

During this holiday season, we are truly grateful for all the friends, family, colleagues and clients who have supported us through the steady uncertainty that is 2021. We enter 2022 with a renewed focus on what is the most important, our families, friends and those we serve and work with, and an appreciation of what our homes mean to us. We look forward to helping our clients with all their real estate needs!

Merry Christmas and a Happy New Year

- Susan, Brandt, Matt, Alycia, Lynn & Tim

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THE
McKillop
TEAM

RE/MAX Town & Country

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SCAN ME

VOLUME 12
EDITION 51
THURSDAY,
DECEMBER 23, 2021

Stonewall Teulon Tribune



www.stonewallteulontribune.ca

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Crafty kids



TRIBUNE PHOTO BY CASSARAH TESLUCK

Students from Ecole Bobby Bend School spent last week celebrating the season by creating special Christmas decorations and taking part in Spirit Week. On Friday the students were allowed to wear their pyjamas to school. Pictured left to right: Grade 3 students Jordan Hallock, Cole Gross, Easton Yurrick and Tayte Chatfield.

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Be Merry & Rejoice

Hurray! It is that time of the year to take things slow. Slow down, breath in nature's sweet fragrance; enjoy the chirping of the birds and the serene moments with family and friends. May the magical feeling of Christmas surround you all year round.

Merry Christmas from all of us at **L.J. Baron Realty**

Administration



Yvonne & Judi



Claudette
REALTOR®
Broker
Owner



Matt
REALTOR®



Colette
REALTOR®

Grosse Isle school performs virtual Christmas concert



TRIBUNE PHOTOS BY MONICA BALDWIN

Students at Grosse Isle School made sure to keep the Christmas spirit alive by creating a virtual holiday performance. Students worked in small groups to perform skits, make commercials and dance. All their performances were made into one video that will be shared with their families through a link on the last day of school. Left photo, left to right: Blake, Julia, Kiera and Camryn dance to “Santa Tell Me.” Middle top: Emma, Ashlyn and Madison compete in Christmas trivia. Middle bottom: Chyler, Brooklyn, Kiera and Sarah dance to “Walking in a Winter Wonderland.” Right top: Ethan provides a Christmas news report for his audience. Right bottom: Tanzi, Zelia and Sara made a commercial for “Hay in a Needlestack” game.



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STONEWALL



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Council & Staff

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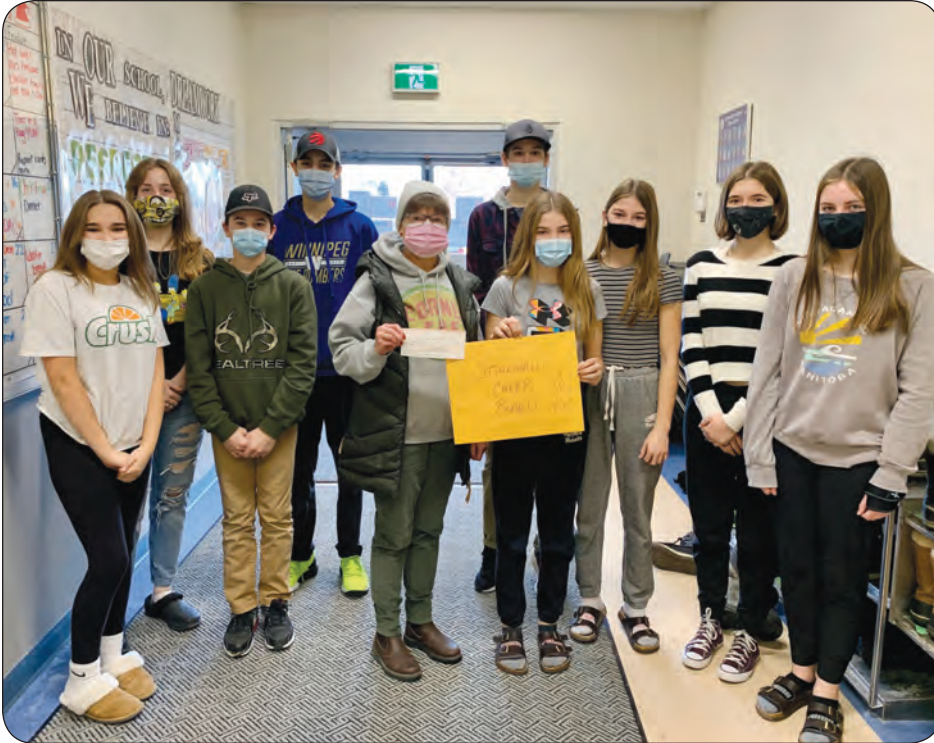
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Cheerboard donations



The Stonewall and District Christmas Cheerboard is feeling cheerful and grateful for the donations that they have been collecting. Last week Grosse Isle Grade 8 students (left) made a monetary donation of \$640 that was raised through hot chocolate, candy cane and doughnut sales as well as pay to wear your PJs to school days and a snowball toss. Pictured right: Balmoral student council donated over 20 boxes filled with non-perishable food items, toys and miscellaneous items that the school collected as well as approximately \$180 in cash raised from selling candy grams.

TRIBUNE PHOTOS SUBMITTED

Movember with a cause



PHOTO SUBMITTED

Alan Campbell, board chair of the Interlake School Division, raised \$2,400 for the Movember campaign. Participants endeavour to grow a moustache while also raising money for men's health projects that focus on key areas of mental health and suicide prevention, prostate cancer and testicular cancer.

Happy Holidays

Massage Gift Certificates Available!

2021 like last year has been a challenging year for all. Let's all enjoy the holidays safely and be thankful for family and friends. Enjoy the season and all the best in the New Year from our entire team!

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AN *inMotion* CLINIC

REEVE AND COUNCIL OF THE RURAL MUNICIPALITY OF ROCKWOOD

SPECIAL STATEMENT FOR IMMEDIATE RELEASE

Reeve, Council and Staff grant travel exemption to Santa Claus

RM of Rockwood – Despite the current COVID-19 restrictions set out in the Rural Municipality of Rockwood, Reeve Wes Taplin, in consultation with Dr. Seuss and Manitoba Public Health, has granted another travel exemption to Santa Claus to allow him to deliver gifts to households across the Municipality on Christmas Eve. All physical distancing measures will be ensured to keep our residents safe and happy throughout the holidays.

Over 200 turkeys donated to Interlake food banks

By Nicole Brownlee

Interlake food banks are getting an extra serving before the holidays with the help of Manitoba Turkey Producers and Exceldor Cooperative.

The two organizations donated 275 turkeys, valued approximately at \$8,000, to five food banks and Christmas Cheer Boards across the region on Dec. 8 and 9 to give back to the communities where many of their partners live.

"The Interlake region has a fairly large amount of turkey producers," said Rachelle Brown, chair of Manitoba Turkey Producers.

"Food banks have definitely been feeling the weight of this pandemic, so we hope that these donations to different areas is going to help those who are in need."

Stonewall's Interlake Food Bank and Gimli's Evergreen Basic Needs both received 40 turkeys, while Teulon & District Food Bank and Christmas Cheer Board received 36. The Riverton & District Friendship Centre received 60 turkeys and the Selkirk Food Bank received 100 turkeys.

"We've been doing donations yearly, but not always to this extent," said Brown.

"We try to get the rural food banks or Cheer Boards at Christmas time."

Manitoba Turkey Producers annually donate turkeys around Thanksgiving and Christmas and have made several monetary or frozen turkey donations to food banks across the province.

In early December, Manitoba Turkey Producers also donated 20 Butterball turkey roasts to the Salvation Army food bank in Portage la Prairie and 20 whole birds to the West Central Women's Resource Centre in Winnipeg.

"This year we've managed to be able to donate to a variety of different groups," said Brown.

The turkey producer donated more turkeys than usual in the past two years because of their giving partnership with Exceldor Cooperative.

"(Our processor) matched our donations, so between the two of us, we've been able to give more," said Brown.

"We're all in the same industry and our goals are the same. ... We're definitely happy to partner up and give."

The turkey donations came as a welcome surprise, said Karen Chaboyer, chair of the Interlake Food Bank.

"It's really good because we don't often get meat donations," said Chaboyer.



TRIBUNE PHOTO SUPPLIED BY MANITOBA TURKEY PRODUCERS. Rachelle Brown, chair of Manitoba Turkey Producers, hand delivered turkey donations to Amy Waluk and Amanda Hepples from the Teulon & District Christmas Cheer Board on Dec. 9.

er.

The Interlake Food Bank serves 40 families. The turkey producer's donations help the food bank distribute food to all families who use their service.

"If people don't donate, then I have to just give to people with big families because I don't have enough, so this is awesome. Everybody will get one," said Chaboyer.

The donation of 40 turkeys to the Gimli food bank made a huge impact

on their Christmas hamper program, said Karen Bowman, co-executive director of Evergreen Basic Needs.

"(This donation) will allow our families to have what everyone else usually has at Christmas," said Bowman.

"It will allow some normalcy at this time of year when it's difficult for many people to get through the season."

Evergreen has prepared 160 Christmas hampers with the help of several donations.

A Message of Appreciation and Holiday Greetings from the Board of Trustees of Interlake School Division



This holiday season offers a renewed opportunity for our ISD employees, students, and community members to safely join together for a time of joy and well-deserved rest.

Like the year before, 2021 has proven to be especially difficult for everyone in public education.


On behalf of the Board of Trustees, I'll take this opportunity to extend our most sincere thanks to everyone who went above and beyond this year in the delivery of public education, as well as in the protection of local democracy in our communities.

Whatever your role, either directly or indirectly connected to our schools, please know that your ongoing support is very much appreciated.

Wishing you a peaceful holiday season, and a healthy new year!

Alan Campbell
Chair of the Board





Merry

CHRISTMAS

& Happy Holidays

Joyeux

NOËL

et Bonnes fêtes de fin d'année

The Honourable Heather Stefanson
Premier of Manitoba

Manitoba
PC Caucus

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Argyle Curling Club offers glow curling, bonspiels



TRIBUNE PHOTOS BY LANA MEIER

The Argyle Curling Club introduced glow curling last Friday and is looking at expanding it for bonspiels, birthday parties and schools.

By Jennifer McFee

A new attraction at Argyle Curling Club has already received glowing reviews.

The local curling club is now offering glow curling, akin to glow bowling.

"We tried it with our Friday league curlers and it was a huge hit. We also had a Christmas party do it and a couple birthday parties for kids," said Trevor

Buchanan, part of the fifth generation of Buchanans to keep the curling club up and running.

"It was my son's idea and it's really taking off. I'd like to get the schools involved with some gym classes to promote curling in a fun atmosphere. You don't have to be a Jennifer Jones to curl. It's for all skill levels."

Looking ahead, they're also hoping to host some

bonspiels for all ages in 2022.

The first bonspiel is planned for Feb. 18 and 19, with a limit of 24 teams for the open-style event. Every team is guaranteed three games.

The bonspiel entry fee is \$100 per team.

For more information or to get involved, contact Trevor Buchanan at 204-461-3525.

2021 Christmas Holiday Hours

<p>Town Office Works & Operations Department* Heritage Arts Centre</p> <table border="0"> <tr><td>December 24, 2021</td><td>CLOSED</td></tr> <tr><td>December 25, 2021</td><td>CLOSED</td></tr> <tr><td>December 26, 2021</td><td>CLOSED</td></tr> <tr><td>December 27, 2021</td><td>CLOSED</td></tr> <tr><td>December 28, 2021</td><td>CLOSED</td></tr> <tr><td>December 31, 2021</td><td>CLOSED</td></tr> <tr><td>January 1, 2 & 3, 2022</td><td>CLOSED</td></tr> </table>	December 24, 2021	CLOSED	December 25, 2021	CLOSED	December 26, 2021	CLOSED	December 27, 2021	CLOSED	December 28, 2021	CLOSED	December 31, 2021	CLOSED	January 1, 2 & 3, 2022	CLOSED	<p>Veterans Memorial Sports Complex</p> <table border="0"> <tr><td>December 24, 2021</td><td>CLOSED</td></tr> <tr><td>December 25, 2021</td><td>CLOSED</td></tr> <tr><td>December 26, 2021</td><td>CLOSED</td></tr> <tr><td>December 31, 2021</td><td>CLOSED</td></tr> <tr><td>January 1, 2022</td><td>CLOSED</td></tr> </table>	December 24, 2021	CLOSED	December 25, 2021	CLOSED	December 26, 2021	CLOSED	December 31, 2021	CLOSED	January 1, 2022	CLOSED
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*In case of Sewer or Water Emergency, please call our Works & Operations Department at 204-467-7990 (on call staff will be available)

Garbage and recycling collection between December 20th and January 7th will follow the **REGULAR SCHEDULE** and will **NOT** be affected by any statutory holidays.

Our warmest thoughts and best wishes for a safe Christmas Season and a New Year filled with peace!

Restaurant Open 24th until 3pm

CLOSED December 25, 26

and January 1

ROCKWOOD Motor Inn
390 Main St. Stonewall
467-2354

Spreading cheer in Teulon



TRIBUNE PHOTOS SUBMITTED

Students from Teulon Elementary spent the month filling a shopping cart over and over with non-perishable food items to donate to the Teulon Christmas Cheerboard. Pictured left: kindergarten students Claire Dola and Toren Nordin brought items to contribute to the cause.

THE Flicks

CINEMA

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

319 First Street E., Stonewall, Man.
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These are government rules - do not blame the theatre staff.

Santa was spreading cheer from a different type of sleigh



TRIBUNE PHOTOS SUBMITTED

Seven-year-old Arabella Kozokowsky and five-year-old Addy Jackson were very excited to see Santa in their neighbourhood last Saturday. The Stonewall-Rockwood Fire Department chauffeured the jolly elf and Sparky the fire mascot, around town, hitting the pavement on a quest to bring holiday cheer to as many kids as possible.

Clarification

Staff

In the Dec. 16 edition of the *Stonewall Teulon Tribune*, the article titled "Young support dog hit by car makes recovery" appeared with an

error. Jersey's surgery, treatment, medications and boarding costs were \$1,804, but Jeanette Mechem is still collecting donations to help pay for a fence to be constructed in her backyard to prevent the dog from escaping again. Jersey is now recovering from her injuries at home with the family.



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Stonewall Christmas Tree Recycling Program

December 26th, 2021 - January 16th, 2022

**Don't throw your Christmas tree away
after the holiday season!**

Recycle it by dropping it off at:
Town of Stonewall Public Yard
147 5th St. W.

Please remember to remove all
decorations, tinsel, stands and plastic
tree bags before arriving at the yard.
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All location check-ins can be done outdoors. Please continue to follow all health & safety guidelines as set by the Manitoba Government.

New year brings new fire chief

By Jennifer McFee

Things are heating up at the Stonewall Rockwood Fire Department as they prepare to welcome a new fire chief — and bid adieu to their long-time leader.

To ring in the New Year, the fire department will forge forward with Darrell Humeniuk as its new chief. At the same time, current fire chief Curtis McClintock will retire from the role on Dec. 31.

For the past 25 years, Humeniuk has served on the Stonewall Rockwood Fire Department, starting in 1996 as a fire fighter. In 2010, he was promoted to deputy, followed by another promotion to deputy chief three years later. Since then, he has continued to serve as the department's deputy chief.

"I feel honoured to be named the next fire chief of the Stonewall Rockwood Fire Department," Humeniuk said.

"The department has a long-standing history of having great leaders, and I hope that I can live up to the standard that has been set by not only Chief McClintock but also all the other chiefs before me."

The best part of the job is being able to give back to the community and its residents in a way that not everyone

can, he added.

"The people that become firefighters do it because they love to do exactly that," he said.

"This job is not always the most pleasant job, and the only reason you do it is to help people in their time of need."

As for McClintock, the transition brings with it plenty of mixed feelings.

"I'm going to miss the department, especially the guys and its camaraderie," said McClintock, who served for 34 years.

"Darrell is dedicated and is a long-serving member of our department. He has been involved in management, so the transition from deputy to chief should go well. The hiring committee has made a strong choice."

As his retirement from the role approaches, McClintock extends gratitude to his fellow members.

"I want to thank all the guys for their hard work and dedication and commitment. It's helped make my role as chief quite easy. Thank you, RM of Rockwood and Town of Stonewall, for all your support over the years," McClintock said.

"I just want to reiterate to the residents of Rockwood and Stonewall,

your fire department is well trained and has a very special group of dedicated members."

At the same time, Humeniuk is also thankful for his fellow fire fighters.

"I really do appreciate all the time and dedication you have given to the fire department over the years and I look forward to working with all of you for what I hope will be years to come," he said.

"Without these people, we don't have a department, and I can tell you from experience that this is one of the best departments around. You will not find one fire fighter on our department who you couldn't trust with your life — and you have to have that trust between the fire fighters, as sometimes in this profession your life does depend on it."

These dedicated volunteers continue to work together as a cohesive team to make a difference in the community.

"There is a great group of fire fighters in this department who, on any given day or night, drop all they are doing to respond to a call, no matter how big or small it may be — and I do hope that they realize how much they are appreciated," Humeniuk said.

"It makes our jobs as chiefs, deputy chiefs, training officers and other fire fighters so much easier when everyone is on board and trying to accomplish the same thing. Whether it be on an emergency scene or volunteering



TRIBUNE FILE PHOTO

Darrell Humeniuk is taking over as chief of the Stonewall Rockwood Fire Department on Jan. 1, 2022.

their time to do one of many fundraisers that we do, the members are always there."

