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THURSDAY,
DECEMBER 8, 2022

Stonewall Teulon Tribune

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TRIBUNE PHOTO BY JO-ANNE PROCTER

Lawrence Grantham, left, and Myles Grantham were parade-ready last Friday night. The duo had their lawnchairs set up in front of their grandpa Doug Grantham's office with hot chocolate, marshmallows and cookies ready to watch Stonewall's Festival of Lights Santa Claus Parade.

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ESCAPE THE URBAN LIFE - CHECK OUT RURAL LIVING

LJ Baron Realty will be Celebrating 70 years in business in 2023!

Stonewall students enjoy adaptive sports

By Jennifer McFee

A local school put the wheels in motion to challenge students through athletic inclusivity.

Last week, Ecole Stonewall Centennial School teamed up with Manitoba Wheelchair Sports Association (MWSA) to provide an unforgettable experience in physical education.

Phys-ed teacher Jodi Bodnarchuk spearheaded the inclusive initiative for the third time.

"I try and make sure every kid gets to experience it at least once throughout their four years in PE with me. It's a great organization that is doing a lot of awesome work for improving physical literacy for everyone," she said.

"Often times, students with mobility issues — even students who don't require wheelchairs — miss out on some phys-ed activities or even recess, and they don't have the same opportunity to develop their skills on a level playing field with their peers. This allows for everyone to have that level playing field, which ultimately maximizes inclusion."

All classes in the school, which amounts to about 400 students in Grade 5 to 8, had a chance to try out different wheelchair activities — and the feedback has been overwhelmingly positive.

"They all love it. We can adapt a lot of our regular favourite games to be played in the wheelchairs — tag games, relays, basketball drills and



Students had the chance to try different wheelchair sports.

games, handball," said Bodnarchuk, who extends thanks to all involved in fundraising to make these types of events possible.

"I have many students with mobility issues and it's just so great to see them able to fully participate. My goal with all of my students is to have them find one sport that they love and that will keep them active for life."

Joey Johnson, MWSA program co-ordinator, visited the Stonewall school and played a few games with the students before leaving the wheelchairs with them for the week. For the school program, they typically bring 10 to 16 chairs, which cost an average



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Amaya Dawson, middle, enjoyed the experience of adaptive sports at her school.

of \$4,000 apiece.

"At Manitoba Wheelchair Sports Association, we offer programs for people with disabilities to compete from a recreational level all the way to a high performance level. As part of our programs, we try to get out to as many schools per year as we can. This helps with education about para sports and exposure to students who may not know anything about para sports," he said.

"For most of the sports we offer, we encourage full integration. This means that for our wheelchair basketball program, we have kids with mobility issues as well as their able-bodied peers playing at the same time. There is a classification system in place to that ensure everyone has a fair chance when on the court."

The MWSA program is open to any school, and it can be tailored for each specific group.

"A lot of times, I will stick around for a few classes to assist the teacher in learning how to teach the use of the chairs and some basic rules. Then I let them just have fun with them for the rest of the week," Johnson said.

"Any sport or game that you can think of that you play as an able-bodied kid, we can adapt so that it can be done in a chair."

Drawing on extensive experience, Johnson's background in adaptive sports started at a young age.

"When I was eight years old, I was diagnosed with a hip disease in my right hip. It limited my range of motion and prohibited me from competing in able-bodied sports," he explained.

"Being an active kid, my parents searched for alternatives and found out about MWSA and their programs."

Since then, he has been an active MWSA member for nearly 40 years.

"During that time, I have competed in wheelchair basketball all over the world. I received a scholarship to get my education in the U.S.A. I played professionally in Australia and Europe and have won league championships in four different countries," he said.

"I also played with Team Canada for 17 years and competed in five Paralympic games. During that time, I won three gold medals and a silver, while also adding a World Championship in the mix. I retired from competing after the 2012 London games and decided to move back to Manitoba and joined the real world for a while."

In 2015, Johnson became the assistant coach for the British men's team heading into the Rio games.

"I have since joined back with Team Canada and am the assistant coach for the men's program," he said.

"Just over a year ago, I had an opportunity to join MWSA as the program co-ordinator and I jumped at that as a chance to give back to the association who helped pave the path for all my successes in sport."

Johnson's medals are on display in the Basketball Hall of Fame at the University of Winnipeg's Duckworth Centre. His old jersey and sports chair are showcased at the Manitoba Sports Hall of Fame in Sport Manitoba.

He believes that adaptive sports, in particular wheelchair basketball, are great tools for kids to learn some valuable life lessons.

"From accessibility issues to working with teammates, adaptive sport can help teach those lessons. I believe that it is great for able-bodied kids to jump in the chairs because they start to realize how difficult it can be and how easy some wheelchair users make it look," he said.

Continued on page 5

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Chuck Davidson
President & CEO, MB Chambers of Commerce
Winnipeg, MB

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Adagio Acres adds buckwheat flour to their growing line-up

By Autumn Fehr

Adagio Acres is an organic farm in Clarkleigh where the Nikkel family grows and mills naked oats. The family farm has come a long way from growing oats in 2011, milling those oats a year later.

The decision to start growing and milling organic crops came naturally to the family at the time.

Donald Nikkel grew up on a horse ranch in the Interlake, and food was a passion for his wife Amy. Growing up with a huge garden, she wanted a deeper understanding of where food came from.

It was the right fit for the couple when they were starting their own family and wanted to give their kids a taste of what they had growing up.

Adagio Acres is truly a family operation.

Their three kids, Alexis (13), Eli (11) and Mowat (5), are all involved in some capacity with helping out on the farm.

"There's always a little bit of a balancing act of having the kids involved, seeing what you are doing, and always trying to keep everyone safe because it can be dangerous work. But, as all farmers know, you want to have your kids involved, see what you're doing and appreciate what a hard day's work might be,"



Apple-brie-buckwheat crepes made from Adagio Acres' buckwheat flour, which was grown this summer by organic farmer Andrew Bryce near Portage la Prairie.

said Amy Nikkel.

Year-round, Adagio Acres grows organic, naked oats, a unique variety of oats as they naturally thresh free from the husk when combined.

The oats are milled into oatmeal, rolled oats or steel-cut oats that they sell in retail and restaurants in Winnipeg, primarily in Manitoba but also a bit in Western Canada.

However, mainly what they mill stays here in Manitoba.

Month after month, week after week, they are growing oats in the summer and milling them right through the year.

Every week they are sending off about a pallet of oats to Winnipeg to different retailers and restaurants, said Nikkel.

A couple of years ago, the farm started something new, taking up all its time at this point in the year.

After harvest, in



TRIBUNE PHOTOS SUBMITTED

Don and Amy Nikkel with their children Alex, Eli and Mowat on their farm, Adagio Acres, taken in 2021.

the fall and early winter, they reach out to organic farmers around the province and find out what products they've grown. They see those farmers have something they want to see in the market in Manitoba.

In this way, the farm can work with a much greater variety of products and use its equipment to mill other types of grain.

"When we talk to farmers, there's a dissatisfaction with growing crops and then seeing that crop sold as a global commodity. Many farmers want to see people connect with the food they've grown. They want to see

their crop as food and see that being used and cooked by people in their home province," said Nikkel.

At Adagio, using their farm processing, they can process some of the other crops and keep them in Manitoba so that other farmers can see the fruit of their labour in the same province.

They sell the grains they process from other farms directly to individuals through their Winter Grain Community Supported Agriculture (CSA), where they take all the different crops they've milled and sell bundles of

Continued on page 8

Stonewall United Church presents
their annual Christmas Cantata

Be Not Afraid: a Christmas musical
proclaiming that hope is here

Tickets \$20
(13 years and older)
\$15 (5 - 12 years)
Under 5 Free

Saturday, Dec. 10
at 7:00 pm.

Sunday Dec. 11
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Tickets can be picked up at the church office Wednesday or Thursday Between the hours of 10 am. to 3 p.m. or from any choir member.
To order tickets phone 204-467-5469 or email: unitedc@mymts.net

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SOUTH INTERLAKE PLANNING

The South Interlake Planning District (SIPD) is pleased to announce that its **CentrePort office is now open** to the public, Monday to Friday, 8:30AM - 4:30PM (closed between Noon - 1:00PM).

The SIPD's CentrePort office is located at **Unit 5, 15 Davis Way in the R.M. of Rosser** (i.e., north of CentrePort Canada Way (PTH 190) and west of Brookside Boulevard).

Please also note, the SIPD continues to operate from its Stonewall office at 285 Main Street in Stonewall.

For more information, please visit: www.sipd.ca

Santa came to town



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Hundreds of people bundled up and defied Mother Nature last Friday, lining Stonewall's Main Street to take in the annual Festival of Lights Santa Claus Parade. Just over 40 businesses and groups participated in the parade that was sponsored by the Stonewall & District Chamber of Commerce.



