

# Stonewall Teulon Tribune

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## Cutest pumpkin

Six-month-old Louise Olsen picked out her pumpkin last weekend at Ronald's Pumpkin Patch.

TRIBUNE PHOTO BY SYDNEY LOCKHART

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# Last chance for pumpkins comes early this year at Ronald's Pumpkin Patch

By Sydney Lockhart

Ronald's Pumpkin Patch expects to sell out before Thanksgiving this year for the first time.

Brenda Ronald, owner of Ronald's pumpkin patch, says that they have sold almost all of their 700 pumpkins this year and won't have enough to last until Halloween.

"It was a hot summer, but they grew very well. We had a pretty good crop," she said.

The Ronald family moved in 2014 when they took over the property that was formerly known as Perry's Pumpkin Patch.

"We thought we would keep it going. It started as something the kids would do to learn the value of working," said Ronald.

The pumpkin patch is run by their family, including their kids that are 19, 16, 14 and six years old.

"When I was a child, my parents always had gardens, and when I got a yard I started because I had the chance to do what my mom taught me to do," said Ronald.

Every year since taking over the pumpkin patch, Ronald has experimented with a few new varieties.

"We had lived overseas for many years and when we moved back, we wanted more space for our kids. We wanted space for our kids to be outside and the pumpkins came along with it," she said.

This year they grew about a dozen



Pumpkins are stored in unused grain bins to keep them protected from frost.



Gourds of all shapes and sizes are also available for purchase.

different varieties of pumpkins. Ronald said the white pumpkins are always a favourite among her customers.

"I'm a bit surprised that they've gone really quickly. It might be partially due to the pandemic because it's something fun and normal," she said.

Usually they sell the pumpkins on their lawn and cover them up for the cold frosty nights of October. This year they decided to arrange their pumpkins inside three old empty grain bins



TRIBUTE PHOTOS BY SYDNEY LOCKHART  
Katrick Ronald, left, and her mom Brenda Ronald sell pumpkins annually from their yard south of Stonewall at Ronald's Pumpkin Patch.

so that they don't have to cover them up in the evenings.

All the pumpkins were sorted by type and labelled so that customers know what type of pumpkin they are buying.

"We've never been out of pumpkins this quick. I will plant more next year," said Ronald. "I'll plant blue pumpkins and more white pumpkins too."

To pick the hundreds of pumpkins, it takes the family many hours, usually spread out over days.

Ronald said while most of their customers come from Stonewall, they have people drive out from Winnipeg, Selkirk and Gimli to buy their pumpkins.

"Ironically we're not into Halloween much, but we usually try to decorate with them [pumpkins]," she said.

Ronald's Pumpkin Patch is located at 4130E Road 75N and can be contacted at 204-461-4068.

## Manitoba calls on federal government to remove block on rapid test for COVID-19

Submitted by Manitoba government

The Manitoba government is calling on the Government of Canada to reverse its ban on the direct sale to provinces of a new rapid test for COVID-19, Central Services Minister Reg Helwer announced Monday.

"Our government is committed to increasing access to COVID-19 testing for Manitobans," said Helwer. "We were pleased to learn that Health Canada had approved the Abbott ID NOW rapid test for use. Access to testing is top of mind for Manitobans, which is why our government attempted to place an order for these new tests within 24 hours of Health Canada's announcement."

When Manitoba officials contacted Abbott to place an order for the new ID NOW rapid test, they were informed the Government of Canada is blocking the sale of this test directly to provincial governments.

"This is a completely unacceptable action by the federal government," added Helwer.

"Although the federal government has secured its own supply, it has indicated that it will decide how that supply will be allocated. Provincial governments are the front-line providers of health care in this country and are best able to determine their own needs."

The federal government's actions are the latest in a series of clear examples where provin-

cial needs are being disregarded, the minister said.

Earlier this year, an order of two million N95 masks placed by the Government of Manitoba was blocked by the U.S. government and redirected to Ottawa. Because of these federal seizures, Manitoba has only received a fraction of the quantities to which we were entitled, Helwer noted.

"The federal government has also cancelled funding for a program to help improve fibre-optic access in northern Manitoba," said Helwer. "The cancellation of this \$55-million federal commitment reinforces the importance of our government's work to engage the thousands of kilometres of fibre-optic cable owned by Manitoba Hydro. This pandemic has reinforced the need for access to reliable internet, which is why the Province of Manitoba is stepping up to connect rural and northern communities using a publicly owned asset that has sat idle for far too long."

Premier Brian Pallister has written to Prime Minister Justin Trudeau to express Manitoba's disappointment in the federal government blocking Manitoba's access to an important tool to increase COVID-19 testing capacity. The premier is asking the prime minister to relieve immediately Abbott of any prohibitions on the sale of the ID NOW rapid test to Manitoba, which will enable the provincial government to make immediate arrangements for the purchase of sufficient testing machines and kits to meet the needs of Manitobans.

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# Birds flock to Oak Hammock Marsh

More events coming up throughout the month of October

## Staff

While many snow birds can only dream of their usual warm-weather vacations this year, flocks of Canada geese are now ready to escape the inevitable cold temperatures.

Oak Hammock Marsh Interpretive Centre hosted Fall Family Fun Days last weekend with extended hours to allow for optimal viewing.

"Traditionally, the last week of September and the first week of October is peak migration time," said Jacques Bourgeois of Oak Hammock Marsh.

"That's when you have tens of thousands, if not hundreds of thousands, of waterfowl at the marsh."

Attendees also had the chance to participate in a guided walk on the trail and to see a bird banding demonstration.

"Of course, the highlight is the flying at night. All the birds come back to the marsh for the night to rest, so

that is the most magical time," Bourgeois said.

"It's huge groups of geese. It's so loud too with the rustling of the feathers and the honking in the air all around you. It's pretty amazing."

Other upcoming events at Oak Hammock Marsh Interpretive Cen-

tre include a Thanksgiving birdseed sale from Oct. 10 to 12, a migration astronomy night on Oct. 15, birding hour focused on cowbird parasitism on Oct. 18, a Spooky Marsh Critters event on Oct. 23, and a Halloween fun and pumpkin carving workshop on Oct. 25.



TRIBUNE PHOTO BY JACQUES BOURGEOIS

A flock of birds returns to Oak Hammock Marsh for the night to rest.

## Correction



In last week's edition of the *Stonewall Teulon Tribune*, we paid tribute to our local volunteer firefighters. However, Sean McGill, of the Teulon/Rockwood Fire Department was inadvertently missed.

The *Tribune* sincerely apologies for the error and thanks Sean and all our firefighters for their efforts in keeping our loved ones safe.

# HAPPY THANKSGIVING

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# Thank You

*"The time has come," the Walrus said, "To talk of many things: of shoes, and ships, and sealing wax, of retirement plans and kings." But before I head off into the sunset allow me a few words...*

Dave Kalnuk hired me almost two decades ago. He took a real gamble – choosing a man who was starting over from scratch – in so many ways. I will be forever indebted to him for his courage and support throughout these years. Thank you Dave.

Stonewall Family Foods customers - you have been amazing! A community of people who I have come to cherish as my own family. You have challenged me, supported me and opened your hearts to me, and for that I will be eternally grateful. You truly are the best customers in the world.

To all the staff throughout the years – you have been the very essence of my being. All those hours spent in the workplace was an amazing experience because of you. Many of you I have the honour and pleasure of calling you friend. You have added colour to my life and bonds and kinships that will never be broken or forgotten.

I will be eternally grateful to have had this amazing opportunity. I am one of the luckiest men in the world. I already miss you all, but God willing our paths will cross. Until that time –

*"May the wind always  
be at your back."*

*With love and gratitude,  
Cal*



# Alzheimer conference going virtual for 2020

By Nicole Buffie

The Alzheimer Society of Manitoba's annual Care4u conference on Oct. 24 is going digital for 2020, and while many events across the country have been cancelled due to the pandemic, the society says hosting a virtual seminar is a benefit.

"We'll be able to reach so many more people than we usually would be able to just having our regular conference," said Samantha Holland, the Interlake/Eastern regional co-ordinator for The Alzheimer Society.

The Care4u conference serves as a way to educate and support those caring for loved ones with Alzheimer's, a degenerative brain disease common in elderly people.

What would usually be a one-day event featuring keynote speakers and concurrent sessions covering different topics of interest for caretakers, the webinar will feature the same activities in a virtual session.

The topics covered include areas such as day-to-day care for loved ones and how to have tough conversations such as when to move to a long-term care home and when to stop driving.

Holland says due to the current pandemic, some of the material will be geared towards how caring for loved ones with Alzheimer's has changed.

"There's a lot more emotional needs that come with this pandemic," she said. "There's that social isolation. There's caregivers having to be more

hands-on because home-care has stopped or slowed down. Different activities have been cancelled. People are dealing with anxiety and stress and depression."

Holland noted the conference comes at a good time as caregivers are experiencing burnout from finding ways to look after loved ones from afar.

"They really just need some support," she said.

According to The Alzheimer Society, over 23,000 Manitobans currently live with the disease and the number is expected to grow to over 40,000 by 2038.

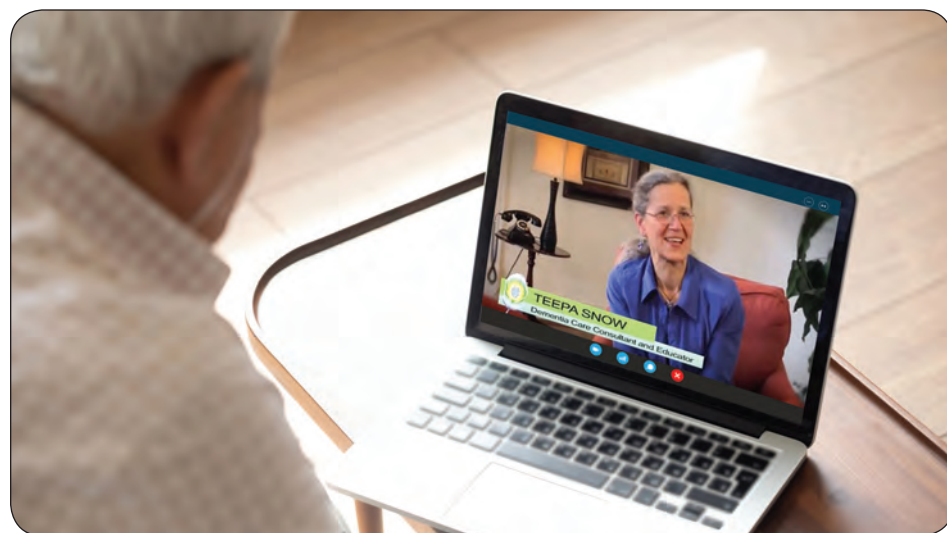
Since the onset of the pandemic and mandated public health orders cancelled many in-person events, Holland said there have been many virtual support groups popping up, including one in the Interlake region.

"These people have kind of become a small little family during all of this and they're getting to know each other," she said. "Despite living in different communities, the feelings and the emotions and what they're going through is quite the same."

Holland hopes online support groups like these continue after restrictions on public gatherings have lifted as it's an accessible way for communities to come together.

"It's taken a global pandemic to make us realize that we could be doing things a lot differently," she said.

As for the Care4u conference, fea-



TRIBUNE PHOTO SUBMITTED

Teepa Snow, a world-renowned dementia care consultant, will be a keynote speaker at The Alzheimer Society of Manitoba's annual Care4u Conference on Oct. 24.

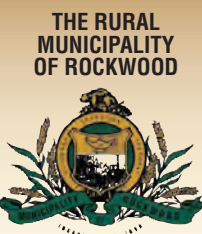
tured speakers will include Teepa Snow, a world-renowned dementia care expert, and Dr. Barry Campbell, the medical director of geriatric psychiatry for St. Boniface Hospital. Attendees of the virtual sessions will have a chance to pose questions to the speakers.

For caregivers not able to make the conference but still wishing to find resources on how to virtually care for loved ones, an online manual is available for download.

*Together Apart: A Guide to Visiting at a Distance*, a guide created by The Al-

zheimer Society of Ontario, aims to help caregivers navigate the digital world of assisting those living with Alzheimer's. It includes advice on having meaningful conversations using virtual platforms, communicating effectively over the phone or computer and planning activities while visiting.

For more information on the Care4u conference and support groups available, visit The Alzheimer Society of Manitoba website [www.alzheimer.mb.ca](http://www.alzheimer.mb.ca).



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*A Friendly reminder to the residents of the Rural Municipality of Rockwood that the 2020 Tax Due Date is fast approaching.*

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## Kinsmen bingo prize

Stonewall's Geri Newman had her good luck charm with her, dabbling her Kinsmen Jackpot Bingo card on Sept. 26 when "under the 0 74" was called in 55 numbers. Newman's son Michael McMillan, who had just finished a two-week quarantine upon his return to Canada after teaching in South Korea for 15 months, joined his mom at his grandparents' house to visit and play bingo. Over the past few months, Newman had been joining her parents, Joe and Barb Roschuk, who have been faithful Kinsmen bingo players for many years.

It was announced on Oct. 1 that Newman was one of 20 winners of the \$20,000 pot and was awarded her share of \$1,000. On Saturday, Oct. 10, the jackpot is an estimated \$1,350,000 in 50 numbers or less.

TRIBUNE PHOTO BY BARB ROSCHUK





# High-speed internet service breaks ground in Stonewall and Rockwood

## Submitted

High-speed fibre optic internet is coming to communities in the Winnipeg Metro Region.

Phase 1 of Connecting to Opportunity kicked off last week at an official launch with the mayors and reeves of the Winnipeg Metropolitan Region (WMR) and the founders of JohnQ Public Impact Inc.

"As we continue to deal with COVID-19 and increasingly work and learn from home, the necessity for dependable and future-ready high-speed internet service for residents and business in our region has never been more pressing," said Colleen Sklar, WMR executive director.

