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Stonewall Teulon Tribune

THURSDAY,
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Storm days are the best days

TRIBUNE PHOTO BY JO-ANNE PROCTER

When the Interlake School Division cancels school due to the weather first thing in the morning and Mother Nature clears the rest of the day, Jimm's Hill in Stonewall is a very popular meeting place for friends. Last Thursday, due to unsafe road conditions, many schools across the province closed for the day. Pictured from left: Grady Brunel, Niam Wedel, Duncan Thompson, Mason McCallum and Kole Beresford piled up to slide down the hill.

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Holiday contests underway at local libraries

By Jennifer McFee

The Stonewall and Teulon library branches are launching a festive new way to get in the holiday spirit.

For the first time, the local libraries are running a Holiday Bingo contest for community members to participate in.

Bingo cards are available for pickup at the local libraries and they're also posted on the South Interlake Regional Library website at www.sirlibrary.com.

Each square on the bingo card has a seasonal task or a reading challenge to complete. Some examples include visiting the library wearing holiday apparel, reading a book that is set in winter, reading by a fire (real or fake), eating a candy cane, reading a book in

your pyjamas and listening to Christmas music.

For every line you complete, you will earn a ballot for a chance to win a prize. Ballots will be awarded when you show your bingo card at your local library. The contest ends on Dec. 21, which is when the prize draw will take place.

"We are just hoping to have a little holiday fun with our patrons. We hope that people in the community will play along and do the activities, then bring their card and show us all the lines they've completed," said Joan Ransom, Stonewall branch librarian.

"We will give them a ballot for every line they do, and then will have a draw for prizes on Dec. 21. This activity is geared for any of our patrons, regardless of age."

In addition, the Bookmobile branch is running a colouring contest, and the picture will be available on the South Interlake Regional Library website as well as at stops along the route. Completed pictures can be dropped off at any branch or a photo



TRIBUNE PHOTO BY JO-ANNE PROCTER

Joan Ransom of the South Interlake Regional Library displays the Holiday Bingo card that promotes reading to win prizes.

can be sent to bookmobile@sirlibrary.com. A draw for prizes is set for Dec. 21.

"We hope that patrons will drop by and see us for their holiday reading material — and check us out," Ransom

added.

"We will be wearing our new staff shirts that say 'Have your SHELF a Merry Little Christmas' because we love library humour!"

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TRIBUNE PHOTO BY TRACY HOLOD
Peggy Linklater, left, of the Interlake Community Fund made a \$1,500 contribution to Jacquie Dewerianchuk of the Stonewall Christmas Cheer Board.

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Is there someone you would like to see recognized in the newspaper for their accomplishments - athletic, academic or community service.
Call 204-467-5836

Power of prayer for local pastor as he battles cancer

By Jennifer McFee

A Stonewall missionary and his family are grateful for the support and prayers they're receiving from the community during his battle with cancer.

Paul Emmer, known for his work with the Youth for Christ drop-in program and Heroic Family Missions, was diagnosed with a rare form of thyroid cancer. This type of cancer doesn't respond well to conventional treatments, so surgery was initially the top option.

After Paul's first surgery, his blood markers remained high, indicating that the cancer had spread.

Since then, he has undergone three rounds of IV treatments, which are costly and time-consuming. He feels that these treatments have boosted his health and energy levels, and tests show that his blood markers aren't going up, so he would like to continue with the process. Unfortunately, doctors recently discovered an aggressive new growth.

Thanks to donations from the community, Paul was able to get a new diagnostic test that cost \$8,000 plus travel costs. None of these expenses were covered by health insurance, but the



Paul Emmer is battling a rare type of thyroid cancer.

diagnostic test will provide a clearer view of Paul's condition.

"We are so grateful for all who have donated and shared, as well as the many others who have given to us directly. The current locations of Paul's tumours are inoperable," said his wife, Allison.

"He had radiation therapy last week



TRIBUNE PHOTOS SUBMITTED

Paul with six of his eight children, From left to right: Joshua, Paul, Caleb Bethany, Lydia, and Ethan, and behind is Andrew.

on his spine and we await results on whether he is eligible for a new targeted chemotherapy, which is showing promising results."

Paul, Allison and their eight children expect to know more information soon. In the meantime, the family continues to work closely with CancerCare and pursue every avenue possible to fight the cancer — including prayer, possible medical care at other cancer clinics in the U.S. (Mayo Clinic), pharmaceuticals, healthy diet and lifestyle, exercise, supplements and natural therapies.

"For now, we wait, do weekly alternative treatments to keep his body strong, and pray. Our God is greater

than all of these things and none of this comes as a surprise to Him," Allison said.

"We appreciate each of you. Please reach out if there is anything we can be praying for you."

Paul said he thanks God for his family, friends and the community.

"Jesus is with us every step of this journey, filling us with joy, peace and hope," he said. "My prayer is that everyone we meet can experience the goodness of God."

A GoFundMe page entitled "Help Paul Win his battle against Cancer" has been set up to help the family cover costs.

"JESUS IS WITH US EVERY STEP OF THIS JOURNEY,"

SOUTH INTERLAKE PLANNING

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Zoning regulations help implement community goals and protect legally established businesses. In addition, permits help ensure that buildings meet the *Manitoba Building Code*, which increases the level of safety for everyone.

If you have questions about storage facilities in the planning district, please contact the SIPD office at 204-467-5587 and we'd be happy to assist you! More information can be found in the Zoning By-laws posted on our website: www.sipd.ca/p/municipal-zoning-by-laws

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Vandalism concerns growing in Warren

By Nicole Brownlee

A beheaded statue is the most recent case of vandalism in Warren, contributing to residents' rising concerns.

Lions Club Park, a local park maintained by the Warren Lions Club, has withstood several vandalism attacks, including smashing glass backboards of basketball hoops, breaking swing sets and severing the head of a memorial statue.

The statue was damaged at the end of October, around two weeks before Remembrance Day.

"People are sad, obviously, to see that this park gets destroyed because this is all put on by the Lions Club," said one concerned citizen who asked to remain anonymous.

"It's the first thing you see when you come into town. It looks bad."

The shingles were ripped off the roof of a shelter in the park, and a fire was started near the entrance. The wooden fence surrounding the park was also damaged, and several signs were stolen from the grounds.

"It's ongoing. You fix the swing, then another swing is broken," said Cheryl Fleury, chair of the Lions Club park enhancement committee.

The Manitoba Métis Federation is working with the Lions Club and the RM of Woodlands to replace the statue for the community. The Lions Club was quoted around \$500 to replace the statue plus the cost of shipping the statue from the U.S.

"The Lions Club fundraises for everything," said Fleury.

"It discourages us from wanting to raise funds to make it better to see it just be destroyed months after you put all the work into it."

The Lions Club received a \$600 donation raised by community members to help pay for damages done to the park.

The Lions Club has reported some of

the damages to the RCMP, but without proof of who is vandalising the property, the RCMP said they can't help.

Most of the damage happens at night, so the Lions Club has asked community members to report any suspicious behaviour they may see at the park when driving by in the evening.

The club is considering adding cameras to survey the park but is limited without a wireless internet connection. Additional lights may also discourage unwanted activity.

"We're holding off on fundraising and doing anything more until the vandalism settles down," said Fleury.

"We just want it to end so that we can make the park a little better for all age groups and just enjoy it."

The Manitoba Pool Grain Elevator, a heritage site, is also a target of vandals, said Darrin Mason.

"It's been happening for a few years now. Just little things here and there."

Mason is a part of West Interlake Trading Company, which runs the elevator.

In the past year, cinder blocks were thrown through a glass window of the building beside the grain elevator, a door to the grain elevator was broken and a fire was started on a stage near the elevator.

"Yes, it's got metal on the outside, but it's all made of wood. If that thing had ever caught on fire, it would have been gone," said Mason.

The WITC is considering adding more lights and cameras to the property to discourage vandalism.

"We're just trying to keep the kids away, and it's a part of the community. We want to try and keep it in good shape, and we don't need kids coming around and destroying it," said Mason.

"IT DISCOURAGES US FROM WANTING TO RAISE FUNDS ... TO SEE IT JUST BE DESTROYED."



TRIBUNE PHOTO SUBMITTED

A beheaded war memorial statue is one of the most recent acts of vandalism in Warren.

The RCMP told the WITC without proof of who is causing the damage, there isn't much the officers can do, but community members have reached out to the WITC whenever they see suspicious behaviour around the elevators.

"It would be nice to find the kids and get them to come over there and maybe help do (repairs) and work it off kind of thing, but, I mean, we don't know who it is," said Mason.

The Warren post office has reduced their hours because of vandalism,

said Lori Schellekens, RM of Woodlands' reeve.

The post office was previously open 24/7, but because of litter, stolen items and minor damages, the postmaster decided to open the building for eight hours from Monday to Friday.

"The people of the community need to be the eyes and ears," said Schellekens.


"The RM has only got so many arms." Schellekens said she urges community members to report all acts of vandalism they see.

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Sledding and crazy carpet convoys at Jimm's Hill



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Jimm's Hill in Stonewall is the place to go when it snows and school is cancelled. Families and friends enjoy making memories sledding down and running up the hill. Pictured left to right, Buffy Harrison follows her children Vanya and Venku down the hill; Heidi Fingas, her daughter Emma Fingas-Green and Bobbi Campbell on a crazy carpet convoy; Mason McCallum kneeboarding, while Braun Thompson catches some air on his GT Snowracer.

Playing on the big stage



TRIBUNE PHOTO BY LANA MEIER

Ben Mak, second from right, of Stony Mountain performed with Winnipeg band Petric at the Canada Life Centre on Nov. 20, opening for Dean Brody Saturday night. Mak recently won All Star Band of the Year - Bass at the 2021 Manitoba Country Music Association awards.



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Do you or someone you know need a hamper this Christmas? Please be advised that Christmas Cheerboard hampers can be ordered from now until December 10th. Hamper pick-up will be December 18th. Please call 204-467-7370 to order a hamper. Requests for hampers need to be made every year even if a hamper was received in previous years as lists are not carried over.

CHRISTMAS CHEER BOARD

Help needed! The Stonewall & District Christmas Cheerboard is looking for donations to help those in need this Christmas. Donations of toys and monetary donations would be greatly appreciated and can be made at Sunova Credit Union, mailed to Box 1991 Stonewall, MB R0C 2Z0 or made by e-transfer to stonewallcheerboard@gmail.com. Donation receipts will be given if name, address and donation of \$20 or more is received.

Rockwood council news in brief

By Jennifer McFee

Discussions are underway between the federal and provincial governments about federally owned property being ineligible for the school tax rebate program, which is administered by the Manitoba government.

In October, the federal government told the RM of Rockwood that their payment in lieu of taxes was reduced by the amount of the school tax rebate, which is \$43,839.18 for the Interlake School Division's portion and \$28,325.16 for the Public School Finance Board's portion.

Municipalities need to remit education support levies within a certain time period, and overdue remittances could be subject to interest charges.

The RM will need to remit this payment from its general revenue for 2021, which might result in an operating deficit.

At the Nov. 10 council meeting, Rockwood council resolved to withhold remittance of \$43,839.18 to the Interlake School Division and \$28,325.16 to the Public School Finance Board until the municipality receives payment from the federal government.

In other council news:

- Coun. Tom Huffman was ap-

pointed as deputy reeve for the RM of Rockwood.

- Rockwood council agreed to dust control Road 6E from the end of the asphalt north of Road 85N to a point that is 300 metres north until the road is upgraded to asphalt.

- Council authorized that a KGS report about the Teulon waste disposal grounds licence compliance (Phase 2) will be presented Manitoba Conservation and Climate for review and approval.

- Council authorized a speed limit reduction to 50 from 70 kilometres per hour on Vincent Road from Quarry Road to Sellar's Hill Road.

- Council authorized Manitoba Hydro to make changes to the street lighting system in the Rockwood Business Park on 74th Avenue South. These changes entail installing two 60-watt LED roadway lights, which will be billed to the existing account at a rate of \$16.24 per month or \$194.88 per year.

- The RM of Rockwood will enter into a maintenance agreement with Nexom regarding the Stony Mountain/Stony Mountain Institution aerated lagoon at an annual cost of \$20,500 plus tax for seven years.

- The RM of Rockwood will

support the Stonewall and Area Mobility Service (SAMS) board in 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. The cost to submit an application is \$30,000, which will be split evenly among the Town of Stonewall and RMs of Rockwood, Rosser and Woodlands.

- Council conditionally approved a request to vary a minimum site area for a proposed farmstead subdivision.

- Council conditionally approved construction of a farmstead dwelling as a temporary second dwelling on a local property.

- The RM of Rockwood will request that Manitoba Infrastructure provide a feasible solution to traffic turning west onto Road 79N from Provincial Trunk Highway 7 northbound.

- Council defeated a request for a \$500 donation to the Warren Mercs Hockey Club. Council also defeated a request for a \$100 donation to the Canada Post Community Foundation Fundraising Campaign. As well, council defeated a request for their participation in a February 2022 fishing tournament hosted by Interlake Tourism and Anglers Atlas, with a

\$350 registration fee.

• The RM of Rockwood declared Nov. 15 to 21 as Interlake Community Foundation Week, coinciding with the Endow Manitoba Giving Challenge that tops up donations during that period. The Interlake Community Foundation provides ongoing community investments by pooling of investments of gifts donated by various community members and organizations. Income earned on these investments is granted back to support our local charities in perpetuity since the endowed funds are never spent.

- Council tabled an agreement between the RM and Sapphire Springs regarding a potential drainage agreement for a property on Road 87N.

- Council conditionally approved the relocation of an older mobile home from Winnipegosis to a local property.

- At the Oct. 27 meeting, Rockwood council passed second and third readings to amend the zoning bylaw to add government services to the RS-1 zone.



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INTERLAKE SCHOOL DIVISION requests that all parents/guardians of children eligible to attend Kindergarten in the 2022/2023 school year contact their local school between December 1st -15th, 2021 to register their child.

There will be no in-person registrations at this time. Please call or email the school to initiate the registration process. Please visit our website for school contact information - www.interlakesd.ca

Kindergarten programs are offered at Teulon, Balmoral, Stony Mountain, Rosser, Argyle, Warren, Woodlands, and École R.W. Bobby Bend School in Stonewall.

Brant-Argyle School offers a divisional Multi-level Learning program with all day Kindergarten every day. Please contact the Brant-Argyle School (204-467-2683) for details regarding this program.

French Immersion Kindergarten is offered at École R.W. Bobby Bend School.

Children who will reach their fifth birthday by December 31st, 2022 are eligible to attend Kindergarten in the 2022/2023 school year. Proof of age and residency/address are required.

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Health Canada approves Pfizer-BioNTech COVID vaccine for kids aged 5-11

By Patricia Barrett

Health Canada authorized Pfizer-BioNTech's COVID-19 vaccine, Comirnaty, for children aged five to 11 last Friday after clinical trial data showed it was over 90 per cent effective against infection and had no serious side effects.

Comirnaty is the first vaccine authorized in Canada for children in this age group. It had been authorized for children 16 and older last December and in May for those aged 12 to 15.

"After a thorough and independent scientific review of the evidence, the department has determined that the benefits of this vaccine for children between 5 and 11 years of age outweigh the risks," said the Health Canada in a Nov. 19 statement on its website.

The two-dose vaccine for children in this age group is 10 micrograms, a lower dose than the 30 micrograms authorized for those 12 years of age and older, says the statement. Health Canada recommends the second dose be administered three weeks after the first although Canada's National Advisory Committee on Immunization (NACI) recommends an eight-week wait between the first and second dose.

