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Lighting the way

Donnie deLaroque drove Manitoba Hydro's Sherp, an All-Wheel-Drive amphibious ATV for operation in the most difficult terrains down Main Street in Stonewall for the annual Festival of Lights Parade last Friday.

TRIBUNE PHOTO BY JO-ANNE PROCTER

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Spreading Christmas cheer



TRIBUNE PHOTO BY JO-ANNE PROCTER

Last Friday night before the Festival of Lights Santa Claus Parade in Stonewall Nathan and Sue Prystupa stopped by the South Interlake Library with an armful of donations for the Christmas Cheer Board. The Stonewall & District Cheer Board is looking for donations to help those in need this Christmas, including donations of non-perishable food items, monetary donations and toys for children and teens. They are especially in need of teddy bears, books for teens and teen gifts. Donation boxes are placed all over Stonewall and monetary donations can be made at Sunova Credit Union. Deadline to drop off donations is Dec. 16.

Shoppers looking for Elf



TRIBUNE PHOTO SUBMITTED

Eight-year-old Mallory Desmarais and her sister Izzy Desmarais, age 13, have been visiting the local businesses in search of Elf, hoping to win up to \$2,000 in prizes and money. The girls, along with their mom, are learning about the vast number of services available in Stonewall.



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Fire destroys Balmoral home and all its contents

By Evan Matthews

The victims of a fire in Balmoral last week are using their tragedy as a chance to discuss fire safety and credit their son for his heroic efforts.

Monica Virkutis and Deseray Clark, long-time foster parents, are the parents of a 13-year-old boy and a five-year-old girl. The parents left their 13-year-old son — who will be referred to as “Guy” for privacy reasons — to babysit their daughter while they went into Winnipeg to run some errands on Dec. 1.

“They were watching a movie, and (Guy) kept hearing some sort of crackling. He thought it was the nightlight in the bathroom,” said Clark, who added the kids were even in their pyjamas, totally unsuspecting of a fire.

“When he went into the bathroom to see if it was the nightlight that had broken, he saw the flames coming up the wall. ... It happened very quickly.”

Clark said Guy did exactly what he was supposed to.

He called 911 and told the operator there was a fire, Clark said, and then he went and grabbed the five-year-old and got out of the house.

“They ran out to the gate, about 80 feet away from the house,” said Clark.

“But then he realized the dog was still in the house, a little yorkshire terrier. He ran back inside the house, grabbed the dog and left.”

Thankfully, no one was injured in the fire. Neighbours in the area rushed to the children’s aid, having brought coats to ensure their warmth, as well as food and drinks.

The Teulon Rockwood Fire department attended the fire on Road 86, fighting the blaze from 3:30 p.m. into the late evening, sometime around 11:30 p.m., according to Teulon Rockwood Fire Chief Chris Dawson.

“Real credit has to go to the young lad. He did the most basic and what is ironically the most overlooked aspect to fire safety, which is to get out, make sure everyone else is out, and then call 9-1-1,” said Dawson.

“All too often when there is a tragedy involving life, injury or additional loss of property, it’s because people don’t activate emergency services immediately.

“In a working fire like this one, an extra five minutes can be the difference.”

Guy has been rewarded and acknowledged by the Teulon-Rockwood Fire Department, as the crew named him fire chief for a day, according to the crew.

“The fact a 13-year-old had the wherewithal to recognize the situation the way he did, get out and stay



TRIBUNE PHOTOS BY DESERAY CLARK

Photo evidence of the destruction caused by the fire.

out, it is paramount. It varies year to year, but unfortunately we do experience a number of structural fires,” said Dawson.

“Coming into the holidays, it’s a good chance to warn people against things like improper use of extension cords, ensuring (natural) Christmas trees are sufficiently watered, not overloading circuits and sockets with excessive plugs, and turning out Christmas lights on the tree when you’re not in the room. ... It’s for everybody’s safety.”

The Office of the Fire Commissioner attended the scene and the investigation into the cause is ongoing. While the cause cannot be confirmed just yet, early indications point in the direction of an electrical fire.

Other tips from the fire department included making sure smoke alarms are operating, ensuring there is a fire extinguisher in the house, and ensuring there are two operating exits out of the house.

The home suffered severe fire damage on one end, according to the fire chief, while the rest of the home suffered severe smoke damage.

What wasn’t damaged by the fire and smoke, Clark said is water damaged from the fire fighters’ having to fight the fire.

“The house was just destroyed. ... The whole house was engulfed in flames,” said Clark.

“The floor is gone. The back of the house was gone, including the roof. The kid’s bedrooms: all gone. We have nothing left. It’s all gone.”

A lot of uncertainty remains for the family, according to Clark, as she said she doesn’t know if the family will rebuild or be able to stay in the area.

Thankfully, again, insurance has covered their hotel stay — which will be, at the very earliest, until Jan. 10 — but how things play out with insurance remains up in the air until the Office of the Fire Commissioner can determine the cause with 100 per cent certainty.

Clark and Virkutis owned the home

and property.

“We’d like to re-build, but we just don’t know yet,” said Clark.

“The kids have friends here. They’re in school here. We’d like to stay. The community have been amazing to us through this.”

We would like to find a house to rent around Balmoral for the time being said Clark. If anyone knows of something, please call 204-218-3613.

There is a GoFundMe page set up for anyone wishing to donate to Monica and Deseray and their children. To date, the GoFundMe page has raised \$890.

Donations are also being accepted at the Balmoral Store, too.

To donate on line, visit <https://bit.ly/35cxulm>.

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Interlake cattle farmers being forced to sell livestock

By Evan Matthews

As many in the industry have predicted for close to a year, many family-owned cattle farming operations have begun selling their herds.

On Nov. 30, four different family-owned operations participated in "complete herd dispersal sale" at the Ashern Auction Mart, as the environmental, financial and political climate have decimated their livelihoods.

"In our operation, we don't make our own hay (feed). We buy it all. Every year, it's getting more and more expensive, and it's located further and further away (due to extreme weather in Manitoba)," said Jim Broustal, adding his farm is located three miles south of Ashern.

"The price of hay goes up and the price of freight goes up. This past summer we spent somewhere around \$100,000 on hay and \$18,000 on freight," he said, adding prices have been consistent for the past two years.

Aside from the fact that it's been near impossible for him to locate the hay and make a purchase, Broustal said he can't afford it at this point.

In 2019, the math works out to about \$150 per bale of hay (plus transport cost), according to a survey of farmers, whereas even six years ago, the price

for a bale of hay was about \$20 (plus transport).

"The government has done absolutely nothing. ... I just wish they had given us something so I didn't have to sell my herd. This is the worst week-end of my life," said Broustal.

"At least help us pay for some transportation cost, \$10 per bale for transport even. ... It would have been better than nothing.

"It's absolutely terrible. I sat on the ground here yesterday crying when the last truck left."

'It's all we know'

The hardship isn't just about economics, according to Broustal, as he said he's raised most of his cattle from birth and now, with no options, is being forced to sell them. There is an attachment to the animals, he said.

Broustal's parents were cattle farmers before him, and Broustal entered into the industry working with them and then at the stock yards. Eventually, he decided he wanted to farm full-time.

"I've kept a few of the older cows ... or cows that don't appeal to bigger farms. Cows that have one horn up and one horn down, for example," said Broustal, specifying he will keep



TRIBUNE PHOTO BY JIM BROUSTAL

Jim Broustal's cattle herd, many of which have since been sold, are seen crowding around a small amount of feed. Hay prices have increased 750 per cent over the last six years.

a small herd, a total of 20 to 30 cattle.

For context, Broustal listed 47 black cows, 60 tan cows, 60 Charolais X cows, 20 mixed heifers Charolais X, and six bulls listed for sale, for a total sale of 193 cows.

"None of us have an education or know how to run a computer. What else are we supposed to do? I just wish I had gotten out two years ago, when prices were better," said Broustal.

"Besides all of that, I love cattle. It's all I know. ... I hope the economic and environmental climate improves, and I hope to have my herd bounce back.

"But it'll never be a herd of 190 again. It might be a total of 40 to 50 at some point in the future."

Broustal's cows are currently selling

at the auction mart on average for approximately \$1,500 each, even though he had purchased them for \$2,500.

"I'm never getting that money back. It's just not going to work," said Broustal.

"A little more help from the government would have been nice. It could have saved a lot of us. We elected our representatives because they said they would help us.

"But why bother? A lot of us have discussed (spoiling) our vote next time around. ... They don't do anything for us anyway."

Many of those purchasing the cattle, according to Broustal, are from AI-

Continued on page 9

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Stonewall council to follow up on possibility of a motocross track

By Jennifer McFee

RCMP Staff Sgt. Kelly Glaspey provided a quarterly report to council during the Dec. 4 regular meeting.

Police visibility continues to be a top priority, not just in patrol cars but also on foot within the community.

The new speed limit in the school zones also seems to be a success. So far, about six tickets have been handed out to speeders. Glaspey noted that the school principal and crossing guard supervisors seem to have noticed a difference.

The amalgamation between the local RCMP detachment and the Headingley detachment started on Nov. 1.

"Overall it's been good," Glaspey said. "It's been beneficial."

In other council news:

- Recreation facilitator Laine Wilson has been working with 15-year-old Bryce Wadge on a report to council about the feasibility of launching a motocross track locally. Wadge has been riding since 2011, and he shared some of his knowledge in a presentation to council while also answering their questions on the topic.

His report reviews other motocross tracks in Manitoba, including the ones located at Grunthal and Morden, he provided information about the tracks' hours and race schedules, as well as some background about the sport of motocross in Manitoba.

He said that it could be possible to build a really great track in Stonewall, as long as there are people willing to take care of it.

His report also addressed potential



TRIBUNE PHOTOS BY JENNIFER MCFEE
Recreation facilitator Laine Wilson and student Bryce Wadge presented information about motocross tracks.

costs, maintenance and equipment. He noted that a multi-use track would be popular for motocross in the summer and it could also be used for snowmobiles in the winter. Ideally, a track should be built so that riders of all skill levels can enjoy it, he added.

A local track would be convenient because there are no tracks close to Winnipeg, he said. As a result, it could attract plenty of visitors from the motocross community to the town.

The mayor and councillors commended Wadge for his report and his presentation. CAO Wally Melnyk will follow up on the topic.

- New lights have been installed along 4th Street East this week at a cost of \$59,948.36, including GST.

CAO Wally Melnyk said the solar-powered lights have been removed and will hopefully be repurposed somewhere else in the town's operation.

"We are looking into what components can be salvaged to determine future use," he said.

The new lights are expected to be functioning by Dec. 20.

- Council passed second and third reading of a bylaw that focuses on the regulation and control of animals within town limits. The bylaw is now posted on the Town of Stonewall website at www.stonewall.ca.

- Council passed a \$6.35-million interim operating budget for the period of Jan. 1, 2020, until the 2020

operating and capital budget is adopted.

- Council approved several changes to the 2020 meeting schedule. In January 2020, regular council meetings will be held on Jan. 8 and 22, with the committee of the whole meeting on Jan. 15. In the summer, the regular council meeting will be held on July 8.

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Ice still too thin and unpredictable for vehicles

By Ligia Braidotti

At least three trucks, two people and one trailer fell through the ice this weekend on Lake Winnipeg.

The accident happened near Balsam Harbour, Man., while people were ice fishing on Sun., Dec. 8. Hundreds of people were ice fishing near the open water.

Although the lakes seem to be frozen on the surface, due to the waves of warmer weather, the ice is still too thin for people to walk on it, let alone trucks and trailers to drive through it.

The Lifesaving Society recommends that ice fishing, walking and cross country skiing only starts when the ice is four-inch thick. At five inches, snowmobiles or ATV can go on the ice. Cars and trucks are only recommended to drive through the ice when it's about 12 to 15 inches thick.

They recommend that people check the weather and avoid going on the ice on warm or stormy days; have trained people test the ice thickness; avoid



TRIBUNE PHOTO SUBMITTED

Three trucks and one trailer fell through the ice on Dec. 8, while people were ice fishing on Balsam Bay.

vehicle travelling on ice when possible; do not go onto unknown paths and ice; never go onto ice alone and inform someone of your destination; wear a lifejacket whenever on ice; carry ice picks, poles and rope; and avoid going onto ice at night.

Dr. Christopher Love, water smart coordinator of Lifesaving Society Manitoba, said the ice will be unpredictable this winter due to high water levels in Southern Manitoba. This has

resulted in frazil ice, which is more visible on the Red River. Frazil ice forms a weak sheet of ice.

