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# Stonewall Teulon Tribune

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DECEMBER 5, 2024

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## Holiday hoedown

TRIBUNE PHOTO BY LANA MEIER

Teulon Rodeo friends and family were making spirits bright, day and night, around a warm fire at the Teulon Christmas Light drive-thru parade on Nov. 22.

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# Christmas Cantata features special guests

By Jennifer McFee

It's beginning to look — and sound — a lot like Christmas.

The Stonewall United Church choir will be setting a holly, jolly mood with its upcoming Christmas Cantata on Saturday, Dec. 14 and Sunday, Dec. 15.

"The United Church Choir sends out an invitation to the community to come and sing with us for our annual Christmas Cantata," said director Cathy Horbas.

"This year, we have 14 people who have joined with our regular choir members to share their joy of singing and sharing the news of Christmas through music. It is a wonderful way to meet new people and build relationships through music-making."

This year's show is called "Let the Whole World Sing."

"It is a traditional telling of the Christmas story with some great contemporary music. The Cantata will be the second half of each performance," she said.

"As usual, we will have a live band accompanying the singers with our talented musicians Pat Claeys, Don Horbas and Keith Lowden. This year's performance will be narrated by Catie Peterson and Leanne Benson."

Attendees might notice a little different format than in the past since some special guests will be included in the excitement.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Cantata Choir was rehearsing for their Dec. 14 and 15 concerts.

"On Saturday, Dec 14, our special guest will be the wonderful Stonewall Quarry Choristers, who will be sharing their travelling Christmas program. The Choristers do four to six Christmas concerts each season, travelling to communities in the Interlake. This year they will sing in Teulon, Warren, Argyle and Stonewall," Horbas said.

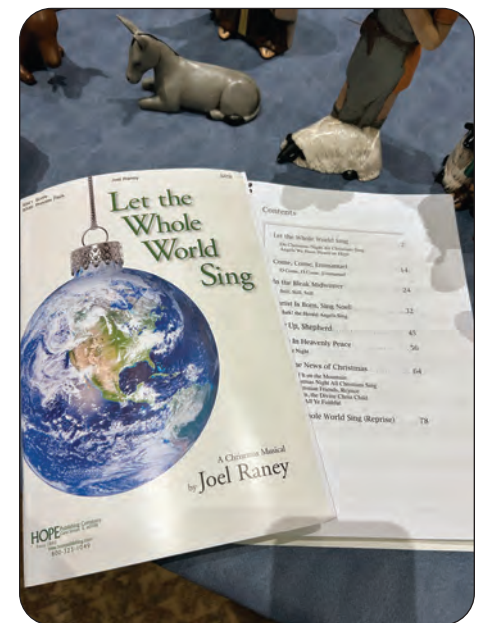
"On Sunday, our guests will be Apple Fire, a really fun group of young men who will share their great ren-

ditions of secular Christmas tunes. Their lead singer, Justin Van Alpen, lives in Argyle and has an amazing voice. Each show will end with a combination of the two groups finishing off the performance in some combined singing."

The annual Christmas Cantata serves as a major fundraiser for Stonewall United Church. The funds raised support the church's music ministry and outreach.

The show starts at 7 p.m. on Dec. 14. Then on Dec. 15, there are shows at both 2:30 p.m. and 7 p.m.

Tickets are available at the church office or by calling 204-467-5469. The cost is \$20 for adults and \$10 for kids aged 10 and under.



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# Balmoral man saved in miracle rescue

By Jennifer McFee

“Help me! Help me!”

Randy Van Wyk heard a voice calling out down a long rural driveway through the open window of his truck. It was the middle of the night on Oct. 27, and he had pulled over on Highway 236 about three kilometres north of Balmoral when he saw a smashed-up vehicle on fire.

He dialled 911 and emergency responders showed up a few minutes later to locate 27-year-old Colton Letkeman, who had dragged himself out of the burning vehicle and partway down the driveway in an effort to reach the house for help. It wasn't an easy feat with two broken legs and no jacket in the chilly fall night.

Earlier that evening, Letkeman had been the designated driver for a night out with friends in the city. He was on his way home after dropping off his buddy. When he was about 2.5 kilometres from his house, a deer jumped out of a bush and stood in the middle of the road. Letkeman swerved to avoid the deer but ended up clipping the back of it. He lost control of his truck and crashed into a tree. The truck folded up like an accordion, and Letkeman lost consciousness after hitting his head on the steering wheel.

“When I came to, I was in such a confusion that I didn't even realize what happened. I just see nothing but darkness and fire coming from in front of me. I thought I died on impact and was in hell. But I just sat there and really started trying to connect



TRIBUNE PHOTO BY JENNIFER MCFEE  
Randy Van Wyk (left) called 911 after he spotted the smashed-up truck of Colton Letkeman, who had been in an accident north of Balmoral.

my thoughts, realizing I was still in the truck. Then I start focusing on the fire. I started getting myself together to get out. The door wasn't opening. Smoke was coming through the vent. I'm really putting my shoulder into it to get the door open,” he recalled.

“Then I realized I wasn't moving and felt the pain coming through. How do I get out now? So when I do have the door open, I use the momentum of it to pull myself out. Both legs weren't working, so I fell over and face-planted in the ditch. Then I'm sliding underneath the truck. The whole time I'm trying to climb out, I realize I'm on my front face and my leg is in more and more pain.”

Eventually, he pulled himself up onto the flat gravel, lying on his side. He realized that his jacket and phone were still in the truck but there was no way he was going to try to go back for them. He glanced down at his body and saw that his right leg was in much worse shape than the left.

“That's when I realized how much pain I was in. I only looked at it for a short amount of time because I didn't want to scare myself too much. It looked like a literal hand coming out of my knee because of how broken it was,” he said.

“I was so distracted that I didn't realize that my ankle was turned around, dislocated. This leg was just brutalized. I did not look at it again after that.”

He heard a bunch of popping noises and became fearful that the truck would blow up. So he

Continued on page 10

## PUBLIC OPEN HOUSE

### Inland Port Special Planning Area Development Plan and Zoning By-law Review

You are invited to a public Open House hosted by Landmark Planning and Design on behalf of Manitoba Municipal and Northern Relations (MNR) to discuss the review of the Inland Port Special Planning Area (IPSPA) Regulation, consisting of a Development Plan and Zoning By-law for the CentrePort Lands within the RM of Rosser. Together, these documents provide policies and standards for development within the IPSPA.

The purpose of the Open House is to present key findings and highlights from the project thus far, and to seek input regarding short- and long-term priorities related to development within the IPSPA.

We will be hosting two Open House sessions as follows:

Tuesday, December 17th, 2024

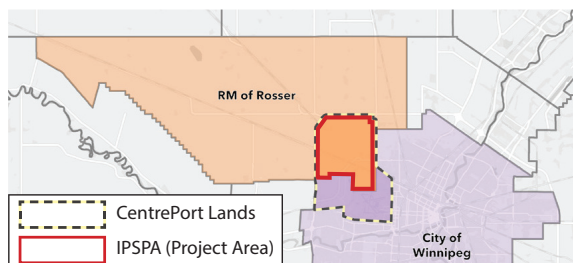
Sturgeon Heights Community Centre (210 Rita St., Winnipeg, MB)

Session #1: 3:00 pm - 5:00 pm

Session #2: 6:00 pm - 8:00 pm

To RSVP, please indicate your preferred session time and subject line “IPSPA” via email at [RSVP@landmarkplanning.ca](mailto:RSVP@landmarkplanning.ca) or via telephone at 204-453-8008.

If you are unable to attend either of these sessions or would like to discuss the project in an alternate format, please do not hesitate to contact us.



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# Stonewall Swifties party in Tay-ronto

By E Antonio

Two Stonewall Taylor Swift fans arrived in Toronto for Night 3 of The Eras Tour. Rachel Kinsley and her daughter Talia are long-time Swifties who eked out some of the final tickets for Swift's Nov. 16 concert in Toronto at the Rogers Arena.

Rachel explained that each day of ticket sales usually let around 10,000 to 12,000 fans purchase tickets.

"In the virtual queue, we were 11,000 so we knew we had a better chance of getting tickets," explained Kinsley. "We honestly just slid in there (to the ticket sales) and got our seats. Right after we left our ticket confirmation screen the concert had sold out."

The mother-daughter duo, along with two of their closest friends, spent over a year perfecting their out-



TRIBUNE PHOTOS SUBMITTED

The CN Tower was lit up for Taylor Swift.



The Kinsleys saw The Eras Tour with two of their friends. Left to right: Talia Kinsley, Rachel Kinsley, Jessica Orchard and Randi Keefe.

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fits, making friendship bracelets and planning their trip of a lifetime — and the concert was just that.

"The entire trip was so magical. Everything went so much better than we ever would have expected. It honestly felt like a dream the entire time."

All the fun started the moment they got on their flight to Toronto. Rachel shared that it was obvious that a majority of the passengers were also fly-



Taylor Swift and her concert opener, Gracie Abrams.



Stonewall Swifties Rachel Kinsley, right, and her daughter Talia, flew to Toronto to see Taylor Swift's The Eras Tour on Nov. 16.

Continued on page 11

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# Teulon's annual drive-thru parade

By Lana Meier

Teulon's annual Christmas Lights parade was held for a fourth year at Green Acres Park last month. The drive-thru parade was sponsored by the Teulon Chamber of Commerce and the Town of Teulon. This year was bigger and better with 26 entries.

According to chamber president Jan Lambourne, everyone did a beautiful job on their floats and the displays were very festive.

The Teulon Rockwood Fire Department handed out 1,000 goody bags and popcorn to everyone driving through.

This year there was an interactive area for families to enjoy with their children including a free movie night, bonfire and hot chocolate. Also included for those who came to enjoy the zipline and play area was a build-your-own candy bag.

"It was a great way to enjoy the rest of the evening and wait for the Archangel Fireworks show. We had new additions to the parade route and we are so grateful for the support we received," said Lambourne.

Lambourne expresses a big thank you to the decorating crew, the dedicated board members and all our sponsors and participants.

"It was a beautiful event and look forward to next year."



TRIBUNE PHOTOS BY LANA MEIER

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**Tribune**



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Jennifer McFee  
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## letter to the editor

### Hope for Manitoba

Last week, the Honourable Anita Neville, lieutenant-governor of Manitoba, read the throne speech for the new session of the provincial legislature. This annual tradition lays out the government's priorities for the next 12 months. While the speech contained a number of goals that the provincial government has that will improve Manitobans' lives, the overwhelming theme, in particular for rural Manitobans, can be described in one word: hope.

As I travel the province meeting with producers, small business owners and everyday families, I hear about a new sense of hope and optimism about the future. Hope for the future of rural health care, hope that children get a high-quality education without having to leave their rural homes, hope that farmers and ranchers have a bigger say in how they sell their products and protect their land for future generations and hope that local governments gain the freedom to make decisions that they feel best

reflects the priorities of the citizens who elected them.

I believe their hope is justified. In the last year, in our goal of bringing ER wait times down, we announced a new doctor in Grandview and a nurse practitioner at the Gilbert Plains Medical Clinic, significantly improving rural accessibility. Our government opened 201 fully staffed beds in Winnipeg, Selkirk, Brandon and Dauphin as well as the Carberry ER, and we are moving forward on the design of the Eriksdale ER, and two new surgeons at the Selkirk Hospital will perform 800 new hip and knee surgeries a year. In fact, we are hiring a record number of doctors and retaining them at a higher rate than we have in years. When you add the expansion of the Nursing Re-entry Program, finally, rural and northern health-care options are increasing.

When it comes to affordability, saving Manitobans 14 cents a litre every time they fill up has led to Manitoba having the lowest inflation in the country. This coming spring, our new tax credit will give homeowners up to \$1,500 in relief, and starting in Janu-

ary, hydro rates will be frozen for all of 2025.

For producers, in the next year, we will make new investments in agriculture and manufacturing and increase support for small businesses. We will also open two new Manitoba Agricultural Services Corporation (MASC) offices in western Manitoba.

I am so proud to have been a tireless advocate for the reopening of the Dauphin jail. In last week's throne speech, Premier Kinew made it clear that our government will be moving to the design phase of a new Dauphin justice centre.

We made a number of commitments for the people of rural Manitoba, and under the leadership of a premier who truly understands the needs and concerns of rural and northern communities, we are getting it done. I'm proud to be a rural Manitoban, and I am proud of the team of ministers working with communities across the province to offer hope for the future.

- Ron Kostyshyn  
MLA for Dauphin  
Minister of Agriculture

## Interlake School Division news in brief

By Jennifer McFee

Kindergarten registration was underway for the 2025-26 school year from Nov. 18 to 29. Kids who will turn five by Dec. 31, 2025, are eligible to attend kindergarten in the next school year. Brant-Argyle School offers a divisional multi-level learning program with all-day kindergarten every day. French immersion kindergarten is offered at École R. W. Bobby Bend School.

### IN OTHER INTERLAKE SCHOOL DIVISION NEWS:

- Total enrolment in the Interlake School Division is 2,996 students as of September 2024.
- Kathy Simcoe, Indigenous education support teacher, organized a full day of treaty education for Interlake Teachers' Association members.
- The school board gave second and third readings to an indemnity

bylaw. The indemnities remain unchanged.

- A third school social worker position has been added.
- The superintendent approved multiple overnight trips for sports to destinations that include Brandon, Killarney, Roblin Russell, Morden, Carman and Virden.
- The school board approved the 2023-24 audited consolidated financial statements presented by BDO Canada LLP.

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# get informed

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## Temporary GST/HST tax holiday bill passed

Liberals and NDP for, Conservatives and Bloc against

By Patricia Barrett

The federal Liberal government moved a step closer last week to delivering a temporary two-month GST/HST tax holiday to Canadians after securing the support of the federal NDP and moving legislation through the House of Commons.

Deputy Prime Minister and Finance Minister Chrystia Freeland introduced Bill C-78 on Nov. 27 to halt the GST/HST on certain products such as taxable food items, children's clothing and toys, video games and Christmas trees.

"We understand that it's a good thing to be there for Canadians to help them to address affordability issues and we brought in measures last Thursday that will do precisely that," Freeland told the media in French after an evening meeting on Nov. 27

with provincial and territorial leaders to discuss U.S. president-elect Donald Trump's threat to impose a 25 per cent tariff on Canadian goods. "So, I'm very happy it will now be possible to move forward with the GST suspension. I think that will really help Canadians with affordability, particularly during the holiday season."

The Tax Break for All Canadians Act passed three readings in the House of Commons, with third reading on Nov. 28. The house voted 176 in favour of the bill with 151 against it. Both the Bloc Quebecois and the Conservatives voted against it.

