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TRIBUNE PHOTO BY MATTHIEU MEIER
Kobe Davies was having fun in the freshly fallen snow at his buddies north of Stonewall Sunday morning. Temperatures dipped to -7 degrees Celsius last week, which was below the average October temperature of 0 degrees C.

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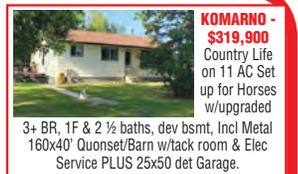


Claudette's Real Estate Tip of the Week

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Beekeeping industry to benefit from government funds

By Jennifer McFee

It's creating quite a buzz that the provincial and federal governments plan to invest in Manitoba's beekeeping industry.

More than \$210,000 from the Canadian Agricultural Partnership will go toward monitoring and improving the health of bee colonies. Announced last week, the initiative aims to support long-term sustainability of commercial and hobby beekeepers.

These funds will support the Manitoba Beekeepers' Association to establish its new Knowledge Research Transfer Program, which will provide beekeepers with better risk management tools, as well as techniques to improve efficiency and increase production.

The program will also develop a bee health monitoring service, establish stronger connections to veterinarians to manage bee health risks associated with bacterial diseases, and identify best management practices to help reduce annual winter losses and share



TRIBUNE PHOTO BY JO-ANNE PROCTER

Grysiuk Queen Bee Honey is available for purchase at Grande Bazaar in Stonewall.

information with beekeepers through training sessions.

Manitoba is a hub of industry activity with 900 beekeepers and 120,000

colonies that are responsible for \$40 million in honey production each year. These bee colonies also produce about \$120 million in added value to crops that benefit from honey bee pollination.

Cal and Alison Grysiuk operate a commercial apiary in Argyle with 2,000 hives. Cal grew up learning about beekeeping on his parents' hobby farm and now has more than 30 years of experience in the industry.

"In the past few years, there has been a lot of discussion regarding problems that our bee population is facing worldwide with CCD (collapsed colony disorder). We are also seeing a huge shift with people wanting to purchase and support local business, especially now with the current pandemic happening," said Alison, adding that she's not a beekeeper but is lucky to be married to one.

"Having more invested in practices and education to support the health of our Manitoba honey bees will, in turn, help with crop production for various farmers in the agriculture industry. Honey bees support and pollinate so many vital food sources, and if we can ensure their health is protected, we can reap the benefits provincially."

Their business Grysiuk Queen Bee

Honey produces a variety of honey that is mainly sold commercially to both domestic and international customers.

"It's a business that is very busy with many elements that are time sensitive and crucial for both bee health and honey production. The full-time job is crammed into roughly seven to eight months, and you have variables that you can't control like Mother Nature," Alison said.

"Weather has a huge factor on honey production, and time management is also an important part of beekeeping."

Each season comes with different challenges and changing work-related tasks.

"You have work that is important in the moment but also have to prepare for what is coming — healthy hives become strong hives, which affects the honey production," Alison said.

"It is definitely a diverse job and, while seasonal, it is long hours during the operating season March through October."

They Grysiuks are currently preparing to sell their products at the Third + Bird Christmas Market on Oct. 23, 24 and 25 at the Red River Exhibition Park.

"A portion of our honey is sold locally, and we sell at various farmers markets like Pine Ridge Hollow and in Kenora at the Miatowski Farmers markets during the summer season. I am usually busy with various shows throughout the holiday season, but it is shaping up to be a different year — rightfully so with the current pandemic we are experiencing," Alison said.

"We have wonderful supportive customers who we appreciate so much. It has still been busy doing a lot of sales direct based with contactless pickup from our Winnipeg location. The Grande Bazaar in Stonewall is a local business that sells some of our products."

For more information about Grysiuk Queen Bee Honey, visit their Facebook page or email grysiukqueenbee-honey@gmail.com.

October birthday celebration



TRIBUNE PHOTO SUBMITTED

A small gathering to celebrate October birthdays took place at Crocus Manor in Stonewall last Thursday. A luncheon and birthday cakes were served to mark the occasion. Pictured left to right, Bernice Ford (72), Mike Hudgson (82) and Sharon Woods (77).

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Local music duo releases new single despite tour being postponed

By Sydney Lockhart

Local band Two Crows for Comfort released a new single for the first time since their debut album in 2018.

On Oct. 15, Erin Corbin and Cory Sulyma of Two Crows for Comfort released their new single titled "Sheet Ghosts," a song about a Halloween night they experienced years ago in Richmond, Va.

"It went from one of our least favourite songs to probably our favourite," said Sulyma. "The song was supposed to be a totally different, stripped down. It kind of transformed into this much bigger thing."

Sulyma said they sent the song to other musicians they knew who added on their own instrumental lines. The song went from a simple vocal acoustic arrangement to including drums, multiple guitars, bass and violin.

The single is the first release from their next 10-song album.

"We got the CDs in the mail today [Friday] and it's killing us to not say 'Hey, people, come get one'."

The album does not yet have a release date due to the COVID-19 pandemic, which also cancelled their seven-month U.S. tour they had planned for this year.

"We've toyed with the idea of physically releasing the album before 2021

but then there won't be a release party and it's harder to hype it up," said Sulyma. "We're torn between letting it go before Christmas or letting it go in the spring and seeing how things are."

Corbin and Sulyma had planned on quitting their jobs to live in an RV and travel across the United States this year to tour, but when the pandemic hit North America, they knew that their plans were going to be put off.

"If we have to push it back a year or two or even three, we will," said Sulyma.

The duo is determined to reschedule their tour at another time.

"The day we were supposed to hit the road and leave Stonewall was a weird day. We had plans to cut ties with our everyday life and hit the road. Start playing music every day and take the jump," he said.

The single's cover art is a photograph taken by local photographer Georgia Fox; the photo is of the duo standing in a field in sheet ghost costumes.

The "ghost photo shoot" is a popular challenge that is currently circulating on the video app TicTok, where friends take photos together with sheets over their head to look like ghosts.

"I hate social media; we use it because we have to. I had no clue it was a Tic Tok challenge," said Sulyma. "The photos ended up looking super cool,



TRIBUNE PHOTO BY GEORGIA FOX

Erin Corbin and Cory Sulyma of Two Crows for Comfort released their new single "Sheet Ghosts" on Oct. 15.

though, so we rolled with it."

This winter, Two Crows for Comfort plans on writing more songs and recording more demos.

"We're going to keep the momentum going," said Sulyma.

The second single off the album is lined up, and a possible third single is being discussed.

To keep updated on new music or shows, follow Two Crows for Comfort on Facebook or Instagram.

Two Crows for Comfort is playing at the Trans Canada Brewing Company in Winnipeg on Oct. 30. Their music can be found on iTunes, Apple Music and Spotify.

Interlake-Eastern Regional Health paramedics to Offer Palliative Approach to Emergency Care

Submitted by IERHA

Shared Health paramedics trained in best practice principles of palliative care will complement Interlake-Eastern RHA's palliative care program with a new, collaborative approach to emergency care.

Beginning Oct. 19, paramedics responding to 911 calls from registered clients in Interlake-Eastern RHA's palliative care program will provide emergency care at home using a palliative approach to care.

"By providing paramedics with enhanced skills in the delivery of care using a palliative approach, Manitobans in the Interlake-Eastern health region will now be able to receive palliative care and comfort closer to home in emergency situations," said Minister of Health, Seniors, and Active Living Cameron Friesen.

"This is a new model of care for palliative clients who choose to remain at home with assurance that support is available in the event of an emergency."

This service is currently only available to clients registered with Interlake-Eastern RHA's palliative care program. It is a result of collaboration with and funding from two federal partners: the Canadian Foundation for Healthcare Improvement (CFHI) and the Canadian Partnership Against Cancer (the Partnership), through their Paramedics and Palliative Care: Bringing Vital Services to Canadians program.

Interlake-Eastern RHA, in conjunction with the Paramedic Association of Manitoba (PAM), was one of seven health-care service delivery organizations across Canada to be given the opportunity to spread this service outside of previous implementation areas of Nova Scotia, Prince

Edward Island and Alberta. This service is part of the national organizations' ongoing efforts to expand the accessibility of palliative and end of life care in clients' homes and reduce unwanted transfers to hospitals in accordance with people's preferences. These federal partners are investing more than \$700,000 in Interlake-Eastern RHA and providing additional support to expand the region's existing palliative care service.

The enhanced service strives to address gaps in care that clients of the RHA's palliative care program have been experiencing when their regular care team is not available. In total, 235 active full-time Shared Health paramedics who deliver care in Interlake-Eastern RHA have been trained in Pallium Canada's Learning Es-

sential Approaches to Palliative Care (LEAP) course that is tailored to address the specific training needs of paramedics. Training focuses on a palliative approach to care that includes managing symptoms and pain, and how to engage clients and family members in conversations about care preferences.

This enhanced service sees clients of the palliative care program receive in home materials that guide them on how to identify to emergency medical service dispatchers that they are registered with the IERHA palliative care when they call 911. This ensures paramedics can quickly access people's care plans that outline their wishes for care. For inquiries regarding the region's palliative care program, please contact 204-785-7756.

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Supporting Manitoba's cattle producers impacted by the pandemic

Submitted by Agriculture and Agri-Food Canada

The Honourable Marie Claude Bibeau, Minister of Agriculture and Agri-Food and Manitoba Minister of Agriculture and Resource Development, Blaine Pedersen, on Oct. 15 announced the launch of the 2020 Canada-Manitoba Finished Cattle Feed Assistance Program, which will provide up to \$2.5 million in direct support to Manitoba cattle producers impacted by the pandemic.

The 2020 Canada-Manitoba Finished Cattle Feed Assistance Program will provide owners of finished cattle \$1.20 per day per animal to help offset costs to feed animals beyond their expected marketing dates, due to slaughter plant closures and operational reductions resulting from COVID-19 outbreaks, or disease control measures.

"COVID-19 forced a bottleneck in our processing plants and a backup in demand that caused stress and added costs on our cattle producers. Our government acted swiftly to announce supports such as the Emergency Processing Fund and national AgriRecovery initiatives that have helped our producers to continue to supply their

top quality products to Canadians. With today's announcement, our government is directly helping Manitoba cattle producers with added costs they faced during this unprecedented time," said Bibeau.

Cattle producers can now apply for support, the deadline for application is Dec. 1, 2020. The program will cover eligible extraordinary costs incurred between April 15, 2020, and Aug. 31, 2020.

Funding for the program is provided by the Government of Canada. The province of Manitoba will administer program applications and payments to producers.

The funding is provided through AgriRecovery, a federal-provincial-territorial disaster relief framework to help producers faced with the extraordinary costs associated with recovering from disasters.

Last May, the Government of Canada announced the launch of national AgriRecovery initiatives of up to \$100 million in assistance for extraordinary costs of managing livestock backed up on farms (pork and cattle), due to the temporary closure of food processing plants affected by COVID-19.

Extraordinarily for the 2020-21 fis-



TRIBUNE PHOTO BY BONNIE MCRAE

Cattle farmers are now able to receive funding under the 2020 Canada-Manitoba Finished Cattle Feed Assistance Program announced on Oct. 15.

cal year, the federal government announced it will provide the federal share of funding without requiring provincial contributions and will cov-

er 90 per cent of eligible extraordinary costs, up from 70 per cent.

IERHA preps for flu season

'Heightened importance for immunization'

By Evan Matthews

As people continue to construct their own COVID defence mechanisms, the Interlake-Eastern Regional Health Authority is cautioning people from letting their guard down to other common illness.

This year may be more important than ever for people to get an annual flu shot, according to the IERHA, as the organization is emphasizing its efforts to help avoid what it is calling a "twindemic."

"There will be larger numbers of people becoming ill with influenza, while the coronavirus is (still) circulating at the same time," said a press release from the IERHA.

"While the seasonal flu shot won't protect you from COVID-19, getting immunized is still important. Since everyone who is experiencing flu-like symptoms should be tested for COVID-19, the less people that have the flu, the better," the press release reads.

As has been the narrative since March, the flu shot is just one more proactive tool in Manitoba's public health arsenal to avoid an increased demand for COVID-19 testing, as well as on the health-care system.

The other proactive public health pillars include frequent hand washing and hygiene, avoiding

touching one's face, social distancing, and wearing a mask in situations where social distancing is not possible.

Changes to 2020 flu shot procedure

To avoid congestion and high demand for a flu shot, the IERHA said this year residents are being asked to book an appointment.

