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Leaping into a good book

TRIBUNE PHOTO BY CELINE DOLL

During the month of February, schools throughout the province participate in a variety of activities that foster a love for reading. At Ecole RW Bobby Bend School, Grade 2 student Callie, left, and Grade 3 student Suri kicked off I Love to Read month last Monday.

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Safer walkway proposed for Teulon students

By Jennifer McFee

Teulon council is considering taking steps towards a safer walkway for students.

On Wednesday, Jan. 31 at the committee of the whole meeting, Teulon Coun. Kirt Ansell spoke to the rest of council about the need for a safer crossing for children. He expressed the need for a walking path for school-age children who attend the new Playstreet Childcare Centre to safely access the elementary school. He suggested that the back lane, which is owned by the town, could serve as a four-season active transportation trail if the municipality plows and maintains it.

"A new childcare facility opened in the northeast corner of town and is currently in a state of growth with its school-age program. Having an eventual capacity of approximately 60 school-age children, this large group of children are currently crossing Highway 17 at an uncontrolled location to later cross it again via the crosswalk in front of the elementary school because there is no safe path of travel between their location and the elementary school," said Ansell, who was involved with launching the daycare.

"This daycare is located on the same side of the highway as the school, but they have to cross it twice because of the lack of an all-season walking path to get them to and from school safely."

The proposed pathway would also be accessible to other community members, including those in the 55-plus demographic.

"Playstreet Childcare and the Knotty Pines 55+ are located along the same side of Highway 17 and they don't want to have to cross it if they don't need to," Ansell said.

"The 55-plus are simply looking for a walking trail for exercise and, for some, to walk to meet their grandchildren coming to visit them after school. Why should a 70-year-old grandparent have to walk further than they need to?"

Ansell noted that kids and other pedestrians have no specific travel path between the schools and the northeast side of the community, which leads to disorganized crossing of 1st Avenue NE, known locally as School Street.

Adding to the problem, vehicle traffic is busy in the area with buses and parents driving to and from the schools, who need to keep close watch while children cross the street haphazardly.

"High school children walking south along the existing gravel path parallel to School Street have no safe path across Highway 17 to access the southeast and southwest side of the community," Ansell added.

"The gravel path they are walking on leads to the highway, not to the highway crosswalk further west."

Ansell expressed frustration that previous and current councils have discussed this ongoing safety concern over a long period of time but little action has taken place.

He further suggests that the town could install two crosswalks — one near the high school and the other near the elementary school to connect to the back lane. These crosswalks



TRIBUNE PHOTO SUBMITTED

Teulon Coun. Kirt Ansell suggests that a town-owned back lane could serve as a four-season active transportation trail and improve safety for students.

could be elevated, which would allow them to also act as speed bumps.

In addition, he recommends removing the hedge that runs east to west in front of the elementary school and replacing it with a gravel path that would continue to the proposed crosswalk.

"This gives high school students and other pedestrian traffic accessibility to the current crosswalk instead of crossing the highway where the current gravel path ends and also gives the daycare access to the preferred entrance of the elementary school so they don't have to walk alongside the buses in the bus loop," he said.

At the same time, the gravel path would serve as the start of an east-west walking path connection for active transportation within the community.

The proposed pathway would also help the daycare staff and children avoid the busy street traffic during school pick-up and drop-off times. In addition, the daycare could use the walking path to access the schoolyard after school hours with kids of all ages.

"This request for year-round access of the back lane as an active transportation trail is the first step to providing safe passage for the community's children that are entrusted to this new 100-space childcare facility," Ansell said.

"As council, we need to recognize their presence in the community and their requirements from us as a town — that is, the request to keep this back lane plowed so it can be used."

The topic will come back to council for further discussion.

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ISD teacher seeks votes in online contest

Vote every day until Feb. 29 to support Maria Nickel and help win \$10,000 for ISD

By Jennifer McFee

A Stonewall teacher needs your online votes to help win \$10,000 for environmentally sustainable programs for her school.

Maria Nickel teaches Grade 7 and 8 STEM subjects (science, technology, engineering, math) at Ecole Stonewall Centennial School. She's currently in the Top 20 in North America in the Most Valuable Teacher Program, and she's vying for the top spot.

It all began when Nickel received an email from the Winnipeg Jets Everfi North team to let her know they have a great online STEM program for her students to try out.

Everfi is an American company that specializes in education technology innovation. Everfi's Future Goals program uses hockey to explore STEM topics at school.

Nickel learned that lots of schools in Manitoba were participating in the program, and she agreed to give it a try.

"Students work through challenge lesson modules online in either STEM or math. I signed up for both, so the students work through these concepts relating to hockey," she said.

"Students connect key science, math, engineering and technology concepts to the game of hockey by getting digital lessons in the NHL Future Goals program."



TRIBUNE PHOTO SUBMITTED
Teacher Maria Nickel needs your votes in an online contest that would benefit Stonewall Centennial.

For example, they learned the fun science fact that when the puck drops, it's actually kinetic energy in action.

When they enrolled in the program, participating teachers also had the chance to enter a contest.

"A form was given to all teachers in the Winnipeg

Jets Everfi North program to fill out and send in for the contest where you were asked to talk about your teaching years, what you do in STEM education, what you love about teaching and any awards or accomplishments you have," she said.

"I won for the Winnipeg Jets Teacher of the Month for January, so the Winnipeg Jets sent me a framed autographed picture of my fave player Josh Morrissey for being selected for the month of January."

From there, Nickel's contest entry form was forwarded to the NHL Most Valuable Teacher Top 20 in North America contest.

"I qualified for the month of February, which means if I get the most votes online on the NHL contest site, I get an autographed jersey and \$10,000 for environmentally sustainable programs in our school," she said.

Throughout the month of February, students and parents can vote once each day for Maria Nickel by visiting [NHL.com/MVT](https://www.nhl.com/mvt).

"Let's do this and help out my students. I love my students dearly and want them to have the skills and tools to be successful learners and be amazing," she said.

"It would mean a great deal that we got enough votes to get funds for increased learning opportunities for our students, which is what I care about — giving kids the opportunity to fill their learning toolbox."

The direct link to vote daily for Maria Nickel is <https://futuregoals.nhl.com/most-valuable-teacher-program/>. All you have to do to vote is click on her headshot photo. From there, your vote will be automatically tabulated.

Stonewall council discusses special services plan

By Jennifer McFee

Stonewall residents had the chance to weigh in on a special services plan and learn what it means to them.

On Jan. 1, Stonewall expanded by five-quarter sections through the addition of 777 acres that were annexed from the RM of Rockwood. It was the culmination of a six-year process, which involved multiple public meetings and a Municipal Board hearing.

The changed boundaries will pro-

vide the Town of Stonewall with more developable land to support residential and commercial development into the future.

The Town of Stonewall and RM of Rockwood came up with a formal agreement about how the two municipalities would address taxes and services now that the annexation has occurred.

For the properties in the annexed area, Stonewall committed to not

raise taxes for any services that aren't provided by the town — in particular, parks and arena, street lighting, police protection and snow removal. In addition, the town's at-large mill rate would be comparable to Rockwood's at-large mill rate.

In Stonewall, the at-large mill rate pays for all services except debt payment and garbage and recycling fees. For 2023, Stonewall's at-large mill rate was 9.992 mills compared to Rock-


wood's 8.687 mills. The 1.305-mill difference equates to about \$456,750.

The Town of Stonewall is creating an urban services levy to offset the cost of some services that won't be provided to the annexed lands or are funded outside taxation. In total, \$455,000 will be moved from the town's at-large mill rate to the urban special services levy.


Continued on page 8




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Understanding dementia and brain health at the Gordon Howard Centre

By Katelyn Boulanger

Last week, the Gordon Howard Centre hosted Samantha Holland, regional co-ordinator of the Interlake-Eastern region for the Alzheimer's Society of Manitoba.

She presented information about understanding dementia and brain health. This discussion brought more knowledge to our community about the latest research with regard to dementia and the different forms of dementia that people may experience.

Holland opened the presentation by talking about her own connection to dementia. Having two grandparents who have been diagnosed with dementia, she allows her experience to inform the work that she does on a daily basis.

"Dementia itself is not a disease but a collection of symptoms that are caused by diseases of the brain," explained Holland.

In her presentation, she discussed the four most common diseases associated with dementia. There are over 100 different diseases and mixes of diseases connected to dementia so many people's experiences differ.

"Alzheimer's disease, as I said, being the most common, accounts for about two-thirds of all cases. So when you hear people using the words dementia and Alzheimer's interchangeably, they are actually different. We can say that everyone with Alzheimer's disease has dementia, but not everyone with dementia has Alzheimer's disease," said Holland.

Alzheimer's disease has a progression of on average eight to 10 years between when we notice



TRIBUNE PHOTO BY KATELYN BOULANGER
Dan Bourrier, regional co-ordinator for the Alzheimer's Society of Manitoba, and Samantha Holland, regional co-ordinator of the Interlake-Eastern region for the Alzheimer's Society of Manitoba, are spreading the word about understanding dementia.

symptoms and the time of the patient's death, though there is a large amount of variation from person to person. It has a more gradual presentation and, though we are not sure why, it does present more often in women.

Another common type of dementia that was touched on was Lewy Body dementia. This is a dementia that's associated with Parkinson's disease and affects both men and women roughly evenly.

"You might see more changes relating to a person's movement, their behaviour and how they change in potentially experiencing hallucinations, whether that's auditory or visual [with Lewy Body

dementia]," said Holland.

Frontotemporal dementia is a bit on the rare side and can affect younger people in their 40s and 50s even in their 30s. As the name suggests, this disease affects the frontal and temporal lobes of the brain and has corresponding effects.

"[Frontotemporal dementia] really manifests in personality and behaviour changes. So things that are really uncharacteristic for the person and because it can happen in the younger years, it might happen when the person is still working or has children at home. Maybe they're making financial decisions that wouldn't have been normal for them in the past. This might also be [an instance when a] person loses their filter in social situations," she said.

The final type of dementia discussed was vascular dementia. In this type of dementia, cardiovascular occurrences like strokes can cause sudden drops in function.

"You might see drastic changes and then a stabilization or a plateau over time. Then another stroke occurs and another drop in functioning, so it kind of goes along in that stepwise fashion," said Holland.

She reassured residents with questions that not everyone who experiences a stroke has vascular dementia.