The bill is on its way to the Senate for three readings in that chamber before it can potentially come into effect. If passed, the tax-relief measure will take effect on Dec. 14 and end on Feb. 15, 2025.

In estimates provided to the CBC, the federal government said the GST/HST break would cost about \$1.6 billion in lost tax revenue.

The proposed tax holiday sparked a great deal of debate from opposition parties and critics.

The Conservatives contend the cut to the GST/HST is a political gimmick designed to prop up a flagging Liberal government, and that the measure will drive up inflation.

Conservative leader Pierre Poilievre said Canada has a "weakened" economy, border, military and prime minister, and that the Liberal leader is "desperate" for leverage.

"He's [Prime Minister Justin Trudeau] lost control but he's trying to hold on to power," said Poilievre before third reading of C-78 on Nov. 28. "And so he's come up with an irresponsible and inflationist \$6-billion tax trick that he will take away right before raising the carbon tax on heat, housing, groceries and gas in just a few months."

The Liberal government first announced the temporary suspension of the GST/HST on Nov. 21, adding that it would be followed by a \$250 "Working Canadians Rebate" cheque for those who made up to \$150,000 in 2023. Both measures would help Canadians continuing to struggle with the high cost of housing, food and

gas. The federal NDP wanted the \$250 rebate cheque to be voted on as a separate bill, so the Liberals excluded the proposal from C-78.

According to the government's background released on Nov. 21, the GST/HST will be excluded from children's clothing and footwear, diapers, car seats, toys, video game consoles, controllers or physical game media, print newspapers, printed books and Christmas trees (natural or artificial).

The tax will also be suspended from food and beverages including wine, beer, cider and coolers (spirits excluded), carbonated beverages, candies, chips, popcorn, salted nuts, seeds, granola, dried fruit, juice bars, frozen yogurt, ice cream, fruit bars, cakes, muffins, pies, pastries, cookies, brownies, pudding, prepared salads, sandwiches, cold cuts, food or beverages sold at restaurants, coffee shops, lunch counters and bottled water.

Low-income Canadians who file an income tax return every year are eligible to receive a GST rebate.

## Stonewall RCMP continue investigating suspicious death

By Jennifer McFee

RCMP are thanking the public for helping with a request to locate a vehicle for their investigation of a suspicious death in Rockwood.

On Nov. 21 at approximately 8:45 a.m., Stonewall RCMP responded to a report of found human remains near a residence located in the RM of Rockwood.

Officers attended the scene, an address located off of Highway 7, and

secured the area.

The death is being treated as suspicious and is believed to have occurred within the last month.

The cause of death remains under investigation as RCMP awaits the results of the autopsy.

Then on Nov. 22 and 23, RCMP officers from Forensic Identification Services, Search and Rescue, Major Crime Services and the Stonewall Detachment, with assistance of a foren-

sic anthropology team, conducted an extensive ground search on the property located off of Highway 7 in the RM of Rockwood.

Investigators asked for the public's assistance to locate a vehicle believed to have been removed from the property at some point in time in the last month. The vehicle is described as a grey 2007 Saturn Ion with Manitoba licence plate HGL 773.

On Nov. 26 a tip received from the

public led RCMP officers to an address in Winnipeg where the 2007 Saturn Ion was located.

The vehicle was secured and removed from the street where it will be examined further.

The RCMP would like to thank the public for their assistance in this request.

The investigation continues.

## Stonewall RCMP respond to fatal collision

By Lana Meier

Stonewall RCMP received a report of a two-vehicle collision at the intersection of Highway 7 and Road 73 N, located south of Stony Mountain at approximately 3:10 p.m. on Nov. 25.

Officers arrived on scene and ob-

served that a collision had taken place between a gravel truck and a sanding truck.

Based on the on-site investigation, it has been determined that a sanding truck traveling westbound on Road 73 N collided with a southbound

gravel truck at the intersection.

The gravel truck, being driven by a 45-year-old male from Winnipeg, entered the ditch and rolled. The driver was pronounced deceased on scene.

The 29-year-old male driver of the sanding truck, from the RM of West

St Paul, was transported to hospital with non-life-threatening injuries.

The investigation into the incident is ongoing, led by both the Stonewall RCMP and a forensic collision reconstructionist.

# Canada Post employees in Interlake and Eastman post offices refuse the news

By Patricia Barrett

Canada Post employees in rural post offices across the Interlake and parts of the Eastman region have been told to not put newspapers in mailboxes during the Canadian Union of Postal Workers (CUPW) strike even though post office employees are members of a different union that's not on strike.

Over the course of two weeks following CUPW's launch of the strike on Nov. 15, rural post office employees were "instructed" by their Selkirk-based manager to refuse to deliver the *Express Weekly News*, the *Selkirk Record* and the *Stonewall Teulon Tribune*, which are published by the Stonewall-based newspaper company Big and Colourful Printing and Publishing (BCPP).

Delivering the newspaper entails post office staff folding the newspaper and placing it in resident and business mailboxes that are housed in post offices or postal outlets in various towns in the two regions, including Stonewall, Warren, Woodlands, Fisher Branch, Teulon, East Selkirk, Arborg and Libau.

Rural post office employees of the federal Crown corporation belong to the Canadian Postmasters and Assistants Association (CPAA) union. CPAA is not on strike. It is, however, currently negotiating with Canada Post for a new collective agreement that expired in December 2023. That agreement still applies, according to negotiating updates posted on CPAA's website.

If rural post office staff were on strike in conjunction with CUPW workers, the down-tools approach to delivering newspapers would be per-

fectly understandable. And it would probably be a given that Canada Post wouldn't take BCPP's money in exchange for the delivery of those newspapers.

But Canada Post did in fact take payment from BCPP co-owner Lana Meier in exchange for its post office employees placing those newspapers in mailboxes, which are mere steps away from post office counters.

Last week [Nov. 18-22] some of the post offices in the Interlake accepted and delivered BCPP papers, but others refused. This week [Nov. 25-29] the same thing happened at post offices in different Interlake towns and in the Eastman region.

"What they're all doing is illegal. Canada Post can't take my company's money then refuse to provide the service I paid for," said Meier. "Rural CPAA post office employees are not on strike. They're getting paid to work."

Using the Arborg and Libau (north of Selkirk) post offices as examples, Meier said she paid Canada Post on Tuesday, Nov. 26 for the delivery of the *Express Weekly News* and *Selkirk Record* newspapers.

When she arrived in Arborg on Wednesday, Nov. 27 to deliver bundles of the *Express Weekly News*, post office staff told her driver they had been instructed by their manager via email to refuse to accept and handle newspapers.

"An email was sent to the Arborg Post Office on Monday morning [Nov. 25] from their manager — who we confirmed is Erin Lachman in Selkirk — telling them not to accept the newspaper," said Meier. "The same thing happened in Libau — post office staff received the same email from Erin telling them to refuse the newspaper."

With the newspapers carrying Black Friday flyers that rural advertisers were counting on being delivered, Meier said it was "imperative" she get the newspapers out to readers.

After a one-hour, 93-kilometre trip to Arborg, Meier said she had to drive back to Stonewall with the newspapers, hire half a dozen extra staff on

the fly, bag newspapers in plastic sleeves then drive back to Arborg and deliver the newspapers herself. Delivery in this case meant Meier driving down every street in Arborg and tossing a newspaper on to driveways, as well as driving the back roads outside Arborg.

She wasn't the only one who had to drive around pitching newspapers out the car window.

"Some staff delivered papers until 4:30 a.m. in other towns. I finished Stonewall at about 2 a.m. and went back out the next day at 8 a.m. And we were out all day today [Nov. 28], driving newspapers around to people's homes, to guarantee that everyone possible had a paper by midnight Wednesday," said Meier.

She said she took a newspaper box to Arborg and placed it between the post office and the Red Apple store in anticipation of Canada Post's non-striking employees being instructed once again to refuse to handle newspapers this week.

"I took a picture of the box, made a flyer and stuck it in all the newspaper bags to say that as of next week (Dec. 2-6), this is how readers will be able to get their paper. We have hired Riverdale Place employees for door-to-door delivery starting this week," said Meier. "The Arborg Post Office put a sign on their building telling everyone the paper is in the red box outside."

Meier said she can't take any responsibility for being blindsided by Canada Post as BCPP staff had called all the post offices on Nov. 15 when the strike was announced and "we were told by all of our post offices that striking CUPW workers — Canada Post employees who drive and deliver our newspapers to post offices — would have an effect on us, but not the CPAA employees." She was given no indication that post office employees would refuse to handle the newspapers.

"At that time [Nov. 15], I was able to adjust production and take some newspaper boxes and papers out to certain locations," said Meier. "But what we were told the first week of

the strike and then the second week, changed very last minute. We weren't forewarned the week of Nov. 25; they had received Erin's email on Monday, Nov. 25. If they had called us that day to let us know they had been told to refuse our newspapers, I would've had time to adjust production, I wouldn't have submitted a payment to Canada Post and my staff and I wouldn't have dropped off newspapers at post offices."

Last week an employee at the Libau Post Office, north of Selkirk, refused to accept the *Selkirk Record*, which BCPP staff had dropped off, and Meier said she called the staff member and told her she'd have no choice but to report her to Canada Post's head office.

That's when she got some action, she said. The Libau employee asked Meier if she could call her manager and get back to her. Fortunately, the Libau manager called Meier back, leaving a voice message saying she had spoken with Erin [Lachman] and that she'd be allowed after all to place the *Record* in mailboxes.

Meier said she verified Erin Lachman's phone number and left a message on her phone. Lachman never returned her call. Other BCPP staff tried to call Lachman but could not get her. This reporter independently confirmed Lachman's phone number and also left a message. Lachman did not call back.

Post office staff told this reporter they are not on strike and confirmed they were following orders from Lachman to not handle the newspapers. Some expressed sympathy for Meier, saying she could have been notified ahead of time that certain post offices would be refusing her newspapers.

"They [Canada Post] didn't deal with their customers," said one post office employee, whom the *Express Weekly News* is not naming as they fear backlash.

It's unclear under whose authority Lachman was working — her own, Canada Post's, the CPAA union or the CUPW union — when she instructed rural post office employees to refuse

Continued on page 11

## Al-Anon and AA Meetings Information

**Balmoral Al-Anon Family Group**  
Balmoral Community Hall basement  
6003 E MB-236, Balmoral, MB  
Contact: (204) 470-8972  
Meets every Wednesday 7-8 PM  
(No meeting Dec. 25, 2024)  
Everyone welcome

**Selkirk Red River Al-Anon Family Group**  
Christ Church Anglican  
227 McLean St., Selkirk, MB  
Contact: (204) 482-6287  
Meets every Monday 7-8 PM

**Teulon AA**  
Christian Education Building  
3rd Ave. SE, Teulon, MB  
Contact: (204) 461-0155  
Meets every Tuesday 8-9 PM

**Stonewall AA**  
Parochial Hall  
291 1st St. W., Stonewall, MB  
Contact Denis: (204) 981-7747  
Donna (204) 461-0892  
Meets every Sunday 7:30-8:30 PM



## ROYAL CANADIAN LEGION STONEWALL BRANCH - 467-2261

**Clubroom Events for the Week of December 2**  
Wednesday 4-10 Chase the Queen Draw at 8:30  
Pot is over \$4,200

Thursday 4-10 Crib at 7pm sharp!  
Friday 4-close Meat Draw at 6:30

Saturday 2-close

Elimination Raffle Tickets are available for \$20.  
Remember to vote for our wreath at the Stonewall Library!  
**All are welcome - Support your local legion!**

From traditional to contemporary, we provide services to match what you want. **Just ask Ken.**

*kl*  
KEN LOEHMER  
FUNERAL SERVICES

55 Main St, Teulon Call 204-886-0404 or visit [www.klfuneralservices.ca](http://www.klfuneralservices.ca)



# Ceremony with premier and families held at Prairie Green Landfill

By Lana Meier

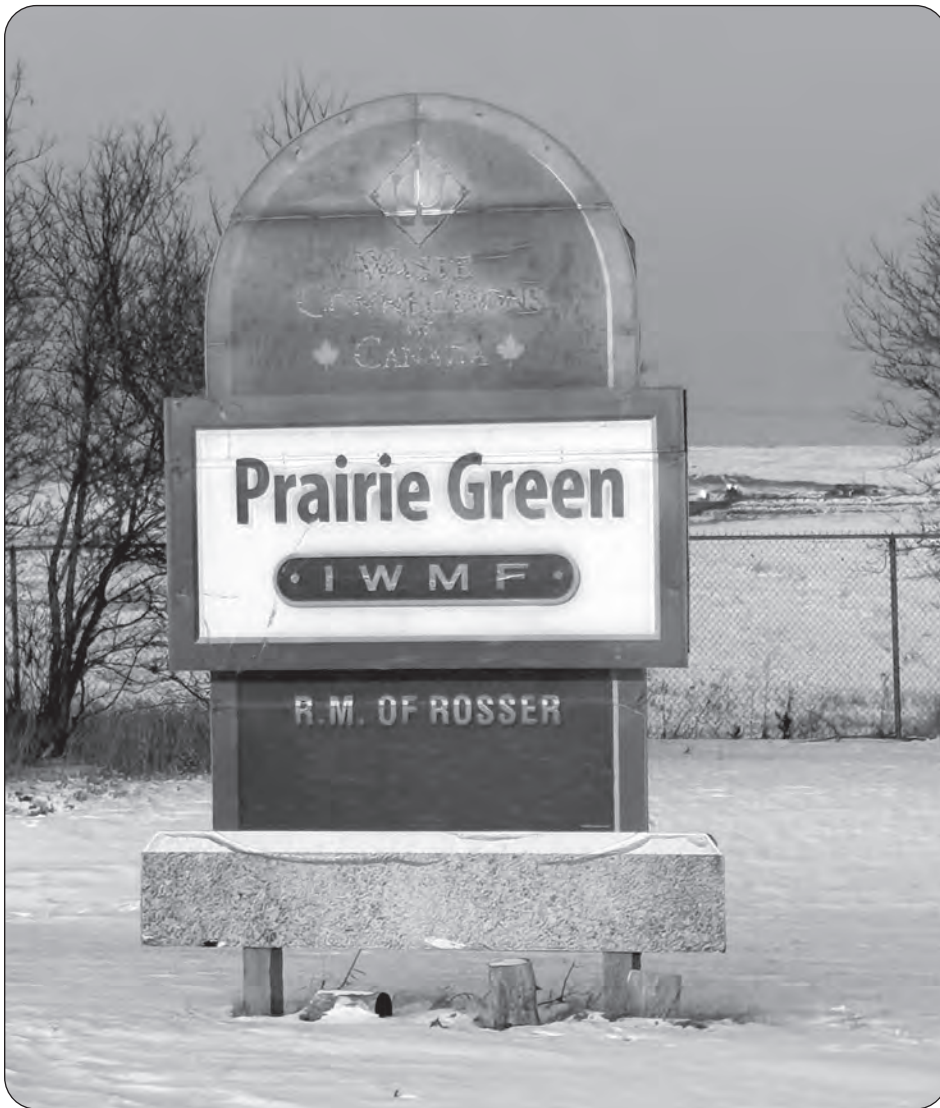
The Manitoba government has announced the completion of Stage 3 in the ongoing search for the remains of Morgan Harris and Mercedes Myran at the Prairie Green Landfill.

