

Not being realistic about price, not preparing the home for sale, not working with a qualified agent, not getting an inspection, and not understanding the legal and financial aspects.



VOLUME 15 EDITION 4

Stonewall Teulon

THURSDAY, **JANUARY 25, 2024**

www.stonewallteulontribune.ca

LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY







TRIBUNE PHOTO SUBMITTED

Stonewall resident Jen Sonnenberg is sharing her talents on a new CBC series called The Great Canadian Pottery Throw Down. The first episode airs on Thursday, Feb. 8 at 8 p.m. See full story on pg. 3.

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Brighten your life with art

By Jennifer McFee

A Stonewall artist is drawing on her creative abilities as a way to give back to the community.

Gail Spencer-Lamm has been interested in drawing and colours ever since she could hold a pencil or crayon. However, her interest in painting really began to brighten in 2009.

When free art lessons started to pop up on YouTube, she began to explore them to augment her abilities. Before long, her passion sparked for watercolour, acrylic and mixed media paint-

"As my confidence and curiosity was whetted, painting became a constant companion," she said.

"For the past 10 years and more, it has been my relentless pursuit. I have decided to focus on the mastery of painting and continue to chase it down. It may take the rest of my life."

To share her passion for painting with others, she has a Facebook page called "Art with Gail Spencer-Lamm," where she hosts a group called ART-SY FARTERS. Through this group, she posts free art journaling and painting lessons for beginners or for people who'd like to play with art to relax.

"The ARTSY FARTERS group on Facebook is a place where people are encouraged to engage in art journaling for mental health and relaxation," she said.

"It's a place where people can get ideas and short lessons and share their work if they like."

In addition, she's taught classes for South Interlake 55 Plus, and she's been invited to lead painting events for Green Acres Art Centre in Teulon and the Arris Centre in Stonewall.



Gail Spencer-Lamm shares an example of art journaling.

She also offers private lessons and has even posted some sessions on her own YouTube channel.

In addition to online art lessons, Spencer-Lamm also offers free online exercise classes.

"Throughout my career and life in the Interlake, I've been leading dance, fitness and yoga classes — more than 45 years — currently via the Active Wellness Club through 55 Plus and also free classes online from home," she said.

"COVID forced me to learn how to Zoom, and free classes are Sunday and Monday at 9:30 a.m. via the internet."

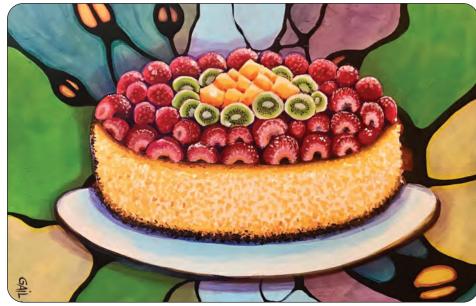
Anyone who is interested in Spencer-Lamm's free programs can reach her through South Interlake 55 Plus at 204-467-2582 or on Facebook through

Continued on page 4



TRIBUNE PHOTOS SUBMITTED

Local artist Gail Spencer-Lamm enjoys sharing her passion for art and fitness.



This painting of a cheesecake can be seen hanging in the Something Beautiful Café in Stonewall





Stonewall artist competes in CBC pottery competition

By Jennifer McFee

A Stonewall artist is showcasing her pottery skills in Canada-wide competition that will air on CBC next month.

Jen Sonnenberg is sharing her talents with the nation on *The Great Canadian* Pottery Throw Down, a new CBC series hosted by Jennifer Robertson of Schitt's Creek and Ginny & Georgia.

Seth Rogan serves as a guest judge and an executive producer for the show, which is based on a British format created and owned by Love Productions. The other judges are Brendan Tang, a Vancouver-based artist and ceramics instructor, and Natalie Waddell, a Toronto-based ceramicist and educator.

The passion for pottery first sparked for Sonnenberg while she was a student at the University of Manitoba.

"I was taking a fine arts degree and needed a 3D course. I wanted to take

sculpture but it didn't fit into my schedule, so it had to be ceramics. I loved the class so much and took all that the university offered," said Sonnenberg, who is also known in the community for her roles as a substitute teacher and hockey coach.

"I love that you can make artwork that is functional — something that you can hold and eat out of each day. I love that it's made from the earth,

and when fired in a wood kiln like I do, it captures so much of the warmth and energy of the firing on each surface."

When she became pregnant with her first child, Sonnenberg stopped making pottery and firing her wood kiln. And while she was on maternity leave with her second child, she came across the British version of The Great Pottery Throw Down.

"Watching the competitors and their challenges was a big push for me to get back into making pots. I told myself that if the show ever came to Canada, I would have to apply for it," she



Great Canadian Pottery Throw Down hosts Jen Robertson and Seth Rogan.



Jen Sonnenberg and husband Ryan Frost with sons Tom and John.

"A BIG PART OF

AND CANADIAN

SHOW IS THAT

IT IS A FRIENDLY

COMPETITION."

THE BRITISH

"Well, this spring when a friend told me about the call for applications, I knew I had to follow through with that promise I had made myself."

Sonnenberg made the cut, and she's one of 10 potters who met in Vancouver to vie for the title of best at the wheel.

> "The Great Canadian Pottery Throw Down is modelled after the British show where a group of amateur potters competes over eight weeks in different challenges. There is a main make each episode, where the potters are given a theme or required item to create, and then also a second challenge that tests the potters' skills," she said.

"At the end of each episode, one potter leaves the pottery until the finale, where the final three see who will be the winner of Season 1. There are generally a lot of things that can go wrong when creating pottery, so adding in time factors definitely adds a few curveballs and surprises to the show."

Even if someone isn't interested specifically in pottery, Sonnenberg thinks the show will appeal to a broad audience because of the risk involved and the competitive spirit.

"A big part of the British and Canadian show is that it is a friendly competition, unlike a lot of other reality-type shows. And the people on



Tune in to the show to see how Jen Sonnenberg fares.



TRIBUNE PHOTOS SUBMITTED

Ten potters, including Stonewall's Jennifer Sonnenberg, front left, travelled to Granville Island in Vancouver to compete in The Great Canadian Pottery Throw Down.



The Great Canadian Pottery Throw Down airs on CBC and CBCGem on Thursdays at 8 p.m. starting Feb. 8.

this show were absolutely amazing, both talent-wise and just as people, she said.

"The cast became so close, it was so hard to lose a friend each week. I think viewers will be absolutely blown away by what the potters are able to create in the timeframe. There really were so many amazing potters."

For Sonnenberg, it's been a once-ina-lifetime experience.

"As a mom of two boys, John and Tom, the hardest part for me was thinking of leaving them. But I thought of the lessons that I try and teach them every day, about doing



Each week potters create something new for different challenges.

your best and trying your hardest, so that helped make leaving them easier. I am a pretty competitive person, too, so having the challenges and the timeframes added such a fun element to making pots," she said.

"The best part about being on the show was definitely meeting the other contestants. They are such great people, and we still stay in touch regularly, which is amazing. I learned so much from all of them. It was such a great experience."

For those who are wondering, Sonnenberg won't reveal how she fared in the competition. Instead, curious viewers will need to tune in to the program to find out.

The Great Canadian Pottery Throw Down airs on CBC and CBCGem on Thursdays at 8 p.m. starting Feb. 8.

To check out some of Sonnenberg's pottery, follow along on Instagram @ jensonnenbergwoodfiredpottery. Pots are also added regularly to her website and online store at www.woodfiredpottery.ca.

Clothing the Interlake: Madeline's Closet sees demand growing in leaps and bounds

By Patricia Barrett

Rural women and their families continue to struggle with the high cost of living and they're turning in droves to an Inwood-based charity that provides free clothing.

Madeline's Closet is seeing hundreds of women and children using the service every month and the charity has quadrupled in size.

"Currently, we're seeing between 700 and 900 folks a month in our Inwood location. It is a lot. We've grown in leaps and bounds," said president and founder Shannon Dupont. "We've quadrupled in size. We've been in a wing of Inwood School since September of last year, and we just finished a renovation where we added our own bathroom and laundry facility so that

we are completely self-contained. It's made a big, big difference."

Madeline's Closet is a registered charity with the Canada Revenue Agency and has a board of directors. It provides women with access to free clothing, accessories and household items for themselves and their children and, at the same time, helps reduce the number of garments going into landfills. The charity is unique in the Interlake.