"Access to high-speed internet is critical if we are to maintain and attract business and industry to our region. High-speed internet infrastructure is no longer just nice to have — it is an essential service."

The project is a partnership of Johna Public Inc. (JohnQ), the economic development arm owned by the WMR and RFNOW Inc., a Manitoba-based

internet service provider (ISP). The first six communities that are part of Phase 1 will be connected over the next 12 months with other Winnipeg Metro Region-JohnQ communities expected to be connected as the project pushes forward.

"High-speed fibre optics, the gold standard in internet service, will be provided by RFNOW and powered by JohnQ," says Brad Erb, reeve of Macdonald and chair of JohnQ. "On behalf of the municipalities, JohnQ shares 50/50 ownership with RFNOW, which is the management partner selling, installing and providing all the support services. As partners, we can ensure no one is left behind and that residents of the Metro Region get the service they require."

Chris Kennedy, COO of RFNOW, said he believes that the JohnQ model and innovative partnerships can enhance access across the region.

"RFNOW will be offering residential, farm and business packages with reasonable rates and hook-up fees and unlimited data," said Kennedy.

"By hooking up more businesses and residents in each community, we can ensure access to RFNOW's superior service for those who live in less densely populated areas. This addresses one of the main concerns for the leaders of JohnQ — equitable service delivery."

The six Phase 1 communities — including Portage la Prairie, Headingley, Macdonald, Ritchot, Rockwood and Stonewall — were identified by a business case that ensures the sustainability and profitability of the project, allowing the network to then connect all communities across the Metro Region and beyond.

The WMR/JohnQ also received generous support from the Canadian Internet Registration Authority (CIRA).

"The internet is a connector, literally through its pipes, but more importantly by connecting people with opportunities," said David Fowler, CIRA vice-president of marketing and communications.

"Connecting to Opportunity is exactly the type of project we had in

mind when we developed our Community Investment Program. As part of CIRA's commitment to build a trusted internet for Canadians, we're proud to see the Winnipeg Metropolitan Region working to bring broadband to all Manitobans."

"This is a great day for our municipalities," added Erb. "As leaders, we could no longer wait for our communities to have this essential service. Through JohnQ, our communities can now get the service they have been waiting for and in keeping with the foundational principal of JohnQ, we are making the best use of taxpayers' dollars, investing strategically in our communities and using existing infrastructure whenever possible."

The Winnipeg Metropolitan Region (WMR) is comprised of 18 municipalities that include and surround Winnipeg. It provides the platform for municipalities to work on projects that cross boundaries in support of good growth, good stewardship and good governance.

# Reflections on first month of school for ISD students

## By Jennifer McFee

The first month of school has come and gone, and it's certainly one for the books.

In the Interlake School Division, Supt. Margaret Ward said they're off to a great start.

"Our ISD staff worked very hard to prepare for the return to in-class instruction and all of that hard work paid off. Like any big event, there comes a point where you just need it to happen," she said.

"We needed our students to come back so that we could see that all that hard work made sense and was worth it and to see where we needed to tweak our plans. Students and staff are happy to be back at school and, although things look a bit different, teaching and learning is well under way in ISD classrooms."

Initially, some of the transportation guidelines proved challenging, and the school division still needs more

spare bus drivers.

"Our transportation department worked hard to ensure guidelines were met and that new protocols were in place," Ward said.

"All students and bus drivers must wear non-medical masks while on the bus. Provincial guidelines provide allowance for up to three students per seat. Students occupying the same seat are either from the same household or from the same in-school cohort."

Custodial staff also had to adapt their practices to adhere to new guidelines.

"Our maintenance department did a fantastic job of having our schools ready for students on Sept. 8," Ward said.

"Our custodial staff are working hard to keep our spaces safe."

With a focus on health and safety, hand-sanitizing stations are set up at every entrance in each school, and hand sanitizer is also available in all

rooms. In addition, the school division bought portable hand-washing stations to improve access to regular hand washing.

While rising to meet the challenges of education during a pandemic, the school division has also marked many successes.

"The biggest success is seeing our planning pay off with students in class with their teachers," Ward said.

"We can all agree that the best place for students is in school with teachers and support staff."

Communication is key for keeping up to date with ever-changing public health orders, Ward added.

"As public health orders change, we communicate changes to our staff via school administrators and department heads. We also keep parents and community members up-to-date via our ISD website ([www.interlakesd.ca](http://www.interlakesd.ca)) and our SchoolMessenger system, as necessary," she said.

"As we have experienced lately, public health orders applying to communities (Province of Manitoba's Sept. 28 Pandemic Response System shift to orange for Winnipeg and surrounding municipalities) did not affect the guidelines already in place in schools and on buses."

Reflecting on the first month back at school, Ward extends her gratitude to students, staff, families and communities for working together to make the return to in-class learning so smooth.

"While we recognize that it has been difficult for families not to be able to be physically present within our schools, we encourage parents/caregivers to stay in touch via phone calls and emails," she said.

"Schools are still here for you — just with a bit of distance. We are all in this together and each of us has a very important role to play. Together, we've got this."

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## Reminder: social causes other than COVID

By Evan Matthews

October is breast cancer awareness month, according to the Canadian Cancer Society.

While the organization said more people are surviving breast cancer diagnoses than ever before, it's still the most common cancer and second leading cause of cancer death among Canadian women.

Why is this being discussed?

The world has come to a screeching halt. Many, seemingly, are sick of talking about COVID.

"Over it," is a commonly used phrase.

Unfortunately, no matter what you believe, the virus and its effects on society are here to stay for the time being, but that doesn't mean other causes now lack significance.

Many communities just participated in the Terry Fox Run, another fundraiser for cancer research, and here we are in breast cancer awareness month.

Breast cancer starts in the cells of the breast. A cancerous (malignant) tumour is a group of cancer cells that can grow into and destroy nearby tissue. It can also spread (metastasize) to other parts of the body, according to the Canadian Cancer Society (CCS).

Most often, breast cancer starts in cells that line the ducts, which are the tubes that carry milk from the glands to the nipple. This type of breast cancer is called ductal carcinoma, according to CCS.

Breast cancer can also start in the cells of the lobules, according to CCS, which are the groups of glands that make milk. This type of cancer is called lobular carcinoma.

Both forms of breast cancer can be localized and not invade surrounding tissues, according to CCS, or they can also still be invasive and grow into surrounding tissues.

Not to be forgotten, men can also be diagnosed with breast cancer.

The estimated states in 2020 are as follows, according to CCS:

- 27,400 women will be diagnosed with breast cancer. This represents 25 per cent of all new cancer cases in women in 2020.
- 5,100 women will die from breast cancer. This represents 13 per cent of all cancer deaths in women in 2020.
- On average, 75 Canadian women will be diagnosed with breast cancer every day.
- On average, 14 Canadian

women will die from breast cancer every day.

• 240 men will be diagnosed with breast cancer and 55 will die from breast cancer.

The breast cancer death rate peaked in 1986 and has been declining since, according to CCS, who has attributed the reduction in death rates likely reflects the impact of screening and improvements in treatment for breast cancer.

However, it is estimated that about one in eight Canadian women will develop breast cancer during their lifetime, while one in 33 will die from it, according to CCS.

The point?

One's health and well-being are not to be overshadowed by one virus. There are many different aspects affecting health and wellness. Right now, those who had already been battling cancer are now at an increased risk, as well, because of the virus.

Let us as a society not forget there are other causes out there affecting people and try to be sensitive to those causes.

To donate to the Canadian Cancer Society, please visit <https://bit.ly/2F6DS5K>.

## B.C. resident seeks historic Inwood photo

Staff

Earl Sande of Surrey, B.C., is hoping that someone could help him find a photo of his great-grandfather, Edward Petersen, for a family history that he is writing.

Sande's family pioneered the Inwood area in the early 1900s and were part of the Scandinavian religious community called the Guds Menighet.

His mother had told him that his great-grandfather refused to be photographed due to his religious beliefs. However, Sande recently received a note that someone recalls seeing a photograph posted at an Inwood history celebration.

"He was uncertain when he saw it. And therein lies the problem," Sande said in an email.

"Other old photographs included in

the display were of my foster grandfather, Ludwig Riishoy."

Sande is hoping that someone in the Inwood area has these photos and perhaps made the display.

Anyone with information about these family photographs can contact the Tribune at 204-467-5836 or [news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca).

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# SMCCC hosts fun scarecrow decorating fundraiser

By Jennifer McFee

A scarecrow contest is underway as a fundraiser for Stony Mountain Child Care Centre.

Residents of Stony Mountain and surrounding communities can decorate a scarecrow in their own yards for a chance to win prizes.

"We will be posting pictures of the scarecrows on our Facebook page and community members can vote for their favourites," said co-director Jennifer Joel.

"We hope that our community will join in the fun and come up with creative scarecrows."

The contest registration is open until Oct. 16 and voting will take place from Oct. 17 to 25. Registration forms are available at Pick n Pay or through the Stony Mountain Child Care Centre's Facebook page. The cost to enter is \$20. Donations are also appreciated, and tax receipts are available for any donation over \$25.

"Fundraising is always part of Early Learning Programs to remain operational, especially with the provincial government putting a freeze to funding increases for the past four years. Our board of directors past fundraising efforts have tried to focus on community events," Joel said.

"With this pandemic, this past spring, we have had to cancel our first-ever Easter Egg Hunt in April and our Character Luncheon that was to happen in June, and now our Spooky Boogie will have to be postponed. Providing a fun event for the children and their families in our community has always been our goal, while generating fundraising money along the way."

For more information, visit the Stony Mountain Child Care Centre's Facebook page, call 204-344-5694 or email smccc@hotmail.ca.



TRIBUNE PHOTO BY JENNIFER JOEL

Stony Mountain Child Care Centre educator Shawna along with Arabella and Aiden are encouraging readers to decorate their yard with scarecrows this year for a chance to win prizes.

## No sale or service of liquor in licensed premises after 10 p.m.

Staff

Public health officials advise the current five-day COVID-19 test positivity rate is 2.4 per cent and 51 new cases of the virus have been identified as of 9:30 a.m. Monday, bringing the total number of cases in Manitoba to 2,191.

As of Monday, Interlake-Eastern had a total of 44 active cases: Fisher/Peguis district with 16; Winnipeg Beach/St. Andrews, 6; Springfield, 4; Arborg/Riverton, 3; Beasejour, 3; Eriksdale/Ashern, 1; Gimli, 1; Northern Remote, 3; Pinawa/Lac du Bonnet, 2; Powerview/Pine Falls, 2; Stonewall/Teulon, 2; and the unknown district, 1.

Today's data also shows:

- one case in the Northern health region;
- three cases in the Southern Health-Santé Sud health region; and
- 35 cases in the Winnipeg health region.

The data also shows:

- 739 active cases and 1,429 individuals have recovered from COVID-19;
- 23 people in hospital and six people in intensive care; and
- the number of deaths due to COVID-19 is 23.

Laboratory testing numbers show 2,313 tests were completed Friday, 2,070 tests were completed Saturday and 1,235 tests were completed Sunday, bringing the total number of lab tests completed since early February to 194,698. Solutions to specimen collection site wait times continues to be examined.

Case investigations continue and if a public health risk is identified, the public will be notified.

Public health officials are advised about additional possible exposures

at the following schools:

- IQRA School at 404 Web Pl. in Winnipeg on Sept. 22, 23, 25 and 28. Based on the public health investigation, there is no evidence of in-school transmission or that a case was acquired in school. Public health is reaching out to close contacts to advise self-isolation, and one cohort has been moved to remote learning.

- Stonewall Collegiate at 297 Fifth St. W. in Stonewall on Sept. 28 and 29. Based on the public health investigation, there is no evidence that a case was acquired in school. Public health is reaching out to close contacts to advise self-isolation.

- College Louis-Riel at 585 St. Jean Baptiste St. in Winnipeg on Sept. 28. Based on the public health investigation, this exposure was assessed to be low. The infection was not believed to be acquired at school.

The public is also being advised of possible exposures at these sites:

- Chaise Corydon at 691 Corydon Ave. in Winnipeg at a private gathering on Sept. 26 from 11:30 p.m. to 1 a.m. in the second level lounge area with bar and side patio.

People who attended any of the above locations on the dates/times listed should self-monitor for symptoms and immediately isolate if they develop and seek testing.

After consultation with the restaurant and food industry, public health is implementing the following orders on Wednesday, Oct. 7 for licensed premises:

- No sale or service of liquor may take place in licensed premises between 10 p.m. and 9 a.m.
- The operator of the licensed

premises must ensure that all members of the public vacate the licensed premises by 11 p.m.

- Licensed premises must be closed for dine-in services between 11 p.m. and 6 a.m.

- Staff must obtain contact information in writing from at least one person in each party attending the licensed premises and the licensee must retain this information for 21 days, after which it must be destroyed.

- The order does not prevent food from being sold from licensed premises after 11 p.m. for delivery or take-out.

- These orders impact the Winnipeg Metropolitan Region currently under orange and do not apply to liquor retail.

- Additional information can be found at [www.manitoba.ca/covid19/restartmb/prs/winnipeg/index.html#licensedpremises](http://www.manitoba.ca/covid19/restartmb/prs/winnipeg/index.html#licensedpremises).

The Health Canada COVID Alert app is now available to Manitoba residents and provides digital COVID-19 exposure alerts once the app is downloaded to a smartphone. It is available at no cost in the Apple and Google Play app stores. For more information, visit [www.manitoba.ca/covid19/updates/covidalert.html](http://www.manitoba.ca/covid19/updates/covidalert.html).

The chief provincial public health officer strongly encourages Manitobans to reduce the number of close contacts outside their household and avoid closed-in or crowded spaces. In addition, they should focus on these fundamentals to help stop the spread of COVID-19:

- Stay home if you are sick.
- Wash/sanitize your hands and cover your cough.

- Physically distance when you are with people outside your household.

- If you cannot physically distance, wear a mask to help reduce the risk to others or as required by public health orders.