Recycling 101 – aluminum and steel containers

By Karl Dahler

Our first article of the series focused on glass recycling in Manitoba. Today's article will address aluminum and steel container recycling. Although the last article spoke about how glass placed in the blue box was not recycled but reused as aggregate in road construction within landfills, steel and aluminum are the most valued recyclables in the blue bin. In the case of aluminum, it can be recycled indefinitely. It has been estimated that 75 per cent of the produced aluminum is still in use today.

Just like glass jars and bottles, aluminum and steel containers from food products can be placed in blue bins and bags. Containers should be rinsed of visible food particles.

Labels do not need to be removed. Only include food containers — this includes pet food containers, so Rover or Snowball can get in on the recycling as well! There are two items of food-grade aluminum that should not be put into recycling — aluminum foil and aluminum pie plates or trays. The problem with aluminum foil and plates is that they cannot be mixed with aluminum cans due to their melting point. Cans melt at a much higher temperature, which causes the foil and plates to turn to ashes in the smelter. If you don't have another use for them, aluminum foil and pans need to be put into the waste bin.

Cans that store fuels, chemicals, paints or aerosol cans are household hazardous waste items. These

must not be placed in blue boxes or in household waste. They need to be delivered to your local household hazardous waste depot. Locally, they can be dropped off for free at the Winfield Road Transfer Station or the Teulon-Rockwood Waste Disposal site. On the other hand, items such as steel or aluminum pots and pans and larger items such as appliances have a scrap metal value. Scrap metal dealers will pay the going rate for the metals you are recycling. Locally, Interlake Salvage & Recycling in Stonewall is such a scrap metal dealer.

Lastly, one type of aluminum beverage container is unlike any other in Manitoba in that you pay a deposit on them upon purchase. Empty beer cans can be returned to vendors to re-



PHOTO SUBMITTED

Aluminum and steel help make up a lot of the dollar value for recycling.

deem the deposit value. Please check with your local vendor for rules on returns.

Aluminum and steel help make up a lot of the dollar value for recycling. Always ensure you put all your aluminum and steel cans into the blue box each week.

> ADAPTIVE, FROM PG. 2

"I also love the fact that if you have a young kid in a chair, they are able to show their peers a glimpse into their lives. It levels the playing field and everyone always has a great time with it. One of my favourite quotes is that the only cure for ignorance is education — and what better education than having a hands-on experience."

For Johnson, adaptive sports made a huge difference in his life. He encourages others of all abilities to give them a try.

"I feel that the impact is deep and profound. Learning about para sports and differences that people have is very powerful. It helps break down barriers and normalizes something that a lot of people know very little about," he said.

"Education is the key — and I want to be a part of the solution, so I am willing to go out and try to educate as many people as I can."

Grade 5 student Amaya Dawson had the opportunity to showcase her wheelchair skills while also educating her classmates about how to use the apparatus. In February 2020, Amaya's spinal cord was damaged in a car accident, leaving her paralyzed from the chest down.

For Amaya, she said it was an amazing experience to participate in wheel-

chair sports with the other students.

"It was lots of fun seeing them in the wheelchairs. Lots of the time when I'm playing games in the gym with everyone, I'm a lot slower than everyone else so I'm often the target. But when they're in the wheelchairs, it's a lot more fun to see them trying to learn," said 10-year-old Amaya.

"All the other classes said, 'Now I know how you feel.' It's definitely not easy. Lots of my friends were saying 'I'm getting light-headed' or 'My arms feel very tired' or 'My hands hurt because of the pushing.' I just told them it's all stuff you have to get used to."

Her mom, Alycia, was also impressed with the project, which allowed Amaya to act as an instructor for her peers.

"When I heard about it, I cried. Amaya has never been excluded from anything since her accident, but this is the first time in a school setting that she got to teach the kids. The kids were asking her for help rather than her asking them for help," said the proud mom.

"The kids were amazing. It was incredible to see them in the same mind-frame as Amaya, actually understanding and appreciating what she goes through on a daily basis. It was really heart-warming."

As a result of this experience, Amaya plans to attend a youth drop-in

event to see if she might want to further pursue wheelchair sports.

From the perspective of a phys-ed teacher, Bodnarchuk clearly sees the benefits of adaptive sports for all her students. Along with Amaya, several more students plan to attend the MWSA drop-in, and Bodnarchuk hopes they'll continue to play wheelchair sports.

"Having the wheelchairs at school prior to the drop-in that MWSA is hosting may engage some of my students who aren't involved in organized sports because of their mobility issues to join an activity that they can enjoy," she said.

"If the drop-in is successful, they are hoping to make it a regular event

and hopefully my students will keep going. Then I've helped them to find something they may play for life."

This week, students in Balmoral will have an opportunity to try out the MWSA program, which has also been offered in Warren and other Interlake communities in the past.

In addition, MWSA hosts a rec night each Tuesday from 6:30 to 8:30 p.m. at the Sport Manitoba building, located at 145 Pacific Ave. in Winnipeg. It is open for anyone to stop by and try out wheelchair basketball.

For more information about Manitoba Wheelchair Sports Association, visit www.mwsa.ca.

Saturday, December 10 Special

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<p>FRI-SAT-SUN-MON DEC 16-17-18-19 (CLOSED TUES) AND WED-THURS DEC 21-22</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p>AT 8:00 pm EACH NIGHT</p> <p><i>Violent Night</i> David Harbour</p> <p>Coarse Language; Violence</p> <p>14A</p> </div> </div>	<p>FRI-SAT-SUN-MON DEC 16-17-18-19 (CLOSED TUES) AND WED-THURS DEC 21-22</p>

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> Got news?



Jennifer McFee
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Manitobans continue to die from COVID

By Patricia Barrett

Sixteen more Manitobans died from COVID, according to the provincial government's weekly respiratory surveillance report for the period Nov. 20-26 (reporting Week 47). There were 16 deaths reported the previous week.

There were 82 new hospital admissions for COVID in Week 47, including 19 people needing intervention in the intensive care unit.

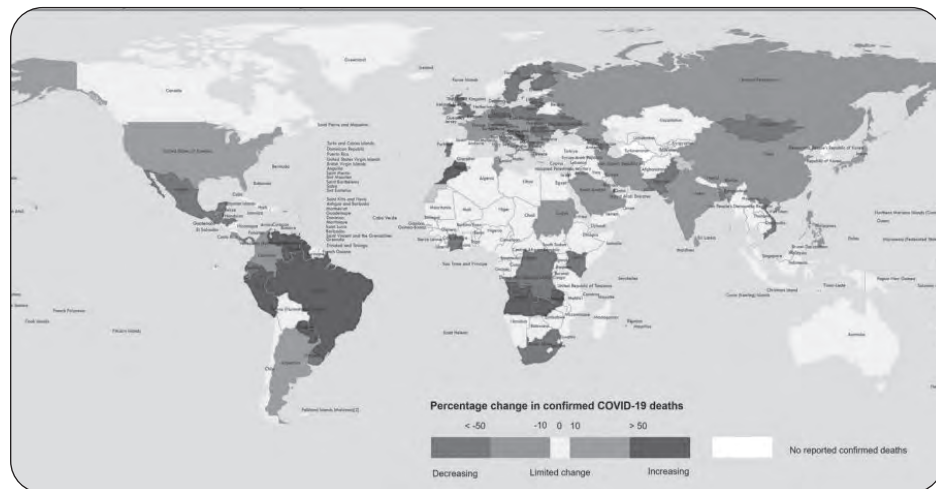
There were 281 new COVID infections diagnosed by PCR lab testing. Provincial data is an undercount of the true number of infections as the government restricts PCR tests and rapid antigen tests aren't tracked.

The provincial government changed the way it reports cumulative deaths and hospitalizations. The government started presenting data from Week 27 (July 3-9) of this year, showing 191 cumulative deaths. Manitoba's death toll — from the start of reporting in 2020 to Week 44 (Oct. 30 to Nov. 5, 2022) was 2,256.

The change in the way the province now presents COVID data makes it difficult to assess the death toll from the virus. The federal government's COVID website shows Manitoba's death toll having reached 2,277 as of Nov. 19.

The provincial government stopped providing in its surveillance reports the names of personal care homes and hospitals experiencing COVID outbreaks.

Influenza cases have increased over the past five weeks. Week 47 saw influenza A test positivity increase to 21.4 per cent and 207 new cases. There



WORLD HEALTH ORGANIZATION COVID-19 WEEKLY EPIDEMIOLOGY UPDATE

There has been limited change in the number of new COVID infections in Canada while infections are on the upswing in the U.S. and parts of South America.

were zero cases of influenza B.