"Our charity flourishes in rural Manitoba. We're one of a kind; there's nobody else that provides brand new clothing for free. We do have a silver collection at the door, but it's not mandatory," said Dupont. "Ninety-five per cent of our clothing is brand new. We have stores giving us almost \$1 billion worth of clothing a year that's written off and that would have gone into a landfill. Protecting the environment is another aspect of our service; we save clothing that's perfectly usable from going to the landfill."

There could be more people across the Interlake region accessing Madeline's Closet, but they may not know it exists, said added.

Dupont has been operating the charity for the past 16 years and has seen 600,000 people come through the

She receives no provincial government funding and has to fundraise to maintain the charity's services, she said. With a growing demand for the service, she said she needs to hire at least six staff. That includes an executive director, a finance officer and project co-ordinators.

"We're seeing the demand because this is an economically challenged area," said Dupont. "We have posted positions for staff but haven't yet had a lot of people applying for them. These are good paying positions for rural Manitoba. We're burning our volunteers out because it's so busy."

The charity hosts special shopping days for social service agencies and for the community. Agencies such as seniors resource centres, Ukrainian newcomers and the province's Families First program can refer their clientele to Madeline's Closet. On community days, people can pick out three new pieces of clothing.

"We also offer emergency services for women and children fleeing violence and those who are victims of fire," said Dupont. "We do a kids' program at Christmas called Presents for Parents. Kids from Inwood School and Teulon School, the two daycares, plus community families that use our services, can have their kids can come to Madeline's Closet and pick out two gifts for their special people. We wrap the gifts and the kids go home with them for Christmas."

The next Community Day is scheduled for Feb. 7 from 4:30 to 8 p.m.

For more information about Madeline's Closet, including its satellite location at the AFM in Winnipeg, visit www.madelinescloset.ca or call Shannon Dupont at 204-861-2500. The charity is located at 40 Main St. in In-

Stonewall council news in brief

By Jennifer McFee

Cross-country ski trails are now ready for everyone to enjoy at Quarry Park.

Anyone who prefers to walk or snowshoe is asked to use the ungroomed areas beside the ski trails out of respect for the skiers.

New this year, free snowshoe and cross-country ski rentals are also available. For more information, email stoneqp@stonewall.ca or call 204-467-7980.

IN OTHER COUNCIL NEWS:

- Mark your calendars! The Town of Stonewall has changed a few of its upcoming meetings. The Feb. 7 regular council meeting is rescheduled to Feb. 14. The Feb. 14 committee of the whole meeting is rescheduled to Feb. 21. And the Feb. 21 regular council meeting is rescheduled to Feb. 28.
 - Council passed policies re-

garding the construction of private approaches and installation of culverts, both by the municipality and by the applicant.

Council accepted a \$28,750 proposal from Scatliff + Miller + Murray for the development of a vision plan and implementation strategy for the Main Street revitalization project.

Stony Mountain escapee located and arrested

Terry Dutko, a 24-year-old inmate at Stony Mountain Institution, escaped lawful custody on Jan. 10 while on a supervised visit in Winnipeg.

The Major Crimes Unit of the Winnipeg Police Service collaborated with the Manitoba Integrated Violent Offender Apprehension Unit (MIVO-AU), a team made up of members from the Manitoba RCMP and Winnipeg Police Service, to conduct an investigation and successfully locate and apprehend the escaped inmate.

On Jan. 15, MIVOAU officers were

called to a residence on Toronto Avenue in Selkirk. They received additional support from the Selkirk RCMP Detachment and RCMP Police Dog Services (PDS).

As the officers approached the residence, Dutko was observed exiting from the rear of the home and attempted to flee.

Dutko was placed under arrest but refused to comply with demands from police. PDS Phox was deployed to assist officers with the arrest. Dutko continued to resist by kicking and punching the police dog but officers were able to get Dutko into custody. Dutko sustained injuries from his interaction with the police dog. He was taken to hospital where he was treated and released.

Both a Selkirk RCMP officer and a WPS officer were injured during the arrest and have since been treated and released.

Terry Dutko has been placed back in the custody of Stony Mountain Institution for multiple charges, such as unlawfully at large, resisting arrest (x2) and assaulting a police officer

> ART, FROM PG. 2

her art page or the Active Wellness Club Stonewall page.

For Spencer-Lamm, it feels good to give back through these community offerings.

"My husband Craig Lamm and I both feel that volunteering is important. It's time for us to give back to a community that has meant so much to us," she said.

"Craig is a constant support and encouragement to me — and without him, none of this might be happening. I'd like to thank him."

Gail Spencer-Lamm's art is showcased at the Stonewall's Heritage Arts Centre as part of Stonewall Art Group's display. In addition, you can find her artwork in Lori Benn's massage therapy clinic in Teulon. As well, a mouth-watering painting of a cheesecake is sure to create some cravings in the Something Beautiful Café in Stonewall.





Clubroom Events for the Week of January 22 Wednesday 4-10 Chase the Queen Draw at 8:30 Pot is over \$11,000 Thursday 4-10 Crib 7pm start

Friday 4-close Meat Draw at 6:30 Saturday 2-close - Meat Draw starts at 3pm. Darts 7:00 Tickets on sale for Saturday January 27 Dinner - Spaghetti Bake Curling Bonspiel February 16, 17 and 18 - register your team by

calling the legion at 467-2261 All are welcome - Support your local legion!

Family Literacy being celebrated on Jan. 26

By Lana Meier

The South Interlake Regional Library Stonewall branch is buzzing with excitement as they gear up to host a series of family literacy events that promise to create lasting memories.

The South Interlake Regional Library Stonewall branch is celebrating Family Literacy Day on Friday, Jan. 26 with their Storytime families.

Librarian Kelsey Dingwall is hosting a special Storytime at 10:15 a.m. to celebrate both families and literacy. All families with preschool children

are welcome. She is reading books about families and will have a makeand-take craft to do. Then parents/ caregivers and their children will go on a special scavenger hunt together around the branch.

On Saturday, Jan. 27, the official Family Literacy Day, there will be activities for families to do at the craft station in the children's book section. The activities are self-led and come from the FamilyLiteracyDay.ca website. These include handouts on how to celebrate at home, coded messages to decode together, "Family" acrostic

poetry writing and a craft to make and take home.

There is no registration required.

All activities are open to everyone and are suitable for up to early years school-aged children.



Coming through in big way



TRIBUNE PHOTO SUBMITTED

Teulon Bigway owners lan and Mandy Palsson are doing their part to support local school children, donating nearly \$1,000 to the Teulon Elementary Parent Advisory Council. Local residents contributed \$3,019.29 toward the effort, including the Giving Tuesday match by TGP of \$114.03. The money will go toward the elementary school playground renewal. The Palssons raised the funds between Nov. 28 and Dec. 24, through Bigway's Giving Tree promotion — bringing the total donation to \$4,000. Pictured front row, left to right: Oliver Harris, Bentley Hein, Ben. R, Ellie Melsted; back row: Nancy Hein, Mandy Palsson, Ian Palsson and Kirsty Melsted

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ат 7:30 pm **EACH NIGHT**

The Beekeepe

Jason Statham

Adult Under 14: Frequent Violence; Coarse Language 14A

FRI-SAT-SUN-MON FEB 2-3-4-5 (CLOSED TUES) AND WED-THURS FEB 7-8



ат 7:30 рм EACH NIGHT

Night Swim

Wyatt Russell Kerry Condon

Adult Under 14; Friahtenina



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Don't pee on your stuff

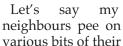
suspect I do not appreciate the creative prowess of our animal friends nearly enough. Perhaps I am not alone in this.

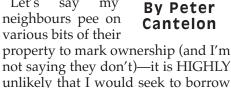
Take for instance the humble dog. An animal of great ingenuity, it marks its property simply by peeing on it.

Now it recognizes its property as soon as it smells it. If a neighbour borrowed its property, the dog knows immediately. If that leaf blower it hasn't seen in three years belongs to the dog it knows simply by scent and no amount of "no, really, it's mine...I

bought the same brand as you" excuses will help.

This strategy is also excellent for preventing people from borrowing our stuff.





for their ownership). Genius. I understand that cats do this as well as various other creatures, and so on a sheer number of species basis there must be some sense (or scents) to it.

any of the items (purely out of respect

I think it is improbable that I will at some point in the future (willingly) employ this same strategy given the potential relationship ramifications. That and the fact that my wife has dozens of RFID tags that she can program which could be used for a less messy version of the same function. The only thing keeping dogs and cats from doing this is a pesky lack of opposable thumbs.