Unless recommended by public health officials, only individuals experiencing COVID-19 symptoms should go for testing. Individuals with symptoms are asked to seek testing as soon as possible once symptoms are present.

Employers are asked to only send employees for testing if they have symptoms or if testing has been recommended by public health officials.

## Correction

Staff

In the Oct. 1 edition of the *Stonewall Teulon Tribune*, an article ran titled "Laurentia Beach Park redevelopment complete."

While the project cost roughly \$40,000, the article originally stated the province contributed \$15,000 through its Building Sustainable Communities Program, and the RM of St. Laurent covered the remaining \$25,000.

Reeve Cheryl Smith clarified that the Laurentia Beach Park Association also contributed roughly \$2,000, leaving \$23,000 to the RM.

She also clarified Laurentia Beach Park is not the only park in town with baby swings, as the same type of swing is present at the École Communautaire Aurèle-Lemoine. The *Tribune* apologizes for the error.



# IERHA encouraging everyone to reduce the spread of COVID-19

By Jennifer McFee

The Interlake-Eastern Regional Health Authority reminds residents in the Winnipeg Metropolitan Area to adhere to public health orders in place.

To help slow the spread of COVID-19, Winnipeg and surrounding communities recently shifted to the restricted orange level on the #RestartMB Pandemic Response System.

"Masks are mandatory in all indoor public places for those aged five years and up. There are exemptions for those who have medical conditions that prevent them from safely wearing a mask, and for those who are unable to put their mask on themselves, and for those who are participating in sports and physical activity. In addition, people who are seated in an indoor location distanced two metres from others or who are eating do not need to wear a mask," said Dr. Karen Robinson, regional medical officer of health.

"Non-medical masks are required in health-care settings. Please follow instructions provided at the site. Some indoor visitation is discontinued inside personal care homes. Outdoor visiting will still be allowed with appropriate physical distancing and

masks being worn by visitors. Passes for personal care home residents to visit the community are being suspended for the duration of the Code Orange."

In addition, indoor and outdoor gatherings are restricted to 10 people. For gatherings in a private residence, 10 people in addition to those who live there may attend.

"Participation in services to seniors, congregate meal and adult day programs will reduce to a maximum of 10 people," Robinson added.

"If physical distancing cannot be maintained, non-medical masks will need to be worn. For congregate meal programs, masks can be removed for the consumption of food."

Acute care and long-term care facilities are following provincial guidelines to prevent outbreaks in their facilities, she said.

"Restrictions will be put in place, or lifted, in response to the risk present. People can expect to be screened prior to entering any health-care facility, and those who have symptoms of COVID-19 or who are close contacts of a case of COVID-19 will not be able to enter," Robinson said. "We appreciate the public's ongoing support in our efforts to help keep everyone safer."

To reduce the spread of COVID-19, Manitoba Health, Seniors and Active Living recommends staying home when sick, washing/sanitizing hands and covering coughs. Everyone should physically distance whenever they're with people from outside their household. If it's impossible to physically distance, public health orders require wearing a mask.

"Those who are most at risk of severe illness from COVID-19 are those over the age of 65 years who have underlying medical conditions," she said.

"We encourage individuals to assess their own health and how much risk they are willing to tolerate in deciding which activities to participate in."

The Interlake-Eastern Regional Health Authority hasn't hired additional staff members to help with contract tracing. However, all public health nurses are trained in contact tracing and participate in contact tracing as needed.

"We have not hired additional public health nurses to support our response to COVID-19," Robinson said, "but we have drawn on additional existing public health staff to support contact tracing as needed."

Since mid-September, the Selkirk testing site has been experiencing in-

creased demand, she said.

"We are working to increase capacity in response. We know it can be frustrating to see the lineups and for people to have to wait to be tested. Staff are doing the best they can. We hope to see improvements in wait times now that more testing sites have opened up elsewhere in the province," she said.

"The testing sites in Pine Falls and Eriksdale are seeing increased demands as well, but not to the same extent as Selkirk, and these two sites are good alternatives to Selkirk for people who are able to travel."

Anyone who is unsure if they should be tested can use the online screening tool at [www.sharedhealthmb.ca](http://www.sharedhealthmb.ca) - COVID-19 > Screening Tool or call Health Links toll-free at 1-888-315-9257. No appointment is needed at testing sites.

"Unless recommended by public health officials, only individuals experiencing COVID-19 symptoms should go for testing," Robinson said.

"Individuals with symptoms are asked to seek testing as soon as possible once symptoms are present. Symptoms include cough, fever, runny nose, sore throat, headache, among others."

SUSPECT 1



TRIBUNE PHOTOS SUBMITTED

Suspect #1 is described as a male in his 20s with an "A" shaped tattoo on the back of his neck and tattoos on his fingers.

SUSPECT 2



Suspect #2 is a male, believed to be in his 30s, and was wearing a red ball cap.

## Wanted by the RCMP

Submitted by RCMP

Lundar RCMP are asking for the public's help in identifying two suspects who walked into the Petro Canada gas station at approximately 4 a.m. on Sept. 21, on Highway 6 near St. Laurent after they stole a car and a pickup truck from the RM of Coldwell. The suspects then used a credit card from one of the vehicles to purchase goods from the store. Both vehicles have since been recovered.

Suspect #1 is described as a male in his 20s with an "A" shaped tattoo on the back of his neck and tattoos on his fingers. Suspect #2 is a male, believed to be in his 30s, and was wearing a red ball cap.

If you have any information or can identify these two suspects, please contact the Lundar RCMP at 204-762-5088. Anonymous tips can also be made through Manitoba Crime Stoppers at 1-800-222-TIPS (8477) or by visiting [www.manitobacrimestoppers.com](http://www.manitobacrimestoppers.com). #WantedWed



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# Woodlands council re-does Proctor Street

By Evan Matthews

For those living in Woodlands on Proctor Street, the RM is providing an update.

While the project is nearly complete, Reeve Lori Schellekens said the finishing touches will take RM staff into the summer of 2021.

"We had been worried about the ground freezing up, so we were trying to get it finished sooner rather than later," said Schellekens.

While much of the road work in 2020 is happening in Warren, this project offers a glimpse into the RM's efforts to accommodate both communities. Next year, Woodlands may see more roadwork, according to Schellekens, with Warren having a fewer number of projects.

"Proctor was the worst road in Woodlands, and that's the one we wanted to start with," she said.

The original quote, according to Schellekens, was for an 80-metre stretch of road. However, the RM found doing the project in-house, with its own public works staff, came out to be more cost effective.

Because RM staff are working on the project as opposed to bringing in a contractor, Schellekens said the RM was able to actually re-pave 125 metres for a similar cost.

"It was better bang for our buck," said Schellekens.

The 125-metre stretch of road falls between Broadfoot Avenue and Porteous Avenue, in perpendicular fashion.

"(Our staff) did find a couple of spots that were mostly silt, so they dug down deeper and put a bet-



TRIBUNE PHOTO FROM GOOGLE MAPS

The stretch of soon-to-be re-paved road on Proctor Street.

ter base down. That road shouldn't move anymore, period," she said.

While invoices for total materials has not come in yet, RM administration cited the original budget to be around \$75,000 but expects the project to be well under budget.

The base of the road is now in, according to

Schellekens, and has been packed with rollers.

"It's basically finished," said Schellekens. "But we'd like people to understand how we're doing things. Woodlands has had dirt roads for long enough."

Schellekens said to expect more "blacktop" paving projects coming in 2021.

# WE WISH 2020 WAS FAKE NEWS, TOO.

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OCTOBER 4-10<sup>TH</sup>, 2020

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THE TRUTH.**



# Locally filmed movie to open on Friday

By Jennifer McFee

A locally filmed movie will hit the big screen this weekend, so movie-goers can keep their eyes peeled for familiar faces and places.

On Friday, Oct. 9, *Percy* will open in Winnipeg at Cineplex Odeon McGillivray Cinemas and Landmark Cinemas at Grant Park. The same day, the film will also open in Toronto, Vancouver, Regina and Saskatoon.

The film stars Christopher Walken in the Clark Johnson drama, which is based on the true story about Saskatchewan canola farmer Percy Schmeiser who defends himself against Monsanto. Other actors in the Canadian film include Roberta Maxwell, Christina Ricci, Zach Braff, Martin Donovan, Peter Stebbings, Luke Kirby and Adam Beach.

Each year, Percy Schmeiser saved seeds from his farm near Bruno, Sask., carrying on a practice used by his dad and grandpa. Somehow, Monsanto's gene ended up in Percy's stock. In 1998, Monsanto claimed that he had used its genetically modified seeds without a licence. Percy fought back, realizing that he was standing up for other farmers just like him all over the world.

The scenes for the movie were shot locally in 2018 in Rockwood, Stonewall and Rosser, as well as in Elie, Starbuck, Winnipeg and as far away as India.

Heather Campbell-Dewar of Stony Mountain served as the location scout for the film. Familiar locations include Boonstra Farms, Sig's Grill, Lilyfield Church and the steps leading up to the Town of Stonewall building, which served as one of the court buildings in the film.

"My request to casting was to give the parishioners first shot at being background of the church scene at Lilyfield Church," Campbell-Dewar said. "So some of the parishioners were in the scene."

She also needed to find a canola farm so she reached out to Bill Matheson, who was her councillor in the RM of Rockwood at the time.

"The producer didn't realize that I was a farm girl and I knew what canola was. I phoned Bill and asked him who was growing canola. He said he was and they could check out his place if they wanted to shoot," Campbell-Dewar said.

"They had to bring a film crew in early July even though we didn't go to camera until Aug. 30. I told them if they didn't get here before August, they're

going to miss the shot of canola in bloom. They got a drone to fly in here real quick to make sure they got the canola shots, which are pretty outstanding."

For Bill Matheson and his wife Patti, it was an unforgettable experience to have *Percy* filmed on their property, which is now home to their son Nick and daughter-in-law Danielle.

"It's an interesting true Canadian story — and it's probably going to split the farm community like it did when the situation occurred. You can pick your sides, but the story was told. As a farm community, we all knew it was going on," Bill said.

"The whole group was extremely nice and so good to work with. They made it easy for us and it was just a pleasure. It gave me an appreciation that these places in movies really do exist. Every time you watch something, it had to be filmed somewhere."

This marks the second film that has been shot at the Mathesons' farm, following *Harvest of the Heart* years ago.

"It's what a lot of society thinks a farm would look like — a white house with a red barn," Bill said. "It's also not far from Winnipeg, which is another drawing factor."

Patti played the organ for the church scene, so her performance can be heard in the movie. Even their barn kittens made it into the film.

"Christopher Walken is a cat lover," she added, recalling how he sent a driver to buy cat food to entice the kittens to be filmed in a scene.

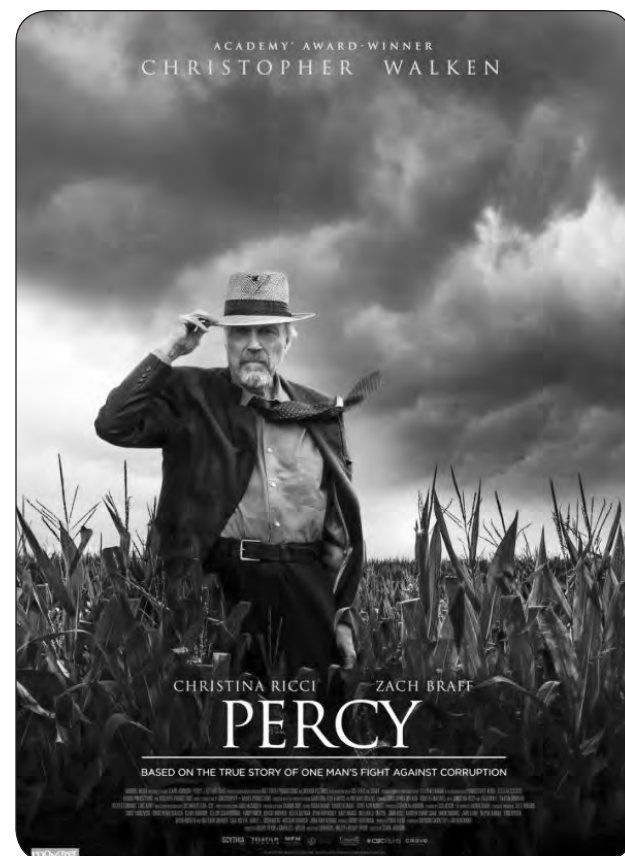
The Mathesons' truck is shown throughout the film, and so is some of their farm furniture — and even family photos.

"It had to be real. Because the story was in the late '90s, that was the era of most of our machinery. Percy had an old Dodge, and I still drive my '84 Dodge. That truck is driving all over through the movie," Bill said.

"For a lot of the people involved, it was an unbelievable experience to see what goes on in a farm community. They didn't realize how much we work together as a family on the farm."

Patti adds that she and Bill had the chance to remain on their farm during the filming.

"Normally if you have a movie shoot, you are moved off the farm but they were filming in the middle of harvest. My garden was coming in and I put up produce for the winter, so they allowed us



TRIBUNE PHOTO SUBMITTED

*Percy* is a film based on the true story of one man's fight against corruption.

to stay. We have a little guest house cottage on the farm that we stayed in," she said.

"In some way, I think it helped them out a bit because if they had questions about some of the agricultural aspects in the movie, they had Bill or Nick to go to right away."

While the actors and crew gained insight into farm life, the Mathesons also got a glimpse of the efforts involved in filmmaking.

"The interesting thing is you get a new appreciation for how many people it takes to put together a movie," Patti said.

"Without the actors, you'd never put together a movie. But it's all the people who are behind the scenes and the work that they do to bring it to fruition. I have a real appreciation for the film industry because of that."

## COVID restrictions tighten, but Stonewall businesses remain open

By Sydney Lockhart

With COVID-19 case numbers rising in Manitoba, businesses around Stonewall are implementing new safety protocols.

Mackenzie's Funeral home has had to implement restrictions due to the provincial mandate.