And as McClintock prepares to step down from his role as fire chief, he leaves with some poignant parting words for his fellow fire fighters, who have become like one big family: "Be safe, my brothers! I will be thinking of you every time I hear sirens and see the trucks out."

letter to the editor Letters to the Editor: letters@stonewallteulontribune.ca

Thank you for Christmas greeting to seniors

Thank you to students and staff of schools in Balmoral, Grosse Isle and Stonewall for colourful messages posted on bulletin boards of Lions Manor in Stonewall.


Thanks for encouraging Christmas greetings created for seniors, as shown by Balmoral School (4/5 Class), Rock Lake Hutterite Colony, and Ecole Stonewall Centennial School (Gr. 5) students through cut-outs, jokes, colourful drawings and handcrafted artwork.

Many of the more than 270 residents at Lions Manor, Stonewall, have grandchildren and thus are grateful to receive messages from young ones sharing love to seniors beyond their family. How wonderful and perfect for grandparents and great-grandparents, as they discover these holiday messages. Your heartfelt wording and creative colouring are enjoyed!

Thanks, children and teachers, for your thoughtfulness to encourage people within our community. Also, a special thanks to Andy for posting the messages throughout Lions Manor and bringing his children to

set up lobby Christmas trees.

- James Campbell, president,
Stonewall Lions Manor Tenants Assoc.



THE RURAL MUNICIPALITY OF ROCKWOOD

PUBLIC NOTICE

The Rural Municipality of Rockwood hereby gives notice of the following Holiday Hours:

Administration Offices:

Friday, December 24, 2021 – Closed at Noon
Monday, December 27, 2021 – Closed
Tuesday, December 28, 2021 – Closed
Friday, December 31, 2021 – Closed at Noon
Monday, January 3, 2022 – Closed

Winfield Transfer Station:

Saturday, December 25, 2021 – Closed
Sunday, December 26, 2021 – Closed
Saturday, January 1, 2022 – Closed

Teulon Waste Disposal Grounds:

Saturday, December 25, 2021 – Closed
Sunday, December 26, 2021 – Closed
Saturday, January 1, 2022 – Closed

Season's Greetings
Council,
Rural Municipality of Rockwood



Prairie Rose School Division

KINDERGARTEN REGISTRATIONS

If your child was born in 2017, they are eligible to attend kindergarten beginning September, 2022.
Parents and/or guardians are asked to contact one of the following schools:

École Carman Elementary School
Cecile Affleck, Principal (204) 745-2623

Elm Creek School
Leslie Howard, Interim Principal
(204) 436-2354

Miami School
Brandy Chevalier, Principal (204) 435-2441

Roland School
Melissa Benner, Principal (204) 343-2023

St. François Xavier School
Marc Tellier, Principal (204) 864-2868

École St. Eustache
Lindsay Noël, Principal (204) 353-2869

St. Laurent School
Crystal Millar-Courchene, Principal
(204) 646-2209

Your child's birth certificate or Manitoba Health Card **MUST** be presented at the time of registration.
Registrations will be accepted between January 10 to 14, 2022.
Please contact the school by phone or email to make arrangements.

Stonewall Teulon
Tribune



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Jennifer McFee
204-461-5352
jen@stonewallteulontribune.ca



Call Nicole Brownlee
1-204-467-5836
nicole@expressweeklynews.ca

Steps taken to strengthen pension plans and the pension regulatory system

Submitted by Manitoba government

The Manitoba government has amended the Pension Benefits Regulation, the Solvency Exemption for Public Sector Pension Plans Regulation and the Solvency Exemption for Specified Non-Profit Sector Pension Plans Regulation to strengthen pension plans and the pension regulatory system, Finance Minister Scott Fielding announced Monday.

"These amendments will provide funding relief to pension plans and strengthen the pension regulatory system, while ensuring a strong pension framework in Manitoba," said Fielding.

The minister said these changes to the Pension Benefits Regulation establish new rules for funding of private-sector defined benefit pension plans. Specifically, the amendments reduce the solvency deficiency threshold at which special payments must be made to 85 per cent from 100 per cent, while requiring plans be better funded on a going concern basis by adding a provision for adverse deviation (PfAD) and shortening the amortization period for unfunded liabilities. This change will bring Manitoba in line with what several other jurisdictions have already done.

The amendments also change how plan surpluses can be utilized, including surplus funds held within a solvency reserve account, and allow for re-amortization of solvency deficiencies and unfunded liabilities

after each plan valuation. The lower threshold for solvency payments is intended to help lessen the volatility of required payments that must be made by employers in times of market downturns or reduced government bond rates, while the shorter amortization period for unfunded liabilities and new PfAD requirements will ensure workers' pensions continue to be protected, noted the minister.

"As a not-for-profit focused on conservation and managing North America's wetlands, Ducks Unlimited Canada welcomes the funding changes to the Manitoba Pension Benefits Regulation," said Marcy Sullivan, chief financial officer, Ducks Unlimited Canada.

"The changes to the solvency funding requirements will reduce the funding volatility of our pension plan. This will assist our planning and budgeting process and will improve management of cash flows that will enable the organization to continue our mission. The enhanced going concern funding requirements and the introduction of solvency reserve accounts will continue to ensure pension benefit security for our plan members."

"The changes to the Manitoba Pension Benefits Regulation are welcome updates, helping align our operations in a competitive business environment while providing retirement security for our valued employees," said Ann Evans, chief financial and operating officer, Canadian Kraft Paper.

"We support the move to increase going concern funding requirements while reducing the emphasis on solvency funding. This change and the consolidation of special payments allows our company to better manage cash flows and budgeting, supporting employment in the region while ensuring assets are available to provide the pension benefits promised. The modernization of the Pension Benefits Act strikes a strong balance between protecting retirement benefits for members and making defined benefit pension plans affordable for employers on an ongoing basis."

The changes to the Pension Benefits Regulation take effect today to ensure plans that have a valuation report completed as of Dec. 31 will be able to benefit from the new rules.

Proclamation of relevant sections of Bill 8 – the Pension Benefits Amendment Act, which received royal assent earlier this year, and related amendments to the Solvency Exemption for Public Sector Pension Plans Regulation and the Solvency Exemption for Specified Non-Profit Sector Pension Plans Regulation also occurs today.

The amendments to both the act and regulations have been made in response to recommendations made by the Pension Commission of Manitoba, which is supportive of the changes, following public consultations that concluded in 2018 where more than 1,800 Manitobans provided feedback.

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**Advertising Deadline: Monday 4:00 pm
prior to Thursday Publication**

View the Stonewall Teulon Tribune online at
www.stonewallteulontribune.ca



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NEWS > VIEWS > STONEWALL > TEULON > WARREN > SURROUNDING AREAS

Stricter pandemic restrictions now in effect

By Ashleigh Viveiros

New public health orders went into effect Tuesday morning in an attempt to stem the expected tide of the more contagious omicron variant of COVID-19 in Manitoba.

"Rising COVID-19 transmission, case counts, and the introduction of the omicron into the province means we need to introduce new measures and introduce them now," Health Minister Audrey Gordon said at a late afternoon press conference in Winnipeg on Friday. "We need to delay the emergence of omicron to give all Manitobans time to get their third dose and reduce the demands on our health care system as much as possible."

In Monday's COVID-19 update, the number of Manitobans in hospital with the virus was at 137. Twenty-seven of those were in intensive care.

Health officials also announced that the number of omicron cases in the province had risen to 17—up 12 from a week earlier.

"We've continuously urged Manitobans to get vaccinated, whether that be their first, second, and now their third dose," said Dr. Brent Roussin, chief provincial public health officer. "At this point, from what we see on the significant increase in transmission of the omicron variant, we need to go further."

Roussin lamented the need for further restrictions, especially days before the holidays, but stressed the toll omicron is having on other jurisdictions makes it clear "decisive actions" must be taken before community transmission of this strain gains a footing in Manitoba.

"We know that no one wants to hear news of new public health orders, but as we enter this holiday season we must work together as Manitobans to slow the spread of omicron," he said. "This is to protect our health care system, to protect those Manitobans most at risk of severe outcomes."

The new restrictions include:

- private indoor gatherings are limited to 10 additional people plus the household if all are fully vaccinated (youth ages 12 and under are exempt from needing to be fully vaccinated);
- private indoor gatherings are limited to five additional people plus the household if any of the individuals ages 12 year and older are unvaccinated (youth ages 12 and under are exempt from needing to be fully vaccinated);
- outdoor gatherings at a private residence are limited to 20 additional people plus the household if all are fully vaccinated (youth ages 12 and under are exempt from needing to be fully vaccinated);
- outdoor gatherings held on public property are limited to 50 per cent of the usual capacity if all in attendance are fully vaccinated (youth ages 12 and under are exempt from needing to be fully vaccinated), and 50 persons total if anyone present is unvaccinated (youth ages 12 and under are exempt from needing to be fully vaccinated);
- indoor and outdoor sporting and recreation capacity is reduced to 50 per cent for spectators, games and practices can continue but no tournaments will be permitted;
- outdoor ticketed performing arts events, indoor recreational businesses, seasonal facilities and events,

group instructional classes and bingo, casinos and VLTs are limited to 50 per cent capacity and must continue to restrict admission to those who are fully vaccinated (youth ages 12 and under are exempt);

- day camps are limited to no more than 25 campers and camper groups must be cohorted, overnight camps are prohibited under these orders;
- gyms, movie theatres, museums and libraries are limited to 50 per cent capacity with proof of immunization required everywhere except libraries;
- restaurants and licensed premises are limited to 50 per cent capacity with a maximum of 10 people per table and proof of immunization required, and members of the public are required to be seated except when travelling to get food or beverages or engaging in sporting activities; and
- faith-based gatherings are limited to 50 per cent capacity with proof of vaccination or 25 per cent capacity or a total of 25 people, whichever is lower, when proof of vaccination is not required and cohorts may be implemented where groups can be physically divided up to a maximum of 10 cohorts or 250 people.

All other public health orders not listed above remain the same as before. The restrictions remain in effect until Jan. 11.

On Monday, Manitoba's COVID-19 case count was at 2,183. The death toll has hit 1,366, with several new deaths reported over the weekend. The five-day test positivity rate provincially has jumped to eight per cent—up from 5.7 per cent the week before.

Phone surveyors misrepresenting as RHA affiliates

Submitted by IERHA

Interlake-Eastern Regional Health Authority has learned that a resident in the region has received a phone call from an individual misrepresenting himself as a surveyor working on behalf of the regional health authority. The caller had a 905 area code.

The resident said the caller asked for a personal health information including date of birth, marital status and personal health identification number.

Interlake-Eastern RHA does not undertake phone surveys of the public

to seek personal health information or details on health conditions and/or medications being taken.

Members of the public are advised that personal health information should only be discussed with trusted family members and known care providers. Divulging personal health information over the phone to unknown callers is not advised at any time. This includes providing information about health conditions, providing Manitoba Health card information and offering any details about medications being taken.

If you should receive any calls from individuals identifying they are from or working with a regional health authority, or from any other organization/company, and if that call leads to requests to divulge personal health information, please hang up immediately.

You can advise the RCMP of this fraudulent activity by calling the Canadian Anti-Fraud Centre at 1-888-495-8501 or visiting www.antifraudcentre-centreantifraude.ca and clicking on the tab "Report fraud."

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Submitted by the
Reverend James Bardsley
Anglican Church of the
Ascension, Stonewall
Member of Stonewall
and Area Ministerial



Joy to the World

One of the traditions familiar to many of us this time of year is that of the advent wreath. The wreath is circular and decked out in evergreens to symbolize eternity and everlasting life. There are typically five candles placed in the wreath. Three are usually purple or blue to signify advent, one is pink, and the fifth is white and placed at the centre of the wreath.

There are varied traditions for the meaning of each candle. One of the more popular is hope, peace, joy and love, with the fifth candle being white to represent Jesus the Christ. As I write this, I have lit the pink candle of joy both in our denominational service and at the Rosewood Lodge community service.

Are we well practised in joy? Do people describe you as being joyful? For certain, there are times when are joyous, like when we receive good news or meet a loved one that we have not seen for some time.

Yet some people are regularly more joyful than others. The reason is that joy is a response to a stimuli that we can choose. For example, two children might respond differently to the same gift at Christmas, one joyfully for receiving a gift they did not earn and another resentfully because they feel entitled to more (see definition for "brat").

Like Ebenezer Scrooge in *A Christmas Carol*, some people approach life with a dour expression and an unthankful heart. Advent is an opportunity to prepare our hearts to welcome Christ. Hopefully we do not need much encouragement from the ghosts of our past in order to respond with joy to the greatest gift given to humanity. That gift is the incarnation of God in Jesus, and the redemption and reconciliation he offers that leads to eternity and life everlasting.

So this Advent, and always, respond with joy. The gift is from God, the response is yours.

Threats, violence against doctors on the rise

By Lorne Stelmach

The level of abuse, threats and harassment being directed at medical professionals in the midst of the pandemic is reaching alarming levels, so health-care representatives made an appeal this week for kindness, respect and understanding towards them.

Their appeal was backed up by the results of a new survey that found that nearly six in 10 doctors have experienced incidents of mistreatment over the last month alone including verbal abuse, threats, online bullying and physical assault.

The escalation in mistreatment is adding to stress and burnout that was already reaching concerning levels earlier this year, Dr. Kristjan Thompson, president of Doctors Manitoba, said Monday as part of a noon-hour news conference that also included Dr. Katharine Smart, president of the Canadian Medical Association, and Dr. Don Klassen, a rural family physician from Winkler.

"It seems bizarre that we even have to talk about this," said Thompson, whose sentiment was echoed by Klassen.

"Until two years ago, I might have said it was impossible that we'd be having this press conference and calling for respect and civility," he said. "In my 40-plus years of medical practice, I have not witnessed the degree of mistreatment referred to in this survey until relatively recently."

Doctors Manitoba conducted a survey of physicians over the last several weeks and found 57 per cent experienced incidents of mistreatment over the previous month.

More than half of incidents — 52 per cent — appear to be linked to the pandemic in some way, and incidents are happening more frequently than a year ago, with 59 per cent of physi-

cians reporting increased frequency.

Most incidents occurred in doctors' offices or hospitals, though there were some on social media, in public places and at physicians' homes.

Incidents appear to occur more frequently among physicians who are women, BIPOC (black, Indigenous and people of colour) or working in family medicine.

The survey also showed physicians located in rural communities experienced mistreatment more frequently than their urban counterparts.

In light of these findings, Doctors Manitoba's message is that COVID-19 has been hard for everyone, so whether you are frustrated with pandemic restrictions or facing long wait times to get a medical test or surgery, please don't take it out on the doctors who care about your well-being and are advocating for you.

Klassen noted he has heard from several physicians who are considering early retirement or relocation at least in part because of threats and verbal abuse.

"We are aware of several physicians who plan to leave next spring/summer, and I think that at least in part it has to do with the current environment. ... To be fair, I don't think it's totally that, but I think at least in part there's that dynamic," he said.

"The other side of that is to replace those three physicians and perhaps add another three becomes increasingly hard and more difficult in this kind of environment," Klassen added. "I think it will be more challenging than it has been in the recent past."

Klassen noted he himself had not personally experienced direct physical abuse but did make reference to one message that suggested somebody could put a gun to his head. He has otherwise mainly received litera-

ture that revolves around misinformation.

"I really feel for my younger colleagues ... who don't understand how this could be happening," said Klassen, who also offered a plea. "We're all humans with families and lives. ... We experience the same stresses related to the pandemic. ... We all want this pandemic to end, and we all need to be in this together."

"We need to keep our health-care systems functional," he stressed. "Let's remember, as well, that we really can believe the science. Please be aware of and avoid misinformation."

Smart noted that the survey results from Manitoba echo the stories of harassment, intimidation and abuse being heard from physicians across Canada, and she said this kind of hateful behaviour is unacceptable in our health system.

"We already have a huge challenge with primary care in this country," she said.

"It is incredibly disheartening in these very difficult times. We also understand that people are tired of this pandemic. We're also tired of it, but we're not through this yet, and our goal is to care for Canadians."

It's taking a very significant toll and it needs to stop, added Thompson, who noted the rates of harassment were higher in the Northern, Interlake and Southern Health regions.

"I think there was a trend towards increased incidences of these types of threats and abuse in rural settings," Thompson said.

"Anecdotally, we are aware of physicians, nurses, other health-care professionals who have transferred into other specialties. Certainly, some of the ER nurses that I work with, who are experiencing high levels of stress

and burnout, have left to work in other jurisdictions and other health-care settings.

"I don't blame those who have left because they're feeling burnt out," Thompson said. "This is absolutely a critical issue that needs to be addressed because it is contributing to burnout. ... It is very important that we take care of one another and support one another because we are here to help and to heal."

Doctors Manitoba had joined the Canadian Medical Association in pressing for legislative action following a growing number of incidents and protests earlier this year, and they all were very encouraged by the recent passage of Bill C-3 in Ottawa that will protect health workers and patients from threats, violence and harassment.

The new legislation amends the Criminal Code of Canada to make it illegal for people to intimidate health-care workers, impede access to medical facilities or intimidate people accessing health services, including COVID-19 vaccinations, and the new offences carry a maximum penalty of 10 years in prison.

"We are also calling on the provincial government and health system leaders to reinforce the need for respect and safety in medical facilities," added Thompson.

"The legislation passed by the federal government last week was unfortunately required to ensure the safety of health workers," said Smart. "That's been a huge positive for us to feel like the government sees us and that we have that support."

"We greatly appreciate the support and kindness of the great majority of Canadians who understand how hard we are working to provide care to our patients."



