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Stonewall Teulon

OCTOBER 20, 2022

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TRIBUNE PHOTO BY LANA MEIER

Darcy Mason, left, got a cowlick from one of the Holsteins while he and his father Ken Mason took a short break during chores last Sunday at Maypoint Holsteins. See full story insidel

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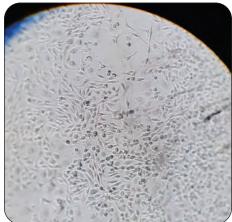
Stonewall scholar receives funds for asthma research

A science scholar with Stonewall roots is breathing easy after her asthma research earned a sizable funding award.

Chelsea Lukawy is focusing on asthma research while she works towards her master's degree in immunology at the University of Manitoba, Max Rady College of Medicine.

She recently received the 2022 Research Manitoba-Lung Association, Manitoba Master's Studentship award for \$12,000.

Research Manitoba and its funding partners provided a total of 35 master's studentship awards totalling



Microscopic view of bone-marrowderived macrophages beginning to proliferate



TRIBUNE PHOTOS SUBMITTED

Cleanfarms 2022 Unwanted Pesticides & Old Livestock/ **Equine Medications Collection**

Manitoba - October 24 to 28

Farmers: Safely dispose of unwanted or obsolete agricultural pesticides and livestock/equine medications - no charge! Take them to the following locations on the dates noted between 9 a.m. and 4 p.m.

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Thurs., Oct. 27 G J Chemical Co. 96 Smith Ave. West 204-427-2337

BALDUR

Fri., Oct. 28 Baldur Agro 121 2nd St 204-535-2598

BEAUSEJOUR

Wed., Oct. 26 Nutrien Ag Solutions 73010 Road 40 off Hwy 44 SE 10-13-7E 204-268-3497

BRANDON

Thurs., Oct. 27 Richardson Pioneer 14 km west on Hwy 1, then 1/4 mile south on Pioneer Rd. 204-727-5353

BRUNKILD

Mon., Oct. 24 MK Agro 3062 Road 39 NW 204-736-4769

DAUPHIN

Mon., Oct. 24 Dauphin Co-op AGRO 601 Whitmore 204-622-6080

DELORAINE

Mon., Oct. 24 Nutrien Ag Solutions Hwy 3 & Broadway St. S 204-747-2877

GLADSTONE

Neepawa-Gladstone Coop Road 69, Hwy 16 (4 miles W of Gladstone) 204-385-2906

INGLIS

Wed., Oct. 26 Prairie Giants Crop Supply 2 km East of Hwy 83 on PR 366 204-564-2293

MEADOWS

Thurs., Oct. 27 Ag Advantage Ltd. 68156 Road 6 W 204-322-5351

MELITA

Tues., Oct. 25 Cargill 7 km SW of Melita on Hwy 83 204-522-3221

PORTAGE LA PRAIRIE

Fri., Oct. 28 Portage Agri-Sales
11 Can-Oat Dr. 204-857-7838

STEINBACH

Fri., Oct. 28 Clearview Coop 33124 Road 39 N 102 2nd Ave. 204-328-5325 (at Hwy 12N,

SHOAL LAKE

Thurs., Oct. 27 Shur-Gro Farm Services Ltd. 236 Industrial Park Rd. 204-759-4240

ST. LEON

Tues., Oct. 25 Pembina Coop 49079 Road 25 N 204-744-2850

RIVERS

Services

STANLEY

Wed., Oct. 26 Cargill 12137 Road 25 W 204-325-9551

and Blumenort) 204-326-9921

SWAN RIVER Tues., Oct. 25

Cargill 2 miles south on Hwy 83 204-734-5747

TEULON Tues., Oct. 25

Willis Agro 11034E Road 95 N 204-461-0386

VIRDEN

Wed., Oct. 26 Core Ag Inputs 320 Chester St. E 431-763-3536





Next Cleanfarms collection in these areas in 2025

For collection dates elsewhere, go to: cleanfarms.ca/ aterials/unwanted-pesticide

Cleanfarms.ca

info@cleanfarms.ca 🛮 😝 💇 @cleanfarms



Chelsea Lukawy looks at cell cultures.

\$472,650 in the 2022 competition. The Lung Association, Manitoba funded 100 per cent of Lukawy's award.

The 2022 master's competition consisted of three categories: health, natural sciences and engineering, and social sciences and humanities. Her award fell under the health category.

Lukawy said she first became interested in immunology because she finds the field exciting since it intersects with multiple areas of biomedical studies.

As she began to investigate immunology opportunities for graduate studies, she came across Dr. Soussi Gounni's lab, which focuses on the mechanisms of airway diseases and pathways regulating structural and inflammatory cell recruitment, activation and survival. For simplicity, she refers to it as "the asthma lab."

"Asthma is a prevalent chronic inflammatory disease of the airways, affecting many individuals worldwide. Currently, there is no cure for asthma, mainly treated with corticosteroids (i.e. inhalers). However, unfortunately, corticosteroids are ineffective in some individuals," she said.

"This is common in severe asthma cases, and there is a lack of available treatment options for these patients. Identifying new pathways that may contribute to the disease is beneficial, allowing for more personalized treatment options for those resistant to steroids. This can only be achieved by better understanding the condition."

Lukawy's connection to the condition is also personal, since she grew up with asthma.

"I have experienced some of the challenges associated with the disease firsthand," she said.

"Therefore, I was naturally curious

Continued on page 9

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Leadership group students learn valuable life lessons

By Jo-Anne Procter

Lexi Anderson-Schmidt is a natural

Anderson-Schmidt is a Grade 11 student at College Stonewall Collegiate (CSC) and is a member of the leadership group at her school. She has a passion for helping others, and one way of doing so was to spearhead a Horizons Leadership Conference at Quarry Park Heritage Arts Centre last

Approximately 60 students from Stonewall, Teulon, Warren, Lundar and Stony Mountain attended the one-day leadership journey, all of whom are members of their school's social justice group or designated leadership group.

With the help of other CSC leadership team members, they deemed themselves Horizon Heroes. They used their superpowers to plan an empowering and fun day filled with motivational speakers, group brainstorming sessions to improve their schools and communities, and educational and fun games during breaks.

Anderson-Schmidt was familiar with the Horizons program and felt the need to share it with her peers, specifically other leaders from their schools.

Leadership teams do their best to improve school spirit and to create a school and community connection. They fundraise for events and charitable organizations and promote their schools through social media.

"Stonewall's leadership group has doubled from last year and sits at about 20 leadership group members," she told the Tribune.



Lexi Anderson-Schmidt spearheaded the CSC Horizons Leadership Conference that took place in Stonewall last Friday.

"Horizons has given us the opportunity to grow our leadership team into a strong unit."

Anderson-Schmidt is set on helping

grow her community.
"I feel that teaching students that they are able to make changes, may mean they can persuade their siblings and even their parents," she said. "Persuading adults is spectacular, because you are not done when you finish high school."

The first keynote speaker, Juan Bendana, has spoken to students all over North America and inspires students to build confidence through leadership. He helps students maximize their leadership abilities to create positive change and influence and impact people in school and in life. He helps



The Zoom group sharing new ideas amongst themselves.

students realize that true leadership is inside everyone, then teaches them how to tap into that potential.

Bendana spoke of life experiences he has encountered and what he finds helps in the quest for confidence and leadership.

"Be kind to yourself," he said. "There is always going to be someone who doesn't like us and that's totally OK because you aren't for everyone.'

He explained that true leadership leads into things you are not necessarily comfortable with.

"True leadership is consistently choosing courage over fear of running the other way," he said. "Courage is literally defined as the ability to feel the fear, feel the discomfort, feel the uncertainty and move forward

Continued on page 5



IF I HAVE A VOICE - YOU HAVE A VOICE Contact: 204-229-4000 or tns@mvmts.net **VOTE on Wednesday, October 26th from 8am to 8pm**

> at the Royal Canadian Legion Branch #52, 459 Main Street, Stonewall ADVANCE VOTING Saturday, October 22nd 8am-8pm

Town of Stonewall Administrative Offices, 293 Main Street

IF YOU NEED A RIDE TO THE POLLS SMITH, Sandra PLEASE CONTACT 204-229-4000





FIND A CORN MAZE TO EXPLORE

When it comes to quintessential fall experiences, finding your way through a corn maze is right up there with sipping pumpkin spice lattes and hearing colourful leaves crunch beneath your boots. There are several options to choose from including A Maze in Corn in St. Adolphe, family-owned King. Korn Maze near Notre Dame de Lourdes or Dear Meadow Farms northeast of Winnipeg in the RM of Springfield.

TAKE A HIKE IN RIDING MOUNTAIN NATIONAL PARK

Covering three different ecosystems—grasslands, upland boreal and eastern deciduous forests—Riding Mountain offers diverse terrain to explore and a variety of wildlife to discover. Find cozy places to stay and eat in Wasagaming, the townsite along Clear Lake, or at Elkhorn Resort just outside the park. Drive through Lake Audy to see bison in their natural habitat.

SOAR OVER THE PEMBINA VALLEY

Add a jolt of adrenaline to a fall day with an action-pack adventure to Hywire Zipline Adventures west of Pembina Valley Provincial Park. Hywire offers five or eight-line tours that have guests soaring 200 ft above the valley. It's guaranteed to produce hollers of excitement, and gorgeous changing-ofthe-leaves views of Manitoba that make you forget you're in the prairies.



QR CODE TO FALL TRIP



TRIBUNE PHOTOS BY DEAGHAN MCLEOD

There are really no words to describe all my feelings on receiving the award from Curl Manitoba and the celebration from my friends and family at Stonewall Curling Club.

For over 62 years I have shared my love of curling with anyone in Stonewall (and everywhere) who would let me.

When you do anything for over 62 years, especially passionately, you certainly never do it alone! There are so very many names that I can't possibly list them all!

Thank you to all those incredible people that I have been honoured to curl with! The Stonewall Curling Club has always been known for its

Thank you from the bottom of my heart!



sportsmanship and you have proven that time and again!

Thanks to those I've worked with making so many incredible curling events here in Stonewall become a reality! Thank you to my Special Olympians and their families and the Special O organizers.

And thank you to all those who organized and attended the celebration last Tuesday, Oct. 11.

As I think of all of the people that I've encountered in 62 years here in Stonewall, I realize that there actually are words to sum it all up. I honestly love you, my friends, and I certainly felt the love back.

I can't stop smiling when I think of all of you and all the times we shared





laughing and talking. We had a lot of



Thank you all! Submitted by Joyce Wyrchowny



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Community farm day yields over \$100K for SIRC



TRIBUNE PHOTOS BY BARB RIDDELL

Thanks to generous local volunteer farmers and sponsors, the South Interlake Recreation Centre (SIRC) raised approximately \$115,000 after harvesting their fundraising wheat crop north of Warren on Oct. 11. Four combines, one grain cart and six trucks helped out in the annual harvest of the crop and delivery to the elevator. The money raised is welcomed as the arena recently spent \$85,000 on mechanical upgrades this past summer. The yield was a community effort with donations of time, labour, seed, equipment, fuel, monetary contributions and everything else required to successfully grow and harvest a crop. Thanks to Adama, AgAdvantage, Bayer, Border Chemical, Brenda and Jayson Balan, Corbett Farms, Hoas Farms, Isla Hagborg, Lefley Farms, Lindsay Farms, MacMillan Grain and Livestock, Paul Heller, R.G. Hamilton Farms, Riddell Seed Co., Rutherford Farms, Tait Farms, Terraco, Tomatin Farms and Telmar Farms proceeds from the harvest are donated to the Warren Arena. Pictured left to right: Colton King, Ryan Tully and Clay Tait, who have played hockey in the Warren arena their whole lives, helped with the harvest.

> LEADERSHIP GROUP STUDENTS, FROM PG. 3

He said you need to take action consistently.

"Great leaders do not have great ideas; they take great action. Take ownership — no one is going to change our lives for us. No one is going to get the results for us," he said.

"If you want something different, you need to do something different. If you don't like where you are, move, change something, make a different decision, make a different choice."

Students brainstormed in groups to discuss what they, as leaders in their school, can and will do going for-

The second keynote speaker, Jeff Gerber, also an engaging and experienced presenter and genuine motivator, shared his message of the importance of relationships. His presentation helped teach empowerment to students to realize their potential by focusing on others.

Anderson-Schmidt and her participating students were pleased with the event and they are excited to implement what they learned.

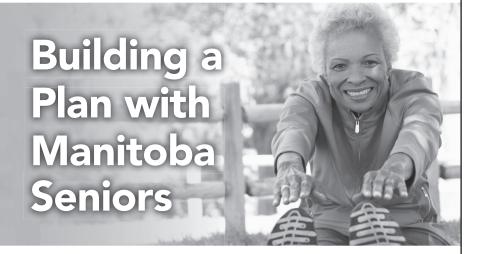
"I love to push people out of their comfort zone. I love pushing myself out of my comfort zone," she said. "You don't know your limits. It is a continuation of growth."

Saturday, October 22 Special

ROCKWOOD Motor Inn 390 Main St. Stonewall 467-2354



Share your views



The Manitoba government is developing a Manitoba Seniors Strategy and is looking for input from the general public, seniors, family members and caregivers, and people working with, or providing services to seniors.