Owner Eirik Bardal says they only allow groups of 10 inside for gatherings. The funeral home provides masks for anyone who does not come with one and is requiring everyone to wear them both in the chapel and at the gravesites.

In the building, there are sanitizing

stations set up every 20 feet and everything is wiped down after use.

"At the end of it, people are quite understanding from what I've noticed," said Bardal.

The Quarry Heritage Arts Centre has seen a dramatic decrease in their rental spaces being booked out.

Catherine Precourt, park manager, said that the educational days they usually have available for field trips won't be happening this year due to the pandemic.

Wedding rentals are also at an all-time low, with only about four weddings taking place.

"Typically, our auditorium is booked solid for weddings and wedding receptions. Since COVID, we at first were closed, and as restrictions were lifted, we were able to do bookings of 50. Now were back to no more than 10," said Precourt.

As for the exhibits in the centre, they are open on Saturdays and Sundays with limited people, mandatory masks and frequent sanitization.

Hair and Tanning Source in Stonewall mandated masks weeks before the provincial government did and has decreased the number of chairs in use down to be socially distant.

Manager Sheryl Groot says they clean down each chair and station after each customer and wipe down any surfaces touched. Walk-ins are not available to keep social distancing possible, but customers can phone to see if there is time available for same-day appointments.

"Saturdays are our slowest day now. They used to be busier, but now people are doing stuff outside," said Groot.

The Rock has rearranged their layout to space out VLTs six feet apart.

Continued on page 11



## > COVID RESTRICTIONS, FROM PG. 10

Every machine has a sign on it that customers put up when they are done and it is ready to be sanitized for the next user.

Owner Jason Manning says there is no walking around or standing allowed by the VLTs and everyone needs to be seated to be served.

All servers are wearing masks, and customers are advised to not join other tables and wander around the bar area.

"We're following all the new guidelines," said Manning. "We have reusable masks for customers who come in without them."

However, after consultation with the restaurant and food industry, public health implemented the following orders on Wednesday, Oct. 7 for licensed premises:

- No sale or service of liquor may take place in licensed premises between 10 p.m. and 9 a.m.
- The operator of the licensed

premises must ensure that all members of the public vacate the licensed premises by 11 p.m.

- Licensed premises must be closed for dine-in services between 11 p.m. and 6 a.m.

- Staff must obtain contact information in writing from at least one person in each party attending the licensed premises and the licensee must retain this information for 21 days, after which it must be destroyed.

- The order does not prevent food from being sold from licensed premises after 11 p.m. for delivery or take-out.

- These orders impact the Winnipeg Metropolitan Region currently under orange and do not apply to liquor retail.

Most places in town now have tighter restrictions due to the provincial mandate. If you have questions about restrictions phone the business ahead of arrival.

## Stonewall RCMP investigate escaped prisoner

Submitted

On Oct. 4, at approximately 10:50 p.m., Stonewall RCMP were informed that inmate Aban Galin, 45, had escaped from the minimum security unit at Stony Mountain Institution in the RM of Rockwood.

RCMP officers patrolled the area and immediately began contacting

Galín's friends, family and known associates.

Galín was located in Winnipeg early in the morning on Oct. 5 and taken into custody by Winnipeg Police Service.

He is now back at Stony Mountain Institution facing charges of escape and being at large.

# Record funds raised



TRIBUNE PHOTO BY GABRIELLE HOBAN

A record-breaking \$34,405.25 was raised at the 10th Annual Coffeehouse to End Cancer held in Stonewall on Aug. 14. Last Friday, coffeehouse founder Paige Procter and her planning committee made their final donation, bringing the 10-year total to \$170,000 for general cancer research in Manitoba. Amidst a global pandemic and a torrential downpour the day of the event, the Interlake community and beyond came together to celebrate 10 years of awesome music and making more tomorrows for Manitobans living with cancer. Pictured left to right: Elizabeth Codville, Leanne Stewart, Paige Procter, Toni deLaroque, Connor deLaroque and Jo-Anne Procter.

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## "My dog won't stop chewing on everything!"



Has your four-legged companion taken on the annoying habit of chewing up your shoes, curtains and even furniture while you're away?

First off, it's important to understand that all dogs feel the urge to bite and gnaw on things at one stage or another of their lives, especially when they're very young. However, if your beloved pooch has turned into a compulsive chewer, it's in both of your best interests to quickly find a solution. Here are some steps that might help:

- Secure your living space by keeping items your dog likes to chew on out of reach, and protect the corners of your furniture.
- Buy tough toys (stuffed toys, rubber balls, plastic bones) that Fido will be able to chew on to his heart's content.
- Make your dog's meals last as long as possible to reduce his urge to chew on non-food items.
- Make sure your dog gets plenty of exercise every day to get rid of excess energy.

If your dog's chewing habits don't improve despite your best efforts, seek the advice of a canine behaviour specialist. He or she will be happy to help you find a solution that works.



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# Arborg-based Wave artists offer virtual studio tours

By Patricia Barrett

The Wave Interlake artists group put together a virtual studio tour recently after COVID-19 cancelled the public tours they hold every June and September.

Several artists participated in short videos at their studio, introducing the public to their unique artwork and in some cases, showcasing their techniques. The videos were uploaded to YouTube.

Arborg-area artists Jerry Maryniuk and Greg Palsson are the newest artists to join the Wave and never had a chance to get their first studio tour off the ground after COVID-19 spread throughout the province, including the Interlake.

Maryniuk is a multi-disciplinary artist who specializes in gourd art while Palsson specializes in carving bird sculptures from wood.

"I've been doing carving for a long time. For 35 years I've been trying to perfect what I do and I always feel there's room for improvement and to keep trying things," said Palsson, a former school teacher. "I just finished carving an Atlantic puffin, which I've never done before, to do something different from birds of prey and game birds. It's always nice to stretch yourself and try something new."

During the pandemic, Palsson said he's been doing a lot of wood carving now that there's less social contact. Although he hasn't been able to visit other Wave artists' studios, he said he's met a lot of artists virtually.



Jerry Maryniuk in his gourd garden in August.

"I haven't been to their studios. That's what I plan to do when this is all over," he said. "It has certainly been nice to become part of this group."

He said the video he made with the Wave has resulted in people reaching out to him about his artwork.

Maryniuk also participated in a video for the Wave to showcase his artwork, which includes sculptures, paintings, pottery and wall murals to name a few. Many of his works incorporate natural materials such as gourds, wood and rock and has many humorous elements.

"I'm working on some trolls that are in jail. I've got them in the kiln right now and they'll be painted," said Maryniuk. "I'll get about a dozen done



PHOTOS COURTESY OF JERRY MARYNIUK AND GREG PALSSON  
Greg Palsson painting one of his bird sculptures.

this winter and I'm also working on my second book."

Maryniuk, a former forensic police officer who wrote a humorous book titled *Snowbird Sketches*, has a large gourd patch that comes into bloom in September. Some of them grow up to five feet long. After drying them, he turns them into works of art.

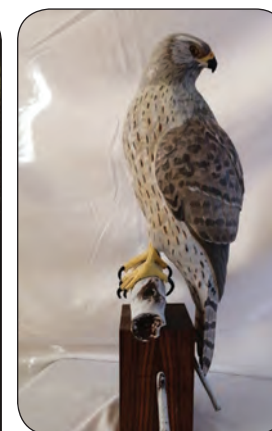
Although COVID has stopped him from throwing open his studio this summer, Maryniuk has taken the opportunity to work on new creations.

"We'll have a hell of a tour next year with the amount of stuff I'll be generating," he said.

To view artists' biographies and videos, visit the Wave Artists' Studio Tour at [www.watchthewave.ca](http://www.watchthewave.ca).



Jerry Maryniuk's sculptures of trolls and stunning artwork out of dried gourds.



Greg Palsson carves birds with great attention to detail.

## What's *Your* story?

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# COVID alert app launched in Manitoba

Available for Apple and Android devices

By the Government of Manitoba

The Health Canada COVID Alert app is now available to Manitoba residents and will provide digital COVID-19 exposure alerts once the app is downloaded to a smartphone, Health, Seniors and Active Living Minister Cameron Friesen announced Oct. 1.

"With case numbers currently on the rise, the COVID Alert app is one more tool that people can use to be aware of a possible exposure to COVID-19," said Friesen. "The introduction of the app builds on our public health contact tracing efforts to inform people of possible exposures and ensure they are given the advice they need to reduce the spread of the virus."

The national COVID Alert app uses Bluetooth technology to detect when users are near each other. If a user tests positive for COVID-19, they can choose to let other users know about potential exposure risk without sharing any personal information.

Someone who tests positive for COVID-19 will be provided a one-time key from public health when they call to provide test results. By entering the key into the app, it will notify

other app users who have been within two metres of a person who has tested positive for COVID-19 for at least 15 minutes over a 24-hour period within the last 14 days. Subscribers who receive this exposure alert can then assess their risk and seek testing, if needed.

The COVID Alert app does not collect personal information or health data, and does not know or track the location, name, address or contacts of any user. All aspects of the app are completely voluntary.

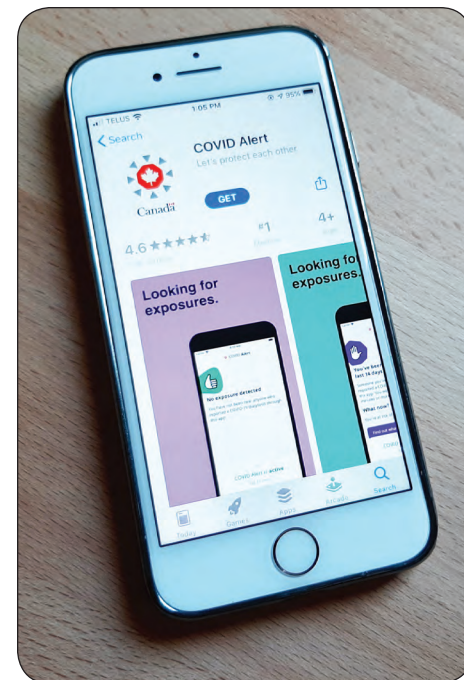
The minister noted the COVID Alert app does not replace contact investigations. People who do not have a smartphone or device that will support the app will still receive notification from public health officials if they have positive test results or are determined to be a close contact of a confirmed case.

"It's important for people to remember that we all need to continue to focus on the fundamentals to reduce the risk of spreading COVID-19 to others," said Friesen. "Stay home if you are sick, reduce your number of contacts, wash or sanitize your hands

often, physically distance from others and wear a mask if you cannot, or as required in your community."

The Health Canada COVID Alert app is available at no cost in the Apple App Store and Google Play. For more information, visit [www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html](http://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html).

Visit [www.manitoba.ca/COVID19](http://www.manitoba.ca/COVID19) for information about the #RestartMB Pandemic Response system, testing, public safety alerts and the latest Manitoba case surveillance information.



TRIBUNE PHOTO BY KATELYN BOULANGER

The national COVID alert app launched in Manitoba Oct. 1 and all residents are invited to join. The app does not collect personal data and allows residents to be notified if you've come into contact with someone with a positive COVID-19 test.



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# CancerCare's BreastCheck mobile unit bringing screening to Interlake

By Patricia Barrett

The BreastCheck mobile mammography unit has been on the move across the Interlake to provide women with an opportunity to get a diagnostic test close to home.

The fully equipped van and its team of medical radiation technologists (MRTs) stopped in Gimli last week after visiting several Interlake communities.

Kathy Bumstead, an MRT who has been with the CancerCare-run program off and on since its inception in 1995, said she and other technologists drive one of two vans across the province, bringing the service to communities where women don't have access to breast cancer screening.

"We have almost 90 communities in the province that we go to. We go annually to sites with larger populations and go to other sites bi-annually," said Bumstead. "We've already been in Peguis, Hodgson, Riverton, Arborg, Ashern and we're here right now in Gimli. We will be going to St. Laurent."

Formerly, a team of technologists would drive vans loaded with mammography equipment to rural sites and set up the equipment in clinics, community centres or hospitals, she

said. But the vans can now accommodate the procedure right on board.

It's the exact same procedure used at diagnostic facilities in Winnipeg, Brandon, Boundary Trails (Morden/Winkler region) and Thompson.

Bumstead said she and another technologist will record a client's demographic information, ask a number of questions related to the exam and then carry out the procedure.

"We ensure we have a quality study, that all the images are showing the breast tissue properly," said Bumstead. "It takes about 10 minutes on average when the woman is here. She will then receive the results in the mail afterwards and so will her doctor."

The images are examined by radiologists to detect signs of breast cancer. If follow-up is required, BreastCheck will contact the woman.

The spread of COVID-19 has changed the mobile unit's procedure somewhat, but the service is still being offered. Only one woman at a time can enter the van while others wait outside or in their cars.

"We are screening [for COVID



TRIBUNE PHOTO BY SALIN GUTTORMSSON  
MRTs Kathy Bumstead, left, and Stacey Gerardy stopped in Gimli.

Continued on page 15

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## > BREASTCHECK, FROM PG. 14

symptoms] all the clients as they come in, we're limiting numbers in the truck and we're wearing personal protective equipment," said Bumstead. "All clients are required to wear a mask when they're coming in for their tests and they're told that ahead of time."

Mammograms can detect the early signs of cancer but do not find all breast cancers. The program screens women aged 50 to 74. Trans men and women may also need regular screening. Every year, 900 women in Manitoba are diagnosed with breast cancer and 200 will die from the disease, according to CancerCare's BreastCheck website.

Symptoms of breast cancer include puckering of the breast tissue; a change in the nipple; new or bloody discharge; change in the size, shape or colour of the breast tissue; thickened hard skin that feels different from the rest of the breast; and a new lump.

"It is the No. 1 procedure to detect breast cancer before we have any breast symptoms," said Bumstead.

To mark the contributions MRTs make to the medical profession, the Manitoba Association of Medical Radiation Technologists is gearing up to celebrate MRT Week from

Nov. 8 to 14. The event will include an annual general meeting, which will be held virtually, and awards.

