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October  
breast cancer  
AWARENESS  
MONTH

VOLUME 12 EDITION 41

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## Pumpkin picker



Eighteen-month-old Kinsey Palumbo of Stonewall was picking out a pumpkin with his mom and grandma last Saturday from Proctor's Pumpkin Patch wagons.

TRIBUNE PHOTO BY JO-ANNE PROCTER

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# Oak Point community celebrates grand opening of hall



Cake, coffee and tea were enjoyed.

By Lorna Johnson

The grand opening of the Oak Point Community Hall was held on Saturday, Oct. 2 at 2 p.m., almost two years to the day the old community hall burned to the ground.

Approximately 90 people were in attendance for the official opening and ribbon-cutting event. Following speeches from St. Laurent Reeve Cheryl Smith, MLA Derek Johnson and community club member Tom Johnson, coffee, tea and cake were enjoyed by all.



St. Laurent Reeve Cheryl Smith, left, and Gimli Interlake MLA Derek Johnson, right, held the ribbon for the formal cutting by Oak Point's oldest community member Grace Appleyard, who recently retired as a club member after 40 years at the age of 90.



Oak Point's community hall burned to the ground in 2019. **TRIBUNE PHOTOS SUBMITTED**

# New ICF fund to benefit community

Staff

A local business has made a generous donation that will continue to

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help the community for years to come.

Bel Acres Golf and Country Club created a new fund with the Interlake Community Foundation called the "Bel Acres Community Fund," which started with a \$10,000 donation from Ian Sarna and the business.

Because it's an unrestricted fund, the Interlake Community Foundation can grant the income from the fund every year to the community project that it thinks most needs the funding.

Interlake Community Foundation chair Bob Beck and executive director Tracy Holod met with Ian Sarna to go over the details and accept the cheque.

"Ian and his family have a history with the community of Stony Mountain and the RM of Rosser, and this fund honours those connections and



**TRIBUNE PHOTO SUBMITTED**  
Ian Sarna of Bel Acres (left); Tracy Holod, Interlake Community Foundation executive director (middle); and Bob Beck, ICF chair.

ensures philanthropy into the future," the donation." Holod said. "We are very thankful for

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# Woodlands Museum founder smiles at first sip of water

By Nicole Brownlee

The Woodlands Pioneer Museum struck water on Sept. 22, signalling an important step in their next project.

The historical museum, which hit its 50th anniversary this year, has been vying for running water for years.

"We have always had to haul water," said Lorelee Proctor, president of the museum board.

"Now, we can go to our washroom project and get water from our sinks."

Eleanor Proctor, the remaining founding member of the museum, was one of the select people to try the inaugural first glass of water.

"I ran over and got her the day that the water was coming out of the ground for the first time," said Lorelee. "She took her little sip out of the top she said, 'oh, tastes great.'"

Eleanor was all smiles, joined by her granddaughter Jacquie Gardiner and great-grandson Beck Gardiner on Sept. 22, said Lorelee.

"(Eleanor has) been an incredible volunteer and asset to our museum."

The museum doors have been closed for two years because of public health restrictions and the board's choice to prioritize their volunteers' and visitors' safety.

"We didn't open this summer because we didn't feel we were set up, especially without water, to be able to welcome the public," said Lorelee.

While closed, the museum replaced thousands of informational tags on items, cleaned the exhibits and prepared for their next construction project,



TRIBUNE PHOTO BY LORELEE PROCTOR

Eleanor Proctor, the remaining founder of the Woodlands Pioneer Museum, enjoyed her first sip of the museum's water joined by her granddaughter Jacquie Gardiner and her great-grandson Beck Gardiner.

creating an accessible washroom.

"We decided to vacate part of an existing building and take down all of the exhibits, and the new washroom is going to be built in an existing building," said Lorelee.

The washroom will be completed by March 31, 2022.

"Having our washroom and water will make us feel much more safer welcoming the public," said Lorelee.

Another project the team has been working on is making the museum more accessible and inclusive for all abilities. In addition to increasing the font on the informational tags to help people with vision impairments, museum staff and volunteers are creating educational programs for visitors of all ages.

"We're creating cross-generational, educational projects for our guests," said Lorelee.

"So, if a grandma and grandpa brought their grandkids, we could provide (activities) that would be something they could all do together while learning."

The team has been able to work on these projects while being closed through several supports like grants, fundraisers and community donations.

The museum would like to thank Building Sustainable Communities, the RM of Woodlands, Interlake Community Futures and Community Futures West Interlake for their direct funding.

"The incredible outpouring of support that we have had ... is incredibly important to us," said Lorelee.



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# Health-care aides stepped up to meet pandemic challenges

By Patricia Barrett

Like all frontline health workers, health-care aides weren't spared from dealing with the fallout of the COVID-19 pandemic. And their efforts will be recognized on Oct. 18, Manitoba's annual Health-care Aide Day.

This year will mark the eighth year of recognition for all they do. Governments, employers and the public will have an opportunity to thank health-care aides (HCAs) for the vital role they play supporting the health-care system.

In 2014 the Manitoba government created Health-care Aide Day to recognize their contributions to patients and the most vulnerable residents in nursing homes, hospitals and the community.

The official proclamation says health-care aides are "an indispensable component in the safety and quality of personal care for patients, clients and residents." They help people remain independent for as long as possible and protect and support them.

Health-care aides assist patients with simple daily activities that others

may take for granted. That includes personal hygiene, getting dressed and eating. HCAs also assist nurses by following specific patient care plans that have been set out and monitoring changes in patients.

Over the course of the pandemic, HCAs stepped up their provision of companionship and comfort after COVID-19 restrictions forbade in-person contact with families and friends.

Vicki Bulas has been a health-care aide since 2010. She works at the Goodwin Lodge Personal Care Home in Teulon where she has been for her entire career.

COVID lockdown was difficult for the residents and their families, she said, but health-care aides did their best to step into the breach and provide more companionship.

"When the pandemic first hit and we were under lockdown, the residents couldn't see their families. I know that was really hard on them and on their families," said Bulas last week. "I would say the hardest thing was when they were waving to their loved ones from the window. You just cried on the inside because you felt awful."

Goodwin Lodge is a relatively small PCH with about 20 residents. Bulas said that allows the health-care aides working there to really get to know all the residents well.

"We're such a small group that it's like a family here at Goodwin," said Bulas. "We all support each other, whether that's staff supporting other staff members or supporting residents."

Bulas's mom lived at Goodwin for eight years and she said she felt fortunate she was able to take care of her.

"I treat everyone like they're my mom or dad — and they should be treated that way. You have to respect the people in your care because I know what it's like to have a parent in a personal care home," she said.

Having been in the profession long enough to know whether she found the right fit, Bulas said she has no doubts; her decision to become a health-care aide was the "best decision" she ever made.

"I wouldn't change my job for the world," said Bulas. "It's very rewarding to me to help people."

Michelle Hazelton said being a



TRIBUNE PHOTO SUBMITTED  
Michelle Hazelton has been a health-care aide for 28 years.

health-care aide is her calling. She has been "in the business for a while," logging 28 years. She started her career at Goodwin Lodge and in acute care in Teulon, and has been at the Fisher Branch Personal Care Home for about

Continued on page 16

## IEHF earns the Sharon Carstairs Caring Communities Award

Submitted by Interlake Eastern Health Foundation

On Sept. 9, Palliative Manitoba presented a prestigious award for a local project that promotes access to palliative care.

The Sharon Carstairs Caring Communities Award is the first-ever award of its kind to recognize community-based efforts in palliative and end-of-life care with a monetary component.

The Interlake Eastern Health Foundation (IEHF) earned the award and a \$1,500 donation to enhance the palliative care room at Stonewall and District Health Centre by installing a patio door to an outdoor oasis.

Pamela McCallum, executive director of Interlake Eastern Health Foundation, Tammie-Lee Rogowski, clinical team manager of home care and allied health, and Patrice Lee, clinical team manager at Stonewall and District Health Centre accepted the award from former senator Sharon Carstairs on behalf of Interlake-Eastern Regional Health Authority and IEHF during Palliative Manitoba's virtual annual general meeting last week.

"Lots of work will soon be underway on this project, which includes installing a large sliding glass door big enough for a hospital bed to fit

through. The door opens onto an outdoor space surrounded by shrubs and flowers. There will also be new furniture placed in the room, all of which will ensure a comforting space for clients receiving a supportive type of care and their loved ones. This space is so incredibly beneficial to clients staying in this particular room. Open space to the outdoors brings a more home-like environment and will allow clients to visit with their pets outdoors," Rogowski said.

The award is also consistent with Palliative Manitoba's mandate of supporting palliative care throughout the Manitoba.

Jennifer Gurke, executive director of Palliative Manitoba, says the project in Stonewall will help improve quality of life for patients.

"There were other high-quality projects that were considered, but the committee recognized how important it is for individuals who are receiving palliative care and their families to have easy access to a private outdoor space that would help improve quality of life," said Gurke.

Former Senator Sharon Carstairs loves gardens and says they represent peace.

"Gardens are such an important part of end-of-life care. Gardens bring



TRIBUNE PHOTO SUBMITTED

Photo top row, left to right: Pamela McCallum, executive director of Interlake Eastern Health Foundation; Jennifer Gurke, executive director of Palliative Manitoba; the Honourable Sharon Carstairs; bottom row: Brenda Hearson, chair of the Sharon Carstairs Caring Community Award Committee. Patrice Lee, clinical team manager at Stonewall and District Health Centre; and Tammie-Lee Rogowski, clinical team manager of home care and allied health.

peace and memories of good times. They bring comfort to the patient and to their family in this difficult time," said Carstairs.

Pamela McCallum, executive director of the Interlake Eastern Health Foundation, says that winning this award will help launch the fundraising efforts for this project.

"This is a wonderful project that will connect our patients and their families to the outdoors by allowing them

the opportunity to experience fresh air and sunshine. Winning this amazing award and receiving the grant will help us raise awareness to this project and kickstart the remainder of the fundraising campaign needed to complete it," said McCallum.

For more information on IEHF and how it benefits the region's patients and residents or to make a donation, please visit [www.iehf.ca](http://www.iehf.ca) or contact Pamela McCallum directly at [pmccallum@ierha.ca](mailto:pmccallum@ierha.ca).



# Manitoba vaccination doses now exceed two million

By Ashleigh Viveiros

Manitoba hit a milestone last week in its COVID-19 vaccination efforts.

Dr. Joss Reimer, medical lead of the province's vaccination task force, announced Oct. 6 that the province has surpassed two million doses of the vaccine.

It's been a monumental effort for Manitoba's health-care workers, starting back with the very first dose administered in mid-December.

"From all of us on the vaccine task force, thank you," Reimer said. "There have been thousands of people involved in this campaign and we couldn't have done it without you."

She also thanked the more than 85 per cent of eligible Manitobans who have stepped up to receive at least one shot thus far, and the 81 per cent who are fully vaccinated with two doses.

"This is really your story," Reimer said. "It's built around your decision to protect yourself, protect your loved ones, and protect our province."

Vaccination against COVID-19 has proven to be "incredibly effective," Reimer said.

"It's been remarkable to see in our personal care homes the just complete drop in outbreaks, and seeing how overwhelmingly higher the risk is if you're unvaccinated to end up in the hospital, to end up in the ICU.

"So while this vaccine is not perfect — no vaccine prevents infection 100

per cent of the time — it is dramatic," Reimer stressed. "And so I encourage people that, even though it doesn't take you down to zero [risk], it takes you pretty close to zero when it comes to ICU admissions and it takes you way, way lower in your risk for even mild infection."

As the fourth wave gets underway in Manitoba, the province is expanding its recommendation for who can receive a third dose of the vaccine.

