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TRIBUNE PHOTO BY JO-ANNE PROCTER

Fiona Jochum of Blue Diamond Farms of St. Francois Xavier was the first truck to deliver a load of red spring wheat to the new Viterra grain terminal east of Rosser bright and early on Oct. 25. Pictured left to right, Kent Klimpke, Viterra director of country regional management, Hon. Ralph Eichler, Minister of Agriculture and Resource Development, Fiona Jochum, Blue Diamond Farms and Kevin Harms Viterra facility operations manger.

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Sky's the limit for hand-built plane

By Jennifer McFee

Spirits were soaring for two sisters who celebrated their birthdays with a flight in a hand-built plane.

Last month, Renata Morris and her sister Krista Morris had the chance to go for a ride in a hand-made Pietenpol Air Camper. Named after its designer Bernard H. Pietenpol, this style of simple parasol wing aircraft was first built and flown in 1928.

Nearly 20 years ago, retired Air Canada pilot Trevor Russell bought a kit to build the plane while he lived near Stonewall. He stored the plane on the property of fellow Air Canada pilot Larry Brown, who has a mini runway airport north of Stonewall.

When Trevor moved to Comox, B.C., in 2004, he sold the plane to his friend Larry, who remains the current owner.

"I've built quite a few things. I built a boat and I've renovated many houses," Trevor said by phone from Comox.

"Really, building an airplane is not that complicated. It's a whole bunch of little wee parts and when you put them all together you get an airplane."

He spent about two and a half years building the Pietenpol plane while he was on call for domestic flying.

"I was on reserve at the time, which means you're on call if a plane breaks down or if somebody calls in sick or

they have to add a flight. I lived out by Larry in the country and I had quite a big shop with heated floors," he recalled.

"I'd put the kids on the school bus at 8 in the morning and then I'd go work on the airplane all day. At 4 in the afternoon, I'd quit and I'd go meet the kids at the school bus and play with them. There were a lot of days when I got eight hours working on the airplane."

The little plane continues to be well used, since Larry still flies it frequently.

"There are home-built airplanes all over the place. The unique thing about this one is that the fuselage is all one-inch-square wooden boards," Larry said.

"It's open cockpit so the wings have lift struts and four tubes that hold the wing up above you. The passenger sits in the front under the wing and the pilot sits in the back edge of the wing. I often tell people when you go for a ride, it's like riding a motorcycle but slower and safer."

Current-day supplies are far superior than what was available in the 1920s, he added.

"The modern glues are tremendous. The plywood is also excellent now," Larry said.



TRIBUNE PHOTO SUBMITTED

Renata Morris enjoyed a birthday ride Sept. 21 in Larry Brown's Pietenpol Air Camper plane, built by his friend and fellow pilot Trevor Russell.

"It's a grassroots plane. They were flying these in 1929 before they even had pilots' licences. They just got in and taught themselves to fly these things. I'm building another one now with a Model A Ford car engine, whereas this one has an aircraft engine."

With a true passion for planes, Larry enjoys taking others up for rides too. Recently, Renata (the girlfriend of Trevor's nephew Rudy) travelled from Victoria, B.C., to visit her sister Krista in Balmoral. As a surprise, Larry took the two sisters up for a flight on Sept. 21 in time for their birthdays.

"It was so fun. My sister's birthday is on Sept. 5 and mine is on Sept. 25, so we did a little combined surprise. It was awesome. It was really neat to take off in the backyard on the field and land there. It was so fun to do a flight run around Stonewall and the quarry and see everything from above," Renata said.

"I was really interested in it because I never experienced a small plane at all, let alone an open cockpit. Larry was keen and was so excited to give us a ride. We picked a good sunny day when there was no wind."

For Renata, it was an unforgettable way to celebrate her 30th birthday, along with her sister's 26th.

"My sister and I both thought it was the best experience. You can't help but think this is such a tiny plane, but you're totally confident because you've got an amazing pilot behind you. You can see exactly what he's doing. You have the microphone in your ear so he can talk to you and ask how you're doing and point out little things like his grandchildren's house where they were jumping on the trampoline," she said.

"You can quad or dirt bike and get the wind in your hair, but when you're up in the air, it's a whole different level of fun. It's thrilling."

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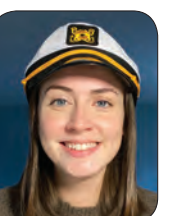
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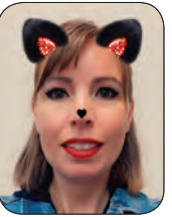
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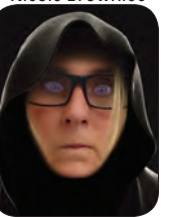
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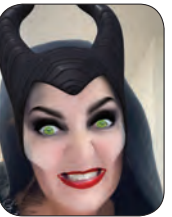
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Southern Health region continues to lead the way in new cases

By Ashleigh Viveiros

Public health officials reported 464 new cases of COVID-19 on Monday.

That count included 130 cases on Friday, 107 Saturday, 149 Sunday and 78 new cases on Monday.

The Southern Health-Santé Sud health region led the way in new cases at 180, followed by 129 in Winnipeg, 81 in the North, 57 in Prairie Mountain and 17 in the Interlake-Eastern health region.

The vast majority of new cases are among people who are not fully vaccinated, the province reports. Fifty-nine of Monday's 78 cases were not fully vaccinated (two weeks beyond their second dose of the vaccine).

At press time, Manitoba had a total of 1,071 active cases of the virus and 83 people in hospital with COVID-19, including 20 in intensive care.

The death toll has reached 1,237 with two new deaths reported over the weekend, including a man in his 70s from Southern Health and a man in his 80s from Interlake-Eastern.

Manitoba's five-day COVID-19 test positivity rate on Monday was 3.9 per cent provincially and 1.7 per cent in Winnipeg.

Interlake-Eastern as a whole has 75 active cases of COVID-19 and four people in hospital with the virus, one receiving critical care.

In the Interlake Eastern region, Northern Remote continues to have the most active cases with 35 followed by 21 in Fisher/Peguis; Arborg/Riverton, four; Stonewall/Teulon and St. Laurent, each three; Beausejour, Pina-wa/Lac du Bonnet, Selkirk, all two; Springfield and Winnipeg Beach/St. Andrews, each one.

Public health orders extended

The current public health orders have been extended for an additional three weeks, now in effect until Nov. 16.

"Manitoba must stay vigilant in our fight against COVID-19 and the fourth wave," said Health and Seniors Care Minister Audrey Gordon on Monday. "Our case numbers, hospital admissions and ICU numbers continue to fluctuate but we need to remain steadfast in our approach with the current public health orders we have in place."

The orders continue to limit gathering sizes both inside and out, espe-

cially in groups that include unvaccinated individuals.

Retail capacity is also limited to 50 per cent in the Southern Health region due to low vaccination rates and high case counts.

One change, however, is that while the municipalities of Cartier, Headingley, Macdonald, Ritchot (Niverville-Ritchot), St. Francois Xavier and Tache, though located in Southern Health, they are no longer limited by those regional retail capacity limits.

"Considering their vaccination rates are more consistent with that of the Winnipeg capital region, as well as their proximity to and regular commuting to Winnipeg, the new public health orders will see these select municipalities treated like Winnipeg and the rest of the province," the government said.

Those communities are back to 100 per cent retail capacity, along with the rest of Manitoba, where the two-dose vaccination rate of eligible people is at over 83 per cent.

Southern Health, by comparison, has a vaccination rate of 67.8 per cent, which is the lowest in the province.

Provincewide state of emergency expires

Staff

Manitoba has finally moved out of a state of emergency.

The province officially declared a state of emergency under the Emergency Measures Act in March 2020 due to the global pandemic and has renewed that declaration every month since.

On Oct. 21, the provincial government let the declaration expire, with officials noting it is no longer needed to help protect Manitobans from the impacts of COVID-19.

"Nineteen months ago, we declared a state of emergency to help protect the physical and financial health and safety of all Manitobans and reduce the spread of COVID-19 in our hospitals and in our communities," said Premier Kelvin Goertzen.

"As we continue to move toward a post-pandemic Manitoba, we want to remind everyone, although the state of emergency is expiring, COVID-19 is still here," he continued. "With vaccination rates among the highest in the country with over 82 per cent of

eligible Manitobans fully vaccinated, we can help control COVID, but it's important that all Manitobans continue to follow the fundamentals that help us limit our risks."

Public health orders can continue to be issued through the Public Health Act without a declared provincewide state of emergency. The province can also declare a new state of emergency if required in the future.

The state of emergency allowed for a number of emergency orders to be made that were beyond the scope of the Public Health Act.

"Our government will continue to

Continued on page 4

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TRIBUNE PHOTO BY JESS BROADFOOT

A beautiful sunset could be seen on Lake Manitoba last Wednesday following the north winds that gusted up to 75km/h. Manitoba Infrastructure's Hydrologic Forecast Centre advised high winds developing last Tuesday lasting until Wednesday early morning resulting in high wind effects along the south basin of Lake Manitoba. Help the *Tribune* record the weather of the week and send in your photos of friends or families enjoying the outdoors. Email: weather@stonewallteulontribune.ca.

Manitoba judge rules public health orders are constitutional

By Ashleigh Viveiros

A group of individuals and seven Manitoba churches, including those from Morden-Winkler, have lost their court battle in challenging whether the province's pandemic restrictions violate the Canadian Charter of Rights and Freedoms.

The group argued in court that elements of the public health orders (PHOs) put in place last year were unconstitutional, namely restrictions on private and public gatherings and places of worship.

Court of Queen's Bench Chief Justice Glenn Joyal handed down two decisions on the matter last Thursday.

Joyal ruled that while these restrictions do limit certain charter rights and freedoms, the Manitoba government was justified in enacting such limits to deal with the unfolding public health crisis.

In his 156-page decision, Joyal asserted the restrictions "are constitutionally justifiable as reasonable limits under s. 1 of the Charter."

Section 1 of the Charter states that the rights and freedoms laid out in it are guaranteed "subject only to such

reasonable limits prescribed by law as can be demonstrably justified in a free and democratic society."

Joyal heard from experts on both sides of the matter but said he was persuaded by the evidence of the government's witnesses.

"I find that the credible science that they invoked and relied upon provides a convincing basis for concluding that the circuit-break measures, including those in the impugned PHOs, were necessary, reasonable and justified," he ruled.

Joyal's second ruling dealt with the legality of public health orders being issued by the province's chief public health officer (Dr. Brent Roussin, an unelected official), instead of the Legislative Assembly of Manitoba.

He found the delegation of power in this situation to be a "constitutional and democratically legitimate means of ensuring that the public health measures that are stipulated are measures that are proposed by a qualified medical expert."

Joyal further noted he was persuaded by the government's argument as to the practical realities of overseeing

a pandemic.

"If every public health order and subsequent modification had to be enacted by the Legislative Assembly, it could potentially handcuff and immobilize government's ability to act in a timely manner," he wrote. "That would certainly not be in the public interest. No other jurisdiction in Canada so restrains its public health officials."

The Justice Centre for Constitutional Freedoms, which represented the applicants in this case, voiced its disappointment in the decisions "and in the unwavering deference accorded to public health officials," lawyer Allison Pejovic said in a news release. "We are carefully reviewing the decisions and are considering an appeal."

The applicants in these challenges included the Gateway Bible Baptist Church, Pembina Valley Baptist Church, Redeeming Grace Bible Church, Grace Covenant Church, Slavic Baptist Church, Bible Baptist Church, Christian Church of Morden, deacon Thomas Rempel, minister Tobias Tissen and Winnipegger Ross MacKay.

Public health orders are still in effect and officials urge Manitobans to continue to follow public health guidelines around the use of masks and vaccinations to lessen the impact of a fourth wave.

Organization. "Manitoba's Emergency Measures Organization provincial response team will continue to work with industry partners and experts in supporting programs and services to assist in Manitoba's COVID-19 response strategy."

worship

with us > FAITH

"I want the works"

A number of years ago now, one of my parents' neighbours, who had also been a great friend of my Father's, passed away without any close relatives. The extended family decided that there wouldn't be any sort of memorial. This was rather shocking news because he was a well known resident of the community, having worked with the public at the local funeral home most of his life. He was much loved and respected.

When my Father heard the news, he was both saddened and disappointed. My Father said that he would have appreciated some type of memorial where he could have "paid his respects" and said goodbye to his friend. Then he turned to me, and said, "Barry, you make sure that won't happen to me. I'm telling you now that I want 'the works.'"

In this age of COVID-19, there have been many people die without the ability to have much or any type of a memorial or funeral. To be honest, however, this had been trending long before the pandemic arrived. The death of a loved one is difficult, to say the least. Sometimes the family just don't want to face others in a public setting. But there are many other reasons why a public memorial or funeral is avoided, not least of which is their cost.

I go back to my Father's disappointment in not being able to attend some type of event to honour his friend. For my Father, it was necessary to mourn the loss and to have some type of closure. Respecting the many reasons why people make the decision not to have an event to mark the end of someone's life, I believe there is still some merit in considering that, as humans, gathering the end of someone's life can be spiritually, mentally and emotionally beneficial for the family and friends and the broader community.

Psychology alone has taught us that some of these long-standing human traditions have existed for many generations because they can benefit us as humans. As the pandemic hopefully winds down, it might be important for us to talk about how we want to mark the end of our life. Will we keep in mind that, as difficult as it can be for those left behind, we also need to consider that our friends and the broader community need to mourn our passing and say goodbye.

Rev. B.D. Schoonbaert, Pastor
Catholic Communities
of South Interlake

> EXPIRES, FROM PG. 3

remain cautious and vigilant in efforts to stop the spread of the virus," said Ron Schuler, minister responsible for the Manitoba Emergency Measures

Hats off to Interlake-Eastern RHA health-care heroes

By Jennifer McFee

Local health-care heroes have earned recognition for their top-notch work.

Interlake-Eastern Regional Health Authority announced the recipients of this year's Chair's Award in Excellence in Customer Services.

Brittany Klassen, a licensed practical nurse in Stonewall, was one of the award winners.

Registered nurse Lisa Taplin nominated Klassen for the award.

"It has not been easy to work in health care these last couple years. I feel now more than ever, we need to band together and acknowledge when people are doing an excellent job," Taplin said.

"Britt is a smart, compassionate and resourceful nurse who takes her job and the care of others seriously. She goes above and beyond for patients and families. She deserves this award and we are truly lucky to have such a great team of health-care workers here in Stonewall."

Klassen expressed gratitude for the recognition — and for her caring coworkers.