The week also allows technologists to show pride in their profession and educate the general public about what they do.

"The fact that technologists are working on the frontlines during COVID is a key thing, and we're proud of them," said the association's executive director Salin Guttormsson.

There are four distinct but related career specialities that fall under the MRT banner, she said. They are radiological technologists who take X-rays (that includes mammographers such as Bumstead), MRI [magnetic resonance imaging] technologists, nuclear medicine technologists who do bone scans, and radiation therapists who carry out cancer treatments.

"MRTs have specific scientific knowledge and they're also very caring and compassionate," said Guttormsson. "They're dealing with people who are hurt, ill or need radiation treatment."

To book an appointment for a mammogram, call BreastCheck at 1-855-952-4325 (1-855-95-CHECK).

## Hallmark movie to air Oct. 17



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall's Main Street was festively decorated for fall the second week of September for the shooting of Hallmark's *Sweet Autumn*. The movie is about Maggie (Nikki DeLoach), a successful entrepreneur who returns home for a will reading and discovers she's inherited half of her aunt's famed maple candy business. What she doesn't understand is why Aunt Dee's maple supplier, Dex (Andrew Walker), inherited the other half. Her return also coincides with the town's Sweet Autumn Fest, and through a series of letters Aunt Dee left, Maggie and Dex search for the reason behind her aunt's final wishes. As she and Dex grow closer, Maggie must decide if the life she built is the one she wants. *Sweet Autumn* will air on Oct. 17 at 8 p.m. Central time on the Hallmark channel.



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# Cover crops in the Interlake have potential to remediate soil problems

By Patricia Barrett

Planting a cover crop rather than a cash crop is one method Interlake farmers can use to remediate soil problems, and it may be starting to catch on as the climate crisis is expected to put enormous pressure on food crops in the future.

Two researchers at the University of Manitoba have set out to catalogue the number of farmers using cover crops, what they're using them for and what benefits they've found so that other farmers across the Interlake and the Canadian Prairies can benefit from their experience.

Callum Morrison is a PhD student in the department of plant science at the University of Manitoba. He and his professor, Yvonne Lawley, conducted the first-ever cover crop survey in 2019. And they're currently looking for feedback from farmers who didn't participate in last year's survey or may not know about it in order to get a better picture of the beneficial practice.

"Not every farmer is using cover crops for soil health, but for the majority of farmers the No. 1 reason they told us they grew them last year was to build soil health," said Morrison, who moved from Scotland to Manitoba to pursue his doctorate.

Cover crops are grown for protection and enrichment of the soil and are typically not harvested, according to a strict definition of the practice. And different crops are used as cover crops depending on what kind of soil problem farmers want to address.

Even if they forego planting a cash crop, Morrison said farmers can still obtain an economic return by improving the health of their soil for future crops and also use the cover crop to graze animals.

"If you grow a full-season cover crop, you're taking a whole field out of production for a year to manage problem soil. Maybe you want to add some nitrogen into your system and you'd do that by growing leguminous crops [peas, beans] that take nitrogen from the air and turn that into nitrogen in the soil," said Morrison. "Then at the end of the season, you have a massive crop, which cows can eat."

Another soil problem that Morrison said can possibly be alleviated by growing a cover crop is compaction. Planting radishes, for example, can help create channels in the soil with their long roots.

The use of cover crops across the Prairie provinces appears to be a trend as it has been increasing in recent years, said Morrison. Some respondents in the 2019 survey told him



Different cover crops can remedy specific soil problems, including compaction and nitrogen levels.

they've been cover cropping for over a decade.

Yet information about what Prairie farmers are doing has been unavailable, he said. Farmers have had to extrapolate cover crop data from surveys undertaken in America, and those don't necessarily "match up with the reality" of western Canadian farming or with our climate, which determines what crops we can grow and when.

"We're just working out how best to use it up here with our different growing seasons and different soils," said Morrison, who, in addition to becoming known as a cover-crop researcher, has been making a name for himself across the north (Stonewall) and south (Brandon) as an acapella singer of beloved Scottish songs such as Loch Lomond and Robbie Burns' Banks and Braes O' Bonnie Doon.

As well as capturing nitrogen, cover crops have the potential to suck up phosphorus, which can be swept off the land during snowmelt or heavy rainfall and flooding events and make its way to Lake Winnipeg. Excess phosphorus spurs on the growth of toxic algal blooms, creates dead zones in the lake and interferes with commercial fish catches by fouling nets.

Morrison said phosphorus capture by cover crops hasn't seen a lot of study and it's not 100 per cent certain that they can reduce the amount of phosphorus flowing into our waterways, but they have the "potential" to keep the nutrient on the land.

But cover crops can reduce the effects of global warming.

"Cover crops do take carbon out of the atmosphere. And whether or not people believe that global warming is happening — scientists definitely believe it is and I'm a scientist of sorts and believe it's happening — it's a great thing to take carbon out of the atmosphere with cover crops and store it in the soil," said Morrison.

According to the weekly provincial crop report of Sept. 29, the Interlake region has experienced a season of



TRIBUNE PHOTOS COURTESY OF CALLUM MORRISON

Callum Morrison tested soil moisture with a special probe before heading off to a gig in Stonewall to sing traditional Scottish songs.

"many stresses" that included cool and dry conditions, insect pressure and spring frosts. Harvest is continuing in the region as heavy dews and nuisance rains have limited harvest hours.

Despite some wet weather, the report says crop moisture levels have dropped with "most areas looking for rain post-harvest" in order to benefit soil moisture levels for next year and to improve tillage conditions in some soils.

Dry conditions in the Interlake — whether or not caused by global warming — have beset farmers over the past few years. Last August several RMs in the Interlake and Parklands regions declared a state of agriculture emergency because of severe drought.

Morrison said the use of cover crops are "part of the solution" to help tackle the climate crisis and help offset agricultural stressors, "making the soil a far better place for your crops to grow."

In the first-ever cover crop survey undertaken in 2019, Morrison and Lawley heard from one respondent each from the Interlake municipalities of Bifrost-Riverton, Gimli, Armstrong and Coldwell.

That left a wide swathe of non-respondents in municipalities such as Grahamdale, West Interlake, Fisher, Woodlands, St. Laurent, St. Andrews and Rosser.

Morrison said they're trying to get the word out about the 2020 survey, particularly to farmers in the gap areas, which include the northern and southern reaches of the Interlake and the region east of the Red River Valley. But they're hoping for robust responses from the entirety of the prov-

ince.

"This year we're allowing farmers who haven't grown cover crops before to have their say whereas last year we had only farmers who grew cover crops," said Morrison. "We'd like to connect with farmers from every single region across Manitoba, filling in every RM."

The survey includes basic questions about a respondent's farm, what concerns they have about cover cropping (whether or not they've grown them before), what goals they want to obtain by using them and whether they cover crop in the shoulder season or for a full season.

Results from the 2019 cover crop survey is expected to be released next month, said Morrison, and they'll start focusing on the 2020 report when the current survey wraps up.

"If farmers are thinking about growing a cover crop, they'll be able to see from our report what others in the Interlake are doing and that will help them make informed decisions," he said. "Our only goal is to produce good data, not to convince farmers to grow a cover crop. The [survey results] will reflect what people have told us. We hope it will be useful to farmers."

The 2020 Prairie Cover Crop Survey for Manitoba, Saskatchewan and Alberta farmers is available through a link on Morrison's Facebook account or Twitter account (@CameronMorrison) or through a link on Yvonne Lawley's Twitter account (YvonneLawley\_UM). It can also be accessed through Survey Monkey: [www.surveymonkey.com/r/RP5SVWL](http://www.surveymonkey.com/r/RP5SVWL).



# Teulon students enjoy outdoors, exploring local trails

By Jennifer McFee

Teulon Elementary is taking outdoor learning to the next level by exploring the trail behind the school each morning.

Prior to COVID-19, staff and students used to walk around the track together to start the school day. They can no longer carry on this healthy practice since the school is now split into five cohorts that need to stay separate from each other.

Starting a new daily tradition, the three Grade 3/4 classes have been enjoying the great outdoors on the trail behind the school.

"It's very new for us and new for the kids — and it's been beautiful. They run, walk and play down that trail in the morning. It's part of our healthy lifestyle," said principal Sarah Hadfield.

"Even as the weather gets colder, we're hoping to keep going down there. They want to make some signs and some of the kids even have little forts down there. It's been a really positive, enjoyable experience."

Community members should be aware that groups of kids will be sharing the trails to ensure the safety of all, especially as hunting season approaches.

"I think it is becoming more of a common practice everywhere just to let kids have some free range. We've been on the trails at Green Acres Park a lot as well for general well-being and enjoying this beautiful weather," Hadfield said.

"It's great socially for the kids too. They get that little social piece in the morning — whether it's with an adult they're visiting with or each other — and it's in a safe and meaningful way."

For Laverne Kiel, vice-principal and Grade 3/4 teacher, it's been rewarding to watch the students discover the world around them.

"They're looking at the different plants and they're definitely noticing the change in the leaves. They're finding little nests that they would never have found before and bulrushes that they break into fluff all over. We've found lots of mushrooms on the trail, and they want me to use an app to



Students explore outdoors.

tell them what kind of mushroom it is and whether it's a healthy one to eat or not," she said.

"A couple weeks ago, somebody found chokecherries that were over-ripe. The excitement of finding these chokecherries was amazing, and now everybody's looking for these berries. We went to the park the other day and we found asparagus, and now they're looking for asparagus out on the railway trail. They've really been enjoying the outdoors."

In addition to getting plenty of exercise and fresh air, the students benefit from learning opportunities that might not occur in a classroom.

"They are excited about everything they find and it leads to so many teachable moments," Kiel said.

"They are having a great time. We've never done this before but, wow, is it wonderful."

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TRIBUNE PHOTOS BY SARAH HADFIELD

Teulon Elementary Grade 3/4 students walk the trail behind the school each morning.

## Calling all Bakers and Cooks!

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Stonewall Teulon

# Tribune

WILL BE CLOSED ON

## THANKSGIVING

Monday, October 12th.



# get inspired

> MEAL IDEAS

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## Steak Au Poivre

Press seasoning into meat to create even coating.

In large skillet over medium-high heat, heat vegetable oil and 1 tablespoon butter until just smoking. Add steak and sear 4 minutes on each side for medium-rare. Once cooked to desired doneness, transfer steak to cutting board and tent with foil to rest.

Reduce heat to medium and add brandy to skillet. Allow to cook down about 1 minute while stirring to scrape off any browned bits from bottom of pan. Once brandy reduces by half, add cream, Dijon mustard and remaining butter; continue cooking until mixture begins to reduce and thicken, 5-7 minutes.

Slice steaks against grain and top with sauce.

Prep time: 5 minutes  
Cook time: 20 minutes  
Servings: 2  
2 Omaha Steaks Butcher's Cut Filet Mignons (5-6 ounces each), thawed  
2 teaspoons kosher salt  
2 tablespoons coarsely ground black pepper  
1 tablespoon vegetable oil  
2 tablespoons butter, divided  
1/3 cup brandy or cognac  
1 cup cream  
1 tablespoon Dijon mustard  
Season steak with salt and pepper.



## Simon Family Brisket

1 can (14 ounces) whole cranberries  
1 cup chili sauce  
1 cup ginger ale  
Preheat oven to 250 F. Place brisket in large ovenproof baking dish.

In bowl, mix onion soup mix, cranberries and chili sauce. Spoon over top of brisket. Pour ginger ale around edges of brisket.

Cover with foil and bake 4 hours.

Remove from oven and let rest 20 minutes. Remove brisket from baking dish and place on cutting board. Slice brisket against grain and place in serving dish. Top with sauce and serve.

Prep time: 10 minutes  
Cook time: 4 hours, plus 20 minutes resting time  
Servings: 4  
1 Omaha Steaks Beef Brisket Flat (2 pounds), thawed  
1 package (1.1 ounces) dry onion soup mix



## Cauliflower "Risotto" with Shrimp and Peas

1 1/2 cups fresh or frozen peas  
2 tablespoons fresh basil leaves, cut into ribbons

In large, nonstick skillet over medium heat, heat oil. Add shallot and cook until softened, 2 minutes. Stir in cauliflower rice, 1/4 teaspoon salt and pepper; cook 2 minutes.

Sprinkle flour over cauliflower and stir to incorporate then add milk and cook, stirring occasionally, until it comes to gentle boil. Stir in 1/2 cup Parmesan cheese until incorporated then add shrimp and peas.

Return to simmer. Continue cooking, stirring occasionally, until shrimp are pink and no longer translucent, and sauce has thickened, about 5 minutes. Season with additional salt, to taste, then garnish with basil and remaining Parmesan cheese.

Recipe courtesy of "Whole in One" by Ellie Krieger on behalf of Milk Means More  
Servings: 4  
2 tablespoons olive oil  
1/2 cup chopped shallot  
3 cups cauliflower rice  
1/4 teaspoon salt, plus additional, to taste  
1/4 teaspoon freshly ground black pepper  
2 tablespoons, plus 1 teaspoon, all-purpose flour  
1 3/4 cups 1% low-fat milk  
3/4 cup freshly grated Parmesan cheese, divided  
1 pound medium shrimp (26-30 count per pound), cleaned and tails removed



Dear Christine,

I'm in my 50's and was laid off work because of COVID. With all of this extra time, I've been trying to understand my finances a bit more. My ex-husband always dealt with our money, but now that we're not together anymore, I'm not sure where to begin.

Victoria

**Dear Victoria**

Let's face it, after the year we have all been through, there are a lot of people finding it tough. COVID has changed the life-landscape for all of us. You are making the right decision to consider planning for your future. One of the first steps in doing this would be to determine your net worth.

Your net worth is the total value of all your assets minus all your outstanding debt. Start with adding up the value of your assets, such as cars, homes, investments, life insurance, RRSPs, or even cash. Then subtract all your debts, which would include balances on credit cards, lines of credit, mortgages, loans, or upcoming unavoidable expenses. Do you have a good positive net worth number or is your number a negative? A negative number will mean a life change is imminent and perhaps you are carrying more debt

**AsktheMoneyLady.ca**

than you should. How do you feel about your net worth number?