Individuals who have only received a viral vector vaccine, such as two doses of AstraZeneca or a single dose of the Janssen (Johnson & Johnson) vaccine, can now book an appointment for a third shot of an mRNA vaccine, as long as at least six months have passed since their last shot.

This move impacts about 6,800 people who received those vaccines, which Reimer noted lose their effectiveness more quickly than the mRNA vaccines from Pfizer-BioNTech and Moderna.

Also able to get a third dose are health-care personnel who have direct contact with patients, residents or clients.

Health-care workers — which number about 50,000 in Manitoba — were among the first to roll up their sleeves for the vaccine when it was released.

"For many health-care workers, it has been quite a few months since their last dose of the vaccine," Reimer

said, noting studies have shown the vaccines provide protection against severe illness due to COVID-19 for at least 20 weeks, but protection against mild infection does decrease over time.

"In general, if we weren't inside of a pandemic, we might be OK with a lower level of protection against mild infection, but when we are facing a fourth wave and we do know that every health-care worker is critical to being able to provide services to Manitobans, we want to offer this booster to use every tool in the toolbox to support the health-care system."

Receiving a third dose is voluntary and health-care workers who decide not to get it are still considered fully immunized, Reimer stressed.

The province is currently considering further expanding third-dose eligibility in the weeks ahead to older Manitobans, including those not living in personal care homes (who are already eligible) and those who live in other congregate living settings.

Reimer further said that it's likely most Manitobans will have the opportunity to get a booster shot by year's end. She stressed again that two doses of the vaccine provide ample protection against severe outcomes for a long time, but a third dose in the months ahead would help with mild infections, especially if a great deal of time has passed since the second

dose.

Asked how she responds to Manitobans who are fearful there will be no end to booster shots in the future, Reimer pointed out that's already how we deal with vaccinations for other viruses.

"We have an influenza or a flu season every year and people have to get a booster shot every year. That's certainly a possibility here as well that this might become something we have to do every year.

"As more and more of us become protected and the severity of infections goes down, it will become more and more like how we treat influenza," Reimer said. "And so even as people get infections, those who don't end up in the hospital, those who don't die, will also slowly have more and more protection as well even without the vaccine.

"So as a society together we [will] see decreasing severe outcomes and therefore be able to move away from all this emergency approach to managing the pandemic."

Heading into the long weekend, Manitoba was reporting 927 active cases of COVID-19, a provincial test positivity rate of 3.4 per cent, 90 total hospitalizations, and 14 ICU patients due to the virus.

A total of 1,217 Manitobans have died due to COVID-19. There have been 59,241 recoveries.

# Teulon-Rockwood Arena re-opened after safety concerns

By Nicole Brownlee

The Teulon-Rockwood arena temporarily closed from Oct. 3 to 6 because of a lighting issue.

The light fixtures in the arena were replaced in August 2020. For an unknown reason, nine out of the 50 fixtures malfunctioned in early October, leading to the town of Teulon's decision to close the arena until they were fixed.

"That's pretty much 20 per cent of the lighting," said Andrew Glassco, Teulon's chief administrative officer.

"In an abundance of caution for the athletes ... we had to close the building."

The fixtures were replaced, and organizations were notified that the arena would re-open on Oct. 6, said Glassco. In a Facebook post on Oct. 3, the Teulon Minor Hockey Association also cited issues with the ice as a reason the arena was closed.

"That's been ongoing for a number of years in this arena," said Glassco.

The ice plant's roof has been leaking for years and is a well-known maintenance issue, explained Glassco. Warm weather also leads to more condensation in the building.

"Basically, it's raining in the building, which creates a little bump on the ice, which we continue to shave," said

Glassco.

"Once the temperature begins to drop outside, this will become less of an issue."

All user groups have been scheduled to return to the arena. The Interlake Lightning hockey team will resume playing at the arena on Oct. 19.

The Teulon Minor Hockey Association did not respond in time for publication to comment.


The Teulon arena was previously controlled by the Recreation Commission, a volunteer-based group with members from the RM of Rockwood and the Town of Teulon. In April, the commission was dissolved, and the Town of Teulon took over the operation and maintenance of the arena and several recreation facilities.

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## Efficiency Manitoba launches window, door rebate program

### Staff

A new rebate program could net eco-conscious Manitobans a tidy sum.

Efficiency Manitoba, the province's newest Crown corporation dedicated to energy efficiency, has launched its Windows and Doors Rebate for homeowners upgrading to high-performance windows and doors.

Eligible customers can receive \$50 per qualifying opening for the purchase and installation of select Energy Star certified products.

"Manitoba has long been a leader in the windows and doors industry in Canada," said Conservation and Climate Minister Sarah Guillemard in a statement. "Through incentives that encourage Manitobans to choose high-performance windows and

doors, Efficiency Manitoba is supporting an industry with approximately 5,000 Manitoba-based employees as well as ensuring homeowners are choosing energy-efficient, high-quality, long-lasting products."

Replacing older, inefficient entryways and windows with high-performance ones means less air leakage and heat loss in a home, which helps homeowners reduce their energy consumption, lower their energy bills, and enjoy a more comfortable living environment.

"This new program and rebate offer is another way we're helping Manitobans achieve whole-home electricity and natural gas savings," said Colleen Kuruluk, CEO of Efficiency Manitoba. "These rebates are responsive to re-

quests from customers and industry, and we're here to make energy-efficient choices easier and more affordable for Manitobans."

Homeowners must first purchase and install their eligible windows and doors and then apply online for their rebate. A full list of eligible products and the online application form can be found at [efficiencyMB.ca/windowsanddoors](http://efficiencyMB.ca/windowsanddoors).

Those participating in the Canada Greener Homes Grant can also access rebates through the Windows and Doors Rebate. Efficiency Manitoba works with Manitoba Hydro to ensure financing is available through their Home Energy Efficiency Loan. More information about financing can be found at [hydro.mb.ca/heel](http://hydro.mb.ca/heel).

## Polar bear to be designated as official provincial emblem

### By Manitoba government

The Manitoba government has introduced legislation that would designate the polar bear as an official provincial emblem, Premier Kelvin Goertzen announced last week.

"Northern Manitoba is known internationally for its polar bears, tourists come from around the globe to see and learn about these majestic animals in their natural habitat in Churchill," said Goertzen. "Recognizing the polar bear as an official symbol of Manitoba would help build on our province's brand as the 'polar bear capital of the world' and a must-see, one-of-a-kind tourism attraction for visitors of all ages."

Manitoba's tourism industry is a key

contributor to the provincial economy and polar bears represent a significant draw to tourists from across the country and around the world, the premier noted.

Manitoba has already made significant investments to protect polar bears and their natural habitat with the creation of the Polar Bear Protection Act as well as providing significant financial support for the creation of the Leatherdale International Polar Bear Conservation Centre at Assiniboine Park Zoo.

Bill 76, the Coat of Arms, Emblems and the Manitoba Tartan Amendment Act, would designate the polar bear as an official provincial emblem to recognize the important role the polar

bear currently plays as an internationally recognized symbol of Manitoba.

The polar bear would become the second official mammalian emblem of Manitoba. In 2014, the North American plains bison was officially recognized as a mammal emblem. In addition to the polar bear and plains bison, Manitoba currently recognizes the great grey owl, pickerel, white spruce, prairie crocus, big bluestem grass, Newdale soil and the mosasaur as official natural emblems.

Polar bears bring tourists to Manitoba from across the world. They are a powerful symbol of our Great White North and what it means to be a Manitoban. Strong. Hardy. Resourceful. Devoted parents.

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# get informed

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



TRIBUNE PHOTO BY LANA MEIER

Sherlock Tree Removal, a fully insured certified arborists with over 30 years experience, has been busy pruning trees and stump grinding in Stonewall. Help the *Tribune* record the weather of the week and send in your photos of friends or families enjoying the outdoors. Email: [weather@stonewallteulontribune.ca](mailto:weather@stonewallteulontribune.ca).

## Nominations open for Excellence in Education Awards

### Staff

Think your kid's teacher is awesome? Now's your chance to thank them for it.

Nominations have opened for the 2021-22 Manitoba's Excellence in Education Awards, Education Minister Cliff Cullen announced last week on World Teachers' Day.

"Manitoba educators provide outstanding service every day and continue to do so during the pandemic," Cullen said. "The Excellence in Education Awards provide an opportunity to recognize educators who are making a special difference in the lives of their students."

There are three teaching excellence awards up for grabs and one each in the categories of outstanding new teacher, outstanding team collaboration, outstanding school leader, and the Premier's Award for Excellence in Education.

Parents, students, school trustees, teachers and school or school division administrators are invited to submit nominations by the Dec. 2 deadline.

Nominees must be educators who hold a valid, permanent Manitoba teaching certificate and work directly with kindergarten to Grade 12 students in a school setting on a daily basis. Each award recipient will receive

\$500 and a framed certificate.

The selection committee includes representatives from Manitoba Education, Manitoba School Boards Association, Manitoba Association of Parent Councils and Manitoba Federation of Independent Schools.

"I want to thank our educators for the work they do, supporting our children and ensuring they can succeed," said Cullen. "We know teachers are an incredibly dedicated group, and we hope the community responds to this call for nominations."

For more information, head to [www.edu.gov.mb.ca/k12/excellence/](http://www.edu.gov.mb.ca/k12/excellence/).

## Province advises temporary closure of North Perimeter Highway exit to accommodate nighttime construction

### By the Manitoba government

Manitoba Infrastructure reports temporary nighttime closures of the off-ramp that connects northbound Provincial Trunk Highway (PTH) 101 (North Perimeter Highway) at PTH 190 (CentrePort Canada Way) for roadway maintenance.

The first closure to Exit 45 will be Tuesday, Oct. 12 at 6 p.m. until 6 a.m. continuing nightly with the same schedule until the final closure Oct. 16 from 6 p.m. to 6 a.m.

The alternate route for this closure is Exit 50 at Provincial Road (PR) 221.

The department advises the dia-

mond grinding process on the concrete surface will result in a quieter ride and better traction for greater safety.

Manitoba Infrastructure will update impacts to traffic through the Manitoba 511 information system at [www.manitoba511.ca/en/index.html](http://www.manitoba511.ca/en/index.html).

## worship

with us > FAITH

### Feeding our Neighbours

*Restore our fortunes, O Lord, like the watercourses in the Negeb. May those who sow in tears reap with shouts of joy. Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves. (Psalm 126:4-6~NRSV)*

On my United Church calendar, this week marks the time between two special Sundays — Thanksgiving and World Food Sunday. This in-between time asks us to shift our gaze from our own tables and fields to tables and fields all around the world. Of course, we pray for the needs of the world on Thanksgiving and have special opportunities to make donations of food or offerings on that day. But we are also asked to remember that we are all interrelated and all in need of food.

Food insecurity has come much closer to home in these pandemic days. Our call as people of faith to feed the hungry is always before us. Warnings of possible shortages and interruptions in the supply chains have been predicted. How are we to respond? How can we feed our neighbours when we are dealing with these uncertainties ourselves?

When Jesus was confronted with hunger, he looked within himself for the same compassion and generosity that he asked of his followers. He knew that our own hunger and need are the best teachers for us to understand the need and hunger of others.

As Manitobans, we have experienced the worst drought in years, hearing news of rivers drying up and farmers having to cull their herds. Yet this worrying situation brings us closer to the realities faced by people in so many places in the world. We have been forced to recognize our own vulnerability, our ultimate dependence upon God and our neighbour for our health and wholeness, and so we can better understand the situation elsewhere.

