. "To me, Zumba feels like one of those essential services because you need a little bit "Over the 10 years, there was a period when I was of a mental health break. We're finishing our first



PHOTO SUBMITTED Erika Riley's Zumba Fitness Club is celebrating 10 years in business.

session this week and I'm very proud of everyone." She encourages feedback from her students and considers their input when she's making decisions for the classes and the studio.

"It's like a camaraderie. It's more like a Zumba club, not just Zumba classes," she said, expressing gratitude to her fellow Zumba instructors who have also been part of her studio journey."I am thankful for all the love my studio has received from the dance participants and Zumba lovers that have supported me in the past 10 years. And I'm proud to be part of the community and surrounding area as I look forward to continue serving it for many more years to come."

For more information about Erika's Zumba Fitness Club, follow Erika Riley on Facebook or email zumbawitherikariley@gmail.com.

## Seeding season extended for fall rye and winter wheat

#### By Becca Myskiw

The seeding season for fall rye and winter wheat has been extended this year.

Manitoba Agricultural Services Corporation (MASC) approved the extension of this year's seeding window for the crops. Producers who seed their winter wheat or fall rye from Aug. 15 to Sept. 25 in 2020 have full coverage under AgriInsurance. They have reduced coverage if they seed from Sept. 26 to 30.

Ken Gross with Ducks Unlimited has been working with winter wheat for 30 years. He said they always focused on avoiding winter kill with the crops and seeding earlier stopped that.

But, 15 years ago, producers who were core growers of the crops said farming isn't by the calendar and started pushing the window, seeding into the first week of October.

The problem, Gross found, is a lot of producers are still harvesting their spring crops when it comes time to seed winter wheat and fall rye. And by seeding later, these producers found it evens out their workload and is better for disease management on



PHOTO SUBMITTED The seeding season has been extended for winter wheat.

the plants.

They still got a crop out of it without winter kill the only problem is by seeding later, producers will get lower yields as they would with a spring crop.

"It wasn't a risk of catastrophic failure," said Gross. "It's just the later you seeded the more of a yield penalty you took."

Following what the producers found, Dr. Navneet Brar and Dr. Yvonne Lawley did their own research on seeding the crops later. They found a few of the following:

Winter wheat yields decline the later the seeding date is

It is possible to grow a winter wheat crop when seeding outside the usual crop insurance window

Seeding date is only one factor that affects the crop yield. According to MASC, when crops were seeded between Aug. 22 to 26, they had a yield of 100 per cent. When seeded between Sept. 23 to 27, they had an 80 per cent yield. Crops had a 70 per cent yield when seeded from Oct. 2 to 6.

Gross said it's still early, but producers seem to be happy with the change as they now have the opportunity to seed once harvest is done.

"I think it'll make more of a difference in a year after they've harvested," he said.





Prep time: 5 minutes Cook time: 25 minutes Servings: 8 1 pound ground beef

1 pound Bob Evans Original Roll Sausage

1 package (20 ounces) Bob Evans Macaroni and Cheese

8 hamburger buns



Prep time: 25 minutes Cook time: 15 minutes Servings: 48

1 package (24 ounces) Bob Evans Original Mashed Potatoes

1 cup Monterey Jack cheese, shredded

1 cup sharp cheddar cheese, shredded 4 ounces diced jalapeno peppers, drained

8 ounces taco flavored tortilla chips

2 large eggs

6-8 tablespoons vegetable oil

1/3 cup all-purpose flour

sour cream (optional)

Stir together cold mashed potatoes with Monterey Jack and cheddar cheeses and diced jalapenos.

Scoop 48 tablespoonfuls of potato mixture and place on parchment- or



8 ounces rotini or medium shell pasta 5 tablespoons butter, divided

1/4 cup all-purpose flour

1 can (12 ounces) evaporated milk

1 cup milk

1/2 cup canned pumpkin

1 1/2 teaspoons salt

1/4 teaspoon ground black pepper

1/4 teaspoon ground nutmeg

2 cups shredded Swiss or Gruyere cheese

1 cup shredded cheddar cheese

FamilyFoods Phone 467-5553

**Barbecue Macaroni and Cheese Burger** 4 tablespoons barbecue sauce 1/2 cup French fried onion straws

In large mixing bowl, blend ground beef and sausage; divide into eight patties.