Appointments can be booked by calling 1-877-979-9355 between 8:30 a.m. and 6 p.m., seven days a week in October, or between 8:30 a.m. and 4:30 p.m. Monday to Friday in November.

The IERHA is asking residents when booking a flu shot this year to please note:

- Only limited walk-ins are available this year. Call 1-877-979-9355 to book an appointment;
- Some flu clinic locations may have changed due to COVID-19. Please check online listings at www.is.gd/fluclinics;
- You must wear a 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 congestion;



FILE PHOTO SUBMITTED

An IERHA nurse delivers a flu shot in 2019.

- Bring your Manitoba Health Card, and wear a short-sleeved shirt.

For more information on this year's flu clinics, residents can visit www.is.gd/fluclinics or find listing of clinics in respective community newspapers the last week of October.

Interlake Breast Cancer Support Group in need of donations

By Sydney Lockhart

The Liliane Baron South Interlake Breast Cancer Support Group cancelled their annual fundraising event due to COVID-19.

Every year, the Liliane Baron South Interlake Breast Cancer Support Group hosts a walk around Teulon with prize draws and a barbecue to raise money for women who are battling breast cancer.

Because of the pandemic restrictions, the 19th annual event cannot take place. However, the group's organizers are hoping to be able to hold the event next year in time for their 20th walk but are still taking donations in the meantime.

"It (the walk) was started by women who had been diagnosed," said volunteer organizer Eileen Wood.

"We normally have monthly meetings and we're a very upbeat group. The women are free to talk about whatever is going on in their life."

Wood has never had breast cancer but chooses to help out because she is close friends with many survivors, including founder Claudette Griffin.

Griffin lost her mom Liliane Baron to breast cancer in 2001.

"We've helped over 50 women and a lot of younger women are now being diagnosed as well," said Wood.

The group helps Interlake breast cancer patients pay for things such as childcare, prosthesis, travel, meals and wigs while going through treatments.

"You don't want to join this group; if you do, it means you have cancer. You join if you need the support," said cancer survivor Lori Mott. "I'm proud to say I'm 50 because at 45, I didn't know if I would."

Mott was diagnosed with breast cancer at the age of 45. One of her friends had heard about the Liliane Baron South Interlake Breast Cancer Support Group and suggested she go.

Mott didn't reach out to the group; she said a part of her didn't want people to know.

"Sometimes when you find out, you don't want to tell anyone because saying it makes it feel real. Claudette reached out to me and told me when the next meeting was and I went," she said.

Mott said she is glad she went to that meeting five years ago because she has been going ever since.

"The ladies all get together and everyone shares their stories and how they dealt with things and different treatments," she said. "Someone from the group will reach out or send a care package or a phone call when they hear someone is diagnosed."

Many women in the group come to the monthly meetings when they are going through treatments, but many also continue to come to the meetings after being cancer-free.

"I still go as much as I can to be there to listen to people because they were such a good group to me," said Mott.

All of the money raised stays within the group and goes to the local ladies who are in need of financial help or support.

Mott says the group is great for giving each other advice.

"I went through 29 radiation treatments and I was burnt really badly. Some of the ladies gave me some tips to help that," she said.

Through tears, Mott said she is very thankful for the friends she has in her life.



TRIBUNE PHOTO SUBMITTED

Lori Mott, left, with her friend Nicole Kowalchuk last year at the Liliane Baron South Interlake Breast Cancer Support Group fundraiser.

"I have amazing friends. One of my friends arranged a ride for me every day, for 29 days of treatments. It was so hard for me. It was incredible that she came to me with that. I'll never be able to repay her," she said.

Most cancer societies take a portion of donations and use them for administration or advertising costs. Mott said the Liliane Baron South Interlake Breast Cancer Support Group gives all their donations directly to Interlake women.

"It could be your sister or your mother or your aunt. No one thinks of it until it affects someone they know," she said.

Mott and her husband own the service station in Inwood and sell sets of pink valve stem covers for \$5. They donate this money back to the support group.

Liliane Baron South Interlake Breast Cancer Support Group is encouraging people to donate and give pledges at this time since October is Breast Cancer Awareness Month.

Their donation numbers have been lower than normal due to the pandemic.

Donations can be dropped off at L.J. Baron Realty located at 62 Main St., Teulon, or mailed to Liliane Baron, South Interlake Breast Cancer Support Group, Box 56, Teulon, MB, R0C 2Z0.

RCMP respond to single-vehicle accident

Staff

On Thursday, Oct. 15 at 7:30 a.m., Stonewall-Headingley RCMP responded to a single-vehicle accident at Winfield Road and Highway 236.

A westbound black Chevy Silverado lost control and went into the south ditch before striking a hydro

pole.

The driver, a 44-year-old man, was treated at the scene and then transported to the hospital for minor injuries.

RCMP continue to investigate, and they believe that alcohol may have been a factor.

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Help put 'community' in community newspaper

By Evan Matthews

Times have been so tough for everyone amidst this global pandemic, and now more than ever, society needs positive stories and the sense our communities care for one another.

This week, we heard an amazing story out of St. Laurent School, in which a community member told a school staff member about a President's Choice grant that gave the school an additional \$5,000 toward its snack program.

If not for the community member coming forward, the school wouldn't have the money.

It's pretty awesome to think about our communities, and the organizations within them, working together in such a way — a way that helps everyone benefit in our communities.

Which leads to this reminder and/or appeal: you, our readers, are the community in community newspaper.

Without you, your stories and your willingness to share them, our papers

would be empty.

We are thankful for the opportunity to share your stories, and we hope you as a reader — as an active community member — are thankful to have them chronicled.

Our newspaper industry has not been immune to this virus, as we've seen other news groups shut their doors for good.

We've been very fortunate to have the local support that we have. Yes, we've seen advertisers and organizations cancel their advertising and events to save their own bottom line, and, yes, we have had to watch our expenses to save our bottom line, but that doesn't change the fact that we still have to report the news. With a little juggling from here to there, we have been able to continue printing and publishing every week.

Things have changed, but one thing we know for sure is the same: there are still stories — positive stories, at that — to be told.

It is worth acknowledging the barriers in acquiring them, in our present time.

Without being in our communities, seeing and engaging with our readers on a daily basis, the stories are not at our fingertips in the way they once were.

Consider this an appeal or an invitation: what is going on in your community, or your life, that makes you proud?

Who is doing good things in your community?

Why do they matter to you? Contact us, share with us, celebrate with us. The social fabric of our communities has seen better days than right now, as connection is hard to come by, but we can and want to help.

Our news group's mission is to connect people through stories, to build stronger communities.

Each and every week, this being another example, we invite you to be a part of that.

Northern Remote numbers continue to rise in Interlake-Eastern region

Submitted

Public health officials advise the 41st and 42nd deaths due to COVID-19 have been reported, a female in her 80s and a male in his 70s, both from the Winnipeg health region and linked to the Heritage Lodge outbreak. These cases were previously announced.

The current five-day COVID-19 test positivity rate is 4.2 per cent and 80 new cases of the virus have been identified as of 9:30 a.m., bringing the total number of cases in Manitoba to 3,382.

Today (Oct. 19) data shows:

- four cases in the Interlake-Eastern health region;
- five cases in the Northern health region;

- six cases in the Prairie Mountain Health region;
- 14 cases in the Southern Health-Santé Sud health region; and
- 51 cases in the Winnipeg health region.

The data also shows:

- 1,743 active cases and 1,597 individuals who have recovered from COVID-19;
- there are 28 people in hospital and six people in intensive care; and
- the number of deaths due to COVID-19 is 42.

The Interlake-Eastern breakdown by districts is as follows: A total of 275 cases, 122 active cases, 152 recovered, three currently in the hospital and one death. Arborg/Riverton, 20; recovered;

Beausejour, 16 recovered; Eriksdale/Ashern, 3 active cases; Fisher/Peguis, 28 active and 14 recovered; Gimli, 1 active case and 1 recovered; Northern Remote, 62 active cases; Pinawa/Lac du Bonnet, 6 recovered; Powerview/Pine Falls, 3 active case and 3 recovered; Selkirk, 2 recovered; Springfield, 4 active cases and 33 recovered; St. Clements, 4 active cases and 2 recovered; St. Laurent, 1 recovered; Stonewall/Teulon, 6 active cases, 29 recovered and 1 death; Unknown District, 4 active cases and 6 recovered; and Winnipeg Beach/St. Andrews, 7 active cases and 19 recovered.

Continued on page 8

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Rockwood council news in brief

By Jennifer McFee

• At the Oct. 14 council meeting, Rockwood council hosted a public hearing about a conditional use request to classify an existing mobile home as a temporary mobile home to allow for the construction of a new principal dwelling on the same site on Road 11E. Currently, the existing 1,600-square-foot mobile home is the only residence on the site and is occupied by the applicants' parents.

The applicants would like to build a new 1,358-square-foot three-bedroom permanent dwelling on their parents' property to assist them as they age. The South Interlake Planning District had no significant concerns with the proposal.

• Another public hearing focused on a conditional use request to classify an existing 1,750-square-foot single-family dwelling on Road 2E as a detached secondary suite, which would allow a new principal 4,557-square-

foot dwelling to be built on the same 40-acre site. The applicant is hoping to keep the smaller residence as a secondary suite for family members to live in. Since the size exceeds the RM's 1,000-square-foot limit for secondary suites, the applicant has also applied for a variance to the maximum floor area.

Due to the size difference of the dwellings, as well as the size of the property, the South Interlake Planning District believes the 1,750-square-foot dwelling could appear and function as a secondary suite dwelling, as long as conditions are met.

• Council also held a public hearing about a request to reduce the minimum front yard requirement to accommodate an existing above-ground pool and attached deck at a property on Road 75N. The applicant said the pool has been in its existing location for 10 years with no issues, so he is requesting to vary the minimum front

yard to 81.6 feet from the required 125 feet. The South Interlake Planning District did not have significant concerns with the request.

• In addition, council hosted a public hearing about a request to vary the minimum site area and width for a proposed lot on Road 9E. The applicants requested a minimum site area of 9.894 acres, down from the required 80 acres and a minimum site width of 58 feet, down from the required 600 feet. The request was made in accordance with the applicants' conditional use approval letter from May 27, 2020. The South Interlake Planning District expressed no concerns with the variance application.

• Council passed second and third readings of a bylaw that authorizes the RM to loan a maximum of \$250,000 to John Q. Public Inc. for the installation of a fibre optic network in the RM of Rockwood. The funds for the loan will come from the community

enhancement reserve. The loan term will end on Dec. 31, 2026. On Dec. 31, 2021, John Q. Public will pay interest to the RM of Rockwood at a rate of 2.5 per cent. Then on Dec. 31 from 2022 to 2026, John Q. Public will make scheduled principal and interest payments to the RM.

• Council gave first reading to several zoning bylaw amendments.

• Council also passed first reading of a code of conduct bylaw for council members.

• Council approved a conditional subdivision request that varies the site area of the proposed lot and residual lot from the required minimum of 80 acres to 5.804 acres and 65 acres. As well, they approved a request to vary the site width from the required 600 feet minimum to 465.32 feet.

• For the Board of Revision, held on Sept. 30, council approved the board orders and make changes to the 2021 assessment roll.



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or call 204-485-1419 for more information.**

Have your say on measures to stop rural crime in Manitoba

The Manitoba government is seeking feedback on proposed measures to combat rural crime and metal theft.

Four legislative initiatives have been proposed based on recently passed legislation in Saskatchewan, Alberta and B.C to reduce rural crime.

- Amendments to The Petty Trespasses Act (PTA)
- Amendments to The Occupiers' Liability Act (OLA)
- Amendments to The Animal Diseases Act (ADA)
- New scrap metal dealer legislation to combat metal theft by bringing transparency and accountability to scrap metal sellers transactions.

Please provide your feedback online at
<https://engagemb.ca> by October 31, 2020

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Anxiety in a time of pandemic

My wife went to the dentist the other day and he told her he was seeing an increase of people coming in with jaw problems. He told her that he believed many of these were being caused by people clenching their teeth and that, he said, is usually as result of stress.

I think we all would agree that we are seeing a tremendous increase in the anxiety level of many people today. A recent survey by Stats Canada had approximately 46,000 Canadians participating in an online questionnaire, "Impacts of COVID-19 on Canadians: Your mental health."

They reported that most (88%) participants said they had experienced at least one symptom of anxiety in the two weeks prior to completing the survey. "Feeling nervous, anxious or on edge" was the most commonly reported symptom (71%), followed by "becoming easily annoyed or irritable" (69%) and "trouble relaxing" (64%).