The fourth stage officially started on Dec. 2.

Stage 3 involved the careful displacement of 18,900 cubic metres of waste within the cells where remains are believed to be, to reveal the targeted zone. Stage 4 is the search of the targeted zone, which includes 20,300 cubic metres of waste from an estimated date range of May 9 to May 21, 2022.

The search facility building has been fully constructed and all necessary permits have been obtained. Last week, employee training was completed, while mental health support services have been implemented. Additionally, protective equipment fittings and other crucial safety measures for staff have also been finalized.

A ceremony with the premier and families of Morgan Harris and Mercedes Myran was held on Sunday, Dec. 1 at the Prairie Green Landfill to mark the critical step in the search process.



TRIBUNE PHOTO BY EMMA GISTI

A ceremony with the premier and families of Morgan Harris and Mercedes Myran was held on Sunday, Dec. 1 at Prairie Green Landfill just east of Highway 7.

**Saturday, December 7 Special**

# Stuffed Yorkies

**ROCKWOOD Motor Inn** 390 Main St. Stonewall **467-2354**

Christmas Greetings

**To advertise your Christmas Greeting  
in the December 12 & 19, 2024**

## Stonewall Teulon Tribune

**Please contact Christy Brown  
at 204-467-5836 or email  
ads@stonewallteulontribune.ca**

**Booking Deadline is  
December 6, 2024 @ 4:00 pm**

## THE Flicks

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**SHOWTIMES:**  
Please check individual listings  
Due to various picture lengths showtimes vary

**319 First Street E., Stonewall, Man.**  
**467-8401**

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CHANGE WITHOUT NOTICE**  
Cash only

**LAST DAYS:  
WED & THURS  
DEC 4 & 5  
AT 7:30 PM**

GLADIATOR II

Adult Accompaniment  
Under 14;  
Frequent Violence **14A**

**FRI-SAT-SUN-MON DEC 6-7-8-9  
(CLOSED TUES) AND WED-THURS DEC 11-12**

Tom Hanks Robin Wright

**AT 7:30 pm  
EACH NIGHT**

Here

Tom Hanks  
Robin Wright

Coarse  
Language **PG**

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AT 1:00 PM & 3:00 PM**

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ADMISSION**  
Sponsored by  
The Lions Club;  
Concession Open.  
If you feel so  
inclined, please bring  
a non-perishable  
food item for The  
Food Bank

Violence **G**

**NEXT WEEK "HERETIC"**  
Frightening Scenes; Violence **14A**

# St. Laurent Christmas Home Tours back for first time on Dec. 7

By Becca Myskiw

St. Laurent's most festive homes will soon be open for the community to see.

The annual Christmas Home Tours are back in St. Laurent for the first time since the COVID-19 pandemic. Until 2019, they had happened every year since 2013. One of the four organizers of the event, Penny Byron, volunteered her home to be included in the tour the first year. Instead of bringing people through the space she and her family live in, she toured them through the space their horses live in.

Decorating their barn and gazebo with twinkling lights and Christmas décor, the Byrons had people visit their horses in the stables, where they could give them treats and take a slice of vinarterta for themselves. Other homes give people snowflakes to take home, eggnog or other festive goodies.

The tour gives others decorating ideas and allows them to see how others utilize their spaces. Tickets cost \$15 each, and that ticket gets attendees a tour and a favour of some kind from each home on the tour. The tours run from 3 to 6 p.m. on Saturday, Dec. 7, with each group going half an hour

apart so each home has one group at a time.

Byron said they try to keep the maximum number of visitors at 100 so the people opening their homes to them don't become overwhelmed. Each group of visitors has around 14 people, with everyone driving in their own vehicles between stops, led by a map they take along.

"You jump in your car with a map and friends and check out people's homes, traditions and yards," said Byron.

With the community spread out, the drive time between houses can range from 10 minutes to 15 to 30, making the tour last for a couple of hours for those taking part. This year's tour has six festive stops for attendees to take in.

Funds raised from ticket sales for the event will give the homeowners \$100 each for the favour they offer, with the leftover funds going towards signage for the tour and to the local food bank.

This year's tour is already sold out. Byron said the community was thrilled to have the tour back this year, and the tickets sold themselves.

"It's good, cheap entertainment," she said. "You get to meet new peo-



TRIBUNE PHOTO SUBMITTED

St. Laurent Home Tours are back this Christmas season, with six houses to be toured this year.

ple, see new idea and spend time with people you love."

## > MIRACLE RESCUE, FROM PG. 3

lay down on his side with his left leg propped on top of the right leg and he used his arm to drag himself over the gravel towards the house in the far distance.

"I see the truck on fire and it's getting bigger and bigger. I was either getting myself help or I'm dying here — and the second option was not an option," he said.

"Randy thankfully came by or I would have still been struggling there. When he did stop by, it was the exact time when I heard coyotes coming a lot closer so fear really started settling in. I didn't have my coat so the cold is really starting to settle in on me too. The second I saw him stop, I thought, 'OK, help might be here.

Just get yourself together, sit upright and wave him down.' But there was too much tall grass where I was sitting and I didn't quite get myself upright to be able to be seen — but he called 911 anyways."

It seems meant to be that Van Wyk was driving in the right place at the right time. He had woken up from a deep sleep at about 2 a.m. at his home on Olde Cramb Farm on Road 75 North. He felt a strong urge to check on his cattle at their family's Teulon farm.

"I felt God was nudging me to go to Teulon. I tossed and turned for a while and was almost asleep again when all of a sudden I was wide awake," Van Wyk said.

"At 3 a.m., I got up and was getting dressed. I woke my wife and said 'I know this sounds crazy, but I'm being led to the Teulon farm.'"

So he got in his truck and drove out to their cattle farm in the middle of the night.

"I hung around there for a while and I could see no reason why I was to be out there," he said.

"That's when I went back towards Stonewall and came upon the burning truck and Colton on the ground and I called 911."

The ambulance drove down the driveway and Letkeman managed to pull himself upright.

"I put my hands way up in the air this time so I'm making sure I'm getting seen. Then everything started coming to me — I'm really cold and in so much pain. How did I even make it this far?" he asked himself.

"Then I just started trembling so much that I couldn't move anymore. Even after I'm in the ambulance, they put a warm blanket on me but because of the shock, I didn't stop shivering for an hour after I was in the hospital."

He underwent a 7.5-hour surgery and spent the next two weeks in the hospital where doctors mended his broken body with 10 staples and 52 stitches in his legs, along with a rod and four pins. On his left side, he had a broken and dislocated ankle, a broken tibia, a broken kneecap (along with the tendon underneath) and a broken femur. On his right side, he had a broken knee, a torn ligament and a hairline fracture in his ankle.

Meanwhile, Letkeman had missed a much-anticipated family brunch, which was out of character for him. At first, his mom Bernice was a bit miffed that he hadn't shown up until she realized she couldn't get a hold of

him. He wasn't answering his phone and his friends didn't know where he was. She called the Winnipeg police, who advised her to start calling hospitals. She found him at Health Sciences Centre and heard that he'd been in an accident.

"If Randy hadn't have come along, it would have gotten too cold and I'm worried that he would have never made it to the house," said Bernice,, who also expressed gratitude to the Teulon Rockwood Fire Department for their life-saving response.

"We are just so blessed that Randy came along."

Now that he's back at home, Letkeman is learning how to manoeuvre in a wheelchair around his house, which his sister and friends rearranged for accessibility. One week before the accident, he had achieved his Level 4 apprenticeship in cabinet-making with plans to continue working at his parents' business, The Original Cabinet Shop in Stonewall. However, those plans are on hold for now during his recovery.

And when he looks back on the harrowing night, Letkeman is beyond grateful to Van Wyk for stopping to help him.

"I'm lucky to be alive," he said. "It was a terrifying experience."

### DEER HEAD COMPETITION

at  
**Gunton Greenwood Memorial Hall**  
**Saturday, Dec 7th, 2024**

Early Head Drop off to Terry Hartle 204-886-2319

Scoring by Manitoba Big Game Trophy Association  
Adult & Youth Categories  
**Entry Deadline is 7 p.m.**

For information call  
**Tony Balian 204-886-2886,**  
**Rod 204-461-0015 Terry 204-886-2319**

# The North Pole of Argyle



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Willow Grove Orchard, east of Argyle, hosted three days of Christmas activities to kick off the festive season Nov. 22-24. Guests were welcomed to the North Pole event, where they were able to take a stroll through the decorated Christmas Tree Alley, have a visit and photos with Santa, enjoy a hay ride on the Christmas tractor and warm up afterwards around a bonfire while roasting s'mores and enjoying hot chocolate. There was delectable homemade Christmas baking, chili, a bun for sale and holiday beverages. Five dollars from every photo with Santa supported South West District Palliative Care Inc. and the Nav-CARE program.

## > SWIFTIES, FROM PG. 4

ing out to see The Eras Tour.

"The pilots made an announcement calling it the 'Swiftie Flight' and then they were playing Taylor Swift music the entire time over the speakers."

Once everyone arrived in Toronto, Rachel described the city as buzzing and accepting of all the Swifties from across the globe.

Toronto was prepared for the massive wave of Swifties. Many Taylor Swift-themed events were being held in the area, safety measures were increased, and street names were even changed.

"Everyone was calling it 'Tay-ron-to' and there were many street signs changed to 'Taylor Swift Way.'"

On the concert day, Rachel's crew started their Taylor Swift excite-

ment at 1 p.m. with the Taylgate Party at the convention centre. They got to meet and party with other Swifties, trade bracelets and add to the memories made on the trip.

"The whole day just flew by. I couldn't believe it was over at the end."

Night 3 of The Eras Tour in Toronto opened with Gracie Abrams at 6:30 p.m., who Talia is a massive fan of.

Rachel had to wait until 7:50 to see Taylor perform live and in person for the first time, but the 18-year wait was totally worth it, especially because she got to spend time with her daughter and her two best friends.

"Spending this magical moment with my two closest Swiftie friends and Talia made this experience whole.

My mom unexpectedly passed away recently and I wasn't even sure if I wanted to go still. My auntie told me I had to go, so I did. Even though it was spent during the worst moment of my life, I was able to experience the magic and spend it with very important people. I honestly don't think I am ever going to experience something like this again in my life."

At the end of the concert, Rachel walked away with more than just memories because, of course, she needed to buy some merchandise to commemorate this adventure.

Before the concert, she knew she wanted to get her hands on one of Swift's famous quarter-zip sweat-shirts and blue crewneck — but so did everyone else.

"We knew it would be a war getting

what we wanted," she described.

Rachel managed to go home with both the quarter-zip and the crewneck. Her daughter even bought some Gracie Abrams merchandise. She was also in for a surprise when she purchased her tickets. Her tickets came with an additional VIP merchandise box that contained many exclusive items.

"We all got a collectors box, a poster, some concert pins, a lanyard, a holographic ticket stub, a tote bag and some posters from every album."

Kinsley, her daughter and her two friends will cherish this moment for the rest of eternity. They replay their concert videos and look at their photos as they wait to potentially live out their dream again on another tour.

## > CANADA POST, FROM PG. 8

to handle newspapers.

The *Express Weekly News* reached out to CPAA's Manitoba representatives (president, vice-president, director, etc.). Some phone numbers listed on CPAA's website were not in service. Others did not respond to voice messages.

The *Express Weekly News* also reached out to the federal government's department of

public services and procurement, which is responsible for Canada Post, asking questions such as why Canada Post accepted payment then refused to provide service, why Canada Post employees who are members of the CPAA union and who are not on strike were refusing to provide service, and why Canada Post didn't alert BCPP that post office employees would refuse newspapers.

The department did not respond.

*We believe in cherishing the small moments in life because they make the lasting memories*

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# Adding hand-beaded jewelry into your home

By E Antonio

If you want to add a new piece of beautifully hand-crafted jewelry to your collection, L'Arb Saynt has the perfect pair of earrings.

"L'Arb Saynt means 'wild sage' in Michif," said the small business owner Jocelyn Leost of St. Laurent.

Leost explained that sage is important to her as she uses it in smudges to help cleanse the spirit.

She sells hand-beaded earrings and keychains at many craft sales and makers markets throughout the year.

She fell in love with beading over 15 years ago when she began beading artwork onto her own moccasins, mukluks and gloves.

"A few years ago, my friend taught me how to do the fringe on a pair of earrings and after she showed me how to make a pair, I self-taught myself how to do the rest of the designs I have been making ever since."

Leost is a busy mom of three and an early childhood educator outside of beading jewelry. She turns to beading when she has some alone time and needs to relax.

"It is something I do on my spare time once my kids have gone to bed. I



really, really enjoy doing it as beading is my relaxing time."

L'Arb Saynt earrings are inspired by Indigenous designs, but Leost does her beadwork from a spark in her head.

"I love having an idea in my mind and implementing it into my beads," she said. "I put my heart and soul into them and really hope for the best."

Currently, L'Arb Saynt sells only earrings and keychains, but Leost hopes to expand her product line one day to include home-sewn clothing.



TRIBUNE PHOTOS SUBMITTED

Jocelyn Leost, owner of L'Arb Saynt creates her own beaded earrings and keychains to sell at craft sales and makers markets.

L'Arb Saynt was at the St. Nicholas Church Winter Craft Sale in Winnipeg on Nov. 23. She will also be heading back to St. Laurent to attend the Merry Crafters Craft and Bake Sale at the St. Laurent Recreation Centre on Sun-

day, Dec. 8 from 10 a.m. to 3 p.m.

If you want to follow along with Leost's beading journey, she posts updates to her Instagram page @larb-saynt.

## 6th Annual Teddy Bear Toss

Takes place at the  
Stonewall Rams  
High School Hockey Game on  
Wednesday, December 18, 2024  
at 4:00 pm at VMSC

New bears will be delivered with Christmas Hampers through our local Cheerboard.