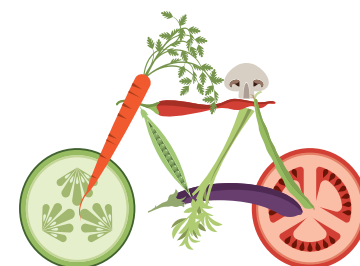
Victoria, when you have determined your net worth, you can now decide how you want to change things. Good or bad, we all have to live with the outcome of our choices. Why not partner with a finance coach or financial planner to help you. Don't do it alone. Financial planning is designed to motivate clients to make changes, discuss trade-offs, and sometimes work through difficult decisions that may be necessary to ensure a comfortable future. Your finance coach should help you ascertain real risks and be flexible to your needs. Most of all they should partner with you to help balance your budget, spotting possible blow-ups and removing the risk to your family's finances. It's impossible for you to know everything, and believe me, the internet is not the fix you need to get your finances in order. Find a finance coach that will work with you, one that you feel you can partner with and one whose every intention is to help you get debt-free and wealthy!

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

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Jets down Transcona Railer Express in preseason opener

### Staff

It didn't take the Stonewall Jets very long to score in their Manitoba Major Junior Hockey League preseason opener.

In fact, it took just four minutes and 24 seconds.

Carson Ouellette scored the first goal as the Jets skated to a solid 5-2 home victory.

The Railer Express' Burke Heide tied the score less than a minute later but Matthew Smith made it 2-1 before the midway mark of the opening period.

Stonewall's Keevan Daniels-Webb tallied midway in the second to give the Jets a 3-1 lead but Transcona's Mattie Boonstra scored early in the third.

Dryden Bound potted a power-play goal at 7:17 of the final frame and then Ouellette added an empty-net marker with 11 seconds remaining in the game.

Ouellette, Daniels-Webb, James Maxwell and Smith each had two points in the game.

Stonewall was 1-for-8 with the man advantage while Transcona was blanked in six opportunities.

MMJHL rookie Liam Jardine and Adam Swan split the goaltending duties for the Jets, each allowing a goal in a half of game's work.

The Jets will wrap up their two-game exhibition schedule this Friday when they host the Charleswood Hawks. Game time is 7:30 p.m.

The MMJHL regular season will begin next Tuesday when Transcona takes on Charleswood.

Stonewall's season opener is Oct. 18 when it visits the River East Royal Knights.

Puck drop is 8:15 p.m.

The Jets' home opener is Oct. 20 at 7:30 p.m. against the Ft. Garry/Ft. Rouge Twins.



TRIBUNE PHOTO BY LANA MEIER

Carson Ouellette scored the first goal as the Jets skated to a solid 5-2 home victory over the Transcona Railer Express last Friday.

## Jets set to soar this MMJHL season

### By Brian Bowman

The Stonewall Jets lost just four players from last year's team due to aging out of junior hockey.

So, with all of those returning players, the Jets have high hopes of seriously contending for a Manitoba Major Junior Hockey League championship this season.

"We're looking strong and we're looking like a veteran group ready to go," said Jets' general manager Dale McClintock last Thursday afternoon. "We have a lot of skilled guys and we picked up a couple of solid defencemen out of Junior 'A'."

Up front, Stonewall will score a lot of goals this season. The Jets' leading scorer from a year ago, Keevan Daniels-Webb (23 goals, 59 points) has returned along with Carson Ouellette (21-27-48) and James Maxwell. Maxwell scored 18 goals and collected 41 points in just 30 MMJHL games after playing three seasons of Junior "A" hockey.

McClintock also had high praise for Marcus Dewey, who scored 11 goals and had 27 points in 34 games last year in his rookie season.

"Our top six (forwards) can compete with anybody in the league or be bet-

ter than anyone in the league, I think personally," McClintock said. "We're built strong and we're built for success this year."

In goal, Adam Swan is back and expected to be the club's No. 1 netminder. He has big skates to fill as Curtis Beck has aged out of junior hockey. Beck posted a 14-11-2 record with an impressive 2.84 goals-against average and .918 save percentage a year ago.

Stonewall also picked up netminder Liam Jardine, a Neepawa product, who previously played for the Pilot Mound Prep Academy and the U18 "AAA" Parkland Rangers, and asked

the Jets what their goaltending situation was like this year.

The Jets are definitely doing something right when players like Jardine are reaching out and wanting to play in Stonewall.

"It's amazing to see players from across the province coming to our camp," McClintock said.

McClintock, meanwhile, can't wait to get the 2020-21 season started.

"It's exciting that we're going to get to see some live hockey here," he said. "We had a great training camp and the boys are fired up and ready to go and start the season."



### Stonewall Jets Player Profile

# #10

*Come out to support the Jets*

**Brendan Labossiere**  
Forward, shoots right,  
5'10" 170 lbs Born 1999



## Upcoming Game

**Friday, Oct. 9**  
**Stonewall Jets vs**  
**Charleswood Hawks**  
**7:30 p.m. VMSC**



# U18 Lightning split exhibition games with Pembina Valley Hawks

By Brian Bowman

The Interlake Lightning were able to hit the ice for a couple of exhibition games last week.

Interlake played well in both games while earning a split in a pair of Manitoba U18 "AAA" Hockey League games with the Pembina Valley Hawks.

The Lightning defeated the Hawks 4-1 last Thursday in Teulon and then were edged 4-3 by Pembina Valley on Saturday.

"We played well," said Lightning head coach Scott Wong. "The young guys are fighting for spots and we beat them quite handily and then Saturday we fell short.

Goaltending kind of let us down a little bit. They didn't have a ton of shots and there was stuff that should have been saved. But that's what happens."

Wong said they have a younger group of players this season with two new goalies. But they are a bigger, faster, stronger and more skilled team compared to last year's squad, Wong said.

The Lightning also has a pretty large Interlake presence with 15 guys coming from our area. Wong said on Monday afternoon that he was close to finalizing his roster. All teams have to submit their rosters by this Friday.

Interlake will play the Eastman Selects on Wednesday (7:30 p.m.) in Beausejour and then Thursday (7:45 p.m.) in Teulon to wrap up their preseason schedule.

The Lightning's regular-season opener will be against the Central Plains Capitals on Oct. 17 in Portage la Prairie.

"We're looking forward to the season and guys are pretty antsy to get back to playing," Wong said.



TRIBUNE PHOTOS BY RICK HIEBERT

The Interlake Lightning split a pair of exhibition games against Pembina Valley during Manitoba U18 Hockey League preseason action last week. Pictured clockwise from top, Aiden Miller, Kayden McMahon, goaltender Dawson Cowan and Kaden Stewart keep the puck out of the net; Hayden Wheddon battles for the puck.



# Manitoba Curling Hall of Fame & Museum names most notable 150 teams

## Invites public participation in ranking the Top 25

### Submitted by Manitoba Curling Hall of Fame & Museum

In recognition of Manitoba's 150th anniversary, the Manitoba Curling Hall of Fame & Museum (MCHoF&M) has named what it is calling the Most Notable 150 Teams in Manitoba's long and storied curling history.

The list has been published on the CurlManitoba website ([curlmanitoba.org](http://curlmanitoba.org)) and is attached herewith.

"People have been curling in Manitoba since before we were a province," said Peter Nicholls, the recently elected president of the MCHoF&M board of directors.

"Manitoba's curlers have built a remarkable reputation for the province as home to some of the best to ever play the game. We want to pay tribute to all of the curlers who have built and added to the Manitoba curling legend over the years."

MCHoF&M directors and volunteers deliberately steered the discussion away from "the Greatest Teams" toward "the Most Notable Teams" and their accomplishments. Teams such as those skipped by Jeff Stoughton, Jennifer Jones, Connie Laliberte and Ken Watson no doubt fit in both categories. However, focusing on the most notable accomplishments of Manitoba curling teams allows the inclusion of Manitoba's World Junior Champions and teams such as the Manitoba Deaf teams, which earned honours in recent years at the Deaflympics and World Deaf Championships.

There has been no attempt to rank all 150 teams. However, 25 of the most notable teams have been identified

and the committee's ranking of these 25 will be publicized in mid-December.

In the meantime, Manitoba curling fans are invited to participate in a People's Choice ranking of the Top 25 — with an opportunity to make "wild-card" additions to the list if they don't happen to agree with the committee's choices.

Donations to support the efforts of the MCHoF&M to honour Manitoba's curling heritage are invited in the name of the team of your choice as No. 1 Most Notable Team in Manitoba curling history.

The People's Choice ranking will be determined by the total donations made in the name of each team. A minimum donation of \$10 is suggested and all donations are eligible for a Revenue Canada charitable donation receipt. Donations can be sent to Manitoba Curling Hall of Fame & Museum Inc. c/o CurlManitoba #309, 145 Pacific Avenue Winnipeg, Manitoba R3B 2Z6.

The board of directors has committed to using the net proceeds of the campaign for both current and future operations. Through the Manitoba Curling Hall of Fame and Museum Endowment Fund at the Winnipeg Foundation, MCHoF&M is eligible for a matching contribution, which has been committed through the Manitoba Heritage Trust Program.

To cast your vote, go to [canadahelps.org](https://www.canadahelps.org/en/charities/manitobacurling-hall-of-fame-museum-inc/p2p/most-nota-ble-teams) ([https://www.canadahelps.org/en/charities/manitobacurling-hall-of-fame-museum-inc/p2p/most-nota-](https://www.canadahelps.org/en/charities/manitobacurling-hall-of-fame-museum-inc/p2p/most-nota-ble-teams)

ble-teams).

There you'll find an opportunity to select and vote for any one of the named 25 teams or your wild-card choice.

The Notable 25 teams in Manitoba Curling History which are included in the voting are:

- Howard Woods' 1925-1929 Granite Team: First Manitoba Champion
- Gordon Hudson's 1928-29 Strathcona Team: First Back-to-Back Brier Champion
- Ab Gowanlock's 1934-38 Glenboro Team: First Rural Manitoba & Brier Champion
- Ken Watson's 1942-49 Strathcona Teams: Six Consecutive MCA Bonspiel Grand Aggregates
- Billy Walsh's 1952 & 1956 Deer Lodge Team: Manitoba and Brier Championships Four Years Apart
- Lily Clark's 1953-57 Portage Team: First Back-to-Back Manitoba Women's Champion
- Terry Braunstein's 1958 Granite Team: High School Team Wins Manitoba, Loses Brier Final
- Ernie Boushy's 1964-67 Heather Team: Four Consecutive Manitoba Mixed Titles & two Canadians
- Joan Ingram's 1967-73 Fort Garry Team: Three Manitoba Championships with Three Different Skips
- Don Duguid's 1970 & 1971 Granite Team: Back-to-Back World Titles Undeclared
- Orest Meleschuk's 1972 Fort Rouge Team: World Title Makes Three in a Row for Manitoba
- Chris Pidzarko's 1972-74 Team: Two Canadian Championships in There Years
- Lloyd Gunnlaugson's 1982-84

Valour Road Team: Three Consecutive Canadian Senior

Titles

• Bob Ussel's 1983-84 Granite Team: First Manitoba Team to Win a World Junior Championship

• Connie Laliberte's 1984 Fort Rouge Team: First Manitoba Team to Win a World Women's

Championship

• Vic Peters' 1992-97 Granite Team: Back-to-Back Manitoba Titles and a Brier Championship

• Connie Laliberte's 1992-95 Fort Rouge Team: Team Canada at Scotties and Worlds in

Brandon

• Kelly MacKenzie's 1995 Deer Lodge Team: First Manitoba Team to Win a World Junior

Women's Championship

• Kerry Burtnyk's 1995-2001 Team: Only Manitoba Team to Win a World Championship at

Home in Manitoba

• Jeff Stoughton's 1999-2006 Charleswood Team: Trials Finalist, Three Manitoba Titles and Brier Champion

• Jeff Stoughton's 2011-14 Charleswood Team: World Gold and Three Time Manitoba Champion

• Mike McEwen's 2008-18 Fort Rouge Team: A Decade of Excellence

• Braden Calvert's 2014-15 Team: Back-to-Back Canadian Juniors and a World Championship

• Jennifer Jones' 2005-20 Team: Olympic Gold Medal and So Much More

• Kerri Einarson's 2020 Gimli Team: Built a Winning Team but Pandemic Shortened Season

# Winnipeg ices female U18 Lightning twice

### By Brian Bowman

The Interlake Lightning were defeated twice by the Winnipeg Ice in Manitoba Female Hockey League U18 "AAA" action last weekend.

Winnipeg won both games by identical 5-1 scores on Friday and Saturday.

"It was such a great series," said Lightning head coach Tatiana Rafter on Monday afternoon.

"When it was time for tryouts, we weren't allowed to do any 5-on-5 play so this was the first time that they played a full game. It was really great to see where their strengths and

weaknesses are.

"It was really positive and I was proud of what I saw with the girls."

The Lightning have spent a lot of time with skill development during training camp and Rafter is excited to see how much the girls will improve over the course of the season.

Interlake's roster is split almost in half with 12 returning players and eight others that are new to the U18 league. Rafter said the average age of the players is around 15.

"We have a really young squad this year but that was kind of the whole point," she said. "We're going to de-

velop and bring lots of girls into the fold. We're going to develop as many girls as we can from the region and then next year we can maybe take a shorter roster."

Interlake will begin its regular-season schedule this Saturday against the Winnipeg Avros at the Seven Oaks Arena. Puck drop is 1:15 p.m.

The Lightning can't wait to begin their season.

"I think it's awesome for the girls because they have been waiting long enough," Rafter said. "I think the main thing in general with this off-season is that it hasn't been the easiest

for teams, even for more established programs that have the same coaching staff. You have girls quarantining in their house for months. It wasn't real easy to get into a gym at times. In general, the whole league faced adversity."

