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TRIBUNE PHOTO BY JO-ANNE PROCTER

Last Saturday night, the Woodlands Rec Club held a CFRY Radio Amateur Talent Show at the community hall, which was a great success. Bobbi-Jo Bulon showed her support for the youngest performers — Remi Fisher (3), Lovella Bolun (3) and Paisley Fisher (6) who stole the show.

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Camp Stepping Stones looking for volunteers, campers

By Lana Meier

Camp Stepping Stones will be back in person from Friday, May 31 to Sunday, June 2, and it's looking for volunteers and campers.

This camp is geared for kids aged seven to 17 who have recently lost a parent or somebody close to them. Volunteers create a safe environment for kids to explore their grief alongside other youth who are also grieving.

Cameron Benedictson, 33, occupational safety and health officer with Interlake-Eastern Regional Health Authority, lost his father when he was in his 20s so he knows what it's like to lose someone close to him.

"I volunteered at camp last year for

the first time. I saw that they needed volunteers and I thought it was a great idea for kids to go away for a weekend and see other kids going through something similar. They learn they aren't alone," says Benedictson, who will volunteer again this year. "They get to go have fun."

Individuals interested in volunteering can complete an application form found at <https://www.ierha.ca/programs-services/palliative-care/camp-stepping-stones/>

Various volunteer roles are offered, including being a cabin leader and assisting with activities.

In addition to volunteers, the camp is also still accepting applications for campers at <https://www.ierha.ca/>



TRIBUNE PHOTOS SUBMITTED
Campers decorated special memory boxes at last year's Camp Stepping Stones.

[programs-services/palliative-care/camp-stepping-stones/](https://www.ierha.ca/programs-services/palliative-care/camp-stepping-stones/)

Barb Ramsay, palliative care volunteer co-ordinator, is calling for individuals to assist campers with a variety of tasks such as sewing, crafts, ziplining and archery. Whether for the entire weekend or just a few hours, volunteers are encouraged to join in on the fun and lend a helping hand.

For more information, contact Barb Ramsay at bramsay@ierha.ca, 1-855-494-7369 or 204-785-7542 or visit <https://www.ierha.ca/programs-services/palliative-care/camp-stepping-stones/>



Campers were able to enjoy the outdoors at Camp Stepping Stones with rope climbing.

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Teulon students enjoy I Love to Read month



Grade 3 student Grayson was "caught reading" and his photo was then put onto the spiderweb bulletin board.



Grade 1 student Cooper Sim during the glow scavenger hunt in the library.

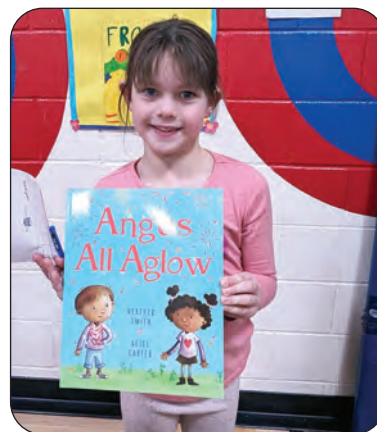


TRIBUNE PHOTOS BY HEIDI REEB

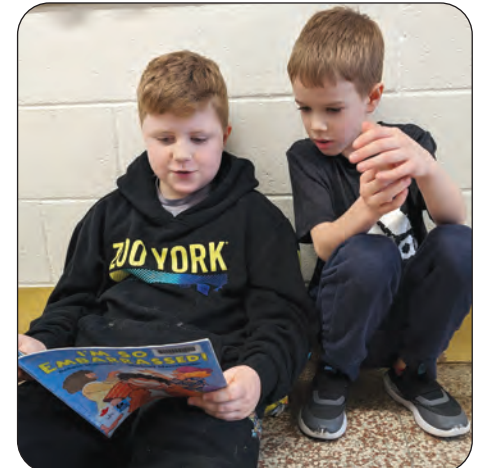
TES students enjoyed I Love to Read Month with many reading themed activities as well as a Scholastic Book Fair. Grade 1 students Chloe Emms and Ava Waluk browsed through a large selection of books and made their wish list to share with their parents.



Grades 1 and 2 students Chloe Emms, Jayce Campbell, Grayson Fisher pose by Haleigh Bauer as the bookworm.



Grade 1 student Ellie Melsted found "Bookie the Book Worm" at the Book Fair and got to choose a book as her prize.



Grade 5 student Gavin Pazdzierski buddy reading with Grade 2 student Ben Feenstra.

By Jo-Anne Procter

While many students enjoy reading throughout the year, February is a particularly special month at the schools.