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JANUARY 31

# Radar signs being installed on Highway 17 (Beach Road)

## Teulon council news in brief

By Jennifer McFee

During the Town of Teulon's board of revision, nine applications were filed. The board reviewed seven applications for seven properties. In addition, the board undertook two agreements to revise the assessment.

### IN OTHER COUNCIL NEWS:

- Teulon council amended the municipal employee code of conduct policy to include sections on public statements, proper use of equipment,

consequences of non-compliance, progressive discipline process and gross misconduct.

- Council approved a grant application submission for a Manitoba Growth Renewal and Opportunities Grant as well as an AMM Infrastructure Communities Grant. The CAO is also applying for a funding opportunity from the Federation of Canadian Municipalities Local Leadership for Climate Adaption Initiative for Phase 1 of Teulon's climate change plan.

- Mayor Todd Campbell, Deputy Mayor Robin Nishibata, Coun. Michael Hebbles and CAO Chris Yuen were authorized to attend the

AMM convention, which was held in Winnipeg from Nov. 25 to 27.

- Council gave second and third readings to a bylaw to an area of road on Main Street South.

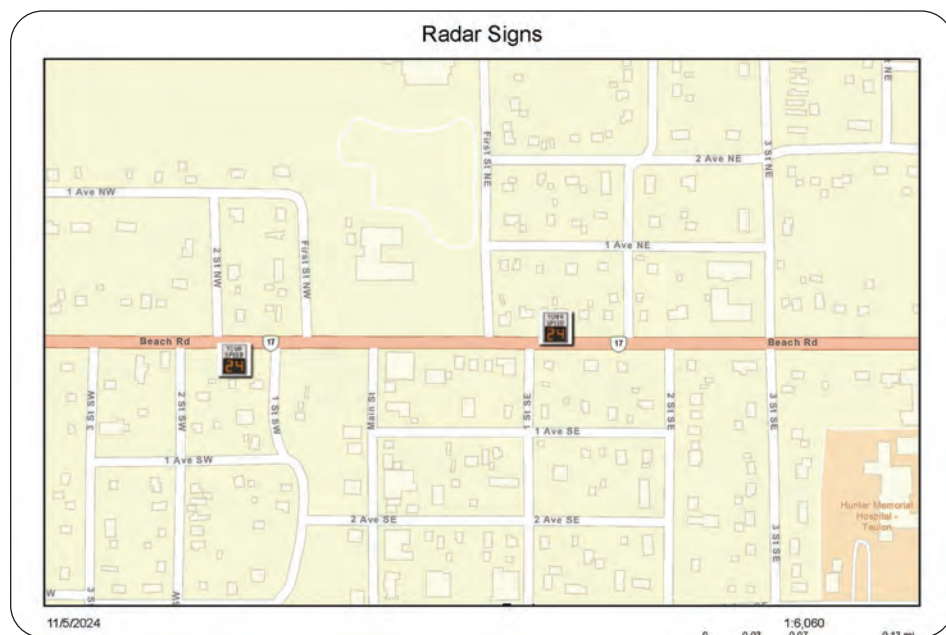
- Council approved a \$6,923 change order request quotation from WSP. Council had wanted to have an additional meeting with WSP to review the secondary plan and zoning bylaw. The additional meeting would be involved and additional fees would be incurred for the preparation of the meeting, travel time for two planners and an additional round of edits based on the outcome of the meeting.

- The Town of Teulon provided \$500 to the Teulon Chamber of Commerce for the fireworks show at the 2024 Teulon Christmas drive-thru parade.

- The Town of Teulon is providing a letter of support to assist the group of municipalities working to build a new regional

personal care home in Stonewall.

- The Town of Teulon aims to reduce motorists' speed and improve safety by installing two speed radar signs on Highway 17 (Beach Road). One of the signs will be installed westbound about 156 feet east of the corner of Highway 17 and First Street NE. The other sign will be installed eastbound about 56 feet west of the corner of Highway 17 and First Street SW.



TRIBUNE PHOTO SUBMITTED

The Town of Teulon aims to reduce motorists' speed and improve safety by installing two speed radar signs on Highway 17 (Beach Road).

**New England / Maritime Tour**  
*Don't let this one Pass you by!*

**Book Now & Save**

**MAY 25 - JUNE 19, 2025**

Tour Includes: Niagara Falls Canada | 1000 Island Cruise | The Mount Washington Cog Railway ( New Hampshire's most epic adventures) | Franconia Notch State Park | Cannon Mountain Aerial Tramway | Reversing Falls | Hopewell Rocks Provincial Park | Peggy's Cove | Lunenburg | Confederation Bridge | Prince Edward Island | Tour of Salem, Massachusetts | Iconic Plymouth Rock | Tour Mayflower 11 | Boston | USS Constitution (Ironsides) | JFK Presidential Library | Picture Rock Cruise just to name a few of the events.

Also included 22 meals  
 Deposit \$300 Early booking discount \$100 book by December 15th to qualify.

**\$5,195** per person double  
**\$7,575** solo

Note: For Insurance purposes for the first 5 days of the trip you are in Canada, you will not need to start your US insurance plan until May 30th.

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**ANNUAL PUBLIC MEETING**

**WEDNESDAY, DECEMBER 11, 2024**

**7:00 p.m. to 8:00 p.m.**

Join us virtually to learn more about Manitoba's Crown corporation dedicated to energy efficiency.

**REGISTER NOW AT**  
[efficiencyMB.ca/publicmeeting](http://efficiencyMB.ca/publicmeeting)

[f](#) [v](#) [i](#)

**Stonewall United Church Cantata**

**December 14, 7:00 p.m**

*Special Guests:*  
 Stonewall Quarry Choristers

**December 15, 2:30 p.m. or 7:00 p.m.**

*Special Guests:*  
 Apple Fire

Tickets: Adults \$20 Children 12 and under \$10  
 Available at Church Office or call 204- 467-5469  
 Email: [unitedc@mymts.net](mailto:unitedc@mymts.net) or from any choir member.

MANITOBA FORAGE SEED ASSOCIATION

**2025 MB Forage Seed Producer Forum & AGM**  
**January 9, 2025**  
**Victoria Inn, Winnipeg**

The Manitoba Forage Seed Association invites you to their Annual Forage Seed Conference and AGM. A range of topics will be covered dealing with various aspects of growing and managing forage and turf seed crops. This year's conference is featuring:

- Highlights from EMILI's Innovation Farms
- Herbicide & Fungicide Options
- Peace Region Production & Research Update
- Seed Production Research in Minnesota
- Precision Planting Solutions

**Annual General Meeting**

Notice is hereby given that the AGM of the members of the Manitoba Forage Seed Association Inc. will be held on January 9, 2025, at 10:30 am at the Victoria Inn, Wpg. Member is defined as an individual or entity who has paid a levy fee for the sale of Forage seed crops between the period of July 1, 2021 - June 30, 2024.

The Board of Directors will be proposing amendments to By-Law No. 1/2005 at the AGM for discussion. A vote to approve the amendments will be held immediately following discussions. Limited copies of the proposed amendments will be available at the AGM.

Advance copies can be obtained by emailing Lisa at: [loneill@forageseed.net](mailto:loneill@forageseed.net)  
 To register contact the office at: 204-376-3309 or email Lisa.  
 Details on our website: [www.forageseed.net](http://www.forageseed.net)

# Crocus Cougars enjoy the sounds of the season

By Jo-Anne Procter

At Stonewall's Crocus Manor, a group of ladies is redefining what it means to embrace life.

Known as the "Crocus Cougars," these women have turned their bi-weekly gatherings into a time for creativity and camaraderie. Recently,

they enjoyed an intimate concert featuring talented youngsters from the Clearwater Colony Lightly School, who not only performed but also delighted the Cougars with sweet treats afterward.

For the past year, the Crocus Cougars have met every two weeks. These

gatherings are more than scheduled events; they're a source of joy and connection.

Staying active is essential to them. They embrace movement through games and exercises that keep both body and spirit lively and embrace creativity with crafting sessions that allow them to express themselves through various projects.

A few of the highlights are Crocus Downs, a unique horse racing game

crafted just for this group, and Drums Alive in which the group is seated in chairs, each with an exercise ball nearby. They get into rhythm and drum on exercise balls to their favourite Oldies.

Crocus Cougar Lorraine Oughton's daughter Laurie Oughton and friend Janet Meads are the duo behind the fun-filled gatherings. Their creativity continually keeps everyone engaged and active.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Lightly students Sophia and Ashley share dainties with Cathy and Stella.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Lightly School Clearwater Colony children sing at Stonewall's Crocus Manor.

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# Creating holiday decor with beautiful greenery



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The South Interlake Garden Club held their annual windup at Jasperson's Greenhouse and Nursery on Wed. Nov 28. Owner Bruce Jasperson and his helper Cindy Schlag led the enthusiastic group of gardeners through the steps of creating a holiday wreath. The wreaths were constructed using fresh greenery, holiday berries, pinecones, ornaments and beautiful bows. Each wreath was a unique creation constructed by each person. The garden club enjoyed visiting with each other after the wreaths were done. Jasperson's is your local greenhouse and nursery where you can find all your holiday decor needs.



**CHRISTMAS CHEER BOARD  
HELP NEEDED!**  
The Stonewall & District Christmas Cheer Board is looking for donations to help those in need this Christmas. We are in need of new unwrapped toys and pajamas, retail gift cards and gifts for teens. Collection boxes are placed throughout town. We no longer accept food items – please donate directly to the Interlake Food Bank. Monetary donations are greatly appreciated and can be made at Access Credit Union or by e-transfer to stonewallcheerboard@gmail.com – please include mailing address.

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is a safe  
ride home

## Host the holiday party to remember and have eve

By Staff

The holiday season is a time of year when many gatherings take place and people celebrate together with a little holiday cheer. With the Santa Parade of Lights and Holiday Alley having rung in the beginning of the season, we are officially in the holiday swing. With that in mind, residents in our community are likely to attend a holi-

day party or two in the coming weeks and, as well as having a great time together, we all want to make sure that we get back nestled snug in our beds safely afterwards.

If you are someone who loves the idea of a house full of family and friends and want to host a party, just remember that safe rides home should be considered before a single

guest arrives. Neglecting this could be both dangerous and costly. Overconsumption of alcohol can affect guest judgment, both during the party and at the end of the night when it's time to go home.

Hosts can consider these strategies to avoid overserving guests and making sure that everyone gets home safely.

**HOLIDAY PARTIES**  
**If you're drinking or taking dr**

During the holidays, you often hear tragic stories of people losing their lives in road accidents involving alcohol and drug use. However, these tragedies can be prevented. Here are a few simple tips to ensure you and those around you stay safe this festive season.

**ARE YOU A DRIVER?**  
Even if you feel okay to drive, it's a proven fact that consuming alcohol and drugs — no matter how much — will still impair your judgment. It's best to have a plan of action before you go out. Consider arranging to stay overnight at the party location or assign a designated driver for your group. Other options for getting home safely include hiring a rideshare service or taxi or taking public transit.

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## Everyone home safe

• Hire a professional bartender to serve drinks. Professional bartenders are trained to recognize signs of intoxication and are skilled at limiting consumption by partygoers. Hosts can benefit from that expertise and training if they hire professional bartenders to man the bar at their parties. Let guests know in advance that bartenders have been asked to monitor each

guest's consumption, and support the bartender should he or she refuse to serve a guest.

- Host outside your home. A large party at home may create a warm atmosphere, but it also can leave hosts juggling many responsibilities at once. Hosting the party at a restaurant with a valid liquor license can minimize the hosts' responsibilities. In addition, restaurants and bars tend to be very busy during the holiday season. That means it will likely take longer for guests to order and receive their drinks. Extra time between drinks can reduce the risk of overconsumption.

- Stay sober. Hosts can more effectively monitor how much their guests are drinking if they abstain from consuming alcohol. Guests who recognize hosts are not drinking might also be more agreeable if hosts ask them to stop for fear that they're consuming too much alcohol.

- Shift the focus of the festivities. When planning the party and inviting guests, look for games and activities

that engage guests and don't promote drinking. Guests are less likely to drink too much if they're given something to do at the party, especially if the activity has nothing to do with alcohol. Avoid games like beer pong in favour of charades or other activities that require guests to stay sharp.

- Stop serving alcohol as the party winds down. As the festivities begin to wind down, stop serving alcohol and offer water, coffee or tea instead. This decreases the chances that guests will overdo it and gives them a chance to assess how they feel and determine if they can drive home safely.

- Make plans to have designated drivers available or have the number of a local cab company on hand from the very beginning so that a plan is in place to get anyone under the influence home.

With the festive holiday season in full swing, hosts can make sure that their party is merry with just a little bit of planning.



METRO

Make plans so that everyone gets home safe from your holiday party.

## Drugs, don't drive!



### ARE YOU A PASSENGER OR WITNESS?

If you notice that someone is unfit to drive and intends to get behind the wheel, speak up! Let them know it's not okay and suggest alternative options. The same applies if you're a passenger in a group that must share a vehicle. If you're asked to ride with a driver who has been consuming drugs or alcohol, refuse and do everything you can to encourage others to do the same.

When it comes to alcohol and drugs, everyone shares the responsibility to stay safe. As a driver, avoid getting behind the wheel, and as a witness, speak up. Everyone can do something to prevent the devastating consequences of impaired driving including criminal penalties, severe injury and death — by working together.

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# Stonewall Comes Alive

**Kick off the Holiday Season with a weekend full of great events**



## Friday Dec 6th, 2024

**7:00 PM, Main Street Stonewall - Festival of Lights Santa Claus Parade**

Sponsored by



**Warming Station** during the parade sponsored by Firewood Manitoba in the Southside Service Parking Lot. **S'mores and Hot Chocolate** (please bring your own mug!)