"Up to Week 47 this season, children below the age of five years are at the highest risk for influenza infection," states the report. "This age group accounted for 15% of all influenza cases and 25% of associated hospital admissions."

Other health news:

- The COVID outbreak declared Nov. 4 at the Selkirk Betel Personal Care Home continues, according to the Interlake-Eastern Regional Health Authority's website (viewed Dec. 3).

- Canada saw 15,085 new cases of COVID for the period Nov. 13-19, according to federal data.

- Globally, there were just under 2.7 million new COVID cases and over 8,400 deaths reported the week of Nov. 21-27, according to the World Health Organization.

WHO director general Tedros Adha-

nom Ghebreyesus said the number of deaths over the course of that week is "not acceptable."

The highest numbers of new weekly COVID deaths were reported from the United States (increase of 16 per cent), Japan (increase of 42 per cent), Brazil (increase of 113 per cent), Italy (decrease of 22 per cent) and China (decrease of 17 per cent).

There have been over 637 million cases of COVID reported to date along with more than 6.6 million deaths.

- The Canadian Red Cross has stepped in to support a children's hospital in Ontario as a surge of respiratory viruses among children and youth overwhelm the system, and children's hospitals in Alberta are above or at capacity. Doctors are asking the public to wear masks.

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

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

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TRIBUNE PHOTO BY JO-ANNE PROCTER

Last Friday community members kept warm by the bonfires courtesy of Firewood Manitoba at the annual Festival of Lights Santa Claus Parade held in Stonewall. According to the Weather Network, temperatures dipped to -19.5 degrees C. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@stonewallteulontribune.ca.

Manitoba Conservation Officer service encourages safe snowmobiling

Submitted by Manitoba government

Manitoba Natural Resources and Northern Development is encouraging all snowmobilers to sled safely this season and advising that conservation officers will be conducting snowmobile patrols to help ensure public safety.

Recreational snowmobilers are reminded that a Snopass permit is required to ride on trails managed by Snoman. A Snopass costs \$150 for an annual permit or \$75 for a seven-day permit and can be purchased through Manitoba Public Insurance. More information is available at <https://snoman.mb.ca/snopass>.

Manitobans are reminded the following actions can result in provincial fines:

- operating a snowmobile without a Snoman permit (\$486 fine);
- operating an unregistered off-road vehicle (\$174 fine);
- failure to wear a helmet (\$174 fine); and
- public consumption of alcohol (\$672 fine).



SUBMITTED PHOTO BY NORTH MOUNTAIN RIDERS

Snowmobilers are reminded to purchase Snoman permits, register their snow machines and always wear a helmet when operating.

Impaired operation of a snowmobile carries with it the same consequences as driving a vehicle while impaired. Penalties can include significant fines, impoundment of the snowmobile and a conviction resulting in a criminal re-

cord.

Conservation officers and the Royal Canadian Mounted Police play a critical role in monitoring trails for impaired driving offences.

worship

with us > FAITH

More than just a Baby

"[Jesus] is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power" (Hebrews 1:3).

I always loved setting up my family's nativity set as a kid. There was something so fun to me about getting to arrange the various animals, the magi, the shepherds, and Mary and Joseph. Once, however, all of that was in place, I knew the one character who had to take centre stage: the little baby Jesus.

That little baby is, rightfully, the enduring image of Christmas for anyone who grew up with a church background. More than Santa, more than presents, more than trees and lights, it is the picture of a newborn in a manger filled with straw that answers the question of "What is Christmas all about?" But Christmas really doesn't mean much if the story just ends with a human baby.

What makes the nativity so powerful is that the words of the author of the book of Hebrews above described the reality for that baby. He was a human baby, yes, but also so much more than a human. He was God in human flesh, and even as baby Jesus cried out on the night of His birth, He was still actively upholding the universe by His word. He was actively sustaining the life of His mother as she gave birth to Him and actively holding the star in place that would direct the magi to Him.

The miracle of Christmas doesn't end at Christmas. The reality is that at Christmas we celebrate the beginning of a miracle — the birth of Jesus Christ — but that miracle finds its fullness in what that baby would do. He would grow up, live a perfect life, die on the cross to pay for the sins of humans, rise from the dead and ultimately return to heaven where He reigns as the king of the universe. I pray that this Christmas season would be for you more than just a celebration of that baby as a baby but a celebration of what that baby would grow up to do.

By Daniel Bredin
New Life Church

Stonewall council news in brief

By Jennifer McFee

Stonewall Mayor Sandra Smith has been elected as the Interlake district director on the Association of Manitoba Municipalities board of directors.

Rockwood Reeve Wes Taplin and St. François Xavier Reeve Delmer Nott were also Interlake candidates.

During the Nov. 30 Stonewall council meeting, Smith thanked council for their support.

"I really appreciate it," she said, "and I'll do my best to represent the Town Stonewall and the district in a professional manner."

In other council news:

- The mayor and CAO will execute the Investing in Canada Infrastructure Program contribution agreement for the Stonewall-Woodlands regional water supply project.
- Stonewall council gave first

reading to a bylaw to govern the organization of the Town of Stonewall and its committees. Council also amended this bylaw so that it no longer includes council portfolios.

- Council approved a request from Buildguru Custom Homes Inc. to provide an extension in the terms of its development agreement.

- The Town of Stonewall will commit to providing grants to the STARS Fund a Flight program in the amount of \$10,800 in 2023, \$5,400 in 2024 and \$5,400 in 2025.

- The Town of Stonewall will authorize Manitoba Hydro to install a streetlight on 4th Street West.

- Council authorized the CAO to sign a snow removal agreement between the provincial government and the Town of Stonewall.

- Council heard an update from Ventura about the Quarry Ridge Park Phase 16 engagement report.



TRIBUNE PHOTO SUBMITTED

Town of Stonewall council met with Eileen Clarke, minister of Municipal Relations, and Deputy Minister Bruce Gray along with other departmental staff at the Association of Manitoba Municipalities meeting last week. Pictured left to right: Walter Badger, Ron Maryniuk, CAO Wally Melnyk, Sandra Smith, Eileen Clarke (minister of Municipal Relations), Peter Bullivant, Kim Newman and Bruce Gray (deputy minister of Municipal Relations).

> BUCKWHEAT FLOUR, FROM PG. 3

grains.

"Someone will come and pick up 90 or 100 pounds of grain, and it comes from 15 different farmers and all the different flours and seeds and pulses that they might need for their winter supply," said Nikkel.

Based on the concept of a vegetable CSA, Nikkel created a grain CSA, which is the first of its kind in Canada.

The program functions in a way that allows the food being grown to dictate what you will get.

For example, if one year there are a lot of great crops of beans, there may be more of those bundles rather than another grain that may not have had a good growing season.

At this time of year, in November, she sells bundles of grains on her website. When the bundles are ready in January, buyers will pick up 15 or 20 types of grain.

Everyone brings their containers, so the process is completely zero waste,

said Nikkel.

When people pick up their grain bundles, they meet the farmers growing their crops.

"The organic farmers who grew all the different products there can talk to people and answer their questions about food and farming and life in general, and just being able to connect people who are eating with those who grew those crops," said Nikkel.

Through its brand, Manitoba Rotation, Adagio also sells its product to other retailers like Sobeys, Safeway, Red River Co-ops and Family Fares.

Every season they bring two different products to that rotation.

Currently, individuals can purchase cornmeal and yellow peas through Manitoba Rotation, but later in the winter, they will sell the buckwheat they are milling now.

Buckwheat is a new seed Adagio Acres has introduced to their menu this year.

Organic farmer Andrew Bryce grew buckwheat this summer near Portage la Prairie.

The farm uses its oat mill to clean the buckwheat. In addition, they just purchased a new stone flour mill this summer to mill the buckwheat into gluten-free flour so more people can enjoy their product.

The buckwheat will be included in their Winter Grain CSA this January and, potentially, later in the winter.

Adagio Acres has been working on this new buckwheat flour for the past two weeks, but at the same time, they've also been milling flax, cornmeal, navy

and pinto beans, french lentils, black lentils and oats for their CSA program.

"What we want to be doing as a farm is thinking about how our whole food production system works. We want

"WE WANT TO BE DABBLING IN EVERYTHING WE CAN TO HELP PEOPLE THINK ABOUT EATING LOCALLY, REDUCING OUR ENVIRONMENTAL IMPACT, AND MAKING SURE WE TREAD LIGHTLY ON THE EARTH."

to be dabbling in everything we can to help people think about eating locally, reducing our environmental impact and making sure we tread lightly on the earth. One of the best ways we can do that is with the food decisions we make every day,"

said Nikkel.