"We may not see good ice for much of the season, and maybe even all of the season," he said.

Love explained once the water levels drop again, the ice sheets will not be supported and will form hollow areas, which could cave on their own or from weight being placed on it.

Tips for buying and using gift cards this holiday season

Submitted

Manitoba's Consumer Protection Office (CPO) is providing tips to ensure consumers are aware of the rules related to buying and using gift cards, as they continue to be a popular choice for holiday shoppers.

- The card provider must inform the consumer of all restrictions, limitations and conditions on the use of the card. If it is not clear, ask more questions before buying the gift card.

- In most cases, gift cards are not allowed to have an expiry date. However, there are some exceptions. Gift cards can expire if they are:

- for a specific good or service, such as a manicure;

- issued for a promotional or charitable purpose; or

- part of a reward or loyalty program.

- Fees can only be charged to customize a gift card or to replace a lost or stolen card.

- When purchasing a gift card, it is always recommended to keep a receipt for back up in case of any issues. Some gift cards can be registered with the seller, which can help to recover them if the card is lost or stolen. It is good practice to treat all gift cards like cash.

The CPO investigates complaints about gift cards and businesses that fail to comply with the rules may be

subject to administrative penalties ranging from \$5,000 to \$20,000. For more information about gift cards, prepaid cards and other payment options, visit www.gov.mb.ca/cc/cpo/cards.html.

Manitobans are encouraged to learn more about consumer protection issues and their rights under the law. Download the free Consumer Protection mobile app. Manitobans can also contact the CPO at 204-945-3800, (toll-free) 1-800-782-0067, or email at consumers@gov.mb.ca. More information is also available at www.gov.mb.ca/justice/cp/cpo.

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Seasonal holidays are a chance to reset

By Evan Matthews

No matter what holiday you celebrate, this seems to be a special time of year.

People everywhere are gathering, celebrating, and there is something magical about it.

It's a chance to feel good about life, and a chance to reset.

We're so often, as a society, faced with hardship and inevitable realities, and it can become overwhelming at times.

But, as busy as this time of year can be, it tends to slow down during that last week of December.

People are usually feeling generous, warm, and compassionate.

We're presented with an opportunity to carry those notions in to the New Year, and apply them as much as we

can.

Whether it's the Arborg Legion donating to its Christmas Cheer Board, or the Teulon Food Bank raising funds via its Community Christmas Card, there are a number of inspiring causes — and inspiring people — all over the Interlake.

It's a chance for us to acknowledge, while things can be difficult, and while those difficult things are worth talking about, there are so many good things happening, too.

It is the hope of our newspaper that we get to share those stories, too, and connect people with positive community features as much as anything else we cover.

Often, we rely on community members to see those stories as viable, and to inform us of them.

Whether it be the Arborg boy Jermaine Loewen scoring his first AHL goal, or whether it be the librarian in Eriksdale Linda Lee placing emphasis on the holidays for the children, we have so much to be thankful for.

As has been the case for many years, *the Tribune and the Express* staff takes pride in connecting people through stories to build stronger communities.

Of course, we hope the communities we cover feel the same way.

While the following year will undoubtedly have its ups and downs, ebbs and flows, we hope the number of positive stories to come out of this beautiful and inspiring region continue to grow.

We're excited to share them.

Here's hoping everyone has a safe and happy holidays.

letter to the editor

Letters to the Editor:
letters@stonewallteulontribune.ca

Have your voices heard when it comes to your child's education

The start of the New Year will provide opportunities for public engagement on your local school division's budget. School boards will spend the first quarter of 2020 consulting with students, staff and citizens, in order to inform local choices for our communities. This is a prime opportunity for you to ensure that your perspectives are reflected in these budget decisions.

The relationship between communities and their local school boards is foundational to student success and fiscal responsibility in public education in Manitoba. As a parent or grandparent who wants the best for your child, or a taxpayer who wants the best return on investment, the connection between you and your local school board is key. Strong local school boards continue to demonstrate positive impacts on student outcomes, and for the least cost—half a cent on every dollar spent on education today.

Every school board will tailor their annual budget consultation process to ensure those in the electorate who

want to be heard, in fact, are. At local schools and with parent advisory councils, through round-tables or community town halls, and perhaps even through online and telephone surveys, each school board will reach out in an effort to hear from you.

The context for next year's budget will be different, however, than in previous years. While your local school board is getting ready to adopt their budget in March, the final report of the K-12 Education Review Commission will also be made public. Both will come with significant impact for the future of our public schools.

The prospect of forced amalgamations or elimination of local school boards was present throughout the review. Whether it is bigger divisions (geographically, enrollment, both), fewer trustees and/or fewer superintendents, there have been many proposals. The only firm indication of the future came through assertions made by the Government and Review Commission that "Manitoba is not Nova Scotia and we are not going

to do what Nova Scotia did."

Nova Scotia eliminated their elected school boards overnight, leaving local students, families and staff negatively impacted through a questionable process to "modernize" public education by substituting democratic decision-making with the closed-door meetings of an appointed advisory committee for the entire province. The same is also being proposed in Quebec, which introduced the elimination of elected school boards alongside of prohibitions on the ability of citizens to wear religious symbols.

This holiday season, school boards wish all Manitobans the very best. We invite you to participate in our upcoming budget meetings. At the same time, we also invite you to reach out to your local MLA. Let them know that sweeping change, only for the sake of change, would negatively impact our kids, local schools and democratic rights. We cannot let that happen. Visit www.localvoices.ca to learn more.

Alan Campbell
President, Manitoba School Boards
Association
Chair, Interlake School Division
Board of Trustees

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Finding Light in the Darkness

*"The people living in darkness have seen a great light; on those living in the land of the shadow of death a light has dawned."
Matthew 4:16*

When we find ourselves living in the darkness at Christmas, it can be hard to find a light that brings us hope. It's easy to find blazing lights that overwhelm us and make the shadows in our life seem longer and darker, but a light that shows us a new way forward can often be illusive.

There is no avoiding the spotlights that shine on the happiness of the season. We can feel so out of step with our neighbours; we are out of sync with the carols playing at the mall. Where can we go to find a light for our darkness?

It may seem strange to suggest it, but we must go straight to the manger. When Christmas seems hard to struggle towards, I invite you to remember the dark and difficult journey to an unwelcoming place that Mary and Joseph made all alone. There was a shadow side to their journey to the manger.

And so where is the light to bring us peace? Their light was the star. It brought them community — the shepherds who came to worship; the magi who gave them priceless gifts. There is something so timeless about looking for God's light in the stars. They are always there — sometimes obscured by the clouds but always enough of them to show us the way.

This Advent, if the journey to Christmas finds you grieving or facing darkness in your life — stop and look up and remember that God gives us the stars and a caring community to lighten our way — and then find your way to the manger where light and darkness meet. The light of God's hope will not disappoint you. May you be blessed by the light of Christ's star this Christmas.

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Stay off the ice until safe to do so

Hello my friends.

It's so great to see the municipal folks providing amenities at jump-off spots onto our ice-covered waterways so that we can all enjoy ice fishing. Last week I mentioned that we owed a debt of gratitude to the Selkirk provincial road guys for keeping #320 to Breezy drivable.

This week I was on Warner Road, a well-known jump-off spot to the lower west side of Lake Winnipeg. There, one could see how the mayor, council and road crews of St. Andrews had cleared the road and had put out porta-potties for anglers. St. Clements on the east side of the lake is doing the same while Gimli has taken it to a higher level by providing wide roads and lanes for ice fishers to spot their ice shacks on. Last year I saw the local Gimli police patrolling around the shacks in the evening. It's a new and wonderful era for ice fishing in Manitoba, my good friends!

When I was at the end of Warner Road and looking out across the ice, I could make out shacks and vehicles about a kilometre offshore. It was an overcast afternoon, but I also saw the bright yellow headlights of a car bouncing over the ice toward shore. When it came abreast of me, I got out of my truck and hailed it down.

"How thick is the ice out there?" I asked the young driver as he lowered his window, smiling.

"Maybe 12 to 14 inches," he said, gesturing with his hands.

"Can I ask your name and did you catch anything?" I asked.

"I'm Ken," he said. "No, we didn't get anything today but I heard they're really catching a lot of fish at Balsam Bay."

"Might you have a picture of yourself with a fish you caught we could share with our readers?" I inquired.

"Oh yeah," he exclaimed enthusiastically as he pulled out his cell phone and began going through hundreds of



TRIBUNE PHOTO BY ARNIE WEIDL

Ken Hofer with one of his great winter catches.

fishing pictures. As he scrolled through his pictures, selecting and trying to send photos, a young lady, Jaen, sitting beside him tried to help but we were in a dead area.

"I'll send you something when we get out of here," he offered.

"Before you go, has anything unusual ever happened to you when you were fishing?" I ventured.

He laughed, embarking on a somewhat chilling story.

A couple of years ago, he and a friend were driving in a truck over the ice on Lake Winnipeg. It had snowed the night before and a wide break in the ice became covered with snow so that it looked like the same as the rest of the ice sheet. As they jostled along, without warning the front of the truck dropped. Ken and his friend screamed as they felt a sickening falling. In seconds, the front of the truck disappeared, engulfed in slushy, turbulent water.

Just as suddenly, the truck came to a grinding halt, its frame hung up on the ice edge and its box high in the air. Both men thrust open their doors and jumped onto the ice, feeling frigid water splashing over their pant legs. They circled the truck, stunned and trying to come to grips with their predicament. Fortunately, they had their cell phones and started calling people they knew for help but couldn't

get anybody. Finally, in desperation, they called a tow truck who agreed to come and pull them out.

At two in the morning when Ken got home, Jaen, waiting and worried, asked if he was OK. All he said was, "I'm freezing. Get out of my way. I'm going to take the warmest, longest shower I've ever had!"

Regrettably, at least four vehicles were in the same predicament this past weekend out at Balsam Bay. It just hasn't been quite cold enough on the east side to support those avid anglers.

Later in the day, I got an email from our brother angler Ken Hofer, who graciously sent a picture of one of his great catches. Thank you so much, Ken.

Not long ago I met a lady, Robyn Dierickse, who grew up beside Lake Erie in a place called Terrace Beach. Robyn told me a very interesting story of how her family enjoyed "scooping," which was part of the catching and preparing of smelts during their picnics. Mothers and fathers, kids and grandkids would gather along the shoreline with pails. The difference was that those pails had holes in the bottom smaller than the smelts. Then, laughing and scrambling about in the warm knee-deep water, they would scoop up dozens of smelts swimming in the shallows. They would set up a long table and, standing side by side, take the heads off the fish and then clean them, working as though they were on a factory line. Some family members would pan fry the smelts over fire pits while others cleaned off the table and filled it with picnic fare. Then everyone sat together and enjoyed a great summer meal!

Until next week, fellow fishers. Bye for now.

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Teulon woman warns public of uneven sidewalks

By Evan Matthews

A Teulon woman is warning the public as she sits at home with a fractured radial bone in her arm.

Amy McCormick, 63, lives at the old Campbell homestead to the southeast of town. She had gone into Teulon for some shopping when catastrophe struck, she said.

"My black eye and my knee are almost healed. ... Thankfully I didn't damage my brain or any bones in my leg," said McCormick, specifying the fracture occurred directly below her elbow.

The radial bone is one of two large bones making up the forearm, it extends from the lateral side of the elbow to the thumb side of the wrist, running parallel to the ulna.

"I had never broken anything in my life. I keep in good shape and I'm agile, but unfortunately my arm is fractured. I can't drive, so I've only left the house twice over the last month," she said, adding she's scheduled to revisit the doctor on Dec. 5, hopefully to receive full medical clearance.

On the afternoon of Nov. 5, McCormick was shopping at The Bargain Shop in Teulon. Once she had finished shopping, she headed toward the Blue Skies Pastry Shop for a tea, as a friend of hers had just taken ownership.

Before she arrived, McCormick's toe caught the edge of an interlocking brick along the sidewalk and sent hurled her forward too quickly, so she

was unable to catch her balance.

"I thought I'd be able to stop myself, but no such luck. I was completely out of control, and it happened so fast," said McCormick.

"The last thing that hit the sidewalk was my head. ... My arm was in great pain, and I couldn't get up. I was crying, and I just started screaming. ... I was absolutely terrified."

Employees at the Teulon and District Senior Resource Centre heard the screaming and came running outside to McCormick's aid. They scooped her up, brought her inside and got an ice-pack for McCormick's head.