"The clinical trial showed that the immune response in children 5 to 11 years of age was comparable to the immune response in people 16 to 25 years of age," Health Canada said in the statement. "The vaccine was 90.7 per cent effective at preventing COVID-19 in children 5 to 11 years of age and no serious side effects were identified."

Health Canada said Pfizer-BioNTech is required to continue providing information to the department on the safety and efficacy of the vaccine in

this age group.

Canada's chief public health officer Dr. Theresa Tam said children typically experience mild sickness when they contract COVID, but they can also get severely ill and die.

"Children have been impacted by COVID-19 in many different ways," said Tam during a news conference Friday to discuss the authorization for kids of in this age group. "Children five to 11 generally get milder illness and some might be asymptomatic. But some of them will get severely sick, and some of them might develop severe outcomes such as the multi-system inflammatory syndrome ... where the hospitalization rate is very, very high."

The five to 11 age group now has the "highest incidence" of all age groups, she said, including children 12 to 17 and young adults who previously had the highest rates. And most outbreaks that are now being reported are from schools and daycare settings, especially primary schools.

"In the five to 11 years of age [group], we've had 123,379 reported cases [of COVID], 300 hospitalizations, 48 ICU admissions and, unfortunately, two deaths were reported," she said.

In addition to getting ill, children have had their school schedules disrupted. The vaccine will help them stay in school, she said, regain some normality and participate in fun things they want to do.

The benefit of getting the vaccine outweighs the risks, she said.

"You've just heard that through clinical trials, that have been thoroughly studied by Health Canada through their rigorous process of review, that the benefits outweigh the risks. There were no significant safety signals in these initial trials and we will be con-

tinuing to monitor that," said Tam. "Parents should rest assured that we will communicate even rare outcomes that might come along as the vaccine program is rolled out."

Tam encouraged parents to speak with their child's health-care provider if they have concerns about the vaccine.

Deputy chief public health officer Dr. Howard Njoo, who also participated in the news conference, said that without hesitation he'd have his children vaccinated against COVID if they were in this age group.

"I'm a physician but I'm also a parent looking at the risks and benefits of the vaccine. I've seen what happens in the rare cases of severe illness, and obviously no one knows what's going to happen in the future with long COVID and other long-term effects on children's health," he said.

In its Nov. 19 recommendation on the use of Comirnaty in children aged five to 11, NACI said clinical trial data didn't indicate serious safety concerns and that "no cases of myocarditis (inflammation of the heart muscle) and/or pericarditis (inflammation of the heart lining) related to the vaccine were reported."

However, it went on to say that the size of the clinical trial "would not detect rare or very rare adverse events." The committee will continue to monitor the safety of the vaccine.

Typically, real-world data with millions of people reveal issues with vaccine safety.

Public Services and Procurement Canada is expecting 2.9 million doses of the pediatric vaccine after it negotiated an accelerated delivery schedule with Pfizer last month.

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TRIBUNE PHOTO BY KEITH WALDNER

Temperatures were a little below normal last week and hovered below zero ranging from -7 to -1 degree C. 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 Hydro seeks five per cent rate increase effective Jan. 1

Submitted by Manitoba Hydro

Manitoba Hydro filed its 2021-22 Interim Rate Application with the Public Utilities Board (PUB) yesterday requesting an overall average five per cent electricity rate increase, effective Jan. 1, 2022.

The Corporation was directed to file an application with the PUB following cancellation of Bill 35 and the associated electricity rate increase.

The higher rate ask is a direct result of the impact of the ongoing drought on the Corporation's finances.

If approved by the PUB, a five per cent increase for a residential customer who does not heat with electricity, using about 1,000 kilowatts per month, would result in an approximate \$5 increase on their monthly energy bill. For a customer who heats with electricity, using about 2,000 kilowatts a month, the increase on their monthly bill would be approximately \$10.

Despite the proposed increase, Manitoba Hydro will continue to have some of the lowest electricity rates in North America, according to a comparison of rates prepared annually by Hydro-Québec. A Statistics Canada report on household spending, released earlier this year, shows the average Manitoba family pays more for

cellular, internet and TV services annually than on their energy bill.

"We know no one wants to see a higher electric bill," said Jay Grewal, president and CEO of Manitoba Hydro.

"Unfortunately, we're in a situation where the drought is having a major impact on our finances and we don't know when precipitation levels will return to normal. Without a rate increase, our ability to continue to re-invest in our system so that we can continue to serve Manitobans with reliable, clean energy will be hampered."

Manitoba Hydro is forecasting a potential loss in its consolidated operation of between \$190 million and \$200 million for the current fiscal year. Manitoba Hydro had budgeted a positive net income of \$190 million for the 2021-22 fiscal year in its 2020-21 annual report.

Grewal said the lack of significant precipitation across much of Manitoba Hydro's watershed over the past year and lower water flows — water inflows to the southern portion of the system are the lowest in 40 years — has weakened the utility's ability to generate and sell surplus energy on spot markets in the United States and

Canada.

"The money we make from opportunity sales of renewable energy is vital to our financial health," Grewal said.

"That additional revenue is money we use to help keep rates for our customers here in Manitoba lower than they would be otherwise."

Grewal added any rate increase will be reviewed and approved by the PUB, following their public processes. The last electricity rate increase was 2.9 per cent which went into effect on Dec. 1, 2020.

"The loss of net income because of the drought and risk to the self-sustaining nature of Manitoba Hydro's debt obligations and financing is indisputable," she said.

"Having a financially healthy utility will help protect Manitoba energy consumers over the long term.

"That's why this increase is needed to help ensure we have the revenue we need to operate, rebuild and expand the electricity system so we continue to serve our customers with reliable renewable electricity as we have for the last 60 years."

Manitoba Hydro's full rate application to the PUB can be viewed at 2021/22 Interim Rate Application.

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Preparation

Preparation is all about getting ready for something that is coming up. Whether that's preparing for family coming for a visit, preparing for an upcoming presentation at work or preparing for our future retirement, each event is all about getting ready for what's to come.

For some, preparing for Christmas and the upcoming holiday season began weeks ago; for others, it's barely a thought even yet. As I begin to think about preparing for the Christmas season, I'm reminded of John the Baptist. John's purpose was to prepare the hearts of people for the Messiah, Jesus. Matthew 3:1-5 tells us a little bit about John the Baptist and it says his clothes were made from coarse camel hair and he ate locusts and wild honey. When people came to hear him preach in the wilderness he said to them, "Repent of your sins and turn to God. And when they confessed their sins, he baptized them in the Jordan River." John the Baptist didn't lead a glamorous life according to our standards, but he was the messenger who prepared the way for Jesus.

In these next few weeks as we're preparing for family gatherings, possibly time away from school and work, as well as giving and receiving gifts with our loved ones, let's think about what, or rather who, we're preparing for. Let me encourage you to take time in the coming days to pause and remember baby Jesus and his free gift to all humanity. Let's also remember that when Jesus died on the cross for our sins, he prepared the way for us to have access to God, through him. Each one of us can receive the free gift of eternal life by believing in Jesus, confessing our sins, and thanking Him for giving his life so we can spend eternity with him. As we enter this upcoming advent season, let's be sure to treasure the special moments with family and friends, as we prepare to celebrate the birth of Jesus.

Pastor Jo-Ann Porterfield
Alive Family Church
Stonewall, MB

letter to the editor

Letters to the Editor:
letters@stonewallteulontribune.ca

Seniors do matter and we need to support them and their families

Dear Editor,

I am writing to express my dismay, disapproval and disgust that patients from the Lakeshore General Hospital have been transferred to Baldur, Manitoba, 314.9 kilometres from their home health-care facility. One of the most vulnerable segments of our population, seniors, should not bear the brunt of COVID-19 restrictions to this degree. We witnessed the inadequate care, lack of respect and neglect of PCH residents early in the pandemic in the non-for-profit care homes, right outside our back door. I could rant about the anti-vaxxers occupying our acute care beds and placing seniors awaiting placement in these circumstances. My additional concern is the lack of planning, foresight and innovation by Manitoba/Shared Health.

Upon review of legislated Community Health Assessments throughout Manitoba for 2012, 2014 and 2019, it is evident that our Manitoba Health/Shared Health Authorities have not acted upon their findings nor the research of the Manitoba Centre of Health Policy, Department of Community Health Sciences, Faculty of Medicine, U of Manitoba.

Why are residents from Ashern and other areas of the IERHA being transferred outside of their health region, 3.5 hours from their homes to the southwest area of Manitoba? How have we arrived at this situation?

Let's review projections, as stated in the IERHA 2012 Community Health Assessment, for the PCH bed capacity required for 1998 and into 2022 for the province. It explains how the lack of planning by health-care authorities has placed our seniors in this heartbreaking situation.

IERHA 2012 Community Health Assessment

In 2012, amalgamation of the health-care regions in Manitoba had not yet reduced our number of regions from 11 to five. The report states for the Interlake Regional Health Authority:

"Recent analysis of current beds and population projections that are

based on 2012 populations, age specific mortality rates, and a recommended goal of 110 beds per 1000 residents 75 and older, we project by 2022:

- A net new requirement of between 595 and 680 additional beds.
- If there are no additional beds, the PCH supply is projected to reach between 57.6 and 61.2 beds per 1000 residents 75 and older (based on a population of between 12,200 and 12,971 residents compared to the population of 7,966 residents)."

The Interlake Regional Health Authority (prior to the amalgamation with the North Eastman region) is NO WAY NEAR meeting the recommended bed availability for PCH residents of 110/1,000, both then and in 2021.

Further to the above projection, the Manitoba Centre of Health Policy, Centre on Aging, U of Manitoba outlined in 2000 the under bedding and over bedding of PCH beds in the then 11 health regions in Manitoba as follows:

Regions with a DEFICIT of PCH beds:	
Interlake	151 beds
South Eastman	129 beds
North Eastman	34 beds
Churchill	24 beds
Brandon	13 beds
Nor Man	7 beds
Regions with a SURPLUS of PCH beds:	
Winnipeg	538 beds
Southwest	125 beds
Marquette	63 beds
Central	37 beds

It is very clear that the distribution of personal care home beds is NOT equitable throughout our province. Are we surprised that the acute care bed occupancy for 2017-18 and 2018-19 in Lakeshore General Hospital was 104.2%, E.M. Crowe Eriksdale 98.7% and Stonewall & District Health Centre 108.4%?

Is it right and fair that 10 residents of the IERHA are being transferred outside of our region? If health authorities had followed through on the

fact-based evidence from previous Community Health Assessments, our seniors may not be in this heart wrenching situation. The IERHA can be quoted, "We are committed to a health-care environment that treats all clients, patients, staff and communities with compassion, empathy and understanding. Health care is about remembering that being human is about more than just being alive."

I clearly understand that the world is in the midst of a pandemic, but seniors being transferred 3.5 hours away from their home health-care facilities and supportive families is unacceptable. The 2019 IERHA Community Health Assessment indicates that there has been a lot of innovative thinking to plan to keep seniors aging in or close to their homes. The Manitoba Home Care Program within the IERHA is ever challenged and doing their utmost to provide care to delay admissions to PCH and keep residents in their homes as long as is safely possible. The 2019 Community Health Assessment indicates that "Manitoba has implemented community programs/initiatives to support its growing older adult population that include the Functional Independent Program, Home Independence Program, Priority Home, Program of Integrated Managed Care of the Elderly (PRIME) and alternative, affordable housing models to support in the community longer and provide care closer to home (i.e. transitional care units)."

Question: If additional ICU beds can be established in relatively short periods of time, why are we not creating transitional units for seniors awaiting placement in PCHs in the under-bedded areas? Surely these resources could be completed as quickly as critical care beds are being established. Can the empty suites in Inwood Manor, near the centre of the West Interlake, be temporarily turned into transitional beds with PCH staffing and standards? Inwood Manor currently has three empty bachelor suites within. This is only one idea. In this week's *Stonewall Tribune*, Manitoba Housing is advertising the availability of studio and one-bedroom apartments, two, three- and four-

bedroom houses in Arborg, Fisher Branch, Fraserwood, Komarno, Bal-moral, Teulon, Poplarfield and Hodg-eson. Family members would then avoid having to pay for overnight accommodation to visit their loved ones 3.5 hours away.

I urge all of you to review the 2012, 2014 and 2019 IERHA Community Health Assessments. They are easy to find and repeatedly state "The IERHA will continue to be underserved with an inadequate number of PCH beds to meet the Manitoba Health standards of 110 beds per 1,000 residents age 75 and over." "When regions fall below these figures, accessible PCH beds decrease, resulting in long wait times and utilization of hospital beds for patients waiting PCH placement."

Further to the above concerns, the 2019 IERHA Community Health Assessment states the following as one of their goals of "A 1/3 reduction of the number of older adults who reside in PCH and shifting them to the community for ongoing supports."

To conclude:

- Lack of fair and equitable distribution of PCH beds within Manitoba has resulted in the IERHA being under bedded while other regions in the province are over bedded. Is there any wonder our residents are being sent to Baldur, Carberry and other health-care facilities during the pandemic?

- Can innovative thinking create transitional beds on the short term and long term in our region within already owned Manitoba Housing vacant housing units?

When the plan to reduce PCH beds by 1/3 of their current numbers is implemented, let's not forget that the IERHA is beginning the process in a deficit of crisis proportions from Stonewall to Ashern. Not in our back-door, please!

Take action, folks, and let those who make the decisions know how you feel about how seniors are being impacted by the lack of planning of Manitoba Health Authorities currently and over the last decade.

Seniors Matter,
Kathy Turner, Stonewall

> Got something you want to get off your chest? How about an act of kindness to share?

Send your letters to the editor or acts of kindness to news@expressweeklynews.ca. Please include your name, address, and phone number for confirmation purposes.

Eleven more COVID-19 deaths announced Monday

Seven from Southern Health, which accounts for 15 of the 24 COVID-19 ICU patients right now

By Ashleigh Viveiros

Seven people from the Southern Health region were among the 11 new deaths due to COVID-19 reported by the province on Monday.

A woman in her 40s was one of the region's casualties reported since last Thursday, alongside six other residents ranging in age from 60s to 80s. Manitoba's total death toll due to COVID-19 has reached 1,292.

With 258 new cases, Southern Health-Santé Sud, which has the lowest vaccination rate in Manitoba, accounted for the majority of new COVID-19 cases reported in the province

from Friday to Monday. Sixty-nine per cent of eligible residents in Southern Health have been vaccinated thus far.

There were also 185 new cases reported in Winnipeg, 85 in Prairie Mountain, 82 in the Northern health region, and 50 in the Interlake.

Manitoba currently has 1,528 active cases of the virus, with 152 people hospitalized and 24 in intensive care due to COVID-19.

Southern Health accounts for 530 of the active cases, 67 total hospitalizations, and 15 total ICU patients.

In comparison, the Winnipeg health region, which has a population more

than three times that of Southern but a vaccination rate 20 per cent higher, has 385 active cases, 42 total hospitalizations, and five ICU patients.

Manitoba's five-day COVID-19 test positivity rate on Monday was 5.7 per cent provincially and 2.9 per cent in Winnipeg.

The Interlake-Eastern region had a total of 4,944 total cases as of this Monday with 11 new cases announced. The total death count now stands at 58 with a female in her 70s from Interlake-Eastern health region and linked to the unspecified variant of concern reported Sunday.

Interlake-Eastern recorded 113 active cases with seven in the hospital but none in ICU.