Rafter will be helped out behind the bench this season by an all-female staff which includes Stacey Crawford and Taylor McCaskill. The team's manager is Darrell Humeniuk while Crawford also serves as the club's dryland instructor.



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### Rural Municipality of Woodlands NOTICE OF NOMINATIONS



NOTICE IS HEREBY GIVEN that on the following days:  
October 21, 22, 23, 26 and 27, 2020

between the hours of 8:30 a.m. and 4:30 p.m. at the Rural Municipality of Woodlands office, 57 Railway Avenue, Woodlands, Manitoba, nominations will be received for the office of member of the LUD of Warren Committee, of the Rural Municipality of Woodlands.

The nomination deadline is October 27, 2020 at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by NOT less than 1% (currently 11 required) of the voters of the local urban district. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person or by an agent at the above location, on the date and hours specified. To obtain a nomination paper, and/or candidate's declaration of qualification, contact the Local Authority at the telephone number listed below.

**Nomination papers not accompanied by the required documents and not properly filed shall be rejected.**

Local Authority telephone number - 204-383-5679

Dated at Woodlands, Manitoba on October 1, 2020.

Ernie Epp  
Senior Election Official (S.E.O.)  
Rural Municipality of Woodlands

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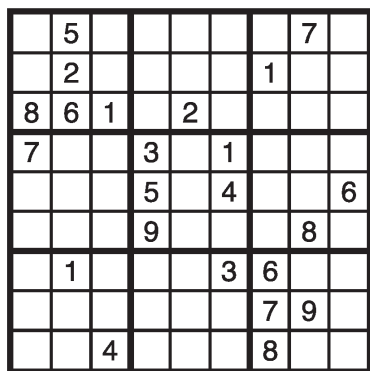
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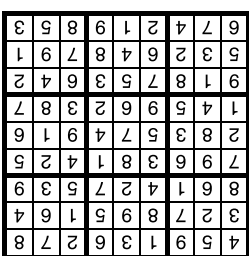
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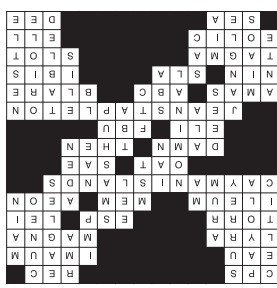
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#### Here's How It Works:

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!



Sudoku Answer



Crossword Answer

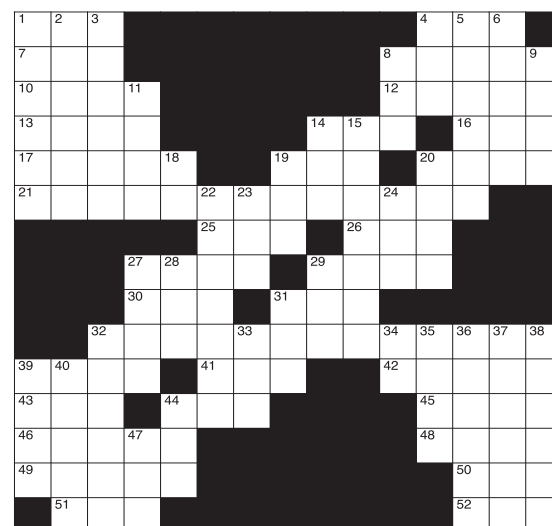
### CLUES ACROSS

1. They look out for kids
4. Play
7. Water (French)
8. Prayer leader
10. Small constellation
12. \_\_\_ Carta: influential royal charter
13. Pressure unit
14. Extrasensory perception
16. A symbol of "Aloha"
17. Portion of the small intestine
19. Psychedelic amphetamine
20. Very long period of time
21. British overseas territory
25. Cereal grain
26. Car mechanics group
27. Wish harm upon
29. At a specific prior time
30. Peyton's younger brother
31. UK firefighters' union
32. Carroll O'Connor's screen partner
39. Popular show honoring musicians
41. Basics
42. Honk
43. Trent Reznor's band
44. Patti Hearst's captors
45. Long-legged wading bird
46. Specialized biological grouping
48. A coin goes in it
49. Of the wind
50. One-time measure of length
51. A very large body of water
52. River in NE Scotland

### CLUES DOWN

1. Boston hoopster

## CROSSWORD



2. A type of bribe
3. SE England county
4. Returned material authorization (abbr.)
5. "Hotel California" rockers
6. Italian province
8. Mischievous child
9. Popular street name
11. Boxing promoter Bob
14. Snake-like fish
15. Break into pieces
18. The Bay State
19. Time zone
20. Port city in Yemen
22. In name only
23. 007's creator
24. No (Scottish)
27. Baseball's Gordon and rock's Snider are two
28. Pie \_\_\_ mode
29. Don't know when yet
31. Supervises interstate commerce
32. Make a ringing metallic sound
33. Helps little firms
34. Pound
35. Lilly and Manning are two
36. Put on the back burner
37. Baltimore ballplayer
38. Cuddle
39. Poker stake
40. Drinks to celebrate a birth (Spanish)
44. Pouch
47. Not around



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Lilyfield Church Women will host a "Take Out Style" Harvest Supper on Sunday, Oct. 18th, 3:30 to 6 p.m. at the Red Barn Rd 75N & Hwy 236. Menu: baked ham, scalloped potatoes, veggies, coleslaw, dinner roll and dessert. Cost \$16. Place your order with Darlene at 204-633-2067 or email [dwedge@mymts.net](mailto:dwedge@mymts.net) on or before Oct. 13th.

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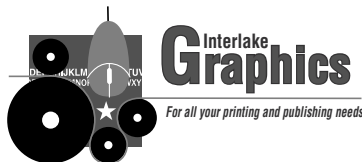
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## PUBLIC NOTICE BOARD OF REVISION

Public Notice is hereby given that the 2021 Assessment Roll for the Town of Teulon has been deposited in the Civic Office at #44 Fourth Ave. S.E., Teulon, Manitoba, and is open for public inspection during regular office hours.

The Board of Revision will sit on **Tuesday, November 10th, 2020 at 6:30 P.M.** in the Council Chamber of the Town of Teulon, 44 Fourth Avenue S.E., Teulon, Manitoba to hear applications.

Any person who believes that an assessment ought to be revised may make application in accordance with Sections 42 & 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 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, or the assessor may make application for the revision of an assessment roll with respect to:

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

### APPLICATION REQUIREMENTS

- 43(1) An application for revision must
- be made in writing;
  - set out the roll number and legal description of the assessable property for which a revision is sought;
  - set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
  - be filed by:
    - delivering it or causing it to be delivered to the Town of Teulon
    - serving it upon the Secretary;

at least 15 days before the scheduled sitting of the Board as indicated in the public notice.

**The final date on which applications must be received by the Secretary of the Board is October 26, 2020 at 4:30 pm.**

Andrew Glassco, Secretary, Board of Revision  
Town of Teulon, Box 69, Teulon, MB, R0C 3B0

Dated this 29th day of September A.D., 2020 at the Town of Teulon in the Province of Manitoba.



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**Tribune**

**Classified listing booking deadline is this Friday 4 p.m.  
prior to Oct. 15th publication. Call 204-467-5836**

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If so, you owe it to  
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Hundreds have found  
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or e-mail [stonewood  
elkbranch@mymts.net](mailto:stonewood<br/>elkbranch@mymts.net)

## FARMLAND WANTED

Small farm looking  
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the RM's of Rosser,  
Woodlands or Rock-  
wood. Flexible on  
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Ph 204-771-2169.

## FARM PRODUCE

Local unpasturized  
honey for sale. Sold in  
various sizes, 1 kg &  
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## HAY / STRAW

Large round hay  
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Call 204-461-0722.

## HAY / STRAW

Hay and straw bales  
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chard Mix hay; wheat  
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Contact Justin  
204-392-7451.

**Flax straw - \$3/bale.**  
**Also wheat straw &  
hay. Monday - Sat-  
urday. Call Nick at  
204-461-0706 or  
Bill Matheson at  
204-461-1906, Stone-  
wall.**

Small square wheat  
straw & flax straw  
bales for sale. Call  
204-482-5101.

## NOTICE TO CREDITORS

**IN THE MATTER OF:**  
The Estate of Evelyn  
Mary McMahon, late  
of the Town of Stone-  
wall, in Manitoba, de-  
ceased.

All claims against the  
above estate, duly ver-  
ified by Statutory Dec-  
laration, must be filed  
with the undersigned  
at their offices, P.O.  
Box 1400, Stonewall,  
Manitoba, R0C 2Z0 on  
or before the 4th day  
of November, 2020.  
**DATED at Stonewall,  
Manitoba this 1st day  
of October, 2020.**  
**GRANTHAM LAW  
OFFICES**  
Solicitor for the  
Executrix

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INTERESTING  
STORY??  
CALL  
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**McSherry Auction  
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**ONLINE TIMED AUCTION  
FOR DALE BOWMAN**

**Closes Thurs Oct 22nd,  
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**Argyle, MB  
1 Mile West on Rd 323  
Then North 2 Miles on Rd  
322 Then 3 1/2 Miles West  
on Rd 82 #4064**

11 Chev 2500 4x4 6 Litre  
104,787 KM- Safetied \* 15  
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Stock Trailer Only Used 2000  
Miles \* 96 Norberts 20'  
Gooseneck Flat Deck Trailer  
\* 15 Excursion 18' BH Flat  
Deck Trailer - Less Than 500  
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mander 800 Side By Side-  
2275 Miles \* 13 Honda Four  
Trax Quad \* Int Farmall 966  
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cessor \* Gehl 95 Mix Mill  
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20' Cult \* Glenco 26' Cult  
\* Cockshutt 26' Deep Tiller  
\* Silver Lake Trailer Post  
Pounder \* 38' Hay Trailer  
\* 30' Hay Trailer \* 4 Wheel  
11' Horse Pull Wagon \* 10'  
Packer 24" Rd Drum \* 3PH  
Post Hole Auger \* 80's GMC  
6000 w 18' B & H \* Lakeland  
Portable Creep Feeder \* Ma-  
ternity Pen \* Along w More  
Equipment \* Trailers \* Rd  
Bale Feeders \* Panels \* Oil-  
ers \* Calf Shelters \* 6 Grain  
Bins - 1350 to 1650 Bushel  
\* Farm Misc \* Tools \* Go To  
Web For Full Listing \*  
**Stuart McSherry, Stonewall, MB  
(204) 467-1858 or (204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)**

**McSherry Auction**  
12 Patterson Dr.  
Stonewall, MB

**Online Timed Auctions  
@ iCollector.com**

**Estate & Moving**  
Closes Wed Oct 14 @ 7:30pm  
NH 590 Large Square Baler  
\* Case IH 8820 Swather \* 90  
Chev 1500 \* 03 Polaris 330  
4x4 Quad \* 76 Hondamatic  
CB750 Street Bike \* Horse  
Saddles \* Sleigh \* Carriage \*  
Saulky \* Corral Panels \* 4 Hi  
Qual 10' x 12' Horse Stalls w  
Rubber Flooring

**Estate & Moving**  
Closes Wed Oct 21 @ 7:30pm  
Consignments Welcome!  
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**ESTATE & MOVING**

**Closes Wed Oct 14th  
@ 7:30 PM**

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Stonewall, MB**  
Late Additions- 03 Chev  
2500 Dsl Ext Cab 4x4  
Safetied- Clean Truck\*  
Goebel 1800 Bushel  
Hopper Bin \* Building  
Jacks \* More Tools!

**ESTATE & MOVING**  
**Closes Wed Oct 21st  
@ 7:30 PM**

**Consignments Welcome!**  
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## THE RURAL MUNICIPALITY OF ROCKWOOD

# TENDER

## WASTE (GARBAGE) BIN RENTAL AND HAULING SERVICES WINFIELD WASTE TRANSFER STATION AND TEULON-ROCKWOOD WASTE DISPOSAL GROUNDS

Sealed Tenders, marked "Waste Bin Rental and Hauling Tender" will be received by the Director of Operations of the Rural Municipality of Rockwood, Box 902, 285 Main Street, Stonewall, Manitoba, R0C 2Z0 until 1:00 p.m. CST, Friday, October 16, 2020 for rental and hauling services of waste bins in the Waste Management Sites in the Rural Municipality of Rockwood.

Tender specifications will be accompanied with the Bid Form. Bid Forms may be obtained at the Rural Municipality of Rockwood Administration Office at 285 Main Street, Stonewall Manitoba, Monday to Friday (excluding holidays) between the hours of 8:30 a.m. and 4:30 p.m.

Lowest or any tender not necessarily accepted. The Municipality reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the Contract in the best interest of the Municipality in its sole and unfettered discretion. The award of the Contract is subject to the approval of Council.

Ian Tesarski, Director of Operations  
Rural Municipality of Rockwood

## THE RURAL MUNICIPALITY OF ROCKWOOD

# TENDER

## CURBSIDE WASTE (GARBAGE & RECYCLING) COLLECTION SERVICES

## GROSSE ISLE, BALMORAL, ARGYLE, GUNTON, STONEWALL TRAILER COURT, STONY MOUNTAIN & AREA

Sealed Tenders, marked "Curbside Waste Collection Services Tender" will be received by the Director of Operations of the Rural Municipality of Rockwood, Box 902, 285 Main Street, Stonewall, Manitoba, R0C 2Z0 until 1:00 p.m. CST, Friday, October 16, 2020 for the collection and removal of waste (garbage) and recyclables in the Townsites and Designated Areas in the Rural Municipality of Rockwood.

Tender specifications will be accompanied with the Bid Package. Bid Packages may be obtained at the Rural Municipality of Rockwood Administration Office at 285 Main Street, Stonewall Manitoba, Monday to Friday (excluding holidays) between the hours of 8:30 a.m. and 4:30 p.m.

Lowest or any tender not necessarily accepted. The Municipality reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the Contract in the best interest of the Municipality in its sole and unfettered discretion. The award of the Contract is subject to the approval of Council.