This year at Teulon Elementary School, all classes participated in many reading activities.

Grade 5/6 student volunteers created and implemented book games to

play each day after *O Canada*. These games ranged from book trivia to classroom scavenger hunts.

There was a glow scavenger hunt in the library, a take-home Bingo chal-

lenge, and kindergarten to Grade 4 students enjoyed a guest reader from the Manitoba Advocate for Children

Continued on page 4

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Climate change report for the Town of Stonewall

By Jennifer McFee

Climate change is a reality for communities across the globe, and Stonewall is no exception.

Stonewall's CAO Wally Melnyk and municipal emergency co-ordinator Dennis Peterson recently attended a climate adaptation and disaster mitigation workshop in Gimli. At the event, which was hosted by Eco-West, each participating community received a report from Prairie Climate Centre that provides projected impacts of climate change in upcoming decades.

"The information was intended to be a starting point for discussion in the workshops that were held that day," Melnyk said.

"The workshop was the start for us in working through the potential impacts of climate change and ways that we can prepare and mitigate the effects. Municipal emergency co-ordinator Peterson and his team, along with all town departments, will be working on projects and initiatives to accomplish that goal in the weeks and months to come."

According to the report for Stonewall, the future could mean much warmer winters, wetter springs followed by drier late summers with many more hot days.

The report notes that the typical hottest summer day in the recent past is 34.2 C, but that's expected to increase to 36.6 C from 2021 to 2050 and 39.1 C

in 2051 to 2080.

The number of +30 C days per year in the recent past is 13, which is expected to jump to 49 in 2051 to 2080.

In the recent past, we've experienced two heatwaves per year on average, which is expected to increase to six from 2051 to 2080.

"High temperatures can be hazardous, especially for the elderly, the chronically ill and those without air conditioning," states the report.

"High and prolonged heat can also impact air quality, facilitate the spread of harmful diseases, inhibit outdoor activities and cause stress and anxiety. We can adapt with measures such as shaded areas, green roofs and supports for those who need help during heat waves."

A warmer climate also increases the chance and severity of extreme weather, so the report suggests that communities should focus on planning, engineering, emergency preparedness and water management.

At the same time, climate change can impact infrastructure that's not built to withstand extremes.

"Emergency preparedness, planning and construction practices for retrofits and new development that take the new climate reality into account can increase our adaptive capacity," notes the report.

"Acting now will reduce economic risk and save on the rapidly increas-

ing long-term damages and costs associated with climate change."

According to the report, the typical coldest winter day in the recent past is -36.5 C, which is expected to increase to -32.8 from 2021 to 2050 and -28.5 C in 2051 to 2080.

In the recent past, we've experienced about 14 days per year that are -30 C, which is expected to drop to one day per year from 2051 to 2080.

The number of below-zero days per year in the recent past is 189, which will drop to 151 from 2051 to 2080.

Meanwhile, the length of the frost-free season is expected to increase from 131 days of the recent past to 170 days from 2051 to 2080.

The report outlines concerns associated with extended periods of above-freezing mid-winter temperatures.

"Melted snow often pools in half-frozen culverts and sewers, and when temperatures later fall below freezing, this water can partially or fully block these important drainage systems. This leaves property vulnerable to flooding during the spring thaw or during a winter rain event," the report states.

"Temperatures closer to freezing will also likely lead to more freeze-thaw cycles, causing increased risk of frost heave and other kinds of physical and thermal stress on the built environment."

Shorter winters can also impact flood protection systems, access to remote communities and outdoor winter recreation. Ice can accumulate on power lines during freezing rain, and roads and sidewalks can become hazardous.

In addition, warmer weather can increase the ability of invasive species, pests and pathogens to survive the winter.

Spring precipitation is expected to increase from the typical 116 millimetres to 135 mm from 2051 to 2080. In contrast, typical summer precipitation of 225 mm is expected to decrease to 218 mm. The current fall precipitation of 112 mm will likely increase to 120 mm, while the current winter precipitation of 65 mm will increase to 77 mm from 2051 to 2080.

"Taking immediate action to prepare for climate change will have long-term benefits. For every dollar that is spent on climate change adaptation measures, it is estimated that \$13 to \$15 will be saved in the long run through preventing or reducing the direct and indirect impacts caused by climate change," states the report.

"Building a resilient community starts by taking action today to prepare for tomorrow."