The other day, I myself received a phone call asking me to participate in a survey on the pandemic, where one of the questions asked related to anxiety. On a scale of 1-5, I was to rate my anxiety level from very low to very high. My response was that it was a 1.

My reason for giving that answer was because of the belief I have in God: that He is sovereign. What I mean by "sovereign" is that He is in total control over all that happens on planet earth. We read of that control in the Book of Psalms in the Bible: "The Lord has established His throne in heaven, and His kingdom rules over all" (Psalm 103:19).

And I believe that that control includes pandemics. For sure, God is not gasping as He looks at what's happening and asking, "What on earth is going on!?" (pun intended.) And He has promised us that He causes all to "work together for good, to them that love God."

So that is why we can we have peace rather than fear in a time of pandemic.

May that reassure you as much as it does me.

Henry Ozirney

SCI responds to COVID-19 case

By Jennifer McFee

The Interlake School Division acted quickly after public health informed a local high school about a confirmed case of COVID-19.

On Oct. 4, Manitoba public health officials advised Stonewall Collegiate Institute that a person with a confirmed case of COVID-19 had been at school on Sept. 28 and 29 during a time when that person might have been infectious. However, public health reported that the infection was not believed to have been acquired at school.

Supt. Margaret Ward said that this is the only confirmed case of COVID-19 linked to the 13 public schools in the Interlake School Division.

"Communication was key during this situation. It was extremely important that information got out to families and staff in a timely fashion," she said.

"Parents/caregivers will be asked often by their schools in the coming weeks and months to ensure their contact information is up to date. Our communication will only be effective if we have accurate contact informa-

tion."

Ward expressed gratitude to Stonewall Collegiate Institute's administrative team, who worked day and night on Sunday, Oct. 4 to inform staff and students about the situation. Students and staff identified by public health as close contacts were notified by email and a phone message that evening.

"We know that we cannot completely eliminate the risk of COVID-19 in our schools. We can, however, do everything possible to mitigate this risk," Ward said.

"In this particular case, everyone involved did exactly what they were supposed to do: heightened cleaning and disinfecting protocols were in place; appropriate physical distancing was being practised; students and staff were wearing masks; people stayed home when they were not feeling well and engaged with Health Links when symptoms presented.

"Once a positive test result was received, public health engaged with the school division to quickly identify close contacts; communication with SCI families and staff was swift; and all involved co-operated with public

health and followed their recommendations. This is what it means to be in this together."

All Manitoba education and public health guidelines are being followed in all of the Interlake School Division schools, she added.

These guidelines include requiring all students and staff to self-screen for symptoms before attending school and insisting that all students and staff stay home if they are not feeling well.

The school division is also promoting and providing opportunity for frequent hand-washing routines, teaching and reinforcing proper sneeze and cough etiquette, and practising physical distancing.

Other safety measures include cohorting to reduce the mixing of students, providing increased cleaning and disinfecting, particularly of high-touch surfaces, and encouraging connection with Health Links for anyone experiencing symptoms.

In addition, masks must be worn by the bus driver and all students on buses, as well as by all staff and students in grades 4 to 12.

> NORTHERN REMOTE, FROM PG. 6

Laboratory testing numbers show 1,677 tests were completed yesterday, bringing the total number of lab tests completed since early February to 226,594. Case investigations continue and if a public health risk is identified, the public will be notified.

Possible exposure locations are listed online by region at the province's #RestartMB Pandemic Response System webpage. For up-to-date information on possible public exposures to COVID-19 in regions, visit www.gov.mb.ca/covid19/updates/flights.html#event and click on your region.

With the growing number of cases in the Winnipeg Metropolitan Region, the province is introducing targeted measures under the Restricted (orange) level of the #RestartMB Pandemic Response System to reduce community spread of the virus by reducing close, prolonged contact between people. These measures came into effect Monday and will be in place for a minimum of two weeks. For more information, visit <https://manitoba.ca/covid19/restartmb/prs/winnipeg/index.html>.

The chief provincial public health officer strongly encourages Manitobans to reduce the number of close contacts outside their household and avoid closed-in or

crowded spaces. In addition, they should focus on these fundamentals to help stop the spread of COVID-19:

- Stay home if you are sick.
- Wash/sanitize your hands and cover your cough.
- Physically distance when you are with people outside your household.
- If you cannot physically distance, wear a mask to help reduce the risk to others or as required by public health orders.

Unless recommended by public health officials, only individuals experiencing COVID-19 symptoms should go for testing. Individuals with symptoms are asked to seek testing as soon as possible once symptoms are present. Employers are asked to only send employees for testing if they have symptoms or if testing has been recommended by public health officials.

The online assessment tool can be found at <https://sharedhealthmb.ca/covid19/screening-tool/> and COVID-19 symptoms can be found at www.gov.mb.ca/covid19/updates/about.html#collapse4.

For up-to-date information on COVID-19 in Manitoba, visit www.manitoba.ca/COVID19.

For up-to-date information on the #RestartMB Pandemic Response System, visit <https://manitoba.ca/covid19/restartmb/prs/index.html>.

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Warren Business Park update; lots still available

By Evan Matthews

With construction in the Warren Business Park creating a commotion, residents have asked for an update.

Two businesses are simultaneously constructing new buildings, according to RM of Woodlands Reeve Lori Schellekens. One business she could not disclose but the other is the Warren Food Mart, which will move just up the road.

"We've sold more lots, and more businesses are being built. We can't disclose everything being built, as it's not our right to do so," said Schellekens.

There are only three of the original 13 lots remaining for sale in the industrial park through the Woodlands Community Development Corporation, she added.

There is at least one lot for sale privately, according to Schellekens.

"It's been a long and arduous process. ... The business park pre-dates my time on the Community Development Corporation and has spanned multiple councils," she said.

The original subdivision plan was registered by council in January 2010, meaning the park has taken 10 years to

plan and construct to this point.

"We're looking forward to wrapping it all up," she said.

Some of the current companies to call the park home, according to Woodlands administration, include Co-op, Store It and Ignore It, Northern Terrain and the Warren Food Mart.

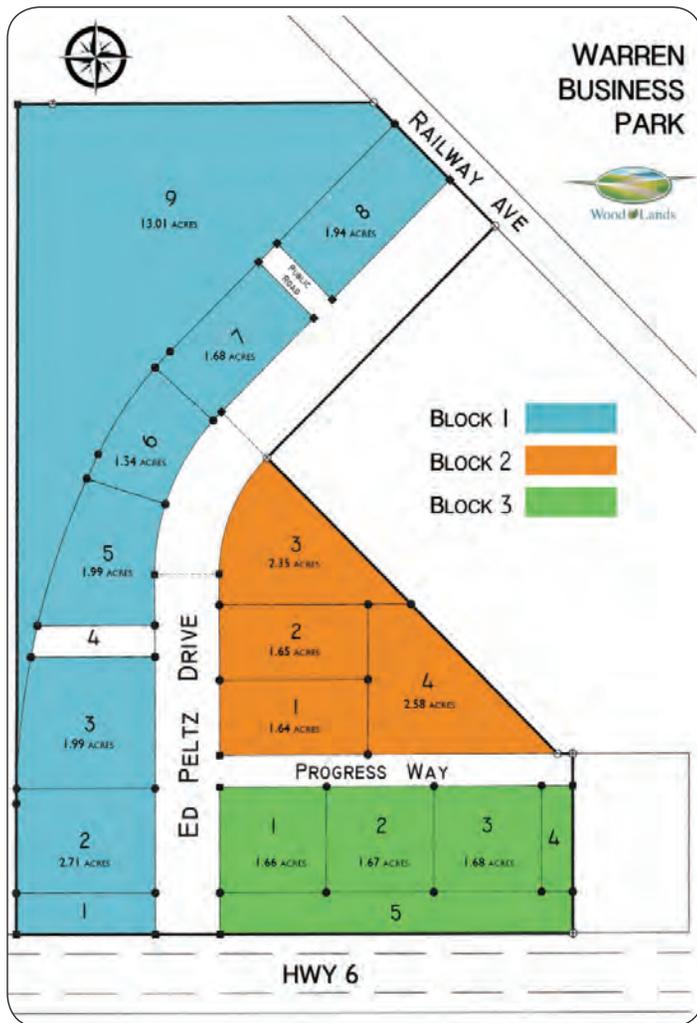
Given the construction in the business park is being done by private businesses, and the RM does not have a timeline on sale of the remaining lots, there is no definite timeline for completion of the business park.

"The point is as an RM, we are — and have been for some time — looking at economic development," said Schellekens.

"We want to stimulate Warren and continue to bring in families."

The lots still currently available have been narrowed down to 2.35 acreage in Block 2 (zoned for industrial use), a 1.68 acreage in Block 1 (zoned for commercial general use), and a 1.34 acreage in Block 1 (zoned for commercial use).

For more information, contact the RM of Woodlands office.



SUBMITTED PHOTO

Lots 6 and 7 in Block 1 along Ed Peltz Drive and Lot 3 in Block 2 are still available for sale.

Inland Port Special Planning Area Under The Authority of The Planning Act Notice of Joint Public Hearing

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

To SUBDIVIDE forty +/- 1.5 to 4.3 acre parcels totalling +/- 89 acres from the SW ¼ 34-11-2E in the RURAL MUNICIPALITY OF ROSSER and to RE-ZONE the parcels from INLAND PORT RURAL ZONE to "I2" INDUSTRIAL GENERAL ZONE, being INLAND PORT SPECIAL PLANNING AREA BY-LAW 2-20, being an AMENDMENT to the INLAND PORT SPECIAL PLANNING AREA REGULATION 48/2016

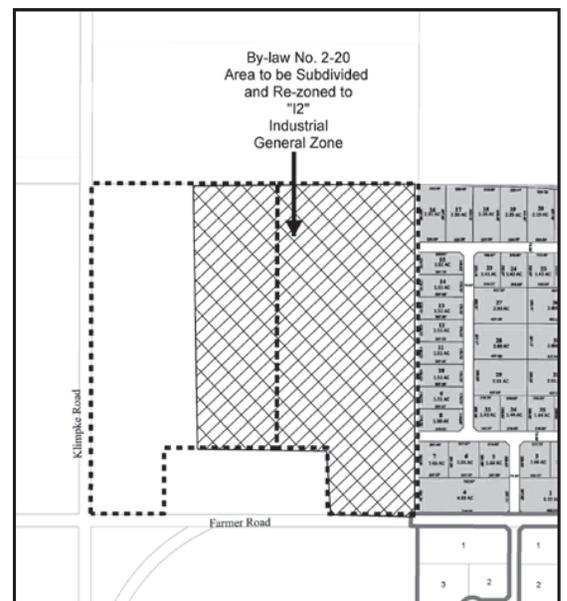
HEARING LOCATION: Victoria Inn Hotel and Convention Centre
1808 Wellington Avenue, Winnipeg

DATE and TIME: Wednesday, November 4, 2020 at 6:30 p.m.

GENERAL INTENT and PURPOSE: To subdivide and re-zone the SW ¼ 34-11-2E in the RM of Rosser CentrePort lands from Inland Port Rural Zone to "I2" Industrial General Zone to establish a general industrial use.

AREA AFFECTED: This subdivision and by-law shall apply to the area identified on the map appearing on the Hearing Notice.

FOR MORE INFORMATION CONTACT: Kari Schulz, Planner
Manitoba Municipal Relations
Inland Port Special Planning Area
604-800 Portage Avenue,
Winnipeg, MB R3G 0N4
Phone: 204-945-2146 Fax: 204-948-4042
Email: inlandportspa@gov.mb.ca



A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request. A description of the procedure to be followed at the hearing is also available at the location noted above.



Ralph R. Eichler,
MLA for Lakeside

Constituency Office

319 Main St. Box 1845
Stonewall, Manitoba R0C 2Z0
HOURS: Tues & Thurs 10 am - 2 pm
Tel: (204) 467-9482
Website: www.ralpheichler.com

Komarno-area landowner frustrated by quarter-century delay to address drainage issues

By Patricia Barrett

After decades of flooding on his land that arose when the municipality of Armstrong diverted water from its natural course, a landowner near Komarno is trying once again to get municipal council to carry out remedial drainage work.

Larry Wityshyn appeared as a delegation at the municipality's Oct. 13 regular meeting, asking council to resolve the water issue on two quarter sections he owns, the NW and SW of 2-18-1E, roughly six kilometres west of Komarno.

He said he has been trying to get the RM to divert water from flowing onto his land, which sits between roads 4E and 5E. He wants it re-directed to ditches along municipal roads. Surveys carried out years ago showed that it's possible to do.