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ат 8:00 pm **EACH NIGHT**

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Sam Rockwell Sanirse Ronar

Violence: Coarse Language

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AT 8:00 pm

Black Adam

EACH NIGHT

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Violence: Coarse

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

Manitoba has highest COVID prevalence in Canada, hazard risk is high

By Patricia Barrett

Thirteen more Manitobans recently lost their lives to COVID-19 and the virus shows no signs of petering out.

The provincial government's weekly COVID surveillance report shows 13 deaths over the period Oct. 2-8 (Week 40).

There were 34 deaths reported in weeks 38 to 39, and 50 more since mid-August, bringing total deaths to 97 over roughly two months. Manitoba's COVID death toll now stands at 2,190.

There were 73 hospitalizations from COVID in Week 40, of which 14 people required intervention in the intensive care unit. There were 77 hospitalizations, including 13 ICU admissions, in the previous week's report.

The provincial government doesn't report data that shows the total number of patients in hospital with COVID on any given day or week, making it difficult for the public to gauge the stress on Manitoba's already compromised health-care system.

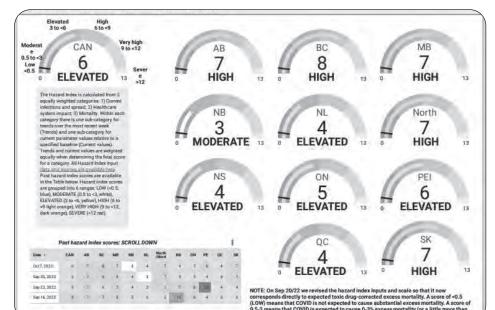
The government also stopped providing (within its surveillance report) a list of COVID outbreaks in facilities such as personal care homes and hospitals.

Based on the government's restricted laboratory-testing regime, there were 341 new COVID infections reported in Week 40, an increase of 36 cases over the previous week's report of 305 infections. The positivity rate increased to 24.1 per cent. It was 23.4 per cent the previous week.

Provincial infection data are an undercount and rapid antigen tests aren't tracked.

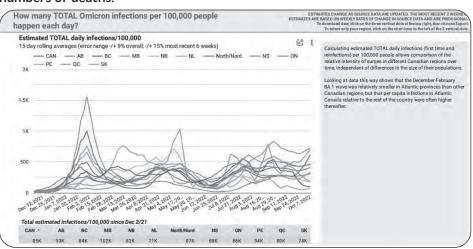
The provincial government continues to set its COVID pandemic response level at green or "limited risk."

Other health news:



COVID-19 RESOURCES CANADA

Manitoba's COVID hazard risk is high, meaning COVID is expected to cause excess numbers of deaths.



As of Oct.7, Manitoba leads the country in daily omicron infections. The province has led the country in daily infections since mid-August, according to the data.

Despite the downplaying of the seriousness of the virus, including suggestions that Manitobans are probably safe because of alleged high levels of immunity, Manitoba has the dubious distinction of having the highest prevalence of COVID in all of Canada, according to the latest data

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74 Patterson Drive, Stonewall Industrial Park

from COVID-19 Resources Canada. Manitoba's risk of excess deaths from COVID is also high.

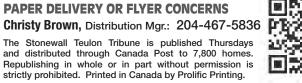
Funded by the federal Public Health Agency of Canada, COVID-19 Resources Canada is an organization

Continued on page 8

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SCT NEWS > STONEWALL > TEULON > WARREN > SURROUNDING AREAS



TRIBUNE PHOTO BY JO-ANNE PROCTER

In mid-October deer are shifting their travel patterns to account for increased hunting pressure, changing food sources, and falling leaf cover. All of this leads to deer spending time in very different areas than they were a few weeks prior. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@stonewallteulontribune.ca.

October is Disability Employment Awareness Month

By Jennifer McFee

October is Disability Employment Awareness Month, which encourages employers to take proactive steps to increase employment in the disability community.

The initiative began in 2010 when Manitoba became the first province to proclaim October as Disability Employment Awareness Month (DEAM).

"During the month of October, supported employment service providers and community organizations can increase awareness and employment outcomes for people with disabilities. It is important that we as a community recognize the people who live with disabilities and the incredible contributions they make to our labour force," said Charlotte Gauthier, manager of employment services for ACL Interlake.

"DEAM presents an important opportunity to discuss, explore and collaborate to solve this critical issue. For the month of October, we will celebrate the tremendous contributions people with disabilities make to our workplaces and communities.'

These contributions shine at Something Beautiful Café in Stonewall, a social enterprise that features a gift shop, coffee shop and music venue.

"Something Beautiful Café in Stonewall provides hands-on training and skills development that create opportunities that can lead to employment. Something Beautiful provides opportunities for individuals to meet and get to know community members, to lead meaningful lives and to contribute to their community," Gauthier

"By adopting a more accessible workplace, employers are providing a positive message, encouraging diversity and, in turn, attracting a wider, more diverse candidate pool. The public can support the businesses in their community who provide an inclusive workplace. Together, we can build a strong, healthy and inclusive community."

Why Church?

"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near." (Hebrews 10:24-25)

Over the last month at New Life Church, we have been going through a sermon series called Better Together, exploring why it is that Christians are supposed to gather every Sunday to be together and worship God. As we have worked through this series, we've been reminded of the beautiful benefits of meeting consistently and in-person with other believers.

The author of Hebrews keys in on one of those benefits: to stir one another up to love and good works. There is something wonderful about being an involved part of a local church. Every Sunday, as I meet with the people who I love, I hear stories of how God was evidently faithful to them the previous week, or stories about the ways in which they were obedient to Him and it resulted in a chance to pray for someone, or hear the difficulties they are going through and get the opportunity to encourage and pray for them in those.

All of these things help to stir my heart up! As I hear of God's clear faithfulness to them, I am reminded of all the ways I have seen Him work in my life. As I hear about the outcome of their obedience, I leave more passionate about following Him. As I hear their struggles, I leave remembering to pray for them and check in on them, reminded of my love and care for that individual.

This is only one of the many benefits of being part of Christian community. There are many more. Maybe you used to go to church but haven't met in person for a long time. It's time for you to go back. God's design wasn't for Christians to be alone! Or maybe vou have called vourself a Christian for a long time but have never connected with a church family. I'd encourage you to obey the author of Hebrews and find one to gather with weekly! The Lord blesses His people uniquely as they participate in local churches.

Daniel Bredin New Life Church

MP Bezan appointed as Shadow Minister for National Defence

Submitted

James Bezan, member of Parliament for Selkirk-Interlake-Eastman, released the following statement on the announcement by Conservative Leader Pierre Poilievre on his new Shadow Cabinet team:

"I am honoured to be appointed by Pierre Poilievre to his Shadow Cabinet as Shadow Minister of National Defence.

"It is a privilege to serve on the Defence file again and support our he-

roes, the members of the Canadian Armed Forces, as they keep Canada the true north, strong and free. I have been in this role in the past and I am continuously inspired by the service and sacrifices made by our soldiers, sailors and aircrew, as well as their families, every day.

"Congratulations to all my colleagues who received their appointments to our Conservative Shadow Cabinet team. Pierre has put together a strong, hard-working team to tackle inflation, fight Justin Trudeau's tax hikes and hold this Liberal government to account.

"I am proud to serve the great people of Selkirk-Interlake-Eastman. Our Conservative team is committed to making life more affordable for Canadian families like yours and ensuring that you benefit from the fruits of your labour."

Selkirk-Interlake-Eastman James Bezan MP



> COVID, FROM PG. 6

consisting of scientists, health-care professionals, web developers and other experts who provide Canadians with reliable scientific information about and expertise on COVID, according to its website. The organization provides data on the progress of COVID across the country. Its latest reports cover the most recent 10 days of estimates to Oct. 7.

Among the data provided are a COVID-19 Hazard Index showing the risk of excess death from COVID. Each Canadian jurisdiction is given a score ranging from low to severe. The score is derived from data about current transmission and infections, impact on health-care systems and deaths.

Manitoba currently (as of Oct. 7) has a "high" hazard score of 7, and is tied with Alberta, Saskatchewan and the north (northern territories). Manitoba's hazard score has remained consistently high or very high since mid-September: Sept. 16 (score of 9 or very high); Sept. 23 (score of 7 or high); Sept. 30 (score of 8 or high).

Manitoba also has the highest prevalence of daily infections across the country, and has had the highest number of infections since December 2021

"Calculating estimated TOTAL daily

infections (first time and reinfections) per 100,000 people allows comparison of the relative intensity of surges in different Canadian regions over time, independent of differences in the size of their populations," states the report.

In terms of estimated hospitalization costs from the omicron variant, the report pegs Manitoba's average daily cost — over 10 days from Sept. 28 to Oct. 7 — at \$180 million, the fifth highest cost in the country. Over the same period, Ontario's average daily cost was \$2.1 billion, followed by Quebec at \$1 billion, B.C. at \$843 million and Alberta at \$617 million.

The report shows that hospitalizations for COVID dwarf hospitalizations for influenza. COVID's average hospitalization admissions sit at 2,371 versus 303 admissions for influenza. For the week to Oct. 7, specifically, hospitalizations for COVID (all ages) hit 5,168.

The data show that people of all ages are more likely to die from COVID than they are from influenza, traffic accidents or accidental falls.

The report also includes estimates of pre-pandemic hospital capacity, deaths, ICU and hospital admissions, expected deaths based on new daily COVID infections, and reported COVID hospitalizations by age group, noting that hospitalizations are adjusted because of the "under-reporting" by jurisdictions which has been prominent since the BA1 omi-

cron wave of December 2021 to January 2022.

To view the reports, visit https://covid19resources.ca

Notifications of new weekly reports are available on Twitter: @covid_19_canada and @MoriartyLab

- The Interlake-Eastern Regional Health Authority declared on Oct. 11 a COVID outbreak at Oakbank's Kin Place Personal Care Home. The health authority is not showing outbreaks in facilities in the Interlake region (as of Oct. 16).
- On its COVID vaccine eligibility criteria website, the provincial government says there's no evidence showing which bivalent vaccine Moderna's bivalent vaccine targeting the omicron BA1 subvariant or the recently approved Pfizer-BioNTech bivalent vaccine targeting the BA4 and BA5 subvariants is better.

"There is no evidence indicating one bivalent vaccine is more effective than the other," states the government's webpage.

The BA5 subvariant is thought to be predominant in Manitoba, but no recent information has been shared.

The Pfizer-BioNTech bivalent vaccine is expected to be available by Oct. 24 at Manitoba vaccine sites. The Moderna vaccine is authorized for those 18 years and older and the Pfizer vaccine is authorized for those 12 years and older.

- COVID has yet to show a seasonal pattern whereby it emerges and sub-

sides like influenza; COVID continues to infect people in spring, summer, fall and winter. And transmission and deaths are currently forecasted to rise across Europe.

The European Centre for Disease Prevention and Control's Country Overview Report, released Oct. 13, said "widespread increases were being observed in all indicators, with one third of EU/EAA [European Union/ European Economic Area] countries reporting increases in COVID-19 deaths," as of the week ending Oct. 9.

- Canada's chief public health officer Theresa Tam said in late September that COVID case counts across Canada have increased, and that "may be an early sign of resurgence." The number of people in hospital with the virus "remain elevated."
- The World Health Organization's Weekly Epidemiological Update, published Oct. 12, shows COVID deaths worldwide have been holding steady, with about 9,000 new deaths (an undercount) reported for the second weekly period. The omicron subvariant BA5 continues to dominate, followed by BA4 and BA2. New strains of the virus are being tracked.
- Doctors Manitoba's dashboard on the surgical and diagnostic backlog in the province continues to show between 102,139 and 128,447 procedures in the queue.



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Clubroom Events for the Week of October 17
Wednesday 4-10 Chase the Queen Draw at 8:30
Thursday 4-10 Crib starts 7:00
Friday 4-close Meat Draw 6:30
Saturday 2-close Darts @ 7:00
Tickets on sale for dinner Saturday October 29

Tickets on sale for dinner Saturday, October 29.

Pickerel \$10/per person. Available at the bar limited tickets available!

All are welcome - Support your local legion!



> ASTHMA RESEARCH, FROM PG. 2

about asthma from a young age, and I pictured myself one day working to understand the condition better. It sure is funny how some things go full circle."

The asthma lab had previously demonstrated that a protein known as Semaphorin 3E (Sema3E) is implicated in asthma, participating in lung development and homeostasis. When Sema3E binds to its receptor (a molecule found on the surface of a cell), PlexinD1, it exerts its function, Lukawy explained.

"My work mainly focuses on a type of innate immune cell: macrophages. I like to think of macrophages as the Pac-Man of the immune system, as they gobble up substances that your immune system deems dangerous, such as micro-organisms and dead cells, which must be cleared for your tissues to begin to repair," she said.

"Alveolar and interstitial macrophages are two populations found in the lung that play a vital role in lung homeostasis by, for example, dampening and resolving inflammation. I am looking to see if Sema3E deletion, and later PlexinD1 deletion, on macrophages dysregulates macrophage function and IL-10 secretion in an allergic asthma model."

Lukawy was selected as an award recipient since her proposed project focuses on lung health and was therefore eligible for funding from the Lung Association, Manitoba. In addition, the review committee noted that she is an excellent student situated in an outstanding laboratory who submitted a well-written proposal.

Neil Johnston, president and CEO of Lung Association, Manitoba, shared his thoughts on the award.

"The Lung Association, Manitoba's mission is to promote healthy breathing, in part through assisting talented new lung health researchers such as Chelsea get started," Johnston said.