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Thursday 4-10 Crib starts 7:00
Friday 4-close Meat Draw at 6:30
Saturday 2-close Darts at 7

Dinner Tickets for December 17 meal are on sale at the bar for \$10.00 Dinner is Ham and Scalloped Potatoes
Upcoming Events Christmas Eve December 24 Elimination Draw and snacks, New Years Eve December 31 with Vintage Groove Tickets are \$15 and available at the bar
All are welcome - Support your local legion!

CHRISTMAS CHEER BOARD

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

Gwen Fox Gallery hosts all members show in December

By Katelyn Boulanger

This holiday season the Gwen Fox Gallery is a great stop for getting a gift for the art lover in your life. With paintings, multi-media work, fibre art and more, and all of the gallery's members having the opportunity to show in their all members show, there are a huge variety of options for everyone on your list.

Though it would be impossible to feature every artist in the show, this month the *Tribune* caught up with three that you may not have heard of before to talk about some of the work on display and free to see starting this week.



Terry Hollier

Hollier is a recent addition to the Gwen Fox Gallery's membership. This month she has brought in two examples of her vibrant and pretty watercolour paintings.

"I am training and working towards being a watercolour artist. I'm fairly new to the medium. I took it up when I retired from teaching 10 years ago," she said.

One of the big reasons that she started her artistic journey was inspiration from her family. Despite working in other fields, her father was a trained oil painter and her mother took classes from various groups and community clubs. This stoked Hollier's artistic tendencies, along with winning a large art competition as a child, which encouraged her even when she took time away from art to have a career as a teacher and to raise her family.

"I consider myself very much a be-

ginner. But I'm very proud and excited when something turns out well enough that I'm brave enough to share with others," she said.

She likes watercolour as a medium because it's a relatively clean way to pick up painting and is very space efficient with the painting being done on paper so you can work on multiple paintings at once and experiment as you go.

"You don't need a whole studio. You don't need an easel. You don't need much. You need a paintbrush," she said.

Hollier actually was a member of the Gwen Fox Gallery but the pandemic caused her to let her membership lapse. She says that one of the reasons that she decided to rejoin the community is because she wanted to be back in a place where she could take inspiration from others.

Her best advice for artists that are finding their creativity for the first time is to put themselves out there.

"Try your best and then just know that they're not all going to turn out. If it's awful, don't say, 'Oh, I'm no good at this. I give up.' Every once in a while your muse will be with you. Secondly, paint every day or even once a week, just so that you're getting back to it. And thirdly, paint with others. It's kind of hard to do, but it gives you so much support and inspiration and the trading of ideas keeps you moving forward as well," she said.



Rosemary Miguez

Miguez has two examples of her textural multi-media art pieces that incorporate light and shadow into beautiful landscape pieces on display.

"I like to use sand because it comes

from rock and rock comes from mountains. And, for many cultures in the world, the rock represents memory. It holds the memory of the earth and all of its changes. So, I really love to use that and I always wonder what memory was there. Was there a dinosaur that walked on here? You know, like, what walked on that rock and where was it? And how did it get crushed down?" she said.

To keep the sand adhered to the painting's surface, she mixes it with gesso, which is an acrylic medium, and builds the surface of the painting up so that you can feel the artwork if you were to run your hand over it. One example of her work that she brought in to the gallery this month has colour but the other, which has an accompanying poem, is a white piece that utilizes the shadows cast by the structural elements to allow you to see its dimension.

Her initial forays into art came from spending time with her grandmother, who was an oil painter. Her grandmother encouraged her to sketch, but she struggled to connect with art at school because it was so different from the way she experienced it with her grandmother. Because of this, she didn't come to painting until later in life, first trying out oil paints and then giving watercolours a whirl.

Though she lives in Dunnottar, she decided to come to Selkirk to check out the gallery after some friends recommended it.

"It made me feel like I want to be part of the community and part of this Interlake experience. And like I said, I had heard such positive news about it that I just joined," she said.



RECORD PHOTOS BY
KATELYN BOULANGER

Arlene Rattai

For people who might want to try creative mediums for the first time, Miguez encourages them to go for it.

"I just feel that there are very few people that don't have art [in them]. We're all influenced by art. Look, at the way we're dressed. If it wasn't for art, we would all be wearing the same shift and the same shoes and the same glasses. So, I just like to encourage anybody, especially, especially younger people, to just find something that's within you," she said.

Arlene Rattai

Rattai is a long-time member of the gallery and one of the few members that does oil painting on porcelain. This medium gives her art a beautiful depth and allows her to use iridescent paints, making it very difficult to capture how beautiful they truly are on film.

Continued on page 15

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Sharing the gift of warmth for those in need

By Jo-Anne Procter

Hundreds of homeless people in Winnipeg are warmer thanks to Balmoral's Emmy Byle. Bringing warmth, beauty and joy to others is nothing new for the retired nurse. Over the past several years, she has knit and donated hundreds of toques for people living on the streets.

Byle, the oldest of nine siblings, has always had a nurturing soul, helping her mother with her brothers and sisters. One of her tasks was helping her mother knit mittens for everyone. Her specific job was knitting the thumbs for the mittens and, as she perfected the craft, she went on to knit countless pairs of mittens, toques, scarves and everything winter-cozy.

Family and friends received her knitted wear as gifts and, as time went on, Byle started donating boxes full of toques to Siloam Mission and smaller sizes to schools and shelters. Her children suggested she sell some of her knit-

tings to help pay for the wool she uses to make all the winter wear she gives away. From there, her little side gig "Stitch Craft" was born. Her handiwork can be found on Facebook and at local craft sales.

In the summer Byle and her husband, Dave, operate Greenridge Farm, where they grow hundreds of daylilies, hostas and other plants for sale. But once the gardens are put to rest for the season, she is hunkered down knitting and crocheting. She started knitting double-brim toques, which are warmer for those spending their days and nights outside, and she is selling merino wool items, a softer wool fibre that dries faster than coarser wool.

Byle will have a huge variety of toques, headbands, scarves, neck warmers and mittens for sale at the Stonewall Red Barn Christmas Market south of Stonewall on Dec. 9 from 4 to 9 p.m. and Dec. 10 from 11 a.m. to 4 p.m.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Emmy Byle will be selling her knitted wear at the Stonewall Red Barn Christmas Market this Friday and Saturday.

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Teddy Bear Toss, Chuck a Puck planned for Dec. 18

By Jennifer McFee

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

This year's Teddy Bear Toss is set for 2 p.m. on Dec. 18 at Veterans Memorial Sports Complex while the Stonewall Jets face the Raiders.

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

After the Jets score their first goal, fans will have the chance to throw new teddy bears onto the ice. Then one of the U11 boys' teams will collect the bears, which provides them with

a fun way to be part of the action.

All the teddy bears will be donated to the local Cheer Board to be included in hampers for families in need. The event usually brings in about 100 new teddy bears for the cause.

Attendees are also encouraged to bring a tin for the bin.

Adding to the fun, the Grinch will make a special guest appearance, thanks to Dirt Road Creations. All the kids will also receive little bags of "Grinch poop," which actually is a nut-free sweet treat to enjoy.

The Jets organization is also selling Chuck a Puck with 50 per cent of the proceeds being donated to the Interlake Food Bank, while one lucky puck thrower will win the other half of proceeds.



TRIBUNE PHOTO BY MICHELLE MYERS

The Stonewall Blues U11 boys' team will be assisting with the Teddy Bear Toss and the Stonewall Jets game on Sunday, Dec. 18 at 2 p.m.



UPCOMING EVENTS

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Available Classes

Saturday December 17th 1:00 pm - 4:00 pm and 6:30 pm - 9:30 pm

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To register for classes email - gaac@mymts.net

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Community Christmas Caroling

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Drop In - hang with friends - listen to music,
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drawing & much more

Events - Movie Nights, Lego Challenges & much
more

Adult & Senior Activities

Pickleball
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Floor Curling
Cards & Board Games

Activities Email Amanda at
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to receive information
on activities



Annual General Meeting

rescheduled for

Monday December 12

6:30pm at the

Green Acres Art Centre

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**TO HELP PROTECT
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Buying local is the eco-friendly way to shop for the holidays. When you opt for items produced and sold nearby, you help reduce the amount of greenhouse gas emissions created when goods are shipped. The need for excess packaging is also eliminated. This Christmas, help protect the environment by buying locally crafted presents, decorations, food and more.

2

**TO GET SUPERB
SERVICE**

If you want personalized recommendations, information about specific items or gift ideas for someone with an unusual interest, your local merchants can help. These people typically have a passion for the goods and services they offer. Consequently, they're committed to providing exceptional customer service. Plus, you can count on them for streamlined after-sale service.

3

**TO ENJOY
DELICIOUS FOOD**

When it comes to making a great meal, nothing beats local foods. Keep it close to home by choosing breads, cheeses, wines, meats and vegetables produced in your region. Whether you're making an elaborate feast or preparing a simple dish, put fresh, local ingredients on the menu. Your holiday guests will thank you, and so will your tastebuds.