**Hot Chocolate and a treat** at the Rockwood Motor Inn (after the parade)

**Hot Chocolate** at One Insurance

**Hot Chocolate & Cookies** at Granthams Law

**Craft Sale 6-8:30 pm** Korner Kutz - Hot Chocolate for sale by donations. All proceeds to Main Street Project **Manitoba Hydro will be collecting new unwrapped toys, local gift cards, & monetary donations along the parade route for the Stonewall & District Christmas Cheer Board**



## Friday, Dec. 3rd-20th, 2024

**15th Annual Festival of Wreaths at the South Interlake Regional Library - Stonewall Branch**, \$1 per vote - vote for your favourite all proceeds to the Stonewall & District Christmas Cheer Board



## Saturday, Dec. 7th, 2024

**9:00 AM - Noon (Santa leaves at 11:30)** Stonewall Legion Hall - Breakfast With Santa sponsored by the Stonewall Kinsmen Club and the Stonewall Legion, Photos with Santa taken by Patricia Chartier Photography



**1 PM and 3PM - Free Childrens Movie at the Flicks Cinema** - Dispicable Me 4 (G) sponsored by the Stonewall & District Lions Club - No outside food allowed in, Concession will be open. The Lions Club will be collecting *non perishable food items for the Interlake Food Bank and monetary donations for Stonewall & District Christmas Cheer Board*



**Visit our local merchants for all of your Christmas Shopping this season!**

**Thank You to all of the community groups for great holiday events and special thank you to the Stonewall Teulon Tribune and the 19th Hole for bringing Santa to town!**

# 2024 Holiday Events

**Thurs. Dec. 5** Quarry Choristers - Argyle Hall 7:00pm

**Fri. Dec. 6** Stonewall Festival of Lights Parade 7:00pm  
Hosted by Stonewall & District Chamber of Commerce

**Sat. Dec. 7** Pancake Breakfast with Santa 9:00am - noon  
Stonewall Legion - Stonewall Kinsmen and Stonewall Legion

**Sat. Dec. 7** Pancake Breakfast with Santa 9:00am - noon  
Grosse Isle Rec. Centre

**Sat. Dec. 7** Warren Christmas Craft Sale 11:00am - 3:00pm  
Warren Community Hall

**Sat. Dec. 7** Free Movie at the Flicks 1:00pm & 3:00pm  
Hosted by The Stonewall & District Lions 'Dispicable Me 4'  
Collecting for Interlake Food Bank and Christmas Cheerboard

**Sat. Dec. 7** "Very Merry Winfield Christmas" 5:30pm-8:30pm  
8086 Winfield Road - Admission is by donation in support of Interlake Community Living

**Sun. Dec. 8** - Mary Crafters craft and bake sale 10:00am-3:00pm  
St. Laurent Rec Centre

**Tues. Dec. 10** - Teulon Collegiate Winter Concert 6:30pm

**Wed. Dec. 11** - Stony Mountain School Concert 2:00pm & 6:30pm

**Sat. Dec. 14** - Stonewall United Church Cantata 'Let the Whole World Sing'  
Special Guests - Quarry Choristers 7:00pm  
Tickets \$20/\$10 children under 12 - 204-467-5469 unitedc@mymts.net

**Sat. Dec. 14** - Pancake Breakfast with Santa and bake sale  
10:00am - 1:00pm  
Meadow Lea Hall

**Sun. Dec 15** - Stonewall United Church Cantata 'Let the Whole World Sing'  
Special Guests - Apple Fire 2:30pm  
Tickets \$20/\$10 children under 12 - 204-467-5469 unitedc@mymts.net

Hutterian Holiday Concerts - open to public

**Thurs. Dec. 12** Mallard School - Keystone Colony (Warren) 7:00pm

**Tues. Dec. 17** Meadow Lane School (Rosser) 7:00pm

**Tues. Dec. 17** Rock Lake School (Grosse Isle) 7:00pm

**Tues. Dec. 17** Prairie Blossom School (Balmoral) 7:00pm

**Wed. Dec. 18** Omega School - Interlake Colony (Teulon) 7:00pm

**Wed. Dec. 18** New Haven School (Argyle) 5:00pm

**Thurs. Dec. 19** Lightly School - Clearwater Colony (Balmoral) 7:00pm

**Thurs. Dec 19** Kelsey School (Rosser) Christmas Tea 2:00pm

**Tues. Dec. 17** Warren Elementary School 2:00pm & 7:00pm

**Tues. Dec. 17** Grosse Isle School 1:30pm & 7:00pm  
Grosse Isle Hall

**Tues. Dec. 17** Balmoral Elementary School Matinee 2:15pm & 7:00pm

**Tues. Dec. 17** St. Laurent School 6:00pm

**Wed. Dec. 18** Brant Argyle School 2:00pm & 6:00pm  
Argyle Hall - Argyle Lantern Walk Following concert

**Wed. Dec. 18** Rosser Elementary 1:30pm & 6:30pm - Grosse Isle Hall

**Wed. Dec 18** Teulon Elementary 1:30pm & 7:00pm  
Rockwood Centennial Ctr.

**Mon. Dec. 23** Candle Light Service 8:00pm  
St. Peter Lutheran Church - Teulon

**Wed. January 15** College Stonewall Collegiate Band/Choral Winter Concert  
7:00pm



# Stylish and practical necessities for your kitchen

By E Antonio

Have you ever wondered how you could change your kitchen accessories from boring to fun? Sew Pretty Yet Practical has the answer for you.

Tamara Ewatski, owner of Sew Pretty Yet Practical, has been creating stylish hand towels for nearly 15 years out of her home in Winnipeg.

"I have been sewing since I was young," explained the entrepreneur. Ewatski's mom introduced her to the hobby, adding that she would always create custom outfits for her and her sister.

Ewatski had always dreamed of being a business owner. She once worked in retail but ultimately knew that being a small shop owner was her calling.

Sew Pretty Yet Practical came to life when her sister needed a vendor at a farmer's market.

"I started selling my items at the market and I just never stopped."

Now, Sew Pretty Yet Practical sells to customers from across the province, with many returning to buy their favourite products again.

Her shop name stems from her own personal philosophy.

"I love to make things that are pretty, but are practical as well."

Sew Pretty Yet Practical specializes in hand towels that have either a button or snap top to let you hang your towels on your oven.

You can also find aprons, tote bags, book parks and caddy bags, all with matching designs to go alongside your new towels.

What makes Ewatski's products unique is her fabric selection.

"Fabric is the key part of it. I love keeping an eye out for a fabric that people strike a chord with. I love to find fun and quirky fabric that when people see it, brings a smile to their face," she explained.

If you have your eye on a certain fabric pattern, Sew Pretty Yet Practical will gladly help you find the towel of your dreams. You are welcome to let Ewatski know what you are looking for, and she will try to find the perfect pattern for you. She just wants to make you as happy as can be.

"Every time I have a sale, I legit do a happy dance in my head. I am always thrilled when someone is purchasing something for themselves or as a gift," said Ewatski.

All of Sew Pretty Yet Practical's current fabrics are



Customized aprons and coordinating towels are a pretty yet practical gift idea for the holidays, birthdays and house-warming gifts. Aprons are adjustable at the neckline as well as the waist, which allows them to fit almost anyone. They cost \$28 and hand towels are \$8.

available on her Facebook page at the same name, so you can get a free preview of what is for sale.

You can get your shopping fix at one of many Ewatski's upcoming craft sales or by placing an order through Facebook and picking it up at her home. All of Sew Pretty Yet Practical's products can be shipped at an additional fee. Sew Pretty Yet Practical was at the Fox and Fern Market in Headingley on Nov. 2.



Kevin and Tamara Ewatski of Sew Pretty Yet Practical were at Stonewall's Spotlight on Business sale last Saturday.

TRIBUNE PHOTOS BY LANA MEIER



A large assortment of hand or kitchen towels are available with lots of seasonal options.



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# Popular tour of homes, three times a charm



TRIBUNE PHOTOS BY JO-ANNE PROCTER/  
SANDRA SMITH

Community Living Interlake/Something Beautiful Cafe & Gift Shop hosted their third sold-out Christmas Tour of Homes in Stonewall on Nov. 22. The tour is one of the social enterprise's 'biggest fundraisers for the year. Nancy Dzwinchuk director of social enterprise, beautifully decorates rooms in four homes with items from the gift shop that people can purchase after the tour at discounted prices. VIP ticket holders enjoyed a complimentary holiday appetizer and dainty bar prepared by Chef Ryan and his staff. Pictured left to right: Shelley Proven opened up her home for the 2024 tour; Murray and Christine Campbell; Beverly Schaeffer, one of CLI's original clients at the Rossmere home; Nancy Drad and Mary Best enjoyed visiting the decorated homes; Nikki Wilson and Lil Branscombe hosted visitors in the Wilson home.



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**Opening January 6<sup>th</sup>, 2025**

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but we will continue to distribute our flyers  
using our door to door carriers and distribution boxes.

*Merry Christmas &  
A Happy New Year*

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# Stonewall teens compete at Ninja Warrior qualifier

By E Antonio

Two Stonewall teenagers pushed themselves through the ultimate strength, balance and speed competition on Nov. 17.

Maiya Krahn (14) and Shiloh Steyn-Nagorski (13) recently attended the Ninja Warrior Stage 1 Qualifier at Serratus Movement Centre (SMC) in Winnipeg, and they both did exceptionally well.

Krahn and Steyn-Nagorski placed second and third in the 13/14 Level 4 Ninja division.

The young ninjas both trained at SMC and were thrilled to attend the first competition of the season.

"The competition went really well," said Krahn. "I placed second overall in the whole competition and first in the strength course and second in the speed course."

After discovering SMC online, Krahn fell in love with Ninja Warrior four years ago.

"Ever since I was young, I always enjoyed climbing on stuff. When I found out that there was a gym that offers this kind of sport, I just instantly fell in love."

She now trains five to six hours a week, explaining that the training time varies depending on how sore her muscles are after each practice.

"I normally start with a warm up and some stretches. Then my coaches will put out some challenges for me to try and get. Sometimes I get them really easily, and others I have to work harder for. But that's what I really like about ninja. You can push yourself to the limits and you can make everything as difficult or as easy as you want. It is a really competitive environment to be the best, but at the same some everyone is just one big team."

Both girls like to focus their training sessions on strength exercises, but they acknowledge the importance of balance in ninja training.

"Balance is one of the key things most people forget about in the sport," said Krahn.

Steyn-Nagorski added that parkour also requires a lot of balance.

After seeing *American Ninja Warrior* on television, she started her ninja training at SMC almost five years ago.

"I was always watching the show when I was younger on TV and I always thought it was really cool. I then had my birthday party at SMC and have been in love with the sport ever since."

At her first competition of the year, Steyn-Nagorski had a great time.

"SMC competitions are always won-



Krahn placed second in her division.



TRIBUNE PHOTOS SUBMITTED

Stonewall's Maiya Krahn (14) at the Ninja Warrior Stage 1 Qualifier at Serratus Movement Centre in Winnipeg on Nov. 17.

derful. I got third place and I love how everyone there is just like one great big family. My highlight of the competition was probably in the strength course. I failed the first attempt, but in the redemption round I got it first try."

It was at this moment that Steyn-Nagorski learned a lesson.

"If you fail, get up and try again. You are not a bad ninja if you don't get it on your first try."

At the Ninja Warrior Stage 1 Qualifier, ninjas tried to qualify for Canada Ninja League Regionals in Quebec and British Columbia. The top five competitors from Stage 1 move on to Stage 2, and then the top three ninjas at Stage 2 qualify for Regionals.

"At Regionals, the top 10 qualify for

Continued on page 22



Simone Steyn-Nagorski (13) placed third in her division.

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# True North Foods expands and introduces innovative waste-to-energy technology

By Ty Dilello

True North Foods in Carman, which is Manitoba's only federally certified ruminant processing facility, recently announced the completion of a 32,500-square-foot facility expansion featuring the installation of the cutting-edge rapid organic converter (ROC) technology by Innovative NRG of Manitoba.

This project received nearly \$1.4 million in federal support through the Agricultural Clean Technology Program, delivered by Agriculture and Agri-food Canada.

"Businesses like True North Foods know the importance of taking care of the environment and staying on the cutting edge of technology and innovation," said Lawrence MacAulay, minister of Agriculture and Agri-Food. "Our federal investment through the Agricultural Clean Technology Program will help them make their operations even more sustainable — helping the planet and their bottom line."

This advancement positions True North Foods at the forefront of environmental sustainability within the meat processing industry, significantly enhancing both operational efficiency and environmental stewardship in Manitoba.

The new ROC technology, a hybrid gasification system, revolutionizes waste management by converting all organic waste into clean thermal energy. This autonomous, flameless process generates on-site clean thermal energy that can heat water or buildings, reducing reliance on fossil fuels. The ROC also minimizes landfill use and reduces transportation-related emissions by processing waste at its source, significantly reducing True North Foods' carbon footprint.

"ROC technology was one cornerstone of our plant expansion," said Calvin Vaags, president and CEO of True North Foods. "We needed to expand to meet customer demand for Manitoba Beef, so we took a thoughtful approach to expansion in order to expand in a way that is sustainable long-term economically and environmentally."

True North Foods has offered pro-



At the recent ribbon-cutting ceremony for the expansion of the Carman meat processing facility, which now boasts an additional 32,500 square feet, True North Foods CEO Calvin Vaags highlighted the introduction of their groundbreaking Waste-to-Energy ROC Technology.

ducers a made-in-Manitoba option for slaughtering Manitoba-raised beef for about 10 years. It is now the only federally certified beef slaughterhouse between Alberta and Ontario and the only one with Canadian ownership.

"Expansion provides significant growth opportunities," said Vaags. "Grow volume goes from 700 per week to 2,000 per week (after adding a second shift), with the capability to process organic, halal, kosher and grass-fed beef. Additionally, we've added value to production by processing pet food ingredients. The ROC technology provides significant carbon reduction by diverting waste from landfills. It will also produce energy which we can use to offset natural gas for hot water."

Vargas notes that this project has been under development for two years and that it has a large economic impact on Carman, since True North



TRIBUNE PHOTOS BY PHILLIP DUNPHY

Calvin Vaags, CEO of True North Foods, speaks at the recent ribbon-cutting in Carman.



True North Foods in Carman recently hosted a ribbon-cutting for a plant expansion that incorporated an innovative and sustainable rapid organic converter. This project was partially supported by the federal government and province.

Foods is the town's largest employer.

"We're very excited to have this completed as it opens many new doors for the company. We make a point of us-

ing local trades as much as possible. The project was \$14 million in total, and a significant portion of that went to contractors in the municipality."

## > NINJA WARRIOR, FROM PG. 21

Nationals, and then from Nationals the top 15 qualify for the World Ninja League Worlds," explained Steyn-Nagorski.

She also explained that a typical ninja competition is pretty straightforward.

"You start with a walk through of the course. This is the first time that you will see the obstacles and you do not get trial run so you only have one chance. You only have a couple of minutes to visualize the course before it is your turn to compete."

She also added that competitors are grouped by age, gender and skill level.

"There are five levels with five being the most advanced level. I am currently in Level 4 working towards level five. There is no one currently at SMC in Level 5. It requires a lot more commitment, dedication and at-home strength conditioning."

When the girls are up on the ninja stage, they both feel a sense of excitement and nerves.

"I am very nervous when I get up there, but as soon as I start doing the obstacles the nerves just go away because, really, the worth thing that could happen is failing an obstacle. But, that is OK because some-

times you just have a bad day," said Steyn-Nagorski.