She also explained that it's a myth that memory loss is the first sign of dementia. Dementia occurs when daily life is affected and because there are many signs can be different depending on the per-

Continued on page 8



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Interlake real estate holds steady through inflation and increasing mortgage rates

By Patricia Barrett

Although Manitobans struggled with inflation and the arrival of higher mortgage rates in 2023, the real estate market in the Interlake remained relatively stable and is expected to follow suit this year.

Kim Giesbrecht, owner of Gimli-based Right Choice Realty, said Manitoba is somewhat immune to extreme housing price fluctuations that some of Canada's biggest cities typically experience.

"The relative stability we saw last year speaks to the steadiness of our market in Manitoba. We don't experience the real estate market highs and the lows as much as big cities such as Vancouver or Toronto do. Manitoba generally tends to hold steady," she said. "We did definitely see an increase in housing prices during COVID and an increased demand for property, but prices are definitely holding steady."

Giesbrecht crunched the numbers from 2023 to provide a snapshot of the Interlake region, which for the purposes of her analysis runs from Clandeboye to Hecla in the eastern half of the region and from the northern border of the RM of Rosser to Ashern in the western half of the region, as well as all the communities in between including Stonewall, Arborg and Fisher Branch.

In the residential detached homes category (excluding condominiums, duplexes and side-by-sides), Giesbrecht said the number of sales in 2022 were higher than they were last year.

There were 363 sales in 2022 and 325 sales in 2023, roughly a 10 per cent decline. But at the same time, the average sale price for homes in that category increased from \$272,000 to \$280,000.

And although there was a provincial property assessment in 2022, Giesbrecht said that generally does not affect housing sale prices as that is determined by the market and factors such as location. Assessment values determine what a homeowner will pay in property taxes.

Digging down further on housing prices in the residential detached

category, Giesbrecht said there was a modest increase in sale prices for stock in the mid-\$300,000 range.

"Sales decreased by 40 units in 2023 versus 2022 for anything priced up to \$349,999. That's a pretty big number. However, that price range had a modest increase of 1.1 per cent where we saw the average price increasing from \$214,289 up to \$216,721," she said. "Residential detached can also include a higher-end winterized cottage. Because we're looking at areas right up to Ashern, we see smaller rural properties that aren't priced higher. We're hard pressed in Gimli, for example, to find a home in the [\$200,000] price range. Price is relative to location and the number of people that want to live there and that can either increase or decrease market demand."

Homes in smaller Interlake rural communities will give people "more bang for their buck," she added, but the trade-off comes with a lack of proximity to conveniences such as health-care facilities, schools and shopping. Properties in Stonewall or lakefront properties will typically be priced higher than homes in remote rural areas.

One of the interesting findings from her analysis was that Interlake properties priced in the \$350,000 to \$499,000 range saw higher sales numbers in 2023, with 65 units sold compared to 59 units sold in 2022. Units priced \$500,000 and over, however, saw a decrease in the number of sales.

She also researched the R26 area — the Winnipeg Real Estate Board designates different areas by numbers and letters — which stretches from roughly Silver Harbour down to Matlock and about three to four miles west of Highway 8. She found that sales numbers decreased last year but, again, increased in sale price.

Prices in six different categories Giesbrecht said she looked at showed no housing price decreases. Overall, prices for homes in the region tended to increase.

Although there were increases in interest rates from the Bank of Canada in 2022 and 2023, Giesbrecht said Interlake sale and price data for housing



TRIBUNE PHOTO BY JO-ANNE PROCTER

The lack of inventory and fewer properties on the market tends to keep demand and pricing steady.

from 2023 were generally "positive," meaning there was no substantial impact on the market.

"Real estate is still one of the more stable investments. In Winnipeg, there might be a little more up and down, but in our rural areas there's generally a slow and steady increase," said Giesbrecht.

In terms of what people can expect in 2024, Giesbrecht said projections indicate a "slight increase" in the number of sales and prices towards the second half of the year.

There are buyers out there waiting to find the right property. Because there's a general lack of inventory and fewer properties on the market, buyers have had fewer choices. And that tends to keep demand and pricing steady, she said.

If regulations for short-term rentals (STRs) affect the way some properties are operated — Gimli, for instance,

passed a short-term rental bylaw and an accommodation tax bylaw — Giesbrecht said that could possibly bring those properties to market. Continuing inflation, as well, could mean people have less money to spend on STR vacations.

"I think there might be a slight increase in recreational properties coming to the market in 2024 as people look at their overall financing or think they don't need a cottage anymore," she said. "Or if some people who were using cottages and homes for short-term rentals see demand for those dropping, that will open up more inventory."

Some people may be feeling anxious about higher mortgage rates right now, she said, but the stress test, which applies to federally regulated banks and which requires people to qualify

Continued on page 6

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Funding expanded for youth mental health including addictions and homelessness

By Lana Meier

On Jan. 29, Bernadette Smith, the minister responsible for mental health and Housing, Addictions and Homelessness, revealed that the Manitoba government will be raising funding for three effective programs geared towards aiding youth throughout the province.

“Young people need the support of their peers, schools, families and communities to thrive,” said Smith. “We are pleased to provide additional funding to community-based programs that meet youth where they are. We recognize there is much work to do to build individual and community well-being, and these investments are just the start.”

The Province of Manitoba is continuing to invest in three programs aimed at supporting the youth population.

The Indigenous Youth Mentorship Program (IYMP) develops leadership and training skills for university and high school students who manage after-school programs for younger students, creating lasting relationships through mentorship. This highly successful program promotes healthy development among Indigenous children and youth through health and cultural programming, noted the

minister. The minister acknowledged its success and announced an additional \$545,000 in funding that will enable the program to reach 24 new locations over three years — including 15 in northern and rural areas and nine in urban areas.

“This is an incredible program that has real impact in young Indigenous people’s lives,” said Heather McRae, acting director of Indigenous engagement and communications, University of Manitoba, who oversees the IYMP. “In the last year alone, a thousand students have connected programs across the province. The Manitoba government contribution is making it possible to expand into new communities and schools which will have a lasting impact.”

According to the minister, the Sources of Strength initiative aims to enhance mental health and prevent suicide by encouraging students to seek help and building relationships between young individuals and supportive adults. Furthermore, \$100,000 will be allocated towards training and educational sessions for targeted schools in six divisions across Manitoba as part of the program’s in-school efforts.

In addition, Manitoba’s five health

authorities will be granted \$40,000 each to enhance their regional suicide prevention networks. These networks aim to effectively organize community resources and design customized plans for each area, following the structure of the Mental Health Commission of Canada’s Roots of Hope framework.

Smith encouraged all Manitobans to check in on friends, family and peers who may need additional care and support.

“Many of us have struggled at one point in our lives and ending stigma through open discussion is important,” said Smith.

Manitobans can access the following suicide prevention supports and mental health resources anytime:

- Clinic Community Health Crisis Line at 204-786-8686 or 1-888-322-3019;
- 9-8-8, a new 24-7 pan-Canadian suicide helpline;
- Kids Help Phone for children and youth at 1-800-668-6868;
- Hope for Wellness Helpline, available 24-7 to all Indigenous people across Canada at 1-855-242-3310; and
- dialing 211 in Manitoba or visiting <https://mb.211.ca> to connect with a social service.

> MORTGAGE, FROM PG. 5

for a mortgage at a higher rate, has actually served as a “buffer” during inflation, allowing many people to hold on to their homes. And, historically, mortgage rates went through the roof in the 1980s at around 18 per cent or higher compared to the last decade or so.

“To expect interest rates at two or three per cent to continue forever is unreasonable. And even though they’re in the five per cent range right now, in terms of an investment in housing, it’s a reasonable amount to expect to pay,” she said. “I think many people are still having to make adjustments from when they were paying a lower mortgage rate, but they’re still

able to afford their home in Manitoba. And I think buyers will still be able to find something they’ll be comfortable in and securing their future.”

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TRIBUNE PHOTO BY NICK FINNISON

Ice fishers on Lake Winnipeg were busy moving their ice shacks out of water last week as temperatures reached 2 degrees C. The ice at Husavik was still 23" deep so this fisher just moved his shack to a drier spot and continued fishing. 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

Free provincial park entry for month of February

By Lana Meier

The Manitoba government has announced free park entry for the entire month of February in efforts to promote the various winter activities offered in provincial parks. Environment and Climate Change Minister Tracy Schmidt shared this news last Wednesday, urging both Manitobans and visitors to take advantage of this opportunity.

"February is a great time to enjoy Manitoba's provincial parks," said Schmidt. "We know affordability is top of mind for many families, so I am pleased to announce we are waiving the entry fee to all provincial parks for the month of February. We encourage all Manitobans to get outdoors and enjoy everything our beautiful provincial parks have to offer."

In February, vehicle permits are not necessary in provincial parks. However, for snowmobiles using designated trails, Snopasses are still required. Additionally, entrance fees remain applicable in national parks.

Manitoba's provincial parks are equipped with a diverse range of trail systems, providing opportunities for cross-country skiing, fat biking, snowshoeing and hiking. Additionally, Paint Lake, Spruce Woods and Turtle Mountain provincial parks boast outdoor skating areas, hockey rinks and toboggan hills. Those interested in ice fishing can utilize the free shelters on Lake Winnipeg at Hecla/Grindstone Provincial Park. For those



TRIBUNE PHOTO BY MICHELLE SIMONSON

The provincial government announced free park entry for the month of February and is encouraging Manitobans to get outside and enjoy the winter activities available in the provincial parks.

seeking downhill skiing and snowboarding options, Asessippi Ski Resort in Asessippi Provincial Park or Falcon Ridge Ski Slopes in Whiteshell Provincial Park are excellent choices.

According to the minister, park interpreters at Birds Hill, Spruce Woods and Whiteshell provincial parks are providing a variety of guided programs to enhance visitors' experiences and encourage conservation of Manitoba's park resources. These programs, which can be registered for at www.gov.mb.ca/sd/parks, include wolf howl hikes, snowshoe

treks, ski clinics, quinzhee building and ice fishing. Additionally, teachers have the opportunity to schedule free guided field trips or virtual programs with park interpreters from these three provincial parks.

Manitobans are encouraged to check trail conditions before visiting parks. Detailed maps and trail information can be accessed at www.gov.mb.ca/sd/parks. It is requested that individuals using the trails adhere to designated activities, keep their dogs on leashes and follow Leave No Trace principles by bringing back everything they brought in.

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Happy Valentine's Day

On the morning of Valentine's Day, a young woman told her husband how during the night she had dreamt that he had given her a pearl necklace for Valentine's Day. "What do you think it means?" she asked him. "You shall know tonight," he said.