"I am extremely touched by Lisa's kind words about me, and I feel incredibly blessed to be part of the team at Stonewall Hospital. I was honoured to receive this award," she said.

"Working this job is not easy, but despite its challenges, my coworkers are always willing to lend a helping hand and they add humour to a difficult shift or situation. Having a loving work family is worth so much to me. Providing care to my patients brings me joy."

Arborg-based paramedics Kim Dubek and Brayden Harder also received an honourable men-



TRIBUNE PHOTO SUBMITTED

Registered nurse Lisa Taplin, left, nominated LPN Brittany Klassen for an IERHA Chair's Award in Excellence in Customer Services.

tion, even though they weren't nominated for a chair's award.

The duo saved the day when they noticed a grass fire near Ashern while on their shift. They responded quickly and called for fire fighters. Since the fire was spreading quickly, they alerted the occupant of a nearby house. He was able to get out of the home, along with his dog, minutes before the house went up in flames.

In addition to being recognized by the health authority, Dubek and Harder received the St. John's Ambulance gold medal for bravery life-saving award last week.

"It feels amazing. It's unbelievable. Brayden and I are still quite shell-shocked over the whole thing," Dubek said. "We're flabbergasted that it's being made into such a thing. We were just doing our job, and we were glad we were able to help and assist when we did."

Despite the pressure of being a paramedic, Dubek believes the role comes with its rewards.

"It can be very intense and it can be very rewarding. The wide variety of situations that we come into and people that we meet always makes it very rewarding," she said.

"You get very tired and you get very stressed, but it's also really amazing to know that you've made an impact on someone's life, that you were there to help someone on possibly the worst day of their life."

For Harder, it's all about being in the right place at the right time.

"I feel that everyone starts in this career with a general desire to help people. That's where it all stems from. Definitely that's where our hearts are," said Harder, who is also a member of the Matlock Fire Department.

"So for us, we were in the right place, right time. I was in that position where I have fire training, so it was nice to be able to help."

The other chair's awards recipients are nurse practitioner Cassandra Hnatishin and receptionist Drew Peacock in Pine Falls, FASD co-ordinator Devon Ungurain in Beausejour and acute care director Kate Hodgson at Selkirk Regional Health Centre.

Manitobans can now access federal proof of vaccination card

By Ashleigh Viveiros

A new proof of vaccination card will make life a little easier for Manitobans looking to travel outside the province, be it domestically or internationally.

The provincial government announced on Monday that fully vaccinated Manitobans are now eligible for the pan-Canadian proof of vaccination credential (PVC).

"The federal credential will be recognized across the country for travelling in other provinces and territories and, when returning to Canada, from other jurisdictions," said Central Services Minister Reg Helwer, explaining the national card uses a QR code in the same way Manitoba's vaccination cards do.

Individuals who currently have a

Manitoba immunization card or are eligible for one can visit immunizationcard.Manitoba.ca to request their PVC. It will then be emailed as a PDF, which can be printed or available digitally.

The federal government has said that proof of vaccination will be required for all people age 12 and up travelling via plane, train, or cruise ship as of the end of November.

"So you have time to get this on your phone or printed out," Helwer noted.

He added that Manitoba's immunization card app will be updated next month to include the PVC, so users can toggle between it and the Manitoba immunization card as needed. The province's verifier app will also be updated to read the QR codes on

the national credential.


Officials urge Manitobans to continue using the provincial card when travelling and recreating within the Manitoba.

The PVC includes information such as date of birth, date of immunization, and the brand of vaccine received, while Manitoba's immunization card contains no personal health information when scanned — simply one's name and a green checkmark if vaccinated.

"That's why we're recommending that for your local restaurants, that you continue to use the Manitoba code that just shows if you're vaccinated or not; it doesn't disclose any other information," Helwer said, noting people who travel are used to disclosing some personal information to airlines and other agencies. "They're very good at protecting that information, so we think there's a good level of security with that sector."

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Prairie farmers weigh in on cover crops

By Ashleigh Viveiros

The results are in for the 2020 Prairie Cover Crop Survey, and the researchers behind it are thrilled at the number of responses they received from farmers.

A total of 281 producers who grew cover crops last year weighed in on the benefits and challenges of the practice, providing a wealth of in-the-field information.

"We went into this not having any idea of how many people were growing cover crops and this was shocking to us in how many farmers engaged with us," said Callum Morrison, a graduate student at the University of Manitoba's plant science department who spearheaded the study alongside his advisor, Dr. Yvonne Lawley.

"To have heard from 281 farmers who are growing cover crops in the Prairies, which is normally known as a region which a bit cover crop-skeptical, that is amazing," Morrison said.

The farms represented in the survey come from every major agricultural region of the Prairies, with 31 per cent from Alberta, 32 per cent from Saskatchewan, and 37 per cent from Manitoba.

Collectively, the respondents grew a total of 102,539 acres of cover crops last year.

Cover crops on the prairies are typically those grown to provide soil cover during the shoulder season between cash crops or as a full season crop, perhaps in place of a cash crop or in between rows of perennial crops to assist in soil health.

The thrust of the study has never

been to paint cover crops in any particular light, Morrison stressed, but simply to gather more localized information on the practice.

"One of the major takeaways for this is that farmers who may be cover crop curious will now have an opportunity to look at see what other farmers are doing around them," he said. "For the first time we're going to have cover crops put really into a prairie context so they don't have to look at what farmers in, say, America are doing."

It's a sentiment echoed by Red River Valley grain farmer Kevin Nickle, one of the survey's participants.

"As early adopters of cover cropping on the Prairies, we've found it to be a bit of a lonely pursuit," he noted. "This survey demonstrates that there is widespread participation and a general desire to continue. There is so much to learn in this realm and this survey may help inform researchers and practitioners on the specific questions to ask."

"That's just what we're trying to do: get farmers talking," said Morrison. "We hear a lot from researchers. We need to hear from the farmers themselves."

Pros and cons

The survey showed that 81 per cent of responding farms have observed at least one benefit from growing cover crops, the most common, at 54 per cent, being improved soil health. Most farmers (71 per cent) said that they had observed benefits within three years of growing cover crops.

On the flip side, there were also

challenges, most of them related to the prairie climate.

Thirty per cent of respondents listed the short growing season as a hurdle and 27 per cent struggled with cover crop establishment due to the lack of moisture in the fall.

When it comes the bottom line, a large number of respondents (47 per cent) were not able to identify the influence that cover crops had on their farm's net profit. Meanwhile, 24 per cent said they saw no change in net profit, another 24 per cent said they saw an increase, and four per cent reported that cover crops resulted in a drop in profit.

The survey also asked farmers to share their thoughts on what would encourage them to continue using cover crops and perhaps even expand their acres.

Payments for storing carbon, tax credits, and payments from conservation or watershed groups were all identified as incentives farmers would like to see, while greater access to information, more scientific research, and technical assistance were also listed as needs.

"My hope is that policy makers and other industry stakeholders will be able to look at this and they'll be able to use it to make decisions," Morrison said. "It's the only document we have that shows what's happening on the ground."

The full report is available online at umanitoba.ca/agricultural-food-sciences/make/make-ag-food-resources#crops/.

There's also a free webinar on the re-



SUPPLIED PHOTO

Callum Morrison, a graduate student at the University of Manitoba, has released the results of the 2020 Prairie Cover Crop Survey.

sults being hosted by Manitoba Beef and Forage Initiatives on Wednesday, Nov. 3 at 7 p.m.

"This is aimed at anyone who has any interest about cover cropping on the prairies," Morrison said, noting they've already had a couple hundred participants sign up. He and Dr. Lawley will present their findings at the event and answer any questions attendees may have.

You can register at www.mbfi.ca/registration/cover-cropping-on-the-canadian-prairies-webinar.

Woodlands' history book preparing for print

By Nicole Brownlee

The Rural Municipality of Woodlands' history book has hit the presses and is still available for pre-order.

"(Bryan Myskiw) has done a very good job with it," said Coun. Orval Procter. "Lots of stories, lots of unique things highlighted about the RM are included."

Where We Are: A History of the Rural Municipality of Woodlands (1980-2020) recounts the history of the rural municipality with several perspectives from families in the community.

Local flora, fauna and buildings are also explored in the text, accompanied by historic and recent photographs, including a copy of the municipality's

incorporation documents from Feb. 4, 1880.

"I think people are going to find it quite interesting," said Procter.

Myskiw penned the book to continue the documentation of the RM of Woodlands' history. Two previous history books were written, recording the community's history from settle-

ment in the late 1800s to 1980.

Starting in November 2020, Myskiw collected submissions from community members until late April 2021.

"(Myskiw has) had great support from the community," said Procter. "I think it's over 110 family articles that were written on top of all of his community ones and business ones."

Over 200 copies of the history book printed by Friesens Corporation have been pre-ordered, and 600 copies are still available.

The book is expected to release at the end of November.

To pre-order a copy of the text, visit the RM of Woodlands website, rm-woodlands.info, or call the municipal office at 204-383-5679 for more information.

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Saturday Doors open at 2 Meat Draw at 3 Dinner at 5
Band at 7 and Darts at 7

UPCOMING EVENTS
November 11 Service at 11
November 13 Vets Dinner

Ed Bergen inducted into credit union hall of fame

Submitted

Ed Bergen, president and chief executive officer of Sunova Credit Union, has been inducted into the Credit Union Executive Society Hall of Fame.

In an event held on Oct. 21, Bergen accepted the award virtually among colleagues, CUES members, friends and family.

"To be honoured by my peers in the credit union industry is incredibly gratifying. As I prepare for my retirement, I think back on how rewarding the past forty years at Sunova has been," Bergen said last week. "Working to provide exceptional services and products to our members, in addition to supporting our branch communities, has been an extraordinary and worthwhile experience. Thank you to all who have supported me

throughout the years."

After graduating from Red River College and subsequently working his way up in the credit union system, Bergen became president and CEO of Sunova (known then as South Interlake Credit Union) in 1981.

"Ed took one of the smallest credit unions in Manitoba, with only \$8 million in assets, and built an organization with over \$2 billion in assets and one that continues to be special to so many," said Curtis Fines, vice-president and chief operating officer of Sunova Credit Union. "As we progress through the proposed merger with Access Credit Union and Noventis Credit Union, I am confident that under Ed's leadership, we will create a more sustainable and resilient credit union while keeping our members,

staff and communities top of mind."

In addition to being passionate about financial services, Bergen has been an active member of his community, participating in and chairing countless boards over the years, including the Stonewall & District Health Centre, Health Insurance Reciprocal of Canada, Canadian Health Association, Winnipeg Regional Health Authority, Manitoba Health Organization, and Interlake-Eastern Regional Health Association. He is currently a board of director for Credit Union Central of Manitoba.

Bergen is set to retire in 2022.

Members interested in learning more about the proposed merger between Access, Noventis and Sunova can visit cusuccess.ca.



TRIBUNE PHOTO SUBMITTED

Ed Bergen, president and chief executive officer of Sunova Credit Union.

First official poppy



TRIBUNE PHOTO BY LANA MEIER

Stonewall Mayor Clive Hinds, left, receives the first poppy of the annual Royal Canadian Legion Stonewall Branch #52 fundraiser by Rev. Leonard Oracheski, chair of the poppy campaign.

The Royal Canadian Legion's 2021 National Poppy Campaign officially begins on Friday, Oct. 29. This year, we commemorate the 100th anniversary of the poppy symbol.

Founded in 1925, the legion is Canada's largest veteran support and community service organization. It is a non-profit organization with a national reach across Canada, as well as branches in the U.S. and Europe. There are close to 250,000 members, many of whom volunteer an extraordinary amount of time to their branches and communities.

Inland Port Special Planning Area Under The Authority of The Planning Act

Notice of Public Hearing

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

INLAND PORT SPECIAL PLANNING AREA BY-LAW 4-21
Being an AMENDMENT to the INLAND PORT SPECIAL PLANNING AREA REGULATION 48/2016 to RE-ZONE Pt. SW ¼ 34-11-2E in the RURAL MUNICIPALITY OF ROSSER from "IPR" INLAND PORT RURAL ZONE to "I2" INDUSTRIAL GENERAL ZONE

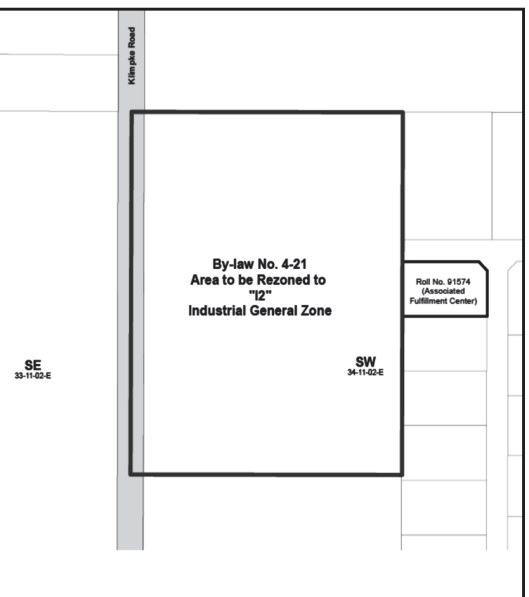
HEARING LOCATION: Virtual hearing via Microsoft Teams

DATE and TIME: Wednesday, November 17, 2021 at 7:30 pm

GENERAL INTENT: To re-zone part of the SW ¼ of Section 34-11-2 EPM in the RM of Rosser CentrePort lands from "IPR" Inland Port Rural zone to "I2" Industrial General Zone to establish an off site parking area accessory to the main use, which is a Fulfilment Centre on an adjacent lot (Roll No. 91574).

AREA AFFECTED: This by-law shall apply to the area identified on the map.

FOR MORE INFORMATION OR TO ATTEND CONTACT: Manitoba Municipal Relations
Inland Port Special Planning Area
604-800 Portage Avenue
Winnipeg, MB R3G 0N4
Phone: 204-945-2146



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.

Interlake paramedics put in 'dangerous and dire' situation

By Patricia Barrett

The union representing rural paramedics says the provincial government is endangering residents and paramedics in the Interlake through paramedic vacancy mismanagement, and could make the situation worse by co-opting Interlake paramedics and their ambulances to provide service to Winnipeg.

The Interlake region, part of the Interlake-Eastern Regional Health Authority (IERHA), is suffering from a critical paramedic staffing shortage and a province unwilling to fill vacant positions in order to save money, said Manitoba Association of Health Care Professionals (MAHCP) president Bob Moroz.