Speaking of the cat, they are known to have domesticated humans about 12,000 years ago simply to make their lives easier. Before that, humans were catless Neanderthals wandering around with no meaning in our lives.

The point is that we animals are intriguing in the various strategies we have developed over the millions of years we've all had to evolve.

The squirrels in my yard for example are excellent at guarding their property despite their non-threatening size. No marking required, just a constant state of violence and loud, non-stop threatening. They regularly chase every living thing from their chosen tree(s) screaming at the top of their lungs. Heck, they're not even fond of being looked at from the ground.

In many ways it's like watching miniature old men and old ladies hollering at people to "GET OFF MY LAWN" while chasing after the interlopers.

Our leopard gecko uses the same spot in her tank to go to the bathroom. She has for the past 21 years. It makes it incredibly easy to clean and keeps things sanitary for her.

Crows are known to mourn their dead and hold a grudge and elephants have their own graveyards.

It really is quite wonderful when

you start taking a deeper look at the world around us and see the techniques adopted by others for survival and to ease one's existence.

Consider the small octopus; it roams the bottom of the ocean floor and the moment a threat is perceived instantly camouflages itself to match its surroundings, becoming invisible to the predator. It can wander around on land from tide pool to tide pool shopping for groceries and head back into the sea when it is ready. Truly exceptional.

Sure, humans are nothing to sneeze at. We've done our share of impressive things no doubt despite the horrors and machinations of war (consider the Slurpee). But when you take the whole family and all our skills together you really get something incredible.

Take a moment to pause when you have a chance and consider the insane brilliance of the fact that what once was stardust is now this beautiful multitude of intelligence, creativity, and instinct. Consider in the quiet times the ramifications of the connection we have and the responsibility that comes with that.

Most importantly: don't pee on your stuff. There are better (less interesting) ways to mark your ownership.

Letter to the Editor policy

The *Tribune* welcomes letters from readers on local and regional issues and concerns.

Please keep your letters short (excessively long letters are less likely to be published), on-topic, and respectful.

The Tribune reserves the right to edit, condense, or reject any sub-

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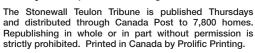
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2nd Annual Gimli Ice Fishing Derby offering \$60,000 in cash and prizes

By Patricia Barrett

With \$60,000 in guaranteed cash and prizes, the lure of the 2nd Annual Gimli Ice Fishing Derby in a few months' time may prove to be irresistible to anglers from across the Interlake and beyond.

The winning catch will be rewarded with \$15,000 cash and there will be plenty of ice action, food and fun for the whole family on Lake Winnipeg.

After a successful inaugural derby held this past March during the Gimli Ice Festival, the two charities behind the angling fundraiser — Marymound and Fish Futures — are gearing up for a "bigger and better" derby in 2024.

Marymound's director of operations and fund development Mardy Yager said last year's derby was a lot of fun, with 1,100 anglers hitting the ice and net proceeds of \$36,000 that was split between the two charities to help support their respective missions.

"It was a fabulous day. The weather was great and the atmosphere was palpable. It was a great family event. There were prizes for kids given out randomly," said Yager. "The community of Gimli loved it and there were lots of spinoff benefits, including the promotion of Gimli as a four-season destination. There were lots of hotel rooms rented, people packed into restaurants and bought groceries. It was a great event for the community."

Yager said they're hoping to see around 1,500 participants register for this year's derby, which will take place on the ice near Gimli's South Beach neighbourhood during the Gimli Ice Festival weekend.

"We'd like to thank Gimli Ice Festival chairs Peter and Susan Holfeuer, who've been supportive and easy to work with on our derby. They're real Gimli boosters and it has been a pleasure to work with them," said Yager.

Half the proceeds from the derby will go towards supporting Marymound, a social services organization that helps children and families across Manitoba. Marymound operates a school in Winnipeg for children struggling in the public system dues to challenges such as family breakdowns, mental health or sexual abuse. The organization also has an off-campus school called Pathways, which helps older adolescents and young adults obtain their Grade 12 diploma.

"The money that Marymound raises goes directly to programs for the kids we work with here. We might need something extra for the kids whether that's a piece of sporting equipment, registration to an extracurricular activity, supplies for our cultural program or hamper supplies for our community hamper up in Thompson," said Yager. "Wherever we see shortfalls in funding, our fundraising dollars fill in those gaps."

Fish Futures is the recipient of the other half of the derby's proceeds. The organization is dedicated to the conservation and enhancement of freshwater fisheries through activities such as research sponsorship, including support for the Lake Winnipeg Research Consortium and the Namao research vessel, habitat preservation and public education that promotes catch and release.

Deanne Evans, Marymound's training and marketing manager, said Gimli businesses are on board with the derby because they saw the success of the first derby and "now want in." And the two organizations are hoping to round up volunteers to drill holes in the ice and help with on-ice parking for about 700 cars.



TRIBUNE PHOTO COURTESY OF MARYMOUND The first-place winner of the inaugural derby in March 2023 is shown with his cheque for \$15,000.

"Businesses in Gimli want to be part of the derby because they loved the buzz in the community. We've had some businesses reach out to us to ask how they can get involved," said Evans. "Because it's growing, we're going to need volunteers. We didn't know how big it was going to be for the first derby. If there are groups in the community that'd be willing to volunteer their time and help out either on the Friday before [to prep for the derby] or day of the derby on Saturday, we love to hear from them."

Yager said their lead sponsor for the upcoming derby is Home Hardware in Gimli and Winnipeg Beach, as well as Stringer Rentals & Power Products in Gimli.

Danny's Whole Hog Barbecue & Smokehouse will have a food truck on the ice, Marymound will be bringing its hot dog cart and Gimli's Flatland Coffee Roasters will be brewing up lattes and hot chocolate.

The 2nd Annual Gimli Ice Fishing Derby (catch and release) will be held on Saturday, March 2, 2024. Holes open at 9 a.m. with the derby running from 11 a.m. to 2 p.m. First prize is \$15,000 cash, second prize is \$3,000 and third prize is \$2,000, plus the remaining \$40,000 in cash and

Visit https://buytickets.at/gimliicefishingderby for derby rules and to buy tickets online. Tickets can also be purchased at Home Hardware in Gimli and Winnipeg Beach, the Gimli RONA store, Kast King in Gimli and at Harvester Outdoors in Selkirk.

Follow the Gimli Ice Fishing Derby on social media.



worship with us > FAITH

LEARNING to **Love and Live**

On my way back to Canada from India, after visiting my ailing father, I happened to buy a book entitled "Energize Your mind"- learn the Art of Mastering Your Thoughts, Feelings and Emotions by the well-known author, monk Gaur Gopal Das from India. After a long stay in the hospital, sleepless nights, and fatigue I guess this title 'Energize your mind' captured my attention. Gaur Gopal Das is an author, storyteller, life coach and he is one of the most famous monks in the world, he travels around the world sharing his wisdom with people about the purpose of life, lasting happiness, love, and hope.

In one of his chapters, he quotes George Bernard Shaw who said, "Now that we have learned to fly in the air like birds, swim underwater like fish, we lack one thing- to learn to live on earth as human beings." It hit me like a bullet. Outbreak of war, widespread poverty, the spectre of nuclear warfare, discrimination, social injustice, gender and social inequality and, refugee crises, etc. are symptoms of greed and manipulation. We could term it a culture of indifference resulting from an absence of love. Certainly, we have failed to live on earth as human beings amicably despite inventions, technology, and discoveries. It irrefutably displays the inadequacy of our solidarity, accountability, stewardship, and charity toward our neighbours.

We all have a collective responsibility to put an end to this culture of indifference. Love is the antidote for this indifference. In this busy, materialistic world we need to recollect the two basic commandments about love: Love God and Love your Neighbor - an undoubtedly challenging one to put into practice. As human persons we do have the innate capacity to love (God created us in His image, Genesis 1:27), promote peace and reconciliation, stand for justice and equality, welcome the homeless and refugees, to nurture friendships and relationships. "Truly I tell you, just as you did it to one of the least of these brothers and sisters of mine, you did it to me." (Mt 25:40). Saint Mother Teresa said, "Love cannot remain by itself - it has no meaning. Love has to be put into action, and that action is service. Whatever form we are, able or disabled, rich or poor, it is not how much we do, but how much love we put in the doing; a lifelong sharing of love with others." Let us love, live, serve and build an authentic human community.