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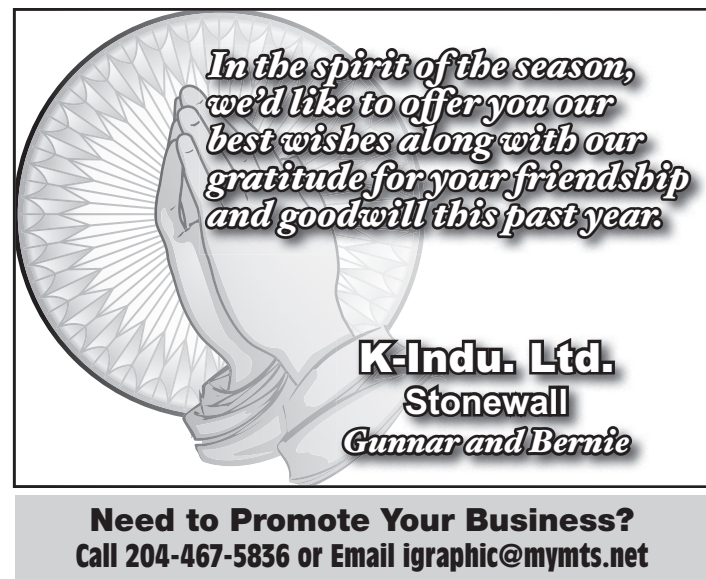


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Manitoba could see 1,000 new cases a day thanks to omicron

By Ashleigh Viveiros

Manitoba could be in for a rough start to 2022 thanks to the omicron variant of COVID-19.

Chief provincial public health officer Dr. Brent Roussin released some sobering projections for the next few weeks at a news conference Dec. 15.

While this variant is not yet the primary form of COVID-19 in Manitoba (at press time Monday, there were 17 confirmed cases, the delta strain still remaining the dominant one), it's clear from other jurisdictions that it's only a matter of time.

"We know definitely it is much more transmissible than the delta variant," Roussin said, noting research is still being done on the severity of illness it causes and the impact omicron may have on vaccine efficacy, but the fact it spreads much more rapidly is clear. "We need to be very prepared for an exponential growth of omicron throughout Canada, including Manitoba."

Looking at what's happening in other parts of Canada and in the United Kingdom, where omicron has a 35 per cent daily growth rate, Manitoba is on track to start seeing 223 cases a day by Christmas and over 1,000 new cases daily in the new year.

To put that in perspective, last Thursday Manitoba reported 218 new COVID-19 cases. It was the highest daily count in six months. It then reported 239 new cases the next day.

The data shows omicron's reproduction number is four times that of delta's. The virus in Ontario has also been shown to double every three days. Delta, in comparison, has a doubling rate of 34 days.

"We know, from other jurisdictions, once we see this spreading in the community, we are weeks away from it being our dominant strain," Roussin said. "We need to act now to decrease the impact of this very concerning variant in Manitoba."

To that end, Roussin urged Manitobans to get vaccinated and, if you've already been fully vaccinated, to go for a booster shot as soon as you're eligible.

"We know that our best protection against this variant or any of the other variants that are circulating is to be vaccinated," he said, pointing out unvaccinated people are five times more likely to contract COVID-19 than those who are fully vaccinated and 18 times more likely to end up in intensive care.

Manitobans who received their second shot six months ago may see a decrease in protection as the immunity begins to wane. There are also some eligible Manitobans — about 16 per cent — who have yet to go for their first dose.

"So we're making that plea to Manitobans to do whatever we can to get as many eligible people vaccinated," Roussin said. "If that means your first or second dose, we need that. And if it means you're eligible now for your

third dose, we need as many eligible Manitobans to get that vaccine in the next two weeks, before what we know is going to be a large amount of gathering during our holiday season, before we have widespread community transmission of omicron, which we also know is on its way here."

Roussin also urged people to be cautious over the holidays, especially when it comes to those with a higher risk of severe outcomes if they contract COVID-19 — people over 60 or with underlying medical conditions.

"You need to be very, very careful about your plans to gather," he stressed, encouraging people not to host large gatherings and to avoid coming into contact with too many people from outside your household.

"If you have higher-risk people at those gatherings, you're putting people you care about at risk."

Pfizer's COVID pill found to reduce risk of hospitalization, death by 89%

By Patricia Barrett

Pfizer's COVID-19 oral treatment, Paxlovid, has been found to substantially reduce the risk of severe disease and death, according to a statement issued last week by the company.

The drug also has the potential to inhibit the omicron variant, which has been found to multiply 70 times faster than other COVID strains and is currently sprinting through countries around the world.

Paxlovid, which consists of Pfizer-developed nirmatrelvir (a protease inhibitor) and ritonavir (another protease inhibitor used to treat HIV), showed about a 10-fold reduction in viral load in high-risk patients, decreasing their risk of hospitalization and death.

"In the final analysis of the primary endpoint from all patients enrolled in EPIC-HR, an 89 per cent reduction in COVID-19-related hospitalization or death from any cause compared to placebo in patients treated within three days of symptom onset was observed, consistent with the interim

analysis," states a Dec. 14 Pfizer news release.

Pfizer enrolled 2,246 high-risk adults (those likely to be hospitalized or die from COVID) from trial sites in North and South America, Europe, Africa and Asia, with 41 per cent of the patients located in the U.S.

Paxlovid works by suppressing an enzyme called protease that the COVID virus needs to replicate.

The pharmaceutical company first began conducting a series of protease-inhibition studies in July and has submitted results to the U.S. Food and Drug Administration (FDA) for emergency use authorization. Paxlovid has yet to be approved.

Interim results from another Pfizer study with 673 adults considered at standard-risk (a low risk of hospitalization

and death) showed that Paxlovid has a 70 per cent reduction in hospitalization and death. That study enrolled 1,140 adults from North and South America, Africa, Asia and Europe. Final results with all the participants are forthcoming.

Paxlovid also shows the "potential" to maintain "robust antiviral activity" against omicron and other COVID variants of concern, as well as other kinds of coronaviruses, said the company.

"Nirmatrelvir has shown consistent in vitro antiviral ac-

Continued on page 12



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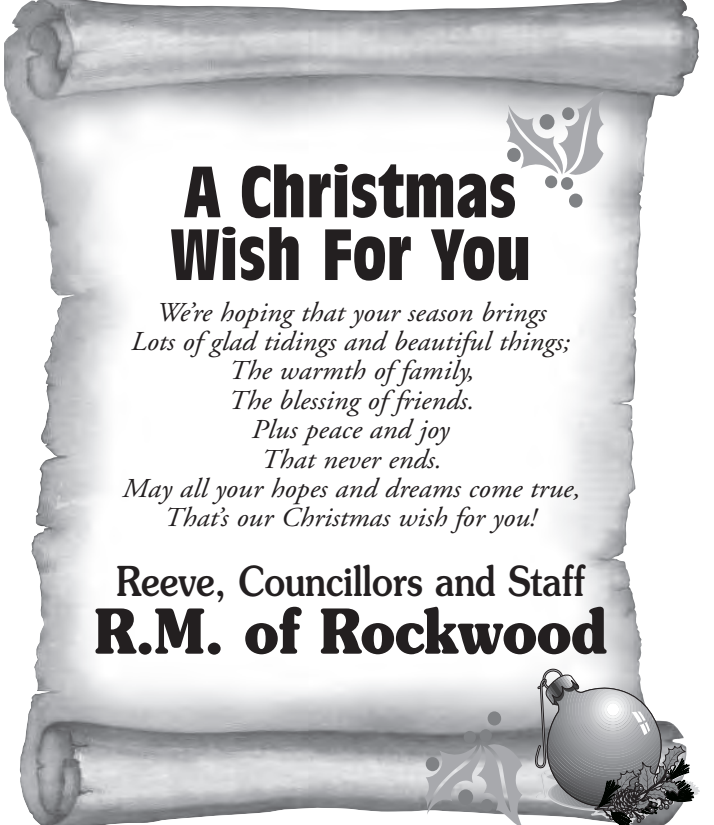


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Manitoba hoping for a cold, snowy winter

Many lakes at historic lows: Schuler

By Ashleigh Viveiros

It's too early to say what the winter and spring will bring in terms of precipitation or flooding, but it's clear Manitoba headed into the winter in a pretty dry state in many areas.

Infrastructure Minister Ron Schuler unveiled the findings of Manitoba Infrastructure's Hydrologic Forecast Centre's *2021 Fall Conditions Report* at a press conference in Winnipeg last Thursday.

"Soil moisture in most Manitoba basins is near normal to below normal, with the exception of some portions of the Red River Basin in the United States. That has a normal to slightly above normal soil moisture," Schuler said.

"Base flows on most Manitoba rivers are normal to below normal for this time of year, with the exception of Northern Manitoba, which has normal to above normal base flows," he continued.

"As of Dec. 10, 2021, the Red River at Emerson, Manitoba, is at 1,800 CFS, or cubic feet per second. Normal for this time of year would be 1,522 CFS,

which means the Red River is currently flowing slightly above normal," Schuler said, attributing the increase to weather events south of the border. "Conversely, the Assiniboine River at Headingley is at 400 CFS, which normally runs at 679 CFS."

Meanwhile, most major lakes in the province are at below normal to well below normal levels for this time of the year.

"Lake Manitoba continues to be at 810.2 feet — near an historic low for this time of the year," Schuler said. "Normal would be 811.9 feet. Not since 1942 has Lake Manitoba been this low."

Lake Winnipeg is also seeing incredible lows — it's currently at 711.9 feet. Normal for this time of year is 713.2 feet.

"Keep in mind, that is more than a foot difference on a very large body of water," Schuler pointed out.

Still, Lake Winnipeg has nothing on Morden's Lake Minnewasta, which is a full nine feet below its normal level of 1,079 feet.

Meanwhile, Lake St. Martin and Lake Winnipegosis are both below normal while Dauphin Lake and Lake Wahtopanah are just at or slight above normal levels.

The Whiteshell lakes are faring bet-

ter thanks to dam regulation and fall precipitation, putting them at "optimal levels for this time of year," Schuler said.

Projections for the winter favour normal to below-normal precipitation for most of Manitoba. In a normal winter, Manitoba sees an average of about 100 centimeters (40 inches) of snow.

"Good for this year would be 100 centimetres of snow to a high of 130 centimetres of snow," Schuler said.

"If we get low snowfall, lots of above-average, warmer temperatures and lots of sunshine, which could cause snow sublimation, Manitoba could see a very difficult growing season for 2022," the minister said.

He noted the provincial government is already working with producers to see how they might provide assistance, should it be necessary.

Asked whether other parts of Mani-

toba might find themselves under water-use restrictions next summer, as Morden was this year, Schuler said it is a distinct possibility.

"If we end up with warm temperatures ... if we get a lot of sunshine ... if we don't get a lot of moisture, we could be coming back with some pretty dire reporting. And then there's going to have to be some pretty serious conversations insofar as water conservation is concerned.

"Let's hope that we get a very normal prairie winter and then we don't have to have these discussions with Manitobans," Schuler said, adding that the ideal for the months ahead would be "very cold — normal for Manitoba — lots of snow, minimal sunshine and a normal melt ... that would be best for what we might be facing in spring."

The province will start releasing flood outlooks in February.

> COVID PILL, FROM PG. 11

tivity against the previously identified variants of concerns (i.e., alpha, beta, delta, gamma, lambda, and mu). In addition, nirmatrelvir potentially inhibited the 3CL protease associated with Omicron in an in vitro biochemical assay. This indicates nirmatrelvir's potential to maintain robust antiviral activity against Omicron," states the release.

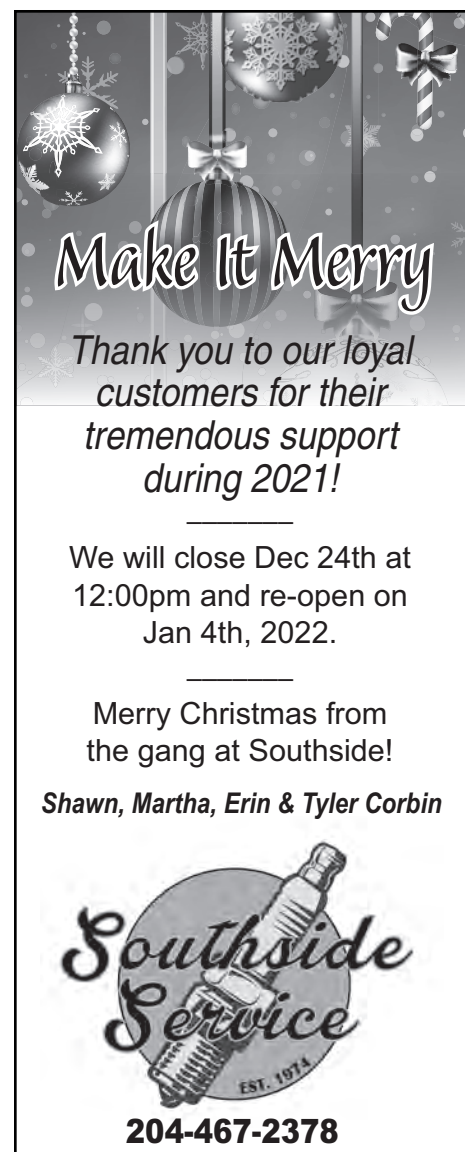
If authorized, Paxlovid will be administered in doses consisting of two 150 mg tablets of nirmatrelvir and one 100 mg tablet of ritonavir, twice daily for five days.

Most of the treatment's side effects were found to be "mild in intensity," but there were also serious adverse events. Those weren't listed in the news release.

Full study data are expected to be released later this month and submitted to a peer-reviewed publication.

"This news provides further corroboration that our oral antiviral candidate, if authorized or approved, could have a meaningful impact on the lives of many, as the data further support the efficacy of Paxlovid in reducing hospitalization and death and show a substantial decrease in viral load. This underscores the treatment candidate's potential to save the lives of patients around the world," said Pfizer chair and CEO Albert Bourla in the news release. "Emerging variants of concern, like Omicron, have exacerbated the need for accessible treatment options"

Pharmaceutical company Merck has also made a COVID-19 pill, but the FDA has yet to authorize it for use as it was found to be less effective than first thought and safety concerns have been raised over a risk that the drug can cause mutations in human DNA.



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Something Beautiful to operate FortWhyte café

By Jennifer McFee

Beautiful opportunities are blossoming for a popular local café that is expanding its services into the city.

Something Beautiful will take over the operation of FortWhyte Alive's café on Dec. 26 with a limited menu.

Something Beautiful is a Stonewall-based social enterprise operated as part of the day program of Community Living Interlake, which also operates six group homes to serve 40 adults who live with intellectual disabilities in the Interlake.

"We've been in operation for 56 years, and for the past four years, we have included as part of our day program the operation of a social enterprise called Something Beautiful, that includes a 40-seat café, a 25-seat outdoor patio and a gift shop," Jimm Simon, executive director of Association of Community Living Interlake.

"The mandate is twofold. We strive to generate revenue for the support of our not-for-profit agency. We also work to include the people we support in aspects of job training ranging from customer service and food preparation to cash handling. This work is normally done with the support of a job coach."

Liz Wilson, president and CEO of FortWhyte Alive, presented the opportunity for Something Beautiful to operate its café. The charitable organi-

zation, based in Winnipeg, is dedicated to providing programming, natural settings and facilities for environmental education, outdoor recreation and social enterprise.

"Liz, who lives in Stonewall, is a customer and supporter of Community Living Interlake and our existing social enterprise Something Beautiful," Simon said.

"Employees of the café will include Community Living Interlake staff, and we will work to integrate adults living with intellectual disabilities and perhaps other difficult-to-employ individuals."

Something Beautiful has provided a draft menu that will be used for the interim during the first few weeks while the organization adjusts to FortWhyte Alive and its customers. At the same time, FortWhyte Alive will bid farewell to CIRCA Catering, which recently wrapped up its operation of the café.

"In January, we will introduce a full menu that reflects the type of food service FortWhyte Alive staff have had in the past," Simon said.

"We get to expand our social enterprise operations, generate revenue and provide opportunities for clients. FortWhyte Alive gets to have a food service delivery agency that is socially responsible and, as we have been told, will assist with their ability to gener-



TRIBUNE PHOTO SUBMITTED

Left to right: Joan Auger Gary Lawson and Brittany Hargraves at work in Something Beautiful before the current COVID-19 pandemic.

ate gate revenue."

Carolyn Townend, communications and brand manager, said the Buffalo Stone Café is a staple of FortWhyte Alive, providing visitors with a variety of drinks, snacks and meal options.

"For us, it's also a way to highlight what we're all about — supporting the community and sustainability. Always working to locally source ingredients and supply the highest

sustainability options, the café is an extension of FortWhyte Alive's core values," she said.

"This is what makes this new partnership so exciting. We are so excited to welcome Something Beautiful to the Buffalo Stone Café, a social enterprise run by Community Living Interlake that serves and provides opportunities for people with intellectual disabilities."

Stonewall council news in brief

By Jennifer McFee

- At the Dec. 16 council meeting, Stonewall council passed a resolution to engage the professional engineering services of WSP Canada to complete project initiation and conceptual design services regarding Keith Cosens Road upgrades at an estimated cost of \$19,825 plus applicable fees and taxes. Mayor Clive Hinds voted against the resolution. Council is looking for a permanent solution that would improve safety for vehicles and pedestrians in the area.

- The council meeting scheduled for Jan. 5, 2022, will be changed to Jan. 12, 2022. The committee of the whole meeting scheduled for Jan. 12 will be cancelled.

- Council approved a COVID-19 vaccination policy that encourages town employees to be fully vaccinated on or before Dec. 31, 2021. Employees who start working after the policy date must be fully vaccinated

as a condition of being hired, unless they have a Province of Manitoba medical exemption. Employees are requested to disclose their vaccination status and provide proof of vaccination by Dec. 31.