"Funding comes from generous Manitobans through our Christmas Seals and other fundraising activi-

Similarly, Research Manitoba CEO Karen Dunlop shared her appreciation for the award partners and recip-

"We are proud to partner with the Lung Association, Manitoba to support bright young master's students, such as Chelsea, to advance their skills and research in Manitoba," Dunlop said.

For Lukawy, her path towards her current research began back in high school when science classes piqued

After graduating from Stonewall Collegiate Institute in 2016, Lukawy attended the University of Winnipeg, where she graduated with bachelor of science honours degree in molecular neuroscience.

"Two key opportunities I had while taking my undergrad helped me envision which career I would like to pursue. First, I became a co-ordinator for a non-profit organization called Let's Talk Science, where I motivated and inspired youth to enjoy, understand and pursue STEM-related topics through outreach programming,"

"This is also where I developed teaching skills, learning how to make STEM relevant and understandable to young minds. I quickly realized that I enjoy sharing my knowledge with others. I felt that I was positively influencing groups of individuals, and it was inspiring to see students challenge themselves, developing an understanding of the topics they deemed intimidating."

In addition, she conducted her own research project that allowed her how to design and conduct experiments while gaining a deeper understanding of the scientific process.

'I prepared a written thesis based on collected personal data and presented my work to the University of Winnipeg thesis committee and department, helping to develop my scientific communication further," she said.

"I want a career where I constantly gain new knowledge and challenge myself. I love the challenges behind the research process and the unique opportunity to answer my research questions, as I am naturally curious."

As a result, Lukawy determined that she wants to pursue a career as a professor and research scientist.

"I am incredibly passionate about research in health sciences and immunology, as I think it is a very relevant topic in our world today," she said.

"Many individuals are faced with chronic diseases. Therefore, studying the mechanisms behind pathologies is vital to better understand the condition and discover treatment options. I want to further my knowledge in this field and hope to make a valuable academic contribution."

From experience, Lukawy shares a few wise words to encourage others to follow their own scientific dreams.

"When I was a Let's Talk Science co-ordinator, I noticed that many of the students I worked with believed that you have to know everything to succeed in the sciences and have straight A+s. I want to emphasize that this is so far from true," she said.

"During my undergrad, a professor once said that the more you learn, the less you realize you know. This is something that has stuck with me."

It sounds intimidating, but Lukawy believes there is a sort of beauty to that notion.

"We, as scientists, do not know the answers to everything, so we design experiments to test our hypotheses," she said.

"It is lifelong learning — challenging but also quite fun for curious minds. If this is something you find enjoyable, don't give up on science."

etter to the edi

Letters to the Editor: letters@stonewallteulontribune.ca

A big bouquet

Kudos to the person who found my husband's cell phone, which fell out of our vehicle on Main Street in Stonewall. This person kindly returned the phone to the Rockwood

Hotel where I was able to retrieve it later. Thanks again. Much appreciated.

- Sincerely, Jean Rootsaert

Pots & kettles

So, Premier Heather Stefanson is "exceedingly concerned for Manitoba when it comes to the federal government imposing things in areas of provincial jurisdiction." She "hasn't ruled out borrowing a page from the new Alberta premier to protect Manitoba's jurisdiction and interests from interference by the federal government." (Wpg Free Press, Oct.

However, she had no such concern when the Pallister government passed Bill 19 that permits the provincial government to "impose things" in areas of municipal jurisdiction. That bill stripped away the protection of democratcally elected municipal councils' jurisdiction over land use decisions, notably conditional use permitting involving intensive livestock operations (ILOs).

Now, when a municipal council rejects an ILO application or imposes conditions the applicant does not like, these decisions are subject to being trashed by an appeal to the provincially appointed, unelected Municipal Board.

How many ways can you spell hypocrisy?

- John Fefchak, Virden

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Stony Mountain students play disc golf

Submitted by Shannon Comte

Stony Mountain School students participated in disc golf workshops and a mini-tournament that was hosted at the school during the last week of September.

This fall, gym classes at Stony Mountain have been held outside while the heating and cooling systems are being upgraded in the school.

Madison Ganske, a Grade 5/6 physed teacher, and I made plans to bring in presenters for the outdoor gym classes to introduce students to sports they may not know much about.

One of those sports was disc golf, an increasingly popular sport in Manitoba and one that has become more accessible to our community with the new courses that have been created in Stony Mountain and Stonewall in recent years.

All classes from Grade 5 to 8 participated in an hour-long workshop hosted by Tim Barkley, a volunteer from Disc Golf Manitoba (DGM), to get to know the skills and strategies of disc golf. Mr. Barkley explained that the sport of disc golf is a great activity for people of all ages and ability levels, and that there are unique courses set up all over Manitoba with course maps and information that are available on the internet using the udisc

A week after students were introduced to the sport and some practice, Mr. Barkley returned to help with mini-tournaments for each class and brought prizes from DGM for the students with the lowest scores from each grade.

For the tournament, four temporary holes were set up on the school grounds, and students were encour-

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TRIBUNE PHOTO BY SHANNON COMTE

Stony Mountain School Grade 5 to 8 students had an opportunity to learn about disc golf, in an hour-long workshop hosted by Tim Barkley, a volunteer from Disc Gold Manitoba (DGM), to get to know the skills and strategies of disc golf.

aged to track their scores based on a system similar to golf, where par is the average number of throws it takes to get the disc into the basket.

The winners of the mini-tournament

Grade 8 – Tyson, Carter, Carson;

Grade 7 – Chloe, Aaron, Jacob, Sara;

Grade 6 – Logan, Kingsley, Greg;

Grade 5 – Maddox, Lakota, Zach.

A number of students were also awarded prizes for getting birdies on holes, and one student even scored an albatross.

We are hoping to take the students out to play a full tournament in the future at the championship course that has just recently been completed in the Stony Mountain Quarry. A tournament was held at the Stony Mountain course last Saturday for MDG members and the public.



A number of students were awarded prizes for getting birdies on holes, and one student even scored an albatross.

Board of Venture Capital Fund to help Manitoba build strong future

Submitted by Manitoba government

Creating jobs and building an economy for Manitoba's next generations got a kick-start Monday with the appointment of the inaugural board of the province's Venture Capital Fund (VCF).

The five highly accomplished business leaders named to lead the VCF, an independent, professionally managed fund that will be instrumental in helping Manitoba-fo-

cused businesses grow and thrive, were welcomed by Premier Heather Stefanson and Economic Development, Investment and Trade Minister Cliff Cullen.

"Today our government takes a major step toward restoring hope and opportunity to young Manitobans who dream of creating and growing a new business in Manitoba," said Stefanson. "For 17 years, the previous administration ignored the venture capital drought in Manitoba and a generation of young Manitoba entrepreneurs were faced with a terrible choice: give up your dreams, or move to another province or country to pursue them. The result was a lost generation of gifted Manitobans who left the province. That drought ends permanently today."

The VCF was established with a \$50-million government investment, as part of Budget 2022's focus on building the economy, and will partner with private-sector capital to substantially expand the breadth of capital available for Manitoba-focused businesses. This initial \$50-million in-

fund is slated to grow to \$150

jection of capital into the

Thank you for you support Vote for Bill Fleury





I am running for Councillor in the RM of Woodlands in an honest and fair way. I would like to thank the organizers of the forum on Oct. 13.

False rumours have been spread of me having COVID at the forum. This is not true and is a violation of the Election's Act.

Fairness and common decency must prevail.



Continued on page 11

> FUND, FROM PG. 10

million over the next several years, creating even more opportunities for business owners with big ambitions, the premier noted.

The individuals appointed to the VCF board are:

- chair Mike Pyle, CEO, Exchange Income Corporation (appointed by the Business Council of Manitoba);
- Marshall Ring, CEO, Manitoba Technology Accelerator (appointed by the Manitoba Technology Accelerator);
- Ray Bouchard, CEO, Enns Brothers (appointed by the Manitoba government); and
- Barb Gamey, chancellor, University of Winnipeg (appointed by the Manitoba government); and
- Steve Kroft, president, Falcon Capital Corporation (appointed by the Business Council of Manitoba).

"I am very excited to chair the Venture Capital Fund, which will help address capital availability to these companies which has not always been readily available in the past without leaving Manitoba," said Pyle. "Capital is the fuel for successful growing businesses and the Manitoba government's investment, alongside private equity, will enable powerful new businesses and rapidly growing companies to stay in our province, create good jobs and increase our tax base."

Additionally, as part of Budget 2022, the Small Business Venture Capital Tax Credit has been made permanent. This tax credit provides a non-refundable Manitoba tax credit of up to 45 per cent to individuals and corporations who acquire equity capital in eligible Manitoba enterprises, Stefanson noted.

"The new Venture Capital Fund the Manitoba government has introduced fills a major gap in the financial ecosystem for startup companies in Manitoba and provides an additional level of security to ensure that businesses are able to continue to grow within Manitoba rather than be forced, due to capital needs, to move elsewhere," said Earl Gardiner, co-founder and board member, Cerebra. "In Cerebra's case, the innovation and desire started here in Manitoba with initial funding provided by the inventor.



Accessing and utilizing the Manitoba government's Small Business Venture Capital Tax Credit program mobilized seed money from Manitoba investors, giving us the resources needed to get our products market ready and enter the early stages of commercialization. Now with the creation of Manitoba-based venture capital funding to the ecosystem, companies like ours can more broadly and quickly scale our organizations, while ensuring we can keep Manitoba as our home base, creating good paying jobs for future generations."

Access to capital allows new businesses to start and existing businesses to grow and invest, which fuels strong, sustained economic growth throughout the province, Stefanson noted.

"We expect the Venture Capital Fund to act as a catalyst to attract proven venture capital funds and managers as well as additional capital to Manitoba. Manitoba companies need access to early stage and growth equity funding to start and grow while remaining in the province," said Cullen. "This fund and fund ecosystem it will help create will spark the creation of new, entrepreneur-led businesses that will fuel provincewide economic growth that supports the rural, urban and northern Manitoba economies."

The fund will complement Manitoba's existing range of strategic economic program investments, including the Small Business Venture Capital Tax Credit, the Interactive Digital Media Tax Credit and the Innovation Growth Program, Stefanson added.



Support for Life in the Comn hing Beautiful Café & Gift Shop

Thurs. Oct 20th (6pm) - "Love at First Bite" Halloween Menu with Halloween Trivia Fri. Oct 21st (7pm) - Colorstreet Nail Night with Stacy Stephens

Sun. Oct 23rd (1pm) - "Meet Maleficent" Spooky Cookie Party

Thurs. Oct 27th (6pm) - "Nightmare on Main Street" Appies, Cocktails & Live Music with Derek Robertson

INWOOD HALL Annual General Meeting

Thursday, November 3rd, 2022 7:00 pm

Please come out to the meeting and help our Hall keep operating Community support is essential!

Trivia excellence recognized



TRIBUNE PHOTO BY BROOKE DARRAGH

Approximately \$3,000 was raised at Grosse Isle Recreation Club's Quiz Night last Saturday evening. Quiz master Brooke Darragh did her best to stump the 16 teams registered for the event. Pat Findlay and Miles MacFarlane created the questions for the quiz, while MacFarlane handled the technology-related aspects of the evening. The winning team not only won bragging rights but the Bird Cup, a bottle of champagne and special Georgian Bay cups. Funds raised will be used for maintenance and hall renovations. Pictured left to right: Evan, Brock, Cassie, Corie, Randi, Nathan and Jenn.



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Bottle house at Woodlands Museum grand opening Oct. 23

By Autumn Fehr

After a long wait, the bottle house at the Woodlands Museum will open its doors to the public on Sun. Oct. 23.

The official ribbon-cutting will start at 10:30 a.m., followed by a free pancake breakfast at 11 a.m.

There will be activities for the kids, including face painting and lassoing a bale horse and a bale bull. There will also be treats for the little ones.

Kids are welcome to come dressed in costume.

Even though the town is just celebrating the opening of the bottle house at the museum this year, it has been around for some time already.

Approximately six to seven years ago, the Walsh family approached the Woodlands Museum board, wanting to donate the collection, said Karen Walsh.

The bottle house came into existence in the early 1970s on John Walsh's property, Karen Walsh's father-in-law.

His collection started when he was working for the municipality of Woodlands. He was grading a road, and he happened to stumble upon a bottle on the side of the road that the grader blade pushed



TRIBUNE PHOTO SUBMITTED

John Walsh stands in the Mission Trail cabin house doorway. The long saw above the door with the name on it has been refurbished and placed on the new bottle cabin at the museum.

up

He was curious, so he got out and picked up the bottle. He brought it home, cleaned it up and kept it for no particular reason.

A couple of weeks later, he and his wife were out

visiting a niece, she was a bottle collector. He told her about this bottle, and she said, "Do not throw that away; it's a collector's item."

She and her husband were a part of the Parkland Bottle Collectors Society, so they recognized the importance of the bottle that Walsh himself couldn't see. It all started from there, and then it was history, said Karen Walsh.

He later put up a bottle cabin and his property near Marquette, which he called the Mission Trail bottle cabin.

Karen Walsh still lives on the property, where John had his original cabin.

The bottle house wasn't in good enough shape or fit to be moved, so they had to come up with an alternative plan to get it to the museum.

The museum purchased a new shed and put it on the museum property, and then they moved a couple of thousand bottles from the original property to the museum and put them in a new building.

After many years, the bottle house is finally ready for the public to see at the museum, and its legacy will continue at the new location.