That evening, he came home with a small package and gave it to his wife. Delighted, she opened it. In it, she found a book entitled, "The Meaning of Dreams".

This coming Wednesday is Valentine's Day, one of my favourite celebrations of the year. I enjoy being able to show my wife, after 52 years of marriage, how much I truly do love her. (I trust I do that a bit more effectively than the husband in the story above...)

A while ago, I came across one writer's understanding as to the origin of Valentine's Day: "Saint Valentine, (a priest who lived in Rome during the reign of the Roman Emperor, Claudius) performed marriages against the wishes of Claudius. Claudius had banned marriages because he didn't want soldiers to have family ties to distract them from their job of killing. Claudius found out and jailed Valentine, sentencing him to death. While in jail, legend has it that he became a teacher to Julia, the young blind daughter of his jailer. Julia's sight miraculously returned. The night before he was killed, he penned Julia a letter, signing it, 'From your Valentine'. In his honor, on the following February 14, people began sending notes to friends and relatives, with the message, 'I love you'."

Regardless of the origin, the practice of telling people, particularly your wife or your husband, you love them is still a good one. As a husband, I like the admonition of Paul when he wrote in the Bible, "And you husbands, show the same kind of love to your wives as Christ showed to the Church when He died for her" (Ephesians 5:25).

May this Valentine's Day be marked by your words (and acts) of love. And not only Valentines, but every day of the year too.

Henry Ozirney

PC caucus announces new leadership structure

By Lana Meier

The Official Opposition of Manitoba announced its new leadership structure last week, following the appointment of Wayne Ewasko as its interim leader.

Kathleen Cook, who has a long history as a business and community advocate, will assume the role of deputy leader for Winnipeg and other urban areas. She was initially elected to the Manitoba legislature in 2023.

Kelvin Goertzen, who was first elected in 2003, will continue to serve as deputy leader for rural Manitoba.

Prior to this role, he held positions such as premier, attorney general, and various other cabinet positions within the former PC government.

Greg Nesbitt has been appointed as caucus chair, having previously held the position of minister of Natural Resources and Northern Development. He has been an MLA since 2016.

Doyle Piwniuk, who was first elected in 2014, will now assume the role of caucus whip. He brings with him a wealth of experience, having previously served as both the minister for Transportation and Infrastructure, as

well as deputy speaker of the legislative assembly.

Interlake-Gimli MLA Derek Johnson remains Opposition house leader.

"The NDP are already showing their willingness to break their word and cut things like schools and personal care homes to pay for their \$3-billion worth of election promises," said Ewasko. "This reinvigorated team will ensure that the NDP is held to account and make sure that all Manitobans have their voices heard in the legislature."



Derek Johnson
Interlake-Gimli MLA

> DEMENTIA, FROM PG. 4

son and the cause. Some signs to look out for include:

- changes in cognitive abilities, including changes in judgment or decision-making or problems with abstract thinking
- changes in communication
- trouble completing things that they've done for most of their life
- putting things in inappropriate places
- changes in emotion, mood and behaviour
- apathy

Holland explained that most diseases that cause dementia don't have a genetic link; however, some conditions that increase the odds of getting dementia can be genetically linked like diabetes or increased blood pressure.

She then went through a list of modifiable and non-modifiable risk fac-

tors for dementia. She said that people should be reassured that the list of non-modifiable factors is much smaller than modifiable factors.

Non-modifiable factors can include age, gender, family history and a gene called the Apo E4 gene, which is a genetic factor that increases risk although most cases aren't genetically linked.

Modifiable dementia risk factors include things like hypertension, diabetes, smoking, obesity, physical inactivity, high alcohol consumption and hearing loss.

"If there's one takeaway, it's the fact that what's good for your heart is good for your brain. So if you can think of a heart-healthy diet, it's going to be working twofold for you," said Holland.

Another thing that residents can consider when it comes to lowering their risk of encountering dementia in their lives is increasing their protective

factors. These include doing things that challenge us such as learning a new activity or increasing the difficulty of a current one, being socially active, making healthy food choices like following a diet recommended for reduction of risk, being physically active, reducing stress, managing cardiovascular risk and protecting your head from getting hurt.

"No single test can tell if a person has Alzheimer's disease or a related dementia. There's not one way to diagnose it, but I would say the first step is to talk with your family doctor," said Holland.

She does, however, acknowledge that many doctors are retiring so that can be difficult for some people to navigate. Also, some doctors may not understand the severity of symptoms even when you go to them.

Holland recommends continuing to advocate for yourself and your loved ones. Another avenue to diag-

nosis could be through a community assessment program. Here in the region, our community assessment program is the mental health team.

If you or someone you know has dementia, the Alzheimer's Society of Manitoba has many programs that can help. They provide supportive counselling for people with dementia and their care partners, family education, programs like Minds in Motion and public awareness sessions. To learn more about dementia and the services that are offered through the Alzheimer's Society of Manitoba, visit their website at <https://alzheimer.mb.ca/>.

If you think that you or someone you care about is showing signs of dementia, you should contact your primary care provider or in the Selkirk area you can contact the mental health team at 204-785-7752 for an assessment.

> SPECIAL SERVICES PLAN, FROM PG. 5

"Our goal or objective was to try to find a way to remove \$460,000 out of our at-large mill rate so we could then have an at-large mill rate reflective of the RM of Rockwood's for charging to the annexed lands," CAO Wally Melnyk explained at a public hearing on Jan. 31.

"That's why we're creating this urban service levy. It will offset the cost of some of the services that aren't being provided to the annexed lands or they're being funded outside of tax-

tion."

For police protection, Stonewall pays for policing in town and also gets a grant from the province to offset some of those costs. The funding and the number of police officers will stay the same.

"From the perspective of those that are coming in on the annexed lands, it's very much the same as it was before," Melnyk said. "And because of that, we're excluding them in terms of the costs from the police protection

standpoint for the community."

Street lighting won't be extended to the annexed area at the current time, and snow removal will continue under the RM of Rockwood.

"Our agreement with the RM is that as long as the properties stay as they were on Dec. 31 — so rural in nature, acreages, farms — we will continue to provide a grant back to the RM for the taxes we collect and they will continue to provide services."

For properties that were part of the Town of Stonewall up to Dec. 31,

2023, there will be no overall financial impact and no tax increase. The difference is that property owners will now pay two components — the at-large mill rate and urban services levy — that add up to the same amount that was paid in the past.

For properties in the annexed area, they will now have an at-large mill rate in Stonewall that is comparable to Rockwood's mill rate, and they will only pay for the services that they receive.

In the future, if the lands in the annexed areas start receiving additional services such as street lighting, they would also pay towards the special levy.

Looking ahead, the special services levy will be reviewed on an annual basis.

If council opts to pass the bylaw to enact the special services plan, the town will send copies to the municipal finance officer for review by the Municipal Board.

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Air traffic control exhibit at NIHM takes off

Museum hosting Icelandic Bun Day on Feb. 12 in the Lady of the Lake Theatre

By Patricia Barrett

Gimli's New Iceland Heritage Museum has been given the all-clear for a new exhibit that will take people to the skies.

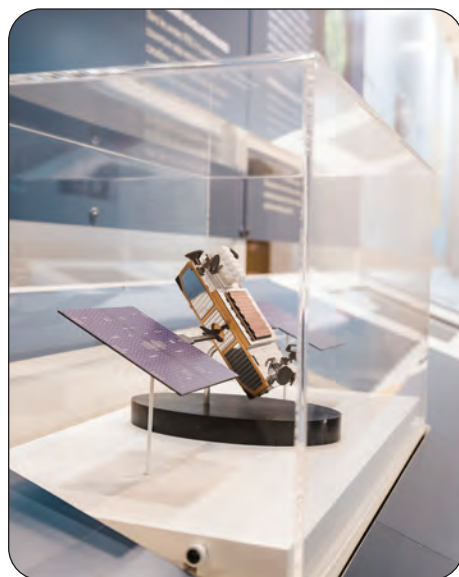
The exhibit titled "Eyes on the Skies: Managing Air Traffic in Canada" looks at the evolution of air traffic control over the decades, technologies such as radar and the people managing air traffic to keep the skies safe.

NIHM executive director Julianna Roberts said they're thrilled to have landed the large exhibit, which is on loan from the Canadian Aviation and Space Museum until May.

"This is a huge exhibit. We started unpacking it on Tuesday [last week] and it's taken this long," said Roberts last Friday. "You can't believe it."

Gimli is the only location in Manitoba where people will be able to see the exhibit.

The exhibit was developed by the Canada Aviation and Space Museum — which falls under the umbrella of Ingenium, a corporation encompassing three Canadian museums — and in collaboration with NAV CANADA, which oversees civil air traffic, guides



aircraft safely through the skies and manages 18 million square kilometres of Canadian civil airspace, along with North Atlantic oceanic airspace under Canada's control.

The interactive nature of the exhibit allows visitors to get their hands on the controls and try things out.

"I was in there pressing buttons and listening to the interactive videos and games. There's a satellite, scheduling board and information about how an air traffic control tower works," said Roberts. "And there's a monitor that shows a video about the play *Come From Away* that was done after the plane landed in Gander, Newfoundland and Labrador, during the 9/11 attacks in September 2001."

Ingenium president Christina Tessier said in a news release that the exhibit highlights Canada's contribution to air traffic control.

Continued on page 12



TRIBUNE PHOTOS BY RAYME THOMSON

The "Eyes on the Skies: Managing Air Traffic in Canada" exhibit will be on display in Gimli at the New Iceland Heritage Museum until May 1.



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Glowing reviews for Argyle ladies bonspiel

By Lana Meier

Curling is a popular winter sport, and just like any other team sport, having a fun time is essential. And the Argyle Curling Club did just that this past Saturday hosting a sold-out 20-team (80 ladies) bonspiel.

Through the fog and mist, curlers travelled from all across the province to take in the second annual Ladies GLOW Bonspiel.

Teams from Carman, Lac du Bonnet, Steinbach and Winnipeg joined numerous local rinks from Argyle, Warren, Teulon, Stonewall and Balmoral to make for a fun-filled day of creative costumes, scavenger hunts, dancing and curling fun.

Team Duch won best costume for the second year in a row with their creative jellyfish design.

There were four teams who were undefeated including Team Kitson, Meger, Nelson and Vandebussche. With the points for and against tie-breaker, Team Meger was victorious with a 29-2 record after the three games.