Blessings!

Fr. Vijay Deivanayagam.

Rosser council news in brief

By Jennifer McFee

The RM of Rosser is applying to the Green Team program through Manitoba Children and Youth Opportunities for four youth employees, with employment to begin on May 1.

In other council news:

- The RM of Rosser is entering into an agreement with MicroAge Manitoba for the implementation of a Microsoft Azure cloud server system.
- The RM is entering into an agreement with Franctotyp-Postalia Canada Inc. for a 66-month lease on a postage meter machine for \$56.95 per month.
- Rosser council approved a gold level sponsorship at a cost of \$1,000 for the Viterra men's provincial championship.
- Council approved first reading of a bylaw to regulate the construction and maintenance of encroachments

- The RM of Rosser entered into a project management agreement with Contempora Steel Builders Inc. for the design and pre-construction of a municipal storage building on Wheatfield Drive.
- Council approved \$5,000 in emergency funding for Community Re-Source Network.
- The revamped Grosse Isle Recreation Club's outdoor rink is now open. Volunteers built the rink and continue to take care of it. Memberships are encouraged, and they cost \$25 for a family or \$10 for an individual. Members can take part in facility programming and events including piano lessons, coffee club, the outdoor rink, ping pong and more. To purchase a membership, fill out the form at https://forms.gle/Kt8fXtBwnefQUPec6 and send an e-transfer to grosseislefinance@gmail.com or pay online at https://grosseislemb. ca/store/.

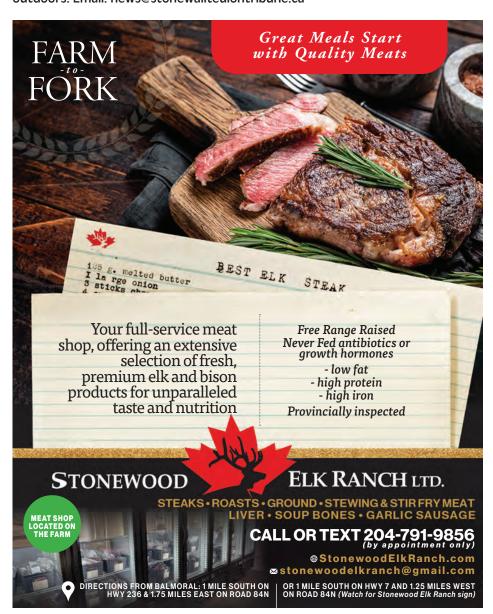




Josh and Jamie and two-year-old Madison were out enjoying the warmer temperatures that registered -8 C with 17 km/h wind gusts making it feel like -12 C this past Sunday in Stony Mountain. Josh was using a Traxxas RC monster truck to pull the snow tube along the snow trails. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: news@stonewallteulontribune.ca







Stonewall council approves multiple bylaws

Earlier this month, Stonewall council approved multiple bylaws. The Town of Stonewall's bylaws are posted in full on the town's website at www. stonewall.ca under "Town Hall" and "Documents" followed by "Bylaws and Permits."

Here are a few highlights from some of these bylaws. Much more information is provided about each bylaw on the Town of Stonewall website.

- Stonewall council recently approved an amended bylaw that focuses on the licensing and regulating of a raffle lottery. Charitable and religious organizations can apply to the town if they'd like to hold a raffle, as long as the prize doesn't exceed a retail value of \$3,000. The generated funds must be used to advance education, religion, health, sport, recreation, culture, poverty or other areas considered appropriate by the Manitoba Gaming Control Commission. The town will collect a raffle lottery licence fee of five per cent of the total value prizes to be awarded to a maximum of \$50.
- Another bylaw focuses on the parking and storing of derelict vehicles. The bylaw applies to all properties in Stonewall. For properties in the annexed lands, residents can apply to the town for a permit for the temporary use of a semi-trailer if required. No one can store a derelict vehicle on property that is being leased. Anyone who doesn't comply with the bylaw can face a \$250 penalty for each offence.
- Council also passed a bylaw that aims to regulate and control the discharge of firearms in Stonewall. No hunting is allowed on town property. The prohibited firearm zone applies to the townsite of Stonewall. The restricted firearm zone applies to the annexed lands around the townsite. Unless otherwise allowed by law, no one can discharge or fire a centre fire rifle, firearm or other device designed to propel projectiles by compressed air or gas within the prohibited firearm zone. Unless provided by law, no one can have a loaded centre fire rifle, nor can they discharge a centre fire rifle, in the restricted firearm zone. In the annexed lands, firearms can be used in the normal course of livestock production. The bylaw doesn't apply to authorized personnel in the performance of their duties. In addition, the town may authorize the discharge of firearms for emergency control of problematic wildlife. Authorized personnel can seize loaded centre fire rifles and firearms in the town. Anyone who doesn't comply with the bylaw can face a \$500 fine.
 - Council passed a bylaw to

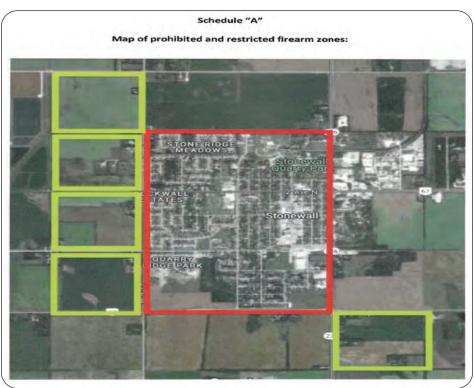


PHOTO SUBMITTED

This map shows the restricted and prohibited firearms zones.

regulate and prohibit nuisance noise, such as setting off any explosive noise-making device like a firecracker or fireworks, unless specifically authorized by the fire chief or CAO. The bylaw also applies to sounds from musical instruments or loudspeakers that is audible from a distance of 30 metres or more, unless authorized by the police chief or CAO. The bylaw applies to certain circumstances for excavation or construction work, use of power tools, obscene language, manual equipment or machinery, motor vehicles, model vehicles and more. The bylaw also lists permitted noises, such as authorized parades, authorized street festivals or other special events, construction work in public spaces, snow clearing and road maintenance, fire hall alarms, sound systems at sports venues, farming activities, airplanes and the town's emergency alarms.

Council approved a bylaw that aims to control, regulate or prohibit the removal of topsoil from lands in town. Through this bylaw, no one can remove, sell for removal or permit the removal of topsoil from the annexed lands in agricultural zones except in certain conditions, which are also outlined in the bylaw. These conditions include obtaining a permit from the Town of Stonewall, ensuring

Continued on page 10





Dogs and cats are not immune to cold weather. If it's cold for you, it's cold for them!

- Monitor your pets at all times when they are outdoors in below freezing weather. This is especially important for animals who are kept indoors most of the time who will not have adapted to the cold weather by growing thicker coats or toughening up their paw pads.
- Your pet's ears and paws are especially susceptible to frostbite in the winter. Frostbite requires immediate medical attention from a veterinarian.
- Sweaters or jackets are important to short-coated dogs when they are being walked or go outdoors to relieve themselves in cold weather. Boots are also a good idea, just make sure you allow your pet some time to get used to them.
- · Take shorter walks if it is severely cold. Some small breed, short-coated dogs like Chihuahuas or Miniature Pinschers should not even be walked outdoors in the extreme cold.
- An outdoor dog needs a dry, elevated, insulated doghouse with clean, dry bedding and a flap over the door to keep the wind out. Consider adding a dog door to the garage with a soft cushion in the warmest corner.
- A bowl of frozen water can't help a thirsty pet! Check outdoor water bowls often when it's below freezing and break the ice or refill with water as necessary. Consider buying a heated dog bowl.
- Chemicals used to melt snow on sidewalks can irritate paws, so you may need to wipe them with a wet cloth after an outing. Don't forget their belly either, if they have been lounging on a salted surface.
- Prevent ice from sticking in-between your dog's pads by trimming any long fur around his or her paws and rub some Vaseline or oil on them.
- Cats should never be allowed to roam outside - in fact it is illegal in most cities. However, if outdoors in extreme cold, a cat may crawl up under your car seeking shelter and warmth near the engine. The cat may get caught in the fan and be seriously injured when the engine starts. Open the hood of your car or slap the hood of your car noisily with your hand before you start the car to startle any sleeping animal there.