While food is still plentiful where we live, we are called to be beacons of hope for hungry people through our generosity and advocacy. We may not be able to change the realities of a world in chaos, a world beset by storms and droughts, but we can change our thinking. We can ask our leaders to look for ways to multiply the loaves we have to share.

Most of all, we can pray without ceasing for the world and its peoples, that our harvests of faith and hope will bring transformation to God's hungry and hurting world.

Rev. Mona Denton  
Stony Mountain & Lilyfield United Churches

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# Stonewall council conditionally approves multi-family dwelling

By Jennifer McFee

Stonewall council has conditionally approved a request to build a multi-family dwelling in town.

Foresight Real Estate Ltd. requested approval to construct a 10-unit, two-storey townhouse-style project on 4th Street East, also known as PR 236. Each two-storey unit would have access at grade, as well as shared common exterior corridor, and the building will face 3rd Avenue North.

Located south of Quarry Park, the 15,000-square-foot site is currently vacant and has 75 feet of public road frontage on 4th Street East, as well as 200 feet of public road frontage on 3rd Avenue North and 75 feet of frontage on 3rd Street East. The proposed driveway would be off of 3rd Street East, with no driveway access on 4th Street East. All off-street parking is proposed for the rear yard of the residential infill development in a partially enclosed area, with 20 parking spaces including one that is accessible.

There would be a four-foot fence along 3rd Avenue North, as well as a six-foot privacy fence along the property's southern border. As well, plans are in the works for 20 new shrubs and six new trees to be planted in the front and side yards.

The South Interlake Planning District (SIPD) noted that the property for the medium-density project is "well-suited for multi-family residen-

tial development, largely as a result of its location, which is located on the periphery of an existing single-family neighbourhood, adjacent to existing commercial development and abutting a collector/aerial road."

SIPD added that the applicant has successfully addressed design considerations for the 10-plex.

Council also approved variance requests to reduce the minimum front yard to seven feet from the required 25 feet and to increase the maximum lot coverage to 56 per cent from the required 40 per cent.

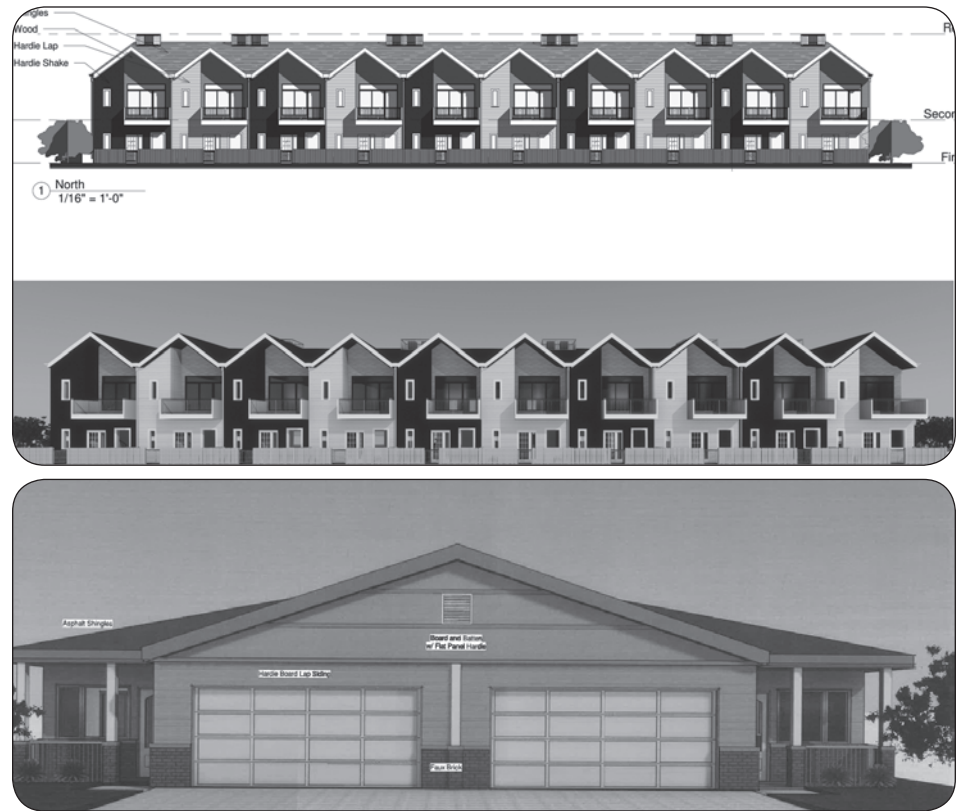
In addition, council conditionally approved a request from Foresight Real Estate Ltd. to build a single-storey, two-unit dwelling on 2nd Street East. The remainder of the property could accommodate a single-family dwelling in the future.

SIPD noted that there are several other examples of duplex and townhouse developments in the area. The infill development would include eight off-street parking spaces, since each dwelling would have a two-car driveway plus a two-car garage.

Council also conditionally approved variance requests to reduce the minimum rear yard setback to 19 feet from the required 25 feet and to increase the maximum site coverage to 45 per cent from the required 40 per cent.

#### In other council news:

- Council passed second and



TRIBUNE PHOTOS SUBMITTED

Foresight Real Estate Ltd. plans to build a 10-plex as well as a duplex in Stonewall.

third readings of a bylaw to regulate smoking or vaping on or near Town of Stonewall outdoor facilities and properties, including the distance from the entrance to indoor facilities.

- Council passed second and third readings of a bylaw to provide for the conservation and preservation of buildings, structures, lands, and

other resources deemed to be of local or special architectural, historical and cultural and natural interest within the municipality.

- Coun. Walter Badger will serve as the Town of Stonewall representative on the Netley-Grassmere-Willow Creek watershed project management team.

# Exempt Manitobans to receive same card as fully vaxxed

By Ashleigh Viveiros

Manitobans who have received a valid medical exemption from COVID-19 vaccination will now be armed with the same immunization card to prove it as those who are fully vaccinated.

Dr. Joss Reimer, medical lead of the province's vaccination task force, announced the move last week.

It's a way to ensure there's consistency across the board, she said.

"We had lots of conversations about how many people have to scan those cards in so many different sectors,

and we wanted to make it as simple as possible for all of them," Reimer said. Currently, proof of vaccination is required for entry to restaurants, theatres and concert halls, art galleries and museums, and sport facilities, among other social gathering spaces.

"The message is clear that this is the only proof of vaccination, regardless of whether or not someone is medically exempt," said Reimer, stressing that showing up at a restaurant with a doctor's note is not sufficient proof of an exemption. "They need that card with a scannable QR code."

The province has said that only a very small number of people are unable to get safely immunized, including those who had a severe reaction after the first dose of the vaccine, patients receiving treatments that might affect their immune response (for example, certain types of cancer treatments), and people who have had a severe allergy or anaphylactic reaction to a previous dose of a COVID-19 vaccine or its components that cannot be managed by the Health Sciences Centre Allergy Clinic.

In all these cases, people must

schedule an appointment with their health-care provider or specialist to determine if they qualify for an exemption. Individuals cannot submit their own requests for exemption.

If an exemption is approved, individuals can then request their digital or physical Manitoba immunization card approximately seven to 14 business days later, the same as a fully vaccinated person would.

Details about exemptions are available online at <https://manitoba.ca/covid19/vaccine/eligibility-criteria.html#exemptions>.

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# Bezan ready to represent Selkirk-Interlake-Eastman for 7th term

By Jennifer McFee

For 17 years and counting, James Bezan has served the local community as a member of Parliament.

Bezan, Conservative MP for Selkirk-Interlake-Eastman, was first elected in 2004 and handily won his seventh election on Sept. 20. Bezan earned 57.1 per cent of the vote, with 28,308 constituents casting ballots for him. Similar to previous elections, Bezan remained a far stretch ahead of the other candidates since NDP candidate Margaret Smith earned 9,604 votes (19.4 per cent), Liberal candidate Detlev Regelsky had 6,567 votes (13.2 per cent), PPC candidate Ian Kathwaroon had 3,800 votes (7.7 per cent) and Green Party candidate Wayne James had 1,328 votes (2.7 per cent). Another 363 voters rejected their ballots.

"I'm incredibly honoured to receive the support of our constituents in Selkirk-Interlake-Eastman, to have their trust in representing them here in Ottawa," said Bezan by phone from Ottawa.

"Carrying the issues of our riding to Parliament is something I take very seriously and will humbly do as their federal representative."

It comes as no surprise that the pandemic was top-of-mind for many voters.

"The biggest issue was dealing with COVID and the pandemic. Door to door, street to street, town to town, it was everybody's top priority," he said.

"Either they were wondering how do we get the economy going again and how do we get more people vaccinated, or the other side of it was people who don't want to be vaccinated. So it was a polarizing debate and one that unfortunately is dividing communities and families and pitting neighbours and friends against each other."

At the same time, Bezan was able to discuss other timely topics with residents in his riding.

"We still were able to talk about some of the bigger issues such as the health of Lake Winnipeg and the drought that our farmers and ranchers went through this summer, as well as the shortfalls in hay and feed for their livestock or having very low yields on crop land," he said.

"Those issues were often front and centre and on the minds of a lot of our constituents."

As a member of Parliament, Bezan aims to continue championing local issues that impact the riding.

"Over the years, I've been a strong voice for rural Canada, for our rural communities and fighting for things like better farm programs and getting money for the Lake Winnipeg Basin Initiative and the stewardship fund,"

he said.

"I want to ensure that we're taking more measures and increasing public awareness about the nutrient load in Lake Winnipeg and trying to reduce those nutrients that are flowing from a number of different sources including municipalities, the City of Winnipeg in particular."

In addition, Bezan continues to work hard in his national portfolio as shadow minister of National Defence.

"Dealing over the last 12 months with the sexual misconduct crisis that has faced Canadian Armed Forces is something that I've been very much occupied with," he said.

"It has been front and centre in a lot of the work I've done in Ottawa and virtually as well through virtual Parliament."

Looking ahead, Bezan sees several significant subjects that remain on people's minds.

"I think there is still a lot of concern about some of the mandates that are coming, both federally and provincially, that revolve around COVID and how it's going to impact individuals and their families. I know that's something I'm going to be occupied with as we move forward with these new federal mandates in these areas of my jurisdiction," he said.

"People who work for the federal civil service have questions and have been contacting our office, as well as people who want to travel. People are now going to be required to show proof of vaccination to be on planes and trains. Those are things that will more than likely raise a number of red flags for some individuals."

Issues in agriculture will also remain at the forefront for Bezan.

"We have to get the improvements made to the farm support programs to help our farmers and ranchers get through this fall and winter. We need to ensure that we try to protect as much of our cattle, horses and bison

that are in feed-deficient areas," he said.

"I will continue to work with our municipalities as they start making application into federal and provincial infrastructure secretariat so they can receive dollars to improve community infrastructure, whether that's in roads, sewer, water or recreational facilities," he said.

"We'll always work with our municipal leaders in ensuring that their priorities are also my priorities and reflecting that by advocating for those investments in our riding at a federal level."

Bezan looks forward to working hard to represent his riding for his seventh consecutive term.

"Even though this was a costly and unnecessary election because we ended up with the exact same result at the end of the day, I will continue to work hard on behalf of the great



PHOTO SUBMITTED  
Selkirk-Interlake-Eastman  
MP James Bezan

people of Selkirk-Interlake-Eastman," he said.

"I will make sure that I'm carrying their interests and ideas and concerns into the federal legislative and policy arena — and I'm proud to do that for them."

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# GAAC offering art classes for all ages for October

## Staff

Aspiring artists of all ages can enjoy classes at Green Acres Art Centre taught by teacher and energy-based artist Rebecca Oakes.

A mother of two, Oakes believes everybody has the right to experience the joy of creating.