He has brought his concerns to various reeves and councillors over the years, to provincial staff and to elected officials in a neighbouring municipality, he said, but he hasn't been able to make any headway.

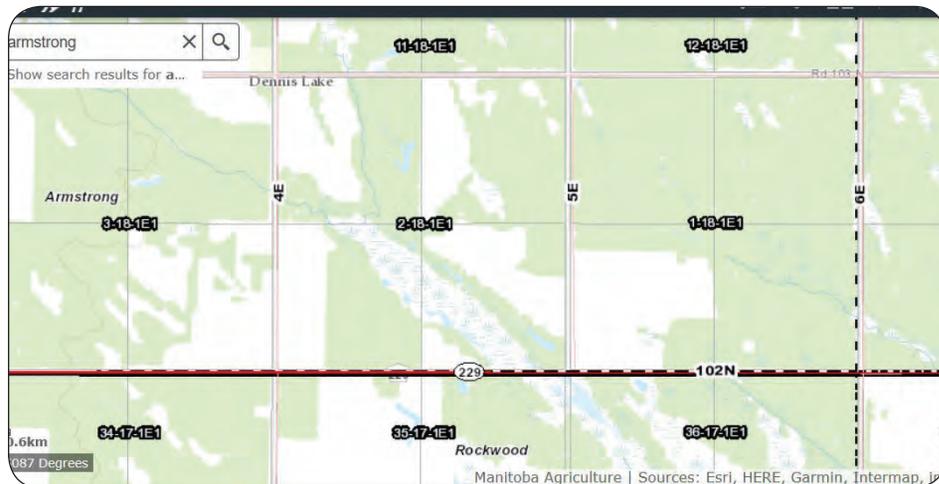
"This is getting to be really frustrating. I told the municipality this water is leaving me with less area for farmland," said Wityshyn by phone after council's meeting. "But they do not want to take the water around with municipal road allowances; they want to use privately owned land because that's the route with the lowest costs."

Wityshyn says a swamp on his land is essentially being used as a reservoir for municipal water that flows into his northwest quarter section. The water eventually makes its way southeast through his land to the north ditch of PR 229. The swamp, which is normally about 18 acres, also lies upon a neighbouring property. And during years of heavy precipitation or snowmelt, it can increase to 36-40 acres for a few weeks at a time.

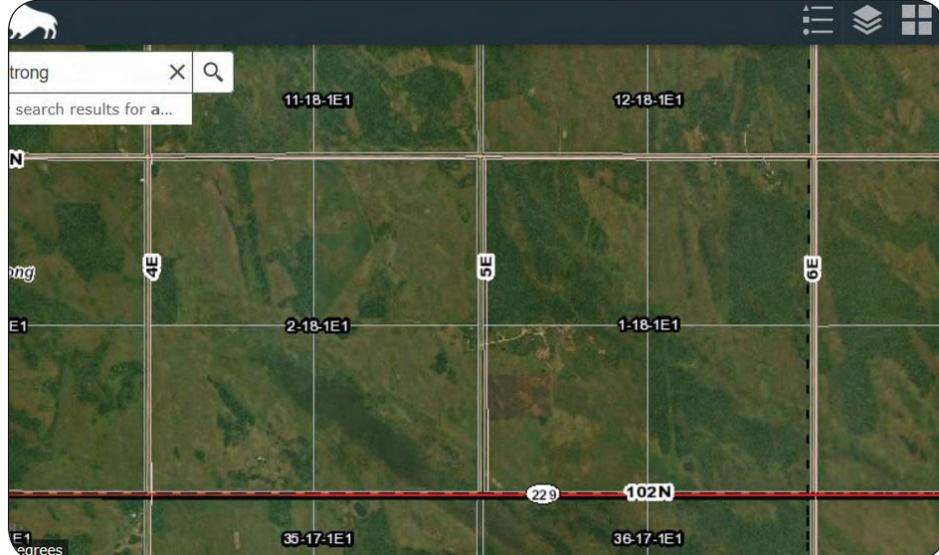
The water submerges what could be used as hay or cattle pasture on Wityshyn's land. It sits on the ground causing the vegetation to die, he said. His northwest quarter section has now lost one third of its value.

In the 1960s, when Wityshyn's parents owned the land, more water from the west began entering the northwest quarter when new roads and drains were built, he said. In the late 1970s or early 1980s, water from the Sandridge Wildlife Management Area was rerouted to come down on 2-18-1E.

"The Sandridge Wildlife Management Area had excavation work done on it, which brought extra water down to 2-18-1E, and there was another diversion made when they built a new road between 1E and 2E along 104N, which cut into the natural path of water. That water got diverted eastwards to my northwest quarter section," said Wityshyn.



MANITOBA AGRICULTURE AGRIMAPS
Wityshyn owns two quarter sections, the NW and SW of 2-18-1E, which are west of Komarno.



Wityshyn owns two quarter sections, the NW and SW of 2-18-1E, which receive water flowing from the west.

Continued on page 14

How to transition from natural teeth to dentures

BY ELISHA VANDOR
www.vandordenturecentre.com

Do you find yourself hiding your smile from unsightly and/or decaying natural teeth? If yes, then it might be time to replace one, some, or all of your teeth. So, where do you go from here? Well, let me answer that question for you!

Once you know or have received information that you'll be needing all or some of your teeth extracted; the first step is to contact us for a free consultation to talk with our Denturists Brock or Matthew about how we can help get your smile back.

Getting dentures put in the same day the teeth are pulled is possible! Actually, it really is a preference based on the individual. Some like to wait until the extraction site is healed before they get dentures and some like to have dentures right away. For the latter preference, having a denture on the same day has some great benefits:

1. You can smile!
2. You can eat!
3. The denture(s) act like a bandaid™ over the extraction site helping the gums heal.

When replacing your teeth immediately, you'll need a denture that's crafted a bit differently from a regular denture. The dentures are called immediate dentures. It's pretty simple to remember because they go in IMMEDIATELY after your teeth are extracted. Of course,

this means we have to make the denture(s) before your teeth are pulled, so we need to know as soon as possible.

Once the dentures are in, it's not the end! Immediate dentures are designed to fit over inflamed or swollen gums. As the gums start healing, the denture becomes loose. Maybe one day we will invent a way to have dentures self-mould every morning to the mouth, but until then, we want to see you more often to make sure that you're happy and loving them. So, there's a series of follow-up appointments that are necessary to keep the denture fitting, feeling, and functioning great. These appointments are included in the cost the denture(s)... thank God! At the beginning, we will see you more frequently because the gums are healing and changing. The majority of these appointments are scheduled within the first month and will extend for another 6-months to 2-years. I know what you may be thinking, 'Yikes, two years of seeing my Denturist?!' Not to worry, this time frame really depends on each individual and their gums ability to heal. It is all of these careful follow-ups that really make the difference for patients.

In a nutshell, replacing missing teeth can be a mystery and often daunting for most. There's a lot of options for replacing your teeth too, other than dentures. Immediate dentures are currently the most common and inexpensive way to replace missing teeth. If they're made right, they can work great and look very natural too! For any tooth replacement questions, call us anytime!



Recent Vandor Denture Centre patients reveal their before and after transformations. They went from decaying upper natural teeth to custom designed upper immediate dentures.

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New business offers quiet workspace

By Jennifer McFee

Many people can relate to the difficulties of carving out a quiet space to work or study, particularly during the pandemic.

A new Stonewall business strives to address that need by providing quiet, comfortable and connected workspaces that can be booked for 3.5-hour sessions.

Main Street Study, located at 325 Main St., will open its doors on Nov. 2. However, owner Jordan Lawrence says that clients can begin making bookings now.

"It's a shop-front type of environment. There are five semi-private desks and one fully private desk that are available to rent for 3.5-hour sessions," she said.

"For \$20, you can book a desk in the morning, afternoon or some evenings to work comfortably there in a good ergonomic chair with a nice big desk and excellent internet connection."

Clients can book single sessions, and walk-ins are also welcome if desks are

available.

In addition, a 10 per cent discount applies to five-visit passes and a 15 per cent discount applies to 20-visit passes. For the packages, sessions don't need to be booked all at once; rather, they can be kept on the account and booked individually over time.

"I'm hoping it will alleviate a lot of troubles people are having right now from needing to work at home where there are a lot of distractions from busy family life. If you're like me, you don't have a great dedicated work space at home. I'm at the kitchen table or on my bed. There's no real comfortable place to work," said Lawrence, a Stonewall resident.

"I've also noticed that the internet connection issue is a big concern for a lot of people. They seem to be really excited that it will have reliable internet available to them."

Complimentary coffee, tea and water is available, as well as printing, scanning, shredding and locker ser-



TRIBUNE PHOTO BY LANA MEIER

Main Street Study is now taking bookings for sessions starting Nov. 2.

vices.

For more information or to book a time slot, visit www.mainstreetstudy.com. Details are also available by vis-

iting Main Street Study's Facebook or Instagram pages or emailing mainstreetstudy4@gmail.com.




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 <p style="font-size: 10px;">WINDOW INSULATING KITS</p> <p style="font-weight: bold; font-size: 14px;">\$3 OFF</p>	 <p style="font-size: 10px;">ENERGY-EFFICIENT SHOWERHEADS</p> <p style="font-weight: bold; font-size: 14px;">\$10 OFF</p>	 <p style="font-size: 10px;">WEATHERSTRIPPING</p> <p style="font-weight: bold; font-size: 14px;">\$3 OFF</p>














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Dog park safety rules



A trip to the dog park is the perfect opportunity for your loyal companion to get some exercise and socialize with other dogs. For the experience to be safe and enjoyable for everyone involved, it's important that you follow certain basic rules.

If you'd like to be a model dog park user during your next outing, follow these recommendations:

- Make sure that your dog has been dewormed, is up to date on his vaccines and is wearing a valid ID tag.
- Don't enter the park if your dog seems nervous or overexcited.
- Always stay in the section of the park dedicated to dogs the same size as yours (some parks keep large and small breeds separate).
- Be aware of your surroundings and supervise your pet at all times to ensure he doesn't attack another dog (or get attacked).
- Pick up your dog's droppings and dispose of them in the designated receptacle.
- Don't throw a ball or other toy to your dog if other animals are nearby.
- Leave the dog park immediately if your pet starts acting fearful or aggressive.

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Youth help to restore tall grass prairie in Stonewall



Brooklyn Cherniak of Stonewall helped with the initiative.

By Jennifer McFee

The seeds of change are sprouting up through a restoration initiative involving local youth.

On Sunday, Oct. 18, an organization called WILD Outside organized a project to reseed an area where the Town of Stonewall had removed to build a drainage ditch. The free conservation leadership program is geared for youth aged 15 to 18 and is funded by the federal government as part of its Canada Service Corps initiative.

Two youth participated in the project, joined by two facilitators and two Canadian Conservation Corps participants who are completing placements in Winnipeg and surrounding areas.

The Ruby Roe Tall Grass Prairie Restoration/Re-Establishment Project aims to assist the East Interlake Watershed District and REACT (Rockwood Environmental Action Community Taskforce) to re-establish the tall grass prairie.

Ashley Adams, WILD Outside youth leadership specialist, explained that they were helping to reseed the area.

"We were also joined by John Morgan, president of Prairie Habitats Inc. He shared his extensive knowledge of native tall grass prairie, the benefits of the habitat and ecosystem as well as helped to identify and collect seeds from the existing plants," she said.

"We then used those seeds mixed with others previously collected to



TRIBUNE PHOTOS SUBMITTED

Habitat restoration efforts were underway in Stonewall last weekend.



Participants learned about the tall grass prairie. We are hoping to work with REACT

pulled thistle, which is a non-native and invasive species that has a negative impact on native species."

It's the second time that WILD Outside has ventured to Stonewall for a project.

"At the end of August, we were there at Kinsmen Lake learning how to windsurf. It was a lot of fun. While we were there, our group picked up garbage and cleaned up the different areas of Quarry Park," Adams said.

"We're based out of Winnipeg but we do events and projects and activities within the surrounding areas as well. In November, we have an event coming up at Oak Hammock Marsh.

in the future, as well as the East Interlake Watershed District."

Registration is open on an ongoing basis for the WILD Outside program, which runs year round. For more information, visit <http://wildoutside.ca>.

"If anyone has wildlife or outdoor projects that they're looking for help with, sometimes that can be a challenge to find those projects," Adams added.

"Our group is willing to help by volunteering with those types of projects."