Total case count by district: Arborg/Riverton, 14; Beausejour, six; Eriksdale/Ashern, eight; Fisher/Peguis, six; Gimli, two; Northern Remote, eight; Selkirk, six; Springfield, 21; St. Clements, 14; St. Laurent, four; Stonewall/Teulon, nine; Unknown, six; and Winnipeg Beach/St. Andrews, nine. Pina-wa/Lac du Bonnet, Powerview/Pine Falls and Whiteshell all recorded zero.

Distressed canoer saved by watchful neighbours

By Nicole Brownlee

A 61-year-old man was saved from the icy waters of Lake Manitoba on Nov. 9 with the help of neighbours' quick thinking.

The Lundar RCMP received a report around 3:20 p.m. on Nov. 9 from a caller who said she could hear a man calling for help on the water near the shore of Venice Road South in St. Laurent.

The woman, 73, requested an ambulance while they waited for officers to arrive.

The woman's boyfriend and a friend found a nearby canoe and paddled to the man struggling in the water. The boyfriend, 73, and the friend, 74, lifted the man from the water into their canoe and brought him back to shore.

When the rescuers reached the shore, four officers, two from Lundar and two from Ashern, and an ambulance were waiting.

The ambulance transported the man, who was shivering uncontrollably, to the Selkirk Regional Health Centre, where he is reported to be in stable condition.

The man told RCMP officers that he was fishing in his canoe. When the man tried to move some gear, he lost his balance and fell into the water. The cool water temperature inhibited the man from getting back into his canoe, and he started calling for help.

Fire departments usually respond to water rescues, but the report didn't include if the St. Laurent fire department was at the scene, said Sgt. Paul Managire, RCMP media relations officer.

"If it were not for the quick actions taken by these three individuals, this situation would have ended tragically," said Sgt. James Munro, detachment commander of the Lundar/Ashern RCMP, in a statement.

"With the current temperature of the water, these three only had minutes to act and respond, and thankfully they did."

The RCMP received a call from the 61-year-old a few days after the incident thanking them for their help.

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Manitoba 

Stonewall council news in brief

By Jennifer McFee

The snowy season has now arrived, and Stonewall council will take time to review its snow-clearing policy.

At the Nov. 17 council meeting, Mayor Clive Hinds said they try to make improvements to the policy each year.

“In this particular winter, we’ve had a bit of problems where you have storm after storm after storm within a day of each other, which creates a little havoc,” he said.

“I want to make sure we all understand that sometimes changes have to be made.”

Coun. Peter Bullivant said they’ve heard some complaints about snow clearing and he understand people’s frustrations, particularly with all the recent wet snowfall.

“I think there’s a need to revisit the policy and work collectively so that we all achieve the right goal,” he said.

Coun. Walter Badger agreed that the town should review its policy.

“My big priority would be sidewalks,” he added.

Deputy Mayor Jackie Luellman said

it might be an implementation issue rather than a policy issue. She suggested they might need to look at how to better implement the policy that’s currently in place.

CAO Wally Melnyk noted that there’s recently been a tough stretch of weather.

“The precipitation started out as rain and turned to heavy snow, which is heavier, harder to move and takes longer to clear. We have been through the entire town now once with certain streets like 3rd Avenue S and 5th Street West being done more than once,” he said by email last week.

“We will be going back now, doing more clean-up and touch-ups. But the snow continues to fall and the wind continues to blow so, as quickly as we clean an area, a day or two later, it needs to be redone. ... It has just been a bad stretch of weather.”

Council plans to discuss the topic with the works and operations manager at the December committee of the whole meeting.

In other council news:

- Interlake Salvage and Recycling requested a zoning bylaw amendment to heavy industrial from light industrial. This change would allow the expansion of its business operation, which includes a wrecking and salvage yard. Council approved the request.

- Council approved amendments to the rate schedule for Stonewall Arena Veterans Memorial Sports Complex facilities.

- Council declared Nov. 15 to 21 as Interlake Foundation Week.

- Council authorized the mayor and CAO to execute a land use agreement with residents who would like to continue renting a portion of land from the Town of Stonewall for farming purposes.

- In response to some concerns about the flags flying at full mast for Remembrance Day, CAO Wally Melnyk noted via email that town typically doesn’t lower its flags to half-mast on Nov. 11. He checked with the

local legion, and they weren’t aware of a policy requiring municipalities to lower flags to half-mast.

“Having stated that, if there is a new requirement or a local request, I see no reason why the town and council wouldn’t consider it,” he said by email, “but the position of the flags this Nov. 11 was the same as it has been for years.”

- At the Nov. 10 committee of the whole meeting, council reviewed an engineering proposal provided by WSP regarding Keith Cosens Drive road upgrades. Council will request a revised proposal from WSP, and they also reviewed suggestions for parking changes on Keith Cosens Drive from the general manager at the Lions Manor.

- Council reviewed the SPRUCE policy and will consider updates at an upcoming meeting.



November 22, 2021

Dear Stonewall Residents,

The Town of Stonewall along with much of the Province of Manitoba experienced a difficult period of weather immediately after Remembrance Day; snow accumulations in a single day that rivaled the total snow fall for the winter of 2020-2021, rain, and varying temperatures between thawing and freezing. All of these conditions made for a very difficult and time consuming snow clearing and removal process.

As proud as Council is of the response from its employees, the Town Council is equally disappointed to learn of the unacceptable behaviour from a couple of Stonewall residents who verbally attacked Town employees in local businesses. This type of abusive behaviour against our employees will not be tolerated. Our employees worked hard (some completing 12 to 15 hour shifts per day) for days on end at the height of the cleanup operation. These people need to be thanked for their dedication to the community, not belittled for being a Town of Stonewall employee. Confrontations like the ones experienced this past week are unacceptable; period.

Times have been stressful for everyone, we understand that, but it doesn’t give anyone the right to engage in potentially abusive confrontations with Town employees. Town workers made sure that roads were made accessible to commuters and pedestrians as best as possible, as quickly as possible.

All we ask is respect for our employees because they are doing the best they can in a difficult situation. Please remember, especially at this time of year, to treat others with kindness.

Yours truly,
TOWN OF STONEWALL MAYOR & COUNCIL

Socktober wraps up



TRIBUNE PHOTO SUBMITTED
Ecole RW Bobby Bend School students wrapped up Socktober last month and donated over 1,300 pairs of socks to Main Street Project.

Sending gifts overseas



TRIBUNE PHOTO SUBMITTED

Warren Collegiate Grade 11 student Tessa Stewart recently spearheaded a Samaritan's Purse Operation Christmas Child Shoebox fundraiser that helps the less fortunate overseas. Stewart received over \$600 in donations along with stuffed animals that enabled her to fill 10 shoeboxes with school supplies, markers, colouring books, hygiene products and small toys. She also personalized each box with a Christmas card to the recipient with addresses of those who donated. Last Saturday, Stewart delivered 10 shoeboxes to a church in Selkirk where they will be shipped overseas. With the leftover money, Stewart received she is making up two Christmas hampers for local families.

Mother Nature snow day



TRIBUNE PHOTO BY KAITLYN PETERS

Three-year-old Tenille Peters, left, and six-year-old sister Hanna Peters took advantage of the snowbank and ice left behind after the snow and wind last week around the trampoline in their backyard. The girls built the snow and ice fort on their unexpected day off from school last Friday. The four-legged family member, one-year-old mini Australian shepherd Ozzy, couldn't miss out on the photo with the girls.

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Santa Claus is coming to town in about a month, and there's still lots to do!

- Help your kids write and mail their letters to Santa Claus.
- Gather up toys, clothes and canned goods to donate to those in need.
- Start cooking dishes for your holiday party that can be frozen.
- Set up your Christmas lights and any other outdoor decorations before it gets colder.
- Write and send out your holiday cards.

Advent calendars for our furry friends!



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2nd ANNUAL 2021 HOLIDAY FAVOURITE Recipes

Thursday, November 25, 2021

The Selkirk Record
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Your Holiday Cooking Guide



The past couple of years have taught us many lessons, one very important one being how grateful we are to have the support of our communities that allow us to continue to **SERVE YOU.**

Recipe for a Merry Christmas

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2ND ANNUAL 2021 HOLIDAY FAVOURITE

Recipes



Appetizers

Easy Cheese Ball

3 packages cream cheese
2½ cups shredded cheese (I prefer tex-mex or cheddar)
1 package Ranch dressing mix

Mix well. Roll in chopped nuts and or dried cranberries. I make several balls or logs, wrap them in plastic wrap and put them in the fridge or freezer... ready to serve or gift!

Patsy Zdrill, Selkirk

Layer Taco Dip

500g sour cream
1 package taco seasoning mix

Mix and let sit overnight in fridge to blend flavours. Spread mixture in pizza pan or deep plate. Top with shredded lettuce, diced tomatoes, chopped green onions and finely grated cheddar cheese. Serve with tortilla chips.

Elizabeth Gregg, Gimli



Soups

Mushroom Soup

1 cup fresh, sliced mushrooms
1 can mushroom soup
1 tbsp butter
2 cups milk
1 package seasoned croutons
To taste: salt, pepper, parsley, paprika, garlic powder

Fry mushrooms in butter, set aside. Place milk, soup and seasoning in skillet and bring to a boil. Add fried mushrooms and simmer 10 minutes. Serve hot. Top with croutons and seasoning.

Margaret Hryciw, Selkirk

Spicy Zucchini Soup

4 tbsp Sunset Gourmet Garlic Olive Oil
1 onion finely chopped
3-4 cloves chopped garlic
5-6 cups chopped zucchini
1 carton chicken broth
1/2 cup fresh cilantro chopped up
2 tbsp fresh lemon juice
salt and pepper to taste
2 tbsp Sunset Gourmet Jalapeno & Dill hot sauce

Saute onion, garlic in oil for few minutes, add zucchini and saute till they are soft. Add salt and pepper. Transfer to a dutch oven pot, add broth, half of the cilantro and hot sauce. Bring to a boil then simmer for half an hour. Add lemon juice and puree in blender. Serve with few cilantro leaves on top as garnish.

Dianne Medwid, Dauphin



Salads

Shrimp Mousse

1 package cream cheese
1 can tomato soup
Bring to a boil until cream cheese melts. If there are any lumps, beat them.

Add:
1 ½ envelopes unflavoured gelatin
¼ cup cold water
Let sit for 10 minutes.

Add:
1 cup miracle whip
1 cup finely chopped celery
1 cup chopped green onion
1 tin shrimp

Place in mould and let sit overnight.

Elizabeth Gregg, Gimli



Beverages

Minty White Chocolate Cappuccino

1 ½ cup Carnation evaporated milk, heated
1 ¼ cup hot coffee
½ cup white chocolate, chopped
¼ tsp mint extract

Place ingredients in blender. Process until smooth. Serve hot.

Margaret Hryciw, Selkirk



Breads & Buns

Brown Buns

2 eggs
4 tbsp sugar
2 tsp salt
6 tbsp oil
3 cups warm water
2 tbsp yeast (instant, fast acting)
7 cups flour (4 cups whole wheat, 3 cups white)
½ cup ground flax

Mix first 5 ingredients. Add some flour, then yeast, then gradually add rest of flour and ground flax. Cover to let rise and double in size, punch down, shape into buns. Cover to let rise for 1 hour or until double in size. Bake 15-18 mins at 350 degrees.

Ann Marie Lapointe, Winkler

Focaccia Bread

1 tsp white sugar
1 (.25 ounce) package active dry yeast
1/3 cup warm water
2 cups all purpose flour
2 tbsp olive oil
Tsp cracked sea salt
Cherry tomatoes (optional)
Tsp herbs (your favourite)

In a small bowl, dissolve sugar and yeast in warm water. Let stand until creamy, about 10 minutes. In a large bowl, combine the yeast mixture with flour, stir well to combine. Stir in additional water, 1 tablespoon at a time, until all of the flour is absorbed. When the dough has pulled together, turn it out onto a lightly floured surface and knead briefly for about one minute. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 30 minutes. Preheat oven to 475 degrees. Deflate the dough and turn it out onto a lightly floured surface; knead briefly. Pat or roll dough into a sheet and place on a lightly greased baking sheet. Brush the dough with oil and sprinkle with salt, herbs and tomatoes. Bake focaccia in a preheated oven for 10 to 20 minutes. If you like moist and fluffy, wait just about 10 minutes. If you like it crunchier and darker on the outside, wait 20 minutes. * I like to use Italian dried herbs and add cherry tomatoes to the top before baking.

Vanessa Figus, Winnipeg

It's beginning to taste a lot like Christmas!

Season's Greetings



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2ND ANNUAL 2021 HOLIDAY FAVOURITE Recipes

Baking & Desserts

Almond Butter Balls

Cream together:
1 cup butter
3 tbsp icing sugar
1 tsp vanilla
1/8 tsp almond extract

Add:
2 cups flour
1 cup sliced blanched almonds (slightly crushed)

Mix well and roll into tiny balls approximately 3/4 inch. Bake in 350 degree oven for 20 minutes or until slightly brown. Cool slightly, then roll in icing sugar – cool well before serving. Tip* don't try rolling in icing sugar until the balls have cooled a bit or the icing sugar will melt. These freeze well and everyone loves them!

Sylvia Thorgilsson, Lundar

Belgium Honey Cake

1 cup white sugar
2 cups honey
2 eggs, well beaten
6 cups flour
4 tsp baking powder

1 tsp cinnamon
2 cups milk
3 drops aniseed, if preferred (oil of aniseed)

Mix sugar, honey and beaten eggs well all together. Add remaining ingredients. Mix well all together. Let stand for 10 minutes. Put in bread pan. Bake at 325 degrees F slowly for 1 hour. Put in a crock for a while; it will taste better.

Noreen Grenier, St. Leon

Christmas Cake

1lb butter
2 3/4 cups brown sugar
4 cups cake flour
9 eggs
2 tsp cinnamon
1/2 tsp allspice
1/2 tsp cloves
1 tsp baking soda
2 tbsp fruit juice
2lb seeded raisins (Thompson are best)
2lb sultana raisins
1lb currants
1lb mixed peel
1/2 almonds, peeled
1/2 lb glazed cherries
2 tsp brandy flavouring

Cream butter, add half sugar, add well beaten egg yolks. Beat egg whites until standing in peaks. Add rest of sugar to the egg whites, beat until stiff. Fold into butter mixture. In hot water wash fruits, then drain. Add almonds, cherries and peel. Sift flour, add spice and baking soda over fruit mixture and mix. Add to egg mixture, add juice and flavourings. Bake in 275 degree oven for about 4 hours. Leave in pan to cool. For flavourings you can add amaretto or apricot brandy.

Alberta Horsman, Carman

Best Shortbread Cookie

1/2 cup cornstarch
1/2 cup icing sugar
1 cup flour
3/4 cup soft butter

Put 3 ingredients in a bowl and add butter and make into a soft dough. Shape into small balls and place on a plate and put in fridge for 1/2 hour. Place balls on parchment paper in a cookie sheet spaced 3" apart. Flatten balls with a fork dipped in white sugar with a "x" formation. A maraschino cherry cut in half is another lovely topping. Bake at 300 degree F for approximately 15 minutes. Delicious! My husband and I have tried various recipes for "the best tasting one". This is an old recipe my Aunt Joyce gave me.

Valerie Nordquist, Carman

Corn Flake Slice

1/3 cup margarine
30 large marshmallows
1 tsp almond extract
2 1/2 cups corn flakes
1 cup medium sweetened coconut
1 cup flaked almonds

Melt margarine and marshmallows together on low heat. Once melted remove from heat and add almond extract, corn flakes, coconut and flaked almonds. Press all into a greased 8x8 pan.