Unfortunately, employees at the resource centre said this is not even close to the first time such an incident has occurred.

"Every year, around this time, that (interlocking) sidewalk lifts. Every summer the town takes a few bricks out and levels it, and it's fine for the summer. But the weather changes and it happens again. ... We see people trip upwards of three times a week," said Carmen McDonald, a co-ordinator at the senior resource centre.

"We've spoken with town workers and previous councils several times. This has been ongoing for years. We see people trip all the time. I've tripped myself.

"Amy really injured herself. It scared her so badly. If it was someone a little older, or someone in worse health than Amy, that could have resulted in someone going to the hospital and



TRIBUNE PHOTO SUBMITTED
Amy McCormick is pictured as she rests in hospital shortly after fracturing her radial bone.

never coming out."

McCormick was transferred by ambulance to Stonewall and District Health Centre, where medical staff put a neck brace on her, took numerous X-rays, and then sent her to Selkirk for a CAT scan to ensure no damage occurred to her brain.

Thankfully, McCormick is on the mend, but she said as a self-employed writer, she is not eligible for any sort of compensation, employment insurance or disability.

Though she said she doesn't intend

to sue the town, with no sitting municipal council, McCormick said she is concerned about the level of negligence relating to the town's infrastructure.

"I won't be walking on that sidewalk again," said McCormick.

"People need to know just how dangerous they are."

Council was dissolved in February, and with no sitting council (to meet quorum), the province named Benjamin Lyle as municipal administrator, a position that assumes the power of council until the Dec. 11 byelection has been held.

The position allows for the municipality to pay bills, make payroll, purchase supplies and equipment, and for municipal staff to continue usual functions, which includes the maintenance of local assets (such as infrastructure), according to the province.

When attempting to ask if the town is aware of the sidewalk being a danger to residents and about plans to fix it, municipal administrator Lyle could not be reached by presstime.

"There should be signs at the very least. ... I'm just worried about others now," said McCormick.

"Municipal staff even told me they'd prefer to see the interlocking brick replaced with concrete."

Until the Dec. 11 byelection is held, where infrastructure falls on the new council's priority list remains to be seen.

> LIVESTOCK, FROM PG. 4

berta. He said he didn't know if they intended to buy up land and operations in Manitoba and operate here, or if they intend to transport the cows back to Alberta.

The bottom line is that many operations will no longer be local to Manitoba, so whether or not the cows stay in Manitoba is almost irrelevant because the industry's money will be taken out of province.

"They've got lots of resources, lots of (financial) backing," said Broustal.

Whereas farmers like Broustal are selling off the majority of their herds just to keep their heads above water, others have been more fortunate.

Greg Vince also sold off his herd at the Nov. 30 auction but said he and his wife were getting set to retire anyway, thankfully.

"We're fortunate," said Vince.

"But this is because of the lack of feed, and the lack of help," he said, confirming what many others have said over the last year.

How did the industry arrive here?

The cattle farming crisis, as labelled by 12 different Manitoba rural municipalities as a "state of agricultural disaster," has been best defined as an extreme shortage of feed for beef cattle due to the dry season.

The dry season was then followed by excessive moisture at the end of the season, meaning what little hay was produced in Manitoba became difficult — or in some cases impossible — to harvest.

Hay, specifically, had a steep price increase as a result, while at the same time the cost associated with livestock sales is currently very low, according to the Manitoba Beef Producers Association (MBPA).

This has tied the hands of many farmers in that there is no money to be made on the sale of their herds for the time being, while at the same time it is costing farmers more than ever to feed their herd.

This situation has led to many farmers potentially running the risk of being unable to feed their livestock but also unable to sell for a reasonable price.

Economically, it translates to a massive loss of capital funds, according to the MBPA.

Of anywhere in the province, the Rural Municipalities of Coldwell, West Interlake, Armstrong and Woodlands — the northwest Interlake — are some of the most affected areas, according to MBPA president Tom Teichroeb.

In September, the Province of Manitoba announced it would be increasing cost associated with renting Crown lands for cattle grazing by upwards of 300 per cent, as well, which in the eyes of farmers added insult to injury with an additional cost to deal with.

Then in October, the province formally closed the door on any financial aid to cattle farmers during this "agricultural state of emergency," meaning

no relief funds would be handed out.

Former Minister of Agriculture Ralph Eichler told media, "Farming is not for the faint of heart. ... Conditions change on a monthly and weekly basis. ... You can't rely on government to bail you out every time something happens."

After the September provincial election, a cabinet shuffle occurred and Blaine Pedersen was named to the position of Manitoba Minister of Agriculture. He has not spoken publicly on the issue.

In November, Premier Brian Pallister met with Prime Minister Justin Trudeau to discuss issues affecting Manitobans. The cattle farming disaster did not make the agenda.

Manitoba cattle farmers have pleaded with government to review Business Risk Management programs such as AgriStability, Crop Insurance, Livestock Price Insurance and Agri-Recovery, but those requests have been met with inaction.

RMs express disappointment in Ag Minister

By Evan Matthews

After lobbying the provincial government multiple times and attempting to have two different agriculture ministers understand their plight, 19 rural municipalities are saying it's too late to help local farmers.

RM of West Interlake Reeve Arnthor Jonasson, who is doubling as the spokesperson for what was originally a group of 12 municipalities (and has since increased to 19), said there is really only one way to describe how the RMs have been made to feel.

"We're disappointed, to say the least. ... All along we've been trying to get our message out to the provincial government. We're not satisfied with the result," said Jonasson, who added the group wants nothing more than to keep the lines of communication open and continue civil discourse with the province.

"I still have hope with negotiations we can get something done. But we might be at a point now, though, where it's too late to help local people. A number of farmers are selling off their herds in complete dispersals.

"It's an inevitability that some people are going to head west for work. Whether or not they remain living in these communities, we just don't know."

Back in September, a news release sent collectively by the RMs of Alonsa, Armstrong, Bifrost-Riverton, Coldwell, Ethelbert, Fisher, Grahamdale, Lakeshore, McCreary, Ste. Rose, West Interlake and Woodlands declared a

"State of Agricultural Disaster due to a severe drought situation."

The reason for the press release at the time was to start a conversation between the federal and provincial governments to enact AgriRecovery to "save" farmers from inevitable industry exits.

That press release came before excessive moisture at harvest's end wreaked even more havoc on farming conditions and also came before the provincial government announced an increase as high as 300 per cent to costs associated with leasing Crown land.

"The (increase) in cost to Crown land is another issue that's going to hit our communities very hard. The last sale in Ashern saw the sale of 500 cows or more. ... That sale is just huge," said Jonasson.

"This is going to create an economic downturn for our communities. I don't think there is any way around that at this point. ... Suppliers are even selling less machinery. There is less money to go around."

Pedersen meets with Association of Manitoba Municipalities

The Association of Manitoba Municipalities (AMM) met in Brandon from Nov. 25 to 27.

Different municipalities — as well as collaborative municipal groups such as the 19 municipalities to declare the state of agricultural disaster — had the chance to sit down with provincial government cabinet ministers to dis-

cuss local issues.

The farming disaster is one of those issues, and while Pedersen was available to the RMs, many farmers in attendance expressed disappointment when Premier Brian Pallister left the AMM convention early to attend the Winnipeg Blue Bombers Grey Cup parade.

To clarify, farmers expressed disappointment to *the Express Weekly News* off the record, and it is not the view of the 19 municipalities to declare the state of agricultural disaster.

However, the affected RMs are acknowledging that many farmers in the Interlake are "cowering down."

"We met with (Minister Pedersen) as individual municipalities, as well as the group who had declared the disaster. He was able to hear our concerns. We also brought it up at the minister forum and asked questions from the floor," said Jonasson.

"There is a lot of reluctance from the minister and his staff to look at AgriRecovery. We made the case for it the best we could, but truth be told, we're pretty much past the point of initiating any program to retain our provincial cow herd numbers and retain farmers.

"People are being forced to make the hard decisions."

He added that the 19 municipalities are of the belief that the minister understands there will be significant shrinkage to the cow herd in Manitoba and that the province is prepared to allow that shrinkage.

Pedersen makes comment

Not dissimilar to former Agriculture Minister Ralph Eichler, current Ag Minister Blaine Pedersen said the provincial government understands the hardship, though both ministers have been adamant about the fact that the province will not enact AgriRecovery to help farmers.

He said, rather, the province is taking a "multi-prong" approach to help producers manage the feed shortage and its associated challenges.

"We recognize the 2019 production year has been challenging in some areas of Manitoba for livestock producers," said Pedersen via his spokesperson in an email.

"The department continues to promote Forage Insurance and also provides a number of resources and risk management tools for producers to manage feed supply risk."

Jonasson said that if you're a forage producer, then forage insurance is a workable Business Risk Management (BRM) Program.

However, if you're a cattle producer, forage insurance simply doesn't work, he said.

Jonasson said the 19 municipalities have started to discuss the potential of designing new funding programs to help cattle farmers re-enter the industry, but nothing concrete has happened to date.

The sooner cattle farmers can re-enter the industry, he said, the better off the 19 rural municipalities will be.

Federal RCMP execute nine search warrants; seize substantial amount of meth and cocaine

Submitted

On Dec. 4, the RCMP Organized Crime Team in Manitoba, as part of an ongoing organized crime investigation, executed at total of nine search warrants. Of the nine, seven were exe-

cuted in Winnipeg, one in St. Laurent and one in Calgary.

The investigation to date has resulted in a substantial seizure of methamphetamine, cocaine, cash and a number of motor vehicles. The total amount of illicit drugs and cash seized continues to be tallied; however, it is expected that it will be one of the largest meth seizures in Manitoba.

A total of nine individuals have been arrested and charged under the Con-

trolled Drugs and Substances Act to date, including a full-patch member of the Hells Angels, 38-year-old Keny Erstelle.

Also arrested and charged:

Lord Kofi Agyapong-Mensah, 40; Anthony Cerezo-Brennan, 31; Ryan Cerezo-Brennan, 32; Akhome Manotham, 42; Dillon Middleton, 25; Ritchie Orbegoso, 34; Linda Pelletier, 41; and Jian Shen, 37.

All of the charged suspects are ex-

pected to appear in Winnipeg provincial court today.

Money laundering charges have also been laid in connection to this investigation.

As this continues to be a very active investigation, a detailed news release and press conference are being planned for Dec. 10.

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Woodlands School offers successful breakfast program

By Jennifer McFee

Some people say that breakfast is the most important meal of the day.

For students, it's essential to have a full stomach to kickstart a day filled with learning and physical activity.

At Woodlands School, Grade 1 teacher Brontee Gray and resource teacher Lori-Anne Busch recently launched a program to provide a nutritious breakfast so that students are ready to learn. They were aware of the need for a breakfast club in the community, particularly for students at school who need a healthy meal in the morning before school to help start their day.

"I teach Grade 1 and the first part of my day was answering the question, 'Is it snack time yet?' or 'When is it snack?' before I could even start my lessons for the day, and 87 more times in the period between their arrival and our actual snack time at 10:35," Gray said.

"As teachers, we often see or hear kids who are coming to school hungry or are hungry again by the time that they arrive, and we decided that a breakfast club could help meet the needs of a lot of students in the school."

Breakfast Club starts as soon as buses arrive at 8:30 a.m. from Monday to Friday. Students have the chance to eat their breakfast before classes start

at 8:45 a.m. Students can come any day without signing up in advance in an effort to make the program as accessible as possible.

The menu rotates so that the students can enjoy a variety of breakfast items throughout the week, including fresh fruit, yogurt, eggs, toast, cereal and pancakes.

"Not having had a good breakfast can result in learning challenges, and our hope is to allow all students the best possible opportunities to learn, and to reduce the barriers that might exist for some," Gray said.

"It is important for kids to be focused on learning rather than a grumbling tummy."

While Breakfast Club meets the needs of students whose families may have difficulty providing a healthy breakfast daily, Gray noted that it also helps those who may not have eaten for other reasons.

"For example, in the rush to get to school in the mornings, some students may leave the house without grabbing something to eat. Also we have a large number of students who eat very early in order to make the bus, and our snack time doesn't start until 10:35, so there is a large period of time between their breakfast and morning snack," she said.

"The program allows students to have a quick snack right before the



TRIBUNE PHOTO BY LORI-ANNE BUSCH

Woodlands School Breakfast Club starts as soon at 8:30 Monday to Friday. Pictured, left to right, Travis Boehm, Lachlan Anderson, Eli Tully, Cash Ross.

morning lessons begin."