Argyle club volunteer Natalia Pedersen would like to give a big shout out to thank the amazing volunteers.

“Our rink would not be what it is without our very kind and generous volunteers,” she said.

“Argyle Curling Club is a place for everyone, and we encourage the community to drop by when we are hosting our bonspiels to join in on the fun.”

The mixed/open GLOW bonspiel is Feb. 16 and 17 and is sold out but looks to be another exciting day of activities. The Colin Crockatt Classic



Team Duch — Nadine Coolidge, Nikki Litkovich, Stephanie Addy and Tamara Duch — won best costume for the second year in a row with their creative jellyfish design.



Team Meger — Kelsey Meger, Breanne Thomson, Desneiges Pruneau and Christine MacKay — were the top curlers of the day.



TRIBUNE PHOTOS BY HALEY CVAR
The Jellyfish, a.k.a. Team Duch, won the best costume bragging rights.

Open/Mixed Bonspiel is March 15 and 16. Anyone interested in registering a team can contact 204-291-5282.

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Get ready for kindergarten at the library

By Jennifer McFee

A free library program helps youngsters prepare to embark on their education adventure.

The South Interlake Regional Library has updated its program called "Ready for Kindergarten: An Early Learning Program with the Library" to serve some of its youngest patrons.

Through this program, which runs from February to May, families can pick up monthly kits for self-led learning.

Joan Ransom, Stonewall branch librarian, said participating preschool children will benefit from increased literacy and love of reading. By working on specific activities, they can also develop skills that they'll use when they start school.

"We are so happy to offer this four-month, four-kit, four-skills self-led program to registered families in our catchment area," she said.

"We collected feedback from past years' participating families and have added new activities and manipulatives to the kits. We are so excited to welcome new participants this year."

The kits include tools for wee ones to learn scissor and cutting skills, as well as pre-writing and printing skills, colour and shape awareness, number recognition and numeracy knowledge.

"Some of the tools we include are child-safe scissors, tri-sided pencils to help with proper grip, a pair of dice and a set of 20 unifix cubes for math work, and a tub of playfoam for shape and colour play," Ransom said.

"Each month, we sign out bundle of 10 picture books to each participant. We encourage families to read to-



gether to help children develop reading readiness skills as we know that pre-reading concepts are important steps in learning to read."

These pre-reading concepts include phonological awareness, which involves the ability to hear and play with the smaller sounds in words. Participants will also work on vocabulary to know the meaning of words and the names of things, feelings and ideas. They will gain print awareness, knowing that print has meaning and direction while also learning how to hold a book. They'll also build letter knowledge to understand that letters have names and represent sounds.

"Through reading, talking, playing, singing and writing together with their child, parents and caregivers can help foster a love of literacy and work on the skills that children need to become lifelong readers," Ransom said.

"Of course, families are not limited to 10 books each month. All are welcome to come to the library multiple



TRIBUNE PHOTOS SUBMITTED

Library clerk Tara Glaspey presented Tenille Peters with her certificate after she graduated from the South Interlake Regional Library program called "Ready for Kindergarten: An Early Learning Program with the Library."

times each month to choose even more books to take home to read."

The participating families can also look forward to a "graduation" party when the program wraps up in May.

"Our previous families had so much fun practising skills together," Ransom said. "We welcome all patrons with preschool kids to register and join in the fun."

Families can register by contacting the Stonewall library branch at 204-467-8415 or stonewall@sirlibrary.com or the Teulon library branch at 204-886-3648 or teulon@sirlibrary.com.

"There is no charge for the program but you must have a library card. If you do not, we would be happy to make you one," Ransom said.

"Library memberships are free to anyone who lives or pays taxes in the RM of Rosser, RM of Rockwood, Town of Stonewall and Town of Teulon. If you live outside of our catchment area, then a non-resident membership is available for an annual fee."

Learn more about what the local libraries have to offer by visiting www.sirlibrary.com or following the branches on social media.

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New Online Grant Application Procedure

- The online grant application is found at www.sdcf.ca

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For more information contact:
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or email cd.officer@sdcf.ca



Western Canada Summer Games Legacy Grant supported Victoria Beach Club's tennis program in Summer 2022.



> ICELANDIC BUN DAY, FROM PG. 10

"This exhibition helps to break down a very complex aspect of aviation that is often overlooked, and helps to underline the important contributions Canadians in this field have made — and continue to make — to keep our skies safe," she said.

The exhibit runs until May 1.

Other NIHM news:

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Icelanders can look forward to the upcoming Bolludagur, or Bun Day, that will be hosted by the NIHM. The museum has hosted the event every year except during the pandemic.

Bolludagur is an Icelandic celebration that takes place seven weeks before Easter.

"It's a traditional event that the Icelanders have before Easter, like Shrove Tuesday [the traditional feast day before the start of Lent]. In Iceland the kids get little wands and however many times they can spank their mom or dad equals how many buns they get," said Roberts. "The buns are filled with cream and have chocolate icing on top."

Bolludagur is set for Monday, Feb. 12 at 2:30 p.m. in the Lady of the Lake Theatre in the Waterfront Centre. Admission is by donation.

It's OK not to be OK

By Autumn Fehr

Wednesday, Jan. 24 was Bell Let's Talk Day, Canada's largest corporate campaign in support of mental health.

The initiative started in September 2020 and was built to focus on four key pillars: fighting the stigma, improving access to care, supporting world-class research and leading by example in workplace mental health.

Every year since 2020 on this day, our social media feeds and email inboxes are populated with messages reminding us to stop, think, and talk about the importance of mental health.

There's been a lot of talk since the start of this campaign, but what about taking action to create positive change for mental health care in Canada?

According to the Centre for Addiction and Mental Health (CAMH), "one in five Canadians experiences a mental illness." By the time Canadians are 40 years old, one in two has or has experienced a mental illness.

It's time we started treating our mental health to be as important as our physical health and to continue to push the narrative that "it's OK not to be OK."

Breanna Malcolm, a personal trainer living in Lundar, believes that "being 'healthy' is more than just physical health; it's mental health, too."

Malcolm works full-time as an elementary school teacher in the community, part-time as the recreation director in Lundar, and runs her Interlake-based personal training business, Fierce Interlake Training, on the side.

She said she's a personal trainer because she's always enjoyed being active and want to offer a positive service in her community.

"As a personal trainer, not only am I able to help my client's physical health but also their mental health. Physical activity is proven to decrease stress and anxiety and provide the body with endorphins. In addition, group fitness classes provide a sense of community and socialization, which is extremely beneficial for our mental health."

Malcolm feels fortunate that some clients also reach out to her about their mental health, and she's ecstatic when they give her an update that it has improved.

"My role as a personal trainer is to support and understand my clients in all aspects of health, including both physical and mental health," she said.

When struggling with your mental health and working through those challenges, it's important to have outlets that you can rely on when things get heavy. Sometimes, that's a peer you can confide in; other times, it's habits you develop over time that are easily accessible and work for you.

"My physical health schedule is a habit and part of my routine; I continue to work on my mental health," said Malcolm.

When life gets heavy, Malcolm suggests doing these things to help improve your mental health:

Move your body with a heart-pumping workout, walk in the fresh air, journal your thoughts, talk to someone you trust, have a bath or spend time resting alone.

But she acknowledges that sometimes the simple things most accessible to you aren't enough to curve whatever hump you are going through. Sometimes we must connect with a mental health professional and



allow them to help us.

As a personal trainer, Malcolm teaches weekly in-person workout classes in Lundar that offer an outlet for those struggling with mental health.

If you don't live in Lundar, don't worry; you can still participate through her online 30-minute Zoom workouts twice a week — Monday and Wednesday mornings from 6:15 to 6:45 a.m.

She records herself leading each workout and shares it with registered participants afterward.

If you can't make it live in the morning or want to do the workout again, don't sweat it; the recording is available for up to one week afterward. You can also join Malcolm at the gym on Tuesdays from 5 to 5:45 p.m. at Lundar School Gym.

In addition to these workouts, Malcolm offers six-week programs each season. The program comes with a workout geared towards your current fitness level, a recipe book she has created with sustainable, tasty meals, and access to the private Facebook group, where she posts daily for motivation, tips, recipes and encouragement. The current six-week program is in progress and will run until Feb. 25.

Stay tuned: the next program is anticipated to start in the spring.

To register, contact Malcolm through her Instagram or Facebook page Fierce Interlake Training or email fierceinterlaketraining@outlook.com.

If you, or anyone you know, is struggling with mental health, here are some external resources available:



TRIBUNE PHOTO SUBMITTED
Personal trainer Breanna Malcolm encourages everyone to stay active to support mental health.

Manitoba Suicide Prevention and Support Line

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- Klinik Crisis Line
- Phone: 204-786-8686
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Or reach out to your family doctor to access help near you.

"Every single person has things going on in their lives that we know nothing about. We cannot tell what's going on in someone's body by looking at them. Be kind. A small act of kindness can go a long way. If you are struggling with your mental health, please know that you matter and are loved," said Malcolm.

Manitoba Merv predicts six more weeks of winter

By Lana Meier

Feb. 2 has come and gone, and Manitobans eagerly waited last Friday to find out if spring will arrive early this year. Groundhog Day is more than just a quirky tradition — it's the day when Oak Hammock Marsh's Manitoba Merv, the adorable weather forecasting puppet groundhog, emerges from his cozy abode at sunrise to determine our fate.

According to traditional folklore, because Manitoba Merv saw his shadow

on Feb. 2, he will retreat into his burrow and winter will continue for six more weeks.

But as much as we believe in the abilities of a plush rodent to predict the arrival of spring, according to biologists at Oak Hammock, the best way to find out if we have an early spring is by looking for the arrival of the first Canada geese. Recording the spring arrival of the first Canada goose seen at Oak Hammock Marsh is an annual tradition.



TRIBUNE PHOTO SUBMITTED

In spite of all the construction going on at Oak Hammock Marsh, Manitoba Merv still emerged last Friday, hard hat and all, to see if spring was around the corner. It was a beautiful, sunny morning and Manitoba Merv saw his shadow, which means that winter will continue for six more weeks.

Hockey players team up with Family Foods for generous donation

By Jennifer McFee

Kindness makes the world go round. And in Stonewall, a kind deed is making a big difference for a family in need.

The U15 Stonewall Blues A1 team recently had the opportunity to clean up the old post office after a movie was filmed there. They received \$250 for their efforts, which they decided to donate as a way to give back.