The Intuitive Art Series, geared for teens and adults, runs on Fridays throughout October. Participants can explore their own creative process and find different ways to joyfully create in a safe, non-judgmental environment. The sessions will blend art instruction, sound healing instruments, mindful practice, sensory play and gentle movement, with explorations in watercolours, oil pastels, coloured paper and acrylic paints.

Play With Colour workshops, geared for kids aged six to 12, run on Saturdays throughout October. These classes explore topics such as pretty pastels, marvellous mixed media and acrylic on canvas, combined with



Green Acres Art Centre is offering a Play with Colour workshop for children six to 12 years that will run for Saturdays during October.

mindfulness activities, music and movement. Learners will create their own art portfolios and learn how to use their art to inspire future creativ-

ity and practise mindfulness.

For more information, contact Green Acres Art Centre at 204-886-3192 or [gaac@mymts.net](mailto:gaac@mymts.net).



TRIBUNE PHOTOS SUBMITTED

Rebecca Oakes is a teacher and energy artist based in Manitoba and will be leading art classes at Green Acres Art Centre.

# Komarno Hall's overflowing waste bin raising concern

## By Patricia Barrett

A Municipality of Armstrong resident says he's disgusted by an overflowing garbage bin and trash bags left piled on the ground at the Komarno Hall, which is serving as a waste disposal site for residents in the neighbouring Municipality of Rockwood.

Ron Spakowski said Rockwood put a recycling bin and a waste bin in the parking lot at the hall that's used for social gatherings and meetings. The hall is across the street from the large mosquito monument, which attracts visitors to Komarno and area.

Provincial Road 229, which heads east-west, divides the RM of Armstrong from the RM of Rockwood. The Komarno Hall lies on the southern border of the highway, in Rockwood.

"People on the Armstrong side drive all the way to Inwood or to Meleb to dispose of their garbage. On the other side of the road, [the RM of Rockwood] threw a bin in the hall's parking lot. It's now a garbage dump," said Spakowski last week. "I took the pictures because it was out of this world already. There's no room in the bin and people are throwing garbage on the ground. There's garbage blowing everywhere."

Spakowski said the bin is being used by more than residents on the Rockwood side of the highway.

"People from everywhere are dumping garbage here. I see people who

don't live in the municipality throwing their garbage there," said Spakowski.

The garbage piles are attracting wildlife to the hall, making it potentially unsafe for people to use the site.

"Skunks are ripping bags apart and the garbage is blowing around. Why have people dump their garbage right in town? The skunks around here are bad enough, never mind throwing garbage on the ground for them," said Spakowski. "There's got to be a better way."

He said garbage is blowing onto nearby residents' property and they're having to pick it up and dispose of it.

The RM of Rockwood covers a large swath of territory and has a number of urban centres, including Komarno, Balmoral, Argyle, Gunton and Grosse Isle.

The municipality closed its Komarno Waste Disposal Grounds on Road 101N in January of this year, according to a notice on its website. It doesn't say why.

The RM's chief administrative officer Chris Luellman said no one called the municipality to let it know there was a problem with the garbage piling up at Komarno Hall.

"The RM was unaware of the overflow problem, as presented to you, and at the time of writing this reply [Oct. 7] we have not been contacted about the issue," said Luellman by email. "Should the RM have been con-



The piles of trash are attracting wildlife to the hall. Animals rip open the bags and strew garbage around the area. The hall is close to residential dwellings.

tacted, the garbage would have been cleaned up upon notification."

Luellman said the garbage bin at the hall is temporary. The RM thought it important to provide Komarno residents with a "suitable solution" for waste disposal after the landfill was closed. The RM sought a centralized location for the bin and that's why the hall was chosen.

Council is currently working on a plan to implement curbside garbage pick-up in town.

"The RM is currently arranging to have curbside pick-up within the

community of Komarno; however, it is in the early stages of arrangements and will require a public hearing, which cannot be arranged at the current time due to COVID-19 requirements," said Luellman. "When it is safe to do so, the RM will hold such a hearing. It is hopeful that the residents of Komarno will agree to curbside pick-up and the service can then be started."

This bin is currently being emptied twice a week, he added.



# Black bear rescue in need of food for cubs

By Nicole Brownlee

Cubs at Black Bear Rescue Manitoba enjoyed a Thanksgiving feast but are happy to take leftover vegetables if anyone is offering.

The rescue shelter is calling for apples, acorns, berries and pumpkins this month to feed to the 30 black bear cubs in their care before they're released in early November.

"We, kind of, have a fun thing for Thanksgiving dinner for the cubs," said Judy Stearns, owner of Black Bear Rescue.

"It's kind of like a big send-off dinner."

The cubs usually chow down on dog kibble as their main course during the year, but acorns, pumpkin and squash are their favourites, said Stearns.

"They're physiologically similar to dogs, so they do very well on kibble," said Stearns.

"We always use and need donations of dog kibble."

This was one of the shelter's busiest years since they opened four years ago for cub intake, said Stearns.

"Bear cubs are all born in January, so anytime from January on is the potential to get bear cubs," said Stearns.

"They're (supposed to be) in the den with their moms safely tucked away until April, but if something disturbs the den, then you can technically get cubs anywhere from January on."

The shelter's first round of cubs arrived at the end of April, which is ideal because it means the bears are in captivity for as little time as possible, said Stearns.

From April to August, the shelter received 32 cubs. Two cubs have since died.



TRIBUNE PHOTO BY BLACK BEAR RESCUE MANITOBA

These eight cubs are enjoying apples, one of their favourite snacks, at Black Bear Rescue Manitoba. The rescue is calling on donations of apples, pumpkins, acorns and berries for the cubs before they are released in early November.

"We're getting three to four calls a day still about people seeing lone cubs in their yard, so there's still lots of cubs out there that don't have mothers," said Stearns.

The rescue can only accept cubs caught and approved by conservation officers.

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# Stonewall family suffers from ambulance shortages, delayed care

By Patricia Barrett

A Stonewall-area family says the health-care system in the Interlake needs treatment after enduring a number of stressful incidents a few weeks ago, including the cancellation of a life-saving cardiac procedure at St. Boniface Hospital in Winnipeg because of a lack of ambulances and a time-wasting transfer up north.

Bonnie Brennan, who works in a health-care setting, said “huge mistakes” were made over the course of her husband’s care, which began at the Stonewall & District Health Centre.

After realizing her husband Robert was suffering a heart attack one night at the end of September, Brennan said she quickly drove him to the Stonewall hospital, which is close to their home. What happened afterwards was one stressor after another for her, her acutely ill 60-year-old husband and members of their family.

“I want people to know what’s happening to our health-care system. I could have lost my husband. It’s very stressful thinking about it. He’s home now but he’s stressed out from thinking about it and what could have happened,” said Brennan by phone last

week. “Somebody told me I should have driven him to the Perimeter [inside city limits] and called 911, and a Winnipeg ambulance would have picked him up and taken him straight to St. Boniface Hospital. It would have been safer that way.”

Brennan said when she brought Robert to Stonewall hospital, she told admitting staff he was having a heart attack. Instead of taking him through, a staff person asked Robert to fill out forms and sit in the waiting room.

“That was a no-no. I understand the nurses are busy but that really threw me. Maybe the woman didn’t know what to do. He was having chest pains. I had to fill out these forms in the waiting room. Robert got in maybe 10-15 minutes later.”

Brennan said the doctor who looked after Robert for a few days was “awesome.” And an appointment was scheduled for him at St. Boniface Hospital for an angiogram, a specialized imaging procedure that shows blockages in blood vessels around the heart.

“He was scheduled to be at St. B at 11:30 a.m. on that Friday for the angiogram. Stonewall said they had no ambulance to take him so they cancelled



TRIBUNE FILE PHOTO BY PATRICIA BARRETT

Ambulances on Interlake highways travel long distances during calls and patient transfers. The union representing paramedics says Manitobans are at risk because of a lack of rural paramedic staffing.

it,” said Brennan. “But there were two ambulances sitting in the garage. I said to a nurse, ‘Why can’t they take one?’ She said they needed them for emergency. Well, Robert is an acute care patient.”

Brennan said she understands that paramedics are having a “rough time” right now and that there’s “no funding to hire more of them,” but people’s health needs are going unmet.

The Brennans’ son called St. Boniface after he found out Stonewall cancelled the angiogram. St. Boniface told him a stretcher service [Patient

Transport Services] could have been arranged to bring his dad in for the angiogram, said Brennan.

“Cancelling his appointment really upset Robert,” said Brennan. “He had this heart attack and we didn’t know how much damage there was.”

To make matters worse, Brennan said Stonewall transferred Robert to Eriksdale Hospital on Saturday — by ambulance — because Stonewall had run out of room to monitor cardiac patients.

“He was acute. He could have had

Continued on page 16

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# Hope and healing for sexual assault survivors

By Jennifer McFee

A counselling and support program offers hope and healing for sexual assault survivors — and there is currently no wait list for those seeking help.

Survivor's Hope Crisis Centre serves all genders in the Interlake-Eastern Regional Health Authority, partnering with communities to offer hope and healing through support and education. The organization provides sexual assault crisis intervention and support to survivors and secondary victims of sexual assault through its SARAH (Sexual Assault Recovery and Healing) program.

LP Penner is one of two counsellors in the SARAH program, which offers ongoing support following sexualized violence to anyone aged 15 and older.

"The SARAH program also has an amazing group of volunteers who offer support to folks getting medical attention following sexualized violence at a hospital within the Interlake-Eastern Regional Health Authority," Penner said, adding that volunteers provide support in both the ER and in RCMP detachments.

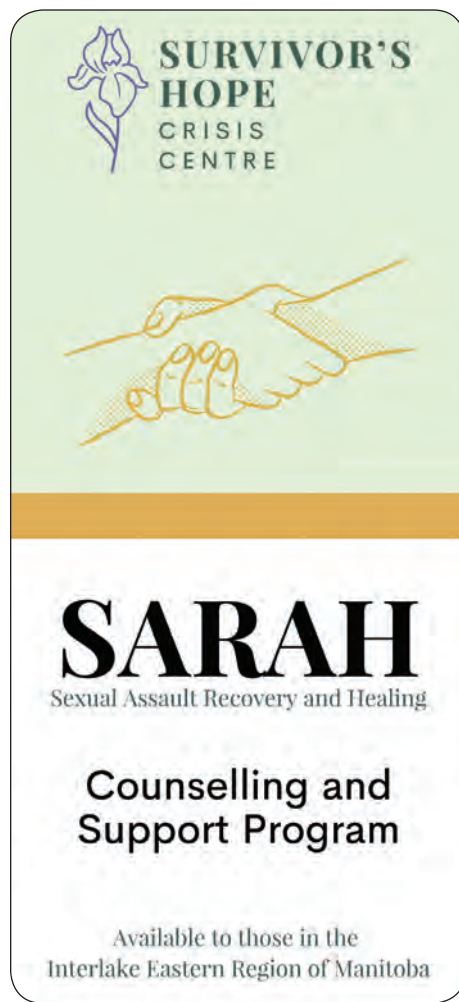
As a non-binary person, Penner knows first-hand the experience of examining one's own gender.

"I've had battles with my own body, mind and spirit, society's expectations of them and learned to claim my own power, claim the way I present myself and find acceptance where it feels like I won't ever fit," Penner said.

"This means in counselling, I can help you explore your own identity and its relationship with the way we are taught to be in the world," Penner said.

Often — but not always — after sexualized violence, it can be hard to feel safe with men, women and one's own body.