Elizabeth Gregg, Gimli

Crunchy Oatmeal Cookies

1 cup of flour
2 tsp of baking soda
1 tsp of baking powder
1/2 tsp of salt
1 cup of margarine
1 cup of sugar

1 cup of brown sugar, packed
2 eggs
1 tsp of vanilla
2 cups of cornflakes
2 cups of uncooked quick oats

Optional, but I highly recommend! Cinnamon and nutmeg – as much or as little as you want! Your choice of chopped nuts... as much or as little as you want! Preheat the oven to 325 degrees. Mix the flour, baking soda, baking powder and salt, as well as the cinnamon and nutmeg if you choose to use it. Next, cream the margarine and sugars in a large bowl, and beat in the eggs and vanilla. Add the flour mixture and give it a good stir. Then, combine the cornflakes and oats, as well as the chopped nuts if using. Lightly grease or line a baking sheet with parchment paper. Drop the batter by a heaping tablespoon and allow space for the cookies to expand. Bake in the oven for 12 to 14 minutes. Once they are done, let cool and transfer to a wire rack. This recipe makes about 48 cookies, but once you taste them, but you may want to double it! The great thing about this batter is that it gets better the longer it sits, so you can store the rest in the freezer if you need to. Enjoy! Recipe from: Women's Circle. (1992)

Skylar Anderson, Teulon

The Flower Child

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2ND ANNUAL 2021 HOLIDAY FAVOURITE Recipes



Baking & Desserts

Delicious Rice Pudding

1 tin coconut milk 1 cup short grain rice
2 cups skim milk 1/4 cup sugar

Mix and put in pot. Stir often. Ready when rice is soft. You can add some raisins and 1/4 tsp cinnamon. At Christmas put a spoon of Cool-Whip topped with red and green cherries.

Merle Willis, Petersfield

Drizzle Chocolate Mint Bars

1 cup chipits 1 1/2 cups graham wafer crumbs
(1/2 regular and 1/2 mint flavour) 1/2 cup walnuts, chopped
1/4 cup margarine 2 cups icing sugar
1/4 cup icing sugar 2 cups milk
1 egg Green food colouring
1/4 margarine

Melt chipits and 1/4 cup margarine. Reserve 1/4 cup for drizzle. Add 1/4 cup icing sugar and egg to remaining chipits and beat well. Stir in wafer crumbs and nuts. Press into 8" pan and chill. Cream 1/4 margarine, icing sugar and milk until fluffy. Add green colouring. Spread over base, drizzle remaining melted chipits over top. Chill. Cut into bars and serve.

Stacy Layne, East Selkirk

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Easy Orange Cranberry Shortbread

1/2 cup raisins (dried cranberry)
3/4 cup sugar, divided
2 1/2 cups all purpose flour
1 cup butter
Zest of 1 orange
1 to 2 tbsp orange juice
Additional sugar to coat cookies
Line baking sheet with parchment.
Combine cranberries and 1/4 cup of sugar in food processor, process until cranberries are broken. Set aside. Combine flour and sugar in large bowl. Use pastry cutter to cut in butter into very fine crumbs. Stir in cranberry mixture, orange zest and juice. Use your hands to knead the dough until it comes together to form a ball. Shape into log about 2" wide. Wrap in saran and refrigerate 2-72 hours. Cut cookies into 1/4" thick and dip in sugar. Bake at 350 degrees for 12-15 minutes. Do not overbake! Cool at least 10 minutes on cookie sheet.

Stacy Layne, East Selkirk

Eggnog Donuts

Mix:
1 egg beaten
1/2 cup sugar
1/2 cup eggnog
2 tbsp melted butter

Sift:
1 1/2 cup flour
2 tbsp baking powder
1/4 tsp nutmeg
1/8 tsp salt

Add dry mixture to wet mixture and mix well. Roll about 1/4 to 1/2 inch thick. Cut with donut cutter or cookie cutter. Reuse dough if you want to just fry up the pieces. Use canola oil 375 degrees, one to two minutes or until golden brown. Sprinkle with icing sugar when cooled.

Margaret Hryciw, Selkirk

Gingerbread Men (Lebkuchen)

2 cups shortening 2 tbsp baking soda
3 cups molasses 1 tbsp ginger
1 cup sugar 1 tbsp ginger
8 cups flour 1 tbsp cinnamon
1 tsp salt 1 1/2 cups buttermilk

Heat molasses and sugar. Add shortening. Chill dough for several hours. Turn out on floured board. Roll 1/4" inch thick. Cut and back at 350 degrees. Decorate with favourite frosting and small candies.

Elaine Plett, Fisher Branch

Merry-Berry Cheese Bars

2 cups flour
1 1/2 cup oatmeal
3/4 cup packed brown sugar
1 cup butter softened
Preheat oven to 350 degrees. Grease 9x13 pan. Blend flour, oatmeal, 3/4 cup brown sugar and butter together until crumbly. Set aside 1 1/2 cups of mixture and press the rest in pan. Bake 15 minutes until golden.

8oz cream cheese softened
14oz can sweetened condensed milk
1/2 cup lemon juice
2 tbsp corn starch
1 tbsp brown sugar
16 oz can whole cranberry sauce
With mixer beat cream cheese until fluffy. Gradually add the condensed milk and then the lemon juice. Spread over baked crust. Combine cranberry sauce, cornstarch and 1 tbsp brown sugar. Pour over the cheese layer and top with remaining crumbs. Bake 45 minutes until golden. Cool before cutting into bars. These freeze well.

Pearl Gigolyk, Lockport

Peanut Butter Rice Krispie Balls

1 cup corn syrup
1 cup sugar
1 cup smooth peanut butter
4 cups rice krispies
1/2 cup chocolate chips

Place corn syrup, sugar and peanut butter in a saucepan. Bring just to a boil. Remove from heat and pour over rice krispies. Stir well to combine. Butter hands and quickly roll into 48 one-inch balls. Set on a sheet of wax paper to cool. When cooled, place chocolate chips in a plastic bag and microwave until softened. Cut a tiny hole in one corner of the bag and drizzle the chocolate over the balls.

Pearl Gigolyk, Lockport

Snickerdoodle Cookies

2 1/4 cups flour
1/2 tsp salt
1 tsp baking powder
1/2 tsp baking soda
1 1/2 cups sugar
1/4 cup or 2 oz. cream cheese
6 tbsp butter (melted but still warm)
1/3 cup oil
1 egg
1 tsp milk
2 tsp vanilla or almond flavouring (my favourite)

Mix well. Roll into small balls and roll in a mixture of sugar with a small amount of cinnamon. Bake on parchment paper on the pan. Bake at 325 degrees for 12-14 minutes.

Patsy Zdrill, Selkirk

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Baking & Desserts

Homemade Turtles

3 cups whole pecans
 ½ cup butter
 1 cup brown sugar
 ½ cup corn syrup
 dash salt
 7 oz sweetened condensed milk (half of a 14 oz can)
 ½ tsp vanilla
 1 ½ cups milk chocolate chips
 ½ tsp vegetable oil or shortening

Place pecans in a single layer on a baking sheet. Bake at 350° for about 10 minutes or till lightly browned and fragrant. Let cool. Arrange in clusters of 3-4 on silicone liners or parchment paper. Combine butter, brown sugar, corn syrup, and salt in a 6 quart pot. Bring to a boil over medium heat. Add the sweetened condensed milk and vanilla. Continue cooking and stirring till mixture reaches 235-240 degrees. Quickly spoon the caramel over the pecan clusters, making sure caramel is touching each of the pecans. Let sit to harden. Melt the chocolate chips and oil in the microwave at half power, stirring often till smooth. Spoon chocolate on top of each layer of caramel. Let sit for 1-2 hours, or till hardened.

Michelle Balharry, Lockport



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Chili Lime Meatballs

2.2kg lean ground beef
2 cups breadcrumbs
3 eggs
1 cup jalapeno, chopped
¾ cup green onion
2 tbsp red curry paste
4 tbsp Asian seasoning
2 tbsp garlic
1 tsp Himalayan sea salt
1 pinch dried chili flakes
zest of 1 lime

Michelle Balharry, Lockport

Mix all ingredients well in a large bowl using gloved hands. Portion on stoneware brushed with olive oil. This makes the meatballs juicy and extra crispy. Roll meatballs gently to smooth edges, but do not compact. Bake at 400F for 25 minutes or until desired crispness.

Teriyaki Lime Sauce

Homemade Teriyaki sauce (can be used on meatballs)
½ cup soya sauce
2 cups water
1 tsp grated ginger
½ tsp Garlic Rub
½ cup packed brown sugar
2 tbsp honey
4 tbsp cornstarch
½ cup cold water
juice of two limes

Mix all except the cornstarch, lime juice and the 1/2 cup cold water in a sauce pan and begin heating. Whisk cornstarch and cold water in a cup and dissolve. After sauce is simmering, add

Michelle Balharry, Lockport

cornstarch and water mixture, whisking until sauce thickens. Heat until sauce thickens to desired thickness. Add water to thin if needed or cornstarch to thicken.

Remove from stovetop and let cool. When cooled add juice of 2 limes and whisk well. (if you don't want to make Teriyaki sauce from scratch, Our Compliments is a good bottled brand. Place meatballs in slow cooker. Add the sauce. Gently mix to cover. Store in refrigerator until ready to use. Warm in crockpot and serve.

Traditional Turkey Stuffing

1lb pork sausage
1 large onion chopped
2 tbsp prepared mustard
1 tbsp poultry seasoning
3 ribs of celery chopped
2 tbsp mayo
½ tsp sage
3 eggs beaten
1 loaf whole wheat bread, day old, cubed
2 loaves white bread, day old, cubed
900ml carton of chicken broth (fluid)

In large non-stick skillet coated with cooking spray, cook the sausage, celery and onion over medium heat until meat is no longer pink. Drain. Remove from heat. Stir in the mayo, mustard, sage and poultry seasoning. Place bread cubes in a large bowl. Add sausage mixture. Combine eggs and broth. Pour over bread cubes and stir gently to combine.

Option 1. Transfer to cooking dish coated with pan spray. Cover and bake at 350 degrees for 30 minutes. Uncover and bake 12-18 minutes or until lightly browned and thermometer reads 160.

Option 2. Stuff turkey with dressing. When cooked, remove all the dressing and transfer to a casserole dish. Freezes well. Delicious! Enjoy.

Care Holmes, Stonewall

Lazy Holobchi

1 lb hamburger and 3 slices bacon diced
1 onion chopped
3 cups cooked minute rice
1 head cabbage. Freeze ahead and thaw to soften
1 can tomato soup and 1/2 tin water
1 1/2 cup pasta sauce
Garlic and oregano to taste
Salt and pepper to taste
Brown hamburger and bacon and onion. Drain off fat. Add seasonings and mix all with cooked rice. In separate bowl mix soup and sauce together. Core cabbage, remove vein and separate leaves. Alternate layers of cabbage and hamburger mixture and sauce in a casserole dish. Cover with tin foil and bake at 365 degrees for 1 1/2 hrs or until cabbage tender.

Georgia Campbell, Lockport

Honey Glazed Ham

2 cups packed light brown sugar
1 cup honey
½ cup Dijon mustard
2 tablespoons unsalted butter
2 tablespoons apple cider vinegar

While the ham is heating in the oven, place all the ingredients in a medium saucepan over medium-high heat and bring to a simmer, stirring regularly to break up any lumps. Reduce the heat to medium-low and continue to simmer slowly until reduced by a third, darkened, and thickened, about 20 minutes. Remove the ham from the oven, uncover, and baste with the warm glaze, working the glaze between the cuts in the ham wherever possible. Return the ham to the oven for the last 30 minutes of cooking.

Lucy Kowalchuk, West St. Paul

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Figgy Duff

NEWFOUNDLAND CHRISTMAS PUDDING

4+ cups bread crumbs
1 tsp ginger, allspice, cinnamon (each)
1 tbsp hot water
3 tbsp molasses
1 tsp baking soda
½ cup melted butter
½ cup flour
1 cup raisins
½ cup brown sugar

Soak bread in water for a few minutes. Squeeze out water (measure without pressing down). Combine bread, raisins, sugar, salt, spices and mix with a fork. Add molasses, melted butter and soda which has been dissolved in hot water. Add flour and mix well. Pour into a greased mould. Steam for 2 hours. Serve with sauce.

HOT RUM SAUCE

¾ brown sugar 3 tbsp cornstarch
¼ tsp salt 2 cups water
¼ cup butter 1 tsp vanilla
1/3 cup rum ½ tsp nutmeg

In a microwave bowl, combine sugar, cornstarch, salt and water. Cook on high for 2-3 minutes. Stir after one minute. Blend in butter, vanilla, rum flavouring and nutmeg

Care Holmes, Stonewall

Perishky

Mix:
7 cups flour
1 tbsp instant yeast (fast rising)
1 tsp salt
Beat:
2 ¼ cups water
½ cup sugar
2 eggs
1 cup oil
Add to flour mixture, mix and let dough rise until it doubles in bulk.
Filling:
4 hard boiled eggs, mashed fine
Salt and pepper
1tbsp butter
1 bunch finely chopped green onion
1 finely chopped green bell pepper

In frying pan add 1 tbsp butter (more if needed). Add green onions and pepper and fry until soft and wilted. Remove from heat and cool. Add to egg mixture, mix well. Make buns by rolling out dough to ¼ inch thick, use round cookie cutter. Put about 1 tsp of filling in dough depending on size. Do not stretch dough. To seal, wet dough all around, fold in half press together and poke in ends. Bake in a 350 degree oven until golden brown, about 25 minutes.

Margaret Hryciw, Selkirk

Ethnic Favourites

Maple Sugar Pie

A French-Canadian tradition, very sweet, very rich!

1 unbaked pie shell 1 ¾ cups whipping cream
1 cup water ½ cup butter
1 cup sugar ½ cup flour
1 cup brown or maple sugar

In a heavy saucepan combine sugars with water and bring to a boil. Reduce heat and simmer for 8 minutes, stirring constantly. Add cream and set aside. In a heavy metal frying pan (not iron), melt butter over low heat and add flour a little at a time. Stir with a whisk until thick but not brown. Add cream-sugar mixture, stir until smooth. Let cool and then pour into pie shell. Bake in a 350-375 degree oven until set about 25 – 30 minutes. Serve with whipped cream or ice cream.

Joan & Gord Taylor, Selkirk



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Ukrainian Kutya

Best made several days before use, to allow flavours to mix
2 cups wheat
Wash wheat in cold water and then soak overnight
Next day, bring water to boil and simmer wheat 4 to 5 hours, stirring occasionally

1 cup poppy seed
Scald with hot water, let soak for 30 minutes
Drain, and grind the poppyseeds

Liquid Mix:
½ cup honey
½ cup sugar
½ cup hot water
Pinch of salt
(can use more honey, if wanted sweeter)

½ cup chopped pecans

Mix wheat, poppy seeds, pecans and liquid together
Add a dash of cinnamon
Stir well and refrigerate

Kutya is served cold, in a small bowl, on Christmas Eve and again on Christmas Day. It's served as an appetizer, before the big meal. It represents farmers thanking God for good crops in the year past and in the year to come.

Debbie Kashuba, Lockport



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Stonewall couple's Christmas lights turn on Halloween Day

By Sydney Lockhart

Thousands of LED bulbs light up Ken and Cyndi Slapinski's yard in anticipation of Christmas and with the goal of bringing smiles to the town's face.

In October 2013, Cyndi's brother died, leaving their family to be together at Christmas with her nephew and his friend.

Cyndi said the next year they decided to decorate their house in memory of her brother because their families always felt very connected to the holiday. Since 2014, they haven't missed a year.