Stretching the season – fall boating presents risks

Lifesaving Society Manitoba

Whether you are enjoying the final days of fall on or near the water at Clear Lake, Pine Falls or the Whiteshell, Lifesaving Society Manitoba wants to remind you fall boating presents different challenges and risks

Drowning can occur at any time of the year. In fact, one-third of drownings in Manitoba occur between the colder months, October to April.

"Warm weather during the day often allows us to extend cottage and boating season well into the fall, sometimes even until the end of October," says Stacey Grocholski, executive director of Lifesaving Society Manitoba. "But do not forget, the weather fluctuates with cooler nights resulting in cold water in our lakes, rivers and streams. Cold shock is a big concern for anyone who unexpectedly finds them self in the water. You can drown in seconds. Please wear your lifejacket or personal flotation device. Just having it in the boat often will not help in a sudden emergency."

The Weather – Check the forecast. The mix of warm and cold air can result in a strong wind and waves making it treacherous for small boats. Fog can also be an issue. While daytime temperatures can still be warm, dressing for the water temperature can slow the onset of hypothermia if the unexpected happens and a boater finds them self in the water. Wearing an approved lifejacket or personal flotation device (PFD) is essential to staying afloat.

Communication – In the fall, there are fewer boats on the water to help. Boaters should leave a float plan with someone on shore who can act if they are overdue. Have a marine radio or cellphone available to call for help. Be sure the cellphone is stored in a

PHYSIOTHERAPY

waterproof case.

Being Prepared – Carry small tools and parts to fix minor problems to prevent being stranded. Boaters need to ensure their boat and engine are mechanically sound. The use of a fuel additive prevents water in the fuel line from freezing. If the boat has portable fuel tanks, it is a good idea to have a spare on board.

The Water – Boaters should be wary of reduced water levels after a long, hot and dry summer. They should also watch for debris and chunks of ice that could penetrate a boat's hull at high speed.

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Time to book your flu shot!

Mark your calendars! It's once again time to book your flu shot.

Public health will host more than 70 flu clinics in 42 different communities across the region this year. This year's seasonal influenza campaign will start on Oct. 31 and continue through to Dec. 3.

Along with seasonal influenza, people who are eligible for their pneumococcal 23 vaccine can also schedule appointments through the provincial vaccine booking line at 1-844-626-8222 between 9 a.m. and 5 p.m., Monday to Friday. You can also book online by visiting www.ierha.ca and clicking "Programs and Services" then "Flu Shots" or visit "protectmb.ca" and then click "COVID-19 Vaccine" and "Book Now."

You can find the flu clinic schedule at www.ierha.ca > Programs & Services > Public Health > Flu Shots.

And, yes, you can get your COVID-19 shot at a flu clinic this year if you're eligible.

COVID-19 vaccines will be available for people aged six months and up at flu clinics. Bivalent COVID-19 booster



vaccines will be available to all adults. Bivalent means this vaccine has been developed to provide protection against two strains of COVID-19: the original strain of the virus and the omicron variant. You must have completed your primary vaccination series before receiving the bivalent booster vaccine.

Please note:

- Walk-ins are available. Appointments are welcome and encouraged.
- You must wear a non-medical face mask to your appointment.
- Please practise good hand-washing and social distancing.
- Do not come to your appointment



if you are experiencing flu-like symptoms.

- Please come right at your appointment time to avoid
- Bring your Manitoba Health Card and wear a shortsleeved shirt.

For more information on this year's flu clinics, visit IER-HA's flu clinics page.



Thursdav. October 27th Parochial Hall, 435 1 Ave N, Stonewall **Supper 6:00 pm AGM to follow**

The Garden Club is looking for new board members! The following positions are open Secretary, Events Coordinator, Member at Large. Please consider joining our great executive group to ensure the future of the garden club.



Cecelia Turner will be educating us on raising healthy indoor plants.

There will be a perennial, houseplant and seed swap. Please bring some items to share if you can.



Nominations to the **2023 Board** of Directors are now being accepted!

As a member of Access Credit Union, you have a voice in the future direction of your credit union.

Call for nominations:

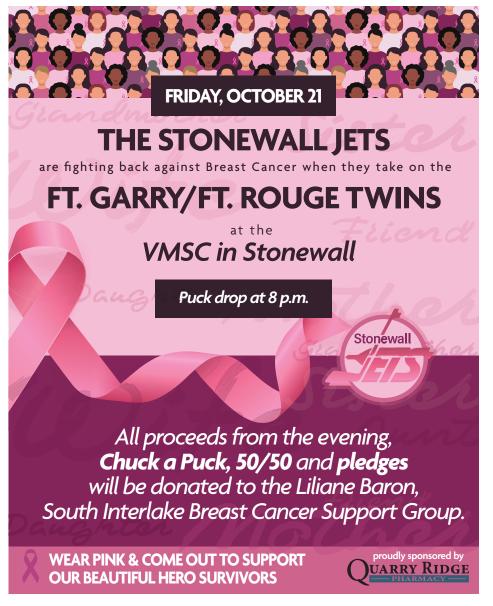
October 17, 2022

Nominations close:

October 31, 2022



LEARN MORE AT: elections.accesscu.ca



Get paid to taste donuts for Tim Hortons

By Jennifer McFee

Do you consider yourself a donut connoisseur?

Then you might just have a chance at landing your dream job.

"We're looking for four people to be our very first Tim Hortons donuts tester," said Ben Treanor, digital PR manager for Time2Play, which is putting on the contest.

This is a Canada-wide search for anyone who thinks they have what it takes to test these donuts."

The chosen donut testers will be given a Tim Hortons gift card to buy the required donuts.

"Then we're asking them to taste and rank them all," Treanor said.

"We hope all of our applicants have a big appetite. We'd also like to hear from folks with a sweet tooth and a discerning palate."

Sweetening the deal, each winner will also be paid \$500.

All residents of Canada who are over 21 years of age can apply at https://time2play. com/ca-en/blog/tim-hortons-donut-tester/.

"When entering the contest, applicants are asked to tell us why they would make a great donut tester," Treanor said.

"Once the contest is over, we'll read through the responses and make our decision."

So far, more than 5,000 people have applied. Entries will be accepted until Oct. 31.

PHOTO SUBMITTED

Tim Hortons is accepting entries for Donut Tester until Oct. 31.





Seasonal Influenza Clinics will begin October 31, 2022

Book an appointment by calling 1-844-626-8222 between 9:00am and 5:00pm, Monday to Friday or by using the online booking system (visit www.ierha.ca and click "2022 Flu Clinics" or visit Manitoba.ca and then click "Covid-19" and "Vaccine").

Along with seasonal influenza, pneumococcal 23 vaccine, COVID-19 vaccine and bivalent COVID-19 vaccine will be available for those eligible as per Manitoba Health guidelines. Bivalent COVID-19 vaccine has been developed to provide protection against two strains of COVID-19: the original strain of the virus and the omicron variant. Below is the listing for the region.

- Walk-ins are available. Appointments are welcome and encouraged.
- You must wear a non-medical face mask to your appointment.
- Please practice good hand-washing and social distancing.
- Do not come to your appointment if you are experiencing flu-like symptoms.
- Please come right at your appointment time to avoid congestion.
- Bring your Manitoba Health Card, and wear a short-sleeved shirt.

	Dates	Time(s)	Location(s)		
St. Laurent	November 3	10:00 am - 3:00 pm	St. Laurent Rec Centre, Lot 825 PTH 6		
	November 9	3:00 pm - 6:00 pm	St. Laurent Rec Centre, Lot 825 PTH 6		
	November 19	10:00 am - 2:00 pm	St. Laurent Rec Centre, Lot 825 PTH 6		
Stonewall November 3 10:00 am - 4:00 p		10:00 am - 4:00 pm	Stonewall Legion, 459 Main St		
	November 10	1:00 pm - 6:00 pm	Stonewall Legion, 459 Main St		
	November 26	10:00 am - 3:00 pm	Stonewall Legion, 459 Main St		
Stony Mountain	November 24	2:00 pm - 6:00 pm	Stony Mountain Community Centre, 117 School Road		
Teulon	November 1	10:00 am - 4:00 pm	Teulon Anglican Parish Hall, 60-2 nd St SE		
	November 15	2:00 pm - 7:00 pm	Teulon Anglican Parish Hall, 60-2 nd St SE		
Warren	November 16	1:00 pm - 6:00 pm	Warren Fire Hall, 152 McDonald Ave		
Woodlands	November 8	1:00 pm - 5:00 pm	Woodlands Rec Centre, 33 Solvason Ave		

Flu vaccine may be offered in some senior and other community housing facilities. Check your building bulletin boards for a flu clinic poster with details

> For more information, please contact your local community health office St. Laurent 204-646-2504 Stonewall 204-467-4400 Teulon 204-886-4068

changes to this listing will be posted online at <u>www.ierha.ca</u> Click on the banner "2022 Flu Clinics" on the home page





Les cliniques de vaccination contre la grippe saisonnière débuteront le 31 octobre 2022

Prenez votre rendez-vous en composant le 1 844 626-8222 entre 9 h et 17 h, du lundi au vendredi, ou en utilisant le système de rendez-vous en ligne (sur la page www.ierha.ca, cliquez sur « *Programs et services* », puis sur « *Flu Shots* » ou visitez le site protectmb/fr/.ca et cliquez sur *Vaccin contre la covid-19*, puis sur *Prenez rendez-vous immédiatement*).

En plus du vaccin contre la grippe saisonnière, le vaccin antipneumococcique 23-valent, le vaccin contre la COVID-19 et le vaccin bivalent contre la COVID-19 seront offerts aux personnes admissibles conformément aux lignes directrices de Santé Manitoba. Le vaccin bivalent contre la COVID-19 a été mis au point pour offrir une protection contre deux souches de la COVID-19: la souche originale du virus et le variant omicron

La liste des lieux de vaccination de la région se trouve ci-dessous.

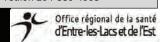
- Nous vous encourageons à prendre rendez-vous, mais les personnes qui se présentent sans rendez-vous seront acceptées
- Vous devez porter un masque non médical pour votre rendez-vous de vaccination.
 Veuillez vous laver les mains et respecter les mesures d'éloignement physique lors des séances de vaccination.
- N'allez pas à la clinique si vous présentez des symptômes semblables à ceux de la grippe
 Arrivez à la clinique à l'heure précise de votre rendez-vous pour éviter la congestion.
- Apportez votre carte de Santé Manitoba avec vous et portez une chemise à manches courtes

	Dates	Heures	Emplacement
St. Laurent	3, novembre	10h00-15h00	Centre récréatif de St. Laurent, Lot 825, autoroute 6
	9, novembre	15h00-18h00	Centre récréatif de St. Laurent, Lot 825, autoroute 6
	19, novembre	10h00-14h00	Centre récréatif de St. Laurent, Lot 825, autoroute 6
Stonewall	3, novembre	10h00-16h00	Stonewall Legion, 459, rue Main
	10, novembre	13h00-18h00	Stonewall Legion, 459, rue Main
	26, novembre	10h00-15h00	Stonewall Legion, 459, rue Main
Stony Mountain	24, novembre	14h00-18h00	Stony Mountain Community Centre, 117, chemin School
Teulon	1, novembre	10h00-16h00	Teulon Anglican Parish Hall, 60, rue 2nd SE
	15, novembre	14h00 - 19h00	Teulon Anglican Parish Hall, 60, rue 2nd SE
Warren	16, novembre	13h00-18h00	Caserne de pompiers de Warren, 152, ave McDonald
Woodlands	8, novembre	13h00 - 17h00	Woodlands Rec Centre, 33, ave Solvason

Vérifiez les babillards de votre établissement pour vois si des renseignements sur une clinique de vaccination ont été affichés.

Pour de plus amples renseignements, veuillez contacter votre bureau local de santé communautaire.

nent apporté à la liste est accessible à l'adresse : www.ierha.ca Cliquez sur la bannière « 2022 Flu Clinics » sur la page d'a



By Jennifer McFee

Stonewall's two mayoral candidates enlightened the audience with their ideas during last week's municipal election forum.

A large crowd gathered at the Heritage Arts Centre for the Oct. 11 event, hosted by the Stonewall Chamber of Commerce.

Mayoral candidates Clive Hinds and Sandra Smith took time to answer questions from moderator Robert Price-Lewis, the chamber's vice-president, as well as from members of the public.

After introducing themselves, the candidates focused on three main themes: community relations and development, environmental strategies, and the development of a personal care home.

On the topic of community relations and development, current mayor Clive Hinds spoke about SAMS transportation service, Communities in Bloom and the kiln restoration project. He also mentioned the reverse osmosis project in conjunction with the RM of Woodlands, which has received a sizeable grant.

"Community relations and development is one of the most important sectors in a municipality because it involves water and waste water," added Hinds, who also served for four years as a councillor. "The water treatment plant will be upgraded under our present council."

Smith, a former councillor, noted the need for community involvement and consultation. She also mentioned that the town has grown, and there seems to be some disconnect between long-term residents and newer residents. She suggested that community members could work together to identify events that appeal to all, with recreation facilitator Laine Wilson at the helm.

She also encouraged the option of developing a position for an economic development officer as well as the formation of a community development corporation.

"Community development empowers community members and works to create stronger and more connected communities," Smith said.

On the topic of environmental strategies, Smith said she started a partnership with Eco-West while she served on council from 2014 to 2018, and the relationship has continued to evolve. She would continue to work with Eco-West to secure grants for community projects while also examining the feasibility of waste energy with surrounding municipalities. At the same time, she would invite the environmental group REACT to have a bigger voice at the council table.