Any employee who chooses not to be fully vaccinated is asked to disclose the reason to the CAO. If an employee is not vaccinated by that date for reasons of personal choice or if an employee refuses to show proof of being fully vaccinated, then they must take measures determined and directed by the town.

The town will work on a case-by-case basis to develop and implement appropriate accommodation for any employee who is not fully vaccinated by Dec. 31. Any COVID-19 testing required by the town will be at the town's expense.

Regardless of vaccination status, all employees must continue with all prevention control measures includ-

ing handwashing and sanitizing, social distancing, wearing appropriate face coverings and self-monitoring for symptoms.

If an employee doesn't comply with the policy, the CAO will review the information and may take further actions such as providing education or training to the employee, restricting the employee's access to or within the workplace, placing the employee on an unpaid leave of absence, modifying the employee's duties or terminating employment.

- Council passed a resolution requiring all members of the public to be fully vaccinated against COVID-19 if they are attending council meetings in person. All council meetings are also broadcast virtually with the link posted in the meeting agenda.

- The town will pay \$1,150 plus tax to a contractor for cleaning services in town hall each month from Jan. 1, 2021, to Dec. 31, 2025.

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Warren volunteer recognized for hard work

By Nicole Brownlee

A Warren resident was recognized for his years of loyal volunteering on Dec. 14 by the RM of Woodlands.

Craig Riddell, 45, was born and raised in Warren and started volunteering consistently around 20 years ago. Many of his efforts surround the Warren Arena field, but Riddell is also known for lending a hand when anyone needs help.

"He's very integral and not just focused to one organization either. It's all around," said Lorna Broadfoot, RM of Woodlands' deputy reeve.

The RM of Woodlands presented Riddell with the Interlake Municipal Recreation Volunteer Award at the municipality office. Before the COVID-19 pandemic, municipal councillors and award winners would attend a dinner held by the Interlake Municipal Recreation Association.

"It was a very casual ceremony because normally this would have a supper and the whole nine yards," said Broadfoot.

"(Riddell) wasn't looking for fanfare. At first, he wasn't even willing for me to put his name forward."

Broadfoot nominated Riddell earlier this year, highlighting his dedication to helping the community.

"The past 18 months have brought focus to the impact the work of individuals like Craig have on communities," said Ian Goodall-George, a representative from the IMRA, in a speech on Dec. 14.

Riddell humbly accepted the award and used the event to also update the council about the South In-

terlake Rec Centre's Sunova Arena in Warren.

"I was glad there was no formal night," said Riddell.

Riddell joined the team of volunteers who established the Warren Arena field when he was around 25 years old. A group from the South Interlake Recreation Committee wanted to fundraise to build a new arena in the community.

The group rents a 230-acre field, seeds and harvests it each year and contributes all proceeds from the sale of the harvest to the South Interlake Rec Centre's Sunova Arena.

"It's really a group effort," said Riddell.

Over the past eight years, he has annually helped organize sponsors for the field, volunteers and maintained the property while participating on the SIRC's board.

The arena makes around \$70,000 from the revenue of the field.

"It is folks like Craig that make affordable and local recreation possible," said Goodall-George.

"Craig works to make sure those opportunities are in the community."

Riddell's parents volunteered with the local curling club and are still members of the Lions Club, paving the way for Riddell to catch their charitable spirit.

Riddell helped construct the outdoor rink, soccer pitch and dog park in Warren. He also grooms the cross-country skiing trails, clears snow and helps with several Warren Collegiate projects.

"I learned from watching others," said Riddell.

"IT IS FOLKS LIKE CRAIG THAT MAKE AFFORDABLE AND LOCAL RECREATION POSSIBLE."



TRIBUNE PHOTO SUBMITTED

Warren resident Craig Riddell won the Interlake Municipal Recreation Volunteer Award on Dec. 14, recognizing his dedication to bettering his community.

"I've just been happy to be a contact they can call when they need some help."

Stonewall and District Lions Club purchases new equipment for chronic disease program

Submitted by IERHA

The Stonewall chronic disease program recently received a gift of \$2,690 from the Stonewall and District Lions Club to purchase new equipment that will allow the chronic disease nurse to perform toe pressures in addition to the ABI testing that is already being performed.

The new equipment is a doppler and probe to allow for toe pressures when ABIs cannot be done, when ABIs are not accurate and when an ABI provides a result that indicates a toe pressure would be more beneficial.

Chronic disease nurse and certified diabetes educator Lisa Wutzke is very appreciative of this donation since most citizens who require this diagnostic service are elderly and will no longer have to travel.

"Having this doppler means that we are able to provide a diagnostic service to local citizens close to home so they don't have to travel to Winnipeg. In addition, the new equipment will also provide testing to some clients who otherwise may not have been able to tolerate the previous type of testing due to wounds or painful ar-

eas and provide a further diagnostic option for patients who have vessels that are too calcified for the previous testing to be accurate. Thank you to the Lions Club for providing this service to Stonewall and surrounding areas," says Wutzke.

Stonewall and District Lions Club president Leonard Kolenich says he's proud of the club and all their supporters for all their efforts.

"As a group, we take great pride in being able to support our community and health-care system. When we hear of a need in our community, we do our very best to offer support and aid," says Kolenich.

Pamela McCallum, executive director of Interlake Eastern Health Foundation, says that working together with community groups like the Stonewall and District Lions Club is the essence of what community is.

"Our mission is to raise funds that support health care in the Interlake-Eastern health region, build healthier lives and enhance quality of life by improving access to resources through philanthropy. We are very lucky to be able to partner with community



TRIBUNE PHOTO BY JASMIN WOLF

Left to right: Lisa Wutzke, chronic disease nurse and certified diabetes educator, and Stonewall and District Lion's Club members Len Kolenich and Mel Harrison.

groups like the Stonewall and District Lions Club and be the essence of what community stands for; we take care of each other."

For more information on IEHF and

how it benefits the region's patients and residents or to make a donation, please visit www.iehf.ca or contact Pamela McCallum directly at pmccallum@ierha.ca.

Letters To Santa

Dear Santa,
My name is Arla Anne Williams
and I am 6 years old. For Christmas I
would like 3 Stikbots please.

Merry Christmas Santa!!

Love, Arla

Age 6

Ps: Are your reindeer girls or boys?

Dear Santa,
My name is Nora Wynn Williams
and I am 4 years old. For Christmas I
would like a VIP Pet please.

Merry Christmas Santa!!

Love, Nora

Age 4

Dear Santa,
My name is Sawyer Paul Williams
and I am 2 years old. For Christmas
this year I would like my own
flashlight like daddy. I also really
like to play with cars, trucks, or really
anything that goes. Please say hi to
Mrs. Claus for me!

Merry Christmas Santa!!

Love, Sawyer

Age 2

Teulon Kindergarten
- Letters to Santa

(Mrs. Skinner's
Class 11 letters
submitted)

Dear Santa,
How are you today? My name is
Samy and I am 5 years old.

My favourite game is Minecraft.
My favourite cookies are sugar
cookies.

My best friend's name is Ryan.
I love winter because I love snow.
See you soon Santa!

Dear Santa,
How are you today? My name is
Diesel and I am 5 years old.

My favourite game is dinosaurs.
My favourite cookie is M & M's.
My best friend's name is Gage.
I love winter because I love
snowmobiling.

See you soon Santa!

Dear Santa,
How are you today? My name is Ada
and I am 5 years old.

My favourite game is Star Wars.
My favourite cookie is M & M's.
My best friend's name is Grace.
I love winter because we go sledding.

See you soon Santa!

Dear Santa,
How are you today? My name is
Quinn and I am 4 years old.

My favourite game is dolls.
My favourite cookies are sugar
cookies.

My best friend's name is Gage.
I love winter because there is snow.
See you soon Santa!

Dear Santa,
How are you today? My name is
Juliana and I am 5 years old.

My favourite game is baby dolls.
My favourite cookies are sugar

cookies.

My best friend's name is Quinn.
I love winter because I like to play
with my dog.

See you soon Santa!

Dear Santa,
How are you today? My name is
Kolton and I am 5 years old.

My favourite game is Blue's Clues.
My favourite cookie is gingerbread.
My best friend's name is Samy.
I love winter because there is snow.
See you soon Santa!

Continued on page 16



H&L Motors

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Merry Christmas
To you & your families!

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**Best wishes for a safe, wonderful
Holiday Season and a New Year
filled with peace and happiness!**

THE MAYOR, COUNCIL & STAFF OF THE TOWN OF STONEWALL



Attn: Landowners

GROW YOUR BOTTOM LINE

eiwd
East Interlake Watershed District

For more
information,
call or visit
us online: **1.204.642.7578**
eastinterlake.ca

Continued from page 15

Dear Santa,
How are you today? My name is Gage and I am 5 years old.
My favourite game is dinosaurs.
My favourite cookie is chocolate chip.
My best friend's name is Diesel.
I love winter because I make snowballs.
See you soon Santa!

Dear Santa,
How are you today? My name is Zayden and I am 5 years old.
My favourite game is Avengers.
My favourite cookies are chocolate cookies.
My best friend's name is Cole.
I love winter because I like riding snowmobiles.
See you soon Santa!

Dear Santa,
How are you today? My name is Kellan and I am 4 years old.
My favourite game is Monopoly.
My favourite cookie is chocolate chip.
My best friend's name is Samy.
I love winter because I throw snowballs at Ethan.
See you soon Santa!

Dear Santa,
How are you today? My name is Revan and I am 5 years old.
My favourite game is Checkers.
My favourite cookies are chocolate chip and peanut butter.
My best friend's name is Dyson.
I love winter because I like making snowballs and snowmen.
See you soon Santa!

Dear Santa,
How are you today? My name is Emmitt and I am 5 years old.
My favourite game is tag.
My favourite cookies are sugar cookies.
My best friend's name is Ethan.
I love winter because I go skidoo riding with my Papa.
See you soon Santa!

Continued on page 17



**MERRY CHRISTMAS
and
HAPPY NEW YEAR**

May your holiday season
be filled with every little thing
that brings you joy.

Thank you for coming
around this year.

All the best in 2022 from
everyone at Something Beautiful
Café & Gift Shop.



Support for Life
in the Community

307 Main Street, Stonewall 204-467-9620



Rejoice...

It's Christmas!

Cheers to you, our friends and
neighbors, and best wishes for a
season that's as wonderful as you are!



**Council & Staff
RM of Woodlands**

*Wishing everyone a
wonderful holiday season
and a happy, healthy 2022!*

The Board and Staff,
Community Futures West Interlake




Ed Teplyski

*Would like to wish
all of his customers
& friends the very
best of the season.
See you in 2022!*

dane1@mymts.net 204-785-0741

**joy
love
peace
merry
Christmas**



*Words alone can not express our gratitude
for our customers support this past year.
Wishing you and yours a safe
and joyous holiday season.*

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at the Holidays***



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Continued from page 16

Santa Letters – Teulon Elementary Kindergarten Powroznik (KP)

Dear Santa,
How are you today? My name is Everett and I am 5 years old. My favourite game is Bingo. My favourite cookie is chocolate chip. My best friend's name is Cohen. I love winter because I like to go skating. See you soon, Santa! Love: Everett A.

Dear Santa,
How are you today? My name is Declan and I am 4 years old. My favourite game is Hide and Seek. My favourite cookie is chocolate chip. My best friend's name is Everett. I love winter because I like to build snowmen. See you soon, Santa! Love: Declan B.

Dear Santa,
How are you today? My name is Brexley and I am 4 years old. My favourite game is tag. My favourite

cookie is gingerbread. My best friend's name is Claire. I love winter because I like to build snowmen. See you soon, Santa! Love: Brexley C.

Dear Santa,
How are you today? My name is Jayce and I am 5 years old. My favourite game is Minecraft. My favourite cookie is gingerbread. My best friend's name is Declan. I love winter because of the snow. See you soon, Santa! Love: Jayce C.

Dear Santa,
How are you today? My name is Cohen and I am 5 years old. My favourite game is Minecraft. My favourite cookie is chocolate chip. My best friend's name is Everett. I love winter because I like to go snowmobiling. See you soon, Santa! Love: Cohen C.

Dear Santa,
How are you today? My name is Claire and I am 5 years old. My favourite game is Bingo. My favourite cookie is sugar cookies. My best friend's name is Brexley. I love winter because I like to go skating. See you soon, Santa! Love: Claire D.

Dear Santa,
How are you today? My name is Kinsley and I am 5 years old. My favourite game is tag. My favourite cookie is chocolate. My best friend's name is Brexley. I love winter because of the snow. See you soon, Santa! Love: Kinsley F.

Dear Santa,
How are you today? My name is Grayson and I am 5 years old. My favourite game is Fortnite. My favourite cookie is gingerbread. My best friend's name is Carter. I love winter because I like snow. See you soon, Santa! Love: Grayson F.

Continued on page 18

Thank you for making our year so

JOYFUL

WISHING YOU ALL THE BEST IN 2022.



where relationships
matter most.

sunova
CREDIT UNION



MERRY CHRISTMAS

All the best for the holiday season
& wishing you a great 2022.
- Clayton, Aileen, family & staff

Quarry View 

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204-467-9454



JOY, PEACE,
LOVE, HOPE,
HARMONY

With a round of best wishes to
you and yours this holiday season.
We appreciate your loyal patronage.


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CANADIAN
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Stonewall, MB

**Merry Christmas and
Happy New Year!**

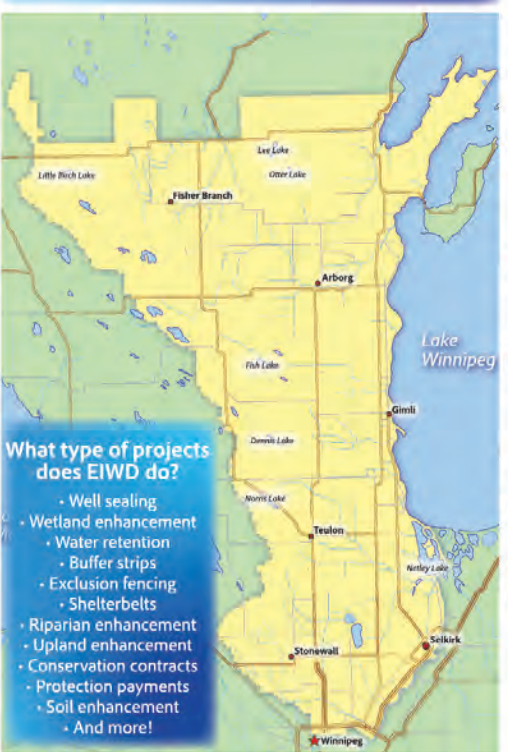
Thank you for
another great year
and wishing You
all the Best of the
Christmas Season!

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GOLF & COUNTRY
CLUB

Attn: Landowners 

Who is the EIWD? In 2005, the local governments within the East Interlake partnered with the Province of Manitoba to deliver land and water conservation projects on a watershed basis.





What type of projects does EIWD do?

- Well sealing
- Wetland enhancement
- Water retention
- Buffer strips
- Exclusion fencing
- Shelterbelts
- Riparian enhancement
- Upland enhancement
- Conservation contracts
- Protection payments
- Soil enhancement
- And more!


STEPS TO COMPLETE A PROJECT

- 1 DISCUSS**
EIWD and Landowner to discuss project design and partnership.
- 2 DEVELOP**
EIWD staff will work with landowner and partners to develop project design and Enhancement Protection application/bid.
- 3 APPLY**
Project design and application/bid submitted for evaluation by Watershed Sub-District/ GROW committee.
- 4 APPROVAL**
Project Approved or Denied.
- 5 IMPLEMENT**
EIWD staff will work with landowner and partners to complete project as designed.
- 6 EVALUATE**
Completed/ongoing projects will be inspected and evaluated regularly by project team with reports submitted to Watershed Executive Board.
- 7 REVIEW**
Executive Directors will review project reports and may make recommendations on project design and delivery. Directors will finalize annual reports then deliver results to project partners.

Manitoba  **THE CONSERVATION & GROW TRUSTS**
Manitoba Climate and Green Plan Initiatives
delivered by The Manitoba Habitat Heritage Corporation

 **GROW**
Growing Outcomes in Watersheds

This project was undertaken with the financial support of:
Ce projet a été réalisé avec l'appui financier de :

 Environment and Climate Change Canada / Environnement et Changement climatique Canada

**For more information,
Call or visit us online:
1.204.642.7578
eastinterlake.ca**

Wishing You Every Happiness

This Christmas

Thanks and best wishes from your
Warren, Woodlands, Grosse Isle
and Marquette Merchants

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MacMillan Plumbing
204-461-0485

Tuff Contacting Ltd.
204-461-0749

Warren Stonewall
Freight
204-322-5630

Continued from page 17

Dear Santa,
How are you today? My name is Jade and I am 5 years old. My favourite game is Hungry Hippos. My favourite cookie is peanut butter. My best friend's name is Emma. I love winter because I like snow angels. See you soon, Santa! Love: Jade H.

Dear Santa,
How are you today? My name is Toren and I am 5 years old. My favourite game is Pokemon. My favourite cookie is blueberry. My best friend's name is Jonas. I love winter because I like snow. See you soon, Santa! Love: Toren N.

Dear Santa,
How are you today? My name is Chelsea and I am 5 years old. My favourite rhyme is Itsy Bitsy Spider. My favourite dessert is cake. My best friend's name is Reese. I love winter because I like to go on sled rides. See you soon, Santa! Love: Chelsea T.

Dear Santa,
How are you today? My name is Hudson and I am 5 years old. My favourite game is Nerf fights. My favourite cookie is peanut butter. My best friend's name is Carter. I love winter because I like to make snowballs. See you soon, Santa! Love: Hudson T.