Chris Arbez has coached most of the players at some point, and his son currently plays for the team.

"Since I was involved with these players in the past, along with the manager Monica James, we have always thought that it was important for these kids to give back in one way or another. In past seasons, the majority of this team has been involved in community volunteer work," he said.

"They have raked leaves for elderly people, worked several shifts organizing and packing up food for Habitat for Humanity, raised funds for the Christmas Cheer Board by shovelling driveways after a snow storm and donating over \$900, picked up garbage after a film crew to make another donation to the Cheer Board."

A representative at the local legion contacted Arbez to see if the team would be interested in raising some funds through another film cleanup

in January.

The team worked together on the cleanup efforts and decided to use the funds to buy a gift card from Family Foods to give to a family that could use a hand.

"Since it was a smaller donation, we thought that it would be best if one family could get the money to make a bigger impact. Not all of the team could make the event, but the players that were there were told the story of the family that the money went to. Like most teenage boys, there was not a significant reaction, but you know deep down everyone likes to do something nice for others."

Adding to the altruistic efforts, Family Foods matched the donation for an overall total of \$500 in gift cards for the grocery store.

"I have taken notice in the past hockey tournaments when Family Foods has made financial and food donations to local tournaments, so I was not surprised by their generosity — but was shocked when they doubled our donation. These acts are important to show the team and the parents that a little bit of kindness and generosity can go a long way. It tends to multiply itself," Arbez said.

"The volunteers gave up an hour of their time, and I am sure it eased the burden of the receiving family for



TRIBUNE PHOTO SUBMITTED

The U15 Stonewall Blues A1 team took time to clean up in town while also donating to a family in need.

some time and may have brought a little joy to them. Sometimes it is all right to look up from the phone or the gaming systems and do something nice for someone without expecting something in return."

Kristle Snell, Family Foods owner, was also happy to help out.

"In this community, everyone is so close. We always try to work together," she said. "It's a local contribution and it's the least that I could have

done in this situation."

If there are other opportunities where someone needs a hand, Arbez recommends not being shy to reach out to community teams.

"There is always a demand for funds to be raised as sports are becoming more expensive every day," he said.

"There are a lot of teams that could use the money and the experience. Your local clubs can be a good resource to make a big job small."

Rockwood Festival of the Arts returns April 15-23

By Jennifer McFee

Local residents will have the chance to showcase their talents at Rockwood Festival of the Arts, which is back after a multi-year pandemic pause.

The 65th rendition of the Rockwood Festival of the Arts is slated for April 15 to 23 at New Life Church in Stonewall and Teulon Collegiate Institute.

The non-profit organization provides opportunities for kids and adults to share their talent in categories that include piano, vocal, choral, dance, speech arts and band/instrumental.

President Terry Zurylo outlined several changes this year.

"We are reviving the festival. Changing with the times of musical tastes and interests, all classes — whether it's voice, piano or guitar — now have opened up so you can play pop, rock, country, jazz, contemporary and music of all religious beliefs. It's not primarily classical anymore for piano or guitar," he said.

"It's for ages five to 80-plus. There are adult classes and university-level classes for everything except the dance. There are also multigenera-

tional classes in singing, piano and instrumental, so you could have a grandparent and a parent and a kid doing a trio."

Participants must either be a resident within the boundaries of Interlake School Division (ISD), be attending an ISD school or be a former ISD student.

For Zurylo, it's clear to see the benefits of participating.

"Any time you perform out in public, it gives you confidence and exposure. It helps you to get better," he said.

"This festival this year is competitive and non-competitive. Years ago, they would announce the marks, but they don't announce marks any more. You still get that when you pick up your adjudicated paper and you get a certificate. There are also awards and scholarships that come from donations or funding from grants."

More volunteers are always in demand, particularly during the daytime. If you're interested in volunteering, email info@rfota.ca for more information.

The entry deadline is Feb. 16. Reg-



TRIBUNE FILE PHOTO

The Rockwood Festival of the Arts is returning for its 65th year April 15-23. This year's festival will take place in Stonewall and Teulon.

istration forms are available on the Rockwood Festival of the Arts website at www.rfota.ca or at ISD schools.

For online entries, fees can be paid by e-transfer to info@rfota.ca with name, phone number and category. For those who prefer to pay by cash or

cheque, the entry forms and fees can be dropped off at Keyboard Ventures at 324 Main St. in Stonewall.

Visit www.rfota.ca to learn more about the Rockwood Festival of the Arts.

get inspired
 > MEAL IDEAS

FamilyFoods
 Phone 467-5553



Mexinut Dip

Recipe courtesy of the Georgia Peanut Commission

- Yield: 4 cups
- 1 can (11 1/2 ounces) condensed bean with bacon soup
 - 1 cup shredded cheddar cheese
 - 1 can (10 ounces) tomatoes and green chiles
 - 2 tablespoons finely chopped onion
 - 1 tablespoon hot chili powder
 - 1/2 cup peanut butter
 - corn chips or crackers

In 2-quart microwave-safe container, combine soup, cheddar cheese, tomatoes and green chiles, onion, chili powder and peanut butter. Cover with glass or plastic lid.

Microwave on high 2 1/2 minutes; stir. Microwave 2 1/2 minutes, or until cheese is melted.

Stir before serving with corn chips or crackers.



Asian Peanut Slaw

Recipe courtesy of the Georgia Peanut Commission

- 1 can (11 ounces) mandarin oranges
- 1/4 cup Asian sesame dressing
- 2 tablespoons creamy peanut butter
- 1/4 teaspoon crushed red pepper
- 1/2 cup coarsely chopped dry roasted peanuts
- 1 bag (16 ounces) three-colored deli slaw mix
- chow mein noodles

Drain juice from mandarin oranges into mixing bowl and reserve oranges.

In bowl with juice, add dressing, peanut butter and red pepper; whisk until well blended. Add peanuts, oranges and coleslaw mix; toss until thoroughly coated.

Garnish with chow mein noodles before serving.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stanley attends Flyers alumni game

By Ty Dilello

Stonewall's Daryl Stanley recently returned from taking part in a special Philadelphia Flyers vs. Boston Bruins alumni game in Philadelphia on Jan. 26.

Stanley, a former defenceman for the Flyers in the 1980s, took part in the alumni game that featured many Flyers' legends such as Eric Lindros, John LeClair, Mark Recchi, Mark Howe and Joe Watson. The Flyers also honoured the 1974 and 1975 teams that won back-to-back Stanley Cups, while Mark Recchi was inducted into the Flyers Hall of Fame.

The alumni game featured the return of Dave Brown and Daryl Stanley, who were teammates in junior hockey and for the 1983-84 to 1986-87 Flyers. The Bruise Brothers were known for being two of the toughest players of their era. The Bruise Brothers T-shirt was the top-selling Flyers merchandise item of 1984.

"I had a great weekend in Philadelphia and got to play against Boston's alumni with over 14,000 in attendance," said Stanley. "They also rebooted the Bruise Brothers souvenir T-shirt and sold them out. All in all, a great weekend."

All proceeds from the 2024 Flyers Alumni Game went towards the Flyers Alumni Association and Flyers Charities, giving efforts to support the local Philadelphia community.



PHOTO SUBMITTED

Stonewall's Daryl Stanley recently played in an alumni game with his old Philadelphia Flyers on Jan. 26 against the Boston Bruins alumni. Stanley, left, is pictured with old Flyers teammate Dave Brown.

Curlers ready to rock and roll with the stones



TRIBUNE PHOTOS BY ANDY STEWART

The 2024 Viterra Championships kicked off this past Tuesday in Stonewall after the Veteran's Memorial Sports Complex was transformed from a skating rink to a curling rink by Stonewall Curling Club volunteers and Town of Stonewall employees in less than a week. Head icemaker Greg Ewasko flew into town last Friday to make sure that the ice is perfect for the top 32 men's curling teams from across the province competing to wear Team Manitoba colours at the upcoming Montana's Brier in Regina next month from March 1 to 10. Opening ceremonies for the tournament took place at 7 p.m. on Wednesday. The event will run until Feb. 11 with tickets available at the door. The Quarry Patch (at the Stonewall Curling Club, \$20 minimum event ticket for entry) has live entertainment Thursday to Saturday from 9 p.m. to 1 a.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Sixty-five years of Warren Mercs attend home game



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Warren Mercurys have been integral to the Warren community for decades. The Mercs senior hockey team invited all former players and coaches to their final SEMHL game of the season against the Red River Wild last Friday. Over 65 alumni Mercs came out to cheer on the team and reminisce. Former player and coach Chris Riddell Sr. (86) was the guest of honour for the evening. Riddell began his senior hockey career in Warren at 16 when the team was known as the Warren Intermediates. Riddell became a player/coach for 11 years after the team re-branded as the Warren Mercurys.

Last Friday, the Wild defeated the Mercs 6-4. As of press time, the Mercs were in second place, just two points behind the first-place Ste. Anne Aces. League playoffs will start next week. Pictured clockwise, from top left, Mercs alumni showing off their Merc swag, Jeff Riddell (nine years as a player), Jim Beachell (a combined 24 years of playing/coaching), Geoff Corbett (seven years playing/coaching) and Jim Findlay (combined 18 years of playing/coaching); Chris Riddell Sr. made the ceremonial puck drop to Red River's Brendan Heppner and Mercs' Scott Corbett (24 years player/manager); three generations, Rick Baldwin (six years), Barry Baldwin (13 years), Eric Baldwin (one year) and Ryan Baldwin (five years) all donned Mercs; bottom photo, sixty-five years of Warren Mercs.

Stonewall Curling Club hosts U16 Open Junior Bonspiel

By Jo-Anne Procter

The Stonewall Curling Club hosted the 2024 Stonewall Pharmacy U16 Open Junior Bonspiel Jan. 26 to 28.

Sixteen teams competed in the bonspiel with the St. Vital rink of Alex Newcombe, Liam Cleary, Parker Schwab and Matthew Livetsky winning the 'A' Event. Team Keough was

the runner-up.

The Fort Garry rink of Evan Bou-tet, Cooper Steele, Liam Burton and Hayden Pich won the 'B' Event after defeating Stonewall's Team Searcy. The 'C' Event winner was the West St. Paul rink of Hudson Strand, Aidan Friesen, Carson Salmon and Tyson Wickman, who defeated Team Shea.