So far, the program has been well received by students and staff alike.

"Some teachers have noticed students seem more awake and responsive during morning meetings and more engaged in conversations," Gray said.

"Some have also noticed less kids asking if it is snack time yet, which means more focus on teaching times."

On average, between 30 and 50 students attend the program each day, which is about 30 per cent of the 125 students who attend the school.

The organizers welcome any donations from community members or businesses that would like to support the local children.

"If you are looking to support our program," Gray said, "we would welcome any breakfast items, especially fresh fruit like apples, oranges and bananas."

Anyone wishing to donate can contact Lori-Anne Busch or Brontee Gray by phone at Woodlands School at 204-383-5674 or by email at bgray@isd21.mb.ca.

Creativity abounds at Ecole R.W. Bobby Bend School

By Jennifer McFee

Ecole RW Bobby Bend School students found a creative way to express their favourite fun activities.

Recreation facilitator Laine Wilson asked the students to draw a picture of how they like to spend their time.

"The teachers were great and ex-

plained what recreation and leisure is, through a letter from me, and distributed the blank papers accordingly. They took some class time to do this and they gave me the papers," Wilson said, noting that there are approximately 500 students at the school.

"With those results, I try and group

them as best as I can to correlate the data so we can see where priorities are based on the kids' responses."

Now the submissions are on display as artwork in Wilson's office, where they decorate the walls in big frames.

"I like it as a visual representation as

well as a great PR connectivity project," she said.

"There were some very creative pieces. I am happy to have them hung in my office."



TRIBUNE PHOTO SUBMITTED

Recreation-themed artwork from Ecole RW Bobby Bend students decorates the wall of recreation facilitator Laine Wilson.

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From talkingtospirits.ca

If there is one thing Jennie is often told from clients, it is that she is authentic and the "real deal". You can expect to never be under-amazed by how Jennie delivers herself in any reading whether it be in a private, message circle or large event. She has a larger than life approach to her messages and can always keep an audience captivated by her delivery, and her way of making it a fun and intense experience all at the same time. You will laugh, you will cry, but you will never be disappointed.

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Annual Festival of Lights Santa Claus Parade

Last Friday was another successful parade filled with fun and laughter as memories were made on Main Street in Stonewall. Thousands of bundled up kids of all ages lined the street to watch over 42 floats from our businesses, services and organizations. Many thanks go out to the people that spent hours preparing their floats and to those that came out to watch. Special thanks go out to: Christy Brown and Stephanie Duncan from the Stonewall Teulon Tribune who marshalled and organized the floats, the Town of Stonewall for their help with street set-up, Firewood Manitoba for the warming bonfires, the 301 Cadet Squadron, Barb Kaminski and many other business owners and residents for volunteering their time to manage crowd-control on Main Street and to the South Interlake Garden Club for judging the float contest. It is great to see these volunteers come forward to help run this annual event. It is an important part of our community spirit and the Chamber appreciates the people that have stepped up to help make it a success once again.

Commercial Category



Winner - Lay'n Low Diesel



Honorable Mention - Stonewall Pharmacy /Big Block Auto



Non-Commercial Category



Winner - Royal Canadian Legion Stonewall #52



Honorable Mention - Knights of Columbus

For more information about becoming a member:
www.stonewallchamber.com

Local. Business. Community.

Santa Claus visits Stonewall

By staff

Main Street Stonewall was lined with smiling faces last Friday for the annual Festival of Lights Santa Claus parade. This year's event had 42 floats registered including mascots, trucks,

trailers, and horses. There was music, lights and treats a plenty handed out while a number of businesses served hot chocolate along the route. Some parade goers enjoyed a bonfire and roasted marshmallows at Southside.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Memory trees ease pain for those dealing with loss this holiday season

Submitted by IERHA

The festive season is always a time of joy and celebration; of family and friends. It is also a time of year when loss can be most deeply felt. Remembering loved ones lost is a natural and important step in the grieving process.

To honour those who have passed, memory trees are now in place throughout the region through Interlake-Eastern Regional Health Authority's palliative care program with the help of volunteers and community groups. Members of the public are welcome to memorialize a loved one by adding a message to a provided ornament for placement on any of the memory trees located throughout the region.

"The trees provide us with an opportunity to place grief resources out for the public to access especially at this time of the year when feelings of grief may intensify," says Sandra Milotte, palliative care volunteer coordinator and community liaison for Interlake-Eastern Regional Health Authority. "This year we have included a postcard from Palliative Manitoba, packages of mygrief.ca tissues along with what we have traditionally offered."

Trees can be found in these community locations:

- Arborg & Districts Health Centre
- Lakeshore General Hospital (Ashern)

- Beausejour Health Centre & HEW Centre
- Elizabeth M. Crowe Memorial Hospital (Eriksdale)
- Fisher Branch Personal Care Home
- Gimli Community Health Centre
- Lac du Bonnet District Health Centre
- Lunder Personal Care Home
- Oakbank Kin Place Primary Health Care Centre
- Pinawa Sunova Mall
- Pine Falls Health Complex
- Selkirk Gaynor Library
- Stonewall Library
- St. Laurent Community Health Office
- Teulon Library
- Whitemouth Primary Health Care Centre

The trees will remain up until the first week in January 2020. Ongoing grief support groups, facilitated by dedicated community members, are also available.

For more information contact Mike Goldberg, community outreach & education coordinator, Palliative Manitoba, P: (204) 889-8525 ext. 232 or mgoldberg@palliativemanitoba.ca or regional community liaison Sandra Milotte at 1.855.494.7369 or 204.785.7542; email: smilotte@ierha.ca.



TRIBUNE PHOTO BY TARA GLASPEY

There is a memory tree setup at the Stonewall and Teulon libraries.

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STONEMALL CHAMBER OF COMMERCE

Elf on the Shelf

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Elf is hiding in these local businesses

Elf will move throughout the business community each week

How to play:
 USING CLUES BELOW WITH THE ADVERTISERS ON THIS PAGE, FIGURE OUT WHAT BUSINESS(ES) ELF IS HIDING IN, TAKE A PHOTO OF ELF AT THE LOCAL BUSINESS(ES) AND EMAIL YOUR ENTRY TO elfontheshelf@stonewallteulontribune.ca (one entry per business) Deadline Wednesday at midnight.



USE THE CLUES BELOW AND THE ADVERTISERS ON THIS PAGE TO FIND WHERE HE IS HIDING

- Thursday** Find Elf with others in line for sweet n sour chicken balls
- (2nd location)** Elf is looking after his pearly whites!
- Friday** Elf has a huge Craving for pickerel.
- Saturday** Find Elf lounging in his new bath tub.
- Sunday** Find Elf getting his flu shot, filling his prescription and get cc
- Monday** Elf had a sore back & tight muscles from all his travels & is being helped by a team of professionals.
- Tuesday** Elf is getting his photo taken so he can drive off to warmer pl
- Wednesday** Find Elf stretching it out and Keeping inMotion at this busy cl 25 years in the community.



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Rosser Community Club receives \$15,000 FCC grant



TRIBUNE PHOTO SUBMITTED

Christine Anderson of FCC, RCCC president Jessica Beachell, RCCC secretary Lindsey Melo and Kimberley Asham of FCC.

By Jennifer McFee

Rosser Community Club is preparing to embark on its next phase of renovations, thanks to a \$15,000 grant from Farm Credit Canada.

The local community club has already completed Phase 1 of renovation work, which addressed fire code deficiencies in order to be able to open the doors to the facility again.

Now Phase 2 will begin as soon as possible with a focus on insulation, HVAC, flooring and LED lighting in the gymnasium area.

"We are waiting on a consultant report and then will book contractors for over this winter, hoping to be complete by summer 2020," said club president Jessica Beachell.

"This will mean we can run our programs such as gymnastics and pickleball year-round and run more programs, such as winter baseball and soccer in the gymnasium. As well, Rosser School will be able to use the gym for gym class."

Looking ahead, the community club

will undertake four more phases of renovation. The future work will include efforts to increase accessibility to the bathrooms and the second floor, as well as a focus on a front vestibule with a ramp and a future daycare.

"We are thankful for all the funding we have received thus far," Beachell said, "as it has enabled us to continue moving forward with our renovation project."

Stay tuned for details about upcoming fundraisers, including a karaoke night on Jan. 25 and a spring barn dance.

In addition, the popular recreational gymnastics program will start up again on April 6 for ages two to adult. Local teacher Kayla Peniuk will run the program, which includes classes for parents and tots, beginner-level, intermediate-level and adults.

To keep up to date on all the happenings at Rosser Community Club, follow Rosser Central Community Club on Facebook or @rosser.rec on Instagram.

Place your vote

TRIBUNE PHOTO BY JO-ANNE PROCTER Isabelle Desmarais, who recently moved to Stonewall, entered a wreath in this year's 12 annual Festival of Wreaths competition. Desmarais hand painted each rock on the wreath and her mom Catherine helped her assemble her wreath.

The South Interlake Regional Library is taking votes for your favourite wreath for \$1, with all monies to be donated to the Stonewall & District Christmas Cheer Board.



Jolly joggers in Woodlands



TRIBUNE PHOTO BY TIM LEE

To unofficially kick off the festive season, approximately 150 Woodlands School students and staff, joined Santa Claus and Frosty for their 4th annual Holly Jolly Jog last Thursday.

Woodlands Childcare Centre children cheered on the runners who were dressed in their craziest festive wear. Some runners chose the 3-km loop through town while some took a slightly shorter route. When participants returned to the school they warmed up with some hot chocolate, bananas, and bagels donated by Stonewall Family Foods. As part of the this year's event, students had to donate to the local Christmas Cheer Board and the Interlake Food Bank.

Elf on the Shelf

WIN OVER \$2,000 IN PRIZES

3 Easy Steps to Play:

1. What Business is Elf hiding at?
(See inside your Tribune each week)
2. Take a picture of Elf
3. Email your picture to:
elfontheshelf@stonewallteulontribune.ca

Deadline to ENTER TO WIN weekly prize is Midnight Wednesday.

Grand Prize Draw of \$500 Stonewall Chamber Christmas Bucks will be drawn Monday, January 6, 2020.
Be sure to support our local business community and have some holiday fun at the same time!

Any questions contact Stephanie at 204-467-5836

Stonewall Teulon Tribune

What is the Christmas meaning of poinsettias?

Staff

Poinsettia plants are native to Central America, especially an area of southern Mexico known as "Taxco del Alarcon," where they flower during the winter.

The ancient Aztecs called them "cuetlaxochitl." The Aztecs had many uses for them, including using the flowers (actually special types of leaves known as bracts rather than being flowers) to make a purple dye for clothes and cosmetics and the milky white sap was made into a medicine to treat fevers. Today we call the sap latex.

The poinsettia was made widely known because of a man called Joel Roberts Poinsett, and that's why we call them poinsettia. He was the first ambassador from the U.S.A. to Mexico

in 1825. Poinsett had some greenhouses on his plantations in South Carolina, and while visiting the Taco area in 1828, he became very interested in the plants. He immediately sent some of the plants back to South Carolina, where he began growing the plants and sending them to friends and botanical gardens.

One of the friends he sent plants to was John Bartram of Philadelphia. At the first Philadelphia flower show, Robert Buist, a plants-man from Pennsylvania, saw the flower and he was probably the first person to have sold the poinsettias under their botanical, or Latin, name "Euphorbia pulcherrima," which means, "the most beautiful Euphorbia." They were first sold as cut flowers. It was only in the early 1900s that they were sold as whole plants for landscaping and pot plants. The Ecke family from Southern



TRIBUNE PHOTO BY JO-ANNE PROCTER

Jaspersen's Greenhouse Nursery is in full bloom with colourful poinsettias for sale. Owner Bruce Jaspersen says the greenhouse is full of poinsettias, wreaths and trees for sale.

California were one of the first, if not the first, to sell them as whole plants

and they're still the main producer of the plants in the U.S.A. It is thought that they became known as poinsettia in the mid-1830s when people found out who had first brought them to America from Mexico.

There is an old Mexican legend about how poinsettias and Christmas come together. It goes like this:

There was once a poor Mexican girl called Pepita who had no present to give the Baby Jesus at the Christmas Eve services. As Pepita walked to the chapel, sadly, her cousin Pedro tried to cheer her up.

"Pepita," he said, "I'm sure that even the smallest gift, given by someone who loves him, will make Jesus happy."