"Our members are being asked to work crazy and dangerous amounts of overtime, and we're not able to cover the province like we should, so our response times go up," said Moroz last Friday. "The sooner you can get to someone in an emergency, the better off that person will be, generally. It's a really dangerous and dire situation right now."

Every day sees a shortage of ambulances because paramedic shifts aren't filled. The IERHA has 50-60 paramedic positions available and Shared Health, the provincial organization responsible for delivering health services, needs to take a step forward and start hiring, he said, because they're "desperate" just to get back to base staffing levels in order to avoid the "enormous shift shortages."

Last Thursday (Oct. 21), for instance, the IERHA had 16 open paramedic shifts in the Interlake area that weren't filled, said Moroz. That's a significant shortfall for such an expansive geographic area, where paramedics can be on the road for hours and which sees regular emergency room closures because there aren't enough physicians to staff them.

"We're not seeing paramedic hires happening. There's no urgency from Shared Health or the government to start filling positions so that we don't have 16 empty shifts on one day in the Interlake," said Moroz. "This is unacceptable. It's unconscionable they're allowing this to continue without an urgent plan to address the issues we've talked about for so long. This is where the danger comes in."

The paramedic staffing crisis didn't arise as a result of the COVID-19 pandemic, said Moroz. It has been festering for a decade or more. All the pandemic did was shine a spotlight on it.

"The pandemic is not responsible for where we are today; this is the result of years of inaction by government," he said.

Excessive overtime, lower pay than city counterparts and an unresponsive government are taking a toll on rural paramedics' mental health, said Moroz. As professionals, they want to provide the best and most timely care they can.

"The situation they're finding themselves in is weighing on them psychologically. They know the impact of taking longer to respond even though they know it's not their fault," said Moroz. "The government refuses to staff us appropriately, refuses to deal with recruitment and retention and scope of practice issues — and it's so mentally draining. The morale of our paramedic group is so low that I'm actually worried for a lot of them."

What could exacerbate the crisis is Shared Health's plan to use rural paramedics to provide interfacility patient transfers within the city of Winnipeg, said Moroz. When an Interlake ambulance delivers a rural patient to a Winnipeg hospital for tests or treatment, it could be seconded to fill a city service gap.

"[Shared Health] will be, where necessary, moving our rural crews around in Winnipeg," said Moroz. "And some of the fears I've heard from our paramedics is that [EMS] close to Winnipeg, like in Stonewall and West St. Paul, could be summoned to Winnipeg for direct calls. We're seeing that in Brandon where some of our rural paramedics are being called to primary calls. And every time that happens, it takes that service away from the region where those paramedics and their ambulances are supposed to be."

Winnipeg has its own ambulance fleet and paramedic service, he said, and offers a higher pay scale than rural health regions. Winnipeg paramedics earn "at least 25 per cent more" in base wages in a lot of cases. They don't have to determine what hospital emergency room is open or closed the way Interlake paramedics do on a daily basis, and they also don't have to care for patients over long distances.

Because of pay differences, new graduates will be drawn to higher paying paramedic positions in the city with the "same [job] requirements," said Moroz. That, along with a lack of availability in rural regions to move up a job classification ladder and "practise to a higher scope," is a significant recruitment and retention issue — and it's not being addressed by government.

Moroz said the union has regularly reached out to the government to discuss the "very dire situation" they're facing. He did have a brief meeting with the health minister recently but has yet to hear back from her regard-



TRIBUNE PHOTO BY PATRICIA BARRET

The province's Shared Health organization, which oversees ambulance services, will be putting rural paramedics to work in Winnipeg.

ing possible solutions MAHCP put forward.

The government's health-care system overhaul may provide better ways to do things, but it will still require enough paramedic staff to do the work and have them where they need to be so that they can respond to Manitobans within a "reasonable" timeframe, Moroz added.

The *Tribune* asked Shared Health why it isn't responding to the paramedic crisis in the Interlake and why it's considering using Interlake paramedics for Winnipeg service while staffing levels in the Interlake continue to suffer.

A spokesperson for the organization said "rural paramedics" could be asked to complete interfacility transfers when in Winnipeg in order to make the best use of resources.

"Earlier this year, protocols were put in place that allow ambulances from rural communities to complete transfers within the city of Winnipeg," said the spokesperson. "In order to make efficient use of ambulance resources, paramedics waiting to return a patient home for prolonged periods of time may be asked to complete interfacility transfers within Winnipeg."

As of last Friday, no IERHA ambulances had "completed a trip within the city of Winnipeg," said the spokesperson.

Staffing of "emergency response services" in rural regions has historically been challenging, the spokesperson said, with long-standing vacancies "exacerbated by the health system's ongoing response in the COVID-19 pandemic."

"Significant efforts to ensure appropriate staffing levels across emergency response services are ongoing and include recruitment initiatives, engage-

ment of relief staff and contracted service partners, and the development of long-term human resource workforce strategies," said the spokesperson. And the government's ongoing transformation of the health-care system aims to "enhance ambulance service in communities by having less urgent interfacility transfers utilize different transportation methods."

Those different transportation methods weren't stipulated.

In addition to ground ambulance care, Interlakers rely on STARS air ambulance for critical and timely care.

STARS, which is funded by a number of sources including government, donations and lottery earnings, completed 657 missions across Manitoba in the 2020-2021 fiscal year, according to its website.

The helicopter transports critically ill or injured patients and undertakes interfacility transfers. Over the past few weeks in the Interlake, STARS responded to scene call emergencies and interfacility transfer requests in communities such as Selkirk, Stonewall, Russell and Hecla, according to its Twitter site.

When requested, STARS provided total mission data for only the Interlake region over the past few years.

STARS' Manitoba communications officer Blake Robert said they isolated data for Interlake communities — the western half of the IERHA — and determined the number of missions (interfacility transfers and scene calls) that occurred across two fairly similar date ranges.

"Between March 1, 2020, and Dec. 31, 2020, STARS carried out 153 missions in the Interlake region," said Robert. "Between Jan. 1, 2021 and Oct. 21, 2021, STARS carried out 160 missions in the Interlake region."

SCI class enjoys outdoor adventures at Kinsmen Lake

By Jennifer McFee

Local high school students are making waves with a brand-new outdoor education class.

For the first time, Stonewall Collegiate Institute is offering outdoor education as an elective. Last week, students enjoyed a canoeing excursion on Kinsmen Lake, which created a ripple effect of fun.

Curtis Grieve and Cody Benson teach the class, which offers a mix of in-class and outdoor components.

"This is our first year running it so we're developing it as we go. With COVID and the amount of people that seem to want to do more things outdoors, we thought that it was a nice option for our students as an additional elective to add to the school schedule," Grieve said. "It's been a lot in the classroom about sustainability and making students more aware of how we can get outside in the wilderness but still making sure we're taking care of our environment. Typically, on a given year, it would also involve a number of different off-site locations, but we're restricted with field trips. So basically our activities that we come up with have to be around town."

One of these activities was a canoe lesson on Oct. 20 and 21. Grieve had contacted Manitoba Paddling Association earlier in the year to see if they would come out. He also contacted the Town of Stonewall to see if they would willing to allow the class to use the pond, Grieve said they were more than accommodating.

"It was fortunate that they left the water in Kinsmen Lake because of the hockey tournament they're running there," he said, "which they normally



The students learned basic paddling and strokes and safety on Day 1.

don't do."

In addition, they hired a couple of the Quarry Park lifeguards to monitor the event. The rest was up to Manitoba Paddling Association.

"They brought out enough canoes for all of our class. Day 1 on Wednesday, they went through basic paddling and strokes and safety. Day 2 was giving the kids an opportunity to have fun in the canoes," he said.

"We did some racing and some relays that challenged their abilities to handle the canoes."

Looking ahead, Grieve hopes to expand options for outdoor activities.

"In the past, other schools have done ice fishing trips, shoreline fishing trips, hikes at Spruce Woods or Mantario, trips to Camp Morton and things like that. We're really looking forward to that stage when we can again offer those kinds of things," Grieve said.

"But for the time being, we're trying to find alternate opportunities around here. We're going to do orienteering in Quarry Park as well. It's nice to get out and do something different for a while."



TRIBUNE PHOTOS BY KAREN MCLEAN

SCI students enrolled in the outdoor education elective had a canoe lesson in Kinsmen Lake last week.



Manitoba Paddling Association provided the canoes.



Rosser council news in brief

By Jennifer McFee

- At the Oct. 12 council meeting, Rosser council accepted a \$79,400 quote from Exchange Group regarding the review and analysis of the capital lot levy for Rosser CentrePort lands. The cost will be paid from the capital lot levy reserve. In addition, the capital lot levy reserve will be used to pay invoices for Brookside and Inkster right-of-way construction work.
- Council also approved the expense for a the addition of a full-time position in the Public Works department.
- The CAO will authorize

approval of work to provide Shaw services to new customers on Lucas Avenue and Durum Drive, pending approval from the municipal engineer.

- Council approved a culvert application for two approaches on Goldenrod Drive and one approach on Sage Drive. The applicant will cover the cost of supplies and installation.

- Council granted conditional approval for Rosser Holsteins to build a new 1,978-square-foot single-family dwelling on property on Road 68N.

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Man arrested near Balmoral

By Jennifer McFee

Near the quiet community of Balmoral, it's not a typical sight to see a heightened police presence. But last Wednesday night, it was the scene of a high-profile arrest.

Selkirk RCMP and major crime services had been searching for 38-year-old Wesley Manfred Wadien, whom they believed to be armed and dangerous. Wadien was wanted for uttering threats and pointing a firearm, as well as for multiple arrest warrants related to other offences.

On Tuesday at about 1 p.m., RCMP received a report of a man pointing a shotgun in Selkirk. Schools in the community were locked down for safety. Police arrived, and Wadien led them on an

evasive chase.

Police believe he stole multiple vehicles while they searched for him throughout the rest of the day and evening.

At about noon on Oct. 20, Wadien was spotted in Selkirk. Later, at 3:53 p.m., he was seen driving erratically on Highway 17 and Road 12 East.

That evening around 7 p.m., police issued a public warning over the emergency alert system, sending messages via cell phones and broadcast media. Members of the public were cautioned to not approach Wadien and to call 911 immediately if they saw him.

Just before 9 p.m., RCMP indicated that Wadien had been safely arrested without incident in the

RM of Rockwood and he was taken into custody. The local Stonewall-Headingley detachment was an assisting unit.

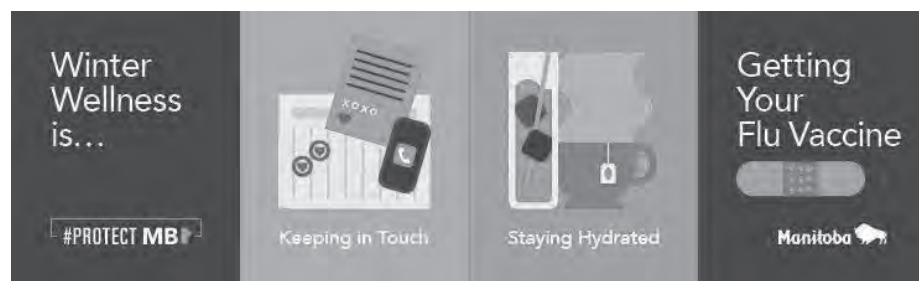
Stony Mountain resident Carole Gillespie expressed gratitude for the RCMP communications.

"First of all we got the warning on TV, and then we got a phone call to warn us in case we didn't get it on the TV. Going on 9 o'clock, we got another phone call stating that he had been caught so everybody could put their minds at ease," she said.

"I'm an 87-year-old person and it really put my mind at ease. I feel there should be some acknowledgment for whoever organized it."



Wesley Manfred Wadien



Seasonal Influenza Clinics will begin November 1, 2021

Book an appointment for your flu shot by calling 1-844-626-8222 between 6:00am and 8:00pm, seven days a week or by using the online booking system originally put in place for the COVID-19 vaccine (visit www.ierha.ca and click "2021 Flu Clinics" or visit Manitoba.ca and then click "Covid-19" and "Vaccine").

Individuals can receive their seasonal flu, COVID-19 or both vaccines at these sites at the same time, if they choose. The online vaccine finder at <https://protectmb.ca> shows locations where these vaccines are available including where walk-ins are available. Many medical clinics and pharmacies with seasonal flu and/or the COVID-19 vaccines will continue to be listed, with information about how to book at these locations.

Below is the listing for the region.

Please note:

- Walk-ins are available. Appointments are welcome and encouraged.
- COVID-19 vaccine will also be available at this year's seasonal influenza clinics.
- You must wear a non-medical face mask to your appointment.
- Please practice good hand-washing and social distancing.
- Do not come to your appointment if you are experiencing flu-like symptoms.
- Please come right at your appointment time to avoid congestion.
- Bring your Manitoba Health Card, and wear a short-sleeved shirt

	Dates	Time(s)	Location(s)
St. Laurent	November 10	1:00 pm - 4:00 pm	St. Laurent Rec Centre, Lot 825 PTH 6
	November 17	3:00 pm - 6:00 pm	St. Laurent Rec Centre, Lot 825 PTH 6
	November 20	10:00 am - 2:00 pm	St. Laurent Rec Centre, Lot 825 PTH 6
Stonewall	November 3	9:00 am - 4:00 pm	Stonewall Legion, 459 Main St
	November 9	1:00 pm - 7:00 pm	Stonewall Legion, 459 Main St
	November 27	9:00 am - 4:00 pm	Stonewall Legion, 459 Main St
Stony Mountain Teulon	November 15	2:00 pm - 6:00 pm	Stony Mountain Community Centre, 117 School Road
	November 12	11:00 am - 3:00 pm	Teulon Anglican Parish Hall, 60-2nd St SE
	November 16	3:30 pm - 6:00 pm	Teulon Anglican Parish Hall, 60-2nd St SE
Warren	November 10	1:00 pm - 7:00 pm	Warren Fire Hall, 152 McDonald Ave
Woodlands	November 5	2:30 pm - 4:30 pm	Woodlands Rec Centre, Solvason Ave

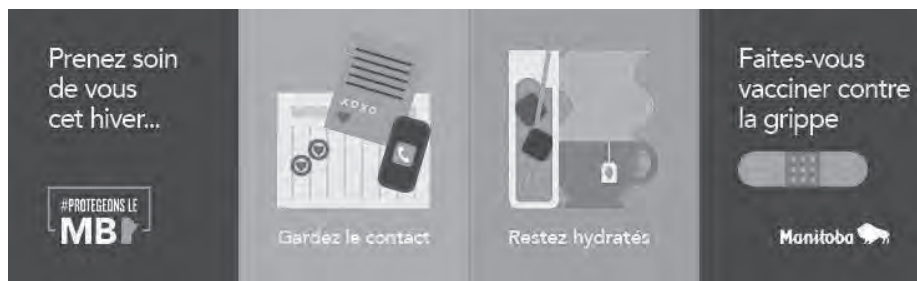
Residents-only flu clinics may be planned in some senior and other community housing facilities. These clinics are not listed here. Check your building bulletin boards for a flu clinic poster with details.