4

**TO FIND
UNIQUE GIFTS**

Are you looking for a unique present? When you buy a gift, you can't go wrong. Local goods and services are made by local artists, artisans and businesses in your area. Find a handcrafted gift that will experience the people of your region.

9

TO FREE UP MORE TIME

If you visit the shops, restaurants, concert halls and museums that are close to home rather than heading out of town, you can save time in your busy schedule. With the extra minutes or hours you gain, you may be able to fit in another activity or simply find more time to relax and unwind.

10

TO SAVE MONEY

Frequenting the businesses in your area is a great way to save on gas and other driving-related expenses. This is especially the case if you can walk to your destination. You won't even have to pay for parking. Depending on how often you tend to make these outings, you could see significant savings.

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4

TO FIND UNIQUE GIFTS

Looking for the perfect gift whether you're searching for a practical, decorative or gourmet gift? It won't go wrong if you select the services provided by the many shops and small businesses in the area. Find original art pieces, handmade items and unique experiences to pamper the people you love most.

5

TO REDUCE STRESS

The drama-free way to gather everything you need for the holidays is to shop locally. You're sure to find the clothes, toys, games, ornaments, cooking supplies and greeting cards on your list in record time. Plus, making your Christmas purchases locally will eliminate the hassle of delivery delays.

6

TO STIMULATE THE ECONOMY

A booming local economy helps create a thriving community. You can do your part to sustain your region simply by buying local. If you do, you'll contribute to the success of established businesses, enabling them to grow and create more jobs. In turn, this will attract new merchants and entrepreneurs to your area. When you shop locally, everyone wins.

7

TO MAKE PLEASANT DISCOVERIES

How well do you know your region? If you explore what your community has to offer, you'll likely stumble on treasures you never knew were there. Imagine discovering handcrafted jewelry, artisanal chocolates or a pleasant eatery to spend the afternoon—right in your own backyard! Who knows, you may even find a great park, gallery, gym or other new venue to haunt.

8

TO ENERGIZE YOUR COMMUNITY

Over the holidays, many communities host an assortment of Christmas events and activities. You'll likely be able to enjoy attending a tree lighting, nativity play, holiday market or Christmas concert. Participating in these types of events is a great way to support your local organizations and businesses. It's how you help create a vibrant local culture.

11

TO PROCURE QUALITY PRODUCTS

Locally crafted goods tend to be better made than mass-produced items manufactured overseas. Consequently, they're likely to be more durable. If you keep these items for a long time, you'll save in the long term. Plus, the working conditions for the people producing the goods are more likely to be fair.

12

TO CREATE A SENSE OF BELONGING

If you want to call your region home, it's not enough to simply live there. You must get to know your area, find spots you love to frequent and establish a routine. To engage with your community and feel connected to your corner of the world, participate in local events and support your region's businesses.

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Middle school students plant Martian gardens

By Jennifer McFee

A select group of Stonewall teens has the opportunity to pursue an out-of-this-world new school course.

At Ecole Stonewall Centennial School, science teacher Maria Nickel is offering a Grade 8 STEM class that's the first of its kind in the Interlake School Division.

"The course is Science, Technology, Engineering and Math as an option for Grade 8," Nickel said. "The theme for the year is Mars."

More than 150 students applied for a spot in the course. The names were put in a draw, and only 24 lucky students were given a spot.

"Students learn how to do binary coding without computers and coding with computers using Microbits," Nickel explained.

Other course components include creating land action kits to program an automatic water pump, building and launching rockets and learning about Indigenous medicines.

"Students have been growing potatoes and Canadian Space Agency Tomatosphere tomatoes and now have sprouts in Martian soil — yes, they have been growing food in Martian soil," Nickel said.

"As well, they have been learning to grow food hydroponically, like on the International Space Station."

When it comes to the benefits of taking this course, the sky's the limit.



Students have been growing veggies in Martian soil.

Nickel notes that the course encourages experimentation, teamwork, knowledge application, tech use, problem-solving and adaptation. At the same time, it builds resilience while also fostering ingenuity and creativity.

"Ingenuity and creativity can pair with STEM and lead to new ideas and innovations in the future if they continue in this as a career," Nickel said.

So far the course is proving popular with students, who have commented that it's the best class ever. For those who haven't had the chance to partic-



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The STEM course encourages skills such as experimentation and teamwork.

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A Happy New Year*

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Science teacher Maria Nickel is offering a Grade 8 STEM class, and this year's theme is Mars.

ipate, they're saying they can't wait to apply because it looks so fun.

"The reaction has been super positive," Nickel said.

"I hope this course continues and

is funded for years to come as it is a great course for kids to learn and grow their 21st-century skill sets."

Annual memory tree campaign underway at local libraries



TRIBUNE PHOTOS SUBMITTED

South West District Palliative Care (SWDPC) board members set up a memory tree in the Stonewall and Teulon libraries. The trees are an opportunity for residents to remember and celebrate the memory of loved ones over the holiday season by tagging the tree with the name of the person they choose to honour on an ornament. While many around the region celebrate the holidays with family and friends, many others experience sadness and hardship. Acknowledging these people are not alone is one of the goals, as well as being an annual fundraiser. Donation envelopes are available at the libraries or can be mailed to SWDPC Inc. Box 1282, Stonewall, MB, R0C 2Z0 or online at www.canadahelps.org/en/charities/south-west-district-palliative-care-inc/ Left photo, left to right, Nancy Revel, Nancy Dumas, and Sherry Wood Weaver put up the memory tree at the Teulon Library. Meanwhile, Chuck and Val McClure and Liz and Ray Harkness set up the Stonewall memory tree.

> GALLERY, FROM PG. 9

This month, in addition to a porcelain piece, she has brought a colourful watercolour piece for the all members show.

"In 1995 was when I started painting. I was kind of looking towards retirement and I thought I just can't be retired and do nothing. So, I decided I'm going to start painting. And I had run across the porcelain because I had my own business," she said.

From there, she found the artist who had originally inspired her and decided to take a painting class.

"Painting on porcelain is very different than just painting because, with porcelain, you have to fire it. So, you need a kiln and the paint stays wet until it's kiln-dried. So, the thing is, it's also a longer process than just painting with oils or watercolours because sometimes you have to fire

your piece [many times]. Some pieces I've fired up to eight times," she said.

Her art is inspired by many things but as a more realistic painter Rattai says that she is largely inspired by her travels.

"I've painted portraits. I've painted animals, I painted nature scenery, you know, also, you know, just all kinds of things," she said.

Her best advice for beginner artists is to take some art lessons with a number of different teachers and to try out different mediums until one clicks with you.

"Certain mediums right away click with some people but not everybody knows exactly what they want to paint with like I tried acrylics and forget it," she said.

She also encourages residents to check out the gallery this month if they are considering buying themselves or others a piece of art.

"It is much nicer to have an original hanging on your wall than a piece that's reproduced," she said.

The Gwen Fox Gallery is open to the public Tuesday to Saturday from 11 a.m. to 4 p.m.

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Rams' hockey team's win streak hits six games

Staff

The Stonewall Collegiate Rams' hockey team is now on a six-game winning streak after defeating West Kildonan 4-3 in a shootout last Wednesday.

Rylan Slatcher, Ty Woods and Hayden Kaczorowski scored for the Rams in the shootout.

Woods scored twice for Stonewall in regulation time while Adam Newcombe added a single goal and an assist.

Captain Reid Byle had two assists in the game.

The Rams trailed 2-0 early in the second period.

Stonewall goalie Jackson Vandersteen came up large on a penalty shot late in the game to keep the Rams' hopes alive.

West Kildonan goals were scored by Calan Duchart (two) and Sean Rozwadowski.

The Rams will visit Sanford on Wednesday (4 p.m.) and Shaftesbury Friday (4:45 p.m.).

Both Stonewall and Sanford are currently tied for first place, each with 26 points, but the Sabres have a game in hand.

The Warren Collegiate Wildcats, meanwhile, were defeated 15-0 by Murdoch McKay last Wednesday at the East End Arena.

The Wildcats' played Fort Richmond this past Tuesday but no score was available.

Warren's next game is Friday (4 p.m.) when it hosts Edward Schreyer.



TRIBUNE PHOTO JO-ANNE PROCTER

The Rams' Ty Woods scored twice in Stonewall's 4-3 shootout win over West Kildonan on Nov. 30.

Dunstone and Ackland rinks win DEKALB Superspiel

By Ty Dilello

The Matt Dunstone rink based out of Winnipeg and featuring Gimli's B.J. Neufeld and Colton Lott were the champions of the 2022 DEKALB Superspiel in Morris this past weekend.