Visit www.climateatlas.ca to view an interactive climate change maps and other tools.

letter to the editor

Letters to the Editor:
news@stonewallteulontribune.ca

> I LOVE TO READ,
FROM PG. 3

Provincial education funding falls short for Interlake students

On Feb. 1, Manitoba's Minister of Education and Early Childhood Learning made an important announcement about funding for this province's public schools. A 3.4 per cent increase to operating funding represents a solid investment — provincially. But as with most funding announcements, the tough reality is in the details.

For the Interlake School Division, those details are challenging, to say the least.

On "education funding announcement day," the process for school boards and division senior administrators is much the same, year over year. We hear the big provincial number in the press conference (3.4 per cent), and then we anxiously await our own division-specific email from the department to outline our own

specific funding details.

With much disappointment, we learned that ISD would only be receiving a one per cent increase in operating funding over last year's provincial funding. This equates to a \$186,000 increase on the \$19-million provincial portion of the ISD's \$42-million budget — a woefully inadequate amount after nearly a decade of consistent and sustained funding reductions from provincial governments of both stripes.

However, Minister Altomare also included an important update to the education funding announcement for the 2024-2025 fiscal year. After five years of decreased provincial education funding, exacerbated by a cap on school boards' capacity to generate revenue through local taxation, the new provincial government has notified boards that local taxation is once again an option to address local needs.

With all of this said, the Board of Trustees of ISD is working on a proposed bud-

get, which will be the subject of a virtual information session at 7 p.m. on Feb. 28. We will share with our communities our various considerations on staffing levels to maintain class sizes, additional resources to support students with additional needs and make meaningful investments in our aging school bus fleet; all while attempting to balance a mill rate increase that respects the current affordability challenges faced by all members of our communities.

Community members are encouraged to research the proposed budget summary documents, attend the virtual information session or view the full recording of the information session via our website at www.interlakesd.ca. Contact information will be available on the website as well, so that questions and feedback can be submitted to the Board of Trustees in the days that follow the information session.

- Sincerely,
Alan Campbell
ISD Chair Board of Trustees

and Youth.

Guest reader Brittney Mikolayanko of the Advocacy Office from Manitoba Advocate for Children and Youth read the book *We Are Water Protectors* by Carole Lindstrom. She explained that children have many rights, including clean drinking water, a safe place to live and going to school. Students received pencils and stress balls from her. A number of books were donated to the TES library by the Manitoba Métis Federation.

To cap off the month, students took part in a Scholastic Book Fair, where they had the chance to look through a wide variety of books they were able to purchase.

Vote for Interlake restaurants during Potato Week



TRIBUNE PHOTOS SUBMITTED

Local eateries are encouraging people to eat more potatoes while voting for their favourites from March 1 to 10. Restaurants can enter to participate up until March 1.

By Jennifer McFee

Manitoba is no small fry when it comes to growing spuds, since many farmers across the province have grown taters since they were tots.

To celebrate the starchy root vegetable, Peak of the Market Ltd. is presenting Potato Week. Starting Friday, March 1, diners can vote for the 2024 Potato Week champion at www.potatoweek.com.

"From March 1 to 10, restaurants throughout Manitoba will transform into potato palaces, crafting mouth-watering dishes that showcase their culinary creativity," said Taylor Fenn, director of marketing and communications.

"This event is free for restaurants to participate, and restaurants can opt in to receive 100 pounds of complimentary Manitoba-grown potatoes."

Potato Week began in 2018 in an effort to showcase the versatility of potatoes while also highlighting the creativity of local chefs.

"Potato Week isn't just about delicious bites, though. It's also a chance to shine a spotlight on Manitoba growers," Fenn said.

"By participating, you're supporting the dedicated individuals who cultivate the potatoes that inspire the innovative dishes crafted by local chefs."

Many of the growers are rooted in Winkler and surrounding areas. Participating growers this year include Garden Valley Vegetable Growers, Haskett Growers, Hespler Farms, Kroeker Farms Ltd., Schmidt Farms

Ltd., Southern Potato Co. and W.J. Siemens Farming Co. Ltd.

In addition, participating restaurants extend beyond city limits — including a couple entries in the Interlake.

Kahleigh's Brew Barn in Riverton is entering a simple yet delicious dish called "Kahleigh's Potato Wedges" featuring Italian seasoned and marinated Manitoba-grown potatoes fried to perfection and served with their house ranch.

Located at 40 Main St., Kahleigh's Brew Barn recently earned accolades during La Poutine Week, ranking No. 1 in Manitoba and No. 3 across all of Canada.

"Potato Week reached out to us this year asking us to participate via social media. I had never heard about Potato Week before, and after looking into it further, it definitely appealed to us," said owner Kahleigh Dubois.