Pepita didn't know what she could give, so she picked a small handful of weeds from the roadside and made them into a small bouquet. She felt embarrassed because she could only give this small present to Jesus. As she walked through the chapel to the altar, she remembered what Pedro had said. She began to feel better, knelt down and put the bouquet at the bottom of the nativity scene. Suddenly, the bouquet of weeds burst into bright red flowers, and everyone who saw them were sure they had seen a miracle. From that day on, the bright red flowers were known as the "Flores de Noche Buena" or "Flowers of the Holy Night."

The shape of the poinsettia flower and leaves are sometimes thought as a symbol of the Star of Bethlehem, which led the Wise Men to Jesus. The red-coloured leaves symbolize the blood of Christ. The white leaves represent his purity.

Grief & Loss Support Group 

This six week program provides support, education, and healing for those who have experienced the death of a loved one.

Facilitated by Stephanie Gillis Bodnar, RSW
Starting the week of January 26th through until the week of March 2nd, 2020
 Location in Stonewall: To Be Determined
Registration Deadline: January 20, 2020

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Woman pays holiday homage to honour her parents

By Evan Matthews

A woman living just outside Teulon is sharing the memory of her late parents with family members in a great example of holiday homage.

Sharon Michaluk, 60, has named her collection of stuffed teddy bears “Kunzelwood Keepsake Bears,” in order to honour the memory of her mother (Rhoda May Sparwood) and her father (Russel Ernest Kunzelman).

“Kunzelwood is a combination of my mother’s maiden name and my father’s last name,” said Michaluk, who added she has four brothers. All of her brothers have kids, and all of her brothers’ kids have children of their own, too.

“In October 2011 my father passed, and then in February 2015 my mother passed. ... I considered different ideas, ways to honour them, so I decided to sew bears for each one of our family members,” she said.

Now Michaluk has made a total of 60 bears, and each and every bear is unique. Each bear has a pocket, collar and cuff sewn on, all of which came from an original piece of clothing once belonging to Michaluk’s late parents.

“My mom’s blouses and my dad’s shirts ... when you look at the bears, every single bit of them is made from their clothing,” said Michaluk.

“The bears to be gifted to the men in the family wear a tie, and the bears to be gifted to women are wearing pearls.”

One good idea led to another, she said, as Michaluk decided to compile a list of names used by the family throughout the years. The list has been inserted into each bear’s pocket and is to be used as inspiration for the recipient to name their respective bear.

In alphabetical order, from Ada to Velma for the girls and from Alfred to Timothy for the boys, Michaluk said it was the best way she could think of to keep the memory of her late relatives alive.

“On the right sole of every bear’s foot, the names ‘Russell and Rhoda’ are printed,” said Michaluk.

“On the left sole of every bear’s foot is a blank label, where a name from the list can be printed in Sharpie once the bear has been named.”

Michaluk said she started the project roughly two years ago, with each bear requiring about 20 hours to make. Sixty bears multiplied by 20 hours equates to roughly 1,200 hours spent on the project, or roughly 50 (24-hour) days of sewing.

The project took 18 large bags of stuffing, 60 sets of eyes and 300 sets of “swivel” joints for heads, arms and legs, she said.

“It cost me quite a bit, maybe even \$50 a bear, but my wish is for this treasured and unique (project) to be cherished,” said Michaluk.

“The goal is to have (my) parents’ memory live on forever in the hearts of all their kids, grandkids, great-grandkids, great-great-grandkids and future generations.”



TRIBUNE PHOTO BY EVAN MATTHEWS
Sharon Michaluk holds the first two bears she made in her parents’ honour, with the boar bear being fittingly named Russel and the sow named Rhoda. Each bear is crafted with a unique article of clothing once belonging to Michaluk’s parents.

SCI students collecting cheer



TRIBUNE PHOTO BY CURTIS GRIEVE

A handful of SCI Leadership students braved the cold last Monday night as they went door to door in Stonewall to collect extra non-perishable food items to add to the donations they will collect on Dec. 13. SCI will host its seventh annual “Passing on the Cheer” volleyball tournament on Friday, with all funds raised and items collected being donated to the Stonewall & District Christmas Cheer Board. At press time, 26 teams were registered for the tournament that runs Friday from 4 p.m. to midnight. The canteen will be open and there will be entertaining volleyball games to watch. The Leadership team will be happy to accept any extra donations throughout the evening. Pictured left to right: Kendal Slaney, Liam Proven, Sarah Dowsett, Ellen Marshall, Adain Mulvihill and Moira Rickett.

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initiative with your purchase of a Signed Limited Edition ‘Stonewall Quarry Sunset’ print. All are numbered, signed and framed by photographer Randy Frykas.



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16”x 12” Each print will be signed, numbered, matted and framed \$150 each with \$100 being donated to the ‘Save the Kilns’ campaign

The photo is available for purchase at the Stonewall Teulon Tribune office, Stonewall Quarry Park, Home Hardware, Pizza Den, and online at <http://46fps.com>

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Seniors compete at annual spiel in Stonewall



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The annual Stonewall senior bonspiel took place Dec. 2-4 with 13 teams participating. John Tataryn's rink defeated Bruce Buchanan to win the first event while Ron Fraser beat Laurie Hogg to win the second event. Dave Norquay's rink defeated Warren Erickson to win the third event. Left photo, from left to right: first-event winners Peter Van Kemenade, Faye Hilstrom, Nancy Drad and John Tataryn. Middle photo, second-event winners, Bev Watkinson, Kathleen Tataryn, Maurice Carman and Ron Fraser. Right photo, Sylvia Hancharyk, Linda Hall, Ed Cherniak and Dave Norquay.

Rams busy at various basketball tournaments

Staff

The Stonewall Collegiate Rams' junior varsity girls' basketball team finished third at the Transcona Invitational tournament last weekend.

Stonewall crushed Louis Riel 52-20 in the third-place game on Saturday.

The Rams started action by defeating Westgate 31-27 in an exciting finish.

Stonewall then lost 37-36 to Trans-

cona in a semifinal game.

The Rams' varsity girls' basketball team, meanwhile, reached the final of the Rick Symonds tournament at Elmwood High School.

Stonewall was defeated 33-30 by the Steinbach Sabres in the championship game.

Stonewall started the tournament with a convincing 61-16 victory over the Churchill Bulldogs on Friday. The Rams then edged the Elmwood Gi-

ants 30-29.

Stonewall's varsity boys' basketball team was also in action last weekend, competing at the Sanford "EarlyCat" tournament.

Stonewall started the tournament with an 89-22 loss to the Carman Cougars. The Rams were then defeated 74-34 by the University of Winnipeg Collegiate Wesmen.

With the 0-2 record, the Rams placed third in their three-team pool.

On Saturday, Stonewall was edged 64-63 by the Sanford Sabres but then rebounded to defeat the Arborg Collegiate Athletics 58-43 to place 11th out of 12 teams.

In junior varsity boys' action, Stonewall finished with an 0-3 record at a Ste. Anne tournament.

The Rams suffered losses to the Sanford Sabres (77-44), Ste. Anne Lynx (39-34) and the Springfield Sabres (59-49).

ARE
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SAME STORY?



www.SPOTfakenews.ca

Coach of the month

TRIBUNE PHOTO SUBMITTED

Shae-Lynne Johnson was recently named the MHSAA Payworks Coach of the Month for November. She coached the Stonewall Collegiate Rams to their first provincial volleyball championship in school history. Johnson, a student teacher at Stonewall, put countless hours into the junior varsity girls' program this past season. She is the daughter of former SCI and John Taylor coach Tom Johnson and has the pedigree to have a long and successful future coaching.



Stonewall Jets very good in win over Charleswood Hawks

By Brian Bowman

The Stonewall Jets looked real good against the Charleswood Hawks on Sunday.

Six different Jets scored in a solid 6-3 road win in Manitoba Major Junior Hockey League action.

"They were a little shorthanded but it was nice for us because we had a little bit of a letdown Friday," said Jets' assistant coach Eric Swanson. "It was nice to bounce back on Sunday. We were winning a lot of the races to the loose pucks and we played a lot more physical, too. When we're successful, that's what we're doing."

Stonewall's Ryan McMahon scored a first-period goal and then Keevan Daniels-Webb and Carson Ouellette made it 3-0 by the 4:43 mark of the middle frame.

Daniels-Webb finished the game

with four points.

Stonewall's Marcus Dewey also tallied in the second and then James Maxwell, on the power play, and Brendan Labossiere scored in the third.

It was nice for the Jets to get some balanced scoring.

"I think if you look at year's past, especially last year, we've had to rely on a few guys," Swanson said. "But it's nice this year because our scoring is a lot more spread out, so that's good."

Sean Robinson (two) and Adam Stewart replied for Charleswood.

The Jets outshot the Hawks 44-20 as Curtis Beck posted the win in goal.

On Friday, the Jets were defeated 3-1 by the St. Boniface Riels in Stonewall.

"It wasn't our best but we didn't play terrible," Swanson said. "We had trouble putting the puck into the net but we have to give them some credit, too.

They played a good game ... and we definitely got outskated that game."

Foster Bytheway gave the Jets a 1-0 lead midway in the first period but St. Boniface's Kyle Lang replied with a goal at 18:46 of the opening frame.

The Riels' Nicolas Burmey scored early in the second period and then Joe Akadiri tallied in the third.

Stonewall outshot St. Boniface 44-34 as Adam Swan took the loss. Teulon's Josh Bond was the winning goaltender.

On Dec. 4, the Jets defeated the first-place Pembina Valley Twisters 6-5 in overtime in Stonewall.

It was a great win for the Jets against a very good Twisters' team.

"We were short handed, especially on the back end, so we had younger guys step up and they did a really good job," Swanson noted.

Maxwell scored the game winner in OT. It was his second goal of the game and fourth point.

Daniels-Webb also scored twice and had two assists for Stonewall. The two players compliment each other very well on the ice.

Brandon Kochen and Ouellette also scored for the Jets.

Jeremie Goderis netted a pair of second-period power-play goals for Pembina Valley. Brendan Keck also tallied twice for the Twisters while Nick Hatley had the visitors' other goal.

Pembina Valley outshot Stonewall 53-29 as Curtis Beck earned the well-deserved victory. The Jets, now 12-10 and in fourth place with 24 points, will welcome Pembina Valley back to Stonewall on Friday and then will visit the Ft. Garry/Ft. Rouge Twins on Sunday. Both games start at 7:30 p.m.

Athlete of the week



TRIBUNE PHOTO SUBMITTED

The MHSAA Rural High School Athlete of the Week is Charli Reimer of the Stonewall Collegiate Rams' junior varsity girls' volleyball team. Reimer was named MVP at the McDonald's AAA provincials, where she led the Rams to their first-ever provincial volleyball championship. Reimer led the Rams in kills this season and is an outstanding defender. The Grade 10 student maintains a 96 per cent average.

Laxdal promoted to Dallas Stars' coaching staff

Staff

Derek Laxdal played 67 games in the National Hockey League.

On Tuesday, he was behind the bench of an NHL team for the very first time.

Dallas Stars' general manager Jim Nill had announced earlier in the day that Jim Montgomery was dismissed as the team's head coach.

Rick Bowness, who has served as an assistant coach in Dallas since June 22, 2018, assumed the role of interim head coach.

Laxdal, the head coach of the American Hockey League's Texas Stars, was added to Bowness' staff as an assistant coach.

Neil Graham, meanwhile, was named head coach of the Texas Stars. He was serving as Texas' assistant coach.

"The Dallas Stars expect all of our employees to act with integrity and exhibit professional behaviour while working for and representing our organization," said Nill on the Dallas Stars' website. "This decision was made due to unprofessional conduct inconsistent with the core values and beliefs of the Dallas Stars and the National Hockey League."

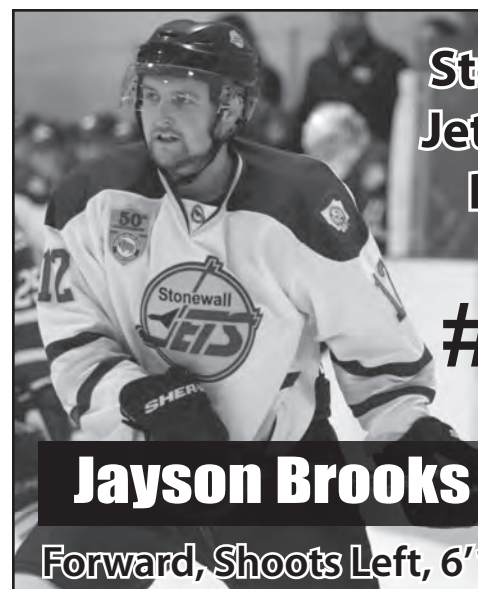
Laxdal, 53, was Texas' head coach since July 3, 2014. In his sixth season as head coach, he led the Stars to a 198-152-55 record, including a trip to the 2018 Calder Cup final.