First baby of the year celebrated at Selkirk Regional Health Centre

Submitted by IERHA

The first baby of 2024 has arrived in Interlake-Eastern Regional Health Authority.

Safia Sharif and her husband Talal Tasse of East St. Paul welcomed their daughter Reham at 11:14 p.m. New Year's day at Selkirk Regional Health Centre.

Weighing seven pounds and 15 ounces, she is the Tasse family's third child. Excited to meet their baby sister were brother Zyad, 10, and sister Reem, 9.

The Tasses said their experience in the obstetric unit was unsurpassed.

"The staff were very helpful. It was quiet and this has been the most comfortable room for us," Sharif said.

Tasse noted the attentiveness of staff.

"Whenever she was uncomfortable, there was always someone there to take care of her," Tasse said.

Betty Milkowski, chair of the Selkirk Hospital Gift Shop volunteers, maintained a tradition by gifting Reham's family with a hand-knit outfit and blanket, diapers, a hamper, playpen and other items to celebrate the arrival the first baby to arrive at the health centre. She said the volunteers make the New Year's baby gift tradition possible.

"The most important thing is all the work that the volunteers do to help us. They make it possible for us to donate



PHOTO SUBMITTED

The Tasse family with Interlake-Eastern Regional Health Authority's first baby of the year (left to right): Talal, Zyad, Safia with Reham, Reem and grandmother Maria.

and help. This has been going on since the first hospital was built in Selkirk and the original ladies auxiliary was founded. We extend our best wishes to the family," Milkowski said.

Dr. Jennifer Preun attended the delivery. In 2023, 444 babies were born at Selkirk Regional Health Centre. That's an increase over the 397 babies born in 2022.

Anyone interested in delivering with Selkirk's obstetrics unit is invited to call 204-482-5800 for more information and to arrange a tour of the facility.









> BYLAW, FROM PG. 9

that no topsoil is removed nearer than 1,000 feet from any habitable building without consent of the owner and occupier, and ensuring that the topsoil removal won't disrupt the original grade of the land.

- Another bylaw focuses on maintaining property and regulating nuisances, abandoned or unsightly property. Occupiers and owners must ensure that properties in Stonewall are free from rubbish, unsafe structures, unsightly storage, unsightly grass, nuisance weeds and nuisance smoke from outdoor burning (except for in the annexed lands).
- Council approved a bylaw to establish and maintain proper lot grades on building lots in town. All sites require a lot grade plan, which the town needs to approve before issuing a lot grade permit. Anyone who doesn't comply with the bylaw can be charged \$1,500.
- Council also approved a bylaw related to the regulation and control of animals within town limits. Under this bylaw, the town can establish and maintain a pound for apprehended animals, including domestic pets that have been running at large. The animal control officer can request proof from an owner at any time that their dogs or cats have current rabies vaccinations. If the owner can't provide this proof, the animal control officer can impound the pet and issue a notice of the bylaw breach to the owner. For-profit kennels for boarding or breeding dogs or cats are prohibited in town. The bylaw outlines a list of owners' responsibilities, which includes not allowing their dog or cat to be in any school ground or playground. Registered guide dogs are not subject those restrictions. Except for people on annexed lands, Stonewall residents can't have more than two dogs and three cats over six months old. In the annexed lands, residents can have a maximum of three dogs and three cats. If residents would like to have more pets than this limit, they can apply for an excess animal permit from the town.
- Stonewall's burning bylaw notes that all burning within the town of Stonewall must comply with the conditions of The Wildfires Act and the Manitoba Crop Burning Residue Burning Regulation. Campfires and yard waste burning are only allowed on annexed lands. Agricultural waste burning is only allowed in agricultural zones in the annexed lands. Garbage burning is only allowed in the annexed lands as long as the garbage is in a self-contained apparatus specifically designed for burning. The town can ban all burning during high-risk times to help prevent wildfires.

Collège Stonewall Collegiate winter band concert



TRIBUNE PHOTOS BY LEXI ANDERSON-SCHMIDT

Talented music students from Collège Stonewall Collegiate raised the rafters at their long-awaited Winter Concert last Wednesday. It was the first winter concert the school has hosted since 2020. Choral director Kendra Obach, band director Don Horbas and pianist Stephen Cocks led the choirs and bands through a melodic, entertaining evening for their audience. The concert band opened with O Canada followed by the Grade 9/10 Choir singing two songs. The Concert Band played three numbers, the Grade 11/12 choir sang two songs and the Jazz Band played three tunes. The Mass Choir performed the last four songs of evening, and the Concert

Band concluded the concert with God Save the King.









FEBRUARY 6 & 7, 2024

Brokenhead River Community Hall 320 Veterans Lane, Beausejour (off of James Ave. East) All presentations are held at the Legion

TUESDAY, FEB. 6, 2024

Focusing on Beef & Forage

Admission \$20

includes Hot Lunch, Tradeshow, Grand Prize & Industry Draws

WEDNESDAY, FEB. 7, 2024

Focusing on Crop Production

Admission S20

includes Hot Lunch, Tradeshow, **Grand Prize & Industry Draws**

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Wildcats win Souris tournament



TRIBUNE PHOTOS SUBMITTED

The Warren Collegiate Wildcats won the varsity girls' basketball tournament last Saturday after defeating Glenboro 73-60 in the championship game. Warren earlier beat Rivers 78-10 in the quarter-final and Prairie Mountain 54-47 in a semifinal matchup. The Wildcats' Colby Darragh was named the tournament MVP while Bryn-Lee Procter was selected as an all star.

Pictured back row: coach Candace Procter, Reese Hnatuk, Mya Malcolm, Samie Boonstra, Bryn-Lee Procter, Mia Cassils and coach Jason Darragh. Front row: Colby Darragh, Rianna Cassils, Avery Langrell and Jadyn Baldwin. Missing from the photo are Sarah Gilmore, Lauren Voth and Molly Phillips.

U10 Ignite – comeback kids



TRIBUNE PHOTO SUBMITTED

The U10 A1 Interlake Ignite had a very successful weekend and were undefeated at the Transcona Rings of Steel tournament in Winnipeg. On Jan. 18 they played Boni Vital—Heibert and had to come back from a 4-1 deficit at the half to take the win 7-4. On Saturday they played St. James Boom, an eager team from the A2 division, but Ignite had a strong passing game and won 9-2. On Sunday they played their toughest game against the River East Rush. The Rush took an early lead with five goals before the Ignite scored seven straight to win 7-5. Pictured: coaches Tara Thompson, Robbie Cox, Kaitlyn Vanwart, Alyssa Vanwart, Cara Surzyshyn; back row: Ellie Thompson, Seraphina Schmidt, Karly Penner, Olivia, Cychowski, Addison Bullen, Jaelyn Brookes, Isabella Cychowski; front row: Ellie Cox, Taya Surzyshyn-Ruud, Maya Winchar, Brielle Cochlan, Maisie Kett, Addison Chaput, Jane Dufualt and goalie Declan Bush.

sports &recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steeltown Cup sees great teams!





TRIBUNE PHOTOS SUBMITTED

In December the winners of the seven-week Steeltown Ford sponsorship competition were announced with the top three teams receiving sponsorship cheques. The Fishermen's U13 A2b team from Selkirk won \$1,500 (not pictured), while the Interlake U10A1 Ignite Ringette (pictured top) took home \$750, and the Stonewall Blues U9 Girls came away with \$500. Congratulations to the local teams!

Husband-and-wife duo win Kinette StickSpiel







TRIBUNE PHOTOS BY PAT MOLDOWAN

The Kinette's Stick Bonspiel was held in Marquette from Jan. 18 to 21. Bill and Judy Kitching won the first event, Jim Rouse and Jim Webster won the second event, while Jeff MacMillan and Bev Schick won the third event.

Rams, Wildcats win games on the ice

By Brian Bowman

The Collège Stonewall Collegiate Rams defeated the Selkirk Royals 5-4 in Winnipeg High Hockey League play last Wednesday.

Gavin Holod continued his very strong play this season with two goals and an assist while Adam Newcombe, Logan MacDuff and Evan Reimer also tallied.

Justin Braid finished the game with three assists.

Deacon Kemp, Gaven Berry, Johnathan Kruk and Drake Vermeulen replied for Selkirk.

Jackson Vandersteen posted the win in goal.

The Rams, in eighth place in the Platinum Promotions Division with an 8-12 record and 26 points, played the Garden City Gophers this past Monday and then will host the Beliveau Barracudas on Wednesday and the River East Kodiaks Friday. Both games will start at 4 p.m.