"My own gender journey has al-



**SURVIVOR'S HOPE**  
CRISIS CENTRE

**SARAH**  
Sexual Assault Recovery and Healing

**Counselling and Support Program**

Available to those in the Interlake Eastern Region of Manitoba

Currently there is no wait list for support through the SARAH (Sexual Assault Recovery and Healing) program.

lowed me to break so many gender 'rules' and build a safe home. I try to bring those tools to anyone who might find them helpful," Penner said.

"It also has led me to be more focused on empowering whomever I'm working with and being a little more casual — hopefully human feeling — as I've learned rigid paths to healing didn't work for me, opening possibilities for what might work for anyone in counselling."



PHOTO SUBMITTED  
LP Penner is a SARAH counsellor

About two years ago, Penner encountered some folks who identified outside the gender binary.

"I found myself saying 'maybe in another life' or dismissing that I didn't feel aligned with the gender I had been told all my life to fit into. Then it came up more and more. I watched whatever YouTube video I could find, read lots of articles and asked so many questions of a good friend who identifies as non-binary," Penner said.

"I am so grateful for the way the world opened just enough for me to accept my trust and socially transition. Finally, I felt a little more at home. Hearing someone call me 'they' and 'LP' the first while made me feel lighter, seen and like I was no longer failing to fake a gender I could never really be."

This experience as a non-binary person creates ripple effects through Penner's counselling services.

"As I learned that the gender binary did not work for me, I had a lot of big feelings, moments of numbing, wanting to push it all down and learned more and more coping mechanisms while having compassionate, empowering and open supports," Penner said.

"I also realized that living my truth gave a surprising permission for others to do the same, not just related to gender but whatever they thought they had to keep faking. This permission for authenticity influences my life, relationships and so much so my work as a counsellor."

Penner notes that this permission

Continued on page 14



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> SURVIVORS, FROM PG. 13

also relates to going at someone's own pace and healing in a way that is authentic to them.

In addition to offering the SARAH program, Survivor's Hope also acts as an educational resource for schools through its SADI (Sexual Assault Discussion Initiative) program. As well, it engages community and service providers through projects under its

Reaching Out Program.

More information about Survivor's Hope is available on Twitter, Instagram and Facebook, as well as at <https://survivors-hope.ca>. Anyone interested in counselling can call the office at 204-753-5353 or email LP Penner at [LP@survivors-hope.ca](mailto:LP@survivors-hope.ca) or Candice at [candice@survivors-hope.ca](mailto:candice@survivors-hope.ca)

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# October is Car Safety Month

## Rustproofing: the best way to protect your vehicle from corrosion

Road salt and excessive moisture exacerbate corrosion — an oxidation process that degrades metal — making your vehicle particularly prone to rust damage over the winter. To counteract corrosion and extend your vehicle's lifespan, look into getting professional rustproofing.

Vehicle owners should consider investing in the treatment, for no car, new or used, is immune to corrosion. Rustproofing prevents or slows the oxidation of metals on un-rusted vehicles. And on vehicles that are already rusted, the treatment will stop the rust from spreading.

Those planning to keep their vehicle for at least another four years should be especially proactive in getting it treated.

The anti-rust oil and grease applied in rustproofing treatments provides additional benefits, including:

- Forming a protective coat that prevents scratching and therefore preserves the appearance — and value! — of your vehicle.
- Preventing the vehicle's structure from weakening and breaking down.
- Preventing rust from forming not just on the body of

the car but also the undercarriage. Rust on the undercarriage can spread to vital components of your vehicle and potentially ruin them beyond repair.

After rustproofing your vehicle, make sure to wash it regularly, especially in winter, to get rid of salt and calcium residue. And if you keep your car in a heated garage, be especially diligent because heat triggers corrosion.



### DID YOU KNOW?

Regular oil tends to thicken in cold weather, which can cause your engine to run less efficiently and even prevent your vehicle from starting. Synthetic oil, on the other hand, retains its properties in cold temperatures, making it the better choice for your vehicle during winter.



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# Finding support during breast cancer awareness month

By Sydney Lockhart

In 2001, Claudette Griffin of Teulon started up the Liliane Baron South Interlake Breast Cancer Support Group in memory of her mother, who died after breast cancer. This year they held their 20th annual breast cancer walk.

The support group was created to provide community, understanding and financial aid to women experiencing or who had survived breast cancer in the past.

Griffin said she created the support group after going through breast cancer herself and not finding any hopeful path through groups she had tried.

"I went to a dark place and so I thought, well, I could form this group and it would be all based on hope and everything positive and get a group going that believed in that kind of philosophy instead of the doom and gloom," she said.

Griffin said they welcome all newcomers to their group and that people are welcome to bring someone along with them if it makes them feel more comfortable.

"We don't judge, and you know it's something where the money is going directly to the people that need it. And so it's very rewarding," she said.

The Liliane Baron Support Group has helped over 50 women in its 20 years of running and hopes to help many more from the Interlake.

To detect breast cancer early in an attempt at having less severe outcomes,



SUBMITTED PHOTO

Liliane Baron died of Breast Cancer in 2000.

women should go for mammograms and do routine breast exams. If any abnormalities such as lumps are detected, a doctor should be consulted immediately.

Griffin believes women should never stop these good habits because breast cancer can occur in older women, too, even past the recommended age of 70 for cancer screenings.

The money raised by the group goes towards expenses such as sleeves for lymphedema, a common side effect of breast cancer treatments, prostheses, wigs and food.

"We also encourage different modalities of stress relief; we get some guest speakers in periodically," she said.



TRIBUNE PHOTO SUBMITTED FROM 2018

The Liliane Baron Support Group's annual walk celebrated their 20th walk this year.

Griffin said she knows that breast cancer changes a person's life and that it can be a wakeup call to many people about how fragile life is.

"There's women out there who have been through it and are just more than happy to hug you and assure you that it's not an end-of-life type of diagnosis," she said. "You know, we've seen such strides in it, and I think it's really important that more and more people become aware of all the hope that's out there for women with breast

cancer."

Even after 20 years of running the support group, Griffin said she hopes that women will continue to reach out to her for any support they need, even if it is just a phone call.

"Knowing that you can pick up the phone and call me and discuss it. I think that it's really a good thing what we're doing."

Griffin can be reached at 204-886-7212 for more information.

## get inspired

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### BLT Wrap with Avocado Spread

Spanish rice (optional)  
banana peppers (optional)  
In large skillet, cook bacon until crispy. Drain on plate lined with paper towels. Set aside.

In medium bowl, mash avocado, sour cream, lime juice, hot sauce, Worcestershire sauce and salt with fork until combined and smooth.

Spread thin layer of avocado mixture over tortillas. Layer with lettuce leaves, tomatoes and bacon. Fold sides up and roll.

Serve with Spanish rice and banana peppers, if desired.



- Servings: 4
- 8 slices cooked bacon
- 1 avocado, peeled and pitted
- 1/4 cup sour cream
- 1 lime, juice only
- 1/2 teaspoon hot sauce
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 4 flour tortillas
- 4 large red leaf lettuce leaves
- 2 large tomatoes, cut into 1/4-inch slices



### Slow Cooker Chicken Burrito Bowls

chopped tomatoes, for garnish  
lime wedges, for garnish  
sour cream or Greek yogurt, for garnish  
shredded colby jack cheese, for garnish  
In slow cooker, stir together salsa, chicken, broth and chili powder. Cook 3 1/2 hours on high or 7 1/2 hours on low.

Transfer chicken to cutting board and coarsely shred; return to slow cooker. Stir in beans, rice and corn. Cook 30 minutes on high, or until rice is cooked through.

Serve garnished with avocado, cilantro, onion, tomatoes, limes, sour cream and cheese.

Recipe courtesy of Lori Yates of Foxes Love Lemons on behalf of Milk Means More

Prep time: 20 minutes  
Cook time: 4-8 hours  
Servings: 6

- 1 jar (16 ounces) chunky salsa
- 1 pound boneless, skinless chicken thighs
- 2 1/2 cups low-sodium chicken broth
- 2 teaspoons chili powder
- 1 can (15 1/2 ounces) black beans, rinsed and drained
- 2 cups instant brown rice
- 1 cup corn kernels, fresh or frozen
- chopped avocado, for garnish
- chopped cilantro, for garnish
- chopped red onion, for garnish

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## > STEPPED UP, FROM PG. 4

two years now.

"When I come to work, I'm the caregiver from start to finish. If I can make a difference in someone's life — if they're on their way home from surgery or have had a heart attack or are at the end stage of life and I'm helping them do little tasks they can't do anymore — then I feel I've done my due diligence."

It's a job that requires a lot of compassion for people because some days HCAs will hear things from residents they won't want to hear.

"You have to realize it's just not the person they used to be in the community," said Hazelton.

HCAs also need to have plenty of patience to deal with people in care homes and with those who are close to death. Residents have "lost" all they had, such as the home they worked hard for all their lives and most of their possessions. Having one room to live in is a difficult transition.

"It's all about dignity, too. Residents are not here because they want to be here. They're here because they're at the stage where they're unable to be on their own anymore. They can't do things like feed themselves, they can't go to the washroom by themselves, they can't get their shirt on, they can't put on socks anymore — and these small things are big for them," said Hazelton. "Some people are kind of proud and don't want us doing that for them, but they have no choice now. You want to make them feel at home because this is their home. This is their last home."

When COVID hit in 2020 and there were no vaccines yet, Hazelton said she didn't circulate in the community — other than grocery shopping and the like — to try to prevent accidentally contracting the virus.

"I didn't go out and about before I got vaccinated because I didn't want to bring anything in to them. I was

pretty diligent about doing that and making sure I was protecting them," she said. "Residents are more vulnerable and very frail. Anything you get could be fatal when you're in a nursing home."

It was heart-wrenching, she said, in pandemic lockdown when patients' loved ones and friends were prohibited from in-person visits. It was hard not only for patients but also for their loved ones.

"A lot of people used to come every two or three days to see them and touch base. And then they couldn't," she said. "There was a point where they could talk through the window, but you could see the expression on their faces that they were pretty upset about it and not being able to physically touch them or have a conversation with them."

To try to make up for that lack of contact, Hazelton said the HCAs stepped up their interaction with residents.

"We did pay more attention to them even though we normally in-

teract with them during the day. At lunch, for example, I'll sit with them and have a conversation. During the lockdown, we had to repeat to them that this isn't anybody's fault: this is worldwide and we have to protect you. Some residents understood and some kind of understood for a moment but would start asking questions again — 'How come I can't see so and so?' and 'Where are they?'"

Hazelton said she wants residents to feel that they're being treated with dignity and respect. And she knows families can be very stressed, too, when they come to a nursing home.

She said recognition for being a health-care aide is nice, but the best reward for her is satisfaction in her job.

"My biggest reward is to help somebody through their day and make their life a little easier as they head towards the end stage of their lives," she said.

## > AMBULANCE SHORTAGES, FROM PG. 12

a big one in Eriksdale. His heart was damaged but they didn't know the extent of the damage," said Brennan. "It would have been two hours to get him to Winnipeg whereas from Stonewall it's half an hour."

Eriksdale was short of ambulances, too, she said she found out. Robert wasn't taken to St. Boniface Hospital until Monday, five days after his initial heart attack. He received two stents.

Brennan's brother, Gord Goresky, said Stonewall hospital shouldn't have cancelled Robert's angiogram. And the delay that arose getting him to St. Boniface could have potentially cost him his life had his condition worsened. One major artery, referred to as the widow-maker, was 90 per cent blocked and another blood vessel was 80 per cent blocked.

"With my brother-in-law, it wasn't right what they did. When that appointment was made with St. Boniface to have the angiogram, they should have shipped him in right then and there," said Goresky by phone last week. "But there was no ambulance and [Stonewall] didn't tell St. Boniface why they cancelled the appointment."