SEMHL Rookie of the year

TRIBUNE PHOTO BY JO-ANNE PROCTER

Warren Mercs' forward Dexter Kuczek was selected as the SEMHL's Rookie of the Year. He was one of only three Warren players who played in all of the Mercs' 18 regular-season games and racked up 21 goals and 25 assists for 46 points. He also had no penalty minutes. Presenting the award to Kuczek is Mercs' coach Gerry Minaker.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Jets battling for a playoff spot

By Lana Meier

It was a sensational Sunday night for the Stonewall Jets as they delivered an emphatic 5-1 victory over the River East Royal Knights.

Landen Sitarz opened the scoring for the Jets in the first period.

Defenceman Brody Stovin, joined in on the action adding another goal before Cole Kennedy and Peyton Bateman also found the back of the net putting the Jets up 4-0.

But Bateman wasn't done yet - he struck again in the third period.

Alex Kaczorowski had three assists Sunday night while goaltender Liam Johnson made 30 saves.

Friday night saw another triumph for Stonewall Jets as they defeated Ft. Garry/Ft. Rouge Twins by a nail-biting scoreline of 4-3. It was a true battle until the end with defenceman Aiden Miller opening up the scoring during

an intense second period.

Once again showing their prowess on offense, Bateman made significant contributions by adding another goal alongside Karson King's power play strike assisted by Bateman and Cole Emberly.

Sitarz delivered a clutch go-ahead goal just seconds after the Twins David Balshaw tied the score to give the Jets the two points for the win.

Dylan Leclair made 36 saves for the win.

The Jets are currently tied for 9th place with 15-14-5 and 34 points.

Stonewall will play two games on the road, beginning with a Friday tilt against the Raiders Jr. Hockey Club at 7:30 p.m. at the Seven Oaks Sports-Plex.

On Sunday, the Jets will take on the Trancona Railer Express at 12:45 p.m. at Ed Golding (East End) Arena.



TRIBUNE PHOTO BY LANA MEIER

The Jets Alex Kaczorowski had three assists in MMJHL action last week. Kaczorowski now has 23 points, 9 goals and 14 assists in 30 games.

Provincial bound



TRIBUNE PHOTO SUBMITTED

The Collège Stonewall Collegiate Rams earned a spot in the MHSAA girls' provincial curling championship, which will take place at Collège Jeanne-Sauvé from Thursday to Saturday. The Rams' rink, which includes Taylor Dove, Maya Persoage, Mia Smart and Lu Abrahams, earned their provincial spot after whipping Brandon's Vincent Massey Vikings 13-0 in an interzone game.

Blues golden in Altona



TRIBUNE PHOTO BY CASSARAH TESLUCK

This past weekend, the Stonewall U9 Team White emerged as champions at the Altona Tournament and proudly returned home with gold medals. The Blues dominated in all five games without a single loss. In their first game against Winkler 3, they secured a decisive victory with a final score of 7-2, followed by a 22-6 win against Altona 2, 9-6 against Oakville, 9-0 against Grunthal and Winkler 1 by a score of 3-2. Pictured: goaltender Connor Chorney; front row, from left to right: Wyatt Smith, Brody Kirk, Cooper Kinley, Lexon Tesluck, Wyatt Clarke, Lincoln Ward; back row: Nash West, Nash Lemieux, Maddox Marohn; Coaches Adam Kirk, Randy Tesluck and Brad Smith,

U18 AAA female Interlake Lightning beat first place Winnipeg Ice

By Lana Meier

Last week was action-packed for the Interlake Lightning U18 AAA female hockey team, as they played three games. Although they suffered a 5-1 loss to the Winnipeg Ice on Thursday, they bounced back on Sunday with a 3-1 victory over them in Lundar.

Georgia O'Neill of the Lightning scored the only goal for her team during Thursday's game, with Jane Sugimoto manning the net for Interlake.

On Sunday's game, Interlake saw scoring from O'Neill, Charleen Wong, and Kait Yanchishyn. The win was se-

cured by goaltender Rachel Halldorson.

Saturday saw Interlake drop a 3-2 decision to the Eastman Selects in Lundar.

Clare Hudson and Delainey Rigaux had a pair of goals for Interlake but it wasn't enough to beat the Selects.

Interlake, now 9-13-3 and in sixth place with 21 points, will host two games this weekend in Arborg. The Lightning will play Central Plains at 4 p.m. on Saturday, Feb. 10 and the Pembina Valley Hawks at 2:30 p.m. on Sunday, Feb. 11.



The Interlake Lightning's Georgia O'Neill scored a goal in a 5-1 road loss.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Lightning goaltender Jane Sugimoto makes a save against the Winnipeg Ice.

Tournament champions



TRIBUNE PHOTO SUBMITTED

The Warren Wildcats defeated Margaret Barbour School 43-39 in an exciting overtime win at the Gimli JV boys basketball tournament last weekend. The Wildcats went undefeated, beating Morris 63-58 and Gabrielle-Roy 77-25. Pictured back row, left to right: Kristy Braun (assistant coach), Liam Boonstra, Layne Noren, Landon Tully, Daniel Koss, Ashton Chartrand, Clayton Langrell, Connor Grenko, Ty Olson and Jodie Chartrand (coach); front row: Kade Schedler, Conaly Chrusch and Chase Hnatuk. Missing from the photo are Drew Cassidy, Ashton Baldwin and Sam Corbett.



Rick Williamson

Spotlight on martial artist

By Jennifer McFee

Local martial artist Rick Williamson was a special guest on a live podcast last week.

On Feb. 1, Williamson was the guest on the PKCC (Punch, Choke, Kick, Chat) series, which shares stories of different martial arts masters.

Williamson is a 7th Dan in jiu-jitsu with multiple black belts in judo, tai-jitsu and taekwondo.

If you'd like to check out the interview, it's posted on the PKCC YouTube channel at <https://www.youtube.com/@pkcc>.



Stonewall Jets Player Profile

#29 **Cohen Cheung**
Forward

Come out to support the Jets



UPCOMING GAMES

Stonewall Jets at Raiders Jr. Hockey Club
Friday, Feb. 9 at 7:30 p.m.
Seven Oaks SportsPlex

Stonewall Jets at Transcona Railer Express
Sunday, Feb. 11 at 12:45 p.m.
Edgemoor (East End) Arena

Classifieds

Stonewall Teulon
Tribune

Book 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. Interlake Salvage & Recycling Inc. 204-467-9344.

SCRAP METAL

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

SHOP LOCAL - SUPPORT LOCAL BUSINESS

SCRAP METAL

Buyer for all farm-yard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

HAY FOR SALE

Hay for sale - small square bales of horse hay. Call 204-482-9291.

FARMLAND WANTED

Small farm looking to buy farmland in the RM's of Rosser, Woodlands or Rockwood. Flexible on purchase terms. Ph 204-771-2169.

PROPERTY FOR SALE

Stonewall - Commercial zoned property, 5.68 vacant acres with Hwy. 236 frontage, includes 2 of Stonewall's largest limestone kilns. Priced 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. Includes weekdays, evenings & weekends. 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.

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

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EMPLOYMENT OPPORTUNITIES

Full-time/seasonal positions in Churchill with staff housing provided:

SERVING STAFF/HOUSEKEEPING STAFF/FRONT DESK
On site training provided.

WILDLIFE/ECO-TOURISM VIEWING GUIDE
Boat experience, PAL, public speaking, bus license an asset.

BUILDING MAINTENANCE
Minimum 1 year experience.

CARPENTER
Dock building, renovations.

Full-time permanent positions in Churchill:

OPERATIONS MANAGER Wages D.O.E.
RED SEAL MECHANIC Wages D.O.E.



LAZY BEAR EXPEDITIONS
Churchill, Manitoba, Canada

eMail résumé with references to jef@lazybearexpeditions.com

THE RURAL MUNICIPALITY OF ARMSTRONG

INVITATION TO QUOTE

2024 HOURLY EQUIPMENT RATES

The Rural Municipality of Armstrong is inviting quotes for hourly rental rates of various equipment, for the purpose of establishing pay rates for the 2024 construction and maintenance season.

Quotation packages including submission documents are available by emailing clerk@rmofarmstrong.com or Merx.com .

Deadline for Quotation Packages is 4:00 p.m. (CST) Friday March 1st, 2024. Late and incomplete submissions will not be accepted.

Quotations may be submitted to:

Angie Dzuba, Clerk
RM of Armstrong
Lot 55 Highway 17
Box 69, Inwood, MB ROC 1PO
Phone: 204-278-3377 Fax: 204-278-3437
Email: clerk@rmofarmstrong.com

Eddie's Gravel Supply Ltd. is Hiring

ICE ROAD DRIVERS

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2 years driving experience required
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\$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.

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Bergner Auction Service Box 1, Ashern, MB ROC OEO
Email: bergnaut@mymts.net www.apro.bid
www.globalauctionguide.com



TOWN OF STONEWALL

SUMMER EMPLOYMENT OPPORTUNITIES

The Town of Stonewall invites individuals of all ages to apply for the following Summer Positions:

- Gate Attendant/Concession Staff/Janitorial Staff
- Banquet Servers
- Bartenders (must be 18 and have completed Smart Choices Certification)
- Lifeguards/Swim Instructors
- Groundskeepers
- Works & Operations Summer Projects Staff

Based on the position, Town of Stonewall Summer Staff will report to one of the following: Quarry Park Manager, Parks & Arena Manager, or Works & Operations Manager. Wage will be commensurate with education, qualifications and experience.

Procedure for Applying:

Qualified Applicants are invited to submit a cover letter summarizing relevant experience, a resume, plus three (3) references to:

Town of Stonewall

Attention: Ashley Monforton

Email: ashleym@stonewall.ca

SUBJECT: SUMMER EMPLOYMENT - (name of position desired)
293 Main Street, Box 250, Stonewall, MB ROC 2Z0

Deadline for applications: 4:00 PM on March 8th, 2024

A complete job description can be obtained by email at ashleym@stonewall.ca

The Town of Stonewall thanks all applicants, however only candidates selected for interview will be contacted.

NOTES:

- A Pre-Placement Employee Security Check consisting of a Criminal Record Check and a Child Abuse Registry and Vulnerable Sector Check shall be required for all persons that receive a conditional offer of employment from the Town of Stonewall prior to the start of their employment.
- A Post Job Offer / Pre-Placement Physical Exam shall be required for all temporary full and part-time employees within the Works & Operations Department and Parks and Arena Department in the Town of Stonewall.
- The Town of Stonewall embraces a diverse workplace. All applicants will be considered for employment without attention to race, gender, religion, color, national origin, sexual orientation, age, disability or veteran status. All employees of the Town are responsible for maintaining a work culture free from discrimination and harassment by treating others with kindness and respect.