Likewise, Hinds spoke about the four electric vehicle charging stations brought forward through Eco-West, which also provided the town with an air monitoring system as part of





TRIBUNE PHOTOS BY JENNIFER MCFEE

Sandra Smith and Clive Hinds are both vying for the role of mayor in Stonewall.

a three-year program. In addition, he mentioned the partnership with other municipalities to use waste for energy. As well, he noted that for every tree the town removes, they replace it with three trees.

On the topic of developing a personal care facility in Stonewall, Hinds explained that the concept has evolved into an age-in-place campus known as a continuing care retirement community, in conjunction with other mu-

"This takes a lot of work and a lot of determination to move it forward,"

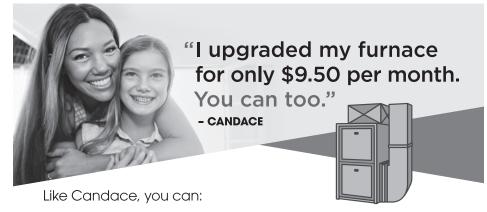
he said.

Smith acknowledged the previous contributions towards today's model from a committed working group.

"I will continue to strongly advocate for the Town of Stonewall, as well as our municipal partners, to ensure that this project keeps moving forward and that we see those shovels in the ground," she said.

After that, the candidates touched on hot topics including sports facility development, support for established businesses and incentives for small

Continued on page 22



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Signs headlights may need to be replaced

Automobiles require a little TLC to stay on the road and operate efficiently. When vehicle maintenance is ignored, vehicles operate less efficiently and, in many instances, less safely as well.

Jerking and stalling is a telltale sign of engine trouble, but some vehicle problems are more subtle. One such problem is fading headlights. Fading headlights can pose a significant threat to drivers and their passengers as well as fellow motorists. According to the National Safety Council, drivers do only onequarter of their driving at night. However, the NSC notes that 50 percent of traffic deaths occur at night. Such figures highlight the potential dangers of nighttime driving, which only becomes more dangerous if headlights are not operating at optimal capacity.

Since drivers do most of their driving during the daytime, it's easy to overlook headlight performance. However, it's important that drivers learn to recognize the signs that headlights need to be replaced.

Dimming

Dimming headlights do not necessarily require replacement. In some instances dimming headlights are a byproduct of a dirty car. The buildup of dirt and grime can reduce light output even when the headlights are otherwise fine. If your car is

dirty, take it to the car wash and make sure the headlights scrubbed clean of dirt and grime. Then drive at night to see if the light output of your headlights is still dim. If so, the headlight bulbs may need to be replaced.

Flickering

Flickering headlights can indicate anything from worn out headlight bulbs to a weak car battery to loose connections. Flickering is one of the more dangerous headlight issues, as it can lead to headlights suddenly going dark while drivers are on the road at night. If headlights are flickering, take the car to a mechanic as soon as possible to have the issue resolved.

One light out

When one headlight goes dark, chances are the other is not far behind. Automotive experts recommend replacing headlight bulbs in pairs, even if only one bulb has gone dark, because this ensures equal light output.

Headlight maintenance tends to be overlooked. But rec-



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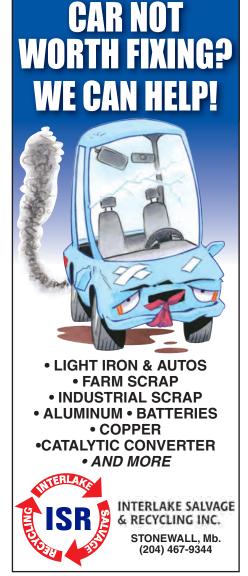
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ognizing the signs of fading headlights can help drivers avoid accidents and vastly improve the safety of nighttime driving.



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Incredible creatures: Green darners: a migratory dragonfly

By John Gavloski

Ask someone to name an insect that migrates south for the winter, and most people will likely say monarch butterfly, which is correct. But there are other insects that migrate south for the winter as well, including some species of dragonflies. Dragonfly migration has been observed on every continent except Antarctica, with some species performing spectacular long-distance mass movements. Some migratory species of dragonfly that can be found in Manitoba include the common green darner, the variegated meadowhawk and the wandering glider. This article will feature a rather large dragonfly, called the common green darmer, where part of the population embarks on an incredable migration, while others known as the resident population don't. Sound confusing? Read on.

Distinguishing Darners

In Canada there are 154 species of dragonflies. These are separated into 7 family groupings, one of which is called the darners (Aeshnidae). The darners include our largest dragonflies, and have long and slender abdomens, like darning needles. They also have large eyes, that meet broadly along a seam.

The common green darner dragonfly (Anax junius) has a bright green thorax. They have olive-green eyes and have a black 'bulls-eye' mark on the face in front of their eyes. Males and females can be told apart by the colour of their abdomens. The males' abdomens are an intense blue, while the females' abdomens are reddish brown, as in the photo for this article. They perch by hanging from vegetation, and sometimes can be found well away from water. The green darner in the photo stayed posed for us for an extended period of time along a hiking trail in Turtle Mountain Provincial Park. Part of the population of common green darners migrates, known as the migrant population, while another portion doesn't, the resident population.

Residents and Migrants

Like monarchs, the migrant population of the common green darners embark on a multi-generational migration, where the generation that ends up in Canada in spring are not the same ones that left in autumn. No one individual makes the round trip. Common green darners from Manitoba form swarms and migrate in late August and early September to the southern US and Mexico. Once there, they lay eggs and die. The dragonflies that emerge will spend their whole lives in their southern location; it is their offspring that will migrate north in the spring.

The generation migrating north reaches the northern US and southern Canada in late spring. These migrants mate, lay their eggs in the water, and die by early-summer, just as the resident population emerges as adults. These residents live a month or two as adults, depositing their eggs in late summer as the migrant adults emerge. The young, called naiads in dragonflies, of the resident population overwinter under the ice in a state called diapause, and take 10 or 11 months to mature (possibly more, in chilly waters), while the migrant naiads (which don't overwinter) need



PHOTO SUBMITTED

A common green darner.

less than half that time to mature.

How far and fast can they fly in a day?

Researchers from the University of Guelph attached miniaturized radio transmitters to common green darner dragonflies and monarch butterflies and tracked their autumn migratory movements through southern Ontario and into the United States using an automated array of over 100 telemetry towers. The farthest estimated distance a green darner travelled in a single day was 122 km with a wind-assisted ground speed of up to 77 km per hour. The farthest estimated distance a monarch travelled in a single day was 143 km at a wind-assisted ground speed of 31 km per hour. For both species, increased temperature and wind assistance increased the pace of migration,

Green darners may be one of the first and last dragonflies seen flying in northern climes like Manitoba. Migrant or resident, they are both beautiful and beneficial insects.



Warming up for winter

TRIBUNE PHOTO SUBMITTED

Warren Collegiate Grade 12 student Alyssa Procter is trying to get a jump on the season for the less fortunate. Procter is doing a Koats for Kids clothing collection at the school. Donations of gently used outerwear clothing such as jackets, ski pants, mittens, boots, toques and scarves of all sizes are needed and are being accepted at the school until Nov. 16. Clothing must be clean, in good condition and have zippers that work.















Appropriate Technologies builds their first tractor in South Sudan



TRIBUNE PHOTOS SUBMITTED

The first tractor that Brian and Ruth Dyck from Appropriate Technologies built in Canada for farmers in East Africa.

By Autumn Fehr

After a long road and journey, Brian and Ruth Dyck of Appropriate Technologies manufactured their first riding tractor in South Sudan.

The tractor was manufactured in partnership with Sudan Fellowship Mission (SFM).

Appropriate Technologies is a small

organization in the process of reaching a manufacturing scale to build multiple small riding tractors to distribute to non-government organizations, farmer co-ops and individual farmers that are easy to make, low cost and easy to maintain.

"What we do is a little bit of a struggle at times because we're constantly



Team members in South Sudan in the shop work through the concept stage to work towards mass production of tractors for the farmers in East Africa.

having to employ thinking outside the box solutions to the design and manufacturing problems we have because of the lack of economic infrastructure here, but we want to build a tractor that is easy to build, relatively low cost and is very, very easy to maintain," said Brian.

Brian works in best agriculture practices, focuses on appropriate technology, and tries to create an entry point to mechanized farming for the people of East Africa.



One of Brian Dyck's team members in South Sudan sanding off the rust in preparation for painting.

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The organization started with Brian and his two friends from Gunton and Marquette. They were Brian's dream team in building the first tractor.

He started as a production farmer, growing more food than his family could consume. He had been farming for 20 years.

Brian and Ruth are missionaries with Equip Canada from Riverton,

They have always felt called towards missions set out by the Lord and wanted to find ways to bring the Gospel no matter where they were.

In Aug. 2015, Brian accepted a twoyear position in South Sudan close to the Uganda border to manage a farm











Province takes steps to boost number of vet students

By Lorne Stelmach

Manitoba Pork welcomes steps taken recently by the province to increase the number of veterinarians in the

Boosting the number of veterinary student seats at the Western College of Veterinary Medicine (WCVM) is a small but vital step to help the industry in the province, say representatives.

"We're seeing significant labour shortages throughout the entire value change," said Cam Dahl, general manager of Manitoba Pork.

The industry doesn't have enough resources at all levels from the barns to the packing plants and truck drivers, he noted, but veterinary support is especially vital.

"This is the No. 1 restriction to growth and development of the hog sector in Manitoba," said Dahl. "It's vital to animal health, but it's also vital to things like bio-security, for example. It really is a key resource for hog producers.

"We sell very high quality pork at a high price all around the world," he noted. "So it's a critical part to not only maintaining animal health but maintaining our position as one of the No. 1 suppliers of pork around the world."

Dahl added there are other steps the province could also be taking, including decreasing the amount of time that foreign-trained veterinarians need to be accredited here a process that can take five to seven years.

A scarcity of large animal veterinarians practising in rural Manitoba is especially a concern.

"Large animal veterinarians, like those that work in the hog sector, are vital partners in ensuring that our animals are raised healthy and free of the threat of disease outbreaks," noted Rick Préjet, Manitoba Pork board chair. "This announcement will ensure that we can continue to close the gap in the necessary number of veterinarians practising in Manitoba, and that our sector can continue to sustainably grow our herds."

Advanced Education, Skills and Immigration Minister Jon Reyes and Agriculture Minister Derek Johnson heralded the move to provide increased annual funding to the WCVM at the University of Saskatchewan to allow for an additional five Manitoba students to be trained as veterinarians.

"By increasing our annual intake to 20 students from 15, we will support more students to pursue this important career path in order to help build our province's animal health-care capacity for years to come," said Reyes. "We are committed to working with the college's administration to realize this expansion effective in 2023-24."

Through a funding contribution from the province every year, Manitoba currently receives 15 guaranteed subsidized seats at the Saskatoon-based WCVM for new entrants annually.

The Manitoba government will increase its funding contribution to WCVM by \$539,200 for the 2023-24 academic year to a total of \$7,009,600, raising the number of Manitoba intake students to 20 from 15 and to a student quota - the number in the four years of the program — to 65 from 60.

For the 2024-25 academic year, Manitoba's contribution to the college will increase to \$7,642,400 and bring the student quota to 70.

Manitoba's increasing commitment will bring its intake to 20 seats every year until the province supports a total of 80 Manitoba students annually through the four-year program.

"Our government is committed to increasing the availability of quality veterinary care to all Manitobans, especially for the agricultural sector that is so vital to our provincial economy,"

"Animal health enables the success of our province's agricultural industries, so investing in the training of more veterinarians, particularly those with large-animal expertise, will ensure this valuable support is available when need-

The additional seats for Manitoba students will be targeted for the support of commercial livestock, such as cattle, bison and pigs as well as sheep and goats, in rural areas.

"The Manitoba Veterinary Medical Association applauds the Manitoba government for their investment in veterinary education," said president Dr. Keri Hudson-Reykdal.

"There is currently a large shortage of veteri-

narians in Manitoba. The commitment to educating more veterinarians will help alleviate the shortage over the long term. In the shorter term, we will continue to engage with government, veterinary professionals and other stakeholders to address the shortage of veterinary services in Manitoba."

"Increasing the number of students who can attend vet school and enter the profession is the logical first step in addressing the veterinary shortage," said Michelle Streeter, a fourth-year student who grew up in rural Manitoba.

"I am also hopeful that Manitoba's decision to increase seats draws more students from the Prairies who are interested in working in rural mixed animal practice, since agriculture is such an integral part of so many local communities."

> "THERE IS CURRENTLY A LARGE SHORTAGE OF VETERINARIANS IN MANITOBA."













Mason Farms prepares to celebrate 75 years

A family of dairy farmers is milking the excitement as they prepare to celebrate the farm's 75th anniversary next

Mason Farms, located in Oak Point, launched in 1948 by Nelson and Anna Mason, who started off by milking five or six cows. Over time, the couple passed the farm down to their son Ken and daughter-in-law Sylvia, who took over the farm in 1967 and installed a pipeline milking system in 1973. Looking back, Ken — who remains involved today at age 84 remembers milking about 20 cows by hand with the help of his sisters and parents, which took about two hours.

Today, Ken's son Darcy and daughter-in-law Lanna are the current owners of the enterprise, which milks 60 registered Holstein cows.



Laila Mason shows grandpa a TikTok video that she filmed on the farm.