"Kids started calling it 'the sparkle house' and we thought, well, why don't we just continue this and try and make it bold and get them up for Halloween," said Cyndi.

This year, the Slapinskis turned on their entire yard of lights on Halloween, wrapping caution tape around the yard to add not only a single Halloween element but to keep kids from tripping on their numerous extension cords.

"I love Halloween, but it feels like Christmas to me. It should be all year round," said Cyndi.

The couple have received donations of supplies from people to add to their yard and purchase new lights every Boxing Day for the next year.

Although they decorate the outside of their house months early, they wait to put up their Christmas tree until after Remembrance Day.

Putting their Christmas light display together off of Gray Street starts



TRIBUNE PHOTOS BY SYDNEY LOCKHART

The front and back yard are lit up with hundreds of LED lights, inflatables and other Christmas decorations.

on September long weekend for the Slapinskis, who then spend six to eight hours every day on weekends setting up their display until it is done.

"We want more than ever for people to continue their faith and to have hope in their lives," she said. "Light represents that a lot and we're hoping that this will continue."

Being in their early 60s, they plan on continuing their light display for as long as they are physically able to and hope after retirement they will have even more hours to put toward their lights.

"Cyndi has been trying to get the Grinch for the last two years, the one where he is stealing the lights from the house, so that is kind of a neat addition that we wanted," said Ken.

The Slapinskis said, despite the drastically increased amount of light coming from their house in the fall and winter months, their hydro bill is only about \$10 increased monthly when they have their lights on because they only use LED lights.

On top of their light display, the couple also tries to bring Christmas spirit to their workplaces by wearing only Christmas sweaters for the last few weeks of December. Some of their outfits light up too.



Cyndi and Ken Slapinski turned their Christmas lights on earlier than ever on Oct. 31 this year.



Their back deck is covered in Christmas inflatables. A barn with reindeer blocks their view outside from their house when inflated.

Eastman region #1 in vehicle-deer collisions

Staff

The Eastman region remains the most likely place for vehicle-deer collisions in all of Manitoba, according to Manitoba Public Insurance.

MPI released its Top 5 list for high-collision regions earlier this month, and Eastman once again topped it.

Eastman — which includes the communities of Steinbach, Lac du Bonnet, Anola, Birds Hill Park area and Falcon Lake — experienced an average of 2,170 collisions yearly, based on collision statistics collected from 2016 to 2020.

Not far behind in the No. 2 spot was Westman with 2,150 collisions annually followed by the Interlake (1,700), Central Plains (910) and Parkland (900) regions.

On average, almost 500 people are injured in wildlife-related collisions yearly, MPI reports. Over the last 10 years, nine people in Manitoba have been killed in crashes caused by an animal on a road.

Overall, Manitobans are involved in more than

14,000 vehicle-wildlife collisions every year.

"At this time of year in particular, there's an increased likelihood of encountering these animals when travelling through these zones. Awareness is one key to preventing a collision," said MPI's Satvir Jatana. "With over 9,000 vehicle-deer collisions yearly in Manitoba, our goal is to see that reduced through education, awareness, emerging driver-assist technologies, and drivers taking preventative steps."

In addition to raising awareness of high-collision hotspots by publishing its annual listing, MPI works in partnership with the City of Winnipeg (which was No. 7 on the list) to place high-visibility message signs at strategic locations identified as key wildlife-vehicle collisions areas. In total, eight signs will be rotating across 21 identified locations this year.

In rural Manitoba, Riding Mountain National Park has a high-visibility sign warning drivers of the potential danger of collision with wildlife and encouraging safe speeds, particularly between

dusk and dawn.

"These signs warn drivers to remain alert for deer, and watch for them in these high-collision areas," said Jatana. "It's important that drivers are aware when they're entering an area where deer frequent and pay close attention to their surroundings. The boards are up during what is typically the highest collision period."

Tips to help keep you safe:

- Slow down when you see wildlife crossing signs and drive with extreme caution, scanning the road ahead as well as shoulders and ditches.
- Animals are normally more active at dawn, dusk and at night.
- Be especially alert where brush and tall grass grow near the road.
- Watch for the reflection of headlights in the eyes of a deer, or a dark silhouette.
- Do not swerve if an animal does cross in front of your vehicle — brake firmly to reduce the impact between the animal and your vehicle.

Teddy Bear Toss set for Dec. 3

By Jennifer McFee

Mark your calendars for an opportunity to throw your support behind a local hockey team while also supporting a beary good cause.

The third annual Teddy Bear Toss is set for Dec. 3 at Veterans Memorial Sports Complex while the Stonewall Jets face the Raiders.

The initiative serves a double purpose — to encourage community members to fill the stands and cheer on the local hockey team while also gathering new teddy bears for the local Christmas Cheer Board.

After the Jets score their first goal, fans will have the chance to throw new teddy bears onto the ice.

Then some of the U11 boys' and girls' teams from Stonewall Minor Hockey

will collect the bears, which provides them with a fun way to be part of the action.

All the bears will be donated to the local Christmas Cheer Board to be included in hampers for families in need.

In previous years, the initiative has brought in about 100 new teddy bears. Due to the pandemic, the event couldn't take place last year, so the Cheer Board's teddy bear supply is depleted.

Please note that all teddy bears need to be brand new. Due to COVID, gently used bears can't be accepted.

Adding to the fun, kids can enjoy a free candy cane and hot chocolate from the canteen.



TRIBUNE FILE PHOTO

The third annual Teddy Bear Toss is set for Dec. 3 at the VMSC while the Stonewall Jets face off against the Raiders.

Creating connections at New Life Church

By Jennifer McFee

New Life Church is preparing for Christmas with a program that provides both a local and global focus.

Daniel Bredin, pastor of worship and connections, explained the initiatives.

"The local portion will see us delivering care packages to families in the community that our church members know have had a difficult year and would benefit from a loving gift at Christmas," he said.

"For the global focus, we are partnering with a church in Winnipeg to raise funds to help bring over a refugee family that has been violently persecuted for their Christian faith in their home country."

In addition, the church continues to offer in-person opportunities to connect. Regular Sunday morning gatherings take place at 9 a.m. and 10:45 a.m., and the later service is also live-streamed to the church's YouTube channel.

Young adults can get together for a Bible study Monday nights, and youngsters can meet on Tuesday evening for Kids Connect. On Wednesday and

Friday nights, youth can enjoy events together. The church also hosts a "Take-A-Break" gathering on Wednesday mornings for women to meet together with childcare provided.

"There are two reasons that continuing in-person programs as much as restrictions have allowed is necessary. Firstly, we need human connection. As much as modern technology can allow us to 'meet' online, there is ultimately no replacement for the relationships that are developed and fostered face-to-face," Bredin said.

"Secondly, this pandemic, more than anything else in my lifetime, has shattered our North American notions of control and comfort. For almost two years now, every week feels like unexplored territory as we navigate a global pandemic. As much as we love that our programs can give people human connection, their ultimate goal is that we point people towards the God, who is actually in control and invites them into relationship with himself."

For more information about New Life Church, visit www.newlifestonewall.com or call 204-467-5529.



PHOTO SUBMITTED

Daniel Bredin, right, is pastor of worship and connections at New Life Church in Stonewall. He stands alongside his wife Damaris.

Doctors MB hosting vaccination town hall Nov. 30

Vaccine and pediatric specialists to speak to the COVID-19 vaccine for children

Staff

Got questions about COVID-19 vaccination as it relates to your child's health? Doctors Manitoba is offering to answer them at a virtual town hall being held next week.

Vaccine and pediatric specialists will be on hand Tuesday, Nov. 30 to field questions from parents and children about the vaccine, which was approved for use in kids age five to 11 by Health Canada last week.

"It's only natural to have questions about a new vaccine, especially when it's for children, and that's why

we've planned this town hall," said Dr. Kristjan Thompson, president of Doctors Manitoba, which represents the province's physicians. "Hundreds of pediatricians and family physicians across the province are also ready to answer questions one-on-one, and in many cases they will be offering the vaccine in their clinic too."

The town hall will begin at 7 p.m. next Tuesday and be broadcast live on the Doctors Manitoba YouTube page.

Manitobans can submit questions

in advance or register for a reminder email at ManitobaVaccine.ca/town-hall. Questions can also be submitted during the live event.

The panel of medical experts will include:

- Dr. Marni Hanna, president of the Manitoba Pediatric Society
- Dr. Ruth Grimes, president of the Canadian Paediatric Society
- Dr. Jared Bullard, section head of Pediatric Infectious Diseases and associate medical director of Cadham Lab
- Dr. Joss Reimer, provincial CO-

VID-19 vaccine medical lead and medical officer of health

• Dr. Ashley Chopek, pediatric oncology and bone marrow transplant specialist.

Once the pediatric vaccine is available, pediatricians and physicians offering the vaccine will be added to ManitobaVaccine.ca.

The site, created by physicians about COVID-19 vaccines, will also be updated with answers to common questions about the pediatric vaccines.

The largest pea plant in the world opens in Portage la Prairie

By Becca Myskiw

Manitoba is officially home to the largest pea protein plant in the world.

On Wednesday, Nov. 17, Roquette, a "pioneer of plant proteins," held the virtual grand opening of their newest facility in Portage la Prairie. The company is based in France, with facilities there and in the Netherlands.

The Portage plant is a \$600-million, 200,000-square-foot facility. It sits on a 200-acre parcel of land, with just 67 of those acres developed.

At the pea protein plant, yellow peas will be processed into powdered fibres, protein and starch, which have pharmaceutical, nutritional and food sector benefits.

Ingredients produced at the Roquette plant will be available under the NUTRALYS brand. Products created from their pea proteins range from snacks, soups and sauces, to pasta, biscuits and meat analogues. As none of these products contain meat, they're all vegetarian.

At the virtual grand opening, president and CEO of Beyond Meat Ethan Brown spoke about why plant protein options are so crucial for the environment. Beyond Meat has been working with Roquette since 2010.

"As a global governmental community, we cannot seem to solve [climate change]," he said. "But consumers can solve this problem, and they can do it faster than the government can."

According to a University of British Columbia study, most greenhouse gases come from livestock waste production, primarily methane, more destructive than carbon dioxide. Animal agriculture, they say, accounts for 18 per cent of all greenhouse gases.

Along with that, up to 90 per cent of U.S. water consumption is from agriculture production, including what is needed to grow crops the animals eat, the water they directly consume, water used to scald them, and anything used for processing.

Brown also said plant farmers use 93 per cent less land to produce the same number of burgers as animal crops. In addition, by swapping meat products for plant protein products, the demand for meat products lessens and affects the environment.

Peas are also an excellent source of protein, high in fibre and low in fat. In addition, they're easily digestible, gluten-free, non-GMO and have low allergenicity. They require less water to grow than most crops and use



TRIBUNE PHOTO SUBMITTED

The world's largest pea protein plant, owned by Roquette, just opened officially in Portage la Prairie. Pea plant protein is used in all kinds of meat alternative foods.

less nitrogen fertilizer, benefiting soil health.

Roquette officials said the Portage la Prairie facility has the resources to meet the global demand for pea plant protein. What that demand is, though, they're unsure.

"It's a fast-moving target," said Jeremy Burks, senior vice-president of plant proteins at Roquette.

He said their objective is to meet the constant demand, whatever it may be. They're expecting a global growth rate between 15 and 24 per cent over the next decade.

Roquette chose to build their new plant in Canada because it's one of the world's biggest pea-producing

Continued on page 26

PHOTO CALENDAR

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <small>New Year's Day</small>
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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MFGA holds fourth annual regenerative ag conference

By Sydney Lockhart

Manitoba Forage and Grasslands Association held its fourth annual regenerative agriculture conference in Brandon, where specialists from around the world shared their expertise.

The three-day conference gathered hundreds of producers together in a hybrid in-person and online format that allowed people to join in even if they were not able to travel to Brandon or felt uncomfortable in public situations during the pandemic.

The volunteer-run association has been around for over 30 years. Duncan Morrison, executive director of Manitoba Forage and Grasslands Association (MFGA), said the conferences they have created have served as not only an educational tool but also a place for producers across the province to speak with each other.

"They appreciate the ability to hear from other producers on our panel and from global keynotes," said Morrison. "They respect the organization's work on it and then they go back to their own farms and decide, you know, what exactly do I want to implement."

The conference had speakers such

as Walter Jehne, an Australian soil microbiologist who presented remotely about soil and water management, Bertie Coetzee from South Africa who spoke about crop management, Blake Vince from Ontario who spoke about nutrient and soil management, and many more keynotes and panel presenters.

"Manitoba farmers that are investigating regenerative agriculture practices are looking to mimic nature. That means that they're looking to put into soil health practices that help for water infiltration that help the root systems. With that becomes biodiversity enhances with healthier lands, more animals can live," said Morrison in interview.

The conference, which ran from Nov. 15 to 17, not only had presentations, panels, trade shows and silent auctions, but it also gave producers the opportunity to ask questions in Q & A sessions following presentations, allowing them to pick the brains of the keynote speakers.

"To explore the realities and challenges of grazing we must face, and some of the options we have to address them," said speaker Jehne. "Grasslands, herbivores and grazers

are fundamental in securing these biosystems and humanity's saved future through them."

On the opening night Wednesday, Jehne gave his virtual presentation on soil presenting the concept of adding biomass and microbial ecologies to soil to create a soil carbon that is stable.

"This enables us to bias sequester and draw down 20 billion tons of car-

bon per annum globally. This is more than our fossil fuel emissions of eight billion tons of carbon per year and could get us to negative net emissions by 2030, if we chose to do so," he said.

The conference is available online for weeks following the conference. For more information on the 2021 MFGA Regenerative Ag Conference and bios of all speakers, go to <https://mfga.net/regen-ag-conference>.

> PEA PLANT, FROM PG. 25

countries, accounting for 30 per cent of the global production. They also chose to build in Manitoba specifically because of its reliable and sustainable hydroelectric power and the highly skilled and well-educated labour force.

Peas used at the Roquette facility will come mainly from western Canada and local growers. It has the capacity to process 125,000 tons of yellow peas per year. Combined with the plant in face, the company's capacity now rises to 150,000 tons of peas produced per year.

The opening of the pea protein

plant created 120 jobs, 114 of which were filled as of the grand opening. Roquette expects it to reach full production capacity early in the new year.

Hosting the virtual grand opening was astronaut and Portage la Prairie native Chris Hadfield. He was joined by many Roquette employees, Prime Minister Justin Trudeau, chef Michael Smith from Prince Edward Island, minister of agriculture and resource development Ralph Eichler, and ambassador of France in Canada madame Kareen Rispal.

Province adds new drugs to provincial drug program

Submitted by Manitoba government

The Manitoba government is adding new drugs to the provincial formulary making Trikafta for cystic fibrosis (CF) and HIV pre-exposure prophylaxis (PrEP) available to those who meet eligibility for the treatment, Premier Kelvin Goertzen and Health and Seniors Care Minister Audrey Gordon announced earlier this month.

"Our government is committed to ensuring Manitobans have access to high-quality, transformative medications that help to manage their illness and greatly improve their quality of life," said Goertzen. "While COVID-19 continues to be the biggest challenge of our time, we are also focused on addressing the many other health challenges Manitobans face and providing better access to care and lessening the financial burden so patients can focus on their physical and mental well-being."

"Trikafta helps people better manage their illness and PrEP is an anti-retroviral drug that is very effective when taken before exposure to dramatically reduce the risk of HIV infections," said Gordon. "This addition to the formulary will ensure patients

can access both Trikafta and HIV PrEP drugs if they meet provincial eligibility criteria and are eligible for pharmacare or receive health coverage from Employment and Income Assistance (EIA)."