Team Dunstone earned \$10,000 in prize money after dismantling Reid Carruthers of Morris 7-2 in five ends in Monday afternoon's championship final. To get to the final, Dunstone defeated Ryan Wiebe of Fort Rouge, while Carruthers knocked off U.S.A.'s John Shuster.

Dunstone and Carruthers are now off to Oakville, Ont., this week to take part in a Grand Slam of Curling event that will be broadcast on Sportsnet.

On the women's side, it was Abby Ackland and her Assiniboine Memorial rink of Meghan Walter, Mackenzie Elias and Sara Oliver (from Marquette) who were victorious at the Superspiel.

In the final, Ackland defeated Saskatchewan's Nancy Martin 7-3. To

get to the final, Ackland knocked off Vancouver's Clancy Grandy, while Martin defeated Winnipeg's Jennifer Jones (featuring Altona's Emily and Mackenzie Zacharias).

There was also a Manitoba Junior Curling Tour event last weekend at the Selkirk Curling Club that featured many of the top junior curlers in the province.

On the girls' side, Winnipeg's Katy Lukowich defeated Manitou's Cheyenne Ehnes 11-1 in the championship final. Altona's Dayna Wahl went 2-1 in the round robin and qualified for the playoffs, where they fell to Ehnes in the quarterfinal.

In the boys' event, Virden's Jace Freeman took home the Selkirk MJCT after defeating Winnipeg's Luke Robins 8-2 in the final. Zach Norris of the Morris Curling Club went 3-0 in the round robin but fell to Robins in the semifinal.



TRIBUNE PHOTO SUBMITTED

The Abby Ackland rink of Mackenzie Elias, Sara Oliver, Abby Ackland and Meghan Walter won the women's side and \$10,000 of the Superspiel.

Lightning, Thrashers' U17 AAA game postponed

Staff

The Interlake Lightning U17 AAA hockey team's game against the Winnipeg Thrashers was postponed on Sunday.

Last Thursday, Interlake was defeated 7-5 by the Winnipeg Wild.

Troy Johannesson, Jayden Edwards and Justin Braid scored for Interlake in the second period and then the Lightning's Austin Loewen and Cole Swanson tallied in the third.

On Nov. 27, the Lightning played to a 3-3 tie with the Westman Ice Bandits.

Johannesson, Evan Deprez and Dainen Jacobson scored for the Lightning.

Lightning netminder Braedan Cormack made 37 saves.

Interlake will host the Bruins Friday (7:30 p.m.) in Warren and then will visit the Wild Sunday (12:30 p.m.).

In U15 AAA action, the Lightning lost 12-3 to the Winnipeg Wild Red last Friday in Warren.

Interlake goals were scored by Tallon Sutherland (two) and Brody Slatcher.

The previous evening, Interlake was downed 5-1 by the Pembina Valley Hawks in Stonewall.

Ashton Baldwin scored a first-period goal for the Lightning.

Interlake will host the Thrashers White on Thursday at 7:30 p.m. in Stonewall.

Interlake will then hit the road to battle the Rangers Friday (7 p.m.) in Russell and then take on the Chiefs Saturday (4:30 p.m.) in Shoal Lake.



TRIBUNE PHOTO BY LANA MEIER

The Interlake Lightning's Ashton Baldwin scored a first-period goal against the Pembina Valley Hawks in U15 AAA male action last Thursday in Stonewall.

U18 AAA Lightning teams playing well

Staff

The Interlake Lightning U18 AAA male hockey team was edged 2-1 in a shootout by the Pembina Valley Hawks in Morden last Friday.

The Hawks' Ty Love and the Lightning's Nic Leclair traded third-period goals. Leclair's goal tied the game at 14:45.

Last Wednesday, the Lightning shut out the Winnipeg Thrashers 3-0.

Morgan Mantik, Nicholas Carlson

and Brandon Burak (shorthanded) scored third-period goals for the Interlake.

Alex Myers stopped 34 Winnipeg shots for the win.

Interlake, now 9-13-0-2, will host the Winnipeg Bruins on Wednesday (8 p.m.) in Teulon and then head north to Thompson to battle the Norman Northstars Saturday (7:30 p.m.) and Sunday (1:30 p.m.).

Meanwhile, the Interlake Lightning

AAA female hockey team participated in a U18 AAA/Sports School Showcase, finishing with a 2-1 record.

Interlake started play Friday with a 9-0 loss to Balmoral.

On Saturday, the Lightning defeated Pilot Mound Academy 5-2 and Central Plains 4-0.

Against Pilot Mound Academy, Interlake's Georgia O'Neill scored twice while Brooke Barylski added a goal and two assists.

Camryn Falloon chipped in with a goal and an assist. The Lightning's other goal was tallied by Ireland Tymchak.

June Sugimoto earned the win in goal.

In the shutout over Central Plains, Kylee Emms-Finnson, Tessa Stewart, Falloon and Veronica Asquith scored for the Lightning.

Rachel Halldorson posted the shut-out.

Jets' losing streak reaches five games in MMJHL

Staff

The Stonewall Jets' losing streak has now reached five games.

Stonewall was doubled 6-3 by the River East Royals Knights in MMJHL action Sunday evening.

The Royal Knights trailed 3-2 before scoring four unanswered goals.

Raf Padua scored for the Jets in the first period and then Kobe Campbell and Cole Emberly tallied in the second.

River East goals came from Ryden Feduck, Anthony Jacob, Chase Sobey, Carson Winkler, Charlie Kosman and Aaron Neilson.

Last Friday, the Jets lost 7-3 to the Pembina Valley Twisters in Morris.

Stonewall goals were scored by Michael Spence, Michael Smith and Andrew Andries.

Keston Worley (three), Luke Van De Velde, Riley Goertzen, Caelan Russell and Brett Bergman replied for the

Twisters.

Stonewall, now 5-13, will visit the first-place St. James Jr. Canucks on Friday (7:30 p.m.) and the St. Boniface Riels Sunday (3 p.m.).



Stonewall Jets Player Profile

#9 Andrew Caron
Defense

Come out to support the Jets



UPCOMING GAMES

Stonewall Jets at St James Jr Canucks
Friday, Dec. 9 at 7:30 p.m.
Ab McDonald Arena

Stonewall Jets at St. Boniface Riels
Sunday, Dec. 11 at 3 p.m.
Southdale Arena

Warren reaches quarter-finals of MHSAA AA varsity girls' volleyball championship

Staff

The Warren Collegiate Wildcats were eliminated from the MHSAA AA varsity girls' volleyball provincials after a quarter-final loss to the Rosenort Redhawks on Saturday in

The Pas.

Rosenort won the match 2-0 by scores of 25-13 and 25-22.

In pool play, the Wildcats earned 2-0 wins over Souris (25-18, 25-22) and

Margaret Barbour (25-20, 25-18).

Warren lost 2-0 (16-25, 10-25) to Major Pratt and 2-1 (19-25, 25-20, 14-16) to Elton.

With the 2-2 record, the Wildcats

placed third in their four-team pool.

Major Pratt won the provincial title after beating Hapnot (25-18, 25-19) in the final.

Rams place fourth at MHSAA AAA varsity girls' volleyball provincial championship

Staff

The Stonewall Collegiate Rams were defeated by the Linden Christian Wings in the third-place game at the MHSAA AAA varsity girls' volleyball provincial championship on Saturday in Neepawa.

Linden Christian defeated Stonewall 2-0 by scores of 25-21 and 25-22.

The Rams lost a semifinal game 2-0 (12-25, 14-25) to the Westgate Wings.

Stonewall started the playoffs with a 2-0 (25-20, 25-13) win over R.D. Parker Collegiate and a 2-1 (24-26, 25-22,

15-11) victory over the Lorette Scorpions.

In pool play, the Rams posted 2-1 wins over College Beliveau (25-15, 19-25, 15-13) and Linden Christian (25-23, 24-26, 15-13).

Stonewall lost 2-0 by scores of 19-25

and 20-25 to Northlands Parkway.

The Rams' Maddi McRae was named a tournament all star.

Westgate won the provincial title after sweeping Beliveau 2-0 (25-14, 25-15).

Merces come back to defeat Morden

Staff

The Warren Merces battled back from a 3-1 deficit midway in the game to defeat the Morden Bombers 4-3 on Saturday.

Brock Couch scored the game win-

ner at 8:15 of the third period.

Warren's Carson Ouellette and Morden's Mike Rey traded goals late in the first period.

Adam Hughesman put the Bombers up 3-1 with a pair of goals early in

the second before the Merces' Brayden MacDonald and Ouellette tallied.

Last Thursday, Warren pounded the Maroons 7-3 in Altona.

The Merces, which held period leads of 4-0 and 7-1, were led by Drake

Lindsay's two goals while singles were scored by Eric Swanson, Kyle Luschinski, Kyle Lundale, Brenden Luschinski and Chase Faulkner.