Laila takes a turn feeding one of the

poised to continue with Darcy and Lanna's own children.

"Our son Andrew is currently enrolled in his second year of the dairy science program at Lakeland College in Vermilion, Alta. His intentions are to return to the farm after graduation," Lanna said.

"Our daughter Laila is currently in Grade 10 and has taken a real interest in working with the dairy cattle. They will be the fourth generation involved in the farm."

At Mason Farms, each morning

starts at 6 a.m. when the famundertakes chores like cleaning stalls and feeding calves.

"Since the installation of the automated milking system nine years ago, chores are a little more



TRIBUNE PHOTOS BY LANA MEIER

The Mason family, from left to right, Darcy, Ken, Laila, Lanna and Andrew.

flexible," Lanna said.

"However, the cows and calves still require consistent care 365 days a year."

When needed, the family uses antibiotics on their farm to maintain the health of their cattle.

"Antibiotics are prescribed by our veterinarian, along with a specific treatment plan. One of the nice features of the robot is that when we enter the treatment of a cow into the computer, it automatically diverts that milk to buckets that we can use to feed calves. All milk for human consumption in Canada is tested to make sure that it is antibiotic-free," Darcy said.

"The cows all wear a transponder



Darcy is able to track a cow's gestation cycle using technology.

on a collar around their neck, which is like a FitBit but for cows. It keeps track of her activity and there is also a microphone inside it that listens to her chewing and eating to monitor her ru-

Continued on page 22



The Masons use a robotic system to milk their 60 cows.



Andrew, Lanna and Laila take a break from cleaning stalls. The Masons have installed waterbeds to keep the cows dry, cool and comfortable.



DAIRY

> MAYORAL CANDIDATES, FROM PG. 15

businesses to open in Stonewall. In addition, they discussed strategies to encourage residents to support local businesses, as well as the proposed hotel project and the proposed mining project.

In closing, Hinds spoke about the challenges of the mayor's position, which he said is not for the faint of heart.

"The challenges, however, I have embraced with confidence, honesty and integrity. I find that as I look around Stonewall and I hear what the residents have to say, we have a very, very enlightened and prospective town where you can actually make things happen," he said.

"We see the opportunities. I see so

much to do and to move this needle forward that I'm asking you to take a serious look at me as your continuing mayor."

Smith encouraged voters to use their voice by casting a ballot on Oct. 26.

"If you are satisfied with the last four years, then you will give your voice to Clive," she said.

"But if you are not satisfied with the last four years, and feel this town needs better direction and focus, you will vote for change."

For those who missed the forum, a video of the entire event is posted on "The Stonewall & District Chamber of Commerce" Facebook page.

Rosser council news in brief

By Jennifer McFee

- At a special meeting on Sept. 27, Rosser council unanimously passed second and third reading of a bylaw to regulate capital levies, reimbursement and charges in the CentrePort area.
- Council also unanimously passed second and third reading of a bylaw to regulate and control mining and transporting of aggregate, as well as the issuance of licences and charging of fees
- Council gave first reading to a bylaw to regulate property maintenance, as well as the regulation and abatement of nuisances and unsightly property.
- Council gave first reading to a bylaw to regulate and establish controls over the placing, depositing or dumping of litter.
- Council approved culvert applications for Sage Drive and Goldenrod Drive, subject to administration and the municipal engineer's approval. The applicants will cover the cost of supplies and installation.
- The RM of Rosser is again nominating Rob Penner as a director to represent the municipality on the Winnipeg Airports Authority board.
- The Oct. 25 regular council meeting has been rescheduled for Monday, Oct. 24 at 6 p.m.

> TRACTOR, FROM PG. 22

project, similar to how they farm in Manitoba.

For the couple, this was something they felt the Lord had called them to do.

Nine months into their agreement, a civil war erupted. They left South Sudan just before the conflict and couldn't return.

When the war took place, their whole process was lost. Everything was looted through the war happening in South Sudan.

"I had much time for reflection. I'm a Western Canadian farmer. I only know how to farm on a relatively large scale, and when I saw the smallholder farmers here, I thought what we were trying to do was good as far as food production was concerned, but it wasn't good in terms of empowering the small farmers," said Brian.

After experimenting and going through the process, consulting farmers and partners in Africa, they figured a small riding tractor was the best to help African farmers.

The inspiration for their design comes from an antique tractor built in the United States in the 1940s.

Currently, a prototype is being built in Manitoba using processes that can be replicated with the materials available in African metal fabrication shops.

"We are trying to work with what we have locally here," said Brian.

Brian's friends at K&E Welding in Marquette cut all the pieces for a second tractor that was air-shipped in wooden crates through Ethiopian Airlines. The frames were pre-cut, and most of the drilling was done there.

"I know from my previous experiences working here in Africa that the challenge would be with the running gear," said Brian.

"We try to build our tractor with what the local economy has available."

Brian said they call South Sudan a tractor graveyard.

"Well-meaning people will donate tractors, or there are some new equipment sales, but they don't last because they don't have the after-sale support. Our design is helping to bring the after-sale support with it," said Brain.

After they get past the concept stage, they hope to be able to put it into mass production.

"I would have a modest goal of building one a week and work up from there. Maybe we'll get one tractor a day after a year or so," said Brian

Currently, Brian is in South Sudan alone, as his wife returned to their home in Riverton three months after they returned in May.

He said it's not easy to be in a country where you are the minority, where he is away from his wife, kids and grandchild," he said.

"It's not easy to do, but you can make sacrifices for the short term so that you can try to make a difference."

They aim to manufacture four more tractors before he returns to Canada in December.

"This is really an effort of love. It's a practical way of demonstrating Christ's love," Brian said.

> MASON FARM, FROM PG. 20

mination minutes. On our farm, the cows average a little over 500 minutes of rumination in 24 hours."

The family works within the quota system, which is based on the kilograms of butter fat produced daily.

"On our farm, one cow on average would produce 1.6 kilograms of butter fat," Darcy explained, "which is the equivalent of 40 litres of milk."

However, with the robotic milking system, there is always the possibility of a major breakdown.

"But with basic maintenance on our part and scheduled service from our dealer, breakdowns are a rare occurrence," Darcy noted.

"Our dealer, Penner Farm Services, always has a technician on call 24/7 that can talk us through a repair or come to the farm to fix it."

At Mason Farms, family is important — even for their animals. One way to honour the animal families is through their naming process.

"So all farms are different, but on our farm, we like to name the calves with a name starting with the same letter as their mother. We name them this way because keeping track of cow families is important to us and it's easier to follow. For example, we have a cow named Lululemon and she had twin heifers we named Lemon and Lime. Her mother is LouAnne and her mom was Lailou and her mom was Lailou and her mom was Lailou. So when we think of the L family, we think of Laila," Lanna explained.

"Our herd is all registered Holsteins, and they all have a name that consists of three parts. Lululemon's registered name is Maypoint Galahad Lululemon. Maypoint is our prefix, so any calf conceived on our farm would have that prefix. The Galahad part of her name is the sire or bull she is from. We have a lot fun naming calves."

For Darcy, the perks of dairy farm-

ing remain close to home — and close to his heart.

"The best thing about dairy farming is being your own boss and working with family. I also enjoy working with the animals and spending time outdoors," he said, adding that it can be a challenge sometimes to work with Mother Nature.

"As nice as it is to work closely with the environment, the extreme weather events like flooding and drought can be challenging."

And for Lanna, her favourite part of the job involves interacting with the cattle.

"We make a real connection with them. We are part of their lives since birth. We name them and spend so much time with them over their life. You develop a strong bond," she said.

"That is also the most challenging part for me. I grow pretty close to a lot of the cattle, so when it comes time make the decision to sell one or they become sick or even die, I find that part very difficult."

Beyond the farm, the positive ripple effects of dairy farming are clear to see.

"The benefit of drinking milk is that it's a great source of calcium, which is beneficial for growing kids and people of all ages to help support bone health. Milk is also a great source of protein and contains 15 essential nutrients," Lanna said.

"As for the economic spinoff in Manitoba, there are 6,269 jobs created by the dairy industry. It's amazing to think about how many people our farm helps to employ, even if only in a small way."

The future Mason Farms looks bright to the hard-working family, who takes time to reflect on more than seven decades in the industry.

"We feel extremely proud to have been able to grow the farm to what it is now," Darcy said.

"And we hope that my grandparents would be proud of what we've accomplished in the past 75 years."

Interlake-Eastern RHA welcomes new medical residents

A pair of medical residents is embracing the opportunity to gain hands-on experience in rural medi-

Dr. Luis Castro and Dr. Stewart Nadurak have embarked on a two-year residency through Interlake-Eastern Regional Health Authority's Family Medicine Residency Program.

Through this program, medical residents learn about the needs of rural patients as well as the opportunity to practise in a rural community after their training is complete. Residency is the final training stage for doctors after they graduate from medical school.

It's familiar territory for both Castro and Nadurak, since they both spent time in the region as medical students through the Home for the Summer program. Offered jointly by IERHA and Manitoba Healthcare Providers Network, the Home for the Summer program provides summer work placements for students pursuing a health-care career.

For Castro, he said it was a pleasure to complete his core rotation and Home for the Summer placement in Teulon. In addition, he spent a week in Beausejour and completed an elective in Selkirk. These positive local experiences helped shape his choice to return to the Interlake region for his medical residency.

"I have always felt welcome by the communities across the region, which made a tremendous impact on my decision," he said.

"The need for physicians and the ability to practise a wide scope made it a perfect choice. I am very happy with my decision."

Born in a small town in the Mexican desert, Castro grew up in Guadalajara and moved to Winnipeg in his teens.

"I have always been fascinated by the human body and mind and, as such, studied psychology and physiotherapy before realizing that my calling was in medicine," he said.

"Now, it's the connection with patients that fuels my passion."

When he's not busy pursuing his medical career, Castro enjoys spending time with his young family.

"I am a family man, which takes most of my leisure time," he said. "I like to take my two toddlers to parks and go for hikes with my wife. When there is time, I try to golf."

Looking ahead, Castro is considering his career aspirations for the fu-

"I am generalist at heart. I hope to have a mixed practice of clinic and hospital work. My goal is to find

a place in the region where I can achieve this and thus fill the needs of the community," he said.

"I am honoured to train in the region and look forward to contributing in any capacity that I can, both as a physician and society member."

For Nadurak, he hit a high note when his career path meandered from music to medicine.

"I grew up in a very musical household, which led me to pursue a bachelor's of music at the University of Manitoba in classical French horn performance. My combined interest in the sciences, with the desire for a career having the potential to make a profound impact on patients' lives while walking with them through some of the most vulnerable stages of life, drew me to pursue pre-med electives to prepare for applying to medicine while completing my music degree," said Nadurak, who grew up in North Kildonan.

"I ended up taking time to backpack around New Zealand for half a year, married my wonderful partner Laura, and also worked as a research co-ordinator at the Chronic Disease Innovation Centre out of Seven Oaks Hospital, working with patients on dialysis. I completed my MD training at the University of Manitoba between 2018 and 2022 and was fortunate to receive the news that I matched to the Interlake-Eastern region to pursue my dream of being a family physician, particularly in the rural setting."

It was a perfect fit for Nadurak, who said he's always been drawn to the Interlake and also enjoyed many summers at family cabins in the Whiteshell. Through the Home for the Summer program, he spent his first two summers of medical school in Pinawa and Beausejour.

"I had a great experience working with the docs in those areas and getting first-hand experience of the breadth of knowledge and variety of practice being a rural family physician entailed, which drew me in," Nadurak said.

"The Home for the Summer program definitely influenced me to apply to complete my residency training in the same region I'd already experienced and loved. Although not from the region, I spend lots of time in the region and have family who live in Selkirk so am familiar with the region and have a passion for spending time hiking and exploring the surrounding provincial parks."

Whenever he has a spare moment, Nadurak pursues a multitude of active hobbies, including hiking in Manitoba and beyond.



Dr. Luis Castro

"Any chance Laura and I get, we love to travel. We've backpacked, hiked and road-tripped through South America, Spain and many parts of North America together. I have a passion for being outdoors in nature. Î do a lot of canoe tripping in Nopiming, northwestern Ontario and the Whiteshell," he said.

"I love to backcountry hike and do multi-day hikes in the Rockies. This has led to a side interest of wilderness medicine and emergency management in low-resource settings. I also play on soccer teams, enjoy trail and long-distance running, and try to keep singing, playing the piano and horn when I can."

The future is bright for Nadurak, who is keeping his options open.

"While nothing is set in stone at this point, I hope to follow the pursuits of my teachers and mentors and be the classic rural generalist physician one who has a family clinic practice to follow patients long-term along with hospital and emergency department work," he said.

"I do hope to potentially continue work in the Interlake-Eastern region post-residency training, but we'll see where life takes me and opportunities arise."

To start their residency experience, both Nadurak and Castro will primarily be based out of Selkirk. In addition, they're looking forward to completing their family medicine rotation in a smaller community within the IERHA during their second year.

While Nadurak and Castro are embarking on the early stages of their residency experience, the Interlake-Eastern Family Medicine Residency Program also has two residents who are currently in their second year of the program.

Dr. Matthew Genung and Dr. Anita



Dr. Stewart Nadurak

Gray are the second-year family medicine residents in the Interlake-Eastern program, and they have already completed a number of rotations in Selkirk. They will both be spending time this year in Lac du Bonnet and at the Pinawa Hospital with Dr. Bruneau and his team.