During his five full seasons, the Stars have qualified for the Calder Cup playoffs three times.

Laxdal joined the Texas Stars after concluding a four-year stretch (2010-2014) as head coach of the Western Hockey League's Edmonton Oil Kings, highlighted by winning the 2014 Memorial Cup. During his final campaign in Edmonton, Laxdal guided his team to a 50-19-3 record and the Ed Chynoweth Cup as playoff champions of the WHL – the second of his career after claiming the honour in 2012.



TRIBUNE PHOTO SUBMITTED
Derek Laxdal was promoted to the Dallas Stars' coaching staff on Tuesday. Laxdal, who is from Stonewall, will serve as an assistant coach to interim head coach Rick Bowness.



Stonewall
Jets Player
Profile

#12

Jayson Brooks

Forward, Shoots Left, 6'1", 185 lbs, Born 1999



*Come out to
support the Jets*

Upcoming Games

Friday, Dec. 13
Pembina Valley Twisters
at Stonewall Jets 7:30 p.m.
VMSC

Sunday, Dec. 15
Stonewall Jets at
Ft. Garry/Ft. Rouge Twins
7:30 p.m.

Rockets trade Mattson to Chiefs

Staff

Leif Mattson has a new home. The Spokane Chiefs acquired Mattson from the Kelowna Rockets last Thursday in exchange for a third-round pick in the 2020 Western Hockey League Bantam Draft.

"This is an opportunity to add a high-calibre proven scorer to our roster," said Chiefs' general manager Scott Carter on the team's website. "Leif has shown that he can make a big impact in our league and also proven to be a strong leader in the community. We're very excited to welcome him to the Chiefs' family."

Mattson, a 1999-born forward from Stonewall, had five goals and 18 points in 25 games with the Rockets this season.

In 203 career WHL games, the 6-foot-

1 winger has 61 goals and 155 points.

Originally an eighth-round (164th overall) pick in the 2014 WHL Bantam Draft by the Brandon Wheat Kings, Mattson was passed over in the NHL draft after being ranked 157th by NHL Central Scouting coming out of his 17-year-old season.

He attended the Carolina Hurricanes' rookie camp prior to this season.

Mattson has earned multiple team awards with the Rockets, winning the club's Humanitarian of the Year honour in 2018-19 and he was Kelowna's Most Sportsmanlike Player in 2017-18.

Rockets' general manager Bruce Hamilton admitted it was very difficult to move a good player and a great individual. But Kelowna had to make room for Matthew Wedman after ac-

quiring him from the Seattle Thunderbirds.

Both Wedman and Mattson are 20 years old and each WHL team can only have three overage players each season.

"Any time you make a move with overage (players), unfortunately, someone is moving," Hamilton told Kelowna's *The Daily Courier* newspaper. "Leif has been a great player for us. He competed hard and is a solid person. We've made a move that I think will be good for him. He'll fit in well in Spokane."

"I think if there's a place to go, this is a great place. He's going to slot right into their top six (forwards). We want to thank Leif for everything he has done for the Rockets and wish him well in the future."



TRIBUNE PHOTO SUBMITTED
Leif Mattson was traded by the Western Hockey League's Kelowna Rockets to the Spokane Chiefs last week for a third-round pick in the 2020 WHL Bantam Draft.

MWJHL to support Female Hockey Fights Cancer event

Staff

The Manitoba Women's Junior Hockey League will play four regular-season games on Saturday at the Seven Oaks Community Centre in support of the Female Hockey Fights Cancer event.

All seven MWJHL teams will be playing while a silent auction will also take place. All proceeds will go to CancerCare Manitoba.

Games on the red rink feature Atom A1 Rockets versus Stars (10:30 a.m.), Atom A2 Rockets against Storm Black (11:45 a.m.), Atom A3 Rockets versus Stars (1 p.m.) and PeeWee A2 Rockets versus Stars Purple (2:15 p.m.).

MWJHL games on the blue rink will include the Manitoba Gray Owls versus the Manitoba Blizzard (10:30 a.m.), the Silvertips against Polar Ice (12:45 p.m.), Prairie Blaze versus Northern

Stars (5:30 p.m.) and the Western Predators taking on the Gray Owls (7:45 p.m.).

A Manitoba Women's Hockey League game between the Winnipeg Avros and the Central Plains Capitals will take place at 3 p.m. on the blue rink.

As well, the Dale Hughesman Memorial Cup will be played at 3 p.m. on the blue rink.

There are several players from the Interlake on junior teams this season.

The event will wrap up the first half of the MWJHL season. The next games scheduled for the new year will be played on Jan. 8.

Hofer named WHL Goaltender of the Month

Staff

The Portland Winterhawks' Joel Hofer of Winnipeg was named the Western Hockey League's Goaltender of the Month for November.

The St. Louis Blues' draft pick (fourth round, 107th overall) had an 8-2-1 record in November with a 1.75 goals-against average and .944 save percentage. He also posted a shutout.

The Winterhawks were in a tie with the Everett Silvertips for top spot in the U.S. Division heading into last weekend's action. The Winterhawks were also tied with Everett and the Kamloops Blazers for the most points (35) in the WHL's Western Conference.

Hofer, 19, received more good news last week as he was named to Canada's National Junior Team Selection Camp along with Brandon's Calen Addison (Lethbridge Hurricanes).

Hofer has been very good this season, compiling a 16-4-1-1 record, 1.92 GAA, and .935 save percentage with two shutouts in 23 games.



TRIBUNE PHOTO SUBMITTED
Joel Hofer was named the Western Hockey League's Goaltender of the Month for November.

Originally with Swift Current, Hofer has appeared in 90 WHL regular-season games with the Broncos and Winterhawks, posting a 39-36-4-3 record, 3.04 GAA, and .914 save percentage with six shutouts.

Pawluk one of three MJHL Players of the Week

Staff

Dauphin Kings' defenceman Brayden Pawluk was named as one of three Manitoba Junior Hockey League Players of the Week for the period ending last Sunday.

Pawluk scored three goals and added three assists in three games for Dauphin last week.

The Kings were 3-0 last week, defeating the Selkirk Steelers (9-3), Winnipeg Blues (5-4) and the Virden Oil Capitals (3-2).

He has three goals and 18 points in 25 games with the Kings this season.

Heading into this week's action, Pawluk had played 44 games with Dauphin and another 95 with Virden.

The other two players of the week were Portage Terriers' forward Riley Bruce and Swan Valley Stampeder's defenceman Mattias Dal Monte.

Bruce scored four goals and added



Brayden Pawluk

two assists in two games while Dal Monte had five goals and eight points in four contests.

Lightning winless at Midget AAA Female Challenge

By Brian Bowman

The Interlake Lightning U18 female hockey team finished with an 0-4 record at Hockey Manitoba's Midget AAA Challenge last weekend.

Interlake started play with a 6-1 loss to the Yellowhead Chiefs on Friday.

Megan Humeniuk scored the Lightning's lone goal early in the second period, assisted by Ally Rakowski, to tie the score at 1-1.

Joie Simon scored for Yellowhead in the first period and then Mya Kubrakovich and Callie Maguire tallied in the second.

Kasey Fouillard made it 4-1 just 25 seconds into the third period. The Chiefs' first four goals were scored on the power play.

Toni Koskowski and Simon closed out the scoring late in the game.

Yellowhead outshot Interlake 33-13 as Abigail Glass took the loss.

On Saturday, the Lightning were shut out 1-0 by the Central Plains Capitals.

Jayselyn Nybo scored the game's lone goal in the second period.

Lightning goaltender Katelyn Dorsch stopped 19 Capitals' shots.

Later that evening, Interlake was edged 3-2 by the Weyburn Red Wings.

Dakota Bowler scored the game winner in the third period.

Weyburn took a 2-0 lead just 5:31 into the game on goals by Sara Auchstaetter and Sydney Keddie.

But the Lightning's Taylor Kristjanson tallied twice before the first period ended. Her second goal came with just 12 seconds remaining in the period.

Rakowski, Humeniuk, Erin Yorke and Sarah Dowsett had assists in the game.

Glass stopped 29 Weyburn shots.

Sunday morning saw the Lightning lose 4-1 to the Eastman Selects.

Eastman snapped a 1-1 third-period tie with three unanswered goals.

The Selects' Liza Vigier scored 4:34 into the game but Humeniuk responded with a goal 1:54 later.

Madelaine DesRoisers, with a pair, and Anya Misner scored in the third. Dorsch made 40 saves in the game.



TRIBUNE PHOTO BY LANA MEIER

The Lightning's Megan Humeniuk assisted Taylor Kristjanson's goal against the Weyburn Red Wings at Hockey Manitoba's Midget AAA Challenge.

Second-period collapse costs U18 Lightning

By Brian Bowman

The Interlake Lightning could not have planned a better start to their Manitoba U18 AAA Hockey League game against the very talented Yellowhead Chiefs on Sunday afternoon.

Interlake stunned Yellowhead by jumping out to a 3-0 lead 17:46 into the game.

"We were just sticking to our game plan, sticking to our style of play, which is getting pucks up quick and stretching the ice out," said Lightning head coach Scott Wong. "It was working but Yellowhead is very good and very fast. When you can't keep up with their forwards, you're taking penalties down low because you have no choice but to either trip or clutch and grab."

Interlake's great start was quickly erased by a disastrous 18:03 span that started late in the opening period and carried over to the second frame.

Yellowhead scored five goals during that time frame on their way to a 5-3 comeback victory in Teulon.

Mathew Vandel, Carl Ingalls and Cole Emberly gave Interlake the 3-0 lead.

But the Chiefs' Colby Wotton potted a power-play goal at 19:14 of the opening frame and then Mitchell Collyer, Owen Wareham, Briley Wood and



TRIBUNE PHOTO BY RICK HIEBERT

Lightning goaltender Dominic Jacobson made 52 saves against the Pembina Valley Hawks last Saturday.

Conor Geekie tallied in the second.

Yellowhead's special teams were very good as the Chiefs scored three power-play goals and a shorthanded tally.

But Wong was impressed with how his team played against the second-place Chiefs.

"On the bright side, we're a rebuilding team and we're very young," Wong

said. "It's a very good sign that we can play with these teams."

On Saturday evening, Interlake was defeated 6-1 by the Pembina Valley Hawks in Morden.

"It was just one of those games," Wong said. "The highways were brutal and everyone came late. We weren't ready mentally but in the second period we still took it to them pretty good.

I thought we had some really good opportunities but, in the end, it didn't work out the way we wanted it to."

Trailing 5-0, Ingalls scored a goal, assisted by Ethan Johnson and Dominic Jacobson.

The Hawks, which built period leads of 2-0 and 4-0, received goals from Derek Wiebe (two), Cameron Brunn, Trent Penner, William Irvin and Brett Bergman.

Jacobson made 52 saves in the losing cause.

On Dec. 4, the Lightning edged the Central Plains Capitals 4-3 in Teulon.

"It was a very good (effort)," Wong said. "We took it to them for three periods."

Ayden Manningway led Interlake with two goals while Karson King and Lyle Murdock also tallied. The Lightning's Kaden Stewart had two assists.

Riley Borody (two) and Cameron Trimble replied for Central Plains.

Chris Fines made 27 saves for the win.

Interlake will play the first-place Winnipeg Wild on Wednesday (7 p.m.) at the Bell MTS Iceplex and then will continue on the road with a pair of games this weekend in Kenora against the Thistles.

The two teams will play Saturday (7:30 p.m.) and Sunday (2:30 p.m.).

Sharks bite Bantam Lightning with third-period comeback

Staff

The Interlake Lightning were bitten by the Winnipeg Sharks in the third period on Sunday in Bantam AAA hockey action.

Winnipeg erased a 3-1 third-period deficit with three unanswered goals for a 4-3 victory in Warren.

The Sharks' Caleb Neufeld started the comeback with a goal early in the third. Hayden Chaloner tied the score midway in the period and then the Sharks' Dylan Vitelli scored the game winner at 16:13.

The first period was scoreless but Interlake started the second with goals from Rylan Slatcher and Hayden Wheddon.