"We love that this is something for Manitoba restaurants and promoting Manitoba potatoes. It's exciting to be in the first few years of an event like this as it's just going to grow and grow each year, I'm sure — and we get to be along for that ride."

For their first year entering Potato Week, Kahleigh's Brew Barn will maintain a focus on potatoes only.

"This is something so simple to make, yet so delicious. Hopefully this can promote not only our restaurant but an easy dinnertime recipe as well to get more Manitoba potatoes on Manitoba plates," Dubois said.

"After the week is done, I plan to

share with our customers on our social media pages the way I make these at home with only an air fryer. They are a little more tasty when made in the deep fryer, of course, but the air fryer version are a close second."

Continued on page 7



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ISD presents a proposed mill rate increase for 2024-25

By Jennifer McFee

Interlake School Division's board of trustees is seeking feedback on its proposed budget, which includes a proposed mill rate increase.

On Wednesday, Feb. 28, the school board presented its 2024-25 proposed budget during a virtual public information meeting. The proposed mill rate would increase to 11.067 next school year compared to 10.23 this school year.

Board chair Alan Campbell explained that the school division had to make cuts in recent years due to reduced funding from the provincial government. The proposed budget would be balanced at \$45,683,000, compared to \$41,705,000 in 2023-24.

"From about 2014 to 2019, we would receive 98 per cent of what we had received from the year before, yet expenses have gone up every year," he said.

"Then five years ago, the provincial government, under the former PC government, capped all school boards' capacity to increase education property tax revenues in excess of two per cent over the year prior. So for the last five years, the problem of poor provincial funding was exacerbated by the fact that they further limited our ability to fund our programs by limiting our ability to tax."

That changed on Feb. 1 when the current provincial government announced a 3.4 per cent increase to operating funds for public schools. Higher levels of funding will go to divisions with high enrolment growth and divisions with a smaller tax base.

"For us, we actually only received a one per cent increase, which is a very small increase, equating to a \$186,000 increase on the \$19 million in provin-

cial funding," Campbell said.

"However, the provincial government also recognized that school boards have a lot of ground to make up after years of underfunding and we have the local autonomy to generate revenue through education property tax."

The local school division will focus on maintaining an average class size of 20 students. For the 2023-24 school year, the average class size for kindergarten to Grade 8 is 19.72 while the average class size for grades 9 to 12 is 19.51. The pupil-to-teacher ratio is calculated by the number of students divided by the number of classroom teachers in each building.

Enrolment in 2023-24 was 2,967 students. For 2024-25, it's expected to decrease slightly to 2,953 students.

Currently, the school division employs 225.4 professional staff members, which includes teachers, administrators, program support workers and clinicians. The proposed budget would increase the professional staff team to 230 full-time equivalents, which would include an additional social work position as well as an Indigenous education position. Hours for education assistants would also increase. All staff salaries account for more than 83 per cent of the ISD budget.

The proposed budget also includes purchasing four new school buses as well as restoring funds for capital maintenance projects.

"We are proposing a budget that increases the mill rate; therefore, our constituents will see an increase in their education property tax. This is a needs-based budget, not a wants-based budget," Campbell said.

"This is the bare minimum that we

can do in order to maintain our class sizes below 20, which is a provincial government priority. So we balance what the provincial government expects of us with what we know our community expects of us."

For a property assessed at \$212,700, the proposed mill rate would represent about \$80 more on this year's property tax bill compared to last year. For a property assessed at \$450,000, the proposed mill rate increase would represent about \$170 more compared to last year's property tax bill. Properties assessed at a lower value would see a lower increase, while properties assessed at a higher value would see a higher increase.

"The provincial government is still planning to rebate 50 per cent of education property tax back to property owners this year. So for all intents and purposes, on a property worth \$450,000, it's an increase of approximately \$85," he said.

"The calculation is different when you look at commercial or agricultural property by virtue of how the provincial government tax model works."

The school division plans to increase its special levy, which is the amount of money it generates through local taxation.

"We are increasing the amount of money that we generate from the special levy by 9.9 per cent over what we generated last year," Campbell said. "That's a significant number."

For those who weren't able to attend the virtual meeting, they still have a chance to provide feedback on the proposed budget.

"We want to hear from people who

Continued on page 7

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> POTATO WEEK,
FROM PG. 5

The Riverton restaurant is open seven days a week from 11 a.m. to 10 p.m. Monday to Saturday and noon to 8 p.m. on Sundays.

Meanwhile, in East Selkirk, Taysteez is entering a delectable dish called "Taysteez Poutine" featuring fresh-cut russet potatoes smothered with house-made gravy and tasty cheese curds.