The failure to look for other options and the delay in care caused both his brother-in-law and his sister a lot of stress, he said. His sister was upset and crying when she found out Stonewall had cancelled the angiogram.

"He was told he had heart damage. This 'You're going, you're not going, you're going, you're not going' just put added stress on him. When a person doesn't know what's happening, the uncertainty of what will happen, it

just makes them more anxious," said Goresky. "Being acute, Robert should have never been shipped up north to Eriksdale."

He contacted Stonewall's MLA and the IERHA to address the mistakes that were made, he said, and to ask for more ambulances in the rural area so that this wouldn't happen to others.

"When I spoke to the IERHA the other day, [the employee] indicated that Robert should have never been sent to Eriksdale even though they may have the STARS helicopter [for rural transfers to the city]."

He said he's aware of paramedic job openings but it seems the province hasn't hired anybody.

The provincial Conservative government initiated a health-care system transformation after it came to power in 2016 to "meet the needs of the population," states the department of Health and Seniors' website.

The transformation includes an overhaul of emergency medical services (paramedic services). The reconfiguration of EMS is based on a 2013 consultant's report that recommended fewer paramedic stations in rural and northern Manitoba — from 92 to 74 — even though demand for EMS continued to increase.

The Manitoba Association of Health Care Professionals, which represents over 800 rural paramedics, said this August that paramedic staffing shortages in rural Manitoba are now at critical levels and paramedics themselves are at a breaking point.

"Manitobans count on paramedics to be there in the event of an emer-

gency, when every minute matters," MAHCP president Bob Moroz said in a media release Aug. 26. "Unfortunately, Shared Health is leaving staffing vacancies unfilled, expecting fewer and fewer paramedics to make up the difference. That approach is putting patients and paramedics in danger."

Paramedics in the Interlake-Eastern health region are "consistently operating short-staffed by 20-30 per cent," states the release.

The *Tribune* asked the Interlake-Eastern Regional Health Authority whether Stonewall Hospital lacks cardiac equipment. A spokesperson said all hospitals in the region have "equipment to diagnose and monitor heart conditions, but St. Boniface Hospital in Winnipeg is the provincial cardiac centre that treats/cares for cardiac patients requiring this specialized care."

The province's Shared Health organization oversees the delivery of health-care services, including EMS. Shared Health can't speak to the specifics of the [Brennan] case because of privacy legislation, said a spokesperson. "But we certainly empathize with the stress placed on patients and their loved ones when the decisions made by care teams based on individual patient circumstances and needs are unexpected," said the spokesperson. "We wish the patient well in their recovery."

When asked how the shortage of ambulances is being addressed, the spokesperson didn't say. Patients who are waiting to be transported to Winnipeg for additional care can be sent to different facilities within a health region, the spokesperson said instead,

if the hospital they're treated in runs out of capacity and if that patient is considered stable and had a "care plan established."

"While every effort is made to provide all patients with timely transports, response is prioritized with all other interfacility transports and 911 incidents," said the spokesperson. "Priority is given to patients triaged with the highest acuity needs."

When asked why Stonewall hospital couldn't have sent Robert to St. Boniface when an ambulance became available — instead of transferring him by ambulance north to Eriksdale — the spokesperson said interfacility transport is dependent on a number of factors. Those include the acuity of a patient, priority given to high acuity patients, the volume of 911 incidents and staffing levels.

"While every circumstance is different, keeping an ambulance within its health region generally allows paramedics to be better positioned to respond to emergencies more quickly once an in-region interfacility transport has been completed," said the spokesperson.

Brennan said she doesn't know what she would have done without her family supporting them during their ordeal. They're currently waiting for a formal response from the IERHA and from the provincial government.

"Our health system is horrible. My nerves are shot. So are Robert's. I don't want this to happen to another family, what Robert and I have gone through," said Brennan. "Next time I will take him to the Perimeter and call 911. I won't take him to Stonewall hospital. Not for cardiac."



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Rams dominate at Zone 5 cross-country meet

**Staff**

The Stonewall Collegiate Rams dominated at the Zone 5 cross-country meet last Wednesday, winning three out of four banners.

Stonewall won the junior varsity girls' banner, led by Shannon Bodnarus' first-place finish with a time of 12:27.

Her teammate Sophia Dowsett placed second (13:09), followed by the Rams' Reese Farmer (fourth, 13:23), Ruby Harrisko (eighth, 14:05) and Ashley Hudon (ninth, 14:06).

The Rams also won the banner in the varsity girls' division. Stonewall's results included Gillian Gesell (first, 23:30), Kate Farmer (fourth, 22:20), Sidney Schaeffer (fifth, 22:51), Hayden Turner (seventh, 23:30) and Olive Johnston (ninth, 25:55).

The Rams' JV boys' contingent, meanwhile, also won a banner. Blake Farthing finished second (16:30), followed by Logan Meier (third, 17:21), Evan Grandmont (fifth, 18:02), Cole Ives (eighth, 18:47) and Kaiden Morrison (15th, 21:07).

The Rams' Jack Murphy came in fourth in the varsity boys' race with a time of 22:23.

Meanwhile, the Teulon Collegiate Saints' varsity girls' contingent of Maisey Williams (second, 21:52), Otilja Yankech (12th, 28:02), Hannah Spence (14th, 28:35), Avery Ledingham (15th, 28:38), O'Haira Abacan (16th, 29:02), Megan Loudon (17th, 29:22) and Ka-



The Stonewall Rams won the Junior girls and boys and Varsity girls Zone 5 Cross Country banners last week.

leigh Watson (18th, 29:26) placed second in the team category.

The Warren Collegiate Wildcats' team of Bryn-Lee Procter (third, 13:19), Lauren Voth (fifth, 13:28), Samantha Boonstra (sixth, 13:36), Colby Darragh (seventh, 13:55) and Rianna Cassils (10th, 14:09) were second in the junior varsity girls' race.

Warren also finished second in the junior varsity boys' division. That team featured Ethan Corbett (first 16:04), Dylan Riddell (sixth, 18:30), Carter Ol-

son (18th, 22:59), Ethan Shymko (19th, 23:03) and Owen Shymko (20th, 23:04).

St. Laurent School's team of Aidan Lambert-Park (fourth, 17:46), Noah Pashe (ninth, 18:48), Deric Ducharme (11th, 20:09), Kenyon Boudreau (24th, 24:45) and Keshawn Tecan (30th, 25:54) were third in the JV boys' race.

Other top 10 individual finishes included:

École Communautaire Aurele-Lemoiné's (ECAL) Maria Morden placing eighth in the varsity girls' race with a

time of 25:14.

Warren Collegiate's Zoey Stairs was 10th with a time of 26:23 in the varsity girls' race.

ECAL's Noah Oughton was 10th (19:40) in the JV boys' division.

Teulon Collegiate's Logan Mott was eighth (24:24) while Rylan Mott was ninth (24:42) in the varsity boys' race.

Stonewall's Max Van Heyst was 10th in that same race with a time of 24:59.



TRIBUNE PHOTOS BY JO-ANNE PROCTER Varsity girls, left to right, Teulon's Maisey Williams (second), Gimli's Alexis Graban (third) and Stonewall's Gillian Gesell.



Junior varsity girls cross-country champions. Pictured left to right: Stonewall's Shannon Bodnarus (first) and Sophia Dowsett (second) and Warren's Bryn-Lee Procter (third).



Junior varsity boys: Stonewall's Logan Meier (third) and Blake Farthing (second) and Warren's Ethan Corbett (first).



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Blocking the competition



TRIBUNE PHOTO BY JO-ANNE PROCTER

Mason Murdock's Stonewall Collegiate Rams' varsity boys' volleyball team defeated the Portage Collegiate Institute Trojans in league play last Wednesday in Portage la Prairie. The Rams won 3-1 by scores of 25-20, 25-17, 17-25, 25-22.

## Hawks edge U18 Lightning twice last weekend

By Brian Bowman

The Pembina Valley Hawks had the Interlake Lightning's number last weekend.

Pembina Valley skated to a pair of 3-1 road victories in Manitoba U18 AAA Hockey League action.

"On Saturday we very easily could have won that game," said Lightning head coach Scott Wong. "We threw about 50 shots at their goalie and he played well. If you look at our standings, we're a pretty young team this year. I have only six 2004s and the rest are 2005s. I didn't take any '06s this year."

In Saturday's loss, Interlake took a 1-0 first-period lead on a goal by Aus-

tin Lourenco.

But Pembina Valley's Keston Worley and Liam Goertzen tallied in the second before Cameron Parr added an insurance marker at 18:57 of the third.

Zach Meadows stopped 30 Hawks' shots.

On Friday, Logan Fillion and Cohen Thomas scored first-period power-play goals for Pembina Valley.

Interlake's Hayden Wheddon cut that lead in half at 6:22 of the second period but Pembina Valley's Carter Sotheran tallied just over three minutes later.

Ty Hogue made 33 saves in the losing cause.

Interlake, once again, played well in

## Jets split pair of MMJHL games

Brian Bowman

The Stonewall Jets split a pair of Manitoba Major Junior Hockey League games last week.

On Saturday, Stonewall was defeated 6-4 by the Pembina Valley Twisters.

Cole Emberly led the Jets with two goals while Jaxon Blight and Mathew Smith also tallied.

Tyler Van Deynze had two assists.

Ethan Carels, Travis Penner, Cody Clark, Nico Vigier, Jackson Wilson and Jordan Gray scored for Pembina Valley.

Liam Jardine made 29 saves in the losing cause.

Last Wednesday, the Jets trounced the St. Boniface Riels 7-3 in Stonewall.

Stonewall, which held period leads of 4-1 and 5-3, received goals from Emberly (two), Hudson Chamberlin (two), Tyler Van Deynze, Blight and Kyle Van Deynze.

Nathan Ayotte, with a pair, and Chris Hince replied for the Riels.

Jardine and Ty Hogue split the goaltending duties for Stonewall.

Stonewall (3-2-1) will visit the Transcona Railer Express on Friday (8 p.m.) and the Ft. Garry/Ft. Rouge Twins Sunday (7:30 p.m.).

## Rams winless in Brandon

Staff

The Stonewall Collegiate Rams varsity girls' volleyball team finished with an 0-5 record at the Viking Classic tournament in Brandon last Saturday.

In pool play, Stonewall lost 2-0 to the Vincent Massey Vikings (26-28, 7-25), the Virden Bears (17-25, 19-25) and the Neelin Spartans (20-25, 18-25).

The Rams were also defeated 2-1 by the Dauphin Clippers by scores of 24-26, 25-15, 12-15 and the Niverville Panthers (22-25, 25-23, 7-25).

Stonewall will resume league play on Wednesday when they visit the Portage Collegiate Saints.

Vincent Massey won the six-team tournament with a 2-0 (25-18, 25-18) sweep over Niverville.

Saturday in Brandon.

Interlake's goals were scored by Luke Sekundiak and Adam Vigfusson.

Declan Hoad (two), Will Wiseman and Liam Puchailo replied for Brandon.

Last Wednesday, Interlake was defeated 5-2 by the Winnipeg Thrashers in Stonewall.

Ian Buors and Kalder McPherson scored for the Lightning.

The Thrashers' goals were scored by Ian Lavallee (two), Nathan Leclerc, Cody Allen and Bryn Schioler.

Lightning goaltender Alex Myers made 49 saves.

Interlake will host the Thrashers this Friday (7:30 p.m.) in Warren.



# Lightning compete at U15 AAA Male Showcase

**Staff**

The Interlake Lightning participated at Hockey Manitoba's U15 AAA Male Showcase at the Bell MTS Iceplex last weekend.

The Lightning started the showcase with a 4-2 loss to the Winnipeg Thrashers on Friday.