On grill over medium heat, cook burgers on each side until no longer pink in center and internal temperature reaches 160 F, about 15 minutes.

Heat macaroni and cheese according to package instructions.

Place patties on buns and top each with 1/4 cup macaroni and cheese, 2 teaspoons barbecue sauce and fried onion straws.

#### **Crunchy Jalapeno Potato Poppers**

wax paper-lined baking sheet. Refrigerate 15-20 minutes.

In bowl of food processor, pulse tortilla chips to fine crumbs or place chips in large, zip-top bag and smash using rolling pin. Pour crumbs into shallow bowl. Beat eggs and pour into separate shallow bowl. Set aside.

In fryer or Dutch oven, heat oil to 350 F. Remove mashed potato scoops from refrigerator and roll into balls. Roll each mashed potato ball in flour, tapping off excess. Once potato balls are coated in flour, dip each into egg, allowing excess to drip off, then into tortilla chip crumbs, making sure to coat evenly. Set on clean baking sheet. Discard excess flour, egg and tortilla chip crumbs.

In hot oil, fry small batches of mashed potato poppers until golden brown, 30-40 seconds. Remove from fryer and place on paper towel to drain excess oil. Repeat until all poppers are cooked. Serve hot with sour cream, if desired.

Note: To reheat poppers, bake 6-8 minutes at 350 F.

#### **Pumpkin Mac and Cheese**

#### 1/4 cup breadcrumbs

Cook pasta according to package directions; drain and set aside. Heat oven to 375 F.

Grease 1 1/2-quart baking dish. In 4-quart saucepan over medium heat, melt 3 tablespoons butter. Stir in flour; cook 1 minute. Gradually stir in evaporated milk and milk; cook until mixture is thickened and smooth. Stir in pumpkin, salt, pepper and nutmeg.

Remove from heat; whisk in cheeses until smooth. Stir in cooked pasta; toss to mix well. Spoon into baking dish.

Melt remaining butter; stir in breadcrumbs to coat well. Sprinkle on top of casserole. Bake 30 minutes, or until sauce is bubbly and mixture is golden.



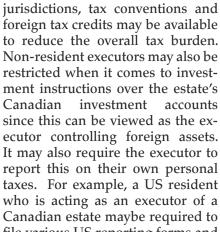
ASK THE MONEY LADY, I am in the process of getting a Will but am not sure who I should pick for an executor. Should I use a family member or a friend? Any tips?

Colin

#### Great question Colin. A friend or a family member - it all depends?

This will be the person who controls and manages all your assets that you leave behind and will have a legal obligation to carry out your estate plan. Your executor will secure all your assets, make investment decisions if necessary and file vour final tax return. It is important for you to choose the right person to be your executor, and to consider the person's competency and age, availability and location, trustworthiness and dependability.

Please do not chose an executor that does not reside in Canada. This could have legal and/or tax implications depending on your provincial legislation. Under Canadian tax law, an estate is considered to be a trust and we do not want the tax residency of a trust to be questioned if the primary management and control takes place by a non-resident. This will trigger your estate being disposed of its assets as a non-resident, subject to capital gains tax, possible with-holding tax, loss of enhanced dividend tax treatments, and even being subject to the rules and regulations of the foreign country where your executor resides. Of course, in situations where an estate is subject to tax in two or more



AsktheMoneyLady.ca

Canadian estate maybe required to file various US reporting forms and it is a good idea to seek professional assistance to ensure compliance. Another example is in Ontario. If an executor is not a resident of Ontario or a Commonwealth country, the executor is required to obtain a bond. The out-of-town executor could get a bond from an insurance company - but would have to apply and pay for this. Legal, taxation and financial advice should always be considered.

Let's face it, you worked hard for your money Colin, and the last thing you want is our government (or any other government) getting their hands on your estate. No one would intentially put their assets in jeopardy. Speak to your advisor or estate lawyer to find out if the person you want as an executor is the right choice.