Dear Santa,
How are you today? My name is Macie and I am 5 years old. My favourite game is Roblox. My favourite cookie is Bear Paws. My best friend's name is Jocelyn. I love winter because I like the snow. See you soon, Santa! Love: Macie W.

Dear Santa,
How are you today? My name is Blake-Lynn and I am 5 years old. My favourite game is Super Mario. My favourite cookie is chocolate chip. My best friend's name is Juliana. I love winter because of the trees. See you soon, Santa! Love: Blake-Lynn M.

Rosser's virtual 'Moose-ical'



TRIBUNE PHOTO BY MORAG IVANY

Rosser School was busy last Monday rehearsing for their virtual production of "A Holiday Moose-ical." Martina Moose, played by Elliot Oliver, has a dream to fly. At first, the characters in the play don't support her in learning to fly because she's a moose. However, they learn that everyone can do anything if they put their mind to it and work hard. Throughout the production, there is singing and dancing and, in the end, her friends support her in achieving her dream. Families will be able to watch the show virtually.

Warmest wishes to our many best friends at this joyous time of year!

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Letters To Santa

Wishing you peace, health and happiness

From my family to yours, best wishes...

Many thanks for your patronage.

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Merry Christmas

Our best wishes for a Merry Christmas. Thank you for being such an important part of our year.

Ryan Ritchie & Trevor Perron

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HAVE A **blessed CHRISTMAS**

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Merry Christmas & Happy New year

We thank all for a great year & we can't wait to see you next year!

**Warmest wishes this holiday season.
Thank you for brightening our days with your visit
We hope the season and coming year delivers
all the wonderful things you deserve & more!**

From Teulon & Inwood Area Merchants


**JOY
PEACE
LOVE
HOPE
HARMONY**
With a round of best wishes to you and yours this holiday season. We appreciate your loyal patronage.
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**Hats
Off
to You!**
We appreciate your business at the holidays and all year.
Merry Christmas!
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**24 HOUR
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Peace On Earth
As we reflect on 2021 we know more than ever the importance of "Peace on earth, good will to men." May you and your family experience health, joy, hope, and especially peace this Christmas season. May we celebrate our diversity and may our differences unite us rather than divide. May we hear the bells "more loud and deep. God is not dead, nor doth He sleep. Peace on Earth. The wrong shall fail, the right prevail. With peace on earth, good will to men." Thank you for your kindness to others during this difficult year!
*Wishing you joy and peace.
Merry Christmas from Vidir Solutions*

VIDIR
vertical storage solutions


"Seasons Greetings"
Wishing you and your family a healthy, festive and fun holiday season.
The Council & Staff of

Town of Teulon
a great place to come home to
www.teulon.ca

**HELLO
& HAPPY
HOLIDAYS**
We're grateful to be home for the holidays with good friends and customers like you! Thanks for making our year so special.
We hope your Christmas is the cat's meow!


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Our Name Says it All!
"Fix it right, the first time, and on time!"
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**WISHES
MERRY & BRIGHT**
Glad tidings to you and your kin this holiday season with gratitude from all of us.


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Merry Christmas!
Wishing you and your families a season filled with happiness and joy.
Thank you for choosing Rona, we look forward to serving you in 2022.


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*May the Peace of the Season
be with You and Yours*

Happy Holidays and Happy New Year!

MacKenzie
FUNERAL HOME

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Holiday Hours

Friday, December 24th	Closed
Saturday, December 25th	Closed Christmas Day
Sunday, December 26th	Closed Boxing Day
Monday, December 27th	Closed
Tuesday, December 28th	Closed
Wednesday, December 29th	Regular hours
Thursday, December 30th	Regular Hours
Fri.- Sun Dec. 31- Jan. 2	Closed
Monday, January 3rd	Back to regular Hours

Wishing Everyone a warm and wonderful holiday filled with all of the special joys of the season, along with best wishes for happiness and prosperity in the New Year.

*From the Management
& Staff of Stonewall Tire*

Stonewall Tire & Auto Repair 377 1st St. E. Stonewall, MB
204-467-5595
www.stonewalltireandautorepair.com

Thank you to all our clients for your patience and understanding over the last year!

*From our family to yours,
best wishes for a Merry Christmas
& A Happy New Year!*

Korner Kutz

DAY SPA & salon
364 Main St, Stonewall
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Don't Forget
Gift Certificates
Available

CHRISTMAS


FamilyFoods

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Would like to thank everyone for being a part of our family.

**Merry Christmas and
Best Wishes in 2022!**

*May your hearts be filled with
the timeless treasures of
Christmas - love, joy and peace.*



Ralph & Gail Eichler

Ralph R. Eichler, MLA Lakeside
319 Main St., Box 1845,
Stonewall, MB, R0C 2Z0
Ph. 204-467-9482

Sweet treats



TRIBUNE PHOTO SUBMITTED
Five-year-old Livie Chatfield was busy decorating Christmas cookies at Something Beautiful on Dec. 12.

**Merry
Christmas
From our
Home
To Yours**

We feel fortunate to have customers like you, and are thankful for your continued patronage.

Management & Staff at
Stonewall



Home hardware

486 Main St.
Stonewall

Santa spreading Christmas cheer



TRIBUNE PHOTO BY JO-ANNE PROCTER
Santa Claus stopped in to visit shoppers and spread some cheer at Stonewall's Family Foods last Friday. Pictured left to right: In the bakery, AJ Driscoll, Santa Claus, Kailey Langrell and Ester Hofer paused for a moment for a photo. Right photo, four-year-old Nathan Dziedzic from Stonewall brought a picture to Santa Claus to enter into Family Foods' colouring contest.



Greetings of the Season

With a song in our hearts, we thank you for a wonderful year and wish you a blessed holiday. May the season deliver all the joys, large and small, that make life so special.

Customers like you bring us joy all year, and we truly appreciate your friendship and support. Merry Christmas and best wishes from our entire team!

We are collecting donations until December 24th, they can be dropped off at the clinic during regular business hours.
Pet food in memory of Ethan Boyer – will be distributed to local rescues in need of supplies
Non-perishables and gift items for the Interlake food bank

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Veterinary
HOSPITAL**

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**Wishing you all
a purrrrfect
holiday season!**

*Thank you for your support,
and we look forward to
serving you in 2022!*

From your Family
Vets and Support
Team at Equi-Tech
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*There's No Place
Like Home for
the Holidays*

Thank you for making us
feel so welcome here.
We can't think of anywhere
else we'd rather be at
Christmas time and all year.
*Merry Christmas,
Everyone!*

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MERRY CHRISTMAS

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for the Holidays and
Happy New Year*

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Dec. 24th	: Noon - 9pm
Dec. 25th	: Closed
Dec. 26th	: 3pm - 8pm
Dec. 31st	: Noon - 9pm
Jan. 1st	: 3pm - 9pm
Jan. 2nd	: 3pm - 8pm

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Bobby Bend students celebrated the Christmas spirit



TRIBUNE PHOTOS SUBMITTED

The last full week of school at Ecole Bobby Bend School before the Christmas break was filled with fun activities including a Spirit Week when students were encouraged to dress as presents on Monday, for the cold on Tuesday, festive for "Deck the RWBB Halls" on Wednesday, Christmas socks on Thursday and their pyjamas on Friday for "'Twas the Night Before Christmas." During the week, students made Christmas decorations, wrote letters to seniors and took part in other festive activities. Pictured left, left to right: Grade 4 students Evan Smallwood, Avin Wedel and Jaggar Tesluck on pyjama day. Middle left: Grade 4 student Beck McFayden, making cards for seniors. Middle right: Grade 2 student Eliza Boville making Christmas decorations. Right: Grade 4 students Koby Cochrane and Jaykob Lischynski dressed as gifts.

Merry Christmas wishes



TRIBUNE PHOTO SUBMITTED

Recently retired former music teacher Rolly Gilles returned to Brant-Argyle School to sing "We Wish You a Merry Christmas" to students, which will be the grand finale in their recorded Christmas concert that will be posted online for families to watch.

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Forgiveness. It's for you, not them

By Shawna Howard CLC

2022 is here! And with the new year upon us, let's think about our heart condition. I don't mean medically; I mean spiritually, which I suppose if left unchecked and in an unhealthy state could eventually become a medical issue.

For me, the last few months have been rough, to say the least. Through it, I've had to make a choice. That choice was: do I forgive? Or do I hang on to the hurt, the rejection, the offense because I think they aren't deserving of my forgiveness? I tried the latter and it nearly destroyed me. I tried the former (in my own strength) and that didn't last. I found myself angry and reliving the offenses over and over. So what are we to do when those we love deeply hurt us and it seems like it's impossible to forgive what we can't forget?

This isn't my first major forgiveness lesson. Isn't life funny that way? We think we've covered a base and then, POP! Someone crosses a line and we get to practise what we've learned at a whole new, deeper level.

So, let's attempt to answer the fol-

lowing:

- What does it mean to forgive?
- How is forgiving a power move for me?
- What stops us from taking steps forward when we've

Continued on page 26

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From Alan, Gail, Karyssa, Bailey and all the staff at Big Block Auto & Farm Supply

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Pictured left to right: Dr. Ryan Dumont, Arielle Chartrand, Julia Somerville, Dr. Colina Wong, Denise McGregor
Missing: Janique Philippe, Marnie Resch

All the best in 2022 from Stonewall Chiropractic Centre!!

Though 2021 has been challenging, it has been encouraging to see perseverance, positivity and joy despite adversity in our community.

May this new year bring new hope and opportunity.

Wishing you a Merry Christmas and a safe and healthy New Year. Thanks again for another great year, it's a privilege to serve you all.

Thanks from the team:

Chiropractors - Dr. Ryan Dumont, Dr. Colina Wong
Registered Massage Therapists - Julia Somerville, Arielle Chartrand
Athletic Therapist - Janique Philippe
Staff/Office Superheroes - Denise McGregor and Marnie Resch



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> FORGIVENESS, FROM PG. 25

been so deeply hurt?

• How can we avoid the rollercoaster of “I forgive them. ... I forgive them NOT!”

The truth ...

When someone hurts us deeply, we don’t need to stay there. What was said and done is real but, I say this with the utmost compassion, we’ve got to choose to no longer be the victim. It’s a dead end. We were created to rise up! You are an overcomer in Christ. I knew this truth, but the steps to forgiveness weren’t easy.

I went through the “forgive, can’t forgive” for months. I struggled, up and down. I searched my soul, my spirit, the scriptures. I tried so hard, and then I’d remember and fall back into the slippery pit of brokenness and anger. I had something to learn in all of this.

I’m typically gracious, not easily offended.

But the biggies, like betrayal, neglect, rejection, spiteful actions from those I love and trust ... oh no! Now I’m angry. How dare they? What right do they have? How could I deserve this? Why don’t they care? These attitudes led to awful turmoil in my life. Sleepless nights, anxiety, irritability, loss of ambition and no sense of peace. In hanging on to the pain, I was giving up my power and handing it right back to them. Sound familiar?

In my devotions, I read the story in the bible about Cain and Abel. I didn’t want my anger and bitterness to control me. I needed to master it. I read the story of the lame man laying by the pool of Bethesda for 38 years, waiting for his

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Giant colon aims to spread awareness of colon cancer screening amongst Indigenous people

Submitted by IERHA

Health directors and dignitaries from Indigenous communities within the Interlake-Eastern Regional Health Authority (RHA) recently attended an event to learn about opportunities available for colon screening education.

At 20 feet long and 10 feet high, a giant colon was featured to educate attendees on colon cancer and the importance of getting screened. Event participants were able to walk through the giant inflatable colon set up at the Canalta Hotel in Selkirk. They could also book a similar event in their community with the giant inflatable colon and resources to educate community members.

In 2019, the Interlake-Regional Health Authority (RHA) and CancerCare Manitoba received funding from the Canadian Partnership Against Cancer to understand, address and overcome barriers to colon cancer screening in Indigenous populations. Together with the support from the Southeast Resource Development Council Corp., Interlake Reserves Tribal Council and independent communities: Berens River, Sagkeeng, Lake St. Martin and Fisher River the project began.

"We acknowledge that talking about poop and colon cancer isn't easy. It's not something that normally happens at dinner tables in Manitoba. Thinking and talking about poop and colon issues is something that is normally limited to the bathroom or discussion with primary care providers. It may not even be something that spouses feel comfortable discussing," said Kyra Gawalko, prevention and education lead, CancerCare Manitoba. "But we want people to feel comfortable talking about their

health and what they can do to prevent or check for cancers, such as screening for colon cancer. We are hoping to bring about change so those discussions and screening are a part of everyday life for Manitobans."

Donna Anderson, community engagement liaison in Interlake-Eastern RHA, was at last week's event and will be hosting future sessions and providing education in communities.

"The hope is that this toolkit will raise awareness of the importance of colon cancer screening and provide an opportunity for multigenerational conversations," Anderson said.

Between 2005 and 2015, colon cancer was the highest diagnosed cancer among First Nations people in Manitoba. As of 2015, First Nations people in the Interlake Region had lower screening rates compared to all other Manitobans in the region.

In 2021, the project team completed phone-based interviews and safe sharing circles to understand how to address the barriers that may exist. These conversations highlighted the need for local, multigenerational community-based events to raise awareness about colon cancer screening.

Tracy Abraham and Laryssa Sawchuk, project co-leads, said the project has been a great initiative to enhance collaboration and networks.

"We endeavour to learn perspectives on how people can become more aware and increase their participation in cancer screening. We have gained some great information at the local level that led us to provide this Giant Colon Community Tour that aims to increase participation."

The giant colon roadshow will commence in early



TRIBUNE PHOTO SUBMITTED

The giant inflatable 20-foot-long, 10-foot-high, 13-foot-wide colon was set up at the Canalta Hotel in Selkirk on Dec. 16, 2021, to raise awareness of colon cancer screening amongst indigenous people in Interlake-Eastern RHA.

2022 and continue for the first half of the year.

The current colon cancer screening recommendation is that Manitobans aged 50 to 74 should complete a home screening test every two years.

> FORGIVENESS, FROM PG. 26

miracle. I needed to make the decision to be well without depending on anyone else. Our healing cannot depend upon whether they realize their wrongs, say sorry or even want our forgiveness. You see, by waiting for them to admit their wrongs, or pay them back by withholding our forgiveness, we're only living through the turmoil twice or 20 times or for the rest of our lives. It'll become our prison and it'll change who we are.

My mistakes ...

- I was holding them accountable for my pain. (God is our vindicator.)

- I thought I needed them to admit their wrongs before I could forgive and move forward. (God sees everything and He's always working for our good, Our decision to forgive does not require their participation.)

- I was trying to forgive in my own strength. (With Christ, I can do all things.)

- I thought if I forgave, that meant I was weak. But, in fact, forgiving is what the strongest hearts choose to do in order to move forward in freedom.

Dear friend, do you see what I see?

You can forgive. You can take your power back and be better on the oth-

er side of this! Don't let another day go by where you let someone else's poor decisions keep you in prison. Freedom and healing are one choice away and it's so good! I may not be completely out of my storm, but I can once again feel the sunshine on my face.

Some coaching questions for you:

1. How's your heart condition?
2. Is there someone or something you need to forgive, in order to take back your life?
3. What steps could you take today to start the journey to freedom in forgiveness?
4. Imagine the peace in letting go. Journal about what this could mean for your future.

Thank you for reading! Send your questions and comments to dareto-soarlifecoaching@gmail.com. Please forward to family and friends who may need this message! Let's inspire hope into others, together.

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The Christmas Cup

By Dale Yeo

This story was first written and published in December 1994. It was meant to bring both consolation and joy then; perhaps it will do the same in these pandemic-plagued days a quarter-century later.

"Go, Sons, Go!"

The words echo down through the years, bringing back with them a flood of memories.

When I started it, the idea seemed like kind of a dumb one.

It was July of 1974, and there I was making a "cup" for annual competition in a father-son hockey game — a game to be played at Christmas when our families would be together.

The cup, which I told our four young sons had been "handcrafted by the finest silversmiths in Europe," looked to them suspiciously like an old Javex bottle with the top cut off and then stuck into the bottom to make a "base." Add a little brown paint to that base and some silver to the top — Voila, a cup. (You're quite right if you deduce from this that I am no handyman.)

Somehow, though, the idea of this father-son game took off like wildfire.

Before someone accuses me of rampant sexism, I should explain why just sons, not daughters, were involved at the start.

The Frank Thiele family of Dauphin was comprised of five sons and five daughters, my wife Rosemarie being one of them. From these 10 children, Grandpa Frank and Grandma Tillie had become proud grandparents of 18 grandchildren by 1974, with more arriving every year.

The boy-girl ratio, however, decidedly favoured boys — 16 to two in 1974, to be exact. And the two girls were at the youngest end of the spectrum.

Hence the idea of a father-son hockey game came to mind then. In later years, there were girls joining into the action.

From the very start, the sons looked forward to these annual match-ups with unbridled enthusiasm. The games were always played on outdoor rinks in Dauphin on Boxing Day, a day when the families would come in from across Manitoba, Saskatchewan and Alberta to gather at the grandparents' home.

Several features of that first game in 1974 soon became rituals, a rigid part of the annual Christmas Cup tradition.

Grandpa Thiele always came out to play goal for the fathers. Dressed in his farm coveralls and big rubber boots (I don't think that he skated), he backed up the fathers' defensive efforts with the biggest goalie stick he could find. One year, in fact, he showed up with a grossly over-sized stick that he'd cut out of plywood.

The mothers (and the two daughters and later arrivals, in time) were always out to watch the games — and always cheering loudly for the sons. Whenever we fathers pointed out that this seemed a bit unfair since we could seldom find more than a half-dozen or so players while the sons had anywhere up to 16, the sons would reply simply, "Well, whose fault is that?"