MacDonald and Lundale each had three points in the game.

Adam Henry, Tristen Dueck and Justin Voth replied for Altona.

The Merces, now 4-3-1, will host the Winkler Royals on Saturday at 8 p.m.

Local flower farm loses all its birds to avian flu

By Jennifer McFee

Avian flu has devastated a local family that lost 32 birds to the disease.

Jodi Friesen runs Miss Millie's Flower Farm, located 10 minutes north of Elie on Highway 26, along with her son oldest Kirby and daughter-in-law Victoria. The local company offers you-pick flower experiences and florist wholesaling, while also serving as a picturesque event venue.

The family also enjoyed sharing their space with 30 chickens and two ducks until the avian flu struck.

"They were a hobby that we started only two years ago. They all had names and were a big hit with our flower-picking customers," said Kirby, who serves as operations manager for the family business.

"Little Zippy was especially a favourite. We lost them all. Zippy went last."

They were taken aback when they figured out their birds had the avian flu, a contagious viral infection that can affect many species of food-producing birds.

"There were no early symptoms at all," Kirby said. "As soon as the weather went below zero, they started dropping dead over a week."

Around Nov. 8, they started losing chickens. They sent a sample for testing on Nov. 13 and received positive confirmation of avian flu on Nov. 17. By the next day, they lost the last of their birds.

"We won't replace them right away, maybe before we open to the public in July," Kirby said.

"Apparently avian flu can survive the winter, so we want to make sure the coop is completely safe before we get more chickens."

Based on their experience, Kirby also offers a few words of advice other bird owners.

"I'd encourage people to report it," he said. "It is extra work you have to do for the government and they don't fully compensate your time. But they are helping with most of the cleanup cost and the people I dealt with have been helpful and nice."

At the same time, he shares gratitude with others who appreciated meeting their birds while wandering through the flower farm.

"Thank you to all our customers from last season," he said. "You guys enjoying and caring about the chickens makes it worth having them."



TRIBUNE PHOTO SUBMITTED

Miss Millie's Flower Farm lost all its birds to the avian flu.

More information about the avian flu is available on the Province of Manitoba website at www.gov.mb.ca/health/publichealth/environmentalhealth/avian.html.

mb.ca/health/publichealth/environmentalhealth/avian.html.

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

S	S	V	S		D	D	E		E	T	V
I	B	V	R		E	E	G		V	G	V
D	E	T	I	V		U	W	V		S	V
R	E	R	B	V	S		I	R		V	D
N	V	I	N	O	F	I	T	V	C		
E	T	V	R	E	T	I	C	O	N		
S	U	D	U	K							
				O	V	D					
				T	N	E	R	V	S	N	V
				S	E	H	S	I	T	O	B
K	E	V	S		T	E	A		T	N	V
T	I	N	V		N	M	V		O	N	G
V	A	V	D		V	O	L		N	V	I
B	V	D			C	T	F		D	R	A

Crossword Answer



CROSSWORD

CLUES ACROSS

- A people of Eastern Afghanistan
- Supervises interstate commerce
- Touch lightly
- Relating to bees
- Mauna __, Hawaiian volcano
- Mosuo culture religion
- Italian village
- Stiff bristle
- Wealthy enclave in Rio
- Cause to lose courage
- Examines animals
- Ethnic group of Laos and Thailand
- Gets rid of
- Having easily perceived thoughts
- Removed surgically
- Principle underlying the universe
- Popular airline
- Antelopes
- Peacock network
- Utter repeatedly
- One from the Golden State
- Photographers
- Father
- Popular BBQ dish
- Cavalry sword
- Ancient Greek sophist
- Atomic mass unit
- Afflicted in mind or body
- Indian mythological figure
- Mild expression of surprise
- Jewish spiritual leader
- Brew
- Doctor of Education
- Impudence

CLUES DOWN

- State attorneys

1	2	3	4		5	6	7		8	9	10
11				12		13			14		
15						16			17		
	18				19		20			21	
				22	23				24		
25	26	27	28	29							
30							31				
32									33	34	35
				38	39	40		41	42		
				43			44				
	45	46	47								
48					49				50	51	52
55					56				57		58
59					60				61		
62					63					64	

- Imitated
- Latvian capital
- Irish goddess
- Taste
- Dried
- Spanish saloon
- Mother of Perseus
- Evergreen coniferous trees
- Refuse to comply
- Negative
- Hyphen
- A way to record
- Not good
- One who tends the furnace
- Small amount
- Relative biological effectiveness (abbr.)
- The whole quantity
- __ King Cole, musician

- One's opinion
- Holds ashes
- Stablecoin cryptocurrency
- Side-blotched lizards genus
- Legislator (abbr.)
- Concentrated bombardment
- Took for oneself
- Nigerian City
- Thousands of pounds
- Inspired
- Secret clique
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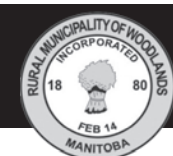
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RELIGION

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THE RURAL MUNICIPALITY OF WOODLANDS HOLIDAY PROMOTION

History Book Holiday Promotion

The Rural Municipality of Woodlands is having a holiday promotion on our history book "Where We Are". The book contains history of the RM of Woodlands throughout the years 1980 to 2020, including family histories, government, agriculture, business and commerce, sports, tax rolls, and more. It also contains 600 pages in full colour, a hardcover and is printed on 80lb paper.

The cost of each book during the promotion is \$65.00 with tax and can be purchased at the Municipal Office at 57 Railway Avenue in Woodlands while supplies last. Also available for purchase is the "Yesteryears" history book for \$5 plus tax.

Promotion ends December 23, 2022, after which the book will return to the original price of \$85.00 with tax. Please note that the Municipal Office only accepts cash, cheque or e-transfer payments.

Classifieds

Book Your Classified Ad Today - Call 467-5836 or Email classifieds@stonewallteulontribune.ca

Stonewall Teulon
Tribune

STRAW FOR SALE

Flax straw for sale. \$3.50/bale. Call Nick 204-461-0706 or Bill 204-461-1906, Monday - Saturday.

Small square flax straw and wheat straw. Small square broom and junegrass hay. Leave message 204-482-5101.

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SHOP LOCAL

NOTICE TO CREDITORS

IN THE MATTER OF:
The Estate of Sandra Clare Skinner, late of the Town of Teulon, in Manitoba, deceased.
All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 11th day of January, 2023.
DATED at Stonewall, Manitoba this 2nd day of December, 2022.
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THE RURAL MUNICIPALITY OF WOODLANDS EMPLOYMENT OPPORTUNITY

CHIEF ADMINISTRATIVE OFFICER

The Rural Municipality of Woodlands invites written applications for the position of Chief Administrative Officer.

The R.M. of Woodlands is an active and vibrant community located twenty minutes northwest of Winnipeg on Provincial Trunk Highway No. 6. As the gateway to the Western Interlake and given its proximity to Winnipeg, Woodlands offers a rural setting with the amenities of an urban background close at hand. The R.M. of Woodlands community is home to many growing families and retirees.

Under the direction of Council, the C.A.O.'s responsibilities are as conveyed in the Municipal Act as well as being responsible for the overall management of the operations of the municipality including:

- Providing proactive and reasoned advice to Council
- Advising Council as to current and future policies, programs and budgets
- Acting as the coordinator and team leader of the administration in the areas of staff, personnel, policies, plans and programs
- Assisting Council in determining the future vision of the community
- Work closely with all levels of government

SKILLS & QUALIFICATIONS:

- Ability to communicate effectively with the public, employees and external stakeholders.
- Ability to problem solve and analytical skills.
- Ability to develop, interpret and administer agreements, statutes and by-laws.
- A graduate of the University of Manitoba Continuing Education Division Certificate Program for Municipal Administrators, or equivalent education.
- Ability to read and understand Municipal Financial Statements and manage a budget.
- A background in accounting will be considered an asset.
- A minimum of five years direct experience in municipal administration.
- Computer experience with a municipal software program, preferably Muniware, and demonstrated abilities with Windows, Microsoft Office 365; including Word, Excel, Power Point.

Salary is commensurate with experience and qualifications. The R.M. of Woodlands provides an excellent group benefits and pension program. A detailed job description is available upon request.

Please submit your resume and three references are to be submitted in confidence to:

R.M. of Woodlands
Box 10
Woodlands MB R0C 3H0
Fax: 1-204-383-5169
E-mail: finance@rmwoodlands.ca

Resumes will be accepted until the position is filled. We thank all who apply and advise that only those selected for further consideration will be contacted.