Trikafta is a treatment for cystic fibrosis and helps people better manage their illness, noted the minister. Trikafta is a triple combination drug that is used not just for treating symptoms but to also target the basic defect from specific genetic mutations that cause cystic fibrosis. Through Manitoba's participation in the pan-Canadian Pharmaceutical Alliance, Manitoba is now able to provide access to this transformational treatment.

"Trikafta is the single greatest innovation in cystic fibrosis history and it has the power to transform the lives of thousands of Canadians," said Kelly Grover, president and CEO, Cystic Fibrosis Canada. "The CF community in Manitoba has fought long and hard to get this drug into their hands. Access to Trikafta will mean longer and healthier lives for so many people, and the ability to plan for a future that many feared they might not live to see."

PrEP is taken daily to prevent HIV from spreading in a person's body and reduces the risk of getting the virus. PrEP medications are safe and side effects are rare, noted Gordon. Health officials advise Manitobans to continue to be tested regularly for HIV and other sexually transmitted and blood-borne infections to ensure people are diagnosed early and can receive treatment to prolong and improve their quality of life and prevent further spread.

"Manitoba has one of the highest rates of HIV infection in Canada and our epidemiology shows clearly that those communities most at risk are also the least likely to be able to afford the cost of PrEP," said Michael Payne, executive director, Nine Circles Community Health Centre. "The cost of treating one person living with HIV is far greater than the cost of HIV prevention with PrEP. The inclusion of PrEP in the formulary is a game changer and will no doubt improve opportunities for HIV prevention."

Medical practitioners must register to provide PrEP. Registration forms and more information on HIV in Manitoba is available at www.gov.mb.ca/health/publichealth/diseases/hiv.html.

Manitoba Health and Seniors Care partnered with the Manitoba HIV Program to develop the Manitoba HIV Program HIV Prevention Guidelines, including detailed eligibility for the treatment, initial and ongoing assessments, and support recommended for the care of a patient or client receiving PrEP. These guidelines are available at <https://mbhiv.ca/guidelines>.

The Manitoba Pharmacare Program is a drug benefit program for eligible Manitobans, regardless of disease or age, whose income is seriously affected by high prescription drug costs.

Pharmacare coverage is based on both the total family income and the amount paid for eligible prescription drugs. The total family income is adjusted to include a spouse and the number of dependents, if applicable.

For more information on pharmacare, visit www.gov.mb.ca/health/pharmacare/.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake Minor Hockey fights cancer in Stonewall

By Jo-Anne Procter

There are a few names that resonate when talking hockey in the Interlake.

Dwayne Swanson is one of those names. Swanson lost his battle to cancer in June 2020, and the Interlake Lightning Organization and the Interlake Minor Hockey Association has ensured that his name will always be remembered by creating a scholarship in his name.

Niels Kaczorowski, vice-director of Interlake Minor Hockey and manager for the U18AAA male Lightning team, introduced Swanson's family at the opening ceremony of the Interlake Lightning Day held last Saturday at the Veterans Memorial Sports Complex.

Kaczorowski stated that nearly half of Canadians are expected to be diagnosed with cancer in their lifetime, and the hockey community is no exception.

"Through Hockey Fights Cancer, the NHL and the NHLPA honour those who are no longer with us and support those living with it and going through and moving past cancer," he said.

"Unfortunately, cancer touches all our lives, whether it be through personal experience or your family or friends. Anytime we can come together to use hockey as a medium to raise awareness and money, it is definitely a very worthy cause."

The event raised over \$10,000, which has been donated to the Canadian Cancer Society, through admissions, silent auction and 50/50.

Darren Bond, a huge part of the Lightning program, acknowledged Swanson's wife Penny, daughter Neely and son Eric.

"It means a lot to our organization to honour Dwayne in this way," he said.

"Dwayne was a long-time coach in

Interlake, coaching club hockey and in the Interlake Lightning organization."

Swanson was a volunteer coach in the Interlake Minor Hockey Association before joining the Interlake Lightning program where he coached U15AAA, U17AAA, U18AAA teams. He was also involved in coaching Hockey Manitoba's Rising Stars and Director's Cup programs. His coaching highlights include winning the Bantam U15AAA Rural Provincials in 2013 and coaching the Lightning U18AAA team in 2017/2018 with his son Eric.

"The one career highlight that he has, without question was his ability to coach with his son Eric, the U18AAA team. This was huge for Dwayne, it was so important to him," Bond said.

Swanson valued a superior work ethic, character, leadership and a positive attitude in his players. He served as a role model, leaving a positive mark and teaching many life lessons along the way to hundreds of players in the Interlake.

To honour Swanson for everything that he has done for hockey teams in the Interlake, Interlake Minor hockey has created The Dwayne Swanson Memorial Scholarship.

The scholarship will be awarded annually to one graduating player from the Interlake Lightning program either male or female. The recipient will best exemplify character, leadership, hard work, integrity, improvement both on and off the ice and community involvement.

Bond thanked the Swanson family. "Coaching at this level takes a lot of dedication, a lot of time, a lot of time away from family. Thank you for sharing Dwayne with us. I know that is something that hundreds of young



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Eric Swanson made the ceremonial puck drop to start the U18AAA Lightning vs Southwest Cougars game. Pictured left to right: Southwest Cougars captain Jayce Thompson, Neely Swanson, Penny Swanson, Eric Swanson and Lightning captains Hayden Wheddon, Alex Kaczorowski, Andrew Thevenot and Liam Foley.



The U18AAA Lightning battle in front of the Southwest Cougars' net.

men in the Interlake benefited from, my son included and they are much better off, better people, better hockey players, better citizens because of

that."

The Swanson family were presented with a plaque commemorating all the hard work Dwayne did and an Interlake Lightning jersey.

The U15AA Lightning defeated The Railcats 5-1, the U15AAA tied Parkland Rangers 3-3 after one period of overtime, the U17AAA Lightning tied Eastman 3-3 after one period of overtime, the U18AAA team fell to the Southwest Cougars 7-5 and the U18AAA female Lightning team were defeated by Eastman Selects 6-1.



The U18AAA Lightning wear pink to honour all affected with cancer.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Wildcats win Zone 5 JV girls' volleyball title

By Brian Bowman

The Warren Collegiate Wildcats are the Zone 5 junior varsity girls' volleyball champions.

Warren defeated the Arborg Athletics 2-0 (25-20, 25-12) in the final on Nov. 15 in Teulon. The Wildcats closed out the match with a strong second set.

"They were much more in control in that second game," said Wildcats' coach Andrea Schutz. "They took it more seriously and they knew what they had to get done. As much as there was excitement, there was a bit of nervousness that got in the way in the first game."

The girls were very excited after winning the zone title.

"I was able to practise with half of these girls last year when we didn't have a season but, unfortunately due to COVID, nothing came to fruition," Schutz said. "So, for them to get on the court and play this year and then to take the zone championship, it's awesome. They're super excited and very proud and so am I."

Warren reached the final after soundly defeating the Ashern Cobras 2-0 (25-9, 25-13) in a semi-final game.

Warren finished its pool play with a 3-0 record after 2-0 wins over Ashern (25-10, 25-18), the Riverton Patriots (25-10, 25-10) and Arborg (25-9, 25-19).

Warren played very well the entire day.

"Right from the first game, we were able to bring energy to the court right away and we struggled with that a little bit during the season," Schutz said. "You could see that they wanted to win."

The Wildcats now advance to the Elite 8 A/AA provincials in Killarney this Friday and Saturday.

If Warren plays to its potential, they should be very competitive.

"I know this team can go far, especially when they're on their game," Schutz said. "We've played against some other teams this year and we definitely rose to their level. I feel that when they play against really good teams, they play



TRIBUNE PHOTO SUBMITTED

The Warren Collegiate Wildcats are the Zone 5 junior varsity girls' volleyball champions after defeating Arborg 2-0 in the final on Nov. 15. Pictured, back row: Andrea Schutz (coach), Mya Malcolm, Natalie Berghthorson, Jenna Cassidy, Bryn-Lee Procter, Samantha Boonstra, Sarah Gilmore, Meadow Seidel, Mia Cassils and Elysia Shumka (coach). Front row: Reese Hnatuk, Colby Darragh, Lauren Voth, Kira Hooper and Jadyn Baldwin. Missing from the photo is Rianna Cassils.

even better. I have a lot of confidence, especially in my returning Grade 10s. I think they'll lead on the court."

The Teulon Collegiate Saints, meanwhile, were defeated 2-0 (24-26, 20-25) by Arborg in a semi-final match at the Zone 5 playoffs.

Teulon finished its pool play with a 4-0 record after 2-0 wins over the Gimli Lakers (25-8, 25-22) and the Morweena Raptors (25-6, 25-23). The Saints secured 2-1 victories against the Fisher River Hawks (23-25, 25-23, 15-11) and the Lunder Kodiaks (17-25, 25-18, 15-6).

At the Zone 5 junior varsity boys' championship in Gimli on Nov. 15, Warren was defeated 2-0 (15-25, 22-25) by the Gimli Lakers in the final.

The Wildcats beat the Cobras 2-0 (25-18, 25-11) in a semi-final game.

Warren was 3-0 in pool play after 2-0 wins over Lunder (25-15, 25-17) and Riverton (25-22, 25-21) and a 2-1 (19-25, 25-23, 17-15) victory against Ashern.

Teulon, meanwhile, was ousted from the tournament after a first-round playoff loss to Riverton. The Patriots won 2-1 by scores of 25-23, 20-25, 15-13.

The Saints were 2-2 in pool play.

Jets derailed by Railer Express

Staff

The Stonewall Jets were downed 5-2 by the Transcona Railer Express in Manitoba Major Junior Hockey League action last Friday in Stonewall.

The Jets' Hudson Chamberlin scored a first-period goal and then added another in the middle frame. Matthew Smith assisted on both goals.

Transcona, which held period leads of 2-1 and 3-2, received goals from Evan Chudley (two), Mattie Boonstra, Devon Matsumoto and Jason Kotchon.

The Jets, now 5-11-1, will visit the St. Vital Jr. Victorias on Thursday (7:30 p.m.) before hosting the St. Boniface Riels Friday (7:30 p.m.) and the St. James Jr. Canucks Sunday (2 p.m.).

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Stonewall Teulon Tribune

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Rams earn spot in MHSAA 'AAA' varsity girls' volleyball provincials

Staff

The Stonewall Collegiate Rams have punched their ticket into the MHSAA "AAA" varsity girls' volleyball provincials.

Stonewall defeated the St. James Jimmies 2-0 (25-17, 25-17) in the final of a Zone 3 and 4 regional Saturday at St. James Collegiate.

The Rams finished with a 3-0 record in pool play after 2-0 wins over St. James (25-19, 25-22), the W.C. Miller

Aces (25-12, 25-13) and the Sanford Sabres (25-15, 25-13).

The MHSAA "AAA" varsity girls' volleyball provincials will take place Dec. 3-4 at Calvin Christian Collegiate.

Meanwhile, Teulon Collegiate hosted a Zone 5 and 13 "AA" varsity girls' volleyball regional on Saturday.

Gabrielle-Roy Les Roys finished atop the four-team tournament after beating the Landmark 96'ers in the

final.

Teulon finished pool play with an 0-3 record.

In varsity boys' "AAA" Zone 3 and 4 regional action, Stonewall lost 2-0 (12-25, 17-25) to the Westwood Warriors in the final on Saturday at Westwood Collegiate.

The Rams were 2-1 in pool play after 2-0 victories over W.C. Miller (25-22, 25-16) and the Morden Thunder (25-

14, 25-21). Stonewall lost 2-1 to Westwood by scores of 17-25, 26-24, and 8-15.

The Warren Collegiate Wildcats competed at a varsity boys' "AA" regional Zone 5 and 13 tournament on Saturday in Warren.

The Wildcats lost to Gabrielle-Roy Les Roys in a playoff game.

Landmark won the regional after defeating Gabrielle-Roy in the final.

Rams win fifth-straight hockey game

Staff

The Stonewall Collegiate Rams' hockey team continues to roll over the competition.

Stonewall won its fifth-straight game after blasting the Kildonan East Reivers 8-2 last Friday in Stonewall.

The Rams led 4-2 in the third period before scoring four unanswered goals.

Stonewall's Brody Stovin had a great game with two goals and two assists while Brody Kopy's had a goal and three assists.

The Rams' Ethan Rogowsky, Tristan Shore and Max McIvor each had a goal and an assist. Evan Grandmont and Max Van Heyst scored Stonewall's other goals while Logan MacDuff had two assists.

Mathew Greskiw and Adam Frick scored for Kildonan East.

Dray Sobkow earned the win in goal.

Last Wednesday, the Rams skated to a very impressive 5-0 home victory over the Windsor Park Royals.

Sobkow was, once again, stellar in goal while recording his second consecutive shutout.

Rogowsky opened the scoring 11 minutes into the game and then Ty Woods added a pair of goals to put the Rams up 3-0.

McIvor and Gaige O'Neill then rounded out the scoring for Stonewall.

Stonewall played JH Bruns this past Monday but no score was available. The Rams will battle Shaftesbury this Thursday (4:30 p.m.) at Varsity View and then will host West Kildonan Friday (3:30 p.m.).

Tourney golden girls



TRIBUNE PHOTO BY SANDI SWANSON

The Stonewall Blues U13 provincial 'A' female hockey team competed in the Behlen Female Hockey Challenge last weekend in Brandon. On Friday, Stonewall defeated the Winnipeg East Stars 9-0 and the Regina Rebels White 5-3. The Blues won Saturday's semifinal game against the St. Vital Chill 6-4 advancing them to the A-side championship game where they edged the Regina Rebels Black team 2-1.

Pictured, back row: Emily McMurtry, Dallas Minnie (coach), Sydney Boughton, Kirt Swanson (coach), Julia Harrisko, Kashlynn Kiesman, Maria Riddell, Abi Minnie, Olivia Hagen and Todd Chetyrbok (coach). Front row: Sophie Fumerton, Nicole Hutchinson, Payton Farthing, Riley Swanson, Blake Darragh, Keira Pattie and Jordyn Chetyrbok.



Stonewall Jets Player Profile

#20

Come out to support the Jets

Nick Finnson

Defence, shoots left

Born 2002, 5'9, 155 lbs



UPCOMING GAMES

Thursday, November 25
Stonewall Jets vs St. Vital Victorias
at 7:30 @ St. Vital Centennial Arena

Friday, November 26
Stonewall Jets vs St. Boniface Riels
at 7:30 VMSC

Sunday, November 28
Stonewall Jets vs St. James Jr. Canucks
at 2:00 VMSC

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U15 'AAA' Lightning playing well in recent games

By Brian Bowman

The Interlake Lightning U15 "AAA" boys' hockey team continues to play good hockey in recent games.

Interlake battled the Parkland Rangers to a 3-3 tie on Saturday in Stonewall.

Dainen Jacobson (power play) and Blake Farthing (shorthanded) scored second-period goals for the Lightning and then Mason Bernier tied the score at 3-3 with a goal at 4:30 of the third.

Interlake's Cole Swanson had two assists in the game.

Lightning goaltender Braedan Cormack made 27 saves.

Last Wednesday, Interlake's game against the Winnipeg Bruins Gold was postponed.

The Lightning will host the Central Plains Capitals on Wednesday (7 p.m.) in Stonewall and the Winnipeg Thrashers Gold Saturday (4 p.m.) in Lundar.

In U17 "AAA" action, Interlake was defeated 6-2 by the Winnipeg Thrash-

ers on Sunday at the Seven Oaks Sportsplex.