The Warren Collegiate Wildcats, meanwhile, played a strong game in a convincing 5-2 home win over the Windsor Park Royals last Friday.

Warren goals were scored by Colton Bruce (two), Owen Shymko, Dylan Riddell and Cayden Ingimundson.

Royals' goals were netted by Hunter Landon and Tyler Van Dam.

Mason Klassen earned the win in

On Jan. 15, Warren was shut out 3-0 by the Pierre Elliott Trudeau Canadiens in Winnipeg.

The Canadiens, which scored once in the first period and then added a pair in the third, received goals from Thomas Turner, John Pelletier and Owen Chmelnytzki.

Warren, now 7-12, played the Louis Riel Voyageurs on Monday and then will host Pierre Elliott Trudeau on Friday. Puck drop is 4 p.m.

MANITOBA HIGH SCHOOLS ATHLETIC ASSOCIATION ZONE V Rams wir SENIOR BOYS

TRIBUNE PHOTO BY MARY ANNE GOOD

The Collège Stonewall Collegiate Rams won the MHSAA Zone 5 boys' curling championship after dominating the competition Jan. 17-18. The CSC Rams will be competing in the MHSAA provincials Feb. 8-10 at the Heather Curling Club hosted by Collège Jeanne-Sauvé. Pictured are Blake Good, Russell Watts, Josh Tristram, Carson Schaeffer and Colby Salkeld.

Darragh named MHSAA Athlete of the Week



TRIBUNE PHOTOS SUBMITTED

The Dairy Farmers of Manitoba High School Athlete of the Week is Colby Darragh of the Warren Wildcats basketball team.

Darragh has had a great start to the season this year. She helped lead the Wildcats to finish second at the Crocus Plains tournament where she averaged 21.4 points per game and was selected as a tournament all-star. At the Pembina Trails tournament, she averaged 20.7 points per game and was selected as a game star. Earlier this month in Souris, she averaged 30 points per game and was named the tournament MVP as the Wildcats won the tournament.

"Colby is a hard worker and continues to work on her game every chance she gets." said coach Jason Darragh.

The Grade 11 student has a 99 per cent academic average and participates in cross-country, volleyball, badminton, track & field and soccer.

Warren ladies' bonspiel winners





TRIBUNE PHOTOS SUBMITTED

The Warren Curling Club hosted 12 ladies' teams for a one-day bonspiel on Jan. 20 with two teams coming out on top. Team Judy McGuirk, Kelly Eyford, Karen Sorenson and Phyllis Klimpke won along with Team Keren Rouse, Trish Monforton, Kat Campbell and Melissa Duncan.

Balmoral Judo Club wins medals in Selkirk



TRIBUNE PHOTO BY BRETT MITCHELL Balmoral Judoka Reaghan Wakeham (right - blue sash) competes at the Selkirk Judo Club's tournament last weekend.

By Brian Bowman

The Balmoral Judo Club sent five competitors to the Selkirk tournament last weekend and won five medals. The coaching staff were very pleased with the performances of all the members that competed.

Pictured, left to right, Nathaniel Panchuk (bronze U16 M -66 kg), Avery Wakeham (gold U14 M -46kg), Wyatt McRae (silver U 16 M -60kg), Cooper VandeSype (gold U14 M -60kg and

and bronze U16 M -60kg).

Rams sting Hornets Senior'spiel champs



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Collège Stonewall Collegiate Rams' Logan Meier dribbles past a Tec Voc Hornets' player during varsity boys' action on Jan. 8. Stonewall won the game 71-53.



TRIBUNE PHOTO BY BRUCE BUCHANAN

The Argyle senior 'spiel was held on Jan. 16 and 17 with 11 teams from the surrounding area participating. Selkirk and Stonewall Clubs were well represented. Winners, left to right: Bev DeSmet, Shelley Erickson, Warren Erickson and Ken DeSmet, who defeated Ken Klimpke, Larry Klimpke, Lyle Appleyard and Jean Rootsart.

Jets stun St. James, taken down by Twisters



Pevton Bateman celebrates his gamewinning goal.



The Stonewall Jets were defeated 5-1 by the Pembina Valley Twisters in Manitoba Major Junior Hockey League action on Sunday evening.

After a scoreless first period, Cole Emberly scored to give Stonewall a 1-0 second-period lead before the Twisters' Ryan Orchard and Merek Degraeve tallied before the frame ended.

In the third, Ft. Garry/Ft. Rouge blew the game open with third-period goals by Josh Guilford, Derek Wie-



TRIBUNE PHOTOS BY LANA MEIER

The Jets' Kaden Stewart and Cohen Cheung

be and Riley Goertzen.

The Twins scored a pair of power-play goals and a shorthanded marker.

Last Friday, Stonewall stunned the first-place St. James Jr. Canucks 4-3 in Winnipeg. That's a great victory.

Peyton Bateman scored the game winner at 18:25 of the third period.

Bateman and Alex Kaczorowski scored to give the Jets a 2-0 first-period lead and then Kaczorowski added his second of the game late in the

Down 3-0, St. James came back with goals from Caden Ostermann (shorthanded), Magnus Einarson (power play) and Griffin Haight.

The Jets' Karson King and Brody Stovin each had two assists in the

Liam Johnson made 35 saves in the huge win.

Stonewall (12-14-3-1) will visit the St. Vital Jr. Victorias on Thursday (7:30 p.m.) and then host the Charleswood Hawks Sunday (2:30 p.m.).

U18 AAA female Interlake Lightning making people take notice

In past years, wins were hard to come by for the U18 AAA female Interlake Lightning.

But that's not the case this year.

Interlake is 8-11-3, with a trio of overtime losses, and they have been very, very good this season.

The Lightning can absolutely play with anyone in this league and their success is one of the best stories this year in the Interlake (along with the U18 AAA male Lightning).

The girls are working hard and mak-

ing a lot of people in the league really take notice of their talent. Everyone on this Interlake roster has contributed to the Lightning's success. No question about that.

"It's great. I've shared with the team that at the midpoint of the season that they have already surpassed (expectations) and that is something to be really be proud of," said Lightning head coach Tatiana Rafter. "They have the best record for a (U18 AAA) female team in the last 10 years so that's a really amazing accomplishment and we

still have a bunch of games left before playoffs. We still have room to grow."

On Sunday, Interlake was edged 3-2 by the Yellowhead Chiefs in a shootout.

Claire Hudson and Ireland Tymchak scored for the Lightning.

Faith Burtnick, Hannagh Reagh, and Dara Thompson replied for Yellow-

The Lightning lost 4-1 to the Westman Wildcats on Saturday in Hartney.

Adriana Duna scored for Interlake while Reese Schutte (two), Karlyn Gudz, and Shayla Scinocca answered for Westman.

Last Wednesday, Interlake overcame a 1-0 deficit to pull out a great 2-1 win over the Winnipeg Ice at the Hockey For All Centre.

Delainey Rigaux and Bre-Ann Windross scored for Interlake while Aliyah Teixeira replied for the Ice.

Jane Sugimoto was fantastic in goal, making 41 saves.





UPCOMING GAMES

Stonewall Jets at St. Vital Jr. Victorias Thursday, January 25 7:30 p.m. at St. Vital Arena

Charleswood Hawks at Stonewall Jets Sunday, January 28 2:30 p.m. at VMSC

IERHA Medical residents share their skills

By Jennifer McFee

The Interlake-Eastern region offers opportunities for new doctors who are interested in gaining hands-on rural medicine experience.

Dr. Amanda Wong and Dr. Rita Costa have begun a two-year residency through a family medicine residency program in the region. Residency is the final training stage for doctors after they graduate from medical school.

Born and raised in Manitoba, Wong pursued all her studies in the province. She completed her undergraduate bachelor of science degree with a major in genetics at the University of Manitoba and continued her medical studies there as well. While completing her bachelor of medicine, she focused her research on predicting injuries in high-level circus artists.

For her residency, Wong chose to come to Interlake-Eastern for several reasons.

"Firstly, the staff in IERHA (Interlake-Eastern Regional Health Authority) are great and create an ideal learning environment for residents, where our learning is prioritized and our experience can be tailored to our areas of interest," said Wong, whose family has a cabin in the Interlake and whose mom grew up in East Selkirk.

"Secondly, IERHA serves a large area of rural Manitoba and diverse populations, creating an ideal setting to become a skilled rural family physician."