VILLAGE OF DUNNOTTAR - Municipal Clerk Position

The Village of Dunnottar invites written application for the position of Municipal Clerk. The municipal office is located in the southeast Interlake, on the shores of Lake Winnipeg. Under the direction of the CAO, the Municipal Clerk is responsible for secretarial support for the Municipal Office.

The successful candidate will possess the following:

- Computer experience with Microsoft Office, the Internet and website maintenance. Experience working with All Net Municipal Solutions considered an asset.
- General Accounting knowledge
- The ability to communicate effectively with the public, employees and external stakeholders.
- Graduate of or enrollment in the Manitoba Certificate program for Municipal Administration.
- Salary range is dependent upon qualifications and experience. An attractive benefit package is also provided.

Applications should be marked "Application for Municipal Clerk" on the outside and should contain a full resume with three references. Applications to be forwarded to the undersigned no later than 4:00 p.m. on December 9, 2022.

Sarah Palson - Administrator
Village of Dunnottar
P.O. Box 321
Matlock, Manitoba
R0C 2B0

Phone: 389-4962 Fax: 389-4966 E-mail: info@dunnottar.ca

We thank all applicants in advance, however, only those considered for interviews will be contacted.



ATTENTION FARMERS AND RANCHERS

Plan to attend the following bred cow sale At the Ashern Auction Mart

Saturday, December 10, 2022

Complete dispersal for Archie Thompson

330 head on offer -

220 Charolais, 110 Red

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30 Red Cows bred Black Angus

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Remainder: Charolais 4-10 yrs old bred

Red Angus or Charolais

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Bred Cow Sale starts at 1 PM

Please contact for more information

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Buddy Bergner 204-768-0018

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Announcements

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Deadline:
4pm Mondays for that
Thursday's paper



Better late than never!
Happy 2nd Birthday on September 16th
Tiggy!



Introducing Blondie Missy Girl
Happy 12th Birthday on December 6th
Oh what a beautiful girl!



-Love from your brother Cam and Tiggy Abell

PET BIRTHDAYS



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- Creates drawings using Visio
- Other duties as assigned

Qualifications:

- Experience locating underground facilities or working with outside plant fiber optics is an asset
- Self-Motivated, ability to prioritize and organize workloads with little direction
- Experience with telecommunications and wiring is an asset
- A positive, "can-do" attitude and customer focused approach that will enable you to deal with challenging situations with integrity, empathy, and sincerity
- Strong desire to learn new technologies
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- Maintain a valid provincial driver's license (Class 5) and must provide a driver's abstract
- Ensure vehicle, test equipment and tools are maintained in excellent condition
- Must be fully vaccinated and provide valid COVID-19 vaccination record (unless you have a legitimate recognized medical or religious reason for not getting vaccinated)

Work Conditions:

- Van and major tools supplied
- Occasional on-call, including some overtime and weekend and/or holiday work may be required
- Work environments include diverse types of terrain (grass, gravel, ditches, etc.) in and around construction zones and residential, commercial, industrial and rural areas
- Able to meet the physical requirements of the position which involves sitting, standing, bending, in all types of weather conditions

Contact: John Colville, Senior Recruiter-Ledcor
john.colville@ledcor.com

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Stonewall & District Grey Cup pool winners:
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Carolyn Finnbogason. 2nd quarter - \$100,
Joan Fotty; reverse - \$50 Audrey Landygo. 3rd
quarter - \$100, Audrey Landygo; reverse - \$50,
MJ Slatcher. Final score - \$200, MJ Slatcher;
reverse - \$100, Kael Peterson. The Stonewall
& District Lions Club thanks all that purchased
tickets and support our club.

*Express your Thanks with a
message in the Tribune*

Stonewall Teulon
Tribune Call 204-467-5836 or
email igraphic@mts.net

IN MEMORIAM



Tom Stocki
November 14, 1943 - December 6, 2021
husband, father, grandfather

We remember you with love today,
And are thankful for the time we shared.
We know you are watching from above,
And sending us your light and love!
"Always in our Hearts"

-Loved and missed by your wife,
sons, daughters-in-law, your grandchildren
and your friends

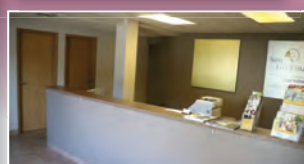
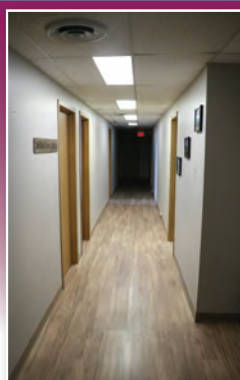
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OBITUARY



Louise Janet Eleanor Mydyski
October 11, 1927 – October 24, 2022

After a lengthy illness, it is with heavy hearts and great sadness that our mother, Louise Mydyski (Nee Karklin), passed away in Qualicum Beach, BC.

Mom was born and raised in Pointe du Bois, Manitoba. Daughter of Emil and Mary Karklin. She was the third out of four children (Kathleen, William, and Theadore).

She graduated from the Winnipeg General Hospital's RN program in 1950. Her nursing career included that of an Operating Nurse for Neurosurgery at the General Hospital, then Matron at Dr. Evelyn's Memorial Hospital in Stonewall, followed by Public Health Nurse for the Rockwood District. She completed her nursing career by taking radiotherapy training and then working at the Manitoba Cancer Treatment and Research Foundation administering cobalt

treatments. Following this, she enrolled in education, graduating from Teacher's College in Winnipeg and taught elementary school (Shaughnessy Park School) up until her retirement.

Mom met and married our father, Lawrence Walter Mydyski, in 1951. They settled in Stonewall where they raised two daughters. They retired to Qualicum Beach, BC in 1987.

Mom was predeceased by our father in 2012.

She is survived by her daughters, Linda and Janice; son-in-law, Kevin; along with nieces, nephews, and cousins.

We would like to express our gratitude to the staff at the Gardens Assisted Living in Qualicum Beach who supported Mom in her final years.

To send a condolence to the family please visit www.yatesmemorial.ca

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OBITUARY

Michael Ian Mair
January 17, 1945 - November 28, 2022

After a brief illness, Mike passed away peacefully.

He leaves his wife Margaret of 53 years, three children, their partners, and seven grandchildren.

He led a full life, doing what he loved best, which included helping friends and family whenever they needed an extra hand.

Mike was predeceased by his father Ian and mother Phyllis in England.

Thank you to the nurses, aides, and doctors at HSC for their compassion and care.

In lieu of flowers, donations can be made to the Heart and Stroke Foundation of Manitoba, a cause near and dear to our family.

A private family service will take place at a later date.

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • info@mackenziefh.com



OBITUARY

William "Bill" John McMahon
May 17, 1931 – November 29, 2022

With deep sadness, the family of Bill McMahon announces his passing just 35 days after his wife, Beatrice.

Bill was born, raised, and lived in Teulon, Manitoba his entire life. He was the eighth of nine siblings born to Alex and Edith. Dad helped his father build The Corner Pine in 1948 and worked at the business for several years. In 1957, Dad married Beatrice Sanderson and they had four daughters. They purchased the business in 1970, renamed it Bill & Bea's Variety Store and upgraded to a new building in 1975. Dad enjoyed the daily BS sessions with the morning coffee crew. His favorite food was vanilla soft ice-cream and he took great pride in how his ice cream tasted, testing it frequently throughout the day. His ice cream was well-known throughout the Interlake and beyond! Dad and Mom

retired in 2005 and were set to celebrate their 65th wedding anniversary this December 7th.

Dad drove a school bus for 29 years, and his hobbies included tinkering, hunting, woodworking, gardening, and spending hours at his hobby farm, but his favorite hobby was a good nap. Dad was handy and spent many hours fixing things, often accompanied by much colourful language. He was the best pack rat and loved a good bargain. Dad and Mom enjoyed harness racing, and they spent several years training and watching their own horses race at Assiniboia Downs and summer fairs throughout Manitoba. A voracious reader, Dad's vast knowledge far exceeded his 7th grade education. His quick wit and cheeky humour, which weren't always politically correct, were characteristic of his positive outlook.

Dad and Mom enjoyed some international travel, the highlight being their trip to Ireland. When Dad could no longer manage at home, he moved to Goodwin Lodge where he received wonderful care.

Bill will be greatly missed by his four daughters Kathy Siatecki, Donna (Chuck) Stock, Melody (Darrell) Hawryluk and Crystal McMahon (Todd Campbell); grandchildren Todd, Samantha, Kyla (Yiyang), Sharlene, Shannon, Megan (Luke), Michael (Krista), Brittany, and their families; sisters-in-law Shirley, Esther, Denise, Bernice, Eileen and brothers-in-law Art and Abe and their families, plus many nieces and nephews and cousins.

A private family service will be held.

In lieu of flowers, please consider donations to Goodwin Lodge or Teulon Community Health Foundation.



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