Just as traditional was the presentation of the cup to the winners after the game. Grandma Thiele always performed this ceremony down in the rumpus room of the Thiele home in Dauphin, just before we all sat down together to another delicious Boxing Day repast.

The game proved to be a wonderful bonding event for our large family. Our sons would write back and forth to each other months before the big day, exhorting each other on with the soon familiar rallying cry, "GO SONS GO!"

Various people around Dauphin got to know all about this yearly contest as they helped us secure outdoor rinks each year, clearing the ice with our assistance and getting us key to a nearby shack to thaw out between periods. Gosh, it was cold some years!

My mother even joined us from Winnipeg to witness a couple of these games, and my return to school in January each new year was inevitably started off by queries from friends and colleagues on how "the big game" had gone this year.

The scores? They don't really matter much now, although they did then and are still faithfully recorded on the battered old cup that rests now in a Dauphin basement. Suffice it to say that we fathers did better in the early years than we did in the latter.

Longer legs and a longer reach give way in time to younger legs and superior hockey skills. Those young boys we had begun playing six years earlier were now school seniors.

The sons made the Christmas Cup memorable in their own ways. Each time any of them visited Grandma and Grandpa Thiele's home, a little loose change went into the cup (which tradition also dictated had to remain in Dauphin). This money eventually went to buy their chips and pop at the post-game celebration.

Some memorable family nicknames were also born out of the annual father-son clash. Uncle Lorne became "The Erickson Comet" when he journeyed down from his home in Erickson to score five goals for the fathers one year; Uncle Cliff became "Cheater Cliff" when he had the audacity to play for the fathers a year BEFORE he married Aunt Sharon Thiele. (Later, he became an RCMP officer — and we all called him "Sir"!)



TRIBUNE PHOTO SUBMITTED BY DALE YEO

Sons hockey team, Dec. 26, 1979.

A scrapbook, complete with scoring highlights and action photos was put together by our boys in Roblin. Over in Dauphin, Jeff Thiele and his two younger brothers made a tape recording that simulated a typical Christmas Cup game — right down to pre-game "interviews," the game itself and post-game commentary. It was hilarious!

Memories are made of this; so are families.

Our last game was played in 1979. That year the score was 7-3 for the sons, and we fathers were darned lucky to get three goals.

We joked about being too badly out numbered now, but — sadly — it was time to admit that our diminishing skills were now clearly out-matched. We'd guessed that earlier when the mothers began cheering for US in the last year or two.

Tragically, too, other developments were intervening to mar our wonderful family get-togethers. Grandma Thiele had her first operation for cancer in the summer of 1979. A brave fighter, she succumbed to the ravages of that disease in 1981.

In a cruel twist of fate, her daughter-in-law Roma fell victim to the same illness just a few years later at only 52. Then Larry, Roma's husband and Grandma's second oldest son, died within four years of a brain tumour in his early 50s. Their four fine children were bereft of parents at all too early an age.

How glad we were then of those uniquely happy days together with all of our children at the Christmas Cup and all of our other get-togethers too.

Grandpa Thiele lived on until August of 1992. When he passed away then, surrounded by a family who loved him much more than mere words could say, there was a pall of sadness over the family. After prayers later, we all gathered at one of his sons' home in Dauphin.

The loss of this man weighed heavily on us as more than just a personal loss; we also knew that, although we were reassuring each other differently, we would not any longer have the same reason to "come home" to Dauphin so often. The parental roots had been severed.

In the midst of a quiet hours, Jeff, second oldest of the grandsons, arrived. With him he had brought a tape and a little cassette player. The tape? It was the Christmas Cup tape that he and his two younger brothers had made back in 1977.

When he played it for all of us that night, a magical moment was recreated.

There was Grandpa again out in the fathers' goal; there was Larry chugging up and down the ice for the fathers; there was Roma banging the boards and cheering on her wee three sons, with daughter Karen right alongside. And there was Grandma Thiele being "interviewed" again as she presented the Christmas Cup and got ready to serve up one of her marvellous turkey suppers.

At first, we chuckled quietly at the tape's steady commentary, and then we began to roar in delight at memories grown hazy after 15 years.

Grandpa Thiele would have been smiling that night, happy to be rejoining Grandma, happy to see his family gathered together in his memory and re-living memories that had been so happy for all of us.

So here's to the Christmas Cup, one more time. It brought us all a little closer together — maybe even a lot closer.

"Go, Sons, Go!" and you too daughters May all of you find for YOUR families a similar means of linking your family more closely. And to all of you who read these words, Merry Christmas.

In memory of my wife Rosemarie — who cheered lustily for the sons and kept her oxygen ready for her husband.

Housing options for the aging population

By Jennifer McFee

Home is where the heart is. And for many aging community members, they wonder where that home might be in their later years.

The Town of Stonewall has laid the groundwork to attract options to the area.

"A formal response to a request from the province was submitted in late 2017 outlining how the capital for a potential personal care home could be arranged," said CAO Wally Melnyk.

"Leading up to the submission of that document, the council spoke with five partner municipalities and obtained their support as partners to the proposal."

Since then, the town has acquired a total of 18 acres of land for a potential personal care home location.

"In addition, we have expanded the concept of the initiative to include other types of housing such as memory care, supportive housing and assisted living. The town continues to work with consultants developing plans for what we now refer to as a continuing care retirement community, an age-in-place campus including room for a personal care home," Melnyk said.

"Infrastructure upgrades are starting this fall and will continue next spring, bringing water and eventually sewer services to the site identified for the continuing care retirement community and personal care home."

Looking ahead, the town is ready to welcome these amenities to the com-

munity as soon as all approvals are in place.

"We hope that we are close to some form of announcement and being able to turn sod on construction of the continuing care retirement community. Unfortunately, some of the decisions needed to assure the continuing care retirement community will move forward are outside of our control," he said.

"So are we near the end, at the beginning or somewhere in between? It's hard to know for sure. The town recognizes the importance of the project for the community and area, and we continue to do everything we can to move it along."

Melnyk also draws attention to the interconnected aspects of independent living, assisted living, supportive housing, memory care and a personal care home for this project.

"Although the continuing care retirement community concept has been well thought out and is a viable and sustainable initiative, it relies on a comprehensive approach with each part supporting the next," he said.

"As a result, an announcement on the approval of a personal care home for Stonewall and area would go a long way to launching the entire project."

This project has been of highest priority for the entire council this past term, Melnyk added.

"Like everything else over the past 20 months, COVID has caused delays

in the process," he said, "but both the council and administration are confident that the continuing care retirement community initiative will be moving forward in the near future."

Lakeside MLA Ralph Eichler, minister of Agriculture and Resource Development, said the regional health authorities meet with municipalities and provincial government to outline the needs for personal care homes in given areas.

"Of course, every community wants a personal care home in their area. They want mom and dad to be placed in their home community. It's not an easy process. It's one that's really hard on families to try to find a place where you figure your loved ones will be comfortable," he said.

"When we look at the overall number of beds, it's complex and it doesn't necessarily seem fair. It's one thing to build a personal care home; it's another thing to have it staffed."

Eichler acknowledged the hard work of Stonewall and surrounding communities to move forward with land acquisition and other tasks. He also noted that it's important to look at the aging infrastructure of existing facilities.

"Interlake regional health is very much under-bedded, in my mind. Council for the Town of Stonewall has went above and beyond by buying land for the development of a personal care home and lobbying for approvals to meet the needs of the town and

the surrounding area," he said. "The sooner we start building, the sooner we can start getting people into the personal care home."

He added that the personal care home discussion is complex, and he empathizes with families whose loved ones have been recently transferred to other parts of the province to receive care.

"Nothing breaks my heart more than seeing people having to go outside the area," he said.

"Some of the folks that have been sent out of the area are waiting for a placement. A lot of them just need that extra care."

Greg Reid, Interlake-Eastern Regional Health Authority's health services lead for community and continuing care, said a per-capita ratio is usually used to determine the need for personal care home beds.

"Based on that per-capita number, Interlake-Eastern RHA has less beds than it would require," he said.

"But there's now a lot of research and evidence put in place about the need for personal care home beds versus other housing options."

Locally, there's a lack of affordable housing options that would allow seniors to age in place, he added.

"When those affordable housing options are combined with community-based supports like home care, rehab and primary care — all those things

Continued on page 30

Kiln fundraising campaign forges forward

By Jennifer McFee

The efforts to save Stonewall's historic kilns continue to forge forward.

Two separate committees are working towards gathering funds for the project, which will cost an estimated \$3 million to complete.

The community fundraising committee focuses on bake sales, picture sales and similar initiatives, while the corporate and major gifts committee deals with donations ranging from \$1,000 to \$1 million.

Volunteer co-chairs Merle Balsillie and Dale Oughton are taking the lead, working alongside committee members Aimee Nagy, Allan Webb, Scott Aikman and Kathy Aikman.

Together, they're finalizing a case to garner investments from businesses, foundations and individuals for the revitalization project.

"All three kilns will be saved and in-

clude safety lighting and landscaping — and one kiln will have the ability to be used for educational purposes for guests at Quarry Park. Guests can look inside one kiln to view how they worked," Oughton said.

"All kilns will remain non-functioning."

At the Dec. 8 Stonewall council meeting, Oughton, Balsillie and Nagy requested a \$1-million investment from the Town of Stonewall for the project, which would enable reconstruction work to begin in the spring or summer. Council discussed the proposal but no decisions have been made.

Overall, the campaign and reconstruction work will take place over a maximum period of three years. Donations will be brokered through the Interlake Community Foundation. The corporate and major gifts committee will meet with key stakehold-



TRIBUNE FILE PHOTO

Fundraising efforts are underway to preserve Stonewall's historic kilns. ers early in the new year to present their case for supporting the project.

Art from the heart

By Jennifer McFee

A love of art has a way of creating connections among communities, even from afar.

Participants from Community Living Interlake recently joined together Inclusion Selkirk to take part in a virtual art class.

Association of Community Living Interlake serves adults who live with intellectual disabilities in the Interlake.

Similarly, Inclusion Selkirk aims to build an inclusive community so that people living with intellectual disabilities can lead full and productive lives.

"Inclusion Selkirk was started in 1956 by two moms sitting around a kitchen table discussing ways to get their kids involved in the community and living their best life," explained Merilee Mollard of Inclusion Selkirk Fund Development.

"It has since grown to 12 shared homes, nine independent living suites, two respite suites, one crisis suite, two commercial suites for our adult recreation centre, a skills division building for our employment and training site, and two very successful social enterprise locations that are Riverside Grill and WishMe."

In addition, the organization is a key partner in Holiday Alley, a popular street festival hosted in Selkirk each November.

"The area that we serve is the Interlake-Eastern region; however, if it is for the benefit of the individual, we will transition individuals from the entire province. In 2020, the contract for supported employment was awarded to Inclusion Selkirk, so even with the challenges of COVID, our staff could be seen throughout the Interlake, supporting employers and providing supports to the individu-

als we serve. You may have seen them around Stonewall."

The Inclusion Selkirk team, led by Maria Freeman, enjoys working with other agencies on mutually beneficial projects, Mollard added.

"This is what happened as we were organizing our virtual art class," she said.

"The more, the merrier — and it was definitely merry."

Inclusion Selkirk received a grant from Manitoba Arts Council, which was instrumental in launching the virtual art class.

"With their generous support, we were lucky to engage the skills of Pattie Fernie, a local art teacher from Winnipeg, to teach us the many techniques in watercolour painting. Her background in teaching, and history of working with people with special needs, made her the ideal candidate," Mollard said.

"The class was made more special because we were able to expand our format and invite the art lovers from Interlake ACL to join our class."

In an effort to keep folks safe, both organizations have upheld strict restrictions throughout the pandemic, she added.

"The smiles, laughter and enthusiastic greetings at each sessions were priceless. The funding we received to host this class provided great relief, and the connection between the friends in our two organizations could not have been more timely," Mollard said.

"Hosting this art class on the Zoom platform helped remove the barriers that have arose due to the pandemic. Our class spanned the Interlake regions, and we were very happy with the results."

In total, 15 artists from Stonewall and



TRIBUNE PHOTOS SUBMITTED

There was a chorus of greetings and tons of smiles when Interlake ACL joined in with Inclusion Selkirk's Virtual Art Class last week. Pictured top: Ryan and Jordan show off their art; bottom photo: Ryan, Diane and Jordan are all smiles.

15 artists from Selkirk participated in the virtual art class with Patti Fernie.

Looking ahead, more exciting initiatives will be coming up for participants across Interlake communities.

"We have some very creative staff at Inclusion Selkirk, so they are always thinking up ways to keep everyone connected and engaged," she said.

"We are planning a Zumba class with Jan Keryluk and yoga class with

Katie Hartle of Glow Fitness in January, so we hope the folks at Interlake ACL join us for those as well."

For Mollard, these initiatives create a personal connection back to her hometown.

"Having grown up in Stonewall, it was great to reconnect with the folks from Interlake ACL and see how the community has grown — and do some shopping at Something Beautiful."

> OPTIONS, FROM PG. 29

people need to stay healthy — we're in a much better position to keep seniors living independently and safely in their communities," he said.

"So in terms of continuum of care from birth to end of life, personal care homes should be ideally considered when all other options for community living are no longer appropriate or safe."

Research across many jurisdictions shows that community-based living is the best option for maintaining good health and quality of life, he added.

"Ideally, if people can be supported safely in their community and supported at the level of support they need, that promotes better outcomes

for both the clients and their families — and only those requiring 24-7 nursing care would go to a personal care home," he said.

"In Manitoba, all of the housing options are out there — everything from 55+ apartments, life lease, assisted living and supportive housing. All of those options are available in Manitoba in many communities, even in rural areas, but they're not always financially accessible to people. So what has happened historically is that our personal care homes have become a default for people that cannot afford the other options."

Personal care homes are heavily subsidized, with government covering about two-thirds of the cost and individuals covering about one-third

maximum, Reid said.

He also pointed to the clinical preventative services plan, which is Manitoba's first provincial plan for delivery of health-care services across the province.

"That plan is developed with guidance from Manitoba health-care leaders from all over the province. Seniors and rehabilitation was one of the 11 provincial clinical teams that were comprised of care providers from across the province looking at that area specifically," he said.

"Those experts have been contributing to the clinical preventative services plan, gathering information, looking at the data and looking at what is the right delivery and model of care that could be used in specific com-

munities. Part of that process involves reviewing successful practices and programs in other jurisdictions."

The clinical preventative services plan would organize Manitoba into health service delivery hubs, with specific service standards for seniors at each level of care.

"The clinical preventative services plan has a lot of information and it will eventually guide all of the care delivered regionally and provincially," Reid said.

"There's lots of discussion happening as we speak around what is the future of personal care homes and housing across the continuum of care in Manitoba."

Generous donations bolster endowment funds

By Jennifer McFee

Donations to the Interlake Community Foundation are gifts that keep on giving.

In November, the organization received a total of \$66,062.85 in donations — with \$50,146 coming in through the Endow Manitoba Giving Challenge.

Executive director Tracy Holod said it was their best November ever, and the board is overwhelmed by the generosity of community members. She also expressed gratitude to all five local councils, who agreed to speak on camera in support of the organization. The videos are posted on Interlake Community Foundation's Facebook and Instagram channels.

"To me, it shows that people really want to give back to their community," she said.

"Also, many gifts were made in memory of a loved one. It shows the lasting positive effect that the loved one had on them."

Most of the money raised for unrestricted funds will be used for the community granting program.

"Local charities and sponsored non-profits can apply for funds for capital projects," she said.

"The application form is on our website, and the deadline is Feb. 28 of each year. We always have more requests than we have available funds, so this will go a long way."

This additional \$66,000 means the organization will be able to grant out at least another \$2,640 each year.

"Since most of our community grants are in the \$1,000 to \$4,000 range, this is significant," Holod said.

During the Giving Challenge, Lloyd Jensen made a matching donation of \$5,000 into the unrestricted Lauritz and Georgina Jensen Fund.

"He was very happy to do so," Holod said, "and we thank him so much for the challenge he has issued."

As well, Shelley Stewart of One Link Mortgage made a matching donation of \$1,000 to the Stephanie Oland Duncan Memorial Fund. In total, that fund currently sits at more than \$16,600.

In addition to bringing in a record amount of donations, the Interlake Community Foundation opened three brand new funds.

Diane Sexton and family started the Sexton Family Fund, which is an unrestricted fund that will be used for community giving.

Maureen and Glenn Kletke opened the Maureen and Glenn Kletke Fund, which is a designated fund for the support of the South Interlake Regional Library's Teulon branch.

Murray and Pauline Boonstra created the Boonstra Farms Community Fund, which is an unrestricted fund that supports the community granting program.

While some people might opt to make a lump sum donation, others prefer to sign up to be monthly or annual donors into the community or fund of their choice.

"Our board is so appreciative of every person who donated," Holod said.

"It truly means a lot and will help many organizations for years to come."

Information about how to make a donation is posted on the Interlake Community Foundation website at www.interlakefoundation.ca. Options



TRIBUNE PHOTOS BY TRACY HOLOD

Ross Thompson, Sandra Smith, Cheryle McClure, Rhonda Cameron, Linda Lamoureux, Cherise Griffin, Bob Beck, Meechelle Best and Peggy Linklater.



ICF vice-chair Murray Slagerman received a five-year service pin from Beck.



ICF chair Bob Beck, left, presents Ross Thompson with a five-year service pin.

are available to donate by credit card, e-transfer or cheque. Donors can also

set up monthly or annual recurring donations.