Ryan Kirk and Noah Oughton scored for Interlake while Lian Hanzmann (two), Deacon Kemp and Lucas Thomas replied for the Thrashers.

Nathan Meisner took the loss in goal.

On Saturday, Interlake was defeated 6-1 by the Winnipeg Wild Green.

Cole Swanson scored a second-period power-play goal for the Lightning.

After a scoreless opening period, Winnipeg scored five goals in the middle frame.

Fenton Mann, Cole Warsaba, Quinn Parker, Alexander Parker, Lucas Spencer and Julian Fedora scored for the Wild Green.

Braedan Cormack made 37 saves in the losing cause.

Interlake was scheduled to play the Winnipeg Wild Red on Sunday but no scoring summary was on the league website at press time.

Interlake will host the Winnipeg Wild Gold on Wednesday at 7 p.m. in Stonewall.

Meanwhile, the Lightning U18 women's hockey team was shut out 3-0 by the Winnipeg Avros on Saturday at the Seven Oaks Arena.

Winnipeg, which scored twice in the second and then added another in the third, received three goals from Courtenay Bayes.

Lightning goaltender Katelyn Dorsch was very good, making 58 saves.

Interlake will play the Eastman Selects on Saturday (8 p.m.) in Niverville and then will host the Yellowhead Chiefs Sunday (2:30 p.m.) in Stonewall.



TRIBUNE PHOTO BY MATTHIEU MEIER

Goaltender Nathan Meisner and the Interlake Lightning competed at Hockey Manitoba's U15 AAA Male Showcase.

## Curling Roundup

By Ty Dilello

The Pat Simmons rink from Winnipeg Beach featuring the Lott brothers (Colton and Tanner), Kyle Doering and Emerson Kimpke had a surprising run to the semi-finals of the IG Wealth Management Western Showdown in Swift Current, Saskatchewan. A major bonspiel on the World Curling Tour, Team Simmons collected \$6,000 of the total \$50,000 purse that the event possessed.

During the event, Team Simmons dispatched the reigning Tim Hortons Brier champion Brendan Bottcher rink in a B-side semi-final. They went on qualify to the playoffs through the B-side and then beat Tyler Tardi in the quarterfinals before falling in a heartbreaking semi-final to Kevin Koe on last rock.

Kevin Koe went on to win the final over Brad Jacobs to take home \$14,000 on the weekend.

"It was a terrific weekend for us," said Team Simmons second Kyle Doering. "We all played great and found a way to stack up against some of the top teams in Canada. We even beat a couple which is a bonus."

Last weekend's bonspiel was preparation for Team Simmons as they get ready for their next event, the

2021 Home Hardware Olympic Pre-Trials in Liverpool, Nova Scotia, from Oct 26-31.

"We really needed to have a strong event here to give us some confidence going into the Pre-Trials," said Doering. "We're really looking at peaking at that event and giving ourselves a chance to do well and earn a spot to the main Olympic Trials in November. With the way we played this weekend, we can beat any team at the Pre-Trials, and that's a real confidence booster going forward."

In other curling news, the Manitoba Provincial Mixed Curling Championships were held over the weekend at the Granite Curling Club in Winnipeg. It was a six-team event that featured teams from as far away as Thompson.

In the end, it was an all-Winnipeg affair as Alex Forrest defeated Sean Grassie 9-3 in the final.

Team Forrest, which features Marquette's Brandi Forrest (nee Oliver) at third, went 4-1 in the round-robin and advanced to the final by defeating Corey Chambers 8-4 in the semi-final.

Arborg's Wes Jonasson also competed in the event and went 2-3 in the round-robin, which had them on the outside looking in when the playoffs rolled around.

D'Arcy Forrest, Tyler Forrest, Brandi Forrest, and Alex Forrest have now earned the right to represent Manitoba at the 2021 Canadian Mixed Curling Championship in Canmore, AB, from Nov 7-14.



TRIBUNE PHOTO BY CURLMANITOBA

Team Forrest (D'Arcy Forrest, Tyler Forrest, Brandi Forrest, Alex Forrest) won the Provincial Mixed Curling Championship over the weekend at the Granite Curling Club in Winnipeg.



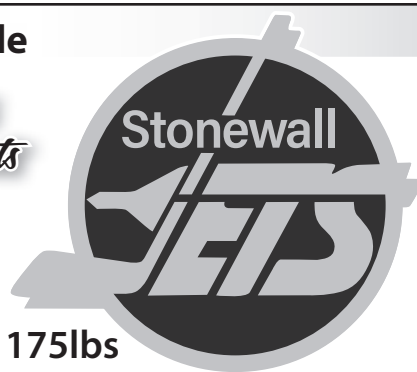
### Stonewall Jets Player Profile

**#18** *Come out to support the Jets*

**Evan Palmer**

Forward, shoots left,

Born 2001, Height 6', Weight 175lbs



### UPCOMING GAMES

**Friday, October 15**

Stonewall Jets at Ft Garry/Ft RougeTwins at 7:30 p.m. @ Century Arena

**Sunday, October 17**

St. James Canucks at Stonewall Jets 2:30 p.m. @ VMSC



# Classifieds

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## FARM LAND FOR SALE BY TENDER

Sealed bids for the purchase of the following parcel of land located in the RM of Rockwood and currently owned by Gregory Chic & George Smaldon.

Tenders will be received up to 4:00 p.m. on October 18th, 2021 at the LJ Baron Realty office – 62 Main Street, Teulon MB.  
Contact: Claudette Griffin @ 204-886-2393.

The NE ¼ of Section 12-15-2E, consisting of 160 Acres, 11121 E Road 86N. The owners have advised that there is approximately 300 ft of underground hydro to yard site. There are (4) 2700-bushel metal grain bins sitting on a 20'x82' Concrete Pad. The parcel will be sold Free & Clear of liens and charges.

The following will apply to all Tenders: The vendors reserve the right to reject any or all bids, and the highest bid, or tender, may not necessarily be the successful bid. Vendors will be responsible for the total of the 2021 taxes.

All Tenders are to be submitted in sealed envelopes accompanied by a Certified cheque or Bank draft made payable to "LJ BARON REALTY IN TRUST" for 10% of the tendered amount. Cheques will be returned, in respect to tenders, that are not accepted.

All bidders will be advised within two working days of October 18th, 2021, if their bid was successful. Successful bidders will be asked to enter into a formal Purchase Agreement with a Possession Date of December 1, 2021, or sooner, or later, by mutual consent.

Tenders will be held in confidence and not released to the public. If any Purchaser has any questions concerning the Bidding process, please contact Claudette at LJ Baron Realty. Any questions regarding details, or history, of this parcel can be directed to Gregory Chic at 204-886-2122 or George Smaldon at 204-886-2741.

**NEED TO PROMOTE YOUR BUSINESS?**  
Call 204-467-5836 or Email [igraphic@mts.net](mailto:igraphic@mts.net)

## RURAL MUNICIPALITY OF ROCKWOOD UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a **PUBLIC HEARING** will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

### R.M. OF ROCKWOOD BY-LAW NO. 04/21 Being an AMENDMENT to the R.M. OF ROCKWOOD ZONING BY-LAW NO. 20/19, as amended.

**HEARING LOCATION:** R.M. of Rockwood Council Chambers  
285 Main Street, Stonewall, MB

**DATE & TIME:** Wednesday, October 27, 2021, at 10:00 AM

**GENERAL INTENT:** To add "Government Services" as a Permitted Use in the 'RS-1' Residential Single-Family Zone, with a footnote to specify "Only postal services shall be permitted in the RS-1 Zone".

**FOR INFORMATION CONTACT:** Eric Shaw, General Manager  
South Interlake Planning District,  
285 Main Street,  
Stonewall, Manitoba, ROC 2Z0  
Phone: 204-467-5587

A copy of the above by-law and supporting material may be inspected at the South Interlake Planning District, 285 Main Street, Stonewall, Manitoba during normal office hours (8:30 AM to 4:30 PM), Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

Note: Property owners are responsible for notifying lessee

### METAL RECYCLING

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

### SCRAP METAL

Buyer for all farm-yard scrap, machinery and autos. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

### PROPERTY MANAGEMENT

Do you own rental property in Winnipeg? Are you tired of dealing with long term renters and the mess they can leave? We can provide you with a different option to earn a rental income. Pawluk Realty 204-890-8141.

### APARTMENT FOR RENT

Age 55+ Apartments -INWOOD SENIORS LODGE bachelor & 1brdm suites. RGI & capped rent. Meal program & activities on site. Call Tina for more info 204-278-3534 email: [inwoodm@highspeedcrow.ca](mailto:inwoodm@highspeedcrow.ca)

### FIREWOOD

Cut your own oak firewood. \$50 per ½ ton load. Located in Stonewall. Call for details 204-955-2068.

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

# take a break

> GAMES

## SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

### Here's How It Works:

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

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

Sudoku Answer

O	H	S	S	E	E	E	E	C	H	R		
A	B	V	N	A	S	O	W	E	E	T	E	
W	O	L	V	N	E	S	S	M	V	J	I	S
W	H	V	N	E	I	E	I	E	V	N	E	S
I	S	S	V	N	T	I	N	O	G			
S	V	N	V	N	V	H						
E	X	O	H									
T	V	I	C	O	S		O	I	L	V	E	R
I	C	U	N	O	B	V		I	R	V	C	O
N	O	I	L	V	I	C	O	E	R	D	E	V
D	N	E	C	S	V	V						

Crossword Answer

### CLUES ACROSS

- Flat-topped hill
- Move upward
- Admiral
- It's useful for serving food
- Kidnap
- One of the Greek Muses
- A type of media
- Sunscreen rating
- Former Michigan coach Brady
- German town devastated in WW2
- Gasteyer and Ortiz are two
- Leave
- Forearm bone
- Very fast airplane
- Helps little firms
- Defunct economic organization
- Science-based students organization (abbr.)
- Feels ill
- Indicates position
- Beverage containers
- Assists
- Science accreditation organization (abbr.)
- Purpose
- Group of elected officials
- Hebrew prophet
- They help you drink
- Lawmaker
- Charitable
- Doctrines
- Footwear

### CLUES DOWN

- Where wrestlers work
- Duelling sword
- Practice fight
- Genus of clams
- Fear of heights
- What some tell their dog

## CROSSWORD

11				12				13		
14							15		16	17
	18						19			20
			21		22				23	
			24		25	26	27		28	
			29		30			31		32
			33	34		35				
36	37	38		39		40		41		
			43		44		45			
42							47	48		
46										
49			50	51			52	53	54	55
			56			57		58		59
			60			61				
			62							63

- The Golden State
- When you expect to get there
- Pointed ends
- Extinct flightless bird
- Feeds
- Nape of neck
- Descendant
- Small boats found in Turkey
- To avoid the risk of
- Athlete with no contract (abbr.)
- 13th letter of the Greek alphabet
- Brew
- Feeling of anxiety
- Young girls group
- Perform on stage
- White clerical vestment
- Popular musical awards show
- Bumpkins
- One who acts on another's behalf
- Direction
- Look at with fixed eyes
- One who helps professors (abbr.)
- A large number of
- Type of powder
- Large jug
- Christian Anderson, children's author
- American state
- Muslim inhabitant of the Philippines
- Witness
- Landscapers lay it
- Type of bread
- Of I

### Meyers Online Auction

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o/a V+ Cattle Company  
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Bradley Meyers  
Auctioneer  
204-476-6262  
[www.meyersauctions.com](http://www.meyersauctions.com)

### McSherry Auctions

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Stonewall, MB

Online Timed Auctions  
@ iCollector.com

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Estate & Moving  
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Consignments Welcome!