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

Any changes to this listing will be posted online at www.ierha.ca
Click on the banner "2021 Flu Clinics" on the home page



Interlake-Eastern
Regional Health Authority



Les cliniques de vaccination contre la grippe saisonnière accueilleront le public à partir du 1^{er} novembre 2021

Prenez rendez-vous pour vous faire vacciner contre la grippe en composant le 1 844 626-8222 entre 6 h et 20 h, sept jours sur sept, ou en utilisant le système de prise de rendez-vous en ligne initialement mis en place pour la vaccination contre la COVID-19. (Visitez www.ierha.ca et cliquez sur la bannière "Cliniques contre la grippe 2021" ou visitez Manitoba.ca et cliquez sur "Covid -19" et "Vaccine".

Dans ces cliniques, les visiteurs ont le choix de se faire vacciner contre la grippe saisonnière, contre la COVID-19, ou de recevoir les deux vaccins en même temps.

On peut consulter le site <https://protectmb.ca> pour connaître les endroits où il est possible de se faire vacciner contre la grippe ou contre la COVID-19, y compris sans prendre de rendez-vous. La liste de la région se trouve ci-dessous. De nombreuses cliniques médicales et pharmacies proposant des vaccins contre la grippe saisonnière ou la COVID-19 continueront d'être répertoriées, avec des renseignements sur les modalités de prise de rendez-vous dans ces lieux.

Veillez noter ce qui suit :

- Il existe des cliniques sans rendez-vous, mais on invite les patients à prendre rendez-vous.
- La vaccination contre la COVID-19 sera également offerte dans les cliniques de vaccination contre la grippe saisonnière cette année.
- Vous devez porter un masque non médical lors de votre rendez-vous.
- Veuillez vous laver les mains soigneusement et respecter l'éloignement physique.
- Ne vous présentez pas à votre rendez-vous si vous avez des symptômes de grippe.
- Veuillez vous présenter à l'heure exacte de votre rendez-vous afin d'éviter les encombrements.
- Apportez votre carte de santé du Manitoba et portez une chemise à manches courtes.

Des séances de vaccination contre la grippe réservées aux résidents peuvent être mises en place dans certaines résidences pour personnes âgées et autres logements communautaires. Ces séances ne sont pas répertoriées ici. Elles seront annoncées dans les établissements concernés. Veuillez consulter les tableaux d'affichage des établissements pour en savoir plus.

Communauté	Dates	Heures	Emplacement
St. Laurent	10, novembre	13h00 - 16h00	Centre récréatif de St. Laurent, Lot 825, autoroute 6
	17, novembre	15h00-18h00	Centre récréatif de St. Laurent, Lot 825, autoroute 6
	20, novembre	10h00-14h00	Centre récréatif de St. Laurent, Lot 825, autoroute 6
Stonewall	3, novembre	09h00-16h00	Stonewall Legion, 459 rue Main
	9, novembre	13h00-19h00	Stonewall Legion, 459 rue Main
	27, novembre	09h00-16h00	Stonewall Legion, 459 rue Main
Stony Mountain Teulon	15, novembre	14h00-18h00	Stony Mountain Community Centre, 117 chemin School
	12, novembre	11h00-15h00	Teulon Anglican Parish Hall, 60 rue 2nd SE
	16, novembre	15h30 - 18h00	Teulon Anglican Parish Hall, 60 rue 2nd SE
Warren	10, novembre	13h00-19h00	Warren Fire Hall, 152 ave McDonald
Woodlands	5, novembre	14h30 - 16h30	Woodlands Rec Centre, ave Solvason

Il est possible que des séances de vaccination contre la grippe réservées aux résidents soient mises en place dans certains foyers ou logements pour personnes âgées. Ces séances n'apparaissent pas dans la liste ci-dessus.

St. Laurent 204-646-2504 Stonewall 204-467-4400 Teulon 204-886-4068

Tout changement apporté à la liste est accessible à l'adresse : www.ierha.ca.
Cliquez sur la bannière « Séances de vaccination contre la grippe - 2021 » sur la page d'accueil.



Office régional de la santé
d'Inter-lacs et de l'Est.

A radical work day

Chester Wilson had no idea he would have a work day filled with adrenaline on Oct. 19 and 20

By Ligia Braidotti

Chester Wilson has dealt with a lot of small thefts throughout his career as a distributor for Old Dutch Foods, but nothing like what he experienced last week.

Manitobans received an alert on their phones on Oct. 20 that the RCMP was advising an armed and dangerous suspect believed to be a threat to the public could be in Selkirk, the Interlake, or Winnipeg area. Wesley Wadien had been seen driving a white Dodge Ram and the RCMP were searching for him. Little did Wilson know that he would be an eye-witness to it all.

The chase between Wadien and the RCMP started on Oct. 19 with an afternoon report of a man pointing a shotgun in Selkirk. All schools went into lockdown. On the evening of Oct. 19, Wilson was doing his business at Bargains Galore and had parked his truck off of Main Street when an RCMP officer approached him and told him to go to the back of his truck and stay there until they said so.

"There were no RCMP cars when I went in. But when I came out, there were two RCMP cars parked parallel to each other on Main Street, but there was nobody in them. I opened my back doors and I started putting my order together for the store and a police officer came up to the back of the truck and he asked me to stay in the back of the truck until he came back," Wilson told the *Tribune*. "As he was telling me that, two other RCMP officers were running to their vehicles with their shotguns out. They got into their vehicles, turned on their lights, their sirens and took off."

Wilson had no idea what was going on then.

"I still didn't realize what was going on until I got home on the Wednesday and I went downstairs for supper. My wife was watching TV upstairs and it came on the TV, you know, on the screen, the warning," he continued.

On Oct. 20, he got up to a normal day. But then again, it would be anything but normal.

"I was going out to Clandeboye and the black SUV RCMP officer was blocking Cloverdale, just on the way to Clandeboye. Then there was a helicopter above them. So that afternoon, I was going through East Selkirk and it was about quarter after three and there were all these cars coming towards me and pulling over. I couldn't figure out why. I'm driving a big truck and I can't see directly behind me. I just got my side mirrors. So I'm slowing down to turn and just wondering why all these cars are pulling over," Wilson said.

"And then I glanced in my driver's side mirror and I said, 'holy shoot. This truck was coming right at me.' He was probably doing 140 [kilometres/hour]. I thought he was going to take my mirror off."

The truck in question was Wadien's white Dodge Ram. Shortly after, the RCMP caught him.

"He went through like really, really fast because he had all the way to get that speed up and, you know, you can hear the motor just revving and then that black SUV was right behind him. The RCMP and he came through right after me. It happened really quick, but it scared me because I wasn't expecting it."

Wadien was arrested on Oct. 20 at 8 p.m. The RCMP said he was wanted for allegedly uttering threats and pointing a gun and that he had several arrest warrants out for other offences.



TRIBUNE PHOTO BY BRETT MITCHELL

The RCMP ordered Chester Wilson, a distributor for Old Dutch Foods, to stay in the back of his truck while they searched for Wesley Wadien on Oct. 19.

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 matters:

To SUBDIVIDE 11 parcels totalling +/- 51 acres in part of the N ½ of 3-12-2 EPM in the RURAL MUNICIPALITY OF ROSSER and to RE-ZONE the parcels from "IPR" INLAND PORT RURAL ZONE to "I2" INDUSTRIAL GENERAL ZONE, being INLAND PORT SPECIAL PLANNING AREA BY-LAW 2-21, being an AMENDMENT to the INLAND PORT SPECIAL PLANNING AREA REGULATION 48/2016

HEARING LOCATION: Virtual hearing via Microsoft Teams

DATE and TIME: Wed, November 17, 2021 at 6:00 pm

GENERAL INTENT AND PURPOSE: To subdivide and re-zone part of the N ½ of 3-12-2 EPM in the RM of Rosser CentrePort lands from "IPR" Inland Port Rural Zone to "I2" Industrial General Zone to accommodate the establishment of general industrial uses.

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

FOR MORE INFORMATION CONTACT: Manitoba Municipal Relations
Inland Port Special Planning Area
610-800 Portage Avenue,
Winnipeg, MB R3G 0N4
Phone: 204-945-1312
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.

Lundar RCMP responds to armed robbery

Staff

On Oct. 18, at approximately 10:50 a.m., Lundar RCMP responded to a report of an armed robbery at a gas station located on Highway 6 in St. Laurent.

Officers were advised that three sus-

pects, two males and a female, entered the store and grabbed several bottles of liquor and pointed a firearm at the employee as they walked out. The suspects were then seen walking towards the school where they were picked up in a vehicle. No injuries were re-

ported.

With the suspect vehicle identified, officers notified the surrounding detachments of the vehicle description and began conducting patrols.

At 11:40 am, the suspect vehicle was spotted at the intersection of Highway

6 and Highway 101 (North Perimeter Highway) and stopped by officers from the Emergency Response Team (ERT) who were in route to St. Laurent to provide assistance.

Continued on page 16

October is Car Safety Month

Three ways to stay safe on the road this winter

October is Car Safety Month. Every year, the Automotive Industries Association of Canada (AIAC) aims to remind motorists of the importance of taking preventive measures come the colder season. Launched in 2004, the AIAC's *Be Car Care Aware* program promotes ways in which drivers can prepare for Canada's harsh winter conditions in order to improve road safety nationwide. Here are three things every motorist should consider:

1. Pre-winter inspection

Is your car reliable? Getting your vehicle inspected before winter sets in is essential to avoid any mishaps on the road. After all, you wouldn't want your car to break down in the middle of a full-blown blizzard, would you? The following elements should be verified at the start of every winter:

- Fluids (motor oil, transmission fluid, antifreeze, windshield fluid, etc.)
- Drive belts • Battery and alternator
- Brakes • Exhaust system
- Steering and suspension systems
- Heating and defrosting systems
- Windshield wipers • Tires (including the spare!)
- Lights and turn signals • Electrical system
- Horn

2. Winter tires

It's recommended to change your summer tires as soon as the temperature drops below 7 °C. Why? The rubber on your summer or four-season tires hardens and loses traction in cold temperatures, especially when the road is icy or covered with snow. Equipping your vehicle with four good winter tires that can withstand temperatures as low as -40 °C is essential for optimal traction.

3. Emergency kit

To remain visible to other motorists and obtain the help needed in case of an emergency, every vehicle should be equipped with an emergency kit containing the following essentials: a blanket, warm clothes, a flashlight, a first aid kit, non-perishable foods, a shovel, extra windshield fluid, booster cables, a fire extinguisher, a whistle, emergency warning triangles, an ice scraper and a brush to remove snow.

Furthermore, always make sure your cellphone is fully charged before heading out on a long trip, and keep a charger in the glove compartment just in case! Additionally, you should keep a list of important phone numbers that could be useful in an emergency situation, like that of roadside assistance, in your contacts. However, don't rely solely on technology; a map can be a lifesaver in areas where a satellite signal is unavailable.

Finally, if basic preparation is imperative to ensure your car's reliability, adapting the way you drive in the winter is equally important. Reduce your speed when visibility is poor or when the road is blanketed with snow, and keep a safe distance from snow removal trucks. Additionally, get in the habit of checking road conditions online and removing the snow from every inch of your car (roof, wipers, lights, etc.) before heading out.

To find out more about Car Safety Month or for more information on how to brave harsh winter conditions while on the road, visit www.becar-careaware.ca.

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Historic load of grain



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Viterra grain terminal located east of Rosser received its first load of grain this past Monday. Fiona Jochum with Blue Diamond Farms unloading the first load of red spring wheat.

By Jennifer McFee

Excitement brimmed at Rosser's new grain terminal when the first delivery of grain arrived Monday morning.

Viterra's new high throughput grain terminal, which began construction last year, has a storage capacity of 34,000 metric tonnes and the ability to load up to 134 railcars through a loop track. The new facility is also able to unload 10 Super B trucks per hour.

"Accepting our first farm customer deliveries is a milestone moment for

our brand new Rosser facility," said Kent Klimpke, Viterra's director of country regional management.

"We're excited to revitalize our presence here through this state-of-the-art facility and our team is looking forward to providing superior service to area customers today and for many years to come."

Headquartered in Regina, the company handles, processes, distributes and transports grains, oilseeds and pulses.

Drop socks at Korner Kutz

By Jennifer McFee

Main Street Project's fourth annual Socktober campaign is underway, and Korner Kutz is contributing to the cause.

"We are constantly collecting all year long, but we are doing extra for Socktober right now in October. We are collecting new or very gently used socks," said Derek Lischka, who works at the front desk of the Stonewall business.

"We're constantly taking toiletries, bottled water, any used clothing, warm clothing, socks, hotel shampoos and conditioners, bar soap, feminine products — but

nothing with aerosol or alcohol because they won't accept that."

For the sock drive, they'll likely drop off the donations at the Winnipeg-based charity, which hopes to reach a goal of collecting 20,000 pairs of socks in anticipation of the cold winter months.

After that, Korner Kutz will start collecting items for its Christmas drive.

"We've all known people who have dealt with hard times and homelessness so we just like to help out when we can," Lischka said. "We just like to lend a hand."

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Stonewall plugging in to the future



TRIBUNE PHOTO BY JO-ANNE PROCTER

Two Level II electric vehicle charging stations with two chargers each were installed in Stonewall last Friday. The installation of the vehicle-charging stations cost approximately \$60,000 and was part of the 2020 Town of Stonewall budget. The town received a grant for \$20,000 from the Natural Resources Canada's Zero Emissions Vehicle Infrastructure Program. Currently there is no fee to charge a vehicle and it takes about two hours to get an 80 per cent level charge. One station is located in the parking lot behind town hall and the other in the upper parking lot at Quarry Park Heritage Arts Centre. Kegan Hopper, left, and Andrew Titley, right, with Golf View Electric have been installing charging stations throughout the province.

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All location check-ins can be done outdoors. Please continue to follow all health & safety guidelines as set by the Manitoba Government.