Stonewall's young ninjas' goal is to qualify for the Ninja World Championships for the second time after qualifying in 2023.

Krahn hopes to improve her ninja skills by qualifying for the Premier Ninja Series.

"The Premier Series is one level higher than worlds," she added.

The next competition for the Stonewall ninjas is set for the end of February. They will compete in Stage 2 of the Ninja Warrior Qualifier.

In the meantime, they will both dedicate a lot of their time to training and coaching other junior ninjas.

**CHRISTMAS HAMPERS**  
**Do you or someone you know need a hamper this Christmas?**  
 Please be advised that Christmas Cheer Board hampers can be ordered from now until December 10th. Hamper pick-up will be December 21st. **Please call 467-7370 to order a hamper.** Requests for hampers need to be made every year.

# Activities for Seniors in Your Area



**Activity Centre**  
374 1st Street West, Stonewall  
204-467-2582 si55plus@mymts.net  
Tuesday-Friday: 8:30am-4:00pm

**2025 MEMBERSHIPS AVAILABLE NOW! \$25.00 FOR A CALENDAR YEAR**  
To renew or become a new member, check out our website at [www.si55plus.org](http://www.si55plus.org) to fill out a Membership form or come see us at the Centre (374 1st Street West, Stonewall).  
**- You do not have to be 55 + to become a member!**  
- Payments can be made by cash, cheque or E-transfer to [si55info@gmail.com](mailto:si55info@gmail.com)

**Winter Wonderland Christmas Light Display**  
Tuesday, December 10  
Cost: \$25.00 per person  
(Dinner at Denny's at your own expense)  
Registration deadline: Thursday, December 5

**December Active Wellness**  
**Wednesdays: Christmas Fitmas Class**  
December 4, 11 & 18 - 5:00-5:45pm  
**Thursdays: Yuletide Yoga**  
December 5, 12 & 19 - 9:30-10:30am  
**Thursdays: Party Pilates**  
December 5, 12 & 19 - 5:00-6:00pm  
All classes at 374 1st Street W. Stonewall  
10.00 drop in fee

**Laughter Yoga**  
Thursdays, 1:00 - 2:00 pm Jan 9, 23 & 30, Feb 6 & 13  
Drop in Fee: Members \$3.00 / Non-members \$5.00

**Wine Tasting Fundraiser Event**  
Hosted by South Interlake 55 Plus  
Thursday, January 16 6:30 - 9:00 pm  
Advance Tickets Only: \$30.00 (Etransfer available)  
Ticket deadline: Tuesday, January 14

**The Leaf Fleurs de Villes Exhibit**  
Thursday, January 16  
Lunch to follow at Bluestone Cottage (at your own expense)  
Cost: Members \$40 / Non-members \$45  
Registration deadline: Thursday, January 2

**Presentation: Understanding Dementia and Brain Health**  
Tuesday, January 21  
6:30 - 7:30pm  
Please pre-register

**Bridge**  
Tuesdays:  
December 3 & 17  
January 7, 14, 21 and 28  
1:00 - 3:00 pm

**McPhillips Station Casino**  
Tuesday, February 4  
Registration deadline:  
Thursday, January 30  
Members \$20 / Non-members \$25

**WEEKLY ACTIVITIES**

Cards	Quilting	Ukulele Club
Line Dancing	Craft n' Coffee	Virtual Chat
Pickleball	Men's Chat	Exercise Programs

**VOLUNTEER OPPORTUNITIES**  
We are a volunteer-based organization and we are always looking for volunteers whether it is to facilitate a program, serve at our luncheons, provide dainties or volunteer at a fundraiser. We are always looking for new volunteers. Feel free to contact the office!

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

### SOUTH INTERLAKE SENIORS RESOURCE

**Support Services for Seniors • Driver/Escort Program**  
• Equipment Lending Service • Meals on Wheels • Lifeline  
• ERIK and ICE Programs • Handy Helper/Housekeeping Program  
• Friendly Visiting and Telecheck (phone buddy)  
• Home Hair Care Service • Resource information/Form Assistance  
Our office is located in the Stonewall Lions Manor at 622 Centre Avenue, Entrance 4.  
**204-467-2719 www.sisrc.ca**

**Looking for Volunteer Drivers for our Meals on Wheels Program**  
The program is designed primarily for the older temporarily disabled, disabled or ill persons who can live alone safely with the minimum of outside assistance. The program is available Monday through Friday, with pickup and delivery between 4:15 and 5:00 pm. (Meals on Wheels is not provided on weekends or Statuary Holidays) Currently Senior Resources is looking for your help as we are in need of volunteer driver for Friday's. Please contact Corinna or Barb (Senior Resources) at 204 467 2719 for more information.



### Meals on Wheels

- > Providing more than just food, Meals on Wheels is a vital community program delivered by dedicated volunteers providing a hot nutritious dinner and a friendly connection.
- > Meals are delivered Monday - Friday from Rosewood lodge in Stonewall and is currently available to residents of The Town of Stonewall only.
- > Cost per meal is currently \$6.50 with the cost being determined by Rosewood Lodge.
- > Meals per day are limited so there may be a waitlist.



**Supports to Seniors in Group Living (SSGL)**  
SSGL provides a range of free enhanced support services in group living/elderly persons housing buildings. These services will assist the residents in accomplishing their Instrumental Activities of Daily Living (IADL's) and provide them with the support to remain in their community and "age in place" If wanting any support services in group living/elderly persons housing building, please contact Kelley Rutkair @ 431 381 4002 or email @ [ssglstonewall@shaw.ca](mailto:ssglstonewall@shaw.ca)

**The South Interlake Seniors Resource Office will be closed**  
**Wednesday December 25th/24, Thursday December 26th/24**  
**& Wednesday January 1st/25**

 From the Staff and Board of Directors of South Interlake Seniors Resource, We wish you a Merry Christmas and a Happy and Healthy 2025!

**For more information call 204-467-2719**

## Teulon & District Seniors Resource Council Inc.

*Providing a Helping Hand*

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

**PROVIDING FREE SERVICES TO SENIORS:**

- PHONE BUDDY • DRIVER ESCORT
  - INFORMATION/FORM ASSISTANCE
  - COMMUNITY VOLUNTEER INCOME TAX PROGRAM
  - MEDICAL EQUIPMENT LOANS
- REGULAR OFFICE HOURS: 8:30AM-4:30PM**

## St. Laurent Seniors Resource Council Inc.

**"SENIORS IN ACTION"**

*55+ and people living with disabilities*

*Support Services in the RM of St. Laurent and Oak Point*

**Office: St. Laurent Community Health Centre**

**51 Parish Lane, Please call: 204-646-2504 ext. 3**

Free E.R.I.K. Emergency Response Information Kit,

Free on loan mobility aids, Resource information, Monthly Birthday Club,

Fundraising activities throughout the year. Fee for Service such as,

Foot Care Clinic, Victoria Lifeline, housecleaning and more.

Free use of Exercise Equipment, Free Adult Bikes on loan,

Free Community Volunteer Income Tax Program

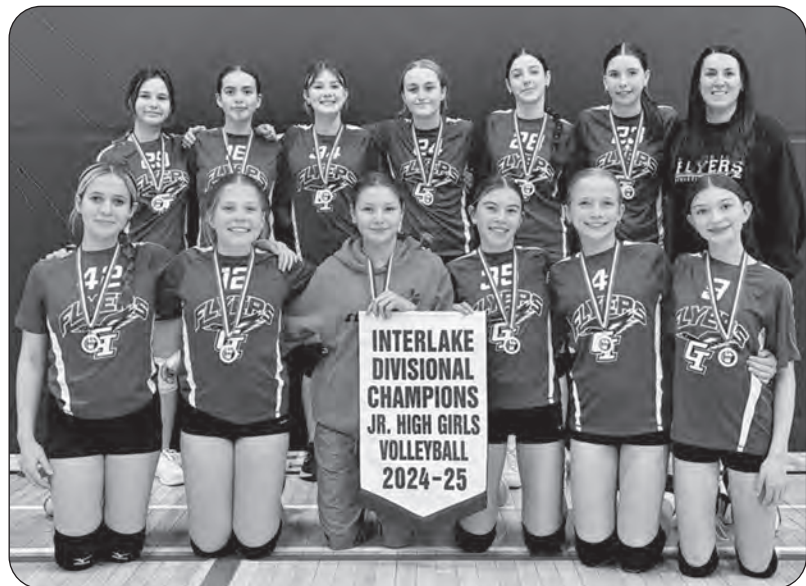
Annual Seniors Summer Feast in August -Entertainment-Supper-Resources

Office Hours: Tuesday to Thursday: 10:00AM-4:00PM [stlsrc@mymts.net](mailto:stlsrc@mymts.net)

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Junior High divisional volleyball champions



TRIBUNE PHOTOS SUBMITTED

The Grosse Isle Flyers are the 2024-25 Interlake School Division Jr. High Girls volleyball champions. The Flyers defeated Teulon Saints in the finals after defeating the Stonewall Sentinels Gold team in the semi-final match on Nov. 26. The Warren Wild won the 2024-25 Jr. High Boys banner after defeating the Grosse Isle Flyers in the finals in two sets. In semi-final action the Wild defeated the Stony Mountain Hawks. The Wild finished first in round-robin play, losing only one game. Pictured left: Grosse Isle girls, left to right, back row: Nicole S., Sydney M., Kayla V., Ashlyn Lou H., Ashlyn H., Emma C. and Monica Baldwin (coach); front row: Kadence P., Cooper D., Ava G., Annika I, London S. and Elliot O. Right, Warren boys, back row: Crystal Pruden (coach), Theodore Anderson, Parker Olson, Brody Ivany, Reed Olson, Easton MacMillan, Kaiden Ottenbreit, Oliver Fleury, Patrick Kuizenga, Alton Langrell and Stefanie Byron (coach); front row: Mason Sholdice, Matthew Savoie, Eli Grassinger, Grayson Smith and Hayden Riddell.

## Merces lay an offensive beating on struggling Islanders

By Kieran Reimer

The Warren Merces had a major bounce-back performance with a thumping of the Portage Islanders on Saturday.

The Merces' offence connected eight times en route to an 8-4 victory, which moved them into a share of second place in the South Eastern Manitoba Hockey League.

The most impressive performance of the night came from Dexter Kuczek, who scored two goals and four assists to continue his hot start to the season.

Jesse Korytko and Dylan Cassie also scored twice, while Braydon MacDonald and Riley Vautour rounded out the scoring for the Merces.

Despite a 10-4 loss against Winkler on Nov. 24, the Merces continue to roll, having won four of their previous five contests.

The Merces intend to keep it going on Saturday at home against the first-place Springfield Winterhawks in their season's toughest competition.

The puck drop goes at 8 p.m. at Access Credit Union Arena.



TRIBUNE PHOTO BY MATTHIEU MEIER

The Warren Merces' Dexter Kuczek scored two goals and four assists against the Portage Islanders in SEMHL action last Saturday.

To see more photos of your favourite Interlake Athletes

GO TO Stonewall Teulon Tribune | flickr

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# Rams provincial championship run ended by host Wings

By Kieran Reimer

The Stonewall Rams Varsity Girls volleyball team came up just short of a provincial championship on Saturday.

Competing in AAA provincials at Westgate Mennonite Collegiate, the Rams made an incredible run to the championship game, ultimately falling in two sets to the Westgate Wings.

After a season in which the Rams were a top team provincially all season long, the loss in the championship has left a bitter taste in the mouths of the Rams players and coaching staff who thought they might be celebrating a provincial championship instead right now.

“Right now, Saturday feels like a huge disappointment,” said head coach Curtis Grieve. “But I have talked to some people and said a week from now you won’t really be feeling the pain of the loss but you’ll be able to celebrate the fact that you are second in the province and had a wonderful season and weekend.”

It was a wonderful season for the Rams, who seemingly got better as it went on.

Their provincials run started by fin-

ishing second in the tournament’s top pool before they eliminated the Virden Bears and W.C. Miller Aces in the knockout round.

Westgate, however, was the one team that seemed to have the Rams’ number all throughout the provincial weekend, beating them in straight sets in both the round-robin and championship games en route to an undefeated provincial.

“They don’t make a lot of mistakes and in the final they played one of their best games of the season,” said Grieve. “They only missed one serve all game. We served pretty well but they were able to receive and play good defence all game. The match-up was fair for us but their game was outstanding. You tip your hat to them. I don’t think they could have played any better — not that we were off but they just executed a little better than us.”

Following this season, the Rams will unfortunately be without the services of grade 12’s Shannon Bodnarus, Alycia Galbraith, Ruby Harrisko and Natasha Schultz, who were the team’s leaders on and off the court this sea-



TRIBUNE PHOTOS BY LANA MEIER

The Stonewall Collegiate Rams are the MHSAA Provincial “AAA” volleyball finalists. Pictured left to right, back row: Curtis Grieve (coach), Kassie Siwak, Adria Vandersteen, Natasha Schultz, Kenzie Porter, Jordan Hudon, Rhea Myers, Ruby Harrisko, Ms. Kim Kerelchuk; front row, Shannon Bodnarus, Morgan Walker, Alycia Galbraith, Ella Fumerton, Kamryn Hunnam and Lucy Hoff.

# Stonewall’s super skaters



TRIBUNE PHOTO BY CECILIA TURNER

The Stonewall Skating Club had a number of their skaters medal at the Skate Winnipeg Superskate competition in Winnipeg on Nov. 23-24. Gaia Turner: STAR 4 Free Skate - 2nd place; STAR 4 Elements - 1st place; Improv 2 - Silver; STAR 4 Team with Lacey Learning - 1st place. Turner is coached by Keesha McCutcheon. Lacey Learning: STAR 3 Free Skate - Silver; STAR 3 Elements - Silver; STAR 4 Team with Gaia Turner - 1st Place. Leona Learning: Stage 4 CanSkate - Gold. Leigh Nesbitt coaches the Learning sisters. Pictured left to right: Leona Learning, Gaia Turner and Lacey Learning.



The Rams’ Shannon Bodnarus goes high for slam against Westgate in the provincial final.

son.

Grieve said he hasn’t thought much about next year, though he knows he will inherit a strong group of players from the junior varsity team that was provincially ranked this season.

He will also have nine players eligible to return from the varsity team who now hold important provincial experience.

“Seeing the success of our junior varsity team this year who played in the third place game at provincials and were ranked in the top five

throughout the season, there’s a lot of positives moving forward,” said Grieve. “I haven’t really looked too far into the future. We are taking some time to celebrate what the varsity girls were able to do. I said it in our postgame meeting, we were blessed to have four Grade 12 girls who all demonstrated their leadership in different ways and were overly committed to our team. The biggest part is they are four fantastic people, great teammates, as well as great players.”