To start, Wong will be primarily based out of the Selkirk Medical Centre and the Selkirk Regional Health Centre, and she'll also spend some time in Lac du Bonnet during her second year of residency.

When she's not busy studying and working, Wong loves to play soccer.

"I spent five years playing for the University of Manitoba Bisons' women's soccer team during my undergraduate studies, during which I was team captain for several years. I



Dr. Amanda Wong

am still playing soccer now and find it to be a good way to socialize with friends and stay active," she said.

"I have also been quite involved with coaching various soccer teams, including running some soccer camps in Selkirk. Another hobby of mine is my houseplants and propagating them. I am also a big sucker for bad Netflix reality shows."

Looking ahead, Wong hopes to practise medicine in rural Manitoba.

"I hope to give back to underserved communities and improve access to health care," she said. "I hope to have a diverse practice and be able to care for people of all ages and backgrounds and have a wide scope of practice to offer my patients."

Like Wong, Costa began her studies at the University of Manitoba, where she first obtained a degree in microbiology.

"I absolutely loved learning about how our bodies fought against bacterial and viral diseases. I even completed a research project and published a paper in virology during the last year of my degree," Costa said.



Dr. Rita Costa

"I had always had an interest in medicine and wanting to help patients navigate the health-care system, so I applied to the Max Rady College of Medicine here in Manitoba and began my medical journey in fall 2019."

During her fourth year in medical school, Costa spent two weeks in Selkirk, which piqued her interest in returning to the community.

"I absolutely loved this experience, and it opened my eyes to how amazing a residency program the IERHA is. I knew that I wanted a residency program that allowed me to be a learner, while also giving me graded responsibility that will allow me to develop the skills and clinical reasoning necessary for independent practice — which is exactly what the program in IERHA allowed me to do," she said.

"I have had such amazing learning opportunities and know that this is just the beginning. Another amazing aspect of the residency program that really sold me was the people I worked with."

Costa also currently works at the

Selkirk Medical Centre and the Selkirk Regional Health Centre.

"Everyone I have come into contact with during my residency has been so kind, supportive and I find that everyone is invested in my learning and growth as a resident," she said.

"I cannot say enough positive words about the residency program here in IERHA. I am truly very lucky to be trained here, and I believe the training I receive here will truly help me as a transition into independent practice at the end of the two years."

When she's not busy with her residency, Costa enjoys spending time with family and friends. She also likes to bake and go for walks in nature.

In the future, Costa hopes to continue to call the Interlake home.

"I am not originally from the Interlake region; however, that has not stopped me from exploring the region and loving every minute. I do hope to one day settle down in the Interlake region," she said.

"I hope to have a comprehensive practice that looks after patients of all ages and different stages in life. I also hope to incorporate women's health into my practice. My dream would be to practise family medicine in IER-HA."

While Wong and Costa are in the early stages of their residency experience, Dr. Stewart Nadurak is currently in the second year of his residency program.

The family medicine residency in Interlake-Eastern is co-ordinated by Selkirk Medical Associates in collaboration with the department of family medicine, Max Rady College of Medicine and Interlake-Eastern Regional Health Authority. Dr. Ian Alexander of Selkirk Medical Associates is the lead.

To date, the regional medicine residency program has trained and graduated six residents since launching in the region in 2019, and five of them have remained in the region.





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Please share your story ideas at news@stonewallteulontribune.ca Phone 204-467-5836



Classifieds

ook Your Classified Ad Today - Call 467-5836 or Email ads@stonewallteulontribune.ca

METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted, 47 Patterson Dr. Stonewall Industrial Park. Salvage Interlake Recycling Inc. 204-467-9344.

METAL

SCRAP BUYING METAL, CARS, TRAC-COMBINES, FARM SCRAP, ANY **METAL** MATERIAL, ANY FARM MACHIN-ERY. PH LONNIE AT 204-886-3407 MESSAGE OR CELL AT 204-861-2031.

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Stonewall - Commercial zoned property, 5.68 vacant acres with Hwv. 236 frontage, includes 2 of Stonewall's largest limekilns. Priced stone reasonably compared to much smaller lots in Industrial Park. This property could have huge potential for your business to expand or create a subdivision. \$699,000. Also, residential building lots in Gunton, \$50,000 \$60,000; deposit will hold until spring. Call 204-467-8537 or 204-513-1980.

> ADVERTISE YOUR PROPERTY FOR SALE IN THE TRIBUNE

HELP WANTED

Yard staff needed for Winnipeg Livestock. P/T leading to F/T. weekdays, Includes & weekevenings ends. Cattle experience an asset but not necessary. Willing to train. Ph Melissa at 204-299-7509.

Two Grooms for 2024 season at Assiniboia Downs. Must have horse experience. Call Carl 431-335-3049.

PIANO **LESSONS**

Spaces available for piano lessons, children 7 years to adult. Contact Joelle at 204-513-0238 inpianoteacher@ gmail.com

WANTED

wanted. Firearms Looking for all unwanted firearms. Fully licensed for both nonrestricted and restrict-Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

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News Tips? Story Ideas? call the Tribune 204-467-5836

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Wanted old advertispumps, cans, Red Husky, Ford, Dodge, 1-306- 221-5908.

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2 years driving experience required 2024 winter road season. \$500-\$1000 a day plus bonuses 204-389-2023

info@eddiesgravel.com 102086 Hwy #9, Wpg Beach, MB

Online Farm Land Sale

For Archie Thompson - Circle T Ranch, Arborg, MB Sale Starts online: Saturday, February 17, 2024 at 10:00 a.m. Closes: soft close starting at 10:00 a.m.Wednesday, March 13, 2024

To register: go to: www.apro.bid

Lot 1 - Legal Description - SE27-24-3W Frontage - 160.00 acres Municipality: 605 - RM of Fisher Roll No: 0375000.00 Property Taxes 2023 - \$365.10 From Fisher Branch - West to end of pavement. 1 mi. West

& 1 mi. North Approx. 140 acres cultivated w/some being new land

- Brush piles just burnt, mostly cleaned up
- Fenced 80% good

Lot 2 - Legal Description - NE27-24-3W Frontage - 150.19 acres Civic Address: 14012 Road 143NW

(House and approx. 4 acres of 150.19 acres not included) Municipality: 605 - RM of Fisher Roll No: 0374800.000 Property Taxes 2023 - \$912.32 (included house)

From Fisher Branch - West to end of pavement. 2 mi. North and 1 mi. West Located near Fisherton in the RM of Fisher

- w/130 acres cultivated.
- Fenced 80% good.
- Water in creek year round.
- Both properties located 2.8 km east of the Pig barns.

Note: Owner would like to retain hunting privileges.

Lots will be sold in order listed. 20% deposit required sale day by certified cheque. Sale is subject to owner's approval of last bid. Bidders must satisfy themselves as to the exact current acres, property lines/fence locations, sizes, taxes and assessments. Property titles available upon request

Viewing: by appointment only with Archie

For more info contact Archie Thompson at (204) 642-2764 or Buddy Bergner at (431) 253-0327.

Lorne (Buddy) Bergner, Auctioneer Bergner Auction Service Box 1, Ashern, MB ROC 0E0 Email: bergauct@mymts.net www.apro.bid ww.globalauctionguide.com

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eMail résumé with references to jef@lazybearexpeditions.com

PRAIRIE ROSE SCHOOL DIVISION KINDERGARTEN REGISTRATION

If your child was born in 2019, they are eligible to attend kindergarten beginning September 2024.

Parents/guardians are asked to contact one of the following schools.

École Carman Elementary Pat Hamm, Interim Principal

(204) 745-2623 Vanessa Giesbrecht, Secretary vgiesbrecht@g.prsdmb.ca

Elm Creek School Ashley Cook, Interim Principal (204) 436-2354

Darlene Banman, Secretary dbanman@g.prsdmb.ca

Miami School

Brandy Chevalier, Principal (204) 435-2441 Leann Friesen, Secretary

Roland School

lfriesen@g.prsdmb.ca

Melissa Benner, Principal (204) 343-2023 Marcia Rempel, Secretary mrempel@g.prsdmb.ca

St. François Xavier School

Marc Tellier, Principal (204) 864-2868 Debra Friesen, Secretary dfriesen@g.prsdmb.ca

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

Melanie Zimmermann, Secretary mzimmermann@g.prsdmb.ca

St. Laurent School Bobby Ellis, Principal

(204) 646-2209 Lori Combot, Secretary loricombot@g.prsdmb.ca

Your child's birth certificate or Manitoba Health Card MUST be presented at the time of registration.