Anyone who might like help with a conservation project can contact Adams at AshleyA@cwf-fcf.org.

ICF to take part in second round of Emergency Community Support

Submitted

Interlake Community Foundation, ICF, announced that it will be providing \$30,000 to support local charities responding to COVID-19 as part of an ongoing partnership with Community Foundations Canada, funded through the Government of Canada's \$350M Emergency Community Support Fund (ECSF).

This vast national effort is a second round of funding that aims to support vulnerable populations disproportionately affected by COVID-19.

"We must have done something right to augment all the good things our charities are doing to better our communities, thanks to ICF director Michelle Best and her ECSF team," said ICF chairperson Bob Beck.

Due to success of the first round of Emergency Community Support Fund, there is now a second intake planned with \$30,000 in funding available in Rockwood, Rosser, Woodlands, Stonewall and Teulon for charities supporting COVID-19 responses.

"Everyone is pulling together across the country in these tough times, and here at home, local charities and non-profit organizations are needed more than ever. It was truly a blessing to be able to assist organizations struggling

to do more with less, and now we can do more," said Michelle Best, chairperson of the ECSF grant committee.

The fund granted \$40,000 to 11 local organizations in 2020. Seniors support, daycares, arts, recreation, youth camps, persons with disabilities, libraries, palliative care and transportation all benefitted.

"Now we are able to accept applications to grant another \$30,000 for charities' new initiatives or those of non-profit organizations which can partner with their municipalities to qualify," added Best. "We thank the Government of Canada for the additional funding."

Additional information about the fund and all the materials you need to prepare an application is available at <https://communityfoundations.ca/initiatives/emergency-community-support-fund/>

Recent programs have also enhanced the work of the ICF, including MB Build 150 for \$20,000 in grants and the RBC Future Launch Challenge for \$30,000 over and above regular annual grants that stem from interest gained on capital, which exceeds \$9,000. The ICF volunteer board provides grants to local charities for projects, based on interest income from the capital, ap-



TRIBUNE PHOTO SUBMITTED

Interlake Community executive director Jimm Simon and ICF chairperson Bob Beck are encouraging donors to donate from Nov. 9 to 15.

proximately 3.5 per cent per year.

ICF also reminds potential donors that the former annual fundraising 24-hour challenge will now be a 24-7 challenge this year. From Nov. 9 to 15, any unrestricted gift received will be eligible for a top up from the Winnipeg Foundation, the Government of Manitoba, and local resident Lloyd Jensen.

Please visit the website www.interlakefoundation.ca



lakefoundation.ca for more information on this and all other programs.



ONLINE AUCTION

SALE OPENS/BIDDING STARTS AT 10 AM WEDNESDAY, NOVEMBER 4, 2020.

ALL ITEMS MUST BE RECEIVED BY WEDNESDAY, NOVEMBER 4, 2020 BY 5 PM. VIEWING STARTS WEDNESDAY, NOVEMBER 4, 5, 6, 2020 FROM 9 AM TO 9 PM. SALE CLOSES ON WEDNESDAY, NOVEMBER 12, 2020. PICK UP NOVEMBER 13-15TH (FRIDAY-SUNDAY) 9 AM TO 5 PM



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Online only. Viewing at Grunthal Livestock Yard. 28121 Private 205 RD, Grunthal, Manitoba

CONTACT Darryl 204-216-0931 or Brad 204-346-2440

St. Laurent School receives nutrition food funding

By Evan Matthews

St. Laurent School announced a huge addition to its snack program last week.

The program has an additional \$5,000 this school year, which was made possible through the President's Choice Children's Charity School Nutrition Grant, according to the school's vice-principal Jesse Thomaschewski.

"This funding is really going to help make ends meet for certain meals and help us invest in other efficiencies, so to speak, when it comes to the program," said Thomaschewski.

"We get very generous donations from Winnipeg Harvest and Maple Leaf Meats already, but where I think this grant will really help is to fill in items missing from certain meals, to make examples of full snacks or full meals."

Thomaschewski thanked the community for its involvement in the school and its programs, even adding it was an educational assistant who had been told by a community member about the President's Choice Children's Charity School Nutrition Grant.

Had the staff not received the tip from an educational assistant who passed it on from a community member, he said the school's food program

would have \$5,000 less than it does today.

"We got super lucky, and it's going to help. We've had to get a bit creative amidst COVID. In a typical year, as an example, we'd have volunteers come in to help and right now it's just not feasible," said Thomaschewski. "Our educational assistants who have food handling certificates have been handling a lot of the preparation."

Lisa Bruce, a teacher at the school, spearheaded the food program's origins a few years ago while doing her post-bacc — a 30-credit-hour program developed for teachers; depending upon interests, needs and/or areas of expertise, students then design their own highly personalized program of studies — at the University of Winnipeg.

"I took an Indigenous studies class, and it was taught by a principal in Edmonton," said Bruce, adding the school's population was largely Indigenous, not dissimilar to the population of St. Laurent School.

"The school emphasized a lot of cultural activities, but they also had a meal prepared every day at 1 p.m., and the teachers would eat with the students. It was all about building connection and how food brings people together."



TRIBUNE PHOTO BY JESSE THOMASCHEWSKI

St. Laurent School students line up for snack time, as staff emphasized the importance of breaking bread together and the important role positive nutrition plays in keeping students engaged with school.

Immediately, Bruce said the idea resonated and she wanted to implement the idea locally. After acquiring Winnipeg Harvest and Maple Leaf Meats as sponsors, the program began.

It was a much-needed program, as Bruce said teachers would see kids going hungry regularly.

"I was often giving my own lunch away," said Bruce. "Poverty does exist, and we needed to bring in a free program. Now our kids, our Grade 7s this year, volunteer at Winnipeg Harvest

in order to give back."

PC Grant background

The President's Choice Children's Charity school grants provide funding to publicly funded schools to deliver nutritious food and food-based education across the country, according to the organization, in order to fuel learning and empower kids to make healthier choices.

Intake for the 2021-22 school year starts in the spring of 2020.

> DRAINAGE, FROM PG. 10

To help move the water off his land, Wityshyn said he obtained a drainage licence from the province in 2001 and paid out of pocket for a contractor to construct an outlet that helps drain water to the north ditch along PR 229. But the outlet doesn't do enough to address chronic precipitation on his land.

At last week's council meeting, he said he reiterated his request to have the RM "take that water along a different path using road allowances" rather than through farmland where it's destroying acreage.

"I asked council to pass a resolution to have the water taken eastwards between roads 4E and 5E along road 103N, and from there have that water work its way south along the west ditch of Road 5E and bring it to the north ditch of PR 229," said Wityshyn. "I've been asking them to do that since the 1990s. But what the municipality wants to do is keep using the path that the water is taking through my privately owned land."

Wityshyn said Armstrong Reeve Susan Smerchanski asked him to sign an easement agreement to let the RM excavate a channel through his farm-

land to the outlet he had built rather than direct it through the municipality's ditches.

He'd consider signing the easement, but only if the RM can obtain a regular maintenance schedule for the north ditch of PR 229 from the provincial department of Infrastructure — which is responsible for drains along provincial roads — to ensure the water wouldn't be held back on his land, he said.

He also wants an adequate grade made in the north ditch and two culverts replaced: one at a level farm crossing east of 5E, and another at Road 5E, both with a larger capacity than what's there at present.

He said he also has concerns about who would ultimately carry out the maintenance work on the proposed municipal channel through his land should it silt or need to have debris or vegetation such as cattails removed.

"It would be a municipal ditch and municipal water so I hope the municipality would maintain it and excavate the vegetation from it in future years. But it may be left for the landowner to take care of," he said.

Armstrong Reeve Susan Smerchanski told the *Tribune* by email that council has been working with Wityshyn

to try to resolve his drainage issues. They've met personally with him and are keeping him updated on developments.

"As with any water/drainage projects, there is a process with strict guidelines and provincial regulations to follow," said Smerchanski. "We have been working diligently with Larry Wityshyn and with the expertise from provincial departments to resolve these issues and concerns and move this project forward."

Smerchanski didn't say whether council is willing to consider re-directing the water into ditches along municipal roads or whether that could possibly impact other landowners, only that council had asked Wityshyn to sign a "landowner easement in order to access his property."

"Once we have his approval, the RM of Armstrong will to do a survey to determine the appropriate next steps in order to proceed towards a positive resolution to the drainage issues," said Smerchanski. "There is a process with legal requirements and council is absolutely willing to work with Larry Wityshyn."

Although Wityshyn hasn't yet been able to get council to agree to his suggested new water route, he said he and

Smerchanski and a councillor were able to get the province to dredge the north ditch running along PR 229, which has helped release some of the water being held in the swamp.

Part of Wityshyn's water issues stem from the build-up of cattails and decaying vegetative matter along the north ditch of PR 229. The province is responsible for maintaining ditches along provincial roads.

"Highways did hire a contractor with an excavator and they did clean the north ditch just west of Road 5E on Oct. 6 and 7," said Wityshyn. "They excavated it out [westwards] to the outlet and were able to get the water moving. That will help the water flow downstream more efficiently because it was getting restricted with the previous years' vegetation."

But there is just over a quarter mile left that still needs to be excavated in order to carry the water eastwards to two through-grades culverts. Wityshyn is unsure whether that will be done.

The *Tribune* reached out to the provincial departments of Conservation and Climate and Infrastructure. A spokesperson acknowledged the questions but did not provide any answers by deadline.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Smith sets four provincial powerlifting records

By Brian Bowman

Dean Smith took up the sport of powerlifting just two years ago at age 50.

Now, he's a multiple provincial record holder after an outstanding performance at the Manitoba Powerlifting Association's provincial championship last weekend in Portage la Prairie.

"I set pretty high standards and, to be honest with you, I missed what I wanted to do by about five kilograms in total between all three lifts," said Smith on Monday afternoon.

"I missed slightly and sometimes I make unrealistic standards but that's what pushes you to try to achieve something better. At the end of the day, I still achieved what I wanted to on some of the other sub goals. ...I have several different goals when I go into a contest."

Smith very deservedly received the best Male M2 lifter award along with setting four provincial records for squat (364 pounds), bench press 308 (pounds), deadlift 418 (pounds) and total of all three at 1,091 (pounds).

Smith narrowly missed his goal of a 1,102-pound total after missing his third bench press attempt at 320 pounds.

This year's provincials were even

more challenging because the athletes had to wear a mask throughout the competition and even while lifting.

"That was a bit of an adjustment," Smith admitted.

"The only time you could take it off was when you were off in a corner by yourself or eating or drinking water or whatever."

Smith had been practising while wearing a mask for the past month or so. Still, it's tough to get used to, he said.

"It's challenging, to say the least, because you're trying to breathe and get as much air as you can," Smith said.

"I found it restricted breathing so it was a bit of an adjustment. I would say in the end, my summary would be that I didn't lose any strength by wearing one but it was kind of an uncomfortable, disorientating feeling to do that. But I think this is the wave of the future and it was the only way that we could safely put on an event."

Winnipeg hosted the 2020 nationals back in March. Smith competed in two different categories, winning gold in bench press and bronze in the three-lift event.

"I was pretty happy with that because I had recently come back off surgery about two months earlier and

I knew my strength wasn't at its max but it left me feeling knowing that I can compete with the best guys in Canada if I was completely healthy," Smith said.

"So, that's my goal for 2020-21, to move up the ranks at the Canadian level."

Next year, the nationals are scheduled for St. John's, N.L., in May.

"I'm hoping to attend that but it's all pending if you are allowed to travel or what's going to happen," Smith said.

"I'll put in the training for it but it's kind of an unknown."

What is known is Smith's remarkable success in powerlifting in a very short time. He got hooked on the sport after watching his nephew compete at an event in 2018.

The 52-year-old Smith continues to improve in powerlifting.

"I run into Masters lifters all the time that keep telling me that they've been doing this for years and they were losing strength and whatnot," he said.

"But, because I have only been doing this for two years, every time that I go out I'm getting better and better results. They may have been doing this for 10, 20 years and since their prime they've lost their strength but I don't know what my prime was because I only started two years ago.



TRIBUNE PHOTO BY CHRIS NGO
Warren's Dean Smith set four new provincial records at the Manitoba Powerlifting Association's provincial championship last weekend.

"So everything I'm doing is making gains."

Jets knock off Royal Knights in season opener

By Brian Bowman

The Stonewall Jets scored in spurts against the River East Royal Knights on Sunday and it resulted in a road victory.

Stonewall led 3-2 in the third period before they exploded for three goals in a 5:20 span in Manitoba Major Junior Hockey League action.