Good Luck and Best Wishes, **Money Lady** 

Written by Christine Ibbotson, Author of the best-selling book "How to Retire Debt Free & Wealthy" and a new book **Don't Panic - How** to Manage your Finances and Financial Anxieties During and After the Coronavirus" available at all bookstores across Canada. If you have a money question, please email on website: www. askthemoneylady.ca

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Sports&recreation

### Stonewall United play to a 2-2 draw

#### Staff

The Stonewall United played to a 2-2 draw with Crescentwood Saturday in Manitoba Major Soccer League 5th Division action last Thursday at the Buhler Recreation Park in Winnipeg. Chris Wiebe and Kevin Penner scored for the United.

With the draw, Stonewall is now 4-4-1 and has 13 points to sit in a tie for third place with Les Blues. At press time, the United had played one more

#### Hockey Manitoba cancels Female U18 Program of Excellence for 2020-21

#### Submitted by Hockey Manitoba

Hockey Canada announced the cancellation of the 2020 U18 Women's National Championship last Thursday which was scheduled for this upcoming November in Dawson Creek, B.C.

The U18 Women's National Championship acts as the final phase of the Provincial Program of Excellence and sees the best U18 female athletes come together to compete at the provincial level.

As a result of this decision, Hockey Manitoba has cancelled all programming related to the U18 Program of Excellence for the 2020-21 season. Hockey Manitoba will now move forward with the scheduling of selection camps for the 2021 Program of Excellence leading to the 2021 U18 Women's National Championship.

For the 2003-born female athletes, the cancellation of the 2020 Program of Excellence takes away a final opportunity to represent Manitoba at the national level and compete for a national championship. While this will be disappointing for these athletes, Hockey Manitoba would like to wish them success and good health as they move into their final year of U18 high performance hockey and the many opportunities that await them in the future.

More information on the U18 Program of Excellence can be found on the Hockey Manitoba website and any questions can be directed to Dustin Stewart, U18 director of operations.

The Female Program of Excellence is designed to provide high-performance female players with the opportunity to develop advanced skills as well as an introduction to the concepts needed to play at an elite level. Players from the Program of Excellence go on to play at the CIS, NCAA and international level.

#### game than Les Blues.

Stonewall has scored 21 goals this season while giving up 13 for a pluseight goal differential. That's third best in the eight-team division.

The United hosted the Saint James

Spurs Soccer Club this past Monday but no score was available at press time. Stonewall will then play Sinjar FC this Friday at the Ralph Cantafio Soccer Complex in south Winnipeg. Game time is 8 p.m.



#### TRIBUNE PHOTO BY BRETT MITCHELL

Stonewall United's Chris Wiebe, right, controls the ball in a MMSL game against Crescentwood Saturday last Thursday at Buhler Recreation Park. Wiebe and Kevin Penner scored for the United in a 2-2 tie.

## **MJHL** awards expansion franchise

#### Submitted by the MJHL

The Manitoba Junior Hockey League announced last Friday that an expansion franchise has been awarded to 50 Below Sports + Entertainment for the

#### 2021 Phillies Softball TRY-OUT DATES:

U12: Sept 19 and 20 11-1 (*Check in at 10:30*) Quarry Park

U14: Sept 19 and 20 2-4 (Check in at 1:30) Quarry Park

U16: Sept 19 and 20 2-4 (Check in at 1:30) Quarry Park

Contact: Blaine Shewchuk Shewcb1@gmail.com

Please register in advance through the Phillies website at https://www.leaguelineup.com/ interlakephillies upcoming 2020-21 season.

The new franchise will operate within the Winnipeg market.

The 12th MJHL franchise will enhance the flexibility needed to provide a schedule that reduces travel and assists with divisional alignment; both critical components to executing the MJHL approved Phase II Return to Play Plan, read a statement.

"50 Below Sports + Entertainment, along with all of our member clubs, have really stepped up and put the players first to provide safe and competitive development conditions," said Kevin Saurette, MJHL commissioner. "These are trying times as teams continue with necessary preparations for the difficult season ahead as we are all committed to developing our players in a safe, structured and responsible environment."

Adding a second team in Winnipeg, led by a strong management and ownership team, provides further development opportunities for Manitoba hockey players to play elite Junior

"A" hockey within the province.

With the announcement, the MJHL returns to a 12-team league for the first time since the 2002-03 season.

Please stay tuned for further exciting announcements from 50 Below Sports & Entertainment regarding the new Winnipeg MJHL Franchise in the coming days.