Overwhelming support



TRIBUNE PHOTO SUBMITTED

A huge pile of donations have been collected at Quarry Pets for "Tin for the Critter Bin" in memory of Ethan Boyer. Boyer was killed tragically October 2019 in a vehicle collision on the Perimeter Highway at 19, and to honour his love for animals, his mom Sue Zuk-Boyer and dad Dana Boyer started the donation bin fundrasier. The family wants to thank everyone from the bottom of their hearts who donated to the cause.

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STONEWALL

Midtown Merchants Corner condominium development approved

Stonewall council news in brief

By Jennifer McFee

New housing options are coming soon to Stonewall.

At the Oct. 20 council meeting, Stonewall council approved a multi-family condominium development called Midtown Merchants Corner with a 3-2 vote.

The developers requested conditional use approval to build a three-storey, 24-unit condo development at 369 Centre Ave. They also requested a variance to reduce the minimum ratio of off-street parking spots to one space per unit down from 1.5 spaces per unit, or 24 spaces compared to the required 36 spaces. To increase available parking, the developer plans to include an additional nine tandem parking spaces, which involve two parking stalls relying on the same access point with one space behind the other for a total of 33 parking spaces.

The suites will be situated in two building wings that surround an outdoor courtyard. The target demographic is retirees looking to downsize or singles buying their first home. Each unit would be about 800 square feet with access directly from the inner courtyard.

The project was originally voted down in a 2-2 vote at the June 16 council meeting. At that time, council was short one member since Blair Good resigned in December and his position remained vacant. In June, councillors Wally Badger and Peter Bullivant voted in favour of both resolutions, while Mayor Clive Hinds and Coun. Jackie Luellman voted against. Because of the tie vote, the resolutions were defeated.

Now that Coun. Kim Newman has filled the final councillor position, the issue returned last week for another vote before the full five-person council. Newman voted in favour of the resolutions, thereby breaking the tie. As a result, the project was conditionally approved.

"Midtown Merchants Ltd. is ecstatic town council has chosen to approve our proposal for 369 Centre Ave. We have worked hard to find balance between our contemporary design and the elegance of Stonewall's signature structures, staying mindful of our history while looking to the future," Joel Edwards of Midtown Merchants Ltd. told the Tribune.

"We are eager to continue the work in creating this exciting new compliment to the existing neighbourhood at what we hope will become one of Stonewall's most desirable addresses."

In other council news:

- Council discussed the possibility of engaging an engineering firm to complete project initiation and conceptual design services in an effort to address safety concerns for pedestrians and vehicles on Keith Cosens Drive. However, the cost of the engineering services is estimated to be \$19,825 plus tax. Several councillors expressed concerns about the cost, so they decided to discuss the matter further at the next committee of the whole meeting before making any decisions.



TRIBUNE PHOTO SUBMITTED

Stonewall council conditionally approved the Midtown Merchants Corner condo development.

ceptual design services in an effort to address safety concerns for pedestrians and vehicles on Keith Cosens Drive. However, the cost of the engineering services is estimated to be \$19,825 plus tax. Several councillors expressed concerns about the cost, so they decided to discuss the matter further at the next committee of the whole meeting before making any decisions.

- The Town of Stonewall will support the Stonewall and Area Mobility Service (SAMS) with its decision to submit an application to the Zero Emission Transit Fund in an effort to convert part of the SAMS fleet to zero-emission vehicles. SAMS is seeking support from all its partner municipalities with its application, which will cost \$30,000, including fees to create a supporting report.

- The Town of Stonewall will support the implementation of the proposed Primary Care Development Group Incorporated Family Health and Learning Centre. The town will also urge the provincial government to support this project as a priority. The Interlake-Eastern Regional

Health Authority and municipal leaders have identified a lack of a clinical teaching unit as a significant hurdle to providing sustainable health care in rural communities.

- Council approved a bid from Interlake Electric to supply and install a customer service termination enclosure at Quarry Park Campground to upgrade the electrical service.

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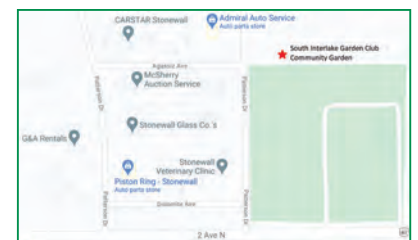
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November 1st - 7th

South Interlake Garden Club Community Garden



(located behind the Stonewall Cemetery at the intersection of Patterson Dr. and Agassiz Ave.)

Follow the signs as to where to drop off your pumpkins.

Please remove all candles and non-compostable decorations.

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> ROBBERY, FROM PG. 12

Officers arrested the five vehicle occupants, two males and three females, without incident.

A search of the vehicle led to the seizure of the firearm, which was identified as an airsoft gun, as well as several knives, a machete and the stolen

liquor.

A 40-year-old female passenger, who was found in an unconscious state in the vehicle, was taken to hospital where she remains in stable condition.

RCMP have charged the following

individuals in relation to this incident with robbery and numerous weapons-related offences;

1) Wendy Cook, 42 years of age from Winnipeg, was remanded into custody.

2) Nathan Sumner, 24 years of age from Little Saskatchewan, was remanded into custody.

3) Mark Holden, 24 years of age

from Lunder, was released from custody. He will be appearing in court in Lunder on Dec. 16.

4) Vanessa McKenzie, 34 years of age from Lake St. Martin, was released from custody. She will be appearing in court in Lunder on Dec. 16.

Lunder RCMP continue to investigate.



Massage Therapy Awareness Week

What is massage therapy

What is "Relaxation" Massage?

What is commonly referred to as relaxation massage is often what you think of when you go to a spa and where your goal is to leave feeling relaxed, to reduce tension, and minimize a feeling of stress. The clinical names for the basic massage techniques often used to achieve a state of relaxation are collectively known as Swedish massage. Some Swedish massage techniques are known to be more relaxing. Techniques like effleurage or petrissage when applied with appropriate pressure and direction will elicit a relaxation effect. These techniques are generally long gliding motions or kneading.

Is "Relaxation" Massage different than Massage Therapy?

Not when you receive a qualified and administered treatment by an RMT. An RMT will assess your situation and have the tools to create the best possible plan for you whether it is for relaxation or for something like pain relief from a muscular strain.

Buyer Beware: find out who is administering your massage. In some spas, salons and other settings, the

person giving a massage may not be a Registered Massage Therapist. RMT's have a minimum standard of education and are bound to ethical and effective professional care. Others who do massage are not held to those same standards. So whether you need to relax or manage more specific pain, an RMT will assess your needs as it could be the case there is something more specific that needs to be addressed for you to reach that goal and that may require more complicated therapeutic techniques.

What is "Deep Tissue" Massage?

The term "Deep Tissue" is often used by clients when communicating that they want something more than light

touch or pressure. When you ask for "deeper" or more pressure, that is just one cue to a professional RMT that your needs may be more complex. A deep tissue massage will be determined after the health history and assessment reveal your specific health needs and potential risks. Not only will an RMT ask and be aware of cues for adjusting pressure, they will encourage you to express what you are feeling during the treatment with respect to pressure, discomfort or effect. Different people might request deep tissue massage, but their expectations will be completely different. This is something that needs to be determined with appropriate assessment and communication.

Why is some massage accepted by my insurance health benefits and some not?

Most major insurance benefit programs will only approve massage therapy provided by a Registered Massage Therapist who has graduated a full program to allow the treatment to be billed under the benefit plan because it increases the effective health benefits AND reduces the injury risks when a minimum standard of education has been achieved by the practitioner. This assures the insurers and the companies who provide your benefits that your health care is being managed by someone with minimum competencies and who is held to a high standard of care.

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Sorghum Split Pea Soup

4 sprigs thyme
2 bay leaves
1 1/2 tablespoons Worcestershire sauce
chopped fresh thyme (optional)
cracked black pepper (optional)

In 4-quart stock pot or large pot, heat oil over medium heat. Add onion, carrots, celery and garlic; season with salt and pepper, to taste, and cook, stirring occasionally, 10-12 minutes, or until onion is tender. Add chicken stock, split peas, ham bone, ham, sorghum, thyme sprigs and bay leaves. Bring to boil; reduce heat and simmer, covered, 45-60 minutes, or until split peas are soft and sorghum is tender.

Remove ham bone, thyme sprigs and bay leaves from soup. Remove ham from bone, chop ham and return to pot. Discard bone, thyme sprigs and bay leaves. Add Worcestershire sauce and season with salt and pepper, to taste.

Garnish with chopped fresh thyme and cracked black pepper, if desired.

Recipe courtesy of the United Sorghum Checkoff Program, National Pork Board and USA Pulses

Prep time: 20 minutes

Cook time: 60 minutes

Servings: 6 (1 1/4 cup each)

1 1/2 tablespoons olive oil

1 onion, chopped

3/4 cup sliced carrots

3/4 cup sliced celery

salt, to taste

pepper, to taste

1 1/2 teaspoons minced garlic

6 cups no-salt-added chicken stock

1 1/4 cups green split peas

1 small ham bone

2/3 cup chopped ham

2/3 cup pearled sorghum



Grilled Turkey Club with Orange Juice-Infused Aioli

slices.

Spray grill pan, electric skillet or cast-iron skillet with nonstick cooking spray and warm over medium heat. When pan is hot, add sandwiches, cheese side down, and cook until bread is golden brown and cheese has melted, about 4 minutes. Gently flip and cook 2-3 minutes, or until bread is golden brown.

Serve with remaining aioli as dipping sauce.

Orange Juice-Infused Aioli:
1 cup mayonnaise
1/2 cup Florida Orange Juice
2 tablespoons chopped parsley
2 cloves garlic, grated
2 teaspoons Dijon mustard

Turkey Club:
8 slices multi-grain bread
1 cup watercress
8 ounces thinly sliced smoked turkey
4 slices provolone cheese
nonstick cooking spray

To make aioli: In small bowl, whisk mayonnaise, orange juice, parsley, garlic and Dijon mustard.

To make turkey club: Spread 2-3 teaspoons aioli on four bread slices. Spread watercress on top of aioli. Top watercress with turkey, cheese and remaining bread

Orange Cream Smoothies

1 1/2 cups Florida Orange Juice
2 cups ice
6 ounces non-fat vanilla Greek yogurt
1/2 cup vanilla almond or soy milk
In blender on medium speed, blend orange juice, ice, Greek yogurt and vanilla almond or soy milk until smooth and creamy.

Pour into two tall glasses.



Lemon-Garlic Tenderloin with Warm Sorghum Salad

Recipe courtesy of the United Sorghum Checkoff Program, National Pork Board and USA Pulses

Prep time: 25 minutes

Cook time: 70 minutes

Servings: 6 (2 ounces pork, 3/4 cup sorghum salad)

2 cups vegetable broth

2 cups water

1 cup whole-grain sorghum

2 tablespoons olive oil

1 tablespoon minced garlic

1 tablespoon minced fresh parsley
1 1/2 teaspoons lemon zest
1/2 teaspoon salt
1/2 teaspoon pepper
1 pork tenderloin (16 ounces), trimmed of fat

1 medium sweet potato, peeled and cut into 1/2-inch pieces

1 cup kidney beans, rinsed and drained

1/2 cup dried cranberries

1/2 cup pecan halves

Preheat oven to 425 F. In medium saucepan, combine vegetable broth and water. Bring to boil. Add sorghum. Reduce heat to simmer and cook, covered, 45-60 minutes, or until tender.

In medium bowl, combine olive oil,

garlic, parsley, lemon zest, salt and pepper. Drizzle half oil mixture on pork; rub in with fingers. Place pork in shallow roasting pan. Add sweet potatoes to bowl with remaining oil mixture. Toss to coat and set aside.

Roast pork, uncovered, 10 minutes. Arrange sweet potatoes around pork and roast 15-20 minutes, or until pork reaches 145 F internal temperature and potatoes are tender. Remove pork from pan. Cover; let stand 10 minutes.

Stir roasted sweet potatoes, beans, cranberries and pecan halves into cooked sorghum and heat through.

Slice pork tenderloin and serve with warm sorghum salad.

Easily end sugar cravings

Submitted by Julie Germaine

Hands up (me!) if you've been indulging more this month. We've all been faced with the boxes of snack-sized candy and chocolate bars since early September, and getting into the Halloween spirit eases the sting of impending winter. I'm all about moderation, but the challenge then becomes dealing with the regular sugar cravings that will surely follow.

It's entirely normal to experience sugar cravings, and though we are conditioned to believe they are worrisome, they really aren't. Let me share with you some simple ways to adjust your eating patterns, food choices, and overall mindset to overcome common struggles.

Be sure to choose healthy meals frequently throughout the day, and don't be afraid to have sit-down 'snacks', like a salad with chicken, rather than typical mid-morning choices, such as fruit. By fueling your body consistently, you will avoid a crash, which cues cravings for immediately energy that comes by eating sugar.

Carbs are good for you and part of a balanced diet. Don't get tricked into cutting them out completely, and instead consume whole grains, sweet potatoes, or other complex carbs throughout the day, tapering down into the evening when you are less active. Fruits are nature's candy, and are ideal first thing in the morning or immediately after physical activity, paired with a protein such as a protein shake, milk, lean meat, or eggs.

But sometimes, you deserve the sweet treat, so allow yourself to fully



Health and Wellness Fitness expert
Julie Germaine

ly enjoy it, guilt-free. Keeping your relationship with food positive and healthy is extremely important. You could decide ahead of time that Friday night is dessert night, and having that to look forward to makes passing on the morning doughnut much easier.

Ultimately, keeping yourself full with nutritious foods will go a long way towards eliminating sugar cravings before they happen.

Would you like to connect with me to discuss your personal fitness goals and struggles? Visit juliegermaine.com or schedule a free 15 minute diet consultation at www.calendly.com/juliegermaine

Coach Julie Germaine is a fit mom, 2x Pro Fitness Champion, Certified Nutrition & Fitness Expert - and local here in Manitoba. She has helped thousands of men and women improve their health since 2005.



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204-322-5558

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We appreciate when you pre-register with the office for your programs to ensure we will have space for you! Proof of vaccination and photo ID are required for in person programming, along with proper mask use! For updated information on how and which programs are being delivered, visit our website, or contact the office.

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November 2021:

November 3: Book Club 1:00pm (In Person)
 November 5: Quilter's Corner 11:00-3:00 (In Person)
 November 11: Centre Closed for Remembrance Day
 November 11: Virtual Chat 3:00pm (Zoom)
 November 18: Cabin Fever Reliever 3:00pm (Zoom)
 November 19: Quilter's Corner 11:00-3:00 (In Person)
 November 25: Virtual Chat 3:00pm (Zoom)

New Programs for November!