Hayden Kaczorowski had a goal and an assist for the Lightning while Mitchell Wilson also tallied.

Nathan Leclerc, Liam Urciuoli, Ian Lavallee, Shea Reynolds, Morgan Waddell and Shay Woytowich replied for the Thrashers.

Alex Myers made 40 saves in the losing cause.

On Saturday, the Lightning played the Eastman Selects to a 3-3 tie in Stonewall.

Ian Buors scored a pair of power-play goals for Interlake while Brandon Burak also tallied with the man advantage.

Kaczorowski had two assists in the game.

Haiden Willis, Mason Hooper, on the power play, and Colton Pakoo scored for Eastman.

Dylan LeClair stopped 47 Eastman shots.

The Lightning will host the Brandon



TRIBUNE PHOTO BY JO-ANNE PROCTER

U15AAA Lightning's Blake Farthing faces off against Parkland Rangers' Tavyn Boychuk.

Wheat Kings on Sunday (2 p.m.) in Warren.

U18 female Lightning lose to Hawks, Selects

By Brian Bowman

The Interlake Lightning gave the Pembina Valley Hawks everything that they could handle on Sunday afternoon in Stonewall.

But it still didn't result in a victory as Interlake lost 3-2 in Manitoba Female U18 "AAA" Hockey League action.

Emerson McAuley and Bre-Ann Windross scored for the Lightning while Sarah Shewchuk and Tessa Stewart each had an assist.

Abby Bourdeaud'hui, Cambree Martens and Mya Pearce had Pembina Valley's goals.

On Saturday evening, Interlake was downed 6-1 by the Eastman Selects in Stonewall.

Veronica Smarz scored the Lightning's goal in the first period, assisted by Kenady Christensen.

Brenya Kapusta (two), Janique LaBossiere (two), Pandora Turcotte and Bethany Wielgosh replied for Eastman.

The Lightning, now 0-11, will hit the road for a pair of games this weekend, beginning Friday when they play the Yellowhead Chiefs in Shoal Lake. On Saturday, the Lightning will battle the Westman Wildcats in Hartney.

In Manitoba U18 "AAA" Hockey League play, the Lightning lost 7-5 to the Southwest Cougars on Saturday afternoon.

Andrew Thevenot led Interlake with

two goals while Alexander Kaczorowski had a goal and two assists.

Aiden Miller and Rylan Slatcher also scored for the Lightning.

Jayce Thompson (two), Garrett MacDonald, Darren Hunt, Josh Fluker, Nicholas Cullen and Jackson Hofer scored for Southwest.

Interlake was defeated 5-2 by Southwest on Friday evening.

Evan Calder and Hayden Wheddon scored first-period goals for the Lightning.

Hunt, Fluker, Ty Plaisier, Nate Robson and Thompson tallied for the Cougars.

Interlake, now 4-13-1, will play the Parkland Rangers in Dauphin on Friday evening and then Saturday afternoon.

Mercs crown the Royals

Staff

The Warren Mercs came out flying against the Winkler Royals on Friday evening.

Warren scored four goals just 14:04 into the game as the Mercs cruised to a 5-2 home victory.

Kyle Luschinski, Riley Vautour, Trent Genyk, and Wes Pawluk scored for Warren in the opening period and then Johnny Lazo tallied in the second.

Trent Genyk finished the game with three points while Pawluk, Vautour


and Kyle Luschinski had two points apiece.

Jordan Wall and Lee Christensen scored second-period goals for Winkler.

Hayden Dola made 28 saves for the victory.

With the win, Warren improved to 3-0 and now trail the first-place Portage Islanders by just two points with two games in hand.


The Mercs will host the Altona Maroons on Saturday (8 p.m.) and then visit Portage Sunday (6:30 p.m.).



**Come out and support
your Warren Mercs**

Saturday, November 27
Warren Mercs vs
Altona Maroons
at Warren Arena
8:00 p.m.

Sunday, November 28
Warren Mercs vs
Portage Islanders at
Portage Centennial Arena
6:30 p.m.



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RURAL MUNICIPALITY OF ROSSER FULL-TIME PUBLIC WORKS MANAGER (PWM)

The Public Works Manager is empowered to uphold the high-quality level of service that the Public Works department offers in the Rural Municipality (RM) of Rosser, which includes a significant portion of the Centreport area.

This working Manager position engages in all public works job duties while effectively motivating and directing the Public Works personnel in undertaking all the work required to maintain and grow rural Rosser and Centreport's transportation and utility networks. This includes water, wastewater and roadway infrastructure. The PWM is responsible for the direction, coordination, efficient operation, construction repair and general maintenance of the municipal infrastructure. In addition, this position also constantly engages with the public, businesses, and various stakeholders. The PWM works closely with the CAO to maintain this linear infrastructure as well as the maintenance of vehicles, equipment, materials, and facilities within the Public Works department.

Other responsibilities will include planning, fiscal management, asset management and administration. The PWMs goal is to efficiently engage and utilize all personnel, materials, and equipment to their highest capacity in accordance with the RM of Rosser's policies, procedures, practices, and regulations.

Wage will be commensurate with qualifications and experience. Salary range from \$94,241.28 - \$105,043.34.

To be successful in this career opportunity you will possess the following:

- Experience planning, directing, and scheduling public works and utilities activities, or equivalent experience
- Experience as an operator on some types of municipality-owned small and heavy equipment would be considered an asset
- Strong working knowledge of the principles and practices of HR management and supervision
- Be able to evaluate management practices, issues and problems with sound judgement and adopt effective recommendations/solutions/courses of action
- Have or be able to obtain a minimum of a Class 1 in Water Distribution and Wastewater Collection and Treatment
- Have or be able to obtain a minimum of a Class 1 driver's license and air brake license (or an air brake endorsement)
- Previous experience managing local, provincial and federal laws/regulations governing similar functions as found in public works

Please visit www.rmofrosser.com to see the full job description and required qualifications.

The RM of Rosser offers a competitive salary and benefits package. Please submit your cover letter and resume in confidence by **Tuesday, December 7, 2021 by 4:00 p.m.** to: RM of Rosser, Box 131, Rosser, MB R0H 1E0 or email to: admin@rmofrosser.com

We thank all who apply and advise that only those selected for further consideration will be contacted.

get inspired

> MEAL IDEAS



FamilyFoods
Phone 467-5553

Turkey and Bean Tostadas

Recipe courtesy of the American Heart Association's Healthy for Good initiative
Servings: 5

Salsa:
2 cups chopped tomatoes (about 2 medium tomatoes)

1 medium avocado, halved, pitted and diced

1 large ear of corn, husks and silk discarded, kernels removed

1-2 medium fresh jalapenos, seeds and ribs discarded, finely chopped

2 tablespoons finely chopped red onion

2 tablespoons fresh lime juice

Tostadas:
nonstick cooking spray
5 corn tortillas (6 inches each)
8 ounces ground skinless turkey breast
2 teaspoons chili powder
1 teaspoon ground cumin
1 teaspoon ground coriander
1 can (15 1/2 ounces) no-salt-added black beans, rinsed and drained

2 tablespoons water

To make salsa: In small bowl, stir tomatoes, avocado, corn, jalapenos, onions and lime juice. Set aside.

Preheat oven to 400 F.

To make tostadas: Line baking sheet with aluminum foil. Lightly spray foil with nonstick cooking spray. Place tortillas on baking sheet. Lightly spray tortillas with nonstick cooking spray. Using fork, pierce tortillas several times to prevent from filling with air.

Bake tortillas 5-6 minutes on each side, or until golden brown.

In medium nonstick saucepan over medium-high heat, cook turkey, chili powder, cumin and coriander 5-6 minutes, or until turkey is no longer pink, stirring occasionally to turn and break up turkey.

Add beans and water. Cook 5 minutes, or until beans are heated through. Using potato masher, coarsely mash beans. Remove from heat.

To assemble tostadas, spread turkey mixture over each tortilla. Top with salsa.



Apple Nachos

1/4 cup smooth low-sodium peanut butter

1 tablespoon honey

In small bowl, stir cranberries, almonds and sunflower seeds.

Layer 18 apple wedges on large plate or platter. Sprinkle with lemon juice to keep apples from browning.

In small microwaveable bowl, microwave water on high 2 minutes, or until boiling. Add peanut butter and honey, stirring until mixture is smooth.

Using spoon, drizzle half peanut butter mixture over apple wedges. Sprinkle with half cranberry mixture. Layer remaining apples over cranberry mixture. Drizzle with remaining peanut butter mixture. Sprinkle remaining cranberry mixture over top.

Recipe courtesy of the American Heart Association's Healthy for Good initiative
Servings: 6

1/3 cup dried unsweetened cranberries or raisins

1/4 cup sliced unsalted almonds

2 tablespoons unsalted shelled sunflower seeds

3 medium green or red apples, cored and thinly sliced into 12 wedges each, divided

1-2 teaspoons fresh lemon juice

2 tablespoons water

Walnut Pumpkin Cream Cheese Tart



Total time: 2 hours, 30 minutes

Servings: 12

Sweet Tart Crust:

1 1/4 cups flour

1/3 cup California walnuts, finely chopped

1/3 cup powdered sugar

1/3 cup salted butter, softened

1 large egg

nonstick cooking spray

Filling:

1 can (15 ounces) pumpkin

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PUBLIC NOTICE RURAL MUNICIPALITY OF ROSSER AUDITED FINANCIAL STATEMENT

Notice is hereby given in accordance with section 194 of Municipal Act, that the Auditor's Financial Report together with the related financial statements for the 2020 fiscal year have been deposited in the Office of the Chief Administrative Officer of the Rural Municipality of Rosser and are available for inspection by any person or his agent during regular office hours. Any person or his agent at his own expense may make a copy thereof or extracts there from.

DATED at Rosser, Manitoba this 22nd day of November 2021.

Frances Smee, Reeve,
Rural Municipality of Rosser.

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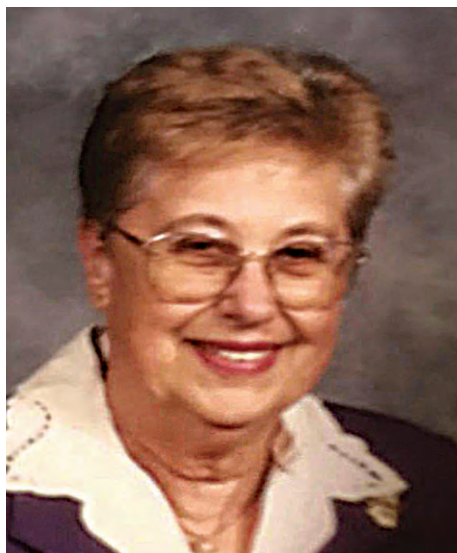
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BIRTHDAY



November 27
(Henriette Baryluk)
Happy 80th Birthday Grandma B
-Love and best wishes
your family

BIRTHDAY



Happy 90th Birthday wishes
on November 25th
for Olga Persoage
-Love your family

CARD OF THANKS

The family of the late Norman Dziadek would like to thank our many friends and relatives for their countless acts of kindness at this difficult time. Thank you for the flowers, cards, phone calls and the donations of food and baking, but most of all thanks for all your prayers. Thanks to Ken Loehmer Funeral Services, you handled the many details with kindness and compassion. Thank you also to Shirley Williams for her wonderful and uplifting service, and to Arnie Appell for singing Norman home. Lastly, a special thanks go out to the many volunteers who prepared and served the lunch. Job well done!

-Sincerely,
Linda, Marty, Rodney,
Diana and the grandchildren

CARD OF THANKS

To all who responded to the call "to fill Linda-Faye's mailbox", thank you, you did just that. What an incredible group of thoughtful and caring people we have in our community. It was indeed a special birthday and very much appreciated. Thanks again.

-Linda-Faye Chapman

CARD OF THANKS

Thank you to Tim and Joanne Langrell and family and Scott and Sheri Atchison and family for helping and arranging our 50th wedding anniversary celebration. Thank you to all who attended at the Warren Hall from local and afar. Thank you for all the cards and gifts.

-Doug and Sheila
Atchison

CARD OF THANKS

We, the family of Craig Ross, would like to thank all those who sent cards, brought food and baking, came for visits, phone calls and donated to the Heart and Stroke Foundation. Many thanks to Rev. James Bardsley, the pallbearers and Ken Loehmer for his kindness at such a sad time. What a wonderful community, Craig was so loved.

-Sincerely,
Ken and Audrey Klimpke,
Munro and Iris Ross
and families

**Don't forget to send
your special wishes
to your friends and
family.**

**Stonewall Teulon
Tribune**

Call 467-5836 or
email igraphic@mts.net

IN MEMORIAM



In loving memory of
Ruth Watson
March 19, 1935 - November 18, 2020
We think about you always,
We talk about you still;
You have never been forgotten,
And you never will.
We hold you close within our hearts,
And there you will remain;
To walk and guide us through our lives,
Until we meet again.

- Love
Ken and Brenda,
Bob and Kim
and families

IN MEMORIAM



Our dearest Colleen, Mom, Ma and Soos
It is difficult to put into words how different life feels and sounds without you over this last year. In our journey of great memories we say your name, it reminds us of your love; we see you in photos, it reminds us of your hugs and smile; we see your family and your home where everyone still gathers and it reminds us of all the things important to you; it brings us comfort to remember. Kylee Dawn joined your family and in her name we keep a piece of you close with us all. Your tradition of Christmas morning with the grandkids, the family, gifts, laughs and dozens of roll up pancakes will continue, we all love it as much as you did.

-We share in loving and missing you
Jack, Raelyne, Lance and Kenzie,
Bradon, Jenn, Callie and Kylee,
Lisa and family and Sonny and family
A luminous light remains
Where a beautiful soul has passed

IN MEMORIAM



In loving memory of
Ross McRae (Bud)
June 21, 1929 - November 23, 2019
Many thanks for the years you gave me,
And for the 64 plus years we shared;
We only pray that when you left us,
You know how much we cared.
In tears we saw you sinking,
We watched you fade away;
You suffered much in silence
You fought so hard to stay.
You faced your task with courage,
Your spirit did not bend;
But still you kept on fighting,
Until the very end.
So when we saw you sleeping,
So peaceful, free from pain;
We could not wish you back,
To suffer that again.
God's garden must be beautiful,
For He only takes the best.

-Love from Donalda
and family

IN MEMORIAM



Laura Ledochowski
March 10, 1932 - November 23, 2019
It is lonely here without you,
We miss you more each day.
For life is not the same for us,
Since you were called away.
To hear your voice, to see your smile,
To sit with you and talk awhile.
To be together in the same old way,
Would be our greatest wish today.
Sad are the hearts that loved you,
Many tears still fall.
Living our lives without you,
Is the hardest part of all.

-Forever loved,
Roxane and Craig,
Kristen (Kirk), Jennifer,
Wesley (Brenna)
Michelle (John)
Brayden (Kylie)

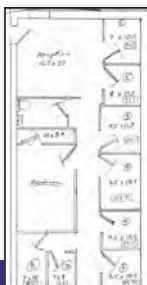
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For information please contact:
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email bigandcolourful@mts.net

OBITUARY



Evelyn Grace Olsen
October 20, 1923 –
November 21, 2021

With sadness, as well as with gratitude for a long life of 98 years well lived, we announce the passing of Ev Olsen, after a brief illness.

Left to cherish her memory are daughters Karen Nedotiafko and Darlene (Rod) Waldbauer; grandsons Jamie (Jennifer) and Cameron (Brooke); and great-grandchildren Keira, Brooklyn, Grace Evelyn, and Jackson Waldbauer.