Winnipeg's Nathan Leclerc cut that lead in half at 12:38 of the middle frame.

But the Lightning regained their two-goal advantage when Wheddon scored just over four minutes later. Wheddon leads the Lightning in goals (20) and points (32) in 14 games this season.

Interlake's Dawson Cowan played very well in goal, making 48 saves.

The Lightning were scheduled to

play the Norman Wolves last Saturday in Stonewall but the game was postponed.

Interlake will play the Southwest Cougars on Saturday at 5 p.m. in Souris and then will battle the Yellowhead Chiefs on Sunday (noon) in Shoal Lake.

In U17 Prep play, the Lightning were beaten 8-1 by the Brandon Wheat Kings on Friday in Warren.

Trailing 6-0, Connor Crosby scored Interlake's goal at 4:43 of the third period.

Jackson Jacques (two), Reid Wells, Addison Hamm, Jackson Gudz, Will Fawcett, Brayden Mackay and Callum Halls tallied for Brandon.

Hayden Myskiw made 47 saves in the loss.

Interlake will play the Winnipeg Thrashers on Wednesday (8:30 p.m.) at Gateway Arena. The next night, the Lightning will battle the Winnipeg Wild at 7:35 p.m. at the Bell MTS Iceplex.

Interlake will continue on the road Saturday with a game against Brandon. Puck drop is 7:45 p.m.



TRIBUNE PHOTO BY LANA MEIER

The Lightning's Rylan Slatcher scored a second-period goal against the Winnipeg Sharks last Sunday. Interlake lost the game 4-3.

Interlake 0-3 at Bantam AAA Female Challenge

Staff

The Interlake Lightning finished with an 0-3 record at Hockey Manitoba's Bantam AAA Female Challenge last weekend in Winnipeg.

Interlake started action Friday afternoon with a tough 2-1 loss to the Parkland Rangers.

Tessa Stewart gave Interlake a 1-0

first-period lead with the assist going to Ava Pool.

After a scoreless second period, Parkland's Hailey Hojnocki scored a pair of goals. Her second goal came at 19:30 of the third period.

Parkland outshot Interlake 33-13 as Lightning goaltender Rachel Halldorson played very well, making 31 saves.

On Saturday, Interlake was shut out 6-0 by the Assiniboine Park Rangers.

Keara Parker (two), Cassidy Bodnaryk, Lauryn Phillips, Kahlen Wisener and Letta Mattheos scored for the Rangers.

Interlake closed out play Sunday with a 5-1 loss to the Winnipeg East Saints.

Stewart gave Interlake a 1-0 lead with a shorthanded goal at 7:02 of the opening period. The goal was assisted by Kylee-Emms Finnsson and Ava Farthing.

Katie Vigier (two), Hannah Dennehy, Charlotte Buffie, Maeryn Rempel scored for Winnipeg East.

Rams play well at Brandon hockey tournament

Staff

The Stonewall Collegiate Rams played well while finishing with a 2-3 record at a Brandon tournament last weekend.

Stonewall wrapped up play Sunday with a 4-1 loss to the Miles Macdonell Buckeyes on the B-side of the second-place pool.

The Rams' goal scorer was not known at press time.

Stonewall started the tournament with a solid 3-0 shutout win over Kenora's Beaver Brae Broncos on Friday afternoon.

Adrian Klimpke, Cody McMillan and Kaiden Kendal scored for the Rams.

Dray Sobkow posted the shutout.

Later that evening, Stonewall was blanked 3-0 by Russell's Major Pratt Trojans.

With the 1-1 record, Stonewall finished second in their three-team pool and was placed in the Royal Oak Division on Saturday.

The Rams' first game was against the St. Paul's Crusaders. St. Paul's won 3-2 in a shootout.

McMillan and Rhett Woods scored for Stonewall.

Stonewall rebounded nicely from that tough loss to defeat Winkler's Northway Parkway 5-1. Woods (two), McMillan, Owen Forbes and Jace Woods scored for the Rams.

Dray Sobkow earned the win in goal.

On Dec. 3, the Rams were doubled

4-2 by the Kildonan East Reivers in WSHL action.

The Reivers' Harlan Helner scored the only goal of the first period and then he added a pair of power-play goals in the second for the natural hat trick.

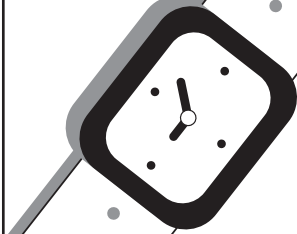
The Rams got back into the game, however, with third-period goals by Owen Forbes and Dasek Sobkow.

But Noah Barrett closed out the scoring with 3:25 remaining in the game.

Stonewall will play the Kelvin Clippers on Wednesday in league play at River Heights Arena and then will battle the West Kildonan Wolverines on Dec. 18 at the Seven Oaks Sportsplex.

Both games will start at 4:15 p.m.

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

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!

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!

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Rope used as a lasso
- Lomb's partner
- North African nation
- Rounds up cattle
- Densest naturally occurring element
- Home of the Brewers
- Atomic #44
- Vetches
- Moved earth with a tool
- Cavalry sword
- Supplements with difficulty
- Encouraged
- Speech defect
- Periodical (abbr.)
- Very cold
- ___ Paulo, city
- Former OSS
- Approves food
- Cars need them
- Sweden's dominant phone company
- Long lock of a woman's hair
- North American natives
- Fly high
- One type is fire
- Nocturnal bird
- More than one male
- LOTR actor McKellen
- Employee stock ownership plan
- Tony-winning actress Daisy
- Tennis star Kournikova
- Pulitzer-winning composer
- The opposite to pro
- Safecrackers
- Denotes past
- Parrots
- One quintillion bytes (abbr.)
- Reduce the importance of
- Stiffly
- In a sensible way
- Signs

CLUES DOWN

- Capital of Zambia
- Article
- Country star LeAnn
- Egyptian goddess
- Afflict in mind or body
- Showy but cheap
- Belgian urban center
- Short-winged diving seabird
- Deploys
- Ballplayers can legally do it
- Centiliter
- Contrary beliefs
- Type of pole
- Distinguish oneself
- 8th month of the year (abbr.)
- One who monitors
- Petty quarreling
- Fiddler crabs
- Touch lightly
- American state
- Pro wrestler Randy
- Indicates spelling mistake
- Macaws
- Gradually narrowed
- Installments
- Female sheep
- Politician
- Servant
- Said to facilitate concentration
- California ballplayers
- Once Toledo's tallest building
- A type of pie
- State of southwestern India
- Principal member of Norse religion
- Counterspy
- Wellness practice
- ___-de-sac: dead end street
- Used to cook
- Type of hospital
- Direct message

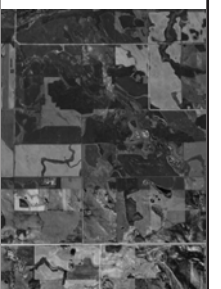
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> MEAL IDEAS



Nonstick cooking spray
4 boneless, skinless chicken breasts
1/2 cup flour
4 tablespoons butter
8 ounces mushrooms, sliced
1/2 cup chicken broth
1/4 teaspoon salt
1/4 teaspoon pepper
2 cups shredded mozzarella cheese
1/2 cup Parmesan cheese, grated
1/4 cup green onions, sliced
Heat oven to 375 F. Prepare baking dish with nonstick cooking spray.

RED RIVER CO-OP FOOD STORE

Cheesy Baked Mushroom Chicken

Cut each chicken breast in half. Place flour in resealable bag. Place chicken in resealable bag with flour; toss to coat. In large skillet, melt butter. Add chicken to skillet; brown all sides. Transfer chicken from skillet to 11-by-7-inch baking dish. In skillet, saute sliced mushrooms in remaining butter until softened. Add chicken broth, salt and pepper. Bring to boil then cook 5 minutes. Spoon over chicken. Bake 15 minutes. Sprinkle with cheeses and green onions. Bake 5 minutes, or until cheese is melted.



Recipe courtesy of Milk Means More
Prep time: 30 minutes
Cook time: 10 minutes
Servings: 8

- 4 slices bacon, cut crosswise into 1/2-inch-wide pieces
- 3/4 pound boneless, skinless chicken breasts, cut into 3/4-inch pieces
- 10 ounces (about 4 cups) farfalle (bow tie) pasta
- 2 1/2 cups reduced-sodium chicken broth
- 4 cloves garlic, minced
- 1 1/2 teaspoons dried Italian seasoning
- 1/2 teaspoon coarsely ground black pepper
- 1 cup heavy cream
- 1 cup grated Parmesan cheese
- 3 cups baby spinach leaves
- 1 cup halved cherry tomatoes, for garnish

1. Place removable pan inside programmable pressure cooker. Using saute function, cook bacon, uncovered, until crisp. Use slotted spoon to remove bacon from pan. Drain bacon on paper towels. Leave 1 tablespoon drippings in

Pasta and Chicken in Garlic Cream Sauce

pan; discard remaining.
2. Add chicken to bacon drippings in pan in two batches. Using saute function, stir-fry chicken 2-3 minutes, or until cooked through. Use slotted spoon to remove chicken from pan. Repeat until all chicken is cooked. Press cancel.
3. Stir pasta, broth, garlic, Italian seasoning and pepper into drippings in pan. Secure lid and set pressure release to sealing function. Select high pressure setting and cook 5 minutes. Press cancel.
4. Allow pressure to release naturally 5 minutes. Move pressure release to venting function to release any remaining steam. Remove lid.
5. Stir cream into pasta mixture. Using saute function, cook and stir, uncovered, until boiling. Boil, uncovered, about 4 minutes, or until sauce generously coats pasta, stirring frequently. Press cancel. Stir in chicken and Parmesan cheese.
6. Place spinach and bacon in large bowl. Pour pasta mixture over top. Toss until combined. Ladle into serving bowls. Top each serving with tomatoes.



Genuine Caring is Best Christmas Present

thoughts. You are just gathering information. Let him or her talk. When the speaker seems to have come to the end of the train of thought, you can ask clarifying questions. These are questions that help you to be clear about what is being said. They are not questions that lead into an expression of your point of view. When the listener feels you have really heard, there will be a sense of warmth, opening and closeness.

The best gift we can give to another is genuine caring. I mean the kind of caring that is evident when someone looks into our eyes when asking how we are, and really wants to know. When they have the time, or will make the time, to truly listen. You have the sense that, for that person, in this moment, you are all that matters. They are not waiting to tell their story, looking at their watch, or telling you what you should do.

Sometimes it seems teenagers do not share enough with parents, or men do not communicate enough with their partner. This just might be because they sense we are not truly listening to what they are saying.

Imagine that words are just the tip of an 'iceberg' the other is trying to describe to you. Your job is to actively work to understand as much of it as you can. Part of this task requires being silent, allowing the person the time and space to gather his or her

You can ask if there is anything he or she needs from you. If the answer is 'no', just leave it alone, and thank the person for sharing their thoughts with you.

If you use this approach consistently, you will be approached more often, just to 'talk'. What this really means, though, is that the person feels you care about them. Your gift has been received.

Gwen Randall-Young is an author and award-winning Registered Psychologist practicing in Sherwood Park, Canada. For information on her books, MP3 recordings and resources go to www.gwen.ca Follow her on Facebook for daily inspiration.



Hearty Roasted Winter Vegetables

1/4 teaspoon salt, plus additional, to taste (optional)
1/8 teaspoon pepper, plus additional, to taste (optional)
2 cups Brussels sprouts, ends trimmed and scored with cross-cut
Heat oven to 400 F. Place beets, onion, mushrooms and squash on rimmed 15 1/2-by-10 1/2-by-1-inch baking sheet; drizzle with olive oil. Add garlic, rosemary, thyme, 1/4 teaspoon salt and 1/8 teaspoon pepper; toss to coat. Roast 15 minutes. Add Brussels sprouts, stir and continue to roast until vegetables are tender and browned, about 30-35 minutes, stirring once. Adjust salt and pepper, to taste, if desired.