MJHL set to release 2020-2021 schedule

The 2020-21 COVID-19 season schedule has been finalized and will be significantly modified from previous seasons to mitigate risk of spread or potential contact between multiple teams while allowing for minimal disruption of the schedule in the event of a positive COVID-19 case. Full schedule announcement will be made this week.

MJHL regular season to begin Oct. 9. MJHL main camps will begin Sept. 18 with no more than 34 players in attendance. Teams will play no more than three exhibition games in advance of the MJHL regular season. Prospect camps are currently being held by MJHL teams in advance of Sept. 18 and are following the MJHL Return to Play – Phase I Guidelines which have been in place since June 26. Full contact is not permitted during these camps.

As is the case for everyone throughout the province and beyond, these past months during the COVID-19 pandemic have placed significant financial stress on each MJHL team and community. Additional stress will be felt as each organization prepares for what will be required for the upcoming season to ensure we return to hockey in a safe, controlled and responsible manner.

Each organization is to be commended for their absolute commitment to providing elite development opportunities both on and off the ice in the face of these financial challenges with the health and safety of all involved always being the No. 1 priority. Teams will need and deserve all the support they can be afforded during this difficult time as we prepare to return to the game we all love.



#### 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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Wanted - old anvil, larger the better. Call 204-494-0517.

Wanted - older string musical instruments & amps, etc. Call 204-494-0517.



Urgent press release &/ media advisories. Though we cannot guarantee publication, The Manitoba Community Newspapers Association (MCNA) will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204947-1691 for more information. or email classified@mcna.com for details. www.mcna. com.

NOTICES

#### **NOTICE OF BOARD OF REVISION**



**General Assessment & Personal Property Assessment 2021 and 2020 Supplemental Property Taxes** 

Public Notice is hereby given that the 2021 General Assessment and Personal Property Assessment Rolls for the Town of Stonewall have been delivered to the Town Office at 293 Main Street, Stonewall Manitoba and are open for public inspection during the regular business hours.

The Board of Revision shall sit to hear applications respecting assessment on Thursday, October 15th, 2020 at the hour of 6:30 P.M. in the Council Chambers of the Town Hall, 293 Main Street, Stonewall, Manitoba.

Applications for revision of assessment shall be made in accordance with Sections 42 and 43 of the Assessment Act:

#### APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- a) liability to taxation;
- b) amount of an assessed value
- c) classification of property; or
- d) a refusal by an assessor to amend the assessment roll under subsection 13(2)
- APPLICATION REQUIREMENTS

43(1) An application for revision must:

- a) be made in writing;
- b) set out the roll number and legal description of the
- assessable property for which a revision is sought;
- c) set out which of the matters referred above in subsection 42(1) are at issue, and the grounds for each of those matters; and
- d) be filed by
  - i) delivering it or causing it to be delivered to the office of the Town of Stonewall. Box 250, 293 Main Street, Stonewall, Manitoba, ROC 2ZO, or ii) serving it upon the Secretary of the Board of Revision

The final date on which applications shall be received by the Secretary of the Board of Revision is Tuesday, September 29th, 2020.

Dated this 4th day of September A.D., 2020 at the Town of Stonewall in the Province of Manitoba.

> Diane Allan, Secretary Board of Revision Town of Stonewall Box 250, 293 Main Street Stonewall, MB, R0C 2Z0

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#### **NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE** FOR MUNICIPAL BY-ELECTION

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

NOTICE IS HEREBY GIVEN that candidate registrations will be received:

For the office of Councillor:

Up to and including October 7, 2020 at the Rural Municipality of St. Laurent office, 16 St. Laurent Veterans Memorial Boulevard, St. Laurent, MB, during the regular hours of business (8:30 a.m. to 4:30 p.m. Monday to Friday excluding stat holidays).

To obtain a registration form contact the municipal office at 204-646-2259.

Dated at St. Laurent, Manitoba on August 27, 2020.