Ev's husband, Harry Olsen, predeceased her in 1966. She was also predeceased by her son, Ron, son-in-law Darryl, brothers Victor and Harvey, and sister Mary Camself.

Ev was born in Stonewall to Russell and Maggie Lillies, and was educated in Stonewall and Balmoral. After her father died in 1941, and her mother in 1943, she worked in Winnipeg. She met Harry after he returned from the war, and they were married in John Black United Church in East Kildonan on July 5th, 1947. In December they bought their farm in Teulon where their three children were born and raised.

After Dad's death Mum worked hard to provide for her family at Teulon Telephone Office, the Hosiery Mill, Promo Wear, and Teulon Golf and Country Club. She was a proud Life Member of the Teulon Junior Hospital Auxiliary, and Teulon Seniors' Club. Mum strongly believed in supporting her community.

Throughout the years she enjoyed bowling, golf, bingo, travel, and watching sports on TV, especially curling, golf, the Blue Jays, Bombers, and Jets. Being an avid reader, she made good use of the library, and read the daily newspaper.

Mum always welcomed company, whether family, friends, or her children's friends. Bonspiel season was a favorite time when visitors often stopped by.

Many enjoyable hours were spent attending Jamie and Cameron's sports and activities. She was proud of them and their families. Until her last day she loved to see pictures and be updated on what her family was doing.

Mum lived in Farview Apartments for many years and enjoyed friendships and activities. We are thankful for the care she received the last 15 months at Icelandic River Lodge, Teulon Hospital, and Gimli Betel Home.

She may have been small in stature, but was strong and independent in character, always striving to make sure things were done properly. Life was often tough on Mum, but she persevered and made a good life for herself and her family.

Your life was a gift to us. Love you Mum.

Respecting her wishes a private celebration of life will be held.



OBITUARY



Beverley Anne Coulter
July 13, 1964 – November 16, 2021

With sincere sadness we announce the passing of Beverley Anne Coulter, our loving and devoted wife, mother, baba, daughter, sister, aunt and friend. She left us peacefully on November 16, 2021 after a tough battle with cancer. Bev is a true fighter.

Bev is survived by her husband Wayne; children Chelsey (Jared), Marley (Jay); grandchildren Sloan, Wyatt and Randi; mother Julie McClintock; siblings Darren, Tracy (Vicki), and Curtis (Tami); and many nieces and nephews. Bev is predeceased by her father Randal, grandparents, family friend Denise, and nephew Dallan.

Born in Manitou, Manitoba to Randal and Julie McClintock on July 13, 1964 Bev came into the world five weeks early keeping her young parents on their toes. Bev spent her childhood making great memories in Stonewall with her three siblings and her loving parents. Bev graduated from Stonewall Collegiate in June 1982 and moved on to meet Wayne, the love of her life, in The Pas, Manitoba. Bev and Wayne were married on August 27, 1983 and have been the picture of a true love story ever since. In 1984 and 1986 Bev became a mother to her two girls and she devoted all of her love to her girls throughout their life by supporting them in all of their endeavors and always being the best cheerleader or a shoulder to cry on if needed. Bev was such a kind soul and had so much love to give that she treated her girls' friends like her own and many of those kids now as adults still consider her their second mom.

Bev went back into the workforce when the kids started school owning and operating many restaurants and catering services. Bev then started her career with the Interlake Health Authority in the kitchen and spent over 20 years sharing that contagious smile with residents of Rosewood Lodge and Pine Falls Hospital. Bev led by example and instilled a work ethic in her children and co-workers like no other and she was thoroughly respected and loved by all her colleagues.

In March of 2011 Bev was given the gift of becoming a Baba, she was the most loving and caring role model and inspiration to her three beautiful grandchildren. Baba was always kind, loving and fair to all of her grandkids, if Baba was around no one else mattered to those three kids. "Baba is the best person in the world and heaven is lucky to have her up there," says Sloan.

Bev had a way of lighting up a room and some have described her as "Snow White" because it did not matter what you were doing she had the ability to make your day better just because she was there. Her family and friends will always cherish the lifelong memories of Bev and her infectious smile. She will be missed by so many and will never be forgotten.

A heartfelt thank you to all of Bev's family members who assisted with her care throughout her battle. We would like to send a special thank you out to Dr. Graham and his palliative care team that helped Bev out in her final days.

A service to celebrate Bev's life was held at Stonewall Quarry Park on Saturday, November 20, 2021 at 2:00 p.m.

In Bev's memory donations can be made to Ronald McDonald House in Winnipeg.



Announcements

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OBITUARY



Maurice Gilbert Emond
"Mo"

September 19, 1970 - November 13, 2021

Peacefully on November 13, 2021 with his wife Gertrude and their children, Maria, Erika, Noah and Isaiah by his side, our beloved husband, dad, brother, uncle, cousin and friend, Mo passed away at his home at the age of 51 years.

A come and go public viewing was held on Wednesday, November 24, 2021 from 4:30 p.m. - 7:00 p.m. at Austin Evangelical Fellowship Church, 8 South Avenue, Austin, Manitoba, 25 people permitted at a time. Private funeral service will be held on Thursday, November 25, 2021 at 1:00 p.m. also at Austin Evangelical Fellowship Church, with Pastor Colin Bell officiating. Those wishing to join in listening to the service, can tune into 88.7 FM in the church parking lot. Interment will follow at Beaver Creek Cemetery, north

of MacGregor, Manitoba.

In lieu of flowers, donations can be made to either: Central Plains Cancer Services, 318 Saskatchewan Ave E, Portage La Prairie, Manitoba R1N 0K8 or CancerCare Manitoba Foundation, 675 McDermot Ave, Rm 1160, Winnipeg, Manitoba R3E 0V9.

Condolences can be left and obituary can be viewed at the Facebook page of Anderson Family Funeral Home.

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OBITUARY



George Lysak
August 20, 1932 –
November 16, 2021

It is with profound sadness that the family of George announces his passing on the morning of November 16th, 2021. Peacefully with his family by his side, he was ushered to heaven by his loving wife Helen and numerous other family members that predeceased him.

George will be greatly missed by his daughters, Catherine (Roger), Stonewall; Theresa (Bob), Oakbank; wife (Audrey); grandchildren, Helen (Jhun), Kristi (Arko) and Scott (Orysa) and great-grandchildren, Oli and Julia. Also saddened by his passing will be his nephews, nieces, and numerous friends.

Dad had two loves during his life, predeceased by our mother, Helen and survived by Audrey.

George was raised on the family farm in Broad Valley, Manitoba. Dad knew at an early age that he would not be a farmer. He attended school in Teulon and would later go on to receive his Teaching Certificate. Dad started his career teaching at various rural schools where he met our mother Helen at a local dance. After they married in 1954, they settled in Arborg, Manitoba where he became the Principal of the Arborg School and later the first Principal of the newly built Arborg Elementary School from where he retired in June 1987.

Together they raised their two daughters, filling our home with family, friends, and love until the sudden passing of Helen in 1982. There wasn't a wedding that went by without George and Helen dancing up a storm to the Interlake Polka Kings. Dad always took the family on trips during the summer, the most memorable being the one with Baba Chuba to Bridgeport, Connecticut. Dad loved to curl, play baseball, and attend all local hockey games. Dad and Mom were both very active in the community and St. Philip Neri Roman Catholic Church. You could always find Dad and Uncle Mike in our garage working on vehicles and having heated discussions which they seemed to enjoy. George continued to help his brother-in-law John Chuba on the farm during summer as he was still a farmer at heart.

Dad would go on to marry Audrey and in 1987, they moved to Stonewall, Manitoba where Dad was a member of the Knights of Columbus and worked for a short period of time as the church's Treasurer. They enjoyed spending time with his daughters, sons-in-law, grandchildren, and great-grandchildren at family activities and attending musical performances.

The family wishes to thank Dr. Hicks, as well as a special thanks to all the nursing and health care team at the Stonewall Hospital.

In lieu of flowers, donations in George's memory can be made to the Diabetes Association.

A funeral service will be held at Christ the King Roman Catholic Church in Stonewall on November 27, 2021, at 11:00 a.m. Due to public health restrictions all attendants must be fully vaccinated and provide confirmation of such before attending. Space will be reserved for family with the balance of seating made available based on a first come basis.

As per Dad's wishes he will be laid to rest next to Mom at St. Philip Neri Roman Catholic Cemetery northwest of Arborg at a later date.

Your memory will live forever Engraved in our hearts.

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Announcements

Stonewall Teulon
Tribune

OBITUARY



Sharon Anne Mason (Bewick)
April 26, 1946 to November 21st, 2021

Our beloved grandmother, devoted mother, aunty and friend Sharon passed away peacefully, with her family by her side on November 21st, 2021.

She is predeceased by her grandfather Edward Forbes; mother Anne Bewick; father George Bewick; sister Diane Bewick; sons Lance and Todd Peterkin; and the love of her life George Adams. She will be incredibly missed by her grandchildren, Paige Procter (Pierre) and Robert Procter (Robyn) and Morgan Langrell; sister Brenda Fyfe (Jerry); niece Cathy (Marcus) Vouk, Wendy Ostasz, Karen Fyfe and nephew Jerry Fyfe. She also leaves to mourn special friends Marni and Mike Langrell, Jo-Anne Procter, Hazell Morton, Dorothy Dunham, Brenda Balan and family, Carole Solmundson, Val Keatings, Iris Kennedy and Family and countless

other wonderful friends.

Sharon grew up in St. James and raised her two boys in Woodlands. She shared a life with her wonderful late partner George in Birds Hill, and finally retired to her beautiful home in Winnipeg, surrounded by her friends and family. She spent her last few years residing (and keeping the staff on their toes and entertained) at the Revera Rosewood and West Park Manor. Her colourful resume included many titles over the years such as swimming instructor, horse whisperer, chef, costume designer, and housekeeper for many clients. She loved baseball, music, and animals, but her true passion was gardening. Sharon was happiest among the flowers in her garden and spent most of her spring and summer tending to her stunning masterpieces (and spent most of fall and winter dreaming up how to make next year's even more impressive). Everything she touched turned into a beautiful, blooming piece of art!

Sharon and George shared a wonderful love story, they spent many happy times out at the lake swimming and fishing and enjoyed their late night cruises on the lake listening to Patsy Cline. They travelled to classic car shows and took many trips on George's motorcycle, and were always hosting friends and family. She also had a wonderful group of friends and has fond memories of travelling with them, crafting with them, and of course, gardening with them. In later years she continued to make friends wherever she went. The staff at her care homes loved to tell her family how much fun she was during group activities and how she kept them laughing all the time!

Life was not always kind to her, but she had unmatched resilience in the face of tragedy. Despite many losses, Sharon loved life and living in the moment. She was always laughing so hard she would snort and was up for any new adventure that presented itself! She lived for her grandkids. She would do anything for them, whether that be walking in knee-deep water to catch minnows in the creek, making their elaborate Halloween costumes come to life, riding roller coasters, and driving them to sports and music lessons. She had the most generous heart and didn't know how to say no when it came to spending time with them. The kids have fond memories of many outdoor adventures, their signature weekend sleepover trifecta (Blockbuster, Gondola Pizza and gummy bears), Halloween costume designing at Brenda Balan's, and their over ambitious (usually successful) homemade Christmas gift making endeavours. Everything she did, she put her whole heart into and laughed all the way. Paige, Robert, and Morgan will be forever grateful for her instilling them with a sense of adventure and teaching them to live every moment to the fullest. She has left a legacy of love and laughter with them.

The family would like to give a special thanks to the staff at West Park Manor for their exceptional care and kindness, especially in light of the pandemic where they took extra care to ensure that she was never lonely and always having fun! Special thanks to Marni Langrell for her thoughtful efforts to always try and make life easy and enjoyable for Sharon.

A celebration of life will be held in the summer of 2022 when we can honour Sharon in her favourite season, surrounded by flowers.

In lieu of flowers, you can make a donation to Coffeehouse to End Cancer through the CancerCare Manitoba Foundation or another charity of your choice., 1160-675 McDermott Ave., Winnipeg, MB. R3E 0V9.

Grandma we love you so much!

kl
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OBITUARY



Agnes Louise Hogg

September 15, 1924 – November 15, 2021

Agnes Hogg, formerly of Woodlands, Manitoba passed away at the age of 97 years in Selkirk, Manitoba on November 15, 2021.

She was predeceased by her husband Walter George Hogg; her parents, William and Beatrice King; her siblings, Olive, Wally, Bill, Edna and Donald.

To mourn her passing is her son Kenneth (Rose), Lawrie (Emma), and daughter Carol, as well as seven grandchildren and six great-grandchildren.

Agnes was an active board member of Federated and Marquette Co-op, a member of the Anglican Church Ladies Group, the NDP party, 4-H and the Woodlands Museum.

Agnes and Walter created and meticulously cared for a beautiful park like yardsite.

The family would like to extend their gratitude to the staff of Tudor House, Selkirk for their recent care of Agnes.

A private family Celebration of Life will be held at a later date.

Donations may be made to a charity of your choice.

kl
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OBITUARY

Gary Ralph Graham Tait

January 31, 1950 - November 18, 2021

After a short battle with cancer, peacefully on the family farm, it is with heavy hearts that we announce the passing of Gary Tait.

He is survived by his wife Donna; children Lindsey (Michael Hoas), Kelly (Ben Holtmann), Glen (Kaitlyn Cowie), Clayton (Kassidy Martin) and grandchildren, Brooks, Blye, and June. Gary was predeceased by his parents Pat and Myrtle Tait. Special cousin to Elaine Ainsley and many other cousins across Canada.

Gary was born and raised in Warren, Manitoba on the family farm. As a young farmer, he and his father Pat travelled across Canada by rail car showing cattle and winning many awards including the Toronto Royal Winter Fair. Gary and his parents grew grain and raised livestock for many years right in the heart of Warren. As his operation grew, he relocated a mile north of Warren to continue farming with his wife Donna. He continued to farm cattle until 1988, after selling his herd, his sole focus became his grain operation. Even after his diagnosis he was quite active in his role on the farm. Seeding, spraying and harvest was completed under his watchful eye and you could count on him noticing something out of place. As Glen and Clay took on more responsibilities on the farm, Gary was always the combine operator. After 61 years of farming Gary spent every day of his final harvest driving the combine.

In his younger days, when he wasn't farming, he could be found playing baseball with the Grosse Isle Blue Jays or playing hockey for the Warren Mercurys. Gary was inducted into the Manitoba Baseball Hall of Fame with his team the Grosse Isle Blue Jays 1988-93 (2012) and Warren Senior Team of 1974-79 (2018). He took pride in using his hockey knowledge to coach several of the boy's hockey teams. Gary's passion of sports was evident when he disagreed with a ref/umpire. He was always able to make sure his opinion on the call was heard by everyone in the venue, sometimes resulting in an early exit to the game.

If Gary's truck wasn't in the yard, chances are he could be found at one of several different local coffee shops. We could check the time and would know which coffee shop to call if we needed to get a hold of him. It was noted that the kids always knew the rumble of the truck rounding the corner as he would return home.

Gary will be missed by all, at his request there will be no funeral service. A private gathering will be determined at later date.

The family would like to thank family and friends for their support. A special thanks to Dr. MacMillan, Rhonda May, Dr. Graham, Christine (palliative care), Jo-Anne Procter, Hermann Hueging and Gary's coffee shop friends for checking in on him.

In lieu of flowers, please consider a donation to the Warren Arena (South Interlake Rec Center Box 468 Warren, MB. R0C 3E0) or Warren United Church (Box 324 Warren, MB. R0C 3E0).

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