(204) 467-1858 or  
(204) 886-7027  
[www.mcherryauction.com](http://www.mcherryauction.com)

## Farview Place is now accepting applications!

We are a 55 Plus Housing Co-op located in Teulon, directly across from the hospital/clinic and a short walk to downtown. Our spacious one and two bedroom apartments all have large balconies or patios. Rent includes hydro, water, and basic cable. Laundry is conveniently located on each floor. Outdoor parking is available if required. **Please call 204-886-2760 or email [farview@mymts.net](mailto:farview@mymts.net) for more information or to request an application form.**



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## HELP WANTED

Like working with wood and working close to home? 204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Please call 204-344-5404 for details.

## WATER TREATMENT

Waterite dealer. Water softeners 30,000 grain \$640. All sizes. Five stage reverse osmosis systems \$248. Greensand iron/odour/manganese removal filters \$820. Polyspun. Pleated. Stringwound. Carbon. Filters. All Seasons Furnishings 204-661-8581.

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[www.mcna.com](http://www.mcna.com)

## MISCELLANEOUS

Broiler chickens for sale, farm fresh, average weight between 7-9 lbs. Also farm fresh eggs for sale, brown, \$3/dozen. Located between Stonewall & Stony Mountain. Call anytime 204-294-0144.

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in Winnipeg  
Ph. 431-570-0190  
Email:  
[shellyforleader@gmail.com](mailto:shellyforleader@gmail.com)  
for more information  
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in Winnipeg  
Ph. 431-570-0190  
Email:  
[shellyforleader@gmail.com](mailto:shellyforleader@gmail.com)  
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## THE RURAL MUNICIPALITY OF ST. LAURENT PUBLIC NOTICE

### BOARD OF REVISION

PUBLIC NOTICE IS HEREBY GIVEN THAT the 2022 Preliminary Assessment Roll for the Rural Municipality of St. Laurent will be delivered to the Municipal Office, 16 St. Laurent Veterans' Memorial Road, St. Laurent, Manitoba and will be open for public inspection during regular business hours.

Applications for revision may be made in accordance with Sections 42 and 43 of *The Municipal Assessment Act*.

#### APPLICATION FOR REVISION:

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

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

#### APPLICATION REQUIREMENTS:

- 43(1) An applicant 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 cause it to be delivered to the office indicated below, or
    - Serving it upon the secretary

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

The Board of Revision will sit on Thursday, November 18, 2021 at 10:00 a.m. in the Council Chambers of the Rural Municipality of St. Laurent, 16 St. Laurent Veterans' Memorial Road in St. Laurent, Manitoba to hear applications.

**The final date on which applications must be received by the Secretary of the Board is Tuesday, November 2, 2021, at 4:30 p.m.**

Dated at the RM of St. Laurent, this 27th day of September, 2021.

Hilda Zotter, CAO  
Secretary of the Board of Revision  
Rural Municipality of St. Laurent  
PO Box 220, St. Laurent, MB ROC 2S0  
Phone: 204-646-2259 Fax: 204-646-2705  
Email: [rmstlaur@mymts.net](mailto:rmstlaur@mymts.net)

## SHOP LOCAL and help your local economy

### Rural Municipality of Woodlands 2021 PROPERTY TAX BILLS



2021 Property Tax Bills for the R.M. of Woodlands were mailed out on July 21, 2021.

We have received several telephone calls from property owners advising us that they have not yet received their Tax Bills. If you have not received your 2021 Tax Bill please call the municipal office immediately at 204-383-5679.

Please note that 2021 Property Taxes are due October 31, 2021. Any taxes outstanding after October 31, 2021 will be subject to monthly penalties.

Rural Municipality of Woodlands



### RURAL MUNICIPALITY OF WOODLANDS UNDER THE AUTHORITY OF THE PLANNING ACT



## NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a **PUBLIC HEARING** will be held to receive representation from any person(s) who wish to make them in respect to the following matter:

RURAL MUNICIPALITY OF WOODLANDS BY-LAW NO. 2740/21  
BEING AN AMENDMENT TO RURAL MUNICIPALITY OF WOODLANDS DEVELOPMENT PLAN BY-LAW NO. 2643/14

- LOCATION:** Warren Multi-Purpose Building  
152 Macdonald avenue, Warren, Manitoba
- DATE & TIME:** 4:40 P.M., Tuesday October 26, 2021
- OWNER:** Kevin and Susan Cornell
- APPLICANT:** Kevin Cornell
- GENERAL INTENT:** To re-designate the area shown below in bold dashed line from "AA" Agricultural Area to "RR" Rural Residential Area.



**AREA AFFECTED:** Lot 10 Plan 58198  
Rural Municipality of Woodlands  
Chad Green, Building Inspector  
Rural Municipality of Woodlands  
57 Railway Ave  
Woodlands, MB ROC 3H0  
204-383-5679  
[building@rmwoodlands.ca](mailto:building@rmwoodlands.ca)

**FOR MORE INFORMATION CONTACT:**

A copy of the above proposal and supporting material may be inspected on the RM of Woodlands website (<https://www.rmwoodlands.info/>), or by contacting the RM Office during regular office hours.

Note: Property owners are responsible for notifying lessee

#### IMPORTANT INFORMATION DUE TO COVID-19

**WE REQUIRE ANYONE ATTENDING THE PUBLIC HEARING TO PRE-REGISTER AT LEAST 2 BUSINESS DAYS PRIOR TO THE HEARING BY CALLING OR EMAILING CHAD GREEN AT THE ABOVE EMAIL AND/OR NUMBER.**



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**Classified and Notice booking deadline is Monday at 4 p.m. prior to Thursday's publication.**  
**Call 204-467-5836**

## NOTICE OF BOARD OF REVISION



**FOR SALE**  
The Town of Stonewall is offering for sale the following vehicle:

### 2012 DODGE RAM 1500

4WD, Hemi 5.7 L V8 Engine, 4-door w 6 ft box, Automatic Transmission, Power steering, power brakes, AC, tilt, cruise, New Safety, 89,111 km

Sold on an "as is, where is" basis  
A reserve bid of \$6,000 has been set for each vehicle.

Sealed Bids must be submitted to the Town by no later than **12:00 PM Friday, October 29, 2021.**

Sealed Bids can be provided as follows:

- **DROP BOX:** Town of Stonewall Office 293 Main Street, Stonewall
- **EMAIL:** [marilisa@stonewall.ca](mailto:marilisa@stonewall.ca) with "VEHICLE BID" in the subject line

To arrange a viewing, email [marilisa@stonewall.ca](mailto:marilisa@stonewall.ca) or call 204-467-7979  
HIGHEST OR ANY BID NOT NECESSARILY ACCEPTED

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or Send a Text Message with Your Name and Mailing Address to **204-808-0035** for your FREE benefits package.

### NOTICES

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

### HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail [stonewoodelkbranch@mymts.net](mailto:stonewoodelkbranch@mymts.net)

### FARM PRODUCE

Locally raised meat for sale - Pasture-raised chickens, turkeys, and pork. Contact Howard at 204-513-1312.

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### BIRTHDAY



**Celebrating 95 Years!**  
**Doreen Briggs**  
**On October 17!**

**Happy Birthday Mom, Grandma and Great Grandma!**

You have reached a great milestone in life. May all your days be filled with memories, family, friends, flowers and happy hours.

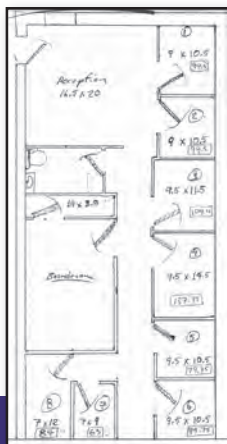
-Love Debbie, Lenore, Sherri, Patti, Maureen and families including 11 grandchildren and 13 great grandchildren

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



### Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include Sun Life Financial, a Massage Therapist, an Esthetician, Glow Fitness for Women and the Selkirk Record. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.



For information please contact:  
**BIG Real Estate**  
204-485-0010 email [bigandcolourful@mts.net](mailto:bigandcolourful@mts.net)

### HIP/KNEE Replacement? Other medical conditions causing TROUBLE WALKING or DRESSING?

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**Dennis Persoage**  
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 Miss and love you forever.  
 -Love Marie,  
 children and grandchildren

IN MEMORIAM



**Bruce Campbell**  
 October 16, 2018  
 May the winds of love blow softly,  
 And whisper so you can hear;  
 We all love and miss you,  
 You are ever near.  
 -Lovingly,  
 Mom, Bernie and family

# Announcements



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IN MEMORIAM



In loving memory of  
**Fay Dunlop**  
 June 15, 1947 – October 14, 2019

Like a bird without wings  
 That longs to be flying,  
 Like a motherless child  
 Left lonely and crying.  
 Like a song without words,  
 Like a world without music,  
 I wouldn't know what to do  
 I'd be lost without you  
 Watchin' over me.  
 I get so lonely, when you're away  
 I count every moment, I wait every day,  
 Until you're home again  
 And hug me so tight  
 That's when I know  
 Everything is alright.  
 Missing you everyday,  
 -Love Charlie, Brian, Kerryn,  
 Erin, Steven, Tyler, Trent, Jamie,  
 Dominique, Ryder and Keltie

OBITUARY



**Thomas (Tom) John Peleshaty**  
 August 10, 1955 – October 4, 2021

We are deeply saddened to announce the sudden passing of Tom Peleshaty on October 4, 2021 in Wasagaming, Manitoba at the age of 66.

Tom will be lovingly remembered by his mother Anne; his wife Roseline; his children Adam, Lisa (Tony) and Stephen; his granddaughters Blake and Jordyn; his siblings Dan (Ritma), Roseanne (Royden), David (Mary-Anne) and Bonnie (Dany); as well as his many nephews, nieces, in-laws, cousins and friends. Tom was predeceased by his father John.

Tom was born at Stonewall Hospital on August 10, 1955, was raised at the family farm and nearly lived his entire life in the Stonewall area. He attended Edward E. Best School across from home as well as Stonewall Centennial School before graduating from Stonewall Collegiate Institute in 1973. Soon after he graduated, Tom was hired at Federated Co-op where he spent 41 years working inside its Winnipeg warehouse before beginning his well-deserved retirement.

Tom married the love of his life Roseline in 1987 and spent 34 wonderful years together, which included trips to the Caribbean, Las Vegas, Montreal and Paris. Along with their three kids, the family made yearly trips to Elkhorn Resort near Wasagaming. At home, he would either do yard work, barbecue, play games with his kids and grandkids, or watch sports on TV. Other times, Tom would either lend a helping hand to his mother and siblings or spend some time with his buddies at The Rock.

He made many friends through the game of hockey, starting as a boy playing goal in the Highway 6 & 7 minor hockey league. As he grew up, Tom later played junior hockey in St. Eustache as well as at the senior level in Stonewall before becoming a netminder for Oldtimers teams in Stonewall, Stony Mountain and Balmoral. One of his biggest wins was backstopping Stonewall to the Lady Luck Cup championship in Vegas and would later visit the city again a number of times with his longtime friend Brent Morrison.

Tom also coached Lisa's softball teams to medals at provincials and was a big fan of both the Winnipeg Jets and the Winnipeg Blue Bombers, the latter of which he had season tickets with Adam. Tom was also an avid golfer, hitting the links with his friends as well as Stephen at courses across the Interlake.

Whenever Tom was in Stonewall on an errand, chances were someone would say hello. Cremation has taken place, as well as a private memorial service at Mackenzie Funeral Home in Stonewall.

"Farewell my friends,  
 It was beautiful  
 As long as it lasted,  
 The journey of my life"  
 --- Rabindranath Tagore

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