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Varsity Thunder present team awards for RMFL achievements

By Kieran Reimer

One month after experiencing heartbreak in the Rural Manitoba Football Championship, the Varsity Interlake Thunder were back together in Stonewall for one final time this year to celebrate the many incredible moments of the 2024 season.

Though the Thunder didn't win the ultimate prize this season, they still proved they were right there as one of the top varsity football programs in the province in a season where things felt stacked against them from the get-go.

The RMFL re-aligned them to a three-team Urban Division at the start of the season, which surprised many of the team's staff and players. Thus, they had to pivot their approach to the entire season early on.

After a short regular season, multiple intersquad games on bye weeks and still making a run to their second consecutive championship game, the Thunder managed to make it a positive season.

On Saturday, team players and staff gathered at the Stonewall Legion to honour the season's accomplishments with their annual team awards and put one final bow on the 2024 campaign.

"I was really proud of the team for the way they pushed through some adversity this season with some of the re-jigging of the league," said head coach Christof Hasselfield on Wednesday morning. "I told them I appreciate the way they still showed up and did their job. It was still a successful year. With the awards I'm always torn because I like that we get to recognize the guys we do and it's well deserved but there's also a part of me that feels like we preach being a team and doing your job. Like I told the team, sometimes your job isn't glamorous and isn't the one that's going to win you an award, but it doesn't mean it's any less important."

Though the staff was divid-



Jessie Batenchuk



AJ Nadon



Jake Rogoski



Luke Robinson



Jackson Nichol



Jamie Dandeneau



Quinton Favel



Trevin Smith

ed on who should receive some of the awards, they ultimately decided on who should receive this year's individual awards.

Headlining the eight-handed out on the night, the most valuable player, to no surprise, went back to the player who won it last year.

Junior Jessie Batenchuk, the winner of this year's team MVP, received the award for an incredible season playing quarterback.

After leading the Thunder's offence in 2023 as a wide receiver, Batenchuk made the full-time switch to quarterback this season and had a breakout performance in their week one game against the Falcons.

After leading the Thunder to a 2-2 record in the regular season, Batenchuk continued to up his game throughout the season, leading the Thunder to a semi-final victory and nearly an upset over the undefeated St. Vital Mustangs in the championship game.

Still, just a junior, Batenchuk

is eligible to return next season for the final year of his varsity career.

"It's his leadership from spring camp all the way through, he really set that tone and kept the guys on track during practice," said Hasselfield. "This is his first year at quarterback and we put a lot on him. He's a team first guy, a great athlete, and great attitude. In crunch time you can lean on him, and you know he'll make a play. He definitely earned it."

His right-hand man on offence, AJ Nadon, also received an award as the Thunder's Offensive MVP this season.

In his junior campaign, Nadon ran for a touchdown in every game, including one in the championship game.

"He was the motor that made the offence run," said Hasselfield. "His ability to make a couple guys miss and turn a two yard gain into a seven, we were able to build off that. His threat opened up the passing game as well and

he was a catalyst for the offence. Maybe one of the most dynamic players I've ever got to coach. He's a special talent."

Then, on the other side of the ball, senior Quinton Favel received the Defensive MVP Award.

In his final season with the Thunder, Favel switched from defensive end to middle linebacker, his career position.

The move turned out to work wonders, as Favel was able to cover all areas of the field and shut down many of the opposition's top offensive threats gamely.

"I don't know if I have the words to say how big he was, he was such an impact," said Hasselfield. "He's a tone setter, a great leader and a guy that will be really sorely missed next year. He's got big things ahead of him for sure. The pace he plays with, he's kind of a freak athlete for how big he is and he never turns it off."

Rounding out the awards

were Jackson Nichol winning the Leadership Award, Trevin Smith winning Rookie of the Year, Luke Robinson winning Special Teams Player of the Year, Jamie Dandeneau winning Impact Player of the Year, and Jake Rogoski winning Lineman of the Year.

The RMFL also awarded Rogoski as the top lineman of the entire league as well as Jakob Samborski, who battled a knee injury all year, with the RMFL's Outstanding Student Athlete Award.

Now, with the season over, the Thunder have 10 players aging out of the program who will become eligible to play junior-level ball in 2025.

Hasselfield believes some will pursue the Canadian Junior Football League or the Manitoba Major Junior Football League as the next step in their competitive football careers.

The players returning next year will get the winter off before Thunder Spring Camp in the new year.

# Jets weekend split keeps them sixth in MMJHL

By Kieran Reimer

The Stonewall Jets remained neutral in the standings after a weekend split in the Manitoba Major Junior Hockey League.

The Jets started the weekend with a decisive 5-2 win over the Raiders Jr. Hockey Club on Friday in Stonewall.

Alex Kaczorowski had two while Peyton Bateman, Cohen Cheung and Rylan Slatcher had the others.

Spencer Hunnam also picked up the win in net stopping 27 of the 29 shots he faced.

Then on Sunday the Jets efforts came up just short for a 5-3 loss to the first place Transcona Railer Express at East End.

Both teams went back and forth in goals to be tied 3-3 midway through the third period before the Railer Ex-

press tallied on the powerplay and added an empty netter.

The Jets goals once again came from Kaczorowski, Bateman and Cheung while Hunnam made another 43 saves on 47 shots.

Following the weekend split the Jets remain sixth in the MMJHL with a 10-8-2 record.

Next week they host the St. Boniface Riels on Thursday before heading out to St. James on Sunday.

## UPCOMING GAMES:

Thursday, Dec. 5 vs St. Boniface Riels, 8 p.m. at Veterans Memorial Sports Complex

Sunday, Dec. 8 at St. James Jr. Canucks, 2:45 p.m. at Ab McDonald Arena



TRIBUNE PHOTO BY LANA MEIER

The Stonewall Jets' Alex Kaczorowski scored two, while Peyton Bateman scored one against the Raiders Jr. Hockey Club last Friday.

## Lightning Report: U17s searching for offence after break in schedule

By Kieran Reimer

The U17 AAA Male Interlake Lightning are hoping for better starts and more offence in their upcoming games.

Last week the Lightning found themselves playing from behind for most of their two games on Saturday and Sunday.

Both times, the Lightning couldn't find the back of the net until the third period of losses to the Winnipeg Wild and Pembina Valley Hawks.

Head coach Niels Kaczorowski believes part of it was due to their previous 13 days off from games. The team now sits seventh with a 3-9-3 record.

"Unfortunately, we had a pretty light schedule, so we had almost two weeks off and didn't have our legs at the start," said Kaczorowski. "We went down early in both, found ourselves chasing and just couldn't climb back. It was definitely a good effort from the boys, though, in some tight games. We're having difficulty scoring right now; unfortunately, we ran into two of the better goalies in the league."

Kaczorowski added that since last week they've been working on scor-

ing in practice as they get set to take on the Winnipeg Wild once again on Tuesday night.

So far this season, the Wild have bested the Lightning 4-2 in both meetings, with goal-scoring being the deciding factor.

This time, he said they will need to shut down the Wild's top line if they want a chance at winning.

"The Wild we definitely know," said Kaczorowski. "They got some high-end scorers that, as long as we can shut them down and get some more shots, we can definitely win. We just have to get more shots from better-scoring opportunities and get more from the slot. We've changed up the lines and we'll see if we can get some goals."

Puck drop Tuesday went at 7:40 p.m. at Hockey For All Centre in Winnipeg. Due to our press schedule, the score was unavailable at the time.

The Lightning return to game action on Saturday against the Winnipeg Thrashers at 5:30 p.m. from Gateway Recreation Centre.

The U13 AA Female Interlake Lightning lost 4-2 to the Titans in Stony

Mountain on Sunday. They currently sit seventh with a 3-6-0-1 record.

Next game: Sunday, Dec. 15 vs St. Vital Victorias, 3:30 p.m. at Stony Mountain Community Centre

The U13 AA Male Interlake Lightning lost 6-5 to the Winnipeg Bruins Brown on Saturday afternoon at Dakota Community Centre. They currently sit 17th with a 3-5-0-1 record.

Next game: Friday, Dec. 6 at Brandon Wheat Kings, 6:30 p.m. at Brandon Flynn Arena

The U15 AA Male Interlake Lightning won 5-3 over the Winnipeg Thrashers White on Saturday in Arborg. They currently sit 10th with a 4-6-3 record.

Next game: Friday, Dec. 6 vs Brandon Wheat Kings, 7:30 p.m. at Veterans Memorial Sports Complex

The U15 AAA Female Interlake Lightning had the week off games after last weekend's Rivalry Cup in Minnesota. They remain seventh with a 1-10 record.

Next league game: Saturday, Dec. 21 at Central Plains Capitals, 5 p.m. at

BDO Centre

The U15 AAA Male Interlake Lightning lost 9-1 to the Central Plains Capitals on Sunday in Portage la Prairie. They currently sit fifth in the Central Division with a 3-12 record.

Next game: Thursday, Dec. 5 at Winnipeg Wild Red, 6:15 p.m. at Hockey For All Centre

The U18 AAA Female Interlake Lightning split the weekend beating the Westman Wildcats 3-1 on Saturday and losing 7-1 to the Winnipeg Avros on Sunday. They currently sit ninth with a 1-10 record.

Next game: Friday, Dec. 6 at Pembina Valley Hawks, 7:30 p.m. at Access Event Centre

The U18 AAA Male Interlake Lightning shutout the Parkland Rangers 3-0 on Sunday in Dauphin. They currently sit seventh with a 10-7-1-2 record.

Next game: Wednesday, Dec. 4 at Winnipeg Bruins, 6:45 p.m. at Southdale Community Centre

**Stonewall Jets Player Profile**

**#29 Cohen Cheung**  
Forward

*Come out to support the Jets*

**UPCOMING GAMES**

Thursday, Dec. 5 at 8 p.m.  
St. Boniface Riels at Stonewall Jets  
Veterans Memorial Sports Complex

Sunday, Dec. 8 at 2:45 p.m.  
Stonewall Jets at St. James Jr. Canucks  
St. James Civic Centre

# get inspired

> MEAL IDEAS



Yield: 8 wreaths and 18 balls  
**Cranberry Popcorn Balls:**  
 2 cups sugar  
 1 cup whole berry cranberry sauce, slightly mashed  
 1 tablespoon grated orange peel  
 1/2 cup cranberry juice  
 1/2 cup light corn syrup  
 1 teaspoon vinegar  
 1/2 teaspoon salt  
 5 quarts unsalted popped popcorn  
**Holiday Wreath Popcorn Treats:**  
 Nonstick cooking spray  
 3 quarts popped popcorn  
 4 tablespoons (1/2 stick) butter or margarine  
 3 cups miniature marshmallows  
 3 tablespoons (1/2 of 3-ounce box) lime gelatin dessert mix  
 small red candies  
 jelly beans  
 red fruit leather  
 To make cranberry popcorn balls: In heavy saucepan, combine sugar, cranberry sauce, orange peel, cranberry juice, corn syrup, vinegar and salt.

  
**FamilyFoods**  
 Phone 467-5553

## Holiday Wreath Popcorn Treats and Cranberry Popcorn Balls

Bring to boil; lower heat and cook to 250 F on candy thermometer. Mixture will bubble in pan so watch to keep from boiling over.

Pour mixture slowly onto hot popcorn and mix until well-coated. Let stand 5 minutes, or until mixture can easily be formed into balls. Butter hands and form into 3-inch balls.

To make holiday wreath popcorn treats: Spray large mixing bowl lightly with nonstick cooking spray and place popcorn inside.

In medium saucepan, melt butter over low heat. Stir in marshmallows and gelatin dessert powder until marshmallows are melted and mixture is smooth. Pour over popcorn and mix well until coated.

Spray hands with nonstick cooking spray and press firmly to form popcorn mixture into 9-inch logs then bend to form "wreaths." Place "wreaths" on wax paper. Press candy pieces and jelly beans onto wreath to decorate; add "ribbon" cut from fruit leather.



Recipe courtesy of "Cookin' Savvy"  
 Servings: 4-6  
 2 cups leftover chopped turkey  
 1 1/2 cups frozen spinach  
 2 tablespoons butter  
 2 cups chicken stock  
 2 cups orzo

## Turkey Spinach Orzo

1/2 cup grated Parmesan cheese  
 1 tablespoon garlic powder  
 1 tablespoon onion powder  
 salt, to taste  
 pepper, to taste

In large skillet over medium heat, brown turkey and spinach with butter. Add chicken stock and orzo; cover and cook 10 minutes.

Turn off heat and mix in Parmesan cheese, garlic powder and onion powder. Season with salt and pepper, to taste.

## Pumpkin Chiffon Pie



Recipe courtesy of "Cookin' Savvy"  
 Servings: 8-10  
 1 envelope unflavored gelatin  
 1 can pumpkin

1 teaspoon cinnamon  
 1/2 teaspoon ginger  
 1/2 teaspoon cloves  
 1/2 teaspoon salt  
 1/2 cup sugar  
 1 beaten egg  
 3/4 cup milk  
 1 cup whipped topping, plus additional for serving (optional)  
 1 graham cracker pie shell  
 In saucepan, mix gelatin, pumpkin, cinnamon, ginger, cloves, salt and sugar. Whisk in egg and milk. Bring to boil over medium heat while stirring.

Set aside and let slightly cool then whisk in 1 cup whipped topping. Pour into pie shell. Refrigerate overnight.

Serve with additional whipped topping, if desired.

## Understanding health buzzwords

By Fitness Expert Julie Germaine Coram

It's fantastic that, overall, people are becoming more health conscious and aware of how the choices they make in their foods affect their quality of life. Many companies have caught on to this and added labeling to help consumers choose the right product for their nutritional needs. However, a dark side to the spotlight on eating well is how some food producers have allowed their marketing teams to create confusing, often deceptive, buzzwords. Let me break down the good and the bad of what some of the most popular labels really mean to you.

**Organic:** You've noticed this label and the higher price tag in many cases. In Canada, organic products are non-GMO, meaning that they are grown with the use of any genetically engineered products, including synthetic growth hormones or antibiotics, artificial additives or preservatives. Read carefully because I didn't say pesticide-free since organic farmers can use natural pesticides to control pests in their crops, in some cases, which many still have environmental impacts to consider. A few downfalls to choosing organic food are that sometimes foods spoil more quickly and are not necessarily more nutritious than available frozen versions, which were packaged and preserved at their peak quality.

**Non-GMO:** Products that do not contain any genetically modified organisms. The long-term effects of consuming GMOs cannot be known yet. However, this tag does not speak to the use of chemicals related to the food.