"It was our first game," said Jets' head coach Brock Couch. "We started great, our first shift was great, then we started killing penalties that kind of ruined the flow of things in the first. But we found our way in the second and third, each period got better and we definitely saw spurts as to what this team is capable of."

Carson Woytowich gave River East a 1-0 first-period lead with a power-

play goal. The Royal Knights outshot the Jets 16-4 as goalie Adam Swan was very good to keep the score close after 20 minutes.

"I said in the room 'It's a good thing that Adam Swan is a good goaltender or we would have a much bigger hole than 1-0,'" Couch said. "He definitely held us in."

But the Jets responded nicely with three second-period goals in just over nine minutes.

Rhett Woods started the comeback 2:51 into the middle frame and then Jaytey Towle and Chance

Dickenson tallied to give the Jets a 3-1 lead heading into the third.

River East's Aaron Neilson cut the deficit to 3-2 a mere 52 seconds into the third but Stonewall replied with

goals from Garrett Maly, Marcus Dewey and Dryden Bound.

Jets' forward James Maxwell finished the game with three assists while Dewey and Dickenson each had two assists.

Couch really liked the balanced scoring he saw up front.

"Every line is a weapon really and every line has a different feel to it," he said. "I hope that we can be a team that whoever is on the ice, we can hurt you. We just have to get out there and keep working hard in practice and get better after every game."

Stonewall outshot River East 41-24 - including 15-1 in the second period - as Swan earned the victory.

Stonewall hosted the Ft. Garry/Ft. Rouge Twins this past Tuesday in its

home opener but no score was available.

The Jets will visit the St. James Jr. Canucks on Friday (8 p.m.) and then will host the Raiders Jr. Hockey Club Sunday (7:30 p.m.).

Couch is hopeful that they can get some good crowd support at their home games this season.

"We're looking forward to our home opener and we want to see fans in the stands because we have one of the highest capacities allowed in the league right now with the COVID restrictions," he said.

"You can't go watch (Winnipeg) Jets' games (and) you can't go any other places so Stonewall Jets' hockey is the place to be."

Daniels-Webb hoping to end junior career with a league championship

By Brian Bowman

Keevan Daniels-Webb had a great season a year ago, leading the Stonewall Jets in goals scored and points while also finishing seventh overall in points in the Manitoba Major Junior Hockey League.

He hopes — and expects — to be even better in his final season of junior hockey. Daniels-Webb could not wait to get the regular season started last Sunday. He feels with the Jets' leadership group, this team can go a long way in the playoffs.

"It's going to be awesome," said Daniels-Webb, now in his third season with the Jets, last week. "For myself, I just want to make sure that we're on the winning track this year. I want to make sure that the room is good and we have very good leaders this year so that will play a big part with our team. We have a lot of vocal leaders and a lot of older guys to take control of the room."

Daniels-Webb scored 23 goals and had 59 points in just 43 regular-season games. He hopes to increase that offensive production this season.

"The goal that I set for myself is to increase putting the puck in the net," he said. "I have to think shot first and hopefully put a few more pucks in the net."

He really clicked on a line with James Maxwell and Marcus Dewey last season but Daniels-Webb found himself playing on a line with Carson Ouellette and Jaxon Blight during this year's preseason.



TRIBUNE PHOTO BY LANA MEIER
Stonewall Jets' high-scoring forward Keevan Daniels-Webb (19) is looking to have a breakout season in his final year of junior hockey.

"I do think we have a lot of depth on our line this year," said Daniels-Webb, who is 6-foot-4 and 230 pounds. "We have speed, size and skill. Hopefully, it all plays in our favour but we just have to work hard."

Daniels-Webb likes to use his size to his advantage as an offensive threat. He piled up a team-high

113 penalty minutes which was, by far, the highest total on the Jets last season.

Blight has Junior "A" experience and so does Daniels-Webb. Daniels-Webb played 46 games over three seasons with the Manitoba Junior Hockey League's OCN Blizzard and then suited up for six more games with the Selkirk Steelers.

He also played Junior "B" hockey for the Peguis Juniors of the Keystone Junior Hockey League.

Daniels-Webb started his junior year at the tender age of 16.

"I had the best time of my life my first year with OCN," said Daniels-Webb, who was born in Winnipeg, grew up in Peguis First Nation, and now lives in Gunton. "It was unbelievable. Out there it's just a different hockey community and the atmosphere at every home game was wild. I had never been in an arena like that and I learned a lot from the coaching there. They notice the little things and they'll explain things to you so you get a lot better."

Daniels-Webb said the MJHL is a faster league than the MMJHL. Still, the competition and skill level in the MMJHL is very good and is getting better and better every year, he said.

"I love playing for the Stonewall Jets," he said. "I've had nothing but a good time since I came. At first, I was kind of on edge with everything but as soon as I went to the team I felt really welcomed and welcomed with open arms when I went into that room."

WHL pushes back regular-season start date

Staff

The Western Hockey League Board of Governors announced last Thursday that the WHL regular season will begin Jan. 8.

Details regarding the schedule of games in each of the four WHL divisions will be announced at a later date.

The WHL has agreed that all regular-season games during the 2020-21 season will be played exclusively within the boundaries of each of the four

divisions.

The East Division will consist of the seven Saskatchewan and Manitoba-based teams; the Central Division will include the five Alberta-based teams; the B.C. Division will consist of the five B.C.-based teams; and the U.S. Division will feature the five teams located in Washington and Oregon.

"The WHL is very excited to be opening our WHL regular season on Jan. 8," said WHL commissioner Ron Robison in a media release.

"The WHL is a world-class development league and we remain fully committed to providing our players with the highest level of training, coaching and competition in the system."

All WHL players will be reporting to their respective clubs following the Christmas break where they will begin training in preparation for the opening of the regular season.

A final determination had not yet been made as to whether spectators will be permitted to attend WHL games as this will be subject to the approval of the Health Authorities in each jurisdiction, said the release.

Canada West cancels multiple sports seasons

Submitted from the University of Manitoba website

Canada West announced last Thursday that no conference regular season, playoff, or championship events will be staged during the 2020-21 season in men's and women's basketball, volleyball, hockey and wrestling, along with women's rugby 7s.

Decisions on the staging of 2020-21

Canada West championships in curling, track and field, and swimming have been deferred to a later date.

"Despite Canada West regular season, playoff and championship events being cancelled in the aforementioned sports, conference members have been empowered to explore competitive opportunities for their student-athletes, based on the prin-

ciple of regional cohort play," read a statement. "Learnings from the relaunch of fall sports will be applied, as competitions are explored on a member-by-member basis through the remainder of the 2020-21 season, with hopes of paving a path for the full resumption of Canada West play in the fall of 2021.

A vote of the conference's 17 mem-

bers formally made the cancellations and deferrals, following recommendations from the Canada West Board of Directors based on information provided by the Canada West COVID-19 Task Force.

The task force was comprised of Canada West athletic directors, along

Continued on page 17

	<p>Stonewall Jets Player Profile</p> <p>#22 <i>Come out to support the Jets</i></p> <p>Chance Dickenson Forward, shoots right, 6'1" 205 lbs Born 1999</p>		<p>Upcoming Games</p> <p>Friday, Oct. 23 Stonewall Jets vs St. James Canucks 8:00 p.m. Keith Bodley</p> <p>Sunday, Oct. 25 Stonewall Jets vs Raiders 7:30 p.m. VMSC</p>
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Fines fantastic in first-ever MJHL regular-season start

By Brian Bowman

Chris Fines made the most of his opportunity in his first-ever regular-season start in the Manitoba Junior Hockey League.

Fines was fantastic, stopping 53 shots to backstop his Portage Terriers to a 2-1 overtime victory over the Oil Capitals in Virden on Oct. 11.

"It was my first (win) and it was special, for sure," said Fines from Portage la Prairie last week. "Being there with all of the fans watching."

Fines, a Stonewall product, had played well in a couple of pre-season games with the Terriers. But he was really good in his regular-season debut even though he was quick to credit his teammates.

"(The 54 shots) kept me in the game but the boys kept the shots to the outside for the most part and I came up with the big save when I needed to

and, in the end, we won in overtime," he said.

To be good, you also have to sometimes be lucky. And Fines was on this night as Virden hit a couple of goalposts, including one in OT.

"The hockey Gods were on my side," he chuckled. "They hit a post and we went right back down there and scored."

It was a great way to introduce himself to his new teammates. There are a lot of new faces on this year's Terriers' team. Last year, Portage loaded up with veterans as they prepared to host the National Junior "A" Hockey Championship that was eventually cancelled due to COVID-19.

A whopping 19 players from last year have not returned.

"It's been different for sure but they're a great group of guys," said the 18 year old Fines. "There are a lot of

leaders. Instead of being in this leadership role (like he was last year with the U18 Interlake Lightning) I'm just taking it in from all of these guys. It's a big change, for sure."

Despite being a young squad, with just four veterans, Portage still expects to win a lot of hockey games this season.

"The mindset in the room hasn't changed," Fines said. "And it won't change with (head coach Blake) Spiller in charge."

Fines feels he is very lucky to start his Junior career with the Terriers, who have been an MJHL powerhouse for years.

"It's an honour," he said. "I love everything about them. The coaching staff, the players. They're very good coaches — you couldn't ask for much more."

Fines improved quite a bit over



PHOTO SUBMITTED
Chris Fines

the years while moving through the Lightning program.

He faced a lot of shots during most games which has really prepared him for the MJHL.

"Now, I just have to learn how to win," he joked. "That will be the biggest thing, staying in it mentally and I think my (first win) was a good start."

U18 Lightning win season opener in a shootout

By Brian Bowman

The Interlake Lightning's season opener could not have been more exciting.

Lucas Brennan scored in the eighth round of a shootout to propel the Lightning to a 4-3 victory over the Central Plains Capitals in Manitoba U18 AAA Hockey League action Saturday evening in Portage la Prairie.

"It was really good and I was really proud of our boys," said Lightning head coach Scott Wong. "They battled back a bunch of times. We took the lead in the third period and then gave it up (18) seconds later. We got the jitters out and the first game is over with. There were a lot of mistakes made on

both teams' side."

Karson King and Ashton Fisher also scored for the Lightning in the shootout while Riley Borody and Austin Peters replied for the Capitals.

Carson Buydens gave Central Plains a 1-0 lead with a goal just 3:28 into the game but Brennan sniped a goal with the man advantage midway in the second period.

Central Plains' Sam Molloy tallied a power-play goal with 5:03 remaining in the middle frame.

But the Interlake came out strong in the third period, taking a 3-2 lead with goals from Zac Halldorson and Jacob Plett. Plett's goal came at 14:32 of the third but Central Plains' Nolan Moroz

tied the score just 18 seconds later.

Tazio Cianflone had a strong game for the Interlake with two assists. Brennan was also very good, said Wong.

Central Plains outshot the Lightning 55-42 as Dawson Cowan was outstanding in goal for the Interlake.

"I don't know how accurate the shots were but my goalie made a lot of good saves," Wong said.

The Lightning will host the Capitals this Friday at 8 p.m. in Teulon and then the two teams will clash Saturday at 6:30 p.m. in Portage la Prairie.

Interlake will then visit the Pembina Valley Hawks next Wednesday at 8 p.m. before hosting four straight

home games.

In U18 Manitoba Female Hockey League action last weekend, Interlake was defeated 7-2 by the Winnipeg Ice on Saturday in Stonewall.

Winnipeg, which held period leads of 1-0 and 2-0, broke the game wide open with five third-period goals.

On Sunday, the Lightning lost 8-2 to the Eastman Selects in Ste. Anne.

Eastman led 3-1 after the first period and then 7-2 going into the third.

No Interlake goal scorers were available from either game.

The Lightning will host the Winnipeg Avros this Friday (7:30 p.m.) in Stonewall and then will play the Central Plains Capitals on Sunday (11 a.m.) in Portage la Prairie.

U15 Lightning tie, lose to Norman

By Brian Bowman

The Interlake Lightning earned one out of four possible points in The Pas last weekend.

Interlake played the Norman Wolves to a 2-2 tie on Saturday evening and then lost 5-2 on Sunday.

In the first game, Aidan Mayer gave Norman a 1-0 first-period lead and then the Wolves' Matt Otoule made it 2-0 with a power-play goal at 6:23 of the second.

But Interlake's Russell Watts tallied just 29 seconds later and then the Lightning's Brandon Burak scored at 5:12 of the third.

Alex Myers had a strong game in goal for the Lightning, making 45 saves.