"We are incredibly thankful to Dr. Bruneau in Lac du Bonnet for his commitment to helping train well-rounded rural family physicians. The input of Dr. Bruneau and his team has been invaluable in providing a strong residency experience for our learners. We know that this more rural experience has been a draw to those learners who are considering the Interlake-Eastern training program," said Dr. Ian Alexander, site lead for the residency pro-

"We have also had a resident spend time in Gimli with Dr. Jonah Fulmore and look forward to engaging other communities in this important piece

of our learners' training."

To date, the Interlake-Eastern Family Medicine Residency Program has trained and graduated four residents since the program launched in the region in 2019.

"We are excited to say that all of our graduates have been successful in completing their training and passing all their examinations. Three of our four graduates are working in the IERHA at this time — one in Selkirk, two in Oakbank," Alexander said.

"We also feel that the program is successful because we are a popular choice for graduating medical students from the University of Manitoba. This means that they want to spend time in the region and train in this area — and that's a good thing for providers, patients and communities."

SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall's Epp playing between the pipes for UPEI

After a very successful tenure at Balmoral Hall, Stonewall's Anya Epp will be taking her goaltending talents to the east coast as she is currently attending school at the University of Prince Edward Island and playing for its women's hockey team.

Epp first got into hockey when the rest of her friends switched from ringette to hockey at around 10 years old. She realized there were more opportunities through hockey and knew it was something she eventually wanted to pursue further.

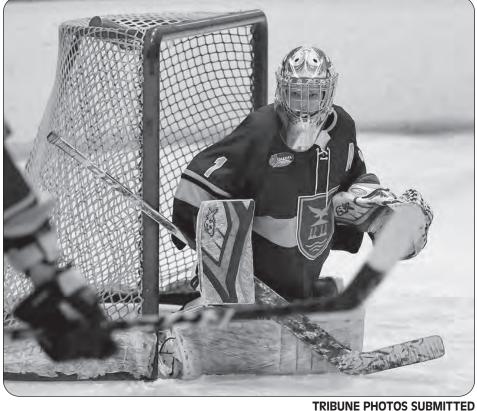
"I realized I was good enough to make something out of the sport when I was age advanced in Grade 9 to play AAA U18 on Interlake," said Epp. "My coach that year, Dean Rebeck, saw potential in me and gave me the opportunity to show myself what I was capable of. This chance he provided me helped give me the confidence I needed to succeed as a goaltender. This is when I really re-



Anya Epp

alized goaltending was something I was meant to do and pursue in life.'

Growing up in the Interlake and later playing for the Interlake Lightning, Epp had the opportunity to face a lot of shots during most games. With



Stonewall's Anya Epp will be tending goal and attending school at the University of Prince Edward Island.

Thunder win



TRIBUNE PHOTO BY LANA MEIER

The Interlake Thunder's Christian Mozdzen carries the ball while Colten Leger follows the play during PeeWee action earlier this season. Interlake won its first game of the season on Sunday, defeating the Sunrise Coyotes 58-33.

limited female goalies from the Interlake in her age group, Epp got a lot of ice time to help hone her craft.

"The experience and exposure to these shots, in my opinion, made me the goalie I am today. It made me resilient; it taught me true focus. I learned how to handle pressure and how to truly enjoy getting tons of shots. And one of the most important to me still today, I learned to focus on controlling what I can control, which is not only a lesson I learned on the ice but also a life lesson that I bring to other aspects of my life outside of

Epp notes that her years at Balmoral Hall were one of the best experiences of her life to date.

"I learned so much about how to be independent, how to be confident in myself, how to push myself and what it means to put the team first. The Blazers are my definition of what it means for a team to be a family. I was so proud to represent such a special group of young women."

A couple of universities and colleges across Canada and the United States showed interest in Epp's netminding abilities after she was done high

school. Ultimately, she settled for the University of Prince Edward Island (UPEI) and is overjoyed to now be attending the school.

"UPEI was almost an instant decision as I was told it will feel meant to be when you choose a university and hockey program, and it was exactly that. From what I learned from the school about their psychology program and the resources they provided, to the hockey team and the support system and close team they had, I was so drawn to the culture they portrayed."

Epp also received advice from one of her former Balmoral Hall teammates, Chiara Esposito, who had committed to UPEl the year before her and told her only good things, which helped with the decision.

"There was nothing in me that hesitated to say yes, which told me it was the right decision. I am so excited to get going here. Our home opener is coming up, and I cannot wait to get to experience a home game of USPORT hockey. The energy, the people, the skills and the talent that will be showcased are so exciting."

SPOTES&recreation of the state of the state

Rams pound Gabrielle Roy

The Stonewall Collegiate Rams defeated Gabrielle Roy Les Roys 6-2 in their WHSHL home opener last

No goal scorers were listed on the league website at press time.

Stonewall played Kildonan East this past Tuesday but no score was available. The Rams will host the Sanford Sabres on Oct. 26. Puck drop is 4 p.m.

The Warren Collegiate Wildcats, meanwhile, will begin their regular season on Thursday when they play the Edward Schreyer Barons in Beausejour. Game time is 4:15 p.m.

The Wildcats' home opener is Friday (4 p.m.) when they host Powerview in Warren.



TRIBUNE PHOTO BY LANA MEIER

The Stonewall Collegiate Rams defeated Gabrielle Roy 6-2 last Friday.

Varsity Thunder crush Golden Bears

By Brian Bowman

Another game, another win for the Interlake Thunder varsity football team.

The Thunder doubled the last-place Golden Bears 52-26 last Friday in Virden.

"It was the best effort that we got from our defence this year," said Thunder head coach Mitch Obach. "We had a couple of special teams breakdowns that resulted in two touchdowns. Other than that, our defence held pretty well and our offence continues to put up in the neighbourhood of 50 points every week."

It was a great road win for the Thunder.

"We had that nice home stretch and the last losses we did have were on the road. It was nice to go on the road and pick up that win. There are no easy road games, travel-wise for us and the way the season has been in the league, the parity is really good. There's no easy football games."

The Thunder (4-2) will wrap up their regular season on Thursday with a home game against the Swan Valley Tigers (4-2) in Stonewall. Kickoff is 4:30 p.m.

U18 AAA male Lightning blasted by Brandon

The Interlake Lightning U18 AAA male hockey team didn't have much fun in Brandon last weekend.

Interlake wrapped up the weekend with a 11-5 loss to the Wheat Kings on Sunday afternoon.

Brandon scored seven second-period goals in the lopsided win.

Lightning goals were scored by Kai Smith (two), Aiden Miller, Blake Farthing and Gavin Holod.

Brady Turko (two), Kaeson Fisher, Keenan Skrupa, Jaxon Jacobson, Dustin Bell, Cole Temple, Colten Worthington, Dylan Schrader, Luke Lepper and Kylar Ramsay replied for Brandon. On Saturday, Interlake was edged 2-1 in overtime by Brandon.

Worthington scored the game winner in OT. Interlake's Noah Oughton tied the score at 15:22 of the third period.

Temple gave the Wheat Kings a 1-0 lead at 19:38 of the middle frame.

Alex Myers made 46 saves in the losing cause. Last Wednesday, Interlake lost 5-2 to the Eastman Selects in Teulon.

Darian Sinclair and Oughton scored third-pe-

riod goals for Interlake.

Eastman goals were tallied by Mason Hooper (two), Braden Berube, Colton Pakoo and Luke DeGagne.

The Lightning,, now 2-5, will play the Winnipeg Thrashers on Wednesday (7:30 p.m.) at the Gateway Recreation Centre. Interlake will then host the Southwest Cougars on Saturday (7:30 p.m.) and Sunday (1 p.m.).



What's You'v story?

We want to hear from you.

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

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



Sportste > OUTSIDE > UPSIDE DOWN

Jets beat Transcona, lose to St. Boniface

Staff

The Stonewall Jets had mixed results last weekend.

Stonewall split a pair of games after losing 6-1 to the St. Boniface Riels on Sunday afternoon.

Matthew Smith scored Stonewall's goal midway in the third period.

The Riels, which held period leads of 1-0 and 4-0, had a hat trick from Connor Davis and singles by Noah Miller, Parker White and Cole Davis.

On Friday, the Jets defeated the Transcona Railer Express 4-3 in Stonewall.

Raf Padua scored the game winner in OT.

The Jets' Peyton Bateman had tied

the score at 3-3 with a power-play goal at 17:45 of the third period.

Stonewall's other goals were scored by Bateman and Cole Emberly, on the power play.

Mattie Boonstra, Carter Johannesson and Evan Chudley (with the man advantage) replied for Transcona.

Zach Meadows made 43 saves for the win.

The Jets, now 2-3, played the St. Vital Victorias this past Tuesday but no score was available. Stonewall will host the Ft. Garry/Ft. Rouge Twins on Friday (8 p.m.) and then visit the Raiders Jr. Hockey Club on Sunday (2 p.m.).



TRIBUNE PHOTO BY LANA MEIER

The Jets' Peyton Bateman scored 2 goals in Stonewall's 4-3 overtime win against Transcona Friday night. He now leads his team in points with goals and 3 assists.

Tournament champions



TRIBUNE PHOTO SUBMITTED

The Stonewall Collegiate Rams won a junior varsity girls' volleyball tournament last weekend in Warren. Stonewall defeated Warren Collegiate 2-0 by scores of 25-7 and 28-26 in the final. Pictured back row, left to right: Kenzie Porter, Ella Fumerton, Rhea Myers, Adria Vandersteen, Ruby Harrisko, Natasha Schultz and Shannon Bodnarus. Front row, left to right: Morgan Walker, Lucy Hoff, Sydney Medeiros, Alycia Galbraith, Jordan Hudon, Kamryn Hunnam and Kassie Siwak.

U18 AAA female Lightning have strong weekend

Staf

The Interlake Lightning split a pair of close Manitoba Female Hockey League U18 AAA games last weekend.

On Saturday, Interlake defeated the Westman Wildcats 2-1 in Hartney.

Camryn Falloon scored twice for the Lightning while Kelsey Huibers replied for the Wildcats.

Goaltender Rachel Halldorson was

brilliant in goal for Interlake, making 41 saves.

Sunday saw Interlake lose 2-1 in a shootout to the Yellowhead Chiefs in Shoal Lake.

Fallon scored for the Lightning while Hannah Reagh replied for the Chiefs.

The Lightning, currently in fourth place in the eight-team league with six points, will host the Winnipeg Ice on Saturday at 8 p.m. in Stonewall.



Stonewall

UPCOMING GAMES

Friday, October 21
Ft. Garry/Ft. Rouge Twins at Jets
8 p.m. VMSC

Sunday, October 23
Jets at Raiders Jr. Hockey Club
2 p.m. Seven Oaks Sportsplex

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Call Dennis at 204-745-2076 or drop in at 215 Main Street North, Carman, MB

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THE RURAL MUNICIPALITY OF ROCKWOOD **EMPLOYMENT OPPORTUNITY**

REQUEST FOR PROPOSAL

The Rural Municipality of Rockwood is seeking a Request for Proposal for Building Custodian / Janitorial Services at the Administration Office, 285 Main Street, Stonewall for a two-year contract commencing January 1, 2023.

The Custodian / Janitor will be responsible for a variety of duties relating to the day-to-day custodial requirements for an Office Building.

Proposals should be marked "Request for Proposal for Custodian / Janitorial Employment at the RM of Rockwood **Administration Office**".

Forward proposals, no later than 4:00 p.m. on November 1, 2022, to:

Attention: Chris Luellman, CAO The Rural Municipality of Rockwood

285 Main Street, Box 902, Stonewall, MB, R0C 2Z0

Telephone: 204-467-2272 Fax: 204-467-5329 Email: info@rockwood.ca

Thank You to all Applicants for your interest, however, only candidates selected for interviews will be contacted.

Chris Luellman, CAO

The Rural Municipality of Rockwood

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Call Dennis at 204-745-2076 or drop in at 215 Main Street North, Carman, MB

Classified and Notice booking deadline is Monday at 4 p.m. prior to Thursday's publication.

Call 204-467-5836



NOTICE OF ELECTION

Notice is hereby given that a vote of the Town of Teulon will be taken to elect a Mayor, and 4 councillors from the following duly nominated candidates:

For the office of Mayor: LEDARNEY, MICHAEL CAMPBELL, TODD

PAZDZIERSKI, ANNA

For the offices of **Councillor**:

RENNICKS, DONALD J. HODGKINSON, TED BRADY, MATT ANSELL, KIRT NISHIBATA, ROBIN

BRADY, ASHLEY DUPONT, SHANNON HEPPLES, MICHAEL MANKEWICH, BARBARA

VOTING PLACES

Voting places will be open for voting on Wednesday, the 26th day of October, 2022 between 8:00 a.m. and 8:00 p.m. at the Teulon Rockwood Centennial Centre, 14 Main Street in Teulon, Mb.

IDENTIFICATION MAY BE REQUIRED BEFORE BEING ALLOWED TO VOTE. A person may be required to produce one piece of government issued photo identification (for example driver's license or passport) or at least two other documents that provide proof of identity.

ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on election day, an advance voting opportunity will be located at the Teulon - Rockwood Centennial Centre, 14 Main Street in Teulon and will be open during each of the following days: October 15th, 2022 between the hours of 8:00 a.m. and 8:00 p.m.