**Gluten-Free:** Products labelled certified Gluten-Free are made with careful planning to avoid contamination of the product with gluten, a protein found in wheat, barley, and rye, which is required for people who live with celiac disease or



Fitness Expert Julie Germaine Coram

a sensitivity to this protein. To improve the texture and taste of these products, they are sometimes higher in sugar or fat.

**Grass-Fed:** This term refers to whether an animal was grass-fed or ate a combination of grass, grain or corn, which could mean meats have different nutrient profiles. Various terms are used, and it's often unclear from the many similar terms which guarantee short- or long-term dietary habits, and if the government follows up on such claims in any way.

Are you interested in articles on this topic? Reach out to me with your comments and questions at [info@juliegermaine.com](mailto:info@juliegermaine.com), or if you want to discuss your individual nutrition questions, fitness goals and struggles with me, visit my website [www.juliegermaine.com](http://www.juliegermaine.com) or schedule a consultation by visiting: [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

Coach Julie Germaine Coram is dedicated to long-life health! She is an active mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fitness Specialist. She has helped many thousands of people worldwide improve their health since 2005.

## Easy Crab Rangoon



Servings: 12  
 Nonstick cooking spray  
 12 wonton wrappers  
 4 ounces cream cheese, softened

4 ounces lump crabmeat  
 1 scallion, sliced thin, green and white parts separated  
 1 teaspoon fresh ginger, grated  
 1 teaspoon soy sauce  
 Heat oven to 350 F.

Spray muffin pan with nonstick cooking spray. Press wonton wrappers into muffin cups. Lightly spray wrappers with nonstick cooking spray and bake until lightly browned, 6-9 minutes. Let cool slightly.

In medium bowl, beat cream cheese until smooth. Combine with crabmeat, scallion whites, ginger and soy sauce. Fill each wonton wrapper with filling. Bake until filling is heated through, 6-8 minutes.

Sprinkle with scallion greens. Serve warm.

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

Fun By The Numbers

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

Sudoku Answer on page 30

Level: Intermediate

#### Here's How It Works:

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

### THE RURAL MUNICIPALITY OF ROCKWOOD



## PUBLIC NOTICE

### REGARDING GENERAL BORROWING BY-LAW #10/24 TO PAY FOR THE CONSTRUCTION OF A SENIORS HOUSING FACILITY

The Council of the Rural Municipality of Rockwood, at its regular meeting in the Council Chambers, Rockwood Municipal Office, 285 Main Street Stonewall MB, on December 11, 2024, at 11:30 a.m. will give first reading to By-Law 10/24 to consider the following proposal to borrow \$7,000,000.00 (Borrowing By-Law #10/24) to pay for:

The construction of a new seniors housing facility near the junction of Road 75N and Road 10E

The total estimated cost of the age in place facility is \$15M, to be funded as follows:

- \$3,000,000 to be funded by the Aggregate Reserve to be issued in 2024
- \$4,000,000 to be funded by borrowing to be issued in 2025
- The balance to be funded by Developers

The borrowing will be repaid over 10 years, at a maximum interest rate of 7.0% per year

The annual repayment amount will be no more than \$996,642.52 to be levied annually as part of the general municipal levy.

Copies of the proposal to borrow and information about the capital project are available at the Rockwood Administration Office at 285 Main Street, Stonewall MB or on the municipal website: www.rockwood.ca

Dated at the Rural Municipality of Rockwood this 8th day of November, A.D., 2024 and issued pursuant to Section 174.1(1) of The Municipal Act.

Chris Luellman, CMMA  
Chief Administrative Officer  
Rural Municipality of Rockwood  
Phone: (204) 467-2272 / Email: info@rockwood.ca

### THE RURAL MUNICIPALITY OF ROCKWOOD



## PUBLIC HEARING

### REGARDING GENERAL BORROWING BY-LAW #10/24

In accordance with Section 162(2) of The Municipal Act, the Rural Municipality of Rockwood shall hold a PUBLIC HEARING to present the Borrowing By-Law #10/24 for the Construction of a Seniors Housing Facility near the Junction of Road 75N and 10E in the Stony Mountain Area at:

11:30 a.m.

Wednesday, December 11, 2024  
RM of Rockwood Administrative Office  
285 Main Street  
Stonewall, Manitoba

The Rural Municipality of Rockwood Borrowing By-Law consists of:

- \$3,000,000 to be borrowed from the Aggregate Reserve
- \$4,000,000 to be funded by Borrowing

The purpose of the PUBLIC HEARING is to allow any interested person to make representation, ask questions, or register an objection in respect of the Rural Municipality of Rockwood Borrowing By-Law #10/24.

Any person who wishes to make a Presentation, Ask a Question, or Send a Letter to Council must provide a copy of the presentation and/or documentation no later than 4:00 p.m. on December 6, 2024.

Copies of the Borrowing By-Law #10/24 are available for review at the Municipal Office, Monday to Friday between the hours of 8:30 a.m. and 4:30 p.m.

Chris Luellman, CMMA  
Chief Administrative Officer  
The Rural Municipality of Rockwood



### FARMERS AND RANCHERS

Plan to attend the Bred Cow sale  
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The Tribune Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication  
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**Tribune**



## EMPLOYMENT OPPORTUNITIES

The Town of Teulon invites applications for the following position:

### Recreation Administrator

Interested applicants may view details online at [www.teulon.ca](http://www.teulon.ca)

### Government -> Career Opportunities

Deadline for Applications: December 13th at noon.  
Applications may be submitted to [info@teulon.ca](mailto:info@teulon.ca) to the attention of Chris Yuen, CAO.

This position is to commence as soon as possible.

*We thank all who apply, however only those selected for an interview will be contacted.*

### LIQUOR LICENCE APPLICATION PUBLIC NOTICE ASSOCIATION FOR COMMUNITY LIVING (INTERLAKE BRANCH) INC.,

operating as **VETERAN'S MEMORIAL COMPLEX**  
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Please contact the Liquor, Gaming and Cannabis Authority of Manitoba at 204-927-5300 if you have questions about this application.

Please contact your municipality if you have questions about zoning bylaws and requirements.

If you want to make a formal objection to this application, please send us your objection in writing by 4:30 p.m.

#### 14 DAYS FOLLOWING THE PUBLICATION OF THIS ADVERTISEMENT

You can email, mail or fax your objection. Please include your contact information.

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Mail: LGCA Objections  
1055 Milt Stegall Drive  
Winnipeg, MB R3G 0Z6  
Fax: 204-927-5385

- We respond to all formal objections and will work to resolve objections before issuing a licence.
- A copy of the objection, including the name of the person who submits the objection, will be provided to the licence applicant.
- Each person who submits an objection will be advised in writing of the outcome to the licence application.

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Todd  
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### CARD OF THANKS

The Stonewall Anglican Church of the Ascension would like to thank everyone who helped make our Christmas Tea a great success. Raffle winners were: Christmas Afghan – Shirley Esaruk; Grocery Hamper 1 – Carol Peters; Grocery Hamper 2 – Beth Litton.

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

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### Sudoku Answer

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### BIRTHDAY



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## WESTERN INTERLAKE PLANNING DISTRICT UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

**WESTERN THE RURAL MUNICIPALITY OF ST. LAURENT BY-LAW NO 22/2024 Being an AMENDMENT TO THE RURAL MUNICIPALITY OF ST. LAURENT BY-LAW NO 5/05, and AMENDMENTS THERETO:**

- HEARING LOCATION:** RM of St. Laurent Council Chambers, Recreation Centre #16 Veterans Memorial Rd, St. Laurent, MB
- DATE & TIME:** January 2nd, 2025 at 10:15 a.m.
- GENERAL INTENT:**
- To change "vacant site" to "site without a main dwelling building" in the General Regulations for Travel Trailers/Recreational Vehicles
  - To add the clause "All Communication Towers are federally regulated and are under the jurisdiction of Industry Canada" in the General Regulations
  - To remove "Special Events" and "Communication Installations and Facilities" from the use tables
  - To remove "< 4 acres 0 AU" from "5.9 Livestock and Livestock Production Operations"
  - To add minimum setbacks for accessory buildings and structures in the "SR-M" zone
  - To add maximum height and maximum site coverage for accessory buildings and structures in the "SR-M" zone

**AREA AFFECTED:** All land within the Rural Municipality of St. Laurent  
**FOR INFORMATION CONTACT:** Cherie Millar, Office Administrator, Western Interlake Planning District  
Box 269, St. Laurent, MB R0C 2S0, (204) 646-2615, Fax: (204) 646-4150, Email: [wipd@mymts.net](mailto:wipd@mymts.net)

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# Announcements



## OBITUARY



**John Frederick Barbour**  
May 9, 1935 - November 29, 2024

We are deeply saddened to announce the passing of John Barbour on November 29, 2024, at the age of 89 at Teulon Hunter Memorial Hospital and Care Home.

Left to cherish his memory are his wife of Florence (Flo); their sons Glenn (Rossa), Doug (Nicole), Calvin (Beth), and Dale; John's daughter Bonnie from a previous relationship; his sister Ethel; grandchildren Curtis (Caitlyn), Dustin, Tessa, Santana, Christopher; and great-grandchildren: Penelope, Max, and Malcolm.

John was predeceased by his parents Jack and Ada, his sister Jean Kuran, and brothers-in-law Bob Gottfreid and Robert Kuran.

John was born on May 9, 1935 and raised on the family farm in Balmoral, Manitoba. In his youth he built a deep circle of friends that would stay with him throughout his entire life. Losing those

friends over the last few years, was the hardest part of getting older for Dad.

Dad travelled and worked across the country in his youth; he went out to British Columbia for a year to work in Vancouver, and worked on telegraph lines across British Columbia and Northern Ontario. By 1959 he was back in Winnipeg and met and married Florence Allen on May 23, 1959. Life would give them 65 good years together and a family.

After getting married, Dad came out to the family farm in Balmoral and took up farming. He took provincial training, expanded the farm, and added cattle and pigs in the 1970s. Dad also began working part-time at Headingly Correctional Centre as a guard in the 1970s: a career that would quickly become full time and that would take him into retirement in the 1990s.

Work at the jail and farming kept Dad busy, but he always made time for family vacations during the summer. Some of the best vacations were with the extended family and Dad always welcomed his nieces and nephews on the farm with open arms. We travelled across Canada to the West Coast and toured the camp grounds of Manitoba and Northern Ontario before building a family cabin at Grindstone Provincial Park. Some of our fondest memories are of Dad standing around the Coleman stove—the clank of a pot touching the grill—as he cooked breakfast for us.

Dad used to say that there were beach families and non-beach families, he always made sure we were a beach family. He loved heading up to Winnipeg Beach or heading over to Lockport on the weekend to pick up a hotdog from Skinner's or the Halfmoon Restaurant.

Dad had a knack for telling stories and giving people nick-names. He would regale his family with stories at the dinner table and his friends at the Rec Centre in Balmoral.

Retirement gave John and Flo a new lease on life and a chance to spend more time together. They spent their winters in Mexico and British Columbia, before settling into making annual trips down to Arizona. Along the way they made new friends in every community they stayed and in Arizona they joined a robust community of Balmoral snowbirds.

Dad loved golfing and some of his best retirement moments were spent travelling with his crew up to Inwood Golf Course, or to other golf courses in the Interlake, where they could spend an afternoon together and share stories about who was doing what in their community.

Dad's last year was spent at Teulon Hunter Memorial Hospital and Care Home, the family deeply appreciates the care and attention that the staff there provided for him.

A celebration of life will be held on Friday, December 6, 2024 at 2:00 p.m. at Balmoral Community Hall, Balmoral, Manitoba.



204-886-0404

## OBITUARY



**Margaret McAdam**

Margaret was born in Tisdale, Saskatchewan on May 23, 1937 and passed on November 26, 2024. Mom was born prematurely, so it is from those tenuous beginnings that her strong will to live and lust for life were cultivated. These strengths served her well throughout her lifetime giving her the strength to carry on when even she was in doubt.

Mom enjoyed some early years in Oak River, Manitoba where she formed life long friendships that lasted the tests of time. These days as a young girl were happy times that were fondly remembered. Her teen years were spent in Steinbach, MB. where her father was the local Pharmacist.

Possessing a quick mind and a quick wit, Mom entered University at the tender age of 16. Life and work interrupted the formal education; however, it did not hinder Margaret's ability to

handle a multitude of tasks.

Soon Margaret was blessed with her two children, Brock and Brenda. The focus was on being a mom. This included a life changing decision to leave the city and allow her offspring to grow up in a rural environment. It was the BEST decision ever! What followed were some very great years in Springfield, MB where dogs, horses and outdoor living took a priority for Margaret's family.

During the 1990 - 2000s, Margaret settled North of the town of Inwood in the Interlake where some ranching and more dog memories were created. When the farm was sold a journey to Vancouver was in order where Mom lived until returning to the Interlake in 2016. Mom's time in Vancouver was treasured as she was able to spend time with her daughter Brenda. The two enjoyed quality "mother/daughter" time with some memorable adventures thrown in as well.

"Aging is not for the faint of heart", and this reality settled in on Mom's life over the past 10+ years. This did not diminish that fighting spirit, the twinkle in her eye, the sense of mischief that made Mom such an interesting woman.

Mom's final four years were spent in the excellent care of the good people at Rosewood Lodge in Stonewall, MB. The family would like to express our gratitude for the kindness and understanding of all of the staff members who helped Mom over these past few years. It was heartwarming to hear the shared stories from the staff of their experiences with Mom. She was small, but mighty and made an impression. Margaret's strength, toughness and spirit were common themes when others shared their stories. We are grateful for their kind words.

Margaret is survived by her son Brock Haywood (Susan), daughter Brenda Taylor (Ian) and sister Barbara Weatherby (Gord).

As per Mom's wishes, the family will have a private memorial at a later date.



204-886-0404

## OBITUARY

**Mary Kowalchuk (nee Fedorick)**

Peacefully, on Saturday, November 30, 2024 at Vista Park Lodge, Mom passed away with her family at her side at the age of 101 years.

Mom is survived by her daughter Janet (Carl), sons Ron (Karen) and Ken (Sandra) and five grandchildren and four great-grandchildren.

She was predeceased by her parents John and Melanie Fedorick and sisters Maggie and Anna.

Mom was born in Polson on October 2, 1923. She married Steve in 1945. They farmed near Inwood for most of their years.

The family would like to thank the staff at Vista Park Lodge.

Funeral services will be held on Monday, December 9, 2024, at 10:30 a.m. at the MacKenzie Funeral Chapel in Stonewall.

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