On Sunday, Burak and Blake Forthing, on the power play,

scored for the Lightning.

Wyatt S (no last name given), with a pair, Otoule, Rachlan Hay, and M. Ryder (no first name given).

Meanwhile, the U17 Lightning began their regular season Saturday against the Winnipeg Wild in Warren.

Interlake then hosted the Eastman Selects on Monday in Stonewall. No score from either game was available at press time.

Eastman and Interlake will meet up again Wednesday at 8 p.m. in Niverville. The Lightning will host the Wild again Friday (7:30 p.m.) in Warren and then Interlake will battle Eastman once again in Niverville on Sunday (1:15 p.m.).

> CANCELS, FROM PG. 16

with medical professionals.

"While this decision is disappointing for our teams, we support the members' vote and decisions announced by Canada West," said Gene Muller, director of athletics and recreation at the University of Manitoba on the school's website. "Our top priority is the health and safety of everyone involved in competition and delivery of our programs. We will continue our work with Canada West, UM and government health authorities to strive for a future return to competition."

"I couldn't be more proud of our student-athletes and the character they have demonstrated through this unusual year. I am encouraged and inspired by their commitment to their studies and to each other," he continued.

All Canada West fall team competition had previously been cancelled on June 8 while the conference's golf championship

was cancelled due to travel restrictions on Sept. 22.

The decision to cancel these sports wasn't easy.

"This isn't the outcome any of us wanted, however, it has become increasingly clear over the last few weeks that the environment wasn't going to change sufficiently to ensure safe competition in traditional conference formats in these sports," said CW president Clint Hamilton.

"Ultimately our members saw no feasible path to staging traditional Canada West conference events during the 2020-21 season in these sports. With today's decision our members have opted to provide clarity to our stakeholders, most importantly our student-athletes. Collectively, we didn't take the decision to cancel fall competition lightly in June, and today's announcement is equally disappointing to everyone involved in university sport. Our members will now shift their focus to finding new ways of delivering non-conference sport competition for our student-athletes."

get inspired

> MEAL IDEAS



Servings: 6-8
 3 tablespoons olive oil
 1 medium yellow onion, chopped
 5/8 teaspoon sea salt, divided
 1/4 teaspoon pepper, divided
 2 garlic cloves, minced
 1 red bell pepper, chopped
 1 can (14 ounces) diced fire-roasted tomatoes
 1 can (14 ounces) red beans, drained and rinsed
 1 can (14 ounces) pinto beans, drained and rinsed
 1 cup vegetable broth
 1 can (7 ounces) chipotles in adobo sauce
 2 cans (15 ounces each) sweet corn with liquid
 2 limes, juiced

FamilyFoods

Phone 467-5553

Chipotle Veggie Chili

guacamole (optional)
 sour cream (optional)
 jalapeno slices (optional)
 cilantro (optional)
 In large dutch oven, heat oil over medium heat. Add onion, 1/2 teaspoon salt and 1/8 teaspoon pepper. Stir and cook 5 minutes until onion is translucent. Add garlic and red pepper. Stir and cook 8 minutes until soft.
 Add tomatoes, red beans, pinto beans, broth, chipotles in adobo sauce, corn, remaining salt and remaining pepper. Simmer 25 minutes, stirring occasionally, until chili has thickened.
 Squeeze lime juice into pot; stir. Serve with guacamole, sour cream, jalapeno slices and cilantro, if desired.



Cheesy German Potato Soup

man Potato Salad
 1 cup heavy cream
 1 cup whole milk
 chopped parsley or chives (optional)
 Place cheeses and flour in gallon-size zip-top bag. Close bag. Shake until cheese is covered with flour; set aside.
 In large Dutch oven over medium heat, cook bacon until crisp, stirring occasionally. Transfer to paper towel-lined plate; set aside.
 Pour off all but 2-3 tablespoons bacon drippings. Return Dutch oven to medium heat. Add carrots, onion and garlic. Cook until onions are translucent and carrots are softened, 3-4 minutes. Add chicken broth, black pepper, red pepper flakes, thyme and parsley. Stir in potato salad. Continue cooking over medium heat 5 minutes, or until potatoes are heated through, stirring occasionally.
 Reduce heat to low. Slowly stir in cream and milk. Cook 5-8 minutes until blended and heated through, stirring frequently. Slowly add cheeses, stirring until melted.
 Top with bacon. Garnish with parsley or chives, if desired.

Recipe courtesy of "Today's Creative Life"
 Servings: 8
 1 1/2 cups shredded cheddar cheese
 1 cup shredded Gruyere cheese
 3 tablespoons all-purpose flour
 8 slices bacon, chopped
 3 large carrots, chopped
 1 medium onion, diced
 2 cloves garlic, minced
 6 cups low-sodium chicken broth
 1/2 teaspoon ground black pepper
 1/2 teaspoon crushed red pepper flakes
 1/2 teaspoon dried thyme
 1 tablespoon dried parsley
 2 cans (15 ounces each) READ Ger-

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METAL RECYCLING

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

SCRAP METAL

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

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

APARTMENT FOR RENT

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

PROPERTY FOR SALE

3 ac. (ideal hunting area) for \$30,000. Comes with 29 ft. 5th wheel camper, well and some trees on site. Road 129 North and 33 West (near Eriksdale). Phone 204-739-3031.

FIREWOOD

Misc firewood \$95. Approx 2 cords Ash firewood, stove length, shedded 4 years \$550 or sell what you need. Also farm implement wheels. Call Harry 204-482-7251.

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HELP WANTED

Looking for part time work? We are hiring collators for Tuesday (12:30 to 8:30 p.m.) and Wednesday (8 a.m. to 1 p.m.) in the Inkster Park in Winnipeg. Must be in good physical condition, have good manual dexterity, be capable of standing for long hours and lifting at least 20 lbs.
 If interested call 204-467-5836.

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

Farview Place is now accepting applications! We are a 55 Plus Housing Co-op located in Teulon, directly across from the hospital/clinic and a short walk to downtown. Our spacious 1 and 2 bedroom apartments all have large balconies or patios. Rent includes hydro, water, and basic cable. Laundry is conveniently located on each floor. Outdoor parking is available if required. Please call 204-886-2760 or email farview@mymts.net for more information or to request an application form.

K'AWAT'SI Construction Company is now hiring - Red Seal carpenters, third and fourth year apprentices, experienced carpenter's helpers. If you are interested in this great career opportunity, please send your resume at hr@kedc.ca or call us at 250-230-5498.

HELP WANTED

Put your pick up truck to work! Roadex Services requires O/O 1 tons for our RV division to haul RVs throughout North America. Border crossing required with valid passport & clean criminal record; we offer benefits and fuel cards with substantial discounts. Apply online @ www.roadex-services.com or for more information call 1-800-867-6233 xtn 481.

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Prairie Bookkeeping offers bookkeeping solutions to small business 204-998-4789.

INCOME TAX

Prairie Bookkeeping offers personal & small business income tax preparation. Certified to efile with CRA. 204-998-4789.

MISCELLANEOUS

For sale - 4 winter tires on rims, Champiro Ice Pro, 215/70 R15, studdable, 5 bolt, they were on a 2003 Chev S10, used only a couple of years, \$200; Ariens snowblower, 24" cut, dual stage, 5 spd with reverse, electric start, 5 hp., older, worked the last time we used it, \$200. I can email or text you pictures for tires and snowblower. Please call Lucy 204-791-9059, 204-785-1618 or 204 334-8786.

Trailers, truckbeds & tires. Full repair and safeties. Vehicle parts, tires & wheels. Vehicle & trailer parts & batteries. Sales, financing & leasing. Kaldeck Truck & Trailer Inc. Hwy #1, MacGregor, Mb. 1-888-685-3127. www.kaldecktrailers.com

MISCELLANEOUS

Book your advertising now, and drive some attention/customers to your business before any possible further restrictions. Be seen in over 340,000 homes! For as little as \$189 + GST, get your important messaging out, to drum up business! Call us at 204-467-5836 or email classified@mcna.com for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. www.mcna.com

WANTED

Car collector searching! I want your old car or truck, or anything interesting! Tell me what you have! Whether it's been in the barn for 25 years, or fully restored. Call David 204-900-9399.

NOTICES

Urgent press release &/media advisories. Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information, or email classified@mcna.com for details. www.mcna.com.

RELIGION

Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates. Exodus 20:8-10 (KJV) Please visit our website www.clda.ca for more information.

THE RURAL MUNICIPALITY OF ROCKWOOD



PUBLIC NOTICE

The Rural Municipality of Rockwood hereby gives notice that the date of the following Regular Meeting of Council has been changed:

From: Wednesday, November 11, 2020 starting at 9:00 a.m.
 To: **Wednesday, November 4, 2020 starting at 9:00 a.m.**

Council,
 Rural Municipality of Rockwood

Classifieds

Stonewall Teulon
Tribune

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HEALTH

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

FARMLAND WANTED

Small farm looking to buy farmland in the RM's of Rosser, Woodlands or Rockwood. Flexible on purchase terms. Ph 204-771-2169.

FARMLAND WANTED

Young farmer looking for farmland to rent in the RM's of Rosser, Rockwood or Woodlands area. Call or text Nolan at 204-461-1784.

FARM PRODUCE

Local unpasturized honey for sale. Sold in various sizes, 1 kg & up. Ph 204-461-1267.

HAY / STRAW

Large round hay bales for sale. Alfalfa & brome. Call 204-461-0722.

Flax straw - \$3/bale. Also wheat straw & hay. Monday - Saturday. Call Nick at 204-461-0706 or Bill Matheson at 204-461-1906, Stonewall.

HAY / STRAW

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

Flax straw- \$3.00/bale. Call or text Dean at 204-461-0870.

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Dorothy Beatrice Chrismas, late of the Town of Stonewall, in Manitoba, deceased.

All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 25th day of November, 2020.

DATED at Stonewall, Manitoba this 13th day of October, 2020.

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Prairie Rose School Division
PRSD invites applications for the following positions in all regions of the Division.

- Substitute Teachers (including Teacher Candidates)
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For complete postings and the PRSD map of locations, please visit www.prsdmb.ca.

SUPPORT LOCAL FARMERS

This past week the community of Stonewall lost one of its greatest assets; a passionate volunteer and the ultimate Stonewall Ambassador. Although not officially a resident of Stonewall, few have worked harder for this community than Stephanie Duncan. As the Vice President of the local Chamber of Commerce, Co-Chair of Quarry Days, lead organizer of the Stonewall Festival of Lights Santa Clause Parade, organizer of the Stonewall Business Expo, and go-to volunteer, there is little that happened in Stonewall over the past decade that didn't have Steph's touch.

Steph was a vibrant person, full of life, who possessed an infectious passion for our community. She was the first to welcome new people to Stonewall, to espouse the attributes of the Town, and ensure the new person knew that they had just moved to a remarkable community. Stonewall is special because of its people and no one exemplified that more than Stephanie.

As Stonewall grieves the loss of Stephanie we want to express our heartfelt condolences to her husband Blair and two sons Ethan and Sam. While the community's loss pales in comparison to that of the Duncan Family, we want them to know what a vital and respected presence Steph was in Stonewall.

Stephanie you will be missed. You have fought the good fight and have finished the race, may you rest in peace.

Mayor & Council
Town of Stonewall

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SALES CAREER OPPORTUNITY

Big and Colourful Printing & Publishing

is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.

The successful candidate will thrive in a fast paced sales environment where a competitive nature, strong work ethic and excellent customer service skills are required and rewarded.

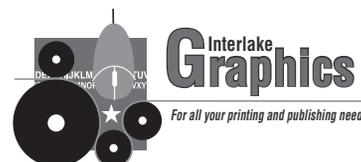
This opportunity involves building relationships and representing our newspapers to new and existing customers.

Qualifications: The successful candidate must be professional, dependable, energetic, goal-oriented, self-starter, can work within deadlines, well organized and friendly.

Customer service, sales experience and passion is a must.