Ernie Epp Senior Election Official (SEO)



#### **Rural Municipality of Woodlands OPEN HOUSE** WARREN CEMETERY

The RM of Woodlands Council invites the public to an Open House, Sunday, September 13, 2020 between 12:00 noon and 2:00 p.m. at the Warren Cemetery (weather dependent, to be held at the Multi-Purpose Building in Warren if weather doesn't permit) for the review and input for the Cemetery Columbarium layout designs. Social distancing must be adhered to, minimum of 2 m (6 feet). We ask that anyone exhibiting COVID-19 symptoms refrain from attending.

#### **McSherry Auction** 12 Patterson Dr. Stonewall, MB **Online Timed Auctions**

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Estate & Moving Closes Wed Sept 30th @ 8 PM Consignments Welcome! (204) 467-1858 or (204) 886-7027 mcsherrvauction

### **Rural Municipality of Woodlands PUBLIC NOTICE**

### BOARD OF REVISION

NOTICE IS HEREBY GIVEN THAT the 2020 Assessment Roll for the Rural Municipality of Woodlands has been delivered to the Municipal Office, 57 Railway Avenue, in the Village of Woodlands, Manitoba and is open for public inspection during regular business hours.

The Board of Revision shall sit to hear complaints on Tuesday, the 13th day of October, 2020 at 1:00 p.m. in the Multi Purpose Building of the Rural Municipality of Woodlands, 152 MacDonald Avenue, Warren, Manitoba.

Any person who believes that an assessment ought to be revised may make application in accordance with sections 42 and 43 of The Municipal Assessment Act.

#### **APPLICATION FOR REVISION**

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under subsection 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- a) liability to taxation:
- b) amount of an assessed value:
- c) classification of property; or
- d) a refusal by an assessor to amend the assessment roll under subsection 13(2).

#### **APPLICATION REQUIREMENTS**

- 43(1) An application for revision must
- a) be made in writing;
  - b) set out the roll number and legal description of the
  - assessable property for which a revision is sought;
  - c) set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
  - d) be filed by

i) delivering it or causing it to be delivered to the office

- indicated below, or
- ii) serving it upon the secretary,

at least 15 days before the scheduled sitting date of the board as indicated above.

All applicants shall be provided written notice with the time of their hearing. Applicants are responsible to confirm an appeal sent electronically has been received by the Rural Municipality of Woodlands, Telephone 204-383-5679.

Applications for revision or complaints must be received by 4:30 p.m., September 28th, 2020, mailed to the Rural Municipality of Woodlands, Box 10, Woodlands, Manitoba, ROC 3HO or delivered to 57 Railway Avenue, Woodlands, Manitoba.

Dated this 27th day of August, 2020.

Adam Turner, CMMA Chief Administrative Officer

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#### NOTICE TO CREDITORS

IN THE MATTER OF: the Estate of Wilhelmina Katharina Jansen, late of the Town of Stonewall, in Manitoba, deceased.

All claims against the above estate, duly verified by Statutory Declaration must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 14th day of October, 2020. DATED at Stonewall, Manitoba, this 3rd day of September, 2020. GRANTHAM LAW

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#### THE RURAL MUNICIPALITY OF ST. LAURENT - 5 CALL FOR TENDERS

#### Job: Loading and hauling of stockpile of crushed gravel to various roads in the R.M.

We require approximately 100 loads (16 plus cubic yards each load) to be hauled to various roads throughout the RM still in need of gravelling. The R.M. has a pile of crushed gravel that will be used for this purpose. We are looking for a contractor to load and haul the gravel and apply to the roads. Job is to be completed by September 25, 2020.

Please submit a separate quote for loading per cubic yard, and a separate quote for hauling per cubic yard.

Deadline to submit: Monday, September 14th, 2020 at 4:30 p.m. Suitable tender will be awarded at the Council Meeting of September 16, 2020. Any questions, please call Hilda Zotter (CAO) at 204-646-2259, or email: cao.rmstlaur@mymts.net

Please submit your tender marked "Gravel Hauling" to:

Attention: CAO

R.M. of St. Laurent

16 St. Laurent Veterans' Memorial Road (inside the St. Laurent Recreation Centre)

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#### EDDING ANNOUNCEMENT



- photo by Brittany Mahood Photography

Bawdon-Brooks July 31, 2020

Congratulations to Amanda Bawdon and Ryan Brooks (of Hamiota) on their marriage on July 31, 2020, at the property of Darryl and Brenda Bawdon, albeit in a smaller but more intimate wedding than what was originally planned. A larger celebration is planned for next summer.