MOBILE VOTING

For the purpose of accommodating persons who are qualified to vote, but reside at a health care facility, a mobile station will be set up at the following health care facilities on election day: 1. Teulon-Hunter Memorial Hospital,

162-3rd Avenue, S.E. Teulon, Mb. 10:00 a.m. to 12:00 p.m. 2. Teulon Goodwin Lodge,

162-3rd Avenue, S.E. Teulon, Mb. 1:00 p.m. to 3:00 p.m.

Only residents of these facilities may vote at these polls.

APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply in person, in writing or by email to the senior election official at the Town of Teulon Civic Centre, # 44-Fourth Avenue, S.E. Teulon; P.O. Box 69, Teulon, Mb. ROC3B0; or municipalsolutions@mts.net.

If applying in person*, a voter may apply between September 28, 2022 and October 21, 2022.

*A voter applying in person may pick up a sealed envelope ballot package at the time of application

If applying by mail or email**, a voter may apply between September 28, 2022 and October 23, 2022.

** A voter applying by mail or email will receive a sealed envelope ballot package by regular post, or by making alternative arrangements with the senior election official.

Roger A. Bouvier Senior Election Official Town of Teulon 1-204-792-0849 municipalsolutions@mts.net

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Prairie Rose School Division RECRUITMENT FOR WARD 2 AND WARD 8 TRUSTEES

Prairie Rose School Division (PRSD) invites interested community members to submit their name for consideration by the newly elected Board of Trustees to fill the vacant Ward 2 and Ward 8 trustee positions. Ward 2 encompasses the Roland/Homewood/Sperling area and Ward 8 encompasses the St. Laurent/St. Ambroise area.

In order to qualify as a candidate for the school board, a person must be:

- A Canadian citizen,
- At least 18 years of age,
- A resident of the Division for at least 6 months,
- Not subject to disqualification under The Public Schools Act (Sec. 22(1) PSA)

Trustee candidates must be a resident of the Prairie Rose School Division but not necessarily of Ward 2 or Ward 8.

Recommended qualifications for a school trustee includes:

- Experience as a school trustee, community board member, PAC member,
- Participation as a volunteer in the school or community,
- Experience in the areas such as governance, finance, and strategic planning

Trustees attend scheduled Monday meetings twice a month from 5 PM to 8:30 PM at the PRSD Administration Office. Trustees are also expected to attend additional meetings or events such as budget meetings, ad-hoc committee meetings, and upon invitation, PAC meetings, graduation ceremonies, and special school and/or divisional events.

Visit the PRSD website, www.prsdmb.ca, for more information including:

- Ward Map
- Board Meeting Schedule
- Decision Making Matrix
- Policy #3 Role of the School Board
- Policy #8 Board and Superintendent/CEO Relationship

Please submit your name, contact information, and a letter identifying your reason for applying to the following by 12:00 p.m., Friday, October 28, 2022 to:

Prairie Rose School Division
Terry M.J. Osiowy, Superintendent/CEO
Box 1510, 45 Main Street South, Carman, MB R0G 0J0
Fax: 204-745-3699, email: prsd@prsdmb.ca

Interlake School Division Recruitment for Ward 2 Trustee

Interlake School Division (ISD) invites interested community members to submit their name for consideration by the newly elected Board of Trustees to fill the vacant Ward 2 trustee position. Ward 2 encompasses the Balmoral/Argyle/Stonewall areas of the Interlake School Division.

In order to qualify as a candidate for the school board, a person must be:

- A Canadian Citizen
- At least 18 years of age
- A resident of the Division for at least 6 months
- Not subject to disqualification under the Public Schools Act (Sec. 22(1) PSA)

Trustee candidates must be a resident of the Interlake School Division (ISD) but not necessarily of Ward 2. Trustee candidates will be required to collect 25 nomination signatures from residents of Ward 2. (Nomination forms are available for pick up at the ISD Administration Office)

Recommended qualifications for a school board trustee include:

- Experience as a school trustee, community board member, PAC member
- Participation as a volunteer in the school or community
- Experience in areas such as governance, finance and strategic planning

Trustees attend scheduled Monday meetings twice per month from September to June, from approximately 5:30pm to 9:00pm at the ISD Administration Office in Stonewall. Trustees are also expected to attend additional meetings or events such as budget meetings, committee meetings and upon invitation, PAC meetings, graduation ceremonies, and special school and/or divisional events.

Visit the ISD website, www.interlakesd.ca, for more information including:

- Ward map
- Board meeting schedule
- Board Governance Policies, as listed among others:
 - Policy 2 Governance Policy
 Policy 4 Role of the Board
 - Policy 4 Role of the Board
 Policy 5 Board Operations
 - Policy 8 Trustee Code of Conduct

Please submit your name, contact information, a letter outlining why you should be selected as a school board trustee for Interlake School Division, as well as your 25 nomination signatures, to the following address no later than 12:00pm on Friday, November 4, 2022.

Interlake School Division, Senior Elections Officer 192 2nd Ave North, Stonewall, MB ROC 2Z0 isd@isd21.mb.ca

The ISD Board of Trustees will undertake a selection process with a target to fill the vacant seat by the end of November 2022.

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IN MEMORIAM



Craig Allan Ross August 27, 1946 - October 26, 2021 To hear your voice, to see your smile; To sit and talk with you a while. To be together in the same old way, Would be our dearest wish today. No one knows the sorrow we share, When the family meets and you're not there. We hold you close within our hearts, And there you will remain; To walk with us throughout our lives, Until we meet again.

-Forever loved, Ken, Audrey and family, Munro, Iris and family

IN MEMORIAM

Lynn Langrell January 24, 1956 - October 21, 2011 Though your smile is gone forever, And your hand we cannot touch: Still we have so many memories, Of the one we loved so much. Your memory is our keepsake. With which we'll never part; God has you in his keeping. And we have you in our hearts. -Love always Harold and family!

IN MEMORIAN



Ethan Boyer February 1, 2000 to October 25, 2019 We didn't know that morning God was going to call Your name... In life we Loved you dearly In death we do the same It broke our hearts to lose You You didn't go alone For part of us went with You The day God called Your name You left us Beautiful memories Your Love is still our guide And though we cannot see You Your always by Our side Our Family chain is broken And nothing seems the same But as God calls us one by one Our chain will link again

-Love and Miss You Mom. Reid. Dad and Critters

N MEMORIAM



Judy Atchison Our lives go on without you, But nothing is the same; We have to hide our heartbreaks, When someone speaks your name. Sad are the hearts that love you, Silent the tears that fall; Living our lives without you, Is this hardest part of all. You did so many things for us, Your heart was kind and true; And when we needed to talk to someone, We could always count on you. The special years will not return, When we were all together; But with the love within our hearts, You will walk with us forever.

-Love your family

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IN MEMORIAM

In Loving Memory of our Dad and Pop John Klimpke

who passed away October 22, 2022 You were always there when we needed you, No task too great or small; With a loving heart and a willing hand, For us you did them all. Thank you for the years you gave us, And for the precious times we shared; We only pray that when you left us, You know how much we cared. We hold you close within our hearts, And there you will remain; To walk with us throughout our lives, Until we meet again.

Your memory will live forever

Engraved within our hearts

-Sadly missed and always loved, Barb and George, Tim and Christie and Keith, Furbuddies Milo and Lily

IN MEMORIAM



Sophia Klimpke June 17, 1924 -October 22, 2020

John Klimpke April 13, 1926 -December 4, 2021

When someone you love becomes a "memory", that memory becomes a "treasure".

-Forever loved always, Ken, Audrey and family

OBITUARY



Robert Lynn Salkeld February 19, 1947 - October 8, 2022

Peacefully at home, with family by his side, Robert Lynn Salkeld passed away at the age of 75 on October 8, 2022.

Predeceased by his father, Leland "Bud" Salkeld in 1986; his mother Henrietta Salkeld in 2001; and his furbaby, Murray in 2022; Robert will be lovingly remembered by his beloved partner of 42 years, Ann Petricig; children Robin (Jim Waldner), Jaret (Kim), Tony (Linda Wolfe), Michael (Megan), Lisa (Ryan Danylchuk); grandchildren Taylor, Ryan, Brianna, Tyra, Aliyah, Myles, Colby, Payton, Brooklyn and Jayce; sister Elaine (Ron Murray); brother Donald; nieces and nephews Delaine Figur, Mike (Gwen) Murray, Robbie (Janet) Murray, Michelle Salkeld and Darren (Rhonda) Salkeld; many great-nieces, great-nephews and treasured friends; cherished canine companion, Holly.

 ${\bf Robert\ was\ born\ in\ Winnipeg\ in\ 1947, later\ moving\ to\ Stonewall.\ As\ a\ teenage\ boy\ he\ developed}$ a passion for cars. He would drive around with his arm on the back of the passenger seat and stick the petal to the metal. He also found a love of collectables and acquired many treasures throughout his life.

As a young man, Robert started his first business, Salkeld Goose Hatchery; he also owned and operated Pattersons Sewage, which his son Jaret still operates today. Robert worked alongside his brother Donald for years at Northern Goose Processors in Teulon. It was there he met Ann and the second chapter of his life began. Robert went on to work for Boeing of Canada where he became an Industrial Mechanic and Union representative. In 2005, Robert joined Ann for a new adventure. The couple started Annrob Trucking, where they drove together as a team until retiring in 2015. Robert always had a strong work ethic and taught his kids 'if you want something, you

In 1990, the family moved from Teulon to Stony Mountain, where Robert and his boys built the shop. Robert spent countless hours in the shop working on his cars and tinkering, two of his favourite things to do. A few years later, the couple bought the family cottage in Petersfield, and for 24 years they celebrated many birthdays, holidays and long weekends together. They went on to tear down the original cottage and build their retirement home in its place.

Twenty-five years ago Robert was blessed when he become a Papa. He loved spending time with his grandkids and always took the time to teach them what he knew. He loved them all dearly.

Robert enjoyed traveling and always looked forward to winter trips with his family and friends. This led him and Ann to a vacation home in Texas where they spent the winter months enjoying the heat and visiting Mexico. In Texas it was always, as Alan Jackson and Jimmy Buffet so perfectly put: 5 o'clock somewhere.

Robert liked to keep up with friends from every stage of his life. He made sure everyone knew his door was always open, and he was up for company and good times.

The family would like to send special thank you to Kim Hanson for all of her help with Robert's health and support over the years. Thank you to all of Robert's doctors. We would also like to thank Joan English and Danielle Gagnon.

A celebration of life will be held in summer 2023.

Flowers gratefully declined. If friends so desire, a donation in Robert's name to a charity of your choice would be gratefully appreciated.





Announcements Tribune



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OBITUARY

Daniel James Shupenia April 26, 1935 - October 12, 2022

Dan Shupenia passed away the morning of October 12, 2022 while in Innisfail Hospital at the age of 87 years young. He is sadly missed by his wife of 65 years, Joyce; children Karen (Tim), Kevin (Kim), daughter-in-law Nicola, and "adopted" daughter Annie Mae (Bill); Also, his brothers Mike (Rosalie) and Eddie, his sister-in-law Winona and brother-in-law Ron, numerous nieces, nephews and cousins. Dan was predeceased by his son Ken, and his brothers Bill, Alec, George and sister Rosie.

Dan was born on the farm in Manitoba, the second child of seven and grew up in the Komarno farming community. He finished high school in Teulon Manitoba and began teaching in a one room school that September. After a year teaching, Dan worked as a stock controller at Fleming Pedlar in Winnipeg. In 1961 Dan began

working at Stony Mountain Penitentiary and moved the family to Stonewall Manitoba. In 1967, he transferred to the new Drumheller Institution in Alberta where he worked until 1982. Moving to Innisfail Alberta. Dan transferred to Bowden Institution where he worked until his retirement from Correctional Services of Canada in 1991. The Medal of Exemplary Service was awarded to Dan in 1985 for his devotion to Correction Services.

Dan was an active volunteer. He was a member of the Lions Club, Crime Stoppers and Victims Services. He also participated in school band Booster Clubs, Scouting and Sea Cadets. Dan began driving ambulance in the 1970's, earning his EMT certification from SAIT in 1979. He continued to work with ambulance services for many years in both Drumheller and Innisfail.

Dan's interests included camping, snowmobiling, cooking, woodworking, building houses, gardening, car shopping and fixing things. He was an avid coffee visitor and was the tea butler for the "Sweet and Sours" barbershop group that rehearsed in their home. Family and friends were very important to Dan. He would be the first to lend a helping hand.

We would like to thank our many friends, neighbours and family for their help and support during this time. Special thanks to the staffs at Innisfail Health Center, Home Care and Heartland Funeral Services. Services celebrating Dan's life will take place at the Innisfail United Church (4720 48 Avenue, Innisfail, AB T4G 1N6) at 2:00 pm on Thursday, October 20th.

OBITUARY

Gilbert Dupont 1945 - 2022

Suddenly on October 8, Gilbert passed away with Diane by his

Left to mourn, his partner Diane, daughters Michelle (Pat), Crystal (Ian); his brother Henry (Jo-Ann) sister Rose (Bert); sisterin-law Carol; brother-in-law Paul. Gilbert was predeceased by his wife Lynne (nee Riley) in 1987.

As per his wishes' there will be no service.



204-886-0404

OBITUARY

Shannon Lee Sherlock (Nelson) 1973 - 2022

Shannon passed away peacefully on Wednesday, October 12, 2022 with her loving family by her side.

As per Shannon's wishes, a graveside service for family was held at 2:00 PM Tuesday, October 18, 2022 at Windsor Cemetery.

If desired, donations can be made to a charity of one's choice.



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