Teulon Golf and Country Club is currently seeking a Golf Course Superintendent for the 2024 season

The rural 18 hole course stretches over 160 acres of lush treed fairways and greens and is located 35 minutes from the north perimeter on PTH #7.

The successful applicant must possess:

- A Valid Manitoba Pesticide Applicators licence
- Mechanical knowledge of turf equipment
- Complete knowledge of irrigation systems
- Certificate or diploma of turf management program
- Must be a team leader, work independently and communicate well with staff
- Strong leadership and organizational skills to organize and oversee operations and staff in the maintenance department

Duties to include:

- Oversee any staff training and safety programs
- Organize and maintain maintenance staff schedules and time sheets
- Scheduling for applications of fertilizers, pesticides, herbicides etc.
- Maintain and update all equipment and service records
- Must be able to report and communicate with Owners/Management on a regular basis
- Maintain a clean and organized work environment inside and outside of buildings
- Oversee and assist with day to day routine golf course maintenance duties
- Work in tandem with the pro shop to ensure that activities are well planned and performed with no disruption to golfers

Please submit your resume by February 29th, 2024 via email GM.Teulongc@gmail.com

The position will be kept open until a suitable applicant is hired.
94-089 PTH #7 Teulon, Manitoba

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Stonewall Teulon
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The Tribune Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication
Please Call 204-467-5836

Do you have a unique service you would like to advertise? Get the word out with an ad in the Tribune!



NOTICE OF ELECTION

Notice is hereby given that a vote of the Town of Teulon will be taken to elect one councillor from the following duly nominated.

Candidates:

For the office of Councillor:

CAMPBELL, Bert

KLETKE, Glenn

VOTING PLACES

Voting places will be open for voting on Wednesday the 6th day of March 2024 between 8:00 am and 8:00 pm at the Teulon-Rockwood Centennial Centre, 14 Main Street, Teulon MB.

IDENTIFICATION MAY BE REQUIRED BEFORE BEING ALLOWED TO VOTE. A person may be required to produce one piece of government issued photo identification (for example - driver's license or passport) or at least two other documents that provide proof of identity.

ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on election day, an advance voting opportunity will be located at the Town of Teulon Civic Centre, 44 Fourth Ave SE, Teulon MB and will be open Saturday, February 24, 2024 between 8:00 am and 8:00 pm.

MOBILE VOTING

For the purpose of accommodating persons who are qualified to vote, but reside at a health care facility, a mobile voting station will be set up at the following health care facilities on election day:

1. Teulon-Hunter Memorial Hospital 10:00 am – 12:00 pm
162 Third Ave SE, Teulon MB
2. Goodwin Lodge 1:00 pm – 3:00 pm
162 Third Ave SE, Teulon MB

APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply in person, in writing, or by email to the senior election official at the Town of Teulon Civic Centre.

If applying in person*, a voter may apply between February 6, 2024 and March 1, 2024.

*A voter applying in person may pick up a sealed envelope ballot package at the time of application.

If applying by mail or email**, a voter may apply between February 6, 2024 and March 1, 2024.

** A voter applying by mail or email will receive a sealed envelope ballot package by regular post, or by making alternative arrangements with the senior election official.

Roger A. Bouvier, SEO
Town of Teulon
1-204-792-0849
municipalsolutions@mts.net

PIANO LESSONS

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

WANTED

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

WANTED

Private collector looking to buy firearms. Complete collections, ammunition and hunting related items. Licensed and insured. Cash buyer. Call or text 204-297-9223.

Wanted old advertising: dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, tire signs, Coke, Pepsi etc. Call 306-221-5908.

FLIGHT ACADEMY

Want to learn how to fly? Interested in a career as a commercial pilot? LS Airways Flight Academy is the most affordable in Canada. We have students from all over the world. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

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NOTICE OF APPLICATION
RURAL MUNICIPALITY OF ROCKWOOD
REVISED WATER AND WASTEWATER RATES
BALMORAL WATER AND WASTEWATER UTILITY

January 30, 2024

The Rural Municipality of Rockwood (RM) has applied to the Public Utilities Board (Board) for revised water and wastewater rates for the Balmoral Water and Wastewater Utility (Utility) as set out in By-Law #15/23, read the first time on September 13, 2023. Rates were last approved in 2012 in Board Order No. 101/12, with current rates coming into effect January 1, 2024.

The current and proposed rates are as follows:

	Current Rates		Proposed Rates		
	Board Order 101/12	By-Law 15/23 Year 1	By-Law 15/23 Year 2	By-Law 15/23 Year 3	
Quarterly Service Charge	\$ 15.95	\$ 21.00	\$ 22.00	\$ 22.50	
Water (per cubic meter)	\$ 1.05	\$ 2.00	\$ 2.50	\$ 3.50	
Wastewater (per cubic meter)	\$ 1.90	\$ 2.75	\$ 3.25	\$ 4.25	
Minimum Quarterly Charge*	\$ 60.20	\$ 92.25	\$ 109.25	\$ 138.75	
Deficit Rate Rider**	\$ 1.11	\$ 1.11	\$ 1.11	\$ -	
Minimum Quarterly Charge with Rate Rider*	\$ 76.85	\$ 108.90	\$ 124.90	\$ 138.75	
Bulk Water Sales***	\$ 3.15	\$ 3.24	\$ 3.45	\$ 3.94	
Disconnection/Reconnection Fee	\$ 50.00	\$ 100.00	\$ 100.00	\$ 100.00	
Hydrant Fee	\$ 150.00	\$ 200.00	\$ 200.00	\$ 200.00	
Hourly Call Back Rate	\$ -	\$ 125.00	\$ 125.00	\$ 125.00	

*Based on 15 cubic meters
**Approved in Board Order No. 186/19 to be recovered over 5 years beginning January 1, 2020.
***Current Rate - Bulk Water Rate plus \$50.00 per fill, Proposed Rate - Bulk Water Rate plus \$100.00 per fill.

Details of the RM's application are available for review at the RM's office or the Board's office. Any questions concerning the application for revised rates, or the operation of the Utility, should be sent directly to the RM.

If you have concerns/comments regarding the RM's application for water and wastewater rates please go to www.pubmanitoba.ca and provide your comment. Please note all comments will be forwarded to the RM.

Questions or comments should be sent on or before **March 15, 2024**.

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
 Assistant Associate Secretary
 Manitoba Public Utilities Board

LAND FOR SALE

240 Acres of farm land for sale in the RM of Rockwood.
\$3500/acre.
Location: NE20 15 3E and SE20 15 3E
Offers being accepted via email:
mmansell2017@gmail.com OR mail:
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Email resume to:
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Attn: Dave

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

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THE RURAL MUNICIPALITY OF ARMSTRONG

REQUEST FOR TENDER

2024 Blast / Crush and Supply of Limestone

The Rural Municipality of Armstrong invites tenders for Blast / Crush and Supply of limestone for the 2024 road maintenance program.

Please contact the office at clerk@rmofarmstrong.com or Merx.com to obtain the mandatory tender document.

Interim CAO Nancy Howell
RM of Armstrong
Lot 55 Highway 17
Box 69, Inwood, MB R0C 1P0
Phone: 204-278-3377

PUBLIC SAFETY NOTICE

Dangerous Ice Conditions During Ice Cutting and Ice Breaking Operations

Ice cutting crews will begin working on or about February 20th on sections of the Red River beginning in the Netley Lake area and will move upstream towards Selkirk. On February 20th, the Amphibex ice breakers will start operating at the mouth of Netley Creek.

Dangerous ice conditions may not be obvious but will exist. Ice fishers, cross-country skiers, snowmobilers and others going on the frozen river must:

- Use caution on the ice
- Stay away from the ice cutting and ice breaking equipment
- Watch for posted warning signs about dangerous ice
- Watch for notices to remove ice shacks and remove them promptly



EMPLOYMENT OPPORTUNITY

The West Interlake Watershed District (WIWD) invites you to be part of our mission in a flexible role as an Environmental Assistant/Communications Coordinator. Can be part-time or full-time terms, with potential extensions based on funding.

We are committed to environmental conservation, promoting water quality, soil health, and climate change adaptation, WIWD offers a meaningful opportunity to contribute to sustainable practices. This position involves a range of responsibilities related to environmental conservation and administrative tasks.

Key Responsibilities:

- Assist with environmental data collection, data entry, and analysis relating to WIWD programming.
- Collaborate with our team on environmental projects related to water quality, soil health, and watershed resilience.
- Public education relating to environmental initiatives and WIWD programming.
- Utilize Microsoft Office Suite proficiently for various tasks.

Qualifications:

- Education or certification in environmental programs is an asset.
- Knowledge of Microsoft Office Suite.
- Strong organizational and communication skills.
- Ability to work effectively in a team and independently.
- Detail-oriented and capable of multitasking.
- A valid driver's license is required.

Send your resume and cover letter to manager@wiwd.ca by March 1, 2024.



WIWD is committed to fostering diversity. We welcome applicants from all backgrounds.

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IN MEMORIAM

In Loving Memory of
my wife and mother
Carol Chartrand
1948 - 2009

We thought of you today,
But that is nothing new;
We thought of you yesterday,
And days before that too.
We think of you in silence,
We often speak your name;
All we have are memories,
And a picture in a frame.
Your memory is a keepsake,
From which we will never part;
God has you in His arms,
We have you in our hearts.

-Forever loved and deeply missed,
David and family

IN MEMORIAM



Marian Burchuk (Balness)
May 27th, 1939 - February 10, 2011

You left us beautiful memories,
Your love is still our guide;
Although we cannot see you,
You're always at our side.

-Peter, Shannon, Elanna, Rob and Lisa
Dale, Skyler, Coco

OBITUARY

Lindal Reagan Kjeli Erickson
August 11, 1985 - January 9, 2024

It is with great sadness and broken hearts that we announce the sudden and unexpected passing of Lindal Erickson.

Lindi will be forever remembered by his children who were the love of his life: Kaylee, Kendra, Lincoln and Livie; the mother of his children, Kristen Maxwell; parents Karen and Larry; sister Kirstin (Martin), brother Brock (Desiree), nieces Paisley and Brinley and many aunts, uncles, cousins and friends.

He is predeceased by his grandparents: Rakel and Gudjon Erickson, Edna and Marino Gudmundson; Aunti Lenore; Uncle Bob, and Uncle Barry.