~Covid can't stop love~

#### IN MEMORIAM

Murray Coolidge September 10, 2018 We miss you in so many ways, We miss the things you used to say; And when old times we do recall, It's then we miss you most of all. -Lovingly remembered from all your family

#### IN MEMORIAM

Pauline Strauss June 26, 1940 - September 5, 2017 Sometimes I smile ... I know you're near; It's not enough, You are not here. You left with LOVE, When you flew away; And a piece of me, Went with you that day. The years roll by, I'm not the same; But in my heart, You will remain. -Missed everyday by your family

Remember Your Loved Ones with an Announcement in the Tribune Call 467-5836 classifieds@stonewallteulontribune.ca

#### OBITUARY



Lila E. Jean Williamson February 14, 1927 – June 29, 2020

Lila Ellen "Jean" Williamson (Simpson) danced out of this world gracefully at the age of 93, on June 29, 2020, in East Cumberland Lodge, Pugwash, after a life overflowing with love, treasured family and friends.

Born in Brandon, Manitoba on Valentine's Day in 1927, Jean was a prairie girl at heart and dancer in spirit, from the time she was a six-year-old tap dancer until she was in her 90's grooving to the beat with her walker in tow. There is a story in our family of little Jeanie being invited to join her uncles adagio dancing act in Hollywood in the 1940's but her father quickly put a kibosh to that. Instead she met the dashing Norris (of yellow suede shoe fame) at a dance in Brandon and the rest is history. There followed marriage, children and a life framed by the Norris's long career in

the armed forces and the Royal Canadian Legion, frequent moves, uprooting family, packing and unpacking – requiring resilience, building independence and a feistiness that became her trademark. The benefits were the opportunities to discover new communities, travel and forge many, many life-long friendships. Jean had fond memories of her friends in Winnipeg, Germany, England, Toronto, Ottawa, Camp Borden, Halifax, Shilo, Stonewall, Saanichton, Sidney, Victoria and Pugwash.

Jean was a piece of work despite, and maybe because of, being vertically challenged. She loved laughter, curling, knitting, golf, caramels, a fun party and a good gin and tonic. She was a ferocious reader of grisly murder mysteries and did not suffer fools gladly. She bragged about her ability to drive across the country with one hand tied behind her back and never saw a gizmo she didn't covet. She blithely rewrote history, invented words like "pizzerinktom" and "dooflicky", and in later years, had no filter whatsoever, making for some "interesting" observations and cringing moments for her family.

Predeceased by beloved husband Norris "Willy" Williamson; sister Mabel Trelka (Simpson); brother-in-law Charles Trelka; sister-in-law Norma Holbrook (Williamson); parents Lyle and Mabel Simpson (McKee). Left to remember and celebrate a life well lived: daughter Norene Smiley (Greg), Pugwash, NS; sons James Williamson (Laura Griffin), Chemainus, BC, and Jon Williamson (Angela Beattie), Calgary, AB; granddaughters Erin Smiley (Darrell Fardy, great-granddaughters Amelia and Genevieve) and Emily Smiley (great-granddaughter Ella Tilley); nieces Susan, Sandra, Beverly and Christine and nephew Joe.

Big thanks to VON home care workers in Cumberland County and the staff at East Cumberland Lodge for their warm and friendly care in the last year.

Arrangements entrusted to Mundle's Funeral Home, Pugwash.

Donations to ECL, Box 250, Pugwash, NS, B0K 1L0, or a charity of your choice.



#### OBITUARY

Edward (Eling) van der Zweep

Edward (Eling) van der Zweep, born September 21, 1936 in the town of Roodhuis, Freisland, (The Netherlands) has passed away on Monday, August 31 at the age of 83.

As a beloved father, Ed is survived by his children: Greg, Val, Connie, Patricia, Gary, Tracy, Wayne; their spouses, and his grandchildren and great-grandchildren. Ed is also survived by two brothers (Siebe and Ben), and four sisters (Betty, Vicky, Theresa and Nellie) and a large extended family throughout Canada, the U.S. and the Netherlands.