4 Week Accumulative Cribbage Tournament starting Nov 9
 Tuesday Nights 7:00-9:00pm (Pre-registration required, space limited)
 Ukulele Club at Something Beautiful starting Oct 28
 Every 2nd Thursday 7:30-8:30pm

FALLS PREVENTION

Are you or someone you know at risk for falls?
 It's not too late to join us on Tuesdays and Thursdays at 9:00am for an hour long class promoting balance, strength, and preventing falls! With help from the IERHA, this program is FREE and includes incentives to join in on the fun!
 Call (204) 467-2582 for more information



VIRTUAL COFFEE AND A CHAT

Join us on Zoom to connect with members of the community as we check in on each other for an hour-long chat. Offered every 2nd and 4th Thursday at 3:00 pm
 Next Chats:
 November 11, 2021
 November 25, 2021



HOP, DROP AND SHOP

Operated by Stonewall and Area Mobility Service
 November 2, 2021 – Manic Monday at Coop Food Store (Stonewall)
 • **Stonewall pickups from:** Lions Manor, Crocus Manor and Stonewood Place. Buses will operate on 2 schedules: **10:00 AM and 1:00 PM**
 Price is \$5.00 round trip. (Interac Tap is available)
 • **Balmoral pickup location:** Sprucewood Place @ **10:30 AM**
 Price is \$10.00 round trip. (Interac Tap is available)
 Stops include Family Foods, Red River Coop, Center & Main (for banking) and Westside Plaza.
 Call (204) 467-9446
 to reserve your seat!

NUTRITIONAL SUPPLEMENT PROGRAM

We are excited to offer our community products like Boost 1.5, Glucerna and more by the case to fit your needs! For an updated list with price information, please visit our website, or call the office for more information.

Order deadline is November 15th
 (Orders placed after deadline cannot be guaranteed to be ready for pickup day)

Pickup Date: November 26 from 2-4:30pm
 374 1st Street West, Stonewall



Become a Member of South Interlake 55 Plus today!
Membership is Only \$20.00 Annually!

Memberships Can Now Be Completed On-line! Check out our Website at www.si55plus.org to fill out a Membership form for a New Membership or to Renew.

• You do not have to be 55 + to become a member! Associate members enjoy all of the benefits of membership, with the exception of holding a position on the Board of Directors, and voting at the AGM.



• The South Interlake 55 Plus is now able to offer E-Transfer as an alternate payment method! Payment for memberships, programs and donations can now be cashless.
 For more information, call (204)-467-2582

For more information call 204-467-2582

South Interlake Seniors Resource-Stonewall
144-622 Centre Avenue-Lions Manor, Entrance 4.

SUPPORT SERVICES FOR SENIORS

- Driver/Escort Program • Equipment Lending Service
- Meals on Wheels • Lifeline • ERIK and ICE Programs
- Handy Helper/Housekeeping Program
- Friendly Visiting and Telecheck (phone buddy)
- Home Hair Care Service
- Resource information/Form Assistance

Our office is located in the Stonewall Lions Manor at 622 Centre Avenue, Entrance 4.

204-467-2719 www.sisrc.ca

We are in search of a Volunteer Driver for the Meals on Wheels Program, in Stonewall

Meals on Wheels is a program designed primarily for the older temporarily disabled, disabled or ill persons who are able to live alone safely with the minimum of outside assistance.

The program runs five days a week, takes about 45 minutes to deliver meals between 4:15 and 5:00 pm.

Please call our office @ 204-467-2719 for more information regarding this unique volunteer opportunity.

The South Interlake Seniors Resource Council offers services for seniors and those with disabilities to help them to remain independent and safe in their homes and communities. With the help of volunteers and our fee for service workers, we provide these services to the town of Stonewall, the RM's of Rosser, Woodlands and the southern portion of Rockwood.

For more information call 204-467-2719

St. Laurent Seniors Resource Council Inc.

"A HELPING HAND WHEN YOU NEED IT"

55+ and people with disabilities

Offering support services within the RM of St. Laurent and surrounding areas

St. Laurent Community Health Centre

51 Parish Lane, 204-646-2504 ext.4

Seniors Resource Coordinator, Darlene McKay

- Footcare Clinic • Mobility Aids
 - (E.R.I.K.) Emergency Response Information Kit
 - Victoria Lifeline
 - Volunteers for Different Services Such as Telecheck
 - Resource Information • Transportation
 - Fundraising Activities Throughout the Year.
- Inquire about our new bike club coming soon!**

"Celebrating Seniors in Action"

Teulon & District Seniors Resource Council Inc.

Providing a Helping Hand

**Find us at 54 Main St,
 Teulon 204-886-2570**

PROVIDING FREE SERVICES TO SENIORS:

- PHONE BUDDY • DRIVER ESCORT
- INFORMATION/FORM ASSISTANCE
- COMMUNITY VOLUNTEER
- INCOME TAX PROGRAM
- MEDICAL EQUIPMENT LOANS

REGULAR OFFICE HOURS: 8:30AM-4:30PM

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Teulon hosts successful elementary cross-country meet

Staff

Teulon hosted a cross-country meet on Oct. 7 with several races.

Ecole Stonewall Centennial School's Payton Farthing won the Primary Girls' race ahead of Grosse Isle's Mackenzie Boonstra and Stony Mountain's Katie Braid.

The Primary Boys' race saw ESCS runners finish in the top three. Leven Broadbent won the race in front of teammates Liam Meier and Will Nychuk.

Warren's Veronica Varnes was the fastest in the Junior Girls' race followed by Grosse Isle's Blake Darragh and Julia Oliver.

Stony Mountain's Tyson Van De Sype crossed the finish line first in the Junior Boys' run, ahead of Balmoral's Dylan Fox and ESCS' Myles Murray.

ESCS' Lucy Hoff was the top runner in the Intermediate Girls' race, followed by Grosse Isle's Kiera Schutz and Stony Mountain's Scarlett Dowsett.

The Intermediate Boys' winner was Warren's Ty Olson. Finishing second was ESCS' Ashley Conrad while Teulon's Lucas Miller was third.



TRIBUNE PHOTOS SUBMITTED

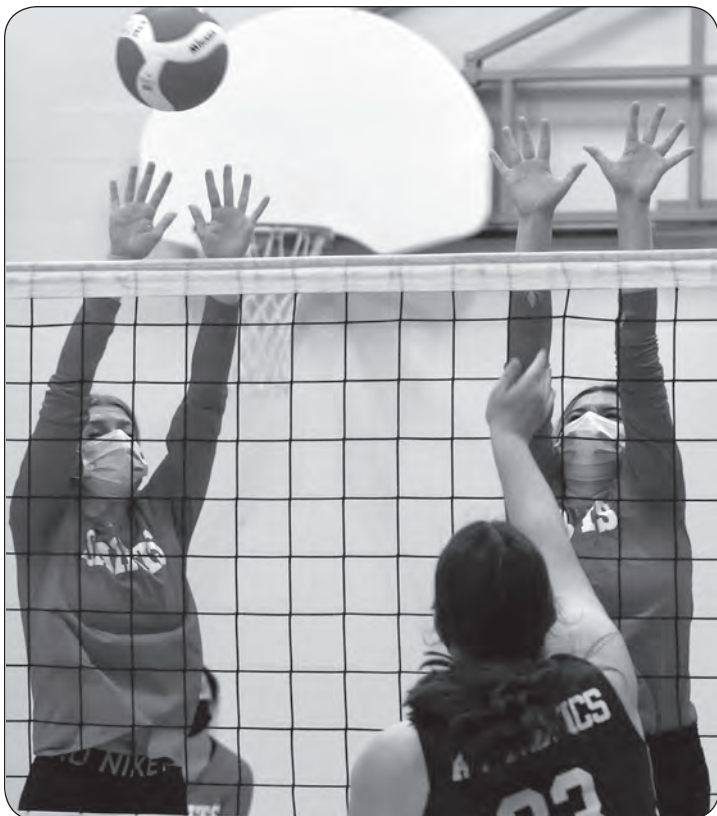
The Intermediate Boys's top runners, left to right, ESCS' Ashley Conrad (second), Warren's Ty Olson (first) and Teulon's Lucas Miller (third).

Ecole Stonewall Centennial School won the Large School Banner while Grosse Isle and Woodlands captured the Small School Banner.



ESCS' Lucy Hoff, left, was the top runner in the Intermediate Girls' race, followed by Grosse Isle's Kiera Schutz, middle, and Stony Mountain's Scarlett Dowsett.

Action on the court



TRIBUNE PHOTO BY JO-ANNE PROCTER

Teulon's Sarah Simcoe and Brookelyn Morris go up for a block against the Athletics.

Cockerill ties for 26th place at the Mallorca Golf Open

Staff

Stony Mountain's Aaron Cockerill fired a final round 3-over par 75 to finish in an eight-way tie for 26th place at the Mallorca Golf Open in Spain.

Cockerill, who started the day alone in 10th position, put together a round that included five bogeys, two birdies and 11 pars.

He earlier carded impressive rounds of 66, 68, and 68 to finish at 5-under 275.

The finish is projected to move Cockerill up one spot to 153rd place in the European Tour's Race to Dubai standings.

Denmark's Jeff Winther won the event, posting a final round 70 for a one-stroke victory over Pep Angles of Spain.

Cockerill's next event is the Portugal Masters Nov. 4-7, being played at the Dom Pedro Victoria Golf Course in Vilamoura, Portugal.



TRIBUNE PHOTO FROM GOLF MANITOBA WEBSITE
Aaron Cockerill finished in an eight-way tie for 26th at the European Tour's Mallorca Golf Open last weekend.

Thunder tame Tigers 30-0

By Brian Bowman

After three consecutive losses, the Interlake Thunder are now on a two-game winning streak.

Interlake crushed the Neepawa Tigers 30-0 in Rural Manitoba Football League action last Friday in Stonewall.

What a turnaround to the Thunder season.

"It's a real testament to the hard work," said Thunder head coach Mitch Obach. "We really felt that when we lost that second game we had another good week of practice, it was kind of a stinker our third loss, but they came back and worked hard. Everyone was at practice giving it their all and they were learning and they're finally seeing results."

Interlake led 7-0 after the first quarter and 16-0 at the half. After a scoreless third quarter, the Thunder scored a pair of majors in the fourth.

Bryant Case was 4-for-4 on convert attempts.

Interlake dominated most of the game.

"We felt that we were in control the whole way through," Obach said. "They really couldn't do much of any-

thing against our defence. If they got a play on us, we just buckled down and stopped the next (play). When your defence is playing like that, and our offence is typically the ground game with long drives, it feels like we have the ball two thirds of the time and it's pretty nice."

Interlake quarterback Kaiden Kendel had another strong game with 24 carries for 222 yards and two touchdowns. He was 5-for-12 passing for 122 yards.

Thunder running back Lee LaPierre was also very good once again with 18 carries for 172 yards and two TDs.

Defensively, Alex Luke led Interlake with 12 tackles, four assisted tackles, and a fumble recovery.

Ryan Wilson and William Summers combined for a safety on a quarterback sack.

The Thunder (2-3) will play the Tigers (3-2) on Friday at the Neepawa Area Collegiate in their final regular-season game. Game time is 4:30 p.m.

Interlake has a shot at finishing the regular season at .500.

"We're really thinking about that as a possibility," Obach said. "If we can im-



TRIBUNE PHOTO BY JO-ANNE PROCTER

Interlake Thunder quarterback Kaiden Kendel scores a touchdown on this run against the Neepawa Tigers during Rural Manitoba Football League action last Friday in Stonewall. Interlake won the game 30-0.

prove again and have another strong outing, then I think we have a chance. The one thing that we have not done yet is win a game on the road so that's something that we have to figure out."

In playoff action last Sunday in Stonewall, the Thunder Atoms defeated the Falcons 50-44 in their semi-

finals and will now play St. James in the final on Saturday (9 a.m.) at Civic Park (East Side).

Interlake's PeeWee team, meanwhile, beat Eastman 46-28 in their semifinal matchup and will now take on Eastside on Sunday (9 a.m.) at Civic Park (East Side).

Registration now open for 3-on-3 hockey tourney

By Jennifer McFee

Here's your chance to take a shot at playing 3-on-3 hockey in a much-anticipated local event.

From Feb. 18 to 20, 2022, Kinsmen Lake will transform into an outdoor hockey rink for the very first time for the Stonewall-Rockwood Climate + Sport Initiative Event.

The local community scored an opportunity to host the Climate + Sport Initiative, which uses sport as a platform to educate, engage and empower Canadians to protect our planet for future generations.

The event will feature a Save Pond Hockey game featuring Hayley Wickenheiser and other top athletes, as well as a shinny tournament, family skating, a beer garden, live music, a marketplace for hockey gear and sustainable items — and much more.

Registration is now open for the 3-on-3 tournament, which offers participants the chance to play hockey, win prizes and meet top players, all while protecting the environment for the future.

"Everyone is encouraged to put in a team for the tournament," said Randy Frykas, chair of the event committee.

"All ages and skill levels are welcome. Teams will be organized into appropriate divisions and the games will be scheduled from Friday, Feb. 18 to Sunday, Feb. 20."

Teams will consist of six skaters with no goalie, and there's a three-game guarantee. After that,

the top teams from each group will advance to playoffs. An off-ice referee will monitor each 30-minute game, which will be split into two 15-minute halves with a five-minute half-time break.

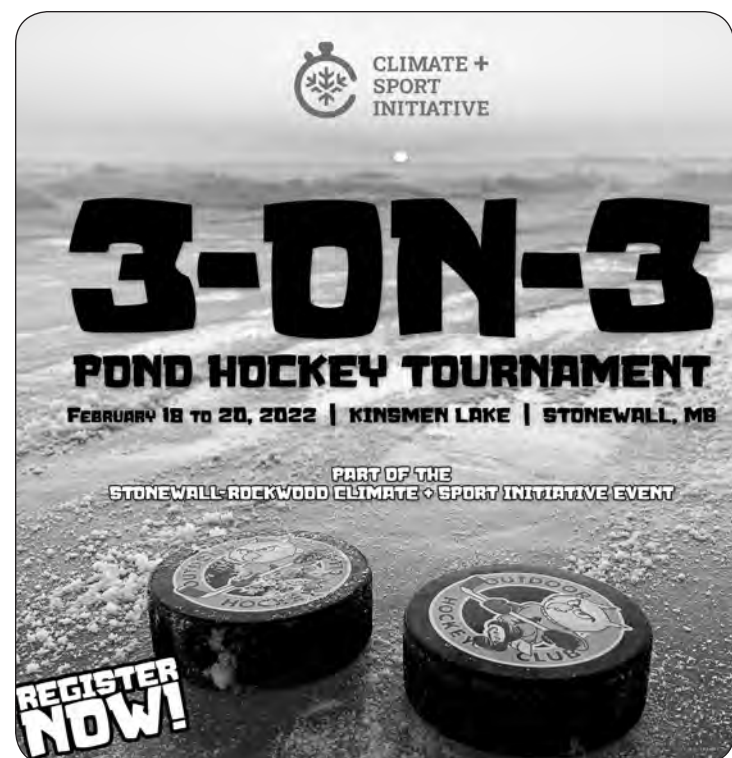
All players aged 18 years and under will need to wear CSA-approved helmets with protective cages. Players over age 18 must wear CSA-approved helmets, and cages or face shields are recommended. Additional protective equipment is optional but highly recommended.