Ian Tesarski, Director of Operations  
Rural Municipality of Rockwood

## SUPPORT LOCAL MANITOBA FARMERS

## THE RURAL MUNICIPALITY OF ROCKWOOD

# TENDER

## OPERATION OF THE TEULON-ROCKWOOD WASTE DISPOSAL GROUNDS

Sealed Tenders, marked "Teulon-Rockwood Waste Disposal Grounds Operator Tender" will be received by the Director of Operations of the Rural Municipality of Rockwood, Box 902, 285 Main Street, Stonewall, Manitoba, R0C 2Z0 until 1:00 p.m. CST, Friday, October 16, 2020 for operation of the Teulon-Rockwood Waste Disposal Grounds in the Rural Municipality of Rockwood.

Tender specifications will be accompanied with the Bid Package. Bid Packages may be obtained at the Rural Municipality of Rockwood Administration Office at 285 Main Street, Stonewall Manitoba, Monday to Friday (excluding holidays) between the hours of 8:30 a.m. and 4:30 p.m.

Lowest or any tender not necessarily accepted. The Municipality reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the Contract in the best interest of the Municipality in its sole and unfettered discretion. The award of the Contract is subject to the approval of Council.

Ian Tesarski, Director of Operations  
Rural Municipality of Rockwood

## THE RURAL MUNICIPALITY OF ROCKWOOD

# TENDER

## WINFIELD ROAD WASTE TRANSFER STATION CARETAKING AND EQUIPMENT SERVICES

Sealed Tenders, marked "Winfield Caretaking and Equipment Services Tender" will be received by the Director of Operations of the Rural Municipality of Rockwood, Box 902, 285 Main Street, Stonewall, Manitoba, R0C 2Z0 until 1:00 p.m. CST, Friday, October 16, 2020 for caretaking and equipment services at the Winfield Road Waste Transfer Station in the Rural Municipality of Rockwood.

Tender specifications will be accompanied with the Bid Package. Bid Packages may be obtained at the Rural Municipality of Rockwood Administration Office at 285 Main Street, Stonewall Manitoba, Monday to Friday (excluding holidays) between the hours of 8:30 a.m. and 4:30 p.m.

Lowest or any tender not necessarily accepted. The Municipality reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the Contract in the best interest of the Municipality in its sole and unfettered discretion. The award of the Contract is subject to the approval of Council.

Ian Tesarski, Director of Operations  
Rural Municipality of Rockwood



## BIRTHDAY



Wishing our Mom and Grandma,  
Justina Neumann,  
a very  
Happy 80th Birthday  
October 11th, 2020!  
-Love Cheryl, Tray and Cass  
Deb, Stu, Mason and Hayden

## ANNIVERSARY



Congratulations  
Paul and Ivannia Pelletier  
on your 50th anniversary  
on October 10th.  
Wishing you lots of love, joy and happiness.  
-Love from your family

## CARD OF THANKS

Sincere thanks to friends and relatives for gifts of cards, flowers, phone calls, emails, mementos, and food to honour the passing of my dear mom, Lorna McNichol Wilson. Your kindness is appreciated. Thank you.  
"Her song has ended, but her music will live on."  
-Joan Wilson Main and family

## CARD OF THANKS

The family of Harold Lillies would like to thank all the people who have sent flowers, food, and messages of sympathy during this difficult time. Thank you to Brian for helping us return Harold to his resting place on the Winnipeg River that Harold called "God's Country." To the Boilermaker Union Local 555 for their kindness. A special thank you to Ray, who never let dementia get in the way of a true and treasured friendship. Another special thank you to Ken Loehmer for his support and guidance during this time.

-Thank you everyone,  
Carrie, Brett and family  
Jamey, Lisa and Family  
Susan, Jeff and family  
Shauna, Vince and family  
Betty

## IN MEMORIAM



In memory of  
Brant Cosens  
June 20, 1953 – October 5, 2012  
Sunshine passes, shadows fall;  
Love's remembrance outlasts all.  
-Love,  
Mom and Roy, Megan and Arthur,  
Kevin and Judy, Lisa and Sylvain  
and families,  
Lawrence, Martha and John

## IN MEMORIAM



In Memory of  
James Anthony Dola  
May 20, 1955 – October 13, 2018  
Another year has come and gone  
since you went away,  
Our grief is more manageable  
but we will all say  
We talk about you all the time,  
the memories we hold dear  
We still wish for just one more day,  
to hold you near  
Your girls are strong and have  
pushed through your loss  
But at night we all dream, turn and toss  
We get up every day and paste a smile  
on our face  
We miss you so and know your love  
can't be replaced  
A man like you is missed by  
everyone you knew  
You touched so many lives and  
they all miss you too  
But God called you home and it is said  
He knows what's best  
We just wanted you to know  
we feel we were truly blessed  
-Yvonne, Janie, Becky and Kylie

Stonewall Teulon  
**Tribune**

# Announcements

Book Your Classified Ad Today - Call 467-5836 or  
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## OBITUARY



### Irene Rose Margaruite Byle (nee Vandal)

Irene Rose Margaruite Byle (nee Vandal), born September 20, 1924 in Middlechurch, MB, passed away peacefully one hour and fifty minutes before her 96th birthday on September 19th with her family at her side at the Concordia Hospital.

The last surviving matriarch of the Vandal family, Irene, the wife of a veteran and farmer Fred who predeceased her in 2006, enjoyed working in her garden and flower beds, canning and baking and sharing with family and friends. She also had a love for their many pets over the years. Mum enjoyed sewing and her knitting, making baby outfits for every grandchild and fisherman knit sweaters for all of us. You always knew where you stood with her "tell it like it is attitude." Mum always promised us that she would be "sweet" in her old age but remained a feisty opinionated lady making her own decisions until her passing. Mum's passion in her later years was

her casino bus trips (she won her share) with her last trip being in January of 2020. She enjoyed her many trips to Calgary and Toronto to visit her daughters. Mum was recently honored at the West St. Paul Seniors Luncheon as the oldest living born and raised West St. Paul resident.

After raising her five children, Robert (Linda), Judy (Michael), David (Emmy), Brad (Kelly), Leslie (Teri), Mum enjoyed being a gramma most of all to Leanne (Andre), Kenton (Erin), April (Todd), Amanda (Kevin), Joel (Roslynn), Mitchell (Tiffaney) and Mark. Known as "Sugarplum Gramma" to her great-grandchildren Sydney, Aurelia, Reid, Summer, Wade, Tatyana, Ben, Nick, Dominik, Scarlett, Ryder, Henry, Hannah, Michael and River, she was the happiest with a baby in her arms.

Our family would like to thank a very special woman who has become a part of our family forever, Merle, who was a very special friend to Mum (and her cats). Thanks to the wonderful staff on N1 at the Concordia Hospital for their compassionate care to Mum and her family. And to Kenny from Ken Loehmer Funeral Services once again for his care and compassion.

Due to COVID, Mum's final wish will be granted when it is safe for all of her family and friends to be together again for her final party.

If desired, donations in her memory can be made to the Winnipeg Humane Society or a charity of your choice.

*Ken Loehmer*  
KEN LOEHMER  
FUNERAL SERVICES  
204-886-0404

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- THANK YOUS

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- THANK YOUS •

Deadline is  
THIS FRIDAY at  
4 p.m. prior  
to Thursday  
October 15th's  
publication.

Stonewall Teulon  
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Call 467-5836



**SELKIRK**

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The Canadian Tire Selkirk Automotive Department  
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### EXPERIENCED Red Seal Mechanic

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Full time position includes benefit package.

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## OBITUARY



### Sonia Kaschyshyn

With much sorrow and heavy hearts on Friday, October 2, 2020 we lost our Mother, Baba and Great Baba after a long fight to Diabetes and Cancer.

She leaves behind son and daughter-in-law Danny and Teresa; grandchildren, Melissa, Andrew, David, Marc, Stacey, Jamie and her great-grandbabies, Aubrey and Sloan; sister Rose and Niece Sharron as well as many, many dear friends.

A private family service will take place.

A heart felt thank you to Dr. K. Graham and Stonewall Hospital staff for their wonderful care of Sonia in her final days.

The Lord saw I was getting tired, so He took my hand and said come with Me.

I will end your pain and suffering and set your spirit free.

So here I am now in a garden and my leg well I now have two

But when I got to heaven, I couldn't find my other shoe,

But that's ok I just laughed it off then looked down from above

I will miss each and everyone of you and send you all my love.

MACKENZIE FUNERAL HOME TEULON  
204-467-2525 • [mackenziefh.com](http://mackenziefh.com)



## OBITUARY



### Elinor Jean Laing (nee Oughton) July 1, 1927 – September 28, 2020

It is with sadness we announce the passing of Jean Laing at the Eriksdale Personal Care Home, Eriksdale, Manitoba.

Jean will be missed and forever loved by her daughter Donna; grandchildren, Brian (Jaye) Kingsley, Sandra (Jamie) Johnson, Barton (Amanda) Simpson, Andria (Barret) Goldau; great-grandchildren, Clara and Molly Kingsley, Daniel and Ally Johnson, Callie Simpson, 'Anela, Felix, and Oliana Goldau; son-in-law Sheldon Simpson; along with many nieces; nephews; cousins; and friends.

She was predeceased by her husband John Laing; daughter Patricia Simpson; son-in-law Glen Kingsley; parents Robert and Lillian Oughton; mother and father-in-law Elizabeth and Bob Laing; siblings Howard (Lucille) Oughton, Robert (Rose) Oughton, Helen (Clint) Waggoner, and Ruth (James) Platt; brothers-in-law Doug (Winnie) Laing, George (Mary) Laing, sisters-in-law Mary Shantz, Allison (Hamie) Nelson, Margaret Laing.

Jean was born in Stonewall, Manitoba at Mrs. Howsom's nursing home. She attended Stonewall schools and started a Nursing program in Winnipeg then worked in a doctor's office until her marriage to John.

John and Jean married in October 1947 and lived and farmed in the RM of Rosser. Jean lived a long and challenging life. Afflicted with Polio in her early years, she adopted a can do - will do - no excuse philosophy to her life. Her home was open and welcoming to friends and family.

Through the years, Jean was involved in the community serving on the Rockwood Agricultural Society Board, Stonewall and District Health Centre Board, Health Care Centre Auxiliary, and was involved with the Lilyfield United Church.

Jean left the farm to live in Stonewall's Lion's Manor from 2004 – 2012. Later she moved into the Eriksdale Personal Care Home to be closer to her daughter.

The family would like to extend a heartfelt thank you to Mom's extended family - the nurses, and all the staff at the Eriksdale Personal Care Home for their loving care and the support they gave to all of our family.

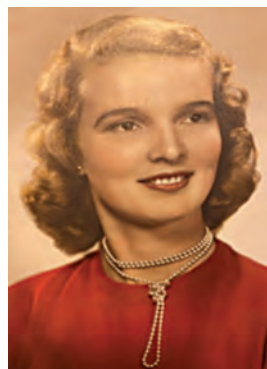
A private family interment will be held.

In lieu of flowers, donations may be made to a charity of one's choice in Jean's name.

MACKENZIE FUNERAL HOME STONEWALL  
204-467-2525 • [mackenziefh.com](http://mackenziefh.com)



## OBITUARY



### Helene Elaine Fraser (Balan)

Peacefully, after living a full and active life Helene passed away on October 4, 2020 in Winnipeg, Manitoba.

Helene is survived by her children: Les (Lorraine), Lise (Kevin), Kevin (Natasha), Curtis (Lynette); grandchildren: Jayson (Kate) and their children Eloise, Estelle, Jocelyn, Jaymie (Cole), Sean, Kyle, Kasey, Kloe, Addison, Aiden; brothers and Sisters: Carl, Lesley (Brenda), John (Elaine), Diane (Phil), Barbara (Ken); and many nieces and nephews.

Helene was predeceased by her brother George, sister Bonnie, father Cozma Balan, mother Vera Balan, and brother Alec.

Helene Elaine Balan was born on May 22, 1933 in Wood Mountain, Saskatchewan to Vera and Cozma Balan. Vera and Cozma Balan farmed at Elm Spring, SK and when Helene was five years old the family moved to Woodlands, Manitoba. Helene and her siblings had a lot of responsibility on the farm but being the oldest Helene was like a mother and a sister to her younger siblings, looking out for them at home and at school.

Helene excelled at school and at sports, especially baseball. She played on competitive women's teams and on a men's team while she attended university in Winnipeg.

After Helene graduated from Woodlands School she moved to Winnipeg and attended a year of "Normal School" to be trained as a teacher. After one year she earned her Teaching Certificate and began a teaching career that lasted from the age of 19 to 83 years young.

While raising four active kids who played multiple sports and teaching full time in Winnipeg's inner city schools, Mom continued to take university courses and graduated from the University of Winnipeg in May 1980 with an Education Degree.

Throughout her teaching career Mom taught in many different communities: the Interlake, Pinawa, Winnipeg One, Thompson, Nelson House and Lake Manitoba. In every community she made a difference. Mom would ensure that her students had clothes, food, equipment and even places to stay if needed.

When Mom retired from teaching (for the 3rd time) she enjoyed spending time at her house in Winnipeg looking after her flowers outside, keeping her yard clean, often could be found sweeping and raking the neighbours yards as well. Mom loved the visits from her grandchildren and her great-nephews Owen and Evan. Being able to watch her grandchildren play sports was very special for Mom.

Our Mom will be remembered for her strength, independence, determination, kindness and generosity and she will be missed greatly by her family: her children, brothers and sisters, nieces and nephews.

"A mom's hug will last long after she lets go"

A Graveside Service will be held. Pallbearers: Kevin Kirkpatrick, Sean Kirkpatrick, Jayson Balan, Jayson Fraser, Kyle Fraser, Kasey Fraser.

In lieu of flowers donations may be made to Alzheimer Society of Manitoba, 10 - 120 Donald Street, Winnipeg, MB, R3C 4G2.



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