Ed was predeceased by his first wife Wilhelmina (nee van Wyk). In the 41 years of their marriage and the raising of their family, Ed and Wilma farmed for 34 years in Balmoral, MB. A full and rich life was shared by our parents. We are proud of the drive and hard work that made Ed an exceptional dairy farmer; earning awards

for his herd. Many close friendships were made over the farm years; at his church community, his bowling league, and in travels by RV. After Wilma's passing in 2004, Ed moved to Salmon Arm, BC where he met and married Gerda der Kinderen in 2006. The 13 years of Ed's marriage to Gerda were filled with travel, laughter and mutual loving support; until Gerda's recent passing in March 2020. Left to mourn Ed's passing are Gerda's daughters, Astrid and Monique and their families. They, as well as the many friends and neighbours enriched Dad's later years with kindness and real connection.

We love you Dad: "Ruste in Vrede."

Due to COVID-19 restrictions, the Funeral Mass will be by invitation only. When it is again possible, we hope to have a gathering to celebrate Ed's life.

OBITUARY

In lieu of flowers, donations may be made to Parkinson Canada or CancerCare. Messages of condolences may be left at MacKenzie Funeral Home: mackenziefh.com

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MacKenzíe 🖉



#### Blaine Peterson

It is with profound sadness that we announce the sudden passing of Blaine Peterson, local resident of Stonewall, MB. He is survived by his partner Paulette and his two children, Teague (husband, Tom) and Kael (fiancée, Raquel).

Blaine grew up in Cartwright, MB where his passion for hockey started when he was a young boy. As a player he was able to progress to the WHL. One of his most memorable athletic accomplishments was winning two Memorial Cups with the New Westminster Bruins. Then 'having a cup of coffee' with the NHL's Vancouver Canucks and having the opportunity of being on the ice with the great Bobby Orr.

Blaine put his immense hockey knowledge towards coaching Kael's teams, starting from Squirts and finishing with the Stonewall Jets. He was a great coach, not just to his son but to everyone on the team. He always knew how to help someone be better, be kind about it, and tell a good hockey story.

about it, and tell a good hockey story. When Kael finished his hockey career, Blaine continued to serve as President of the Manitoba AAA Hockey League. Blaine traveled in all weathers to watch the kids play, happiest inside a hockey rink surrounded by the atmosphere of the sport. A short time before his passing Blaine was featured in the Brandon Sun for his time in the WHL. His family was very proud and happy to see his infamous mustache existed even then.

Blaine's other passions were music (Patsy Cline being his all time favorite), dancing (doing the polka with Paulette at the drop of hat), and watching old Loony Tune episodes. He was always happy to recite Hillbilly Hare word for word whenever he had an audience. But his greatest joys were his two children.

He taught Teague and Kael how to tell a story, the worth of a good 'dad joke', and the importance of laughter and fun.

Blaine missed Teague after she moved to Australia, but always loved to hear her voice over the phone and shared big belly laughs at her stories and sarcasm.

Blaine and Kael became each other's sports fan therapists once Kael finished hockey and Blaine finished coaching. Culminating with winning their first Fantasy Baseball championship together last season as "Pinky and the Blaine".

Along with his family, Blaine will be missed by his sisters, Lee and Rae, and their families, his in-laws and their families, his former and current co-workers, and all the lives he touched throughout his life long involvement in sports.

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

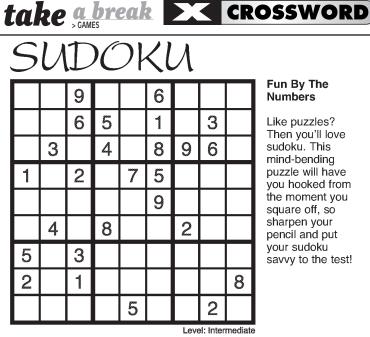
There will be no formal service however a celebration of life will be held at a later date.