All welcome for line dancing

By Jennifer McFee

With the new year approaching, why not try something new?

Local line dancers are looking for new participants to join their group.

They meet twice per week on Tuesdays and Thursdays from 11 a.m. to 12:30 p.m. at the Odd Fellows Hall. Participants can attend as many or as few sessions as they'd like.

"It's open to anybody. Our group has diminished in the last little while, so we're looking for new members," Donna Couvier said.

"Right now, we haven't got our instructor, so it's us ladies that are doing dances by ourselves and teaching

people steps. So this would be a good time for people to join because we would take our time with them and show them the steps. They'd have a lot of fun and a lot of laughs."

Anyone who would like to try it out would get two free lessons. If they decide to continue after that, the cost is \$5 per class for members of South Interlake 55-Plus and \$7 for non-members.

To purchase a membership for 55-Plus, the cost is \$20 per year.

Due to COVID, drop-in classes are not available. Participants can pay in advance by calling South Interlake 55-Plus at 204-467-2582 or calling Cou-

vier at 204-467-5455.

"That person would make their arrangements of how they want to pay and how many classes they want to go to," Couvier said.

"Also, they don't have to be a senior to dance. If someone is home in the morning and wants to come dancing, she's more than welcome to come — and she can buy a membership too. You don't have to be 55. We take anybody."

The class is geared for all levels, including those who have never line danced before.

"I can remember years ago looking at them doing line dancing when I

went to a social and thinking, 'Oh my goodness, I could never do that.' Well, when you stand and try to do the steps, it's totally different than trying to jump in when they're already dancing and you don't have a clue what you're doing," Couvier said.

"We'll be very patient with them, teach them steps, teach them easy dances and hopefully they'd enjoy it and come back. We used to have quite a big group, and we're trying to build it up again. We have plenty of time to teach them if they want to learn."

For more information, visit www.si55plus.org.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Zacharias Wins Scotties!

By Ty Dilello

For the second-straight year, Altona's Mackenzie Zacharias will be competing at the Scotties Tournament of Hearts. However, this time she will be going as a provincial champion.

Zacharias won her first Manitoba Scotties championship after defeating Assiniboine Memorial's Kristy Watling 7-5 in a riveting back-and-forth final on Sunday night in Carberry.

Team Zacharias, with third Karlee Burgess, second Emily Zacharias, and lead Lauren Lenentine, opened the final with a blank after beginning the game with the last rock. In the second end, Zacharias drew the rings for two to take an early 2-0 lead.

Watling replied with a deuce of their own in the third end to tie things up. In the fourth end, Zacharias made an incredible draw to the side of the four-foot facing three Watling counters to take a 3-2 lead. Watling took one in the fifth end to level things up at the midway point of the game.

In the sixth end, Zacharias missed a tough hit for two and wound up giving up a steal of one to give Watling a 4-3 lead. However, Zacharias bounced back in the next end with an open draw for two.

Watling made a difficult hit and roll to score one in the eighth end to once again level things up. Zacharias was able to blank the ninth end to keep the game tied and hold the hammer in the final end.

In the tenth end, Zacharias played perhaps their best end of the entire week. They seemed to make all eight shots with ease. When the dust settled, Zacharias had made an open hit for two to win the game and the provincial championship by a 7-5 scoreline.

"I can't believe that just happened,

but pretty excited. The team absolutely played amazing today. We had a little bit of a rough go early in the week, but we pulled through," said Mackenzie Zacharias.

It wasn't looking great for Zacharias earlier in the week as they dropped two of their first four games in the event. From there, they rallied, winning four straight games to win the Scotties.

Zacharias will now go on to represent Manitoba at the 2022 Scotties Tournament of Hearts in Thunder Bay from Jan. 28 to Feb. 6. Although Zacharias was at the national Scotties last year as one of the Wild Card teams, this year's event in Thunder Bay will be the team's first appearance as Team Manitoba.

"This team is so special," Zacharias said. "We've been together for the past three years, and when we put the team together, we had one goal in mind, and that was to win a world junior title. We got a taste of the Scotties last year, we had a really good provincial Scotties this year, and now we get to go back to the national stage. We're just so excited for that."

For Zacharias, they are hoping that their experience playing in a national Scotties last year will bode well for them as they head back to the event, but this time wearing the fabled Manitoba crest.

"We learned so much," Zacharias said. "Every team there is absolutely fantastic, and you can't take anything for granted, that's for sure. We were kinda star-struck to begin with when we got to the bubble, but I think we got the nerves out that year, so hopefully, we can go there and do some damage this year."

Assiniboine Memorial's Kristy Watling also deserves some mention as her upstart rink had a very suc-



PHOTO SUBMITTED

Mackenzie Zacharias took home the Manitoba Scotties title by defeating Kristy Watling in a thrilling 7-5 championship final in Carberry. Pictured left to right, Lauren Lenentine, Emily Zacharias, Karlee Burgess and Mackenzie Zacharias.

cessful week at the provincial championship. The rink posted a 6-2 record through round robin and championship round play, including a win over the No. 1 seed Tracy Fleury. Watling reached her first provincial final by defeating clubmate Kaitlyn Jones (featuring Marquette's Sara Oliver at lead) 8-6 in Sunday morning's semifinal.

The top seed and current number one ranked team in the world, Tracy Fleury (East St. Paul), had a very disappointing week. They just couldn't get anything going throughout the event and finished with a 5-3 record, just shy of advancing to the semifinals. However, Fleury will have another shot to reach the Scotties Tournament of Hearts through the wild-card play-in game, which will feature the top two teams who did not already qualify.

Familiar names like Gimli's Kerri Einarson, who will be at the Scotties as Team Canada, and St. Vital's Jennifer Jones, who is off to represent Canada at the upcoming Winter Olympics, did not compete in this year's

Manitoba Scotties.

So far, only Zacharias, Einarson, Nova Scotia's Christina Black and Nunavut's Brigitte MacPhail have secured their spots for the 16-team national Scotties field. The remaining provincial playdowns are scheduled to take place in early January.

The 2022 Scotties Tournament of Hearts will take place from Jan. 28 to Feb. 6 at the Fort William Memorial Gardens in Thunder Bay. Zacharias will have a little extra time to prepare for the national championship than usual as the Manitoba Scotties were moved up in the schedule by a month to accommodate for the Olympic scheduling.

"It will be a little bit different since it's not in a bubble compared to last year in Calgary, but we feel like we're more a comfortable and confident team than we were at the last Scotties," said Zacharias. "We're not sure what the schedule is going to be like for us yet (due to the evolving COVID-19 pandemic), but we're looking forward to going back to the Scotties."



Stonewall Jets Player Profile

#25 *Come out to support the Jets*

Shane Bear
Defence, shoots right
Born 2001, 6'3, 220 lbs



UPCOMING GAMES

Friday, January 7
Stonewall Jets vs Charleswood Hawks
at 7:30 @ Eric Coy Arena

Sunday, January 9
Stonewall Jets vs Pembina Valley Twisters
at 7:00 @ Morris Multiplex

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

JV Rams' girls off to a hot start

Staff

The Stonewall Collegiate Rams' junior varsity girls' basketball team is off to a great start this season.

Stonewall cruised to a dominating 41-19 victory over the John Taylor Pipers last Thursday evening. The Rams led 22-15 at the half but then outscored the Pipers 19-4 after the break.

Stonewall soundly defeated the Elmwood Giants 49-34 on Dec. 14.

The Rams, now 2-0 in league play, hosted Tec Voc on Tuesday but no score was available.

The Rams' varsity boys, meanwhile, lost 76-33 to the Nelson McIntyre Torchbearers in the seventh-place game of the eight-team St. James Collegiate Winter Classic last Friday afternoon.

The Rams were defeated 83-49 by the St. James Jimmies in their first game of the tournament on Dec. 14.

Stonewall then was beaten 82-45 by the Elmwood Giants last Thursday.

Both varsity Rams' teams played league games against the Grant Park Pirates this past Monday but no scores were available at press time.

In junior varsity boys' action, Stonewall lost 60-56 at home to the Churchill Bulldogs last Thursday.

On Dec. 11, the Rams defeated the Lorette Scorpions 44-35 in the fifth-place game of a six-team tournament in Lorette.

Stonewall was earlier defeated by the Westgate Wings (43-32) and the Niverville Panthers (84-14).



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Stonewall Collegiate Rams' Foxx Domansky goes up for a layup during his junior varsity team's home game against the Churchill Bulldogs last Thursday.

Chiefs sweep U18 Lightning

By Brian Bowman

The U18 "AAA" Interlake Lightning's offence was nowhere to be found last weekend.

Interlake scored just one goal in two losses to the Yellowhead Chiefs in Teulon last weekend.

The Chiefs earned the two-game sweep with a 3-1 victory on Saturday.

Alexander Kaczorowski scored Interlake's goal in the first period.

Cole Topham, with a pair, and Rylan Gage replied for Yellowhead.

Ty Hogue stopped 25 Chiefs' shots.

On Friday, the Chiefs blanked the Lightning 4-0. Jase Warham stopped 42 Interlake shots for the shutout.

Ben Roullette scored a first-period goal and then Foxx McColl made it 2-0 with a power-play marker in the second.

Ty Kirk added a shorthanded goal in

the third and then Topham closed out the scoring midway in the period.

Zach Meadows made 38 saves for the Lightning.

Interlake's next action is Jan. 5 when it plays the Winnipeg Bruins at Southdale.

In U18 "AAA" female action, Interlake lost 2-1 to the Eastman Selects on Sunday in Niverville.

Mackenzie Waddell scored for the

Lightning in the second period to tie the score at 1-1.

Janique LaBossiere and Bethany Wielgosh had Eastman's goals.

Lightning goaltender Katelyn Dorsch made 36 saves.

Interlake will play the Westman Wildcats on Jan. 8 in Hartney.

Jets lose pair of MMJHL games

Staff

The Stonewall Jets had a slow start to the third period - giving up two goals just 1:48 into the frame - in a 4-1 home loss to the Charleswood Hawks on Sunday.

Lucas Humble scored the first two goals of the game to give the Hawks a 2-0 lead.

Tyler Van Deynze put the Jets on

the board midway in the second period but Charleswood answered with third-period goals from Humble and Dylan Hess.

Jets' goaltender Liam Jardine made 33 saves.

Last Wednesday, the Jets lost 6-5 in overtime to the River East Royal Knights in Stonewall.

Aaron Neilson scored the game win-

ner in OT. It was his second goal of the game.

Stonewall's Hudson Chamberlin had tied the score at 5-5 with a shorthanded goal at 17:13 of the third period.

The Jets, which trailed 4-2 after the first period, received goals from Andrew Andries, Jaytey Towle, Matthieu Meier and Nick Prystupa.

Landon Norman, with a pair, Jackson Wilson and Chase Sobey replied for River East.

Jets' goaltender Josh Bond made 29 saves.

The Jets, now 7-16-2, are back in action on Jan. 7 when they visit the Hawks.

U17 Lightning, Wild play to 5-5 tie

By Brian Bowman

The Interlake Lightning played to a 5-5 tie with the Winnipeg Wild in U17 "AAA" action on Saturday.

Hayden Kaczorowski, Ian Buors, Luke Sekundiak, Blake Farthing and Talon Hogg scored for Interlake.

Tyson Sperber (two), Zachary Einarson, Marlen Edwards and Nathan Morrison had Winnipeg's goals.

Lightning goaltender Alex Myers made 49 saves.

On Friday, the Lightning defeated the Winnipeg Bruins 3-2 at Southdale. It was Interlake's first win since Nov. 5.

Hogg scored the game-winning goal at 8:57 of the third period.

Nick Giasson netted a first-period goal for the Bruins and then team-

mate Peyton Allard tallied at 7:05 of the third.

David Johnson and Farthing scored first-period goals for the Lightning. Johnson had two points in the game.

Dylan LeClair made 37 saves for the win.

Last Wednesday, the Lightning lost 3-2 to the Wild.

Winnipeg's Zachary Einarson scored the game winner at 16:04 of the third period. The goal came less than four minutes after Interlake's Mitchell Wilson had tied the score at 2-2.

Morrison, on the power play, and Thomas Gale scored to give the Wild a 2-0 first-period lead before Sekundiak tallied in the second.

Myers stopped 48 Winnipeg shots.

Interlake will resume league play

Jan. 7 when they play the Winning Bruins at Southdale.

In U15 "AAA" Lightning action, Interlake was defeated 7-3 by the Yellowhead Chiefs in Shoal Lake on Sunday.

Lightning goals were scored by Hogg, Ryder Kirk, and Noah Oughton.

Brad Brandon (two), Colby Asseltine, Zach Lamb, Kaden Allan, Riley Swereda and Adam Chipelski replied for Yellowhead.

Nathan Meisner stopped 27 Chiefs' shots.

On Dec. 14, the Lightning defeated the Winnipeg Wild Red 4-3.

Trailing 3-2 in the third period, Hogg scored a power-play goal at 13:47 and then the Lightning's Gavin Holod tal-

lied with the man advantage at 15:59 for the great comeback win.

Holod gave Interlake a 1-0 lead just 1:48 into the game but Winnipeg's Luke Marykuca replied about six minutes later.

The Lightning's Dainen Jacobson scored the lone goal of the middle frame but Winnipeg replied with goals from Carter Kingerski and Marykuca by the 7:56 mark of the third.

Holod had a strong game with three points while Hogg also had an assist.

Braeden Cormack made 25 saves for the victory.

Interlake's next league game is Jan. 4 when it plays the Winnipeg Wild Gold at the Bell MTS Iceplex.

Woods scores game winner in Rams' OT victory

Staff

Ty Woods scored the game-winning goal in overtime to lift the Stonewall Collegiate Rams to a 3-2 home victory over the St. Paul's 2 Crusaders in Winnipeg High School Hockey League action last Wednesday.

It was Woods' team-leading seventh goal of the season.

St. Paul's Keaton Hamin scored a first-period goal but the Rams' Gage O'Neil and Ethan Rogowsky, on the power play, tallied in the second.

The Crusaders' Kai Sharma then tied the score at 2-2 midway in the third period.

Rogowsky, Woods, and Brody Stovin each had two points in the game.

Dray Sobkow earned the win in goal. He has a 7-0 record with a 1.69 goal-against average this season.

With the win, the Rams now have 33 points to sit in second place of the Winnipeg Free Press West standings. Stonewall is five points back of the West Kildonan Wolverines with two games in hand.

Stonewall played Springfield on Tuesday in Oakbank but no score was available at press time.

The Rams' next league game is Jan. 7 when they host College Beliveau. Game time is 3:30 p.m.

Merces blow out Beavers

Staff

The Warren Merces closed out 2021 in style.

Warren hammered the Carman Beavers 7-0 in South Eastern Manitoba Hockey League action on Friday evening.

Matt Jacobucci, James Maxwell, and Riley Vautour scored to give Warren a 3-0 lead 10:14 into the game.

Cole Murdock and Vautour tallied in the second and then Chad Deprez, on


the power play, and Trent Genyk netted goals in the third.

Vautour finished the game with four points while Maxwell and Genyk each had three points.

Hayden Dola made 29 saves for the shutout.

With the win, Warren improved its record to 7-2.


The Merces will visit the Altona Maroons on Jan. 6 for an 8 p.m. game.



**Come out and support
your Warren Merces**

Thursday, January 6
Warren Merces vs
Altona Maroons
at Altona
8:00 p.m.

Saturday, January 8
Warren Merces vs
Carman Beavers
at Carman
7:30 pm





TRIBUNE PHOTO BY JO-ANNE PROCTER
Merces' goaltender Hayden Dola made 29 saves to shut out the Carman Beavers 7-0 in SEMHL action last Friday in Warren.



Christine Ibbotson

Dear Money Lady, could you tell me how I could leave a legacy for my grandchildren when I die. Peter

Dear Peter,

There really are so many ways to leave a legacy. A legacy is something that is either monetary or meaningful and represents a single person. It speaks to what that person believes in and should reflect all their values over a lifetime, ensuring that their memory has a positive and lasting impression long after they have passed away.

I have written in the past about creating a legacy for grandchildren through the purchase of whole life participating insurance, but today, since you've asked, let's look at all the other ways Canadians can create a legacy, whether it be monetary or meaningful. So here we go.

1. Leadership Legacies: This is a named legacy that supports a public cause. This may be something that you setup in your community to motivate others to evoke change and create goodwill. You most likely would have invested great time, effort, and monetary gifts toward this endeavor before you passed away.

2. Charitable Gifts: There are so many organizations that rely solely on the generosity of people leaving a portion or all their estate to a charity when they die. In Canada, there are just over 85,000 registered charities.

3. Physical Legacies: This type of legacy involves an actual physical location. For example, a farm home or property that has passed on through each generation, never being sold and always staying within the family.

4. Business Legacies: Rather than selling a business at retirement, business owners will change the structure to either have their children carry on the company or even have their employees take over the business.

5. Reflective Legacies: This is your opportunity to tell your story – literally. Reflective legacies are usually done by video, voice recording, or as a written journal to capture the history and life story of the person(s) to be remembered. This can be done by adult children, capturing their parents in conversations that describe their parent's lives as children, how

AsktheMoneyLady.ca

they met, and all the experiences they had during their lifetime.

6. Community Legacies: This legacy is built around a cause you believe in or a community goal you support. For example, you may decide to leave a portion of your estate to a worthy cause. This could be based on a family member that has suffered, a special need child or even to support a beloved pet.

7. Gift of Life Legacies: This legacy is done by donating your organs or your body to either another person or to Canadian science.