"Hosting the event at Kinsmen Lake and Quarry Park will be a brand-new experience for all and I'm looking forward to being able to skate on Kinsmen Lake for the first time," Frykas said.

"The goal of the weekend is to gather as a community, enjoy the great game of hockey outdoors, and work together towards protecting our planet for years to come."

The Stonewall-Rockwood Climate + Sport Initiative Event is a collaboration among the Town of Stonewall, RM of Rockwood, Randy Frykas (Outdoor Hockey Club), Stonewall Minor Hockey, Stonewall Jets Hockey Club, R.E.A.C.T., CARHA Hockey and Community Living Interlake.

The Climate + Sport Initiative is led by GLOBE Series, The Delphi Group, and Leading Change Canada, funded in part by the Government of Canada in partnership with the Clean Foundation, and championed by Hayley Wickenheiser.



TRIBUNE PHOTO SUBMITTED

Registration for the 3-on-3 tournament closes on Dec. 17.

Registration for the 3-on-3 tournament closes Dec. 17.

For more information, visit <https://www.carhahockey.ca/cms/stonewall-pond-hockey> or email info@outdoorhockey.club.

Warren wins MacGregor tourney



TRIBUNE PHOTO SUBMITTED

The Warren Collegiate Wildcats won a five-team varsity girls' volleyball tournament last Saturday after defeating Prairie Mountain 2-0 by scores of 25-10 and 25-22 in the final. Warren, which went 8-0 in sets in pool play, swept Treherne 2-0 (25-15, 15-9) in a semifinal match.

Tournament champions



TRIBUNE PHOTO SUBMITTED

The Stonewall Collegiate Rams won the junior varsity girls' volleyball tournament in Riverton on Saturday after defeating Teulon Collegiate 2-0 (25-20, 25-21) in the championship game. Stonewall beat Gimli 2-1 in the quarter-finals and Arborg 2-0 in the semifinals. Pictured back row, left to right: Annika Hildebrand, Clara Hoff, Rowan Cool, Natasha Schultz, Kaitlyn Hawryluk, Kaity Swanson, Sophia Dowsett and Chloe Beresford; front row, Ella Holm, Shannon Bodnarus, Ruby Harrisko, Ashley Hudon, Alycia Galbraith and Hayley Emberly.

U18 Lightning sweep Southwest Cougars

By Brian Bowman

The Interlake Lightning had a great road trip to Souris last weekend.

Interlake swept the Manitoba U18 AAA Hockey League two-game series after a 2-1 victory on Sunday afternoon.

Hayden Wheddon scored the game winner on the power play in the third period.

Kaydyn McMahon gave Interlake a 1-0 lead with a power-play goal late in the first period.

Nate Robson then tied the score at 1-1 at 7:05 of the middle frame.

Zach Meadows made 34 saves for

the win.

On Saturday evening, Interlake snapped a 1-1 third-period tie with three unanswered goals in a 4-1 victory.

After a scoreless opening period, Interlake's Andrew Thevenot and Southwest's Jayce Thompson traded goals in the second.

In the third, Joel Purdom, Wheddon, on the power play, and Alexander Kaczorowski scored for the Lightning.

Purdom finished the game with three points while Wheddon and Thevenot each had two points.

Ty Hogue made 38 saves for the vic-

tory.

Interlake, now 3-5, will play the Winnipeg Wild three times this week, beginning on Wednesday (8 p.m.) in Teulon.

The two teams will play Friday (7 p.m.) at the Bell MTS Iceplex and then on Saturday (7:30 p.m.) in Teulon.

Interlake will then host the Norman Northstars on Sunday at 1:30 p.m.

In U18 AAA female action, Interlake was blanked 6-0 by the Pembina Valley Hawks in Morden on Sunday.

Abbey Bourdeaud'hui (two), Anika Braun (two), Gracie Carels and Caitlin Anderson scored for the Hawks.

Katelyn Dorsch stopped 37 Pembina Valley shots.

On Saturday, the Lightning lost 4-0 to the Central Plains Capitals in Portage la Prairie.

Central Plains, which held period leads of 1-0 and 3-0, received goals from Taylor Bell, Danika Botterill, Ava Matthews-McCulley and Brynn Tosh.

Rachel Hallderson made 37 saves in the losing cause.

The Lightning's next regular-season game isn't until Nov. 13 when they battle the Winnipeg Avros at the Seven Oaks Sportsplex.

Hockey Manitoba announces launch of the 2021 Western Regional Women's U18 Championship

By Hockey Manitoba

Hockey Manitoba, Hockey Saskatchewan, Hockey Alberta and BC Hockey announced the launch of the 2021 Western Regional Women's U18 Championship which will take place Nov. 1-6 at Stride Place in Portage la Prairie.

Following the cancellation of the 2021 National Women's U18 Championship, which is a key part of the development process for Canada's

high performance U18 female athletes, Hockey Canada's four western provincial hockey branches agreed it was important to hold an event for these athletes. The goal of this event is to provide an elite development opportunity while also furthering the development of female hockey in western Canada.

Planning and coordination has been a collaboration between the western branches, with welcomed

support, guidance, and funding from Hockey Canada.

The 2021 Western Regional Women's U18 Championship is a four-team tournament consisting of a three-game round robin, semifinals, bronze-medal game and a gold-medal game.

Games will be open to the public based on the most recent public health orders with admission being charged at the gate.

Schedule and event information will be available soon on each of the western branch websites.

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

Fleury captures second slam

By Ty Dilello

East St. Paul's Tracy Fleury captured her second Grand Slam of Curling event over the weekend as they defended their title at the Masters in Oakville, Ont.

It took an extra end battle with fellow Manitoba rink Jennifer Jones in the final. But in the end, Fleury made a double with her final rock to win the game 9-7.

"We're really excited," Fleury said. "That was quite the battle, a really exciting game. We're very happy."

Skip Tracy Fleury, third Selena Njegovan, second Liz Fyfe and lead Kristin MacCuish earned \$33,000 for their efforts. They are now poised as one of the favourites to look out for at next month's Olympic trials.

"We've been working really hard just trying to get ready for the Olympic trials next month," Fleury said. "It's definitely a big confidence boost heading in."

Gimli's Kerri Einarson qualified and reached the quarterfinals of the event before falling to the eventual winner Tracy Fleury by a 6-2 scoreline.

West St. Paul's Mike McEwen and

Morris' Jason Gunnlaugson competed on the men's side at the Masters, but both failed to reach the playoffs.

Kaitlyn Jones of the Assiniboine Memorial Curling Club in Winnipeg (with Marquette's Sara Oliver at lead) travelled to Saskatoon, Sask., last week and competed at the SaskTour Women's Nutana event. It was an excellent weekend for Jones as they reached the final after winning five straight games. However, they unfortunately lost the final to Regina's Jessica Mitchell 6-2.

In other curling-related news, the Olympic pre-trials are being held this week in Liverpool, N.S., and a handful of Manitoba teams have made the flight over to the east coast to compete.

On the men's side, there is Winnipeg Beach's Pat Simmons (featuring the Lott brothers and Stonewall's Emerson Klimpke), Morris' Jason Gunnlaugson, Assiniboine Memorial's Braden Calvert and Deer Lodge's Sean Grassie, while the women have Altona's Mackenzie Zacharias, Beth Peterson and Darcy Robertson (both out of Assiniboine Memorial) com-



TRIBUNE PHOTO BY GRAND SLAM OF CURLING Team Tracy Fleury out of the East St. Paul Curling Club took home the Grand Slam of Curling Masters event over the weekend in Oakville, Ont. Pictured left to right: Tracy Fleury, Selena Njegovan, Liz Fyfe and Kristin MacCuish.

peting.

The event began Monday and will go on until the finals on Sunday. The men's and women's teams both feature 14 teams from across Canada competing for two berths to the main Olympic trials, which will take place in November in Saskatoon, Sask.

The 14 rinks are split into two pools of seven where they compete in a sin-

gle round robin. From there, the top three teams in each pool advance to take part in a modified playoff format to play down for the two Olympic trials berths.

Every draw at the pre-trials will be streamed online on YouTube, while the playoffs will be broadcasted later in the week on TSN.

Mercs begin SEMHL regular season with a road win

Staff

The Warren Mercs opened their South Eastern Manitoba Hockey League regular season with a hard-fought 3-2 road win over the Portage Islanders last Friday.

Warren wasted little time getting on the scoreboard as Chase Faulkner scored just 36 seconds into the game.

Portage's Joel Swedlo answered with a goal at 18:31 of the opening period.


The Mercs' Matt Jacobucci scored the lone goal of the second period and

then Johnny Lazo made it 3-1 at 17:12 of the third. Lazo finished the game with two points.

But Portage made the game interesting as Jens Meilleur scored a power-play goal with 19 seconds remaining in regulation time.

Hayden Dola made 36 saves for the victory.

The Mercs' home opener is this Friday at 8 p.m. against the Winkler Royals.




Come out and support your Warren Mercs

Friday, October 29

Warren Mercs vs Winkler Royals
at Warren Arena
8:00 p.m.

Saturday, November 6

Warren Mercs vs Notre Dame Hawks
at Warren Arena
8:00 p.m.



Junior bonspiel champs



TRIBUNE PHOTO SUBMITTED The Stonewall Curling Club hosted a 14-team MJCT bonspiel on Oct. 15-17, their first curling event in 19 months. The boys' winner was Team Jordan McDonald from Winnipeg while the girls' winner was Team Samantha Gevers, also from Winnipeg. Stonewall's Autumn Good, second from left, is the second on the team.

Jets drop pair of MMJHL games

By Brian Bowman

The Stonewall Jets gave up a lot of goals last weekend — and it resulted in a pair of losses.

The St. James Jr. Canucks scored four third-period goals in a 7-4 home victory in Manitoba Major Junior Hockey League action on Sunday.

Cole Emberly, Tyler Van Deynze, Daniel Paseschnikoff (shorthanded) and Hudson Chamberlin (power play) scored for Stonewall.

St. James' goals were scored by Griffin Haight (two), Brady Whitely, Kurtis Luke, Trent Thorsteinson, Zach Greenwood and Ethan Unruh.

Josh Bond made 49 saves in the loss.

On Friday, the Jets were nipped 6-5 by the Raiders Jr. Hockey Club in Stonewall.

Tyler Van Deynze scored three goals,

including a pair in the third period, to pull Stonewall to within a goal.

Daniel Paseschnikoff and Nick Finnson also tallied for the Jets. Cole Emberly had a pair of assists.

Jaden Shumilak (two), Travis Dech, Jayce Kennedy, Chase Barkley and Levi Thiessen replied for the Raiders.

Bond made 19 saves in the losing cause. He was recently acquired by the Jets from the St. Boniface Riels for future considerations. Bond played 30 regular-season games over parts of three seasons with St. Boniface.

This year, he had a 1-1 record with a 2.02 goals-against average and .926 save percentage with the Riels.

The Jets, now 4-5-1, will have a rematch with the Raiders this Sunday (2 p.m.) at the Seven Oaks Sportsplex.



TRIBUNE PHOTO BY LANA MEIER

The Stonewall Jets' Hudson Chamberlin carries the puck up the ice against the Raiders last Friday.

Woods scores game winner in OT

By Brian Bowman

The Stonewall Collegiate Rams defeated the Sanford Sabres 3-2 in Winnipeg High School Hockey League action last Wednesday in Stonewall.

Ty Woods scored the game winner with 59 seconds remaining in overtime. It was his first ever high school hockey goal.

Stonewall got off to a good start by

building a 2-0 lead but Sanford clawed their way back into the game to tie the score and force overtime.

"In reality, we played well enough to win, but barely," admitted Rams' head coach Rene Comeault in an email. "We are pleased with the way our team is developing but we also feel that there are lots of areas that we need to improve on. A work in progress as they

say."

Stonewall fought off a two-player deficit after a couple of ill-advised penalties but a couple of huge saves from Dray Sobkow, some timely face-off wins by Max McIvor, and several fearless blocked shots by the penalty kill set the table for Woods' heroics.

The Rams' goals were scored by Max Van Heyst and Brody Stovin while

McIvor had two assists in the game.

Austin Spicer and Talon Weselak replied for Sanford.

The Rams played the St. Paul's 2 Crusaders this past Tuesday but no score was available.

Stonewall will battle the Kelvin Clippers on Wednesday at the MTS Iceplex. Puck drop is 4:15 p.m.

U17 Interlake Lightning lose to Eastman Selects

Staff

The Interlake Lightning was defeated 10-4 by the Eastman Selects in U17 AAA boys' hockey action last Friday in Warren.

Adam Vigfusson played a strong game for the Lightning, netting a hat trick and finishing the game with four points.

Hayden Kaczorowski was also very good with a goal and three assists.

Eastman's goals were scored by

Calem Normandeau (two), Luke DeGagne (two), Sam Frechette, Kailen Penner, Avery Laliberte, Easton Gaffray, Mason Hooper and Mario Gagnon.

Lightning netminder Alex Meyers stopped 43 Eastman shots.

Interlake was scheduled to play the Winnipeg Wild last Thursday but no score was posted on the league website at press time.

The Lightning will play the Win-

nipeg Thrashers on Wednesday (7:15 p.m.) at the Seven Oaks Sportsplex.

Interlake will then host the Brandon Wheat Kings on Sunday (2:30 p.m.) in Warren.


The U15 AAA Lightning, meanwhile, lost 7-2 to the Winnipeg Bruins Black last Wednesday.

Interlake's Dainen Jacobson scored in the second period while his teammate Blake Farthing tallied on a penalty shot in the third. Farthing had two

points in the game.