Registrations will be accepted between February 5 - February 23, 2024. Please contact the school by phone or email to make arrangements.

Spirit of Caring Course

Training for people who want to learn more about spiritual health

Over two and a half days, participants will explore topics such as:

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- Communication Spiritual development
- Understanding suffering and compassion Trauma and crisis
- Spiritual diversity Self-care, prayer, meditation and rituals



Ferdinand Funk Regional Spiritual Health Services Coordinator

Ferdinand Funk is a CASC/ACSS Certified Spiritual Care Practitioner with over 35 years of experience in congregational leadership and Long Term Care chaplaincy. Ferd is passionate about recruiting, training and supporting persons who have an interest in walking alongside and supporting patients and residents in Acute Care Hospitals and Personal Care Homes as spiritual care volunteers with hope, care, respect and compassion

Location: FREEDOM WORSHIP CENTRE, 129023 MB-326, ARBORG, MB

Thursday Feb 8 2024 - 8:30 am - 4:30 nm Friday, Feb. 9, 2024 - 8:30 am - 4:30 pm Saturday, Feb. 10, 2024 - 8:30 am - 12:30 pm



For more information, please call or email: Ferdinand Funk, Regional Spiritual Health Services Coordinator Ph. 204-461-3414 or Email: ffunk@ierha.ca

Registration Deadline: Feb. 5, 2024 Learn more or Register for Free:

www.ierha.ca/about-us/community-involvement/volunteer-opportunities/



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HELP WANTED - SUMMER STUDENT EMPLOYMENT OPPORTUNITY

Stonewall law firm requires a university student, commencing May 1 to August 31, 2024. The applicant must be comfortable dealing with the public. Typing and computer knowledge of "Word" is required.

> Kindly forward resume in confidence to: Grantham Law Offices, Box 1400. Stonewall, Manitoba R0C 2Z0, Attention: Doug Grantham or email to lynnet@granthamlaw.ca.



TOWN OF STONEWALL NOTICE OF PUBLIC HEARING

REGARDING SPECIAL SERVICE PLAN #2-2023

TO IDENTIFY URBAN SERVICES OUTSIDE OF THE GENERAL MILL RATE TO BE LEVIED AGAINST A SET OF SPECIFIC ROLL NUMBERS WITHIN THE NINE ORIGINAL QUARTER SECTIONS OF THE TOWN OF STONEWALL

The Council of the Town of Stonewall has scheduled a public hearing at Town Hall, 293 Main Street, Stonewall on the 31st day of January, 2024 at 6:00 PM to present the special service proposal which can be viewed on the Town of Stonewall website at www.stonewall.ca

A written objection may be filed with the Chief Administrative Officer, at the Town Office via email to info@ stonewall.ca prior to the commencement of the hearing. At the hearing, Council will hear any potential taxpayer who wishes to make a presentation, ask questions, or register an objection to the special service proposal.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name, address, and property description of the person filing the objection and the grounds of their objection.

Dated at the Town of Stonewall this 3rd day of January A.D. 2024 and issued pursuant to Section 318 of The Municipal Act.

> Wally R. Melnyk **Chief Administrative Officer** Town of Stonewall 204-467-7979 | wmelnyk@stonewall.ca

THE RURAL MUNICIPALITY OF WOODLANDS ANNUAL PUBLIC NOTICE

Additions to the Voters List and/or **Personal Security Protection Requests**

In accordance with Section 36 of The Municipal Councils and School Boards Election Act (MCSBEA), the Rural Municipality of Woodlands Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of Rural Municipality of Woodlands can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. That person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to:

Rural Municipality of Woodlands 57 Railway Avenue PO Box 10 Woodlands, MB R0C 3H0 Phone: (204) 383-5679 Fax: (204) 383-5169

E-mail: admin@rmwoodlands.ca

The next General Election takes place in October, 2026

STARTING A NEW **BUSINESS?**

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R.M. of Woodlands **Community Pastures Inc.** Invites you to attend the

2024 Annual **Patrons Meeting** February 1, 2024, 7:00 p.m.

Meadow-Lea Community Center, Marquette MB

Agenda Packages can be found on the municipal website www.rmwoodlands.ca

APARTMENT FOR RENT

Bachelor suites to rent at Oak Park Lodge which is a 55+ seniors residence at 75 Railway Ave. in Woodlands, MB.

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Contact Lori at 204-383-0720 or email opl@mts.net

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OBITUARY

Dennis Michael Smela October 02, 1959 - January 15, 2024 In Loving Memory

It is with profound sadness that we announce Dennis' passing to his heavenly home. On the other hand, we rejoice with him that he is now in the presence of his Lord and Saviour, Jesus Christ.

Dennis was born in Port Arthur, Ont. to Edward and Elizabeth Smela. He will be missed by his loving wife Dorothy of 42 years; daughter-in-law Melissa (late Daniel); grandchildren Xander and Silas; sisters: Linda, Jane, Gail and Sharon (Teo). Also Wendy and half brothers Tracey (Jen) and Daniel (Iryna), nieces and nephews.

He was predeceased by his parents Edward and Elizabeth; son Daniel; siblings: sister Joyce and brothers Ken and Ronald.

Cremation has already taken place.

A memorial service will be held on Saturday, January 27, 2024 at 2 p.m. at New Life Church on #67 Highway, Stonewall.

We love you Den. "See you in the morning, my love".

CARD OF THANKS

Stonewall Odd Fellows Lodge # 49, 2021 Grey Cup Pool Winners: 1st Quarter - Marlene Gullett \$150, Rev. - Kenechi Nwozor \$50; 2nd Quarter - Rocky Cash \$150, Rev. - Tim Comack \$50; 3rd Quarter - Joan Neumann \$150, Rev. - Sid Barkman \$50; Final - Jennifer McDowell \$200, Rev. - Vance Hueber \$50.

Thank you to all who support our projects through the purchase of tickets.







Maureen & Hartley Kern Happy 63rd Anniversary on January 21st! Special blessings to a very special couple. -Much love, your family



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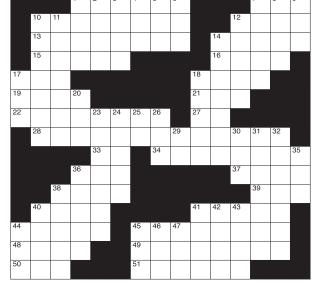


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CLUES ACROSS

- 1. Winged nut
- _ Humbug!
- 10. One who sets apart
- 12. Circle above a saint's head
- 13. Unpleasantly loud and harsh
- 14. Expressed pleasure
- 15. Feminine given name
- 16. Company of badgers
- 17. Popular Dodge pickup truck
- 18. Witty sayings
- 19. Leader
- 21. Autonomic nervous system
- 22. Premolar
- 27. Atomic #28
- 28. Holiday decorative item
- 33. Exclamation of surprise
- 34. Rusk or cracker
- 36. Returned material authorization (abbr.)
- 37. Scottish or Irish Gaelic language
- 38. Eat
- 39. Marxist economics theory (abbr.)
- 40. Ceases to exist
- 41. Male Arabic name
- 44. Series of ridges on an organ wall
- 45. Places where bees are kept
- 48. One-time Yankees sensation Kevin
- 49. Church office
- 50. Single lens reflex
- 51. Pieces of fibrous tissue
- **CLUES DOWN**



- 1. Classify
- 2. Dismounted
- 3. Produced
- 4. Consumed
- 6. The products of human
- creativity
- 7. Thai monetary units

5. Director Howard

- 8. Away from wind
- 9. Builder's trough
- 10. Relating to Islam
- 11. It can sometimes ache
- 12. Small quantities (Scot.)
- 14. Poisonous plant
- 17. Laugh at
- 18. Vogul
- 20. C. European river
- 23. Type of cat
- 24. Exclamation of disgust

- 25. Stephen King novel 26. Without armies
- 29. Expression of sympathy 30. Relative biological
- effectiveness (abbr.) 31. Previously
- 32. Illegal drug
- 35. Kiloelectronvolt
- 36. Large, flightless birds
- 38. For smoking
- 40. Binary
- 41. Competition
- 42. Mark resembling an arrow
- 43. Containers 44. Root mean square (abbr.)
- 45. Commercials
- 46. I.M.__, architect 47. 007's creator



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