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Your memory will live forever Engraved within our hearts

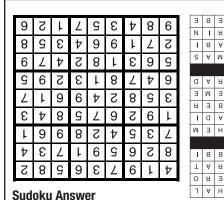
#### **22** *The Stonewall Teulon Tribune* Thursday, September 10, 2020



#### 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!

SAM

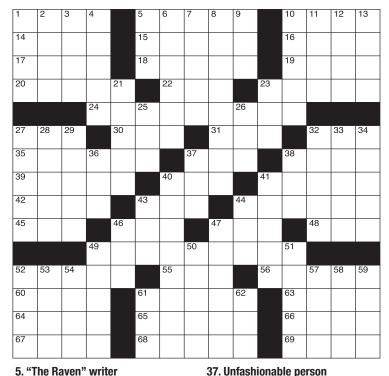


**Crossword Answer** 

- **CLUES ACROSS** 1. Aurochs
  - 5. Central Dravidian language
  - 10. Split pulses in Indian cooking
  - 14. Tropical starchy tuberous root
  - 15. Well known constellation 16. About aviation
  - 17. Bowfin genus
  - 18. Proper
  - 19. Expression of annoyance
  - 20. Cabbies
  - 22. Bro or sis
  - 23. Spiritual leader
  - 24. Where football coaches work
  - 27. Old TV part
  - 30. A way to color
  - 31. Touch lightly
  - 32. Surround
  - 35. Breached
  - 37. Aristocratic young woman 38. Drv ravine
  - 39. Hebrew measurement units

  - 40. Supporter
  - 41. Type of sword
  - 42. Influential Irish playwright
  - 43. Witch
  - 44. Flower cluster
  - 45. Mark Wahlberg's animal friend
  - 46. Psychedelic amphetamine 47. Actors' group
  - 48. Cool!
  - 49. Salts
  - 52. Group of SE China
  - 55. Illuminated
  - 56. Semitic Sun god
  - 60. Water (Spanish)
  - 61. Employed
  - 63. Japanese ankle sock
  - 64. Fishing fly
  - 65. Some pheasants are this
  - 66. Literary name for Ireland
  - 67. Must have

- 1. American state
- 2. Hindu model of ideal man
- 3. Type of acid 4. Drenches



- 6. Emerged
- 7. Alpha Centauri: \_\_\_ Kentaurus
- 8. Democratic Presidential candidate
- 9. Hostelry
- 10. Fathers
- 11. Any plant with leaves used for
- flavoring
- 12. Member of a Semitic people
- 13. Lesotho monetary unit
- 21. Lots
- 23. Jewish address corresponding to "Sir"
- 25. Male parent
- 26. A way to get
- 27. Body part
- 28. Seam in an organ
- 29. Landlocked African country
- 32. Process for producing ammonia
- 33. Excessive fluid accumulation in
  - tissues
- 34. Bogged down
- 36. Native American tribe

- 37. Unfashionable person
- 38. Female grunts 40. Well known
- 41. Gurus
- 43. Norse mythological site
- 44. Tell on
- \_\_ Farrow, actress 46.
- 47. Cotton fabric
- 49. Reciter of Scandinavian poems
- 50. Clouds
- 51. Satisfies
- 52. Shuttered Air Force base in Germany
- 53. Phil \_\_\_, former CIA
- 54. Japanese seaport
- 57. Female horse or zebra
- 58. First month of ancient Hebrew calendar
- 59. Trigonometric function
- 61. Fashionable knowledge (Slang) 62. Insecticide
- 272 Main St. Water Liske Bros Electric Ltd. 5 Shop Selkirk. MB YOUR NEXT SOURCE OF ENER 204-482-2277 Air Wise Home Flectricians who design, install and repair al Estate • Wills & Estates • Rusiness Law • Fa WE DELIVER TO: electrical and solar power systems. **Hnatiuk** Law - AGRICULTURE - COMMERCIAL Your Heating, Cooling and Geothermal Specialists - INDUSTRIAL - RESIDENTIAL - COTTAGES Main Street, Selkirk Stonewall 204-467-9578 Phone 204-281-3394 or 204 - 482 - 5111 & Surrounding Balmoral email: info@liskebroselectric.com areas! info@airwiseinc.ca www.airwiseinc.ca www.hnatiuklaw.com www.liskebroselectric.com Signs • Banners • Posters Excavator & Dozer Services Billboards • Awnings OOR COUNTRY Sign Holders Vehicle Graphics Screened 4 Wav Wraps • Magnetics Floor Coverings Laser Engraving Mixed Topsoil • Window Coverings ards • Medals • Plaques Stone Countertops Glassware
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68. A way to write 69. One point east of southeast CLUES DOWN



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