Cremation has taken place and a public celebration of life and lunch will be held at the Stonewall Legion Clubroom 459 Main Street on Friday February 9, 1:00 p.m. - 3:00 p.m.



In lieu of flowers, a trust fund has been set up for Lindi's children at CIBC for anyone who wishes to make a donation may e-transfer to kayleemayjean@hotmail.com or contact Kaylee Erickson for information.

OBITUARY

Denis Lecoq

Denis Lecoq of Winnipeg, Manitoba passed away peacefully at the Heritage Life Personal Care Home in Niverville, MB on Monday, January 29, 2024 at the age of 88 years.

Denis is survived by four children, Michel, Greg, Jo-Lyn (Brad Cadieux), Ryan-Lee (Allison Neil); grandchildren, Sara Scheschuk, Nathaniel and Cassandra Cadieux, Joshua and Elise Merrett, Nikohlus and Devin Lecoq; one great-grandson Elijah; siblings, Leon Lecoq and Yvonne (Robert) Callawaert; his in-laws Andre (Jeannette) Durand, Diane Durand, Therese Durand and Gerry Simoens; and numerous nieces, nephews, relatives and friends.

He is predeceased by his beloved wife Marie-Joséphine (née Durand); his parents, Antoine Lecoq and Guillemine (née Hutlet); his siblings, Angele (Bert) Chaperon, Antoinette (Harry) Coppens and Laurent (Bonny) Lecoq; his parents-in-laws, Joseph Durand, Alice (née Arcand) and Marie-Jeanne (née Jean); his in-laws, Solange Lecoq, Denis Durand, Henri (Angeline) Durand, Guy Durand, Frances Durand and Ange-Aimée Simoens, Rolande Hague (Lloyd, Abe).



Denis was born on July 1, 1935 in Bruxelles, Manitoba to Antoine and Guillemine Lecoq. He resided around the Treherne area where he attended St. Urbain School. Denis married Marie-Joséphine Durand in 1960. Together they built a home in Holland, Manitoba where they lived for seven years while Denis owned and operated the Holland Transfer. In 1967, Denis sold the Transfer and he and Marie moved to Glenboro, Manitoba where they started farming. Over the next seven years, Denis and Marie completed their family with the addition of four children. Denis decided on a career change and in the early 1980s, he began working in sales starting with agricultural machinery before moving into agricultural input sales. In 1988, Denis and Marie moved to Teulon, Manitoba where Denis continued to work in this capacity until his retirement. It was in retirement that Denis' love of gardening began and flourished. He began market gardening alongside his beloved Marie and the two of them loved to sell their wares at many markets in the Interlake area. Denis and Marie decided to sell their acreage and move into Winnipeg in 2016.

Denis loved to keep active and never missed an opportunity to shoot some billiards, play some cards or go old time dancing. He and Marie spent many winters in Osooyos, BC where they met many like-minded friends. These friendships continued beyond the winters and they both love travelling across Manitoba, Saskatchewan and Alberta to visit their snowbird family. When Denis and Marie celebrated their 50th anniversary in 2010, the Teulon hall was filled with their Osooyos friends that came from far and wide to help them celebrate their big day. Denis was always happiest when surrounded by friends and family.

The Cemetery Service was held at Glen Lawn Memorial Gardens on Monday, February 5, 2024. Father Armand Le Gal presided.

The family would like to thank the staff at the Heritage Life Personal Care Home in Niverville for the care and compassion Denis received while there.

For more information and condolences, please visit www.afh.ca

Adam's Funeral Home of
Notre Dame de Lourdes, Manitoba
in care of arrangements
Phone 204-248-2201 or 1-888-400-2326

IN MEMORIAM



Robert Broadfoot
September 4, 1969 - February 9, 2021

The world changes from year to year,
Our lives from day to day;
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Shall never pass away.

-Love Mom
and your family
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OBITUARY



Evelyn Grace Blowers

Born September 25, 1933 on the farm in Woodlands. Peacefully passed February 3, 2024.

Daughter of Herbert and Doris Jones. Evelyn was married to Jim Blowers October 30, 1953. Jim predeceased Evelyn September 28, 1993. She leaves to cherish her memory her three children, Charles, Beverley, (son-in-law Bruce Gray) and Carol. She also leaves her granddaughter Sydney Smith and husband Shane Smith; and twin great-granddaughters, Averie and

Summer. Evelyn spent her life giving to the community, through the Legion, Ladies Auxiliary, and ACW. Evelyn loved her Bingo and watching curling, and she was also an avid gardener. She started life as a young girl driving her father's team of horses, and finished harvesting with her son. Always on the go.

Time will heal the wounded hearts, that have been hurt, at the same time all the beautiful memories return. Thanks Mom.

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



OBITUARY



Fraser McCullough

It is with great sadness that we announce the passing of Fraser McCullough, age 63, on January 18, 2024. After a courageous battle with cancer, Fraser passed away peacefully at Stonewall hospital, surrounded by family.

He was predeceased by son Matthew, and parents, Lloyd and Betty.

He leaves to mourn partner Bobbi, son Fraser (Chantel), daughter Cara (Bryce), sister Tannis (Fred), sister Alison, brother Grant (Dom). He will

be deeply missed by his nieces, nephews, extended family and friends.

Fraser grew up in North Kildonan. He loved hockey and spent his summers in Grand Marais with family. When he married Lana, they settled in Stonewall and raised two children. Fraser worked as a glazier, installing windows for many years. He was a skilled handyman and an avid fisherman. His passion for fishing and the outdoors took him on many adventures. He enjoyed hiking, going to the beach, cooking, and tending his vegetable garden. He also loved animals. Our dog was always by his side. Fraser eventually moved to Winnipeg where he met Bobbi. They settled in Fraserwood. Together they loved renovating homes, mushroom and berry picking, and rockhounding.

We would like to thank Stonewall Hospital for their care and compassion. Celebration of Life will be held March 29, 2 pm at Neil Bardal Funeral Home, 3030 Notre Dame Ave.

Gone Fishing!

OBITUARY



Sheila Pearl Cottingham

Peacefully on Sunday, January 28th, 2024 Sheila passed away at the age of 94 years.

She will be dearly missed by her son, Gregory (Anita); daughter, Glenda (Shane); grandsons, William (Angela), Hunter; and numerous nieces and nephews.

She was predeceased by her husband Glen in 1995; sisters Carol Klagenberg, Linda Craig, and brother James McRae.

Sheila was born in Selkirk and raised in the Meadowdale district. She graduated from Grade 12 at St. Mary's Academy in Winnipeg. After completing further training in Business at St. Mary's she worked as a statistician for the Radio Oil Company in Winnipeg.

She married Glen Cottingham in 1951 and moved to the family farm in Petersfield. Here she functioned as an integral part of the successful seed business 'Cottingham Seed Farms', while raising

two children. She resided in Petersfield until moving to Selkirk upon their retirement from the seed business.

Sheila was a certified Health Care Aide and worked as a Home Care provider; a library clerk at Gimli's Evergreen Regional Library; and a Program Assistant for 4H.

She enjoyed travelling to horse shows and activities with her daughter Glenda, and trips to the casino. An avid reader, she especially enjoyed mystery stories and programs on television.

She took great enjoyment in spending time with her grandsons and was an enthusiastic and loving nana, always taking interest and pride in their accomplishments.

She moved to Gimli Betel Personal Care Home in 2023 due to health challenges. The past year was spent exploring Gimli and enjoying its many amenities such as dining, shopping, and fishing off the dock.

The family would like to thank the staff and caregivers at Betel Home in Gimli for the patient and loving care for mom in these past few months.

As per her wishes, cremation has taken place, and a memorial service and interment will take place at a later date.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Yvonne Alice Cruise (née Bale)

Surrounded by love, Yvonne Alice Cruise (née Bale) peacefully passed away on January 25, 2024.

Yvonne is survived by her husband, Jack, of 49 years, her children Shawn (Nicole), Dennis (Cindy), and Kelly (Jack), as well as her six beloved grandchildren: Abigail, William, Joseph, Grayson, Channing, and Logan. She is also survived by her and Jack's numerous siblings and their families.

Yvonne's sister, Louise Jones, sister-in-law, Sharon Cruise, daughter-in-law, Nicole Merrick, and niece, Erin Skrabyk, were dearly loved by Yvonne. We are forever grateful to them for their unwavering love and constant support shown to Yvonne throughout the years.

Born on July 3, 1953, to Ernest and Angelique Bale in the town of Fisher Branch, Yvonne was the second oldest of nine children.

From her younger years, she fondly recalled trips to Winnipeg with her grandfather, engaging in shenanigans with her siblings, and her mother yelling to her father: "Ernest, put your foot down!"

In May 1974, Yvonne married Jack and moved to the farm in Chatfield, where she devoted herself as a wife and mother. Her training as a hairdresser came in handy on the farm, with a constant stream of kids and cousins in need of a trim. Yvonne tolerated cooking, loved gardening and flowers, was an avid bird watcher, and had a passion for healthy living. She could always be found on the road to 4-H, at the rink during her sons Shawn and Dennis' hockey years, and supporting her daughter Kelly in her favorite activities. Her six grandchildren held a special place in her heart, and she was always there to listen to the goings-on in life and at school, being the first to provide advice and encouragement.

In her later years, Yvonne resided at Goodwin Lodge and actively participated in various activities. A fun partner in crime, she was always ready for a shopping trip, dinner, a movie, or a game of Bingo.

While Yvonne had a critical illness for much of her life, it never defined her, and she lived her life with gratitude and grace, focusing on peace and positivity. Yvonne embraced life with laughter, never dwelling on the negative or challenges that came her way. She harbored no judgment, exuding kindness to everyone around her, always quick to share a smile or have a laugh. Yvonne loved music and was always humming a tune whenever and wherever music was found. She was unique, and it was impossible not to love her.

We extend our heartfelt gratitude to Goodwin Lodge, the nursing staff, and Dr. Loudon for their exceptional friendship and care during Yvonne's time there.

She will be profoundly missed.

Funeral Service will be held on Tuesday, February 13, 2024 at 1:00 p.m. at Immaculate Conception Roman Catholic Church in Fisher Branch, MB. Lunch will follow at Chatfield Community Hall.

In lieu of flowers, the family kindly requests that you consider making a donation to MS Canada in honor of Yvonne's memory. Contributions can be made online at <https://mscanada.ca/>. Your generosity will support ongoing efforts to enhance the lives of those affected by Multiple Sclerosis.



204-886-0404

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