- Strong computer skills, including Microsoft Office
- Excellent communication skills and a genuine love of people
- Willingness to learn
- Ability to work independently

If you fit this description please email resume to Bigandcolourful@mts.net



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



Announcements

Stonewall Teulon
Tribune

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BIRTHDAY



Cheers to 80 years!
Happy birthday Hazel Morton
80 has never looked so good!
-Love your family and friends

IN MEMORIAM



Dennis Persoage
Softly the leaves of memory fall,
Gently we gather and treasure them all;
Unseen, unheard, you are always near,
So loved, so missed, so very dear.
Deep in our hearts your memory is kept,
We love you too dearly to ever forget.
-Lovingly remembered and sadly missed,
Mom Olga Persoage
Karen and family

CARD OF THANKS

The family of Gary MacFarlane would like to express our appreciation to the friends and family who have given love, provided emotional support, meals, groceries, child care, cards of sympathy, kind words, visits, flowers, phone calls, emails, shopping trips and truckloads of firewood. The expression of the influence Gary had on your lives and the sharing of many stories and photos from the past was profound. Your presence at the family gathering to celebrate Gary's life was special. You did not forget. You have helped to ease the burden of the loss of our husband, father, grandfather and great-grandfather. We are also grateful for the kindness shown by the medical staff at the Stonewall and St. Boniface hospitals and palliative care. We also appreciate the compassion and professionalism of Ken Loehmer Funeral Services.

-Jackie and family

CARD OF THANKS

We the family of Dorothy Christmas would like to thank the Stonewall Hospital, Health Science Centre, Eriksdale Hospital and St. Boniface Hospital for the care and compassion shown to mom over the past few months. Thank you to Ken Loehmer for his help and support at this difficult time. Much gratitude to Shirley Williams for officiating the service and making it how mom would have liked. To family, friends, community and co-workers thank you for your messages of kind words, cards, flowers and donations made to the Balmoral United Church in memory of mom which are very special to all of us. We will cherish our mother in our hearts and know she is dancing with her family in Heaven.

-Judy (Joe), Diane (Herb), Gail (Alan), Carol (Bo), Bonnie (Mark), Sandy (Richard) and families

IN MEMORIAM



Margaret Ruth Davis
August 12th 1952- October 22nd 2010
It's been 10 years since you left us.
I thought of you with love today,
But that's nothing new;
I thought of you yesterday,
And the days before that too.
I think of you in silence,
I often speak your name;
All I have are memories,
And a picture in a frame.
Your memory is a keepsake,
With which I'll never part;
God had you in His keeping,
I have you in my heart.

-Love and missing you everyday
Holly, Kent, Brooke, Emerson, Adrian Klimpke



SELKIRK

NOW HIRING!

The Canadian Tire Selkirk Automotive Department is now seeking staff for the following position:

EXPERIENCED Red Seal Mechanic

Strong candidates must have:

- Solid communication skills
- Problem solving abilities
- Strong interactive skills

Compensation based on experience.
Full time position includes benefit package.

Email resume and references to mick.walsh@thetire.ca

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Announcements



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OBITUARY



Stephanie Herlinda Oland Duncan

It is with profound shock and devastation that we announce that we lost the best of our family, Stephanie Herlinda Oland Duncan.

Left with her memory is her husband Blair and adored sons, Ethan and Sam. Her mom and stepdad, Janet and Rob. Her dad Peter and his partner Nancy. Her sister Susie, husband Dale and her adored niece Mya and nephew Mackenzie. Her stepsiblings, Denise and her partner Amanda and Chad and his partner Sarah. Her father-in-law, Gordon. Her besties Patti and Laura.

To say to know her is to love her is an understatement. Stephe was loved by all. Her childhood was spent making lifelong friends, becoming a talented athlete, and growing into a loving and compassionate woman. Blair and Stephanie were married for a couple of years before their boys came along and her world changed in the moment. Those boys were her everything and they

loved her back just as much.

Stephie held her family and friends close. And when she loved you, she loved you fiercely. We know from all her pictures. She loved to take a picture...or 100. She always captured the memories. And while at the time, we may have had enough, we will now appreciate and cherish them.

Stephie gave her time to everyone. She attended every school committee, work event and became ingrained in the Stonewall community. She was forever doing something for someone who needed it. She cheered the loudest, worked the longest and smiled throughout it all. She worked so tirelessly on everything for everyone.

For 25 years, Stephe worked in Stonewall starting at the Argus & Teulon Times and then moved with the Tribune. She loved her work and was the most honourable and hardworking team member on behalf of her paper and her customers. She listened and learned how every unique business operated. She got to know the business owners and wanted to help them succeed. She earned their respect and trust.

Our family wants to thank the team at the Grace Hospital for loving, caring, and praying for her over the last several weeks. And to the team at the MICU at the Health Science Centre.

It is hard to believe that we will not see her smiling face again, but we will hold it forever in our hearts and our memories. Love you. Big Hugs. See you.

In lieu of flowers, donations may be made to the Grace Hospital Foundation.

A Celebration of Life will take place at a later date.

OBITUARY



Alice Nettie Karasewich (Black)

On October 10, 2020, a beautiful autumn day with the sun shining and the birds visiting her bird feeder, Mom peacefully left this life to join her many family and friends who had left before her. Left to feed the birds are her children Marie (Ed) Pull, Harold, David, Donald (Debi) and Nancy (Lyle) Lawrence; grandchildren Michele, Michael, Mark, Dawn, Sarah, John, Jason, Molly, Bryan, Jon, Christopher, Tara, Regan, Monica and Brett; 11 great-grandchildren and four great-great grandchildren. Alice was predeceased by her husband, Mike; daughter, Diane and son-in-law, Floyd Rayner; sisters Mary and Bernice; and brother, Walter.

Alice was born in her grandmother's home in the Oak Hammock area to William and Anne Black and spent her early years in Crandall. The family moved to Stonewall and lived in the upstairs of her dad's barber shop with her six brothers and sisters. She

met Mike Karasewich, the rival barber in town, when he asked her to knit him a sweater and she kept asking him to come over for fittings. They married on February 20, 1939, and Alice moved down Main Street into a different barber shop. They welcomed five children there, then moved the family to a house off Main Street. In 1964, they bought a house out of town and moved there with the three boys and new baby, Nancy.

Mom continued to knit for her family and friends, and for pocket money. No pattern was too complicated. Many hands, big and small, stayed cozy all winter with mitts from Mrs. K. Everyone was welcome at our house, where there were always homemade cookies to go with your coffee or tea and lots of laughs and stories. Few visitors left without a pair of mittens or cookies. When Xmas season arrived, the bank and grocery store staff were always treated to Alice's cookies and treats.

Mom was a proud lifelong member of the Royal Canadian Legion Ladies Auxiliary and the Stonewall United Church. She loved her time spent knitting with the ladies for Project Linus.

After Mike's passing in 2008, Mom moved into Stonewood Place where she took part in movie and bingo nights, morning coffee and the Adult Day Program. With failing health mom moved into Rosewood Lodge in 2019. She continued to participate in activities, especially when promised that there would be snacks.

Our family wholeheartedly thanks all the Stonewood and Rosewood staff for the care you gave Mom in each area of her life. She loved all the visits from each of you. Thank you for sharing your sweet stories with us—we know how much mom was loved by all of you "you girls are so good to me". Thank you to Ken Loehmer for guiding us through this process with such care and compassion.

A graveside service and gathering will be planned when travel restrictions are lifted.

In lieu of flowers, please make donations to the Rosewood Lodge Recreation Department (for snacks) 513, 1st Ave N, Stonewall, MB, R0C 2Z0.



204-886-0404

OBITUARY



Stephanie Oland-Duncan

Last week, on October 14th, I lost a very special friend and I write this with great sadness over the unimaginable loss of Stephanie Herlinda Oland-Duncan. Her life was cut short at 51.

Stephanie lived life with so much enjoyment. Her personality entered every room before she did. She was a ray of sunshine. She made us smile and laugh every day, whether she was jiving at the photocopier, flashing one of the girls in the office, doing a happy dance, celebrating her boys' accomplishments or sharing a funny story about Blair. She was so sincere.

I met Stephanie 25 years ago when I hired her to fill a sales and marketing position at the Stonewall Argus & Teulon Times. I, along with every business and organization in Stonewall and beyond, gained one of the most honourable, hardworking, fun, creative and dedicated employees and friends that day.

Stephanie listened and learned how every unique business operated. She got to know the business owners and wanted to help them succeed. She earned their respect and trust. She set out marketing plans, helped launched new products, set up displays, arranged photo shoots, seasonal sales, whatever was needed, she looked after it. She always brought the community together with her shop local campaigns. She was an entrepreneur at heart.

Stephanie didn't just sit on committees and boards, she ran them all. She was a true Ambassador for Stonewall. She listened and learned the ropes and then took on every challenge she was handed. She joined the Chamber of Commerce sitting in every position throughout her career. She spearheaded and organized the Stonewall & District Business Showcase. She found the vendors, the speakers, the caterer and always made sure there was a wine and cheese reception to celebrate the show. She took over the Festival of Lights parade and Stonewall's largest annual Quarry Days festival. Stephanie was a delegator and a doer and she made sure that everything was organized to be bigger and better than the year before. The business community will be forever grateful for her hard work and commitment.

She fought a brave and strong battle with liver disease. One that she never complained about, except when she couldn't have a glass of wine with a nice dinner.

This beautiful woman, inside and out, was a wonderful friend to me, supporting me in the printing and publishing world. When I bought Interlake Graphics and started the Tribune up 10 years ago she joined myself and a number of co-workers. Our family was complete again – she was our heart and soul. I was so grateful for her. One of her beliefs in life was the importance of being authentic with people, saying what needs to be said because it's good for the relationship. I always admired how she never judged or forced her opinions on anyone, but offered valuable and truthful advice.

My friend was loving and real. She was a wonderful wife and mother and so proud of her boys, Blair, Ethan and Sam. She laid a strong foundation for them and they will live life with one of God's finest angels on their shoulder.

Stephanie loved so many things. She loved to decorate her home, she loved to shop, she loved to eat out, to cheer on her boys' sports teams, volunteer for school functions. But Stephanie cherished her visits with family and friends most. She would count down for months before her Dad Peter Oland would visit from Halifax for the Bombers Banjo Bowl or her next visit from her sister Susie and brother-in-law Dale. She was so proud to be Auntie Pephie to little Mya. And she was so appreciative for all the time she spent with her Mom Janet and Rob Woodley these last months. Lastly, her magnetic smile will be missed by all who knew her.

Stephie's beautiful spirit will live on through her children, and they will always know how much she loved them. She tried with all her heart to stay for them, but God called her, and she had to go.

Stephanie lived and loved life, shared always and will be forever missed.

Remember Me

Fill not your hearts with pain and sorrow,
But remember me in every tomorrow.
Remember the joy, the laughter, the smiles,
I've only gone to rest a little while.
Although my leaving causes pain and grief,
my going has eased my hurt,
and given me relief.
So dry your eyes and remember me,
not as I am now,
but as I used to be.
Because, I will remember you all,
and look on with a smile.
Understand in your hearts,
I've only gone to rest a little while.
As long as I have the love of each of you,
I can live my life in the hearts of all of you.

- Forever loved and always remembered Lana Meier and the Tribune Family



Announcements

Call 204-467-5836 or
Email
classifieds@stonewallteulontribune.ca



IN MEMORIAM



In loving memory of our husband, father, grandfather and great-grandfather
William John Palen (Jack)
November 16, 1939 - October 27, 2019
God saw you getting tired,
A cure was not to be;
He wrapped you in His loving arms,
And whispered, "Come with Me".
You suffered so much in silence,
But your spirit did not bend;
You faced your pain with courage,
Until the very end.
With tearful eyes, we watched you,
As you slowly slipped away;
And though we loved you dearly,
We couldn't make you stay.
Your golden heart stopped beating,
Your tired body put to rest;
God broke our hearts to show us,
He only takes the best!
-Forever loved and never forgotten
wife Marilyn and family

IN MEMORIAM



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 and Dad and Critters

IN MEMORIAM



In Loving Memory of
Ethan Boyer
February 1, 2000 - October 25, 2019
Our dearest Ethan,
We think about you ALWAYS,
We talk about you still;
You have NEVER been forgotten,
And you never ever will!
We hold you close within our hearts,
And there you will remain;
To walk with us through our lives,
Until we meet AGAIN!
Missing you so much!
-Love Grandma Boyer
and family

IN MEMORIAM



Ethan Boyer
February 1, 2000 to October 25, 2019
Until We Meet Again
Those special memories of You,
Will always bring a smile;
If only I can have You back,
For just a little while.
Then we could just sit and talk again,
Just like we used to do;
You always meant so very much,
And still to this day do.
The fact that You are no longer here,
Will always cause me pain;
But You are Forever in my Heart,
Until We Meet Again.
-Love You Little Brother
Reid

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

IN MEMORIAM

Lynn Langrell
January 24, 1956 - October 21, 2011
Every day in some small way,
We miss you more than words can say.
In our hearts you will always stay,
Loved and remembered every day.
We miss you with all our hearts.
-Love Harold
and family

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