The Bruins Black's goals were scored by Tyreece Pattyn (three), Tyler Free (two), Connor McKay and Antonio Cotroneo. Nathan Meisner and Braedan Cormack split the goaltending duties for the Lightning.


Interlake will play the Pembina Valley Hawks on Saturday (5:15 p.m.) in Morden and then will take on the Winnipeg Thrashers Gold Sunday (4:30 p.m.) at the Seven Oaks Sportsplex.



Stonewall Jets Player Profile

#11 *Come out to support the Jets*

Cole Emberly
Forward, shoots right
Born 2003, 5'6, 134 lbs



UPCOMING GAMES

Wednesday, November 3
Stonewall Jets vs River East Royal Knights
at 7:30 @ VMSC Stonewall

Friday, November 5
Stonewall Jets vs Pembina Valley Twisters
at 7:30 @ VMSC Stonewall

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MEMO PADS
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Call Today! 204-467-5836

METAL RECYCLING

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

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

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

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

Book Your Classified Ad Today
Call 204-467-5836

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Good firewood, mostly cut, pile & fill ¾ ton truck, \$60/load; ½ mile off #7 Hwy, Teulon area. Also, 87 gal. Ha-gen aquarium, stand, light top canopy, \$60 obo. Ph 204-918-0765.

HELP WANTED

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

Hiring a kitchen helper. from 11 a.m. to 2 p.m. Monday - Friday. No experience required. Sig's Grill 204-467-9056 or pteryrjang@gmail.com

HELP WANTED

Kenson Holsteins Ltd. is looking for part time help for weekday evening and possible weekends. Duties included: milking, feeding and cleaning cows and calves. Driver's lic. required. Phone 204-886-2408 or email resume to: kenson@xplornet.com

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

MISCELLANEOUS

Indoor Tower Garden for sale. Easily grow greens and herbs indoors. Includes 2 brand new sets LED grow lights, starter seeds, germination trays, rock wool, vermiculite and pots. Brand new water pump and timer, and 2 full sets of mineral blend plant food. \$500. Pick up in Selkirk, Manitoba. Call or text 204-485-1419.

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Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Please call Adam at 204-795-2850.

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SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

A	E	D	S	N	V	E	S	A
D	D	E	O	I	O	T	N	K
G	D	I	R	N	V	O	V	O
S	E	I	N	O	R	I	E	I
E	L	B	V	A	V	S	E	H
E	L	I	V	V	O	E	I	O
E	D	V	O	S	V	O	H	V
N	V	H	S	S	E	S	E	D
E	T	I	S	S	E	S	E	D
C	I	N	V	G	H	O	S	V
S	N	O	E	N	G	I	E	T
E	S	I	H	V	L	E	H	V
N	E	H	V	O	O	H	G	V
O	R	O	N	V	J	O	V	S

Crossword Answer

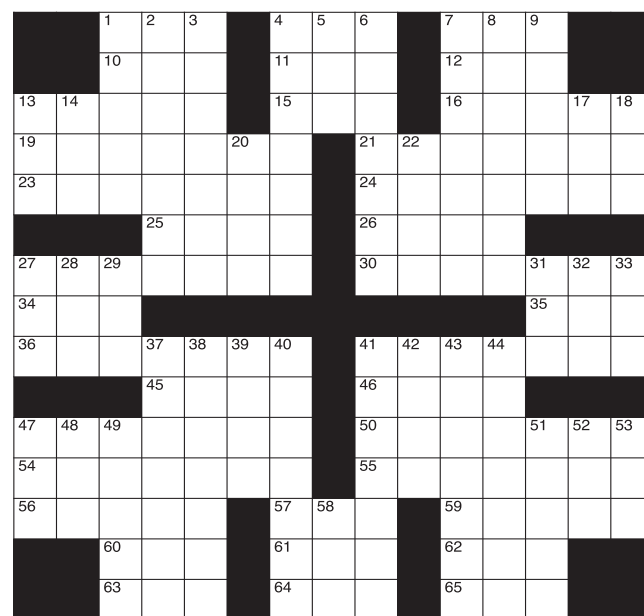
CROSSWORD

CLUES ACROSS

- Pouch
- Cooling device
- Corporate exec (abbr.)
- Antidiuretic hormone
- South American plant
- Adult female bird
- Type of snake
- Soak in water
- Emerge
- Church tower
- Having solidified from lava
- Eye parts
- Natural
- Swiss river
- Require to live
- Obstruct
- Immobile
- Expression of satisfaction
- Moved quickly
- Popular cocktail
- Dish detergent brand
- Waxed finish
- Kyrgyzstan mountain range
- A place to get clean
- Able to be rescued
- Large, open grassland
- Expressions for humorous effect
- Hindu goddess
- Beverage container
- Long narrow hilltop
- Sir (abbr.)
- Data executive
- Doctor of Education
- Car mechanics group
- Autonomic nervous system
- "The Partridge Family" actress

CLUES DOWN

- Cavalry-sword



- Gland above the kidneys
- Hat
- Predict
- A team's best pitcher
- Countries
- Substitutions
- Peruses again
- Popular food
- Reciprocal of a sine
- Of or relating to the ears
- juris: Independent
- Keyboard key
- Fat from a pig
- AC manufacturer
- Organization of N. and S. American countries
- 22nd star of a constellation
- Scoundrel
- A way to save money
- Boy or young man
- Midway between northeast and east
- Egg-laying mammal
- Salt of citric acid
- Barbary sheep
- Actress de Mornay
- Gambling hotspots
- Wing-shaped
- Basked in
- Poison
- Beats per minute
- Macaws
- Military vehicles
- Elderly woman
- Body part
- Midway between east and southeast
- Forearm nerve (abbr.)



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

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

NOTICE TO CREDITORS

IN THE MATTER OF:
The Estate of Nancy Doreen Hoosier, late of Woodlands, 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 1st day of December, 2021.
DATED at Stonewall, Manitoba this 22nd day of October, 2021.
GRANTHAM LAW OFFICES
Solicitor for the Executor

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

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Property Features

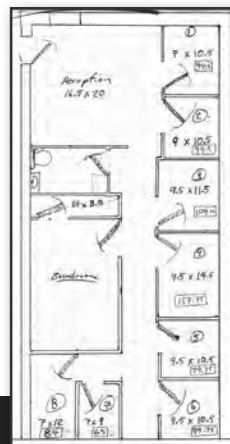
Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include Sun Life Financial, a Massage Therapist, an Esthetician, Glow Fitness for Women and the Selkirk Record. The building was upgraded in 2012. Both the reception and board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

For information please contact:

BIG Real Estate

204-485-0010

email bigandcolourful@mts.net



RURAL MUNICIPALITY OF WOODLANDS

UNDER THE AUTHORITY OF THE PLANNING ACT

NOTICE OF PUBLIC HEARING OF ZONING BY-LAW AMENDMENT No. 2745/21

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

APPLICATION FOR AMENDMENT TO THE RURAL MUNICIPALITY OF WOODLANDS ZONING BY-LAW 2648/14 AND AMENDMENTS THERETO

HEARING: Warren Hall
145 Macdonald Avenue, Warren, Manitoba

DATE & TIME: 6:00 P.M., Tuesday November 16, 2021

OWNERS: RM of Woodlands
APPLICANT: Mukwa Experts Inc.

PROPOSAL: Re-zoning of the areas known as Lot 2 Plan 54376 WLTO, Lot 3 Plan 54376 WLTO, and Lot 4 Plan 54376 WLTO in the community of Warren, and shown outlined in a heavy dashed line on the map below, from "RG" Residential General Zone to "CG" Commercial General Zone

AREA AFFECTED: Lot 2 Plan 54376 WLTO, Lot 3 Plan 54376 WLTO, and Lot 4 Plan 54376 WLTO Warren, MB Rural Municipality of Woodlands



FOR INFORMATION CONTACT:

Chad Green, Building Inspector
Phone No. 204-383-5679
or building@rmwoodlands.ca

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

IMPORTANT INFORMATION DUE TO COVID-19

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

Note: Property owners are responsible for notifying lessee.

Announcements

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ANNIVERSARY



Congratulations to
Alan and Natalie James
who are celebrating their
60th Wedding Anniversary
on October 28, 2021

-We love you very much,
your three children,
four grandchildren,
and one great grandchild

"The Lord will watch over your coming and going both now and forevermore." Psalms 121:8



IN MEMORIAM



Gilbert Good
November 1, 2011

Those we Love remain with us
For Love itself lives on;
Cherished memories never fade
Because a loved one is gone.
Those we Love can never be,
More than a thought apart;
For as long as there is memory,
They'll live on in our heart.

-Love Your Family

IN MEMORIAM



Judy Atchison

Life is not the same without you
The sun still rises in the east
And the darkness falls at night
But nothing now seems quite the same
Each day is not as bright
The birds still sing, the flowers grow, the
breeze still whispers too
But it will never ever be the same world
without you

It's so sad that you had to go
Your leaving caused such pain,
But you were so very special and earth's loss
is heavens gain.

-Love your family

IN MEMORIAM



In loving memory of
Lawrence Kiesman

September 20, 1944 - October 27, 2019

Peacefully sleeping, resting at last,
In silence he suffered,
In patience he bore;
'Til God called him home,
To suffer no more.
Rest in peace.

-Always remembered, ever loved
Your family, Audrey,

Melanie and family, Crystal, Alan and family,
JoDean, Scott and family, Blair and Colleen
and Derrick

IN MEMORIAM



Thomas George Kowalchuk

December 15, 1942 - November 3, 2019

Your life was one of thoughtful deeds,
A helping hand to others needs.
Sincere and true in heart and mind,
Wonderful memories you left behind.

- Missing you, Dad and Eddie every day,
with love from your whole family

BIRTHDAY



Look who's 50 on October 29th
Happy Birthday Mary-ann

The biggest Animal lover we know...

-Love your family,
John, Autumn, Blake
and Lewis

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box, 2011 & 2002 F-150 trucks, Tillage Wischeck 26 ft
disc, 20 ft Ezee on offset disc. IH 4700 Cultivators,
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Love and remembrance
last forever.

Announcements

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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, Reid, Dad and Critters

Your memory will live forever Engraved within our hearts

OBITUARY



James Robert Hubbard
April 27, 1944 – October 17, 2021

It is with utmost sadness that we announce the passing of our beloved James "Jim" Hubbard, with family at his side, at the age of 77.

Jim is predeceased by his parents Charles and Annie; brothers Charles and Wentworth; sister Elaine; and sons Keith and Graham.

Left to cherish Jim's memory are wife Karen; children Mindy (Arthur), Roberta (Barrett), and Geoffrey (Mercedes); grandchildren Abbey, Bradlee, Jaden, Adrienne, Presley, and Evan; as well as brother Ed (Darlene), sisters Ethel and Eva (Ernie), sister-in-law Leola, and several nieces, nephews, cousins, and friends.

Jim was born in Stonewall, Manitoba and was the youngest of seven children. He learned the value of hard work from a young age and carried that with him throughout his life, always working hard to provide for his family. Jim had a variety of jobs over the years, and spent most of his time as a furniture mover and then a long-haul truck driver. The highway was like a home to him at times, and he had many stories to share about his adventures on the road.

Anyone who was lucky enough to know Jim would describe him as a very kind, sweet man. He had a big heart and cared deeply about his family and friends. As Jim got older, he especially loved spending time with his grandchildren – they always had nothing but smiles and laughs for grandpa. With a unique sense of humor, Jim loved to laugh and was always equipped with a good joke or two.

Jim's family would like to thank the staff at Stonewall Hospital and the paramedics who took such great care of him.

In keeping with his wishes, cremation has taken place and a celebration of life is to occur at a later date.

kl
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OBITUARY

Wilson David Wright

After a brief but courageous battle with cancer, Wilson with his wife Shelly by his side, passed away peacefully on October 20th, 2021.

Left to cherish his memory, his wife and best friend Shelly; sons Wade (Sam), Warren (Paige); brother Walter (Doreen); sister Diane; mother-in-law Geri and father-in-law Bill; sisters-in-law Lori (Rick) and Lisa (Tim); nephews Wallace (Brandi), Anson, great nephews Josh and Emmy; nieces April, Kim (Brent), Hannah, great niece Shelby; many families and friends.

Wilson was predeceased by his parents Doug and Gail; brother Wayne; father-in-law Phil and niece Lynn.

Wilson was born in Narcisse, MB, September 22nd, 1960, where he lived until he moved to Winnipeg in 1980 for work. He met the love of his life Shelly in 1982, they were married in 1988. They moved to Balmoral MB, where they currently resided.

He started working for Bel Acres Golf and Country Club in 1987 in the maintenance dept, then as the Mechanic until May of 2021.

He took such pride in everything he did on daily basis at Bel Acres, which showed in his dedication and attention to detail. He enjoyed many golf games and BBQ's and just spending time with the people he worked with, and members he knew.

Family was his top priority, he loved them with all his heart. The pride and joy and love for them could be seen in everything he would do for them and time spent with them. Teaching them how to hunt, trap, and how to love life and enjoy ever aspect. Wilson lived his life on the bases you have to "Work Hard to Play Hard" which he instilled this same trait in his boys. Shelly and him spent every day together enjoying all the things they loved to do. There was never a shortage of "I love you" or hugs daily. He was an amazing husband and father; this void can not be filled, but his memory will live on in their hearts and everything they do in life.

They would spend every spare moment at their cabin (The Farm) in Narcisse. With family and so many wonderful fiends, hunting, quadding and trapping and many evenings spent around a bonfire sharing stories, listening to music and drinks.

He had many lifelong friends and enjoyed spending time with each of them. They all held a special place in his heart. Willy always had a story to tell or a photo to share with you of the buck he seen or the elk they harvested or what was in the traps when he would check them. Wilson had a huge heart, and if you needed help or a hug or someone to listen, he was there to for you.

As per Wilson's wishes, there will be no funeral. A celebration of his life will be at "The Farm" at a later date.

If friends and family so desire a donation can be made in his honour to Stonewall Hospital (Palliative Care), or a charity of your choice.

Heartfelt thank you to Dr. Graham and the entire nursing staff at Stonewall Hospital for their kind ways and care and compassion shown to both Wilson and Shelly.

A limb has fallen from our family tree
I hear a voice that whispers, "Grieve not for me"
Continue my heritage, I am counting on you.
Keep on smiling, the sun will shine through.
My mind is at ease, my soul is at rest.
Remembering all...how I was truly blessed.
Continue traditions, no matter how small.
Go on with your lives, don't stare at the wall.
I miss you all dearly, think of me with a grin.
Until the fine day were together again.

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