Prep time: 10 minutes
Cook time: 45-55 minutes
Servings: 6
1 jar (16 ounces) Aunt Nellie's Whole Pickled Beets, drained
1 small red onion, cut into 12 wedges
2 cups baby portobello mushrooms, cleaned and stems trimmed
2 cups butternut squash, peeled, seeded and cut into 3/4-inch chunks
3 tablespoons olive oil
1 clove garlic, finely chopped
2 teaspoons chopped fresh rosemary
2 teaspoons chopped fresh thyme



Caprese Bean and Salami Salad

Recipe courtesy of "The Reluctant Entertainer"
Prep time: 25 minutes
Servings: 16
5 cans (15 ounces each) READ 3 Bean Salad (3 cans drained, 2 cans undrained)
1 pint grape tomatoes, halved

1pound small marinated mozzarella balls, drained
3/4 cup (1 ounce) fresh basil, chopped
8 ounces dried salami, sliced
salt, to taste
pepper, to taste
2 whole-wheat baguettes (13 ounces each), sliced
In large bowl, stir together bean salad, tomatoes and mozzarella balls. Before serving, add basil and salami. Add salt and pepper, to taste. Stir to combine.
Serve on large platter surrounded by baguette slices.

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NOTICES

Stonewall & District Lions Club 2019 Grey Cup Pool winners are: first quarter - Andy Mair, reverse - Courtney Hueman; second quarter - Frank Dzedzic, reverse - Louise Kernsted; third quarter - Bill Campbell, reverse - Bill Ridgeway; fourth quarter - Laurie Gendron, reverse - Betty Taylor. Thank you to everyone for their support. - Stonewall & District Lions Club

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ANNOUNCEMENT

IN MEMORIAM



In Loving Memory
Matthew MacIntyre
December 18, 1984 - September 6, 2012
A butterfly lights beside us like a sunbeam and for a brief moment, it's glory and beauty belong to our world but then it flies on again and though we wish it could have stayed, we feel so lucky to have seen it.
Loved dearly and so sadly missed.
December 18, 2019 Matthew would be 35.
-Love Mom, Dad, Tracey, family and friends

ANNOUNCEMENT

IN MEMORIAM



In Loving Memory of a great husband, dad and grandpa
John McRae
who passed away last year on December 12, 2019

His Smile
Though his smile is gone forever,
And his hand I cannot touch;
I still have so many memories,
Of the one I loved so much.
His memory is my keepsake,
With which I'll never part;
God has him in His keeping,
I have him in my heart.
Sadly missed but never forgotten.
Love you forever!

-Your family

OBITUARY

Helen Penner



On Tuesday, December 3, 2019 at Rosewood Lodge in Stonewall, Helen Penner received her angel wings so she could begin her new journey to Heaven. Helen passed peacefully at the age of 90. She will be sadly missed by her daughter Lynne (Richard); sons Dan and Les (Darlene); grandchildren Shirley (Iain), Mary, Brandon, Andrea and Stephanie and great-grandchildren Austin, Nicholas, Sydney and Caris. Helen was predeceased by her loving husbands, Dan Bachewich of 22 years, second husband Dave Penner of 30 years; three sisters; two brothers and daughter Shirley and son-in-law Don. She was born in Moosomin, SK. She resided in Brandon for 30 some years before moving to Stonewall. She worked for over 25 years with Weston Foods in various positions. She enjoyed bingo, bowling, jig saw puzzles and helping out at church.

Family wishes to thank the caring staff and volunteers at Rosewood Lodge and to Dr. Graham for his good care over the years. Sincerely grateful to the volunteers who kept mom company till the end.

Funeral Service will be held on Thursday, December 12, 2019 at 10:00 a.m. at the MacKenzie Funeral Chapel, Stonewall.

Donations can be made to Rosewood Lodge, 513-1 Ave N, Stonewall, MB, R0C 2Z0 or Alzheimer Society of Manitoba, 120 Donald Street, Winnipeg, MB, R3C 4G2.

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OBITUARY



Florence Hartle
(nee Gardner)

Born September 25, 1924 in Ninette, MB, passed away peacefully surrounded by family on December 5, 2019 at Deer Lodge Centre, at the age of 95.

She is survived by sons John (Donna), Ronald (Susan); daughters Barb, Rhonda (Jeff); eight grandchildren; eight great-grandchildren and one great-great-grandchild. She is also survived by two sisters Muriel and Jeannette (Ron), numerous nieces and nephews and family residing in England.

She was predeceased by her mother Matilda; husband Albert; brothers Ed, Irvine, Bruce, Ken; sister Ruth; brother-in-law Albert and son-in-law Ken.

Florence and family grew up in Stonewall, MB. She met and married Albert in 1945 after his return from the Army. They raised their family in Winnipeg, MB. And when the time was right, sold their house and moved back to Stonewall, residing at Lions Manor to be closer to her siblings.

Florence loved to volunteer at the Grace Hospital, serving customers muffins and coffee. She also volunteered with the Legion, once back in Stonewall. She enjoyed knitting, sewing, baking and was an avid sports fan watching baseball, curling, soccer and hockey on T.V., above all else family meant everything to Florence.

She went into Deer Lodge Centre in 2011. While there and overcoming many adversities, she participated in numerous activities making many friends along the way. She became their "Mama".

Florence was a kind soul, had a great sense of humor and was everyone's best friend!

As per Florence's wishes she has been cremated. An interment for family will be held in spring 2020.

When you awakin in the morning hush
I am the swift uplifting rush
of quiet birds in circled flight
I am the soft stars that shine at night
Do not stand at my grave and cry
I am not there, I did not Die.

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OBITUARY

Arnold Abrahams

December 14, 1929 - December 7, 2019

Peacefully one week before his 90th birthday Dad passed away, rejoining his many loved ones in heaven.

Dad was the sixth of ten children of David & Katherina Abrahams. His parents were Mennonite immigrants and Dad's childhood was spent on the family farm in Pigeon Lake, Manitoba. As a young man, Dad had an adventurous spirit working in gold mines & logging camps in northwest Ontario before becoming a lifelong farmer.

In his youth, Dad was swept off his feet by Alvina Bergen and they were married April 27, 1957. They moved to Stonewall and together built a successful farm and raised a loving family. We have wonderful childhood memories of Dad's sense of humour, chocolate that was shared but kept in his sock drawer for safe keeping and going to St. Ambrose beach on summer Sundays. Christmas and Easter were important and joyful occasions. A great deal of imagination went into hiding our Easter baskets; screwdrivers were sometimes required. Garth, Marina, Vicki and Heather shared an idyllic life until Mom died at the age of 41 of breast cancer on August 15, 1976. During Mom's illness, Dad cared for Mom with love and tenderness showing us children the truest meaning of love. After Mom's death we were Dad's world and through his strength and love, we remained a united family. Dad wanted to maintain stability in our lives and even mastered the skill of homemade bread. Dad's bread was extra delicious, attributed to his large farmer's hands kneading the dough.

Dad was blessed to find love again and married Mary Latta on February 17, 1979. They shared forty years together, hosting many gatherings for their large blended family, travelling extensively and becoming avid golfers. Their adventures included many golfing trips to destinations all over the world, most notably golfing at St. Andrews, Scotland. Dad was still golfing this past summer and, as usual, insisted on walking all eighteen holes. One of Dad's proudest achievements was scuba diving on the Great Barrier Reef in Australia when in his sixties. During the winter months Dad enjoyed curling in Stonewall and Argyle. He curled throughout his last winter and was very proud of his sweeping prowess. Dad always encountered new friends wherever he went and enjoyed conversing with people of all ages and walks of life.

Dad's grandchildren Matthew, Amanda, Jared and Chris were a constant source of pride and love. He enjoyed entertaining them with poems, songs, endless stories, and imparting many words of wisdom, always with theatrical flair. Dad also had an archive of strange and unusual artifacts; a visit to Opa's was invariably a game of show-and-tell. Dad was happiest when surrounded by all who loved him.

This November Dad was diagnosed with a rare and aggressive form of leukemia. Mary was always at his side and lovingly took care of him, keeping him comfortable and tending to his needs.

Dad will be missed by all whose lives he touched. Mary his wife, his children Garth (Irmie), Marina (Jim), Vicki (Glen) and Heather (Ron), his grandchildren Matthew, Amanda (Brandon), Jared (Bethany) and Christopher. Dad will also be missed by Mary's family, his extended family, and many friends.

A funeral service will be held on Friday, December 13, 2019 at 2:00pm at Schoenfelder Mennonite Church, 2256 Hwy 26, St. Francois Xavier, MB.

A special thank you to Dr. Weebetta, the Palliative Care Team, and all the staff of Stonewall Hospital who cared for Dad in his final hours.

In lieu of flowers, donations in memory of Arnold may be made to South West District Palliative Care, Inc. P.O. Box 1282 Stonewall MB. R0C 2Z0.



OBITUARY



Carol Anne Mikula
(nee Martin)

Born December 9, 1968 in Gillam, Manitoba. Deceased December 3, 2019 at Stonewall Hospital at the age of 50 years.

Carol is predeceased by her father Donald George Martin and great nephew Dayton Martin.

Carol is survived by her husband James Joseph Leslie Mikula; daughter Andrea (Wes) sons Leeland and Blake; son Jordan (Brienne) daughters Chiara and Aubrey; brother Bill (Brenda); twin sister Carla son Devon (Michelle) sons Drayden and Kane; mother Gayle; numerous cousins, aunts and uncles.

Carol attended Teulon school and upon graduating she worked at numerous jobs bookkeeping and accounting and managing. She worked hard and excelled at any job she took. She suffered ill health from the age of 17 to her passing. She married Jim on

August 4, 1990 and have two children. She dedicated all her spare time in organizing the Inwood Snowmobile Club. Her greatest pleasures were her children, grandchildren, nephews and great-nephews, snowmobiling, quadding,

camping, flowers, crafts and she was a great cook.

We would like to thank Dr. Loudon, the doctors and staff of Stonewall Hospital and H.S.C. for their care. Also to Bert and Rose Farmer and Wade Hubbard for their support.

A celebration of Life Service will be held on Saturday, December 14, 2019 at 2:00 p.m. at Gunton Community Hall. A private family committal of cremains will take place after the reception.

In lieu of flowers, donations can be made to the Manitoba Heart and Stroke Foundation or to Stonewall Hospital.



OBITUARY

Margaret Ann Fisher-Lauk
(nee McNamara)

The family announces with deepest sorrow the passing of Margaret Ann on Wednesday, December 4, 2019.

Margaret leaves to mourn her passing her husband Wayne; mother Edna Halas; son Joshua Fisher; sisters Karen Eldridge and Donna McNamara; brother Bob (Dorothy) McNamara; niece Stephanie Eldridge, and great nephews Aiden and Kai.

She was predeceased by her first husband Layton Clay Fisher and brother Douglas McNamara.

A memorial service will be held on Saturday, December 14, 2019 at 1:00 p.m. at the MacKenzie Funeral Chapel, Teulon. Service will conclude at the chapel.

A gathering of friends will be announced at a later date.

In lieu of flowers donations may be made to a charity of one's choice.



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DRIVING UNDER THE INFLUENCE

Nothing will ever be the same again

Drinking responsibly over the holidays: WHAT YOU SHOULD KNOW

Car crashes are more common on Christmas and New Year's Eve than at any other time during the winter. Here are a few reminders that'll help you celebrate the holidays safely.

DRIVING UNDER THE INFLUENCE IS RISKY

The dangers of driving while impaired are well known. According to Mothers Against Drunk Driving (MADD), over half of the fatal crashes that occur every year involve drivers who test positive for drugs or alcohol. Cannabis is detected roughly half the time that drugs are involved.

Whenever you get behind the wheel, you're responsible for the safety of the passengers in your vehicle. You're also obligated to those you share the road with. Though driving under the influence of drugs or alcohol may seem like

a small matter, by doing so you're in fact risking many lives. Waiting for a cab or spending the night on a friend's couch may seem inconvenient, but it's a small price to pay to ensure everyone's safety, your own included.

HOW TO GET SOBER IF YOU'RE IMPAIRED

Once you've consumed alcohol, it will remain in your bloodstream and affect your cognitive and motor functions for several hours, no matter how many cups of coffee you drink or how much food you eat. Indeed, there's no quick way to get sober. Therefore, the best strategy is to simply sleep it off or call a cab, a designated driver service, or a friend or family member to take you home.

ENSURE YOUR FRIENDS GET HOME SAFELY

If you notice that a friend, colleague or family member is planning to drive even

though they've had a few drinks, try to talk them (possibly away from other guests so they don't feel attacked). Offer to call them a cab and, if they become confrontational, get someone to help you. If all else fails, you may need to call the police.



This important message is brought to you by these local community businesses and services:

Driving under the influence of drugs and alcohol is risky but getting behind the wheel while tired or distracted can also cause road accidents. The Canadian Automobile Association reports that driver inattention is responsible for nearly 4 million crashes in North America every year.

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