8. Memory Legacies: This type of legacy is to be done while you are living and should be a shared memory with those you love. For example, you may want to take all your family, on a European cruise. This could really be anything that you as the legacy giver want to share with your family such as: a trip to your birth place/country, a picnic that you have catered for all your family (with it being mandatory for all to attend), a weekend get away at a small country inn, a wine tour, a horse ride, etc. Pick something that you would like to do; an event that represent you, and of course something that gives your family a lasting memory.

9. Monetary Legacies: There are many different types of legacy building products that you can setup for your family or grandchildren. These would include RESPs, Non-Registered Investment Accounts, Trusts, or life insurance.

*Whole-Life Participating Life Insurance can be purchased for a grandchild. It comes with a guaranteed level premium paid up usually within 5-10 years, and has a guaranteed compounded growth through dividends. A grandchild can also usually have access to the CSV within the policy to access money if needed throughout their lifetime.

Everyone should live their life in a way that creates lasting memories to become a meaningful legacy to their family. Planning for your death is a necessity. Please remember that you must have a Will and two Powers of Attorney because you should want to ensure you have your say over your life and your assets. If you die without an estate plan, the Canadian government will make one for you – guaranteed to not be the way you would have wanted.

Good Luck & Best Wishes,
ATML - Christine Ibbotson

Written by Christine Ibbotson, Author of 3 finance books and the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" www.askthemoneylady.ca or send a question to info@askthemoneylady.ca

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> MEAL IDEAS

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Cheesy Spinach Ravioli

in bowl and make hole in center. Add salt, garlic powder, olive oil, eggs and egg yolks to hole. Slowly bring flour into middle and knead into ball. Cover with bowl and let rest 20 minutes.

To make filling: In pan over medium heat, add olive oil; add spinach, salt and pepper then saute until spinach is wilted. Let cool then mix in ricotta cheese; set aside.

Cut dough in half. Sprinkle remaining flour on large cutting board and roll dough to 1/8-inch thickness. Cut into rectangle then cut into 2-3-inch squares. Set scraps aside. Brush water on squares then spoon 1 teaspoon spinach-ricotta filling in center of every other square. Top with remaining squares. Use fork to crimp edges. Repeat with remaining dough. Form scraps into ball and repeat.

Put ravioli in boiling water, 8-10 minutes; they will rise to top when done.

In saucepan over medium heat, heat sauce until simmering.

Place ravioli on plate and top with warm sauce, mozzarella cheese, basil and rosemary. Grate Parmesan cheese on top, if desired.

Prep time: 10 minutes

Total time: about 1 hour

Yield: 17-20 ravioli

Dough:

3 cups all-purpose flour, divided

1 pinch salt

1/4 teaspoon garlic powder

1/2 teaspoon olive oil

4 whole eggs

2 egg yolks

water

Filling:

1/2 teaspoon olive oil

2 cups chopped spinach, fresh or frozen

1 pinch salt

1 pinch pepper

1 container (15 ounces) ricotta cheese

Toppings:

1 jar (24 ounces) Spaghetti Sauce

shredded mozzarella cheese

2 chopped basil leaves

2 chopped sprigs rosemary

grated Parmesan cheese (optional)

To make dough: Place 2 1/2 cups flour



Merry Christmas and Happy New Year!



**From the Executive, Staff and Citizens
of the Interlake Metis Association**

Alfred Anderson, Vice-President

Jack Park, Board Member

Mona Buors, Board Member

34. Life form
35. Painful contractions
36. Glowing
39. Press against lightly
40. Melancholic
43. Something you can be under
44. Of the mind
46. E. Indian cereal grass
47. Couple
49. Sharpshoot
51. A baglike structure in a plant or animal
54. ___ Blyton, children's author
59. Human gene
60. Data mining methodology (abbr.)
61. Examines animals
62. Mineral
64. Cools your home

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The Selkirk Record is seeking a full-time reporter/photographer to join its multi award-winning weekly community newspaper.

Qualifications:

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 - A self-starter who is able to work both as a team and independently.
- Please email your resume to: news@selkirkrecord.ca by Friday, Jan. 7/2022

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NOTICES

The Warren Curling Club would like to thank all of our members who sold Grey Cup tickets and congratulations to our winners. 1st quarter - Orval Proctor, reverse - Karen Tristram; 2nd quarter - Bev Husak, reverse - Tara Lindgren; 3rd quarter - Pat Hnatuk, reverse - Don Adamko; final - Alyson Heroux, reverse - Nick Luhowy.



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NOTICES

The Warren & District Lions Club Grey Cup winner 2021 are: 1st quarter \$100 - B. Stoneham, reverse \$50 - Angie Neely; 2nd quarter \$100 - Nirdosh, reverse \$50 - Ivan Miller; 3rd quarter \$100 - Angie Neely, reverse \$50 - Marlea Ann Amirault; final score \$200 - Joy Carter, reverse \$100 - Philip Bruce.

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2022

EMPLOYMENT OPPORTUNITY

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EMPLOYMENT OPPORTUNITY

JOURNEYMAN HEATING/ COOLING TECHNICIAN

The Interlake School Division invites applications for the position of: **Journeyman Heating/Cooling Technician**
Start Date: January, 2022

The Position: The Journeyman Heating/Cooling Technician services and maintains all school heating cooling systems. He/she also does general maintenance for Division buildings and grounds. Current salary is \$36.03 per hour.

The Candidate:

Applicants must possess the following qualifications:

- Journeyman Pipefitter/Gasfitter or HVAC Mechanic ("B" gas licence required.) Preference will be given to individuals who hold a Provincial Class "A" Gas License
- Experience with pneumatic/electric control systems
- Able to read electrical schematics
- Proficient with installation, repair and service of steam and hot water systems, including condensing boiler systems and forced air furnaces/ AC units
- Ability to read and follow blueprints and technical documents
- Ability to perform calculations to size equipment
- Ability to track and maintain filter logs
- Ability to service, repair and replace pumps, strainers, valves, steam traps, coils, etc.
- Ability to repair exhaust fans, make-up air units, adjust/repair belts and pulleys
- Working knowledge of codes and standards
- Minimum 5-years relevant experience
- Workplace Safety and Health training, including Workplace Hazardous Materials Information System (WHMIS)
- Good computer skills
- Strong verbal and written communication skills
- Valid driver's license and the ability to respond to emergency callouts
- Ability to work with minimum supervision
- Ability to work flexible hours as required
- Ability to work at heights on equipment such as ladders, scaffolds and mechanical lifts
- Ability to work in confined spaces

Applicants should submit a resume including three references by **January 10, 2022, 3:00 pm** to:

Human Resources
Interlake School Division
192-2nd Ave. N.
Stonewall, MB R0C 2Z0
Email: hr@isd21.mb.ca
Tel: 204-467-5100

Interlake School Division welcomes applications from people with disabilities. Accommodations are available upon request during the assessment and selection process.

Successful applicants will be required to provide evidence of full vaccination or undertake mandatory COVID-19 Testing three times per week, in accordance with current Manitoba Public Health Orders.

Only candidates selected for an interview will be contacted. Employment will be subject to satisfactory criminal record and child abuse registry checks.

WEEK-END COOK

Oak Park Lodge Inc is a 55+ housing unit located in Woodlands and is seeking a part time week-end Cook for the Congregate Meal Program. Duties will include meal preparation, serving meals, cleanup. Hours are Saturday to Sunday 9:30 am to 1:00 pm. Specific training will be provided. Criminal Record and Adult Abuse Checks are required. Please forward your resume to Oak Park Lodge Inc. Box 52 Woodlands MB R0C-3H0 Attn: General Manager or email to opl@mts.net by December 23, 2021.

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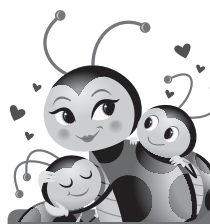


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NOTICE TO CREDITORS

IN THE MATTER OF:
The Estate of Sophia
Elizabeth Klimpke,
late of the Town of
Stonewall, in Mani-
toba, deceased.

All claims against the
above estate, duly
verified by Statutory
Declaration, must be
filed with the under-
signed at their offices,
P.O. Box 1400, Stone-
wall, Manitoba, R0C
2Z0 on or before the
26th day of January,
2022.

DATED at Stonewall,
Manitoba this 14th day
of December, 2021.

**GRANTHAM LAW
OFFICES**
Solicitor for the
Executor

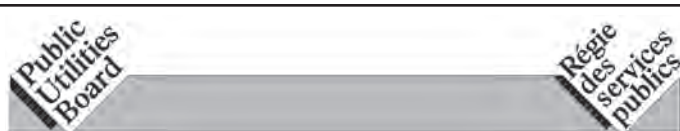
NOTICE TO CREDITORS

IN THE MATTER OF:
The Estate of Ethel
Joyce Lyndon, late of
the Town of Stone-
wall, in Manitoba, de-
ceased.

All claims against the
above estate, duly
verified by Statutory
Declaration, must be
filed with the under-
signed at their offices,
P.O. Box 1400, Stone-
wall, Manitoba, R0C
2Z0 on or before the
26th day of January,
2022.

DATED at Stonewall,
Manitoba this 20th day
of December, 2021.

**GRANTHAM LAW
OFFICES**
Solicitor for the
Executor



NOTICE OF APPLICATION TOWN OF TEULON LAGOON TIPPING FEES TEULON WASTEWATER UTILITY

December 3, 2021

The Town of Teulon (Town) has applied to the Public Utilities Board (Board) for initial lagoon tipping fees for Teulon Wastewater Utility (Utility) as set out in By-Law No. 6-2021, read the first time on September 14, 2021.

The proposed fees are as follows:

	Proposed Tipping Fees
	By-Law 6-2021
Septic Truck - Single Rear Axle (\$/load)	\$ 40.00
Septic Truck - Double Rear Axles (\$/load)	\$ 60.00

Details of the Town's application are available for review at the Town's office or the Board's office. Any questions concerning the application for initial lagoon tipping fees, or the operation of the Utility, should be sent directly to the Town.

If you have concerns/comments regarding the Town's application for initial lagoon tipping fees please go to www.pubmanitoba.ca and provide your comment. Please note all comments will be forwarded to the Town.

Questions or comments should be sent on or before **January 2, 2022**.

The Public Utilities Board is the provincial regulatory agency that reviews and approves rates for water and wastewater utilities in Manitoba, with the exception of the City of Winnipeg. The Board's review process involves:

- the Utility filing a rate application to the Board,
- a public notification of proposed rate changes,
- the Board's review of the application through a public hearing or paper review process, and
- the issuance of an Order which outlines the Board's decision on the rate application and the rates to be charged.

The Manitoba Ombudsman has privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result, personal information protections are reduced.

The Board will then decide whether any further notice is required and whether to proceed with a public hearing or paper review process. All concerns received by the Board will be considered in the Board's decision on rates to be charged.

PLEASE BE ADVISED THAT IN CONSIDERING THIS APPLICATION, THE PUBLIC UTILITIES BOARD MAY OR MAY NOT FIND IT NECESSARY TO DETERMINE RATES DIFFERENT FROM THOSE APPLIED FOR BY THE APPLICANT.

Note: All proceedings will be conducted in accordance with the Board's Rules of Practice and Procedure, which the Board may vary in order to constrain regulatory costs. The Rules are available at www.pubmanitoba.ca.

Frederick Mykytyshyn
Frederick Mykytyshyn

Assistant Associate Secretary
Manitoba Public Utilities Board

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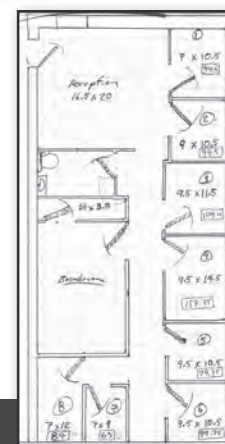


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OBITUARY

Muriel Jean Lillies
August 19, 1932 – December 18, 2021

It is with great sadness the family announces the passing of Muriel Jean on December 18, 2021. A private family graveside will be held.

Your memory will live forever Engraved within our hearts

kl
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

CARD OF THANKS

Stonewall & District Lions Club Grey Cup Pool winners: 1st quarter Eileen Seric, reverse Nicole Glena; 2nd quarter Mel Harrison, reverse Linda Huewan; 3rd quarter Leigh Ann Slack, reverse Shannon Armstrong; final score Norma Ridgeway, reverse Audrey Landygo. Thanks to all for your support.

CARD OF THANKS

The family of Sophia Klompke would like to send a thank you to family and friends for phone calls, text messages, cards, flowers, meals, dainties and love and support at this difficult time in the passing of our mother, grandmother and great-grandmother. A special thank you to the Stonewall Hospital nurses and doctors and home care workers for their excellent care given to Mom. To Mark Just for the service for Mom. To Alan, Dawne and Lloyd Grenkow for preparing the plot at Lilyfield Cemetery, pallbearers, Kent for the eulogy, Ashley Klompke for singing, Legion for the Last Rites, Ladies Auxiliary for the lunch, for all the donations in Mom's memory and to Ken Loehmer for his guidance at this time.

-Love to all,
Len, Karen and family;
Barb, George and family;
Ken, Audrey and family

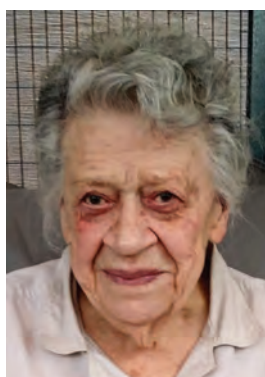
IN MEMORIAM



Anne Balian
December 25, 1996

God saw you getting weary,
A cure was not to be;
He put His arms around you,
And whispered "Come to Me".

-Son Tony,
grandchildren and
great-grandchildren



Louise Fabris (nee Dumore)
January 24th 1931 - October 30th 2021

Our family sadly announces the passing of Louise Fabris, on Saturday, October 30th, 2021 at 90 years of age. A life well lived by a gentle soul, who blessed our lives every day and in every way she found possible.

Louise is lovingly remembered by her daughters Donna and Gayle and grandchildren Randy, Matthew and Gary. She also leaves behind her great-grandchildren and her sister Doris. She was preceded in death by her husband Peter in 2018, her daughter Marilyn in 1999, parents Anne and Scott, siblings Victor, Roy, Kay and Jean.

Louise was born in Foam Lake, Sask. The family relocated to Winnipeg in the mid 1930's and soon settled on an acreage in Teulon. After five years, the family moved to Gunton. They were poor and times were tough, but Louise always said she would have never traded her childhood for any other.

It was during these formative years when blossomed Louise's love of all the wonders of nature, a lifelong passion for recipe books, baking and cooking, gardening, reading, music and a special affection for all God's creatures.

At age 14, Louise boarded with a family in Winnipeg and graduated from Kelvin High School in 1949. Following high school, she secured employment with Great West Life. A year later, in 1950, her interest in teaching led her to attend a teacher's short course at Normal School and on to accepting a position in a one room school house in Broad Valley, MB.

During the summer, before relocating to Broad Valley, Louise returned to Gunton to spend time with family. One day, during her journey to town for coal oil, a handsome young man named Peter, stopped in his red truck and asked her where she was going and if she needed a ride. She accepted and during the course of conversation, he offered to drive her to Broad Valley later that summer. They would continue to correspond and so was the beginning of a long, long life together and 65 years of marriage.

After one year of teaching, Louise commenced employment in Winnipeg with the Income Tax Dept. in 1951. In June of 1952, Louise and Peter were married and made their home in Winnipeg. Marriage was cause for Louise to leave her job with the Income Tax Dept. since married women were not permitted to work for the government in those days. She found employment as a secretary in a law firm.

Louise and Peter's first daughter, Marilyn, was born in 1953. By the early sixties, the births of daughters Donna and Gayle completed the family.

In 1970, Louise secured employment as Administrative Secretary to the Dean in the former Faculty of Administrative Studies, University of Manitoba. She thoroughly enjoyed this work and often spoke about her experiences there and of all of the wonderful colleagues and students she was fortunate to work with and meet. She was fully retired in 1993.

Louise's greatest passion was her family. She always had time for us. She gave us all her love. She was a gentle soul with the sweetest temperament. She was the most beautiful mother anyone could hope for and we are blessed to call her our own.

Two of Louise's favourite things to do were cooking and gardening. She made the best Saskatoon pies and our favourite raspberry jam filled oatmeal cookies. Inspired by her Ukrainian heritage, she gave us the most delicious cabbage rolls and borscht. In the garden, she was in her glory. Digging, planting, watering, weeding, nurturing and harvesting amongst the flowers, buzzing bees, singing birds, gentle breezes and warm sunshine. She spoke of these joys often. A country girl at heart, living in the moments of nature's beauty and all its offerings.

Louise believed in helping anyone she could and derived great joy in so doing. She said we are on earth for a short time, so be kind to others, do your best every day and be grateful for all you have. With her delightful sense of humor, beautiful smile and cheery outlook, our Mom turned gray days to sunshine.

Life is full of mountains and valleys and Mom reminded us not to worry about the valleys, assuring us as written in one of her favorite poems, that God's in his heaven and all's right with the world. Everything has a way of working itself out, she always said.

Pippa's Song, by Robert Browning

The year's at the spring,
And day's at the morn;
Morning's at seven;
The hill-side's dew-pearl'd;
The lark's on the wing;
The snail's on the thorn;
God's in his heaven,
All's right with the world!

In accordance with Louise's wishes, cremation has taken place. A church service and interment is planned for early summer 2022 at the Victoria Church and Cemetery, Balmoral, MB. An announcement will be made closer to the chosen time and date.

There are not enough words to express just how deeply our dear mother will be missed. We take comfort in knowing she is at peace and has gone home to dwell in the house of the Lord forever.

Rest peacefully Mom. God bless you and be with you until we meet again. Your loving daughters, Donna and Gayle.

kl
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