The eatery is currently located at 1145 Strathcona Rd. in the East Selkirk arena and clubhouse building, although plans are in the works to find a new location.

"Our French fries sales are huge and people love our poutines. We get a lot of compliments on them," said Robert McLean, who co-owns the restaurant with Marlene Sutherland.

"We are expanding our food options in 2024 and changing locations and how we operate."

McLean encourages diners to check out the restaurant's profiles on social media platforms.

At the same time, Fenn encourages everyone to try the tasty tuber creations and vote for their favourite during Potato Week.

"Potatoes are versatile, high in nutrients and affordable. Manitoba is one of the largest producers of table potatoes, meaning these humble vegetables are critical to the province's agricultural economy," Fenn said.

"We encourage the public to visit restaurants through social and traditional media and we're partnering with a number of local food influencers this year. Potato Week is an opportunity for customers to try a new dish and be inspired to create their own spud-tacular potato-based dishes."

Visit www.potatoweek.com to view a full list of participating restaurants and growers. The list will continue to be updated until March 1.

> ISD, FROM PG. 6

are concerned. We want to hear from people who are supportive. We've heard from some parents who feel that what we are considering is not enough. They feel that we should be investing more and increasing more because we've had almost a decade of cuts," Campbell said.

"Anyone can submit questions. The plan for the board is to compile those questions, which will then give us an opportunity to consider that feedback before we pass the budget in March."

A link to a recording of the proposed budget presentation meeting will be posted on the Interlake School Division website at www.interlakesd.ca. Residents can submit feedback by emailing isd@isd21.mb.ca.

get informed

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TRIBUNE PHOTO BY JAIME MARGETTS

Last Saturday was a perfect day for a horseback ride for Kaycie on Joy and Gabby on Tora. The temperature was 12 degrees above the average, at 6 degrees C. north of Balmoral. 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

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"I don't understand who the Holy Ghost is?" a friend asked me. "That's a good question." I said. First let me clarify that Ghost here means pneuma in Greek which is a current of air. Newer Bible translations say Spirit instead, but it means the same. The Holy Spirit is a part of who God is. His presence. *Genesis 1:2 says, and the earth was without form and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.* Spirit here written in Hebrew is ruach meaning wind. The Spirit of God is His presence.

It can seem hard to understand but now I think it's easier than ever. Think of it this way. Everyone has a computer these days, even in their hands everywhere they go they can access information at the click of a search bar and bam, there it is. They can send a message or call someone on the other side of the world, and someone will instantly answer. How this works I do not know. I only know that I have trust in it to work through signals in the air waves when I use it. Somehow, we have figured out how to use these signals to send out instant messages. How much more would the Creator know how to use what He has created than us. It is through the working of His Spirit that He reveals Himself to us.

In the Old Testament the Spirit of the Lord came upon the prophets to reveal what the Lord wanted the people to know but in *Ezekial 36:26 He promises that one day He will put His Spirit in us. I will give you a new heart and I will put a new spirit in you.* Jesus spoke of this too in *John 14:26. The Helper, the Holy Spirit whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.* Now through the precious blood of Jesus, those who believe in His name can receive the Spirit and become a part of the family of God.

Laura Lawrence, Discovery Time Director for Ministry in public schools of Manitoba.

Natural gas efficiency programs are funded in part by the Low Carbon Economy Fund.

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Lake Manitoba commercial fishery closes early, first time since '90s

By Patricia Barret

The provincial government closed the Lake Manitoba commercial fishery season early as the maximum quota for walleye (pickerel) and sauger was reached.

A spokesperson for the department of economic development, investment, trade and natural resources said this is the first year since the early 1990s that the fishery has had to close before the end of March.

"The department is closing the Lake Manitoba winter commercial net fishery for walleye and sauger on Feb. 24 as a result of the annual allowable quota being reached. This is the first year since 1991 that the Lake Manitoba quota (907,000 kilograms of walleye and sauger combined) has been reached and the fishery closed before the normal seasonal end date of March 31," said the spokesperson. "Working in collaboration with the Lake Manitoba Commercial Fishers Association, it was agreed that based on weekly production figures, the season would close on Feb. 24 to avoid exceeding the quota."

Fishers were given 10 days' notice before the closure.

All fishing nets had to be pulled and fish deliveries completed by the end

of the day on Feb. 24, according to a notice from the fisheries section manager.

The department issued 285 commercial fishing licenses to Lake Manitoba fishers this year, the spokesperson said, and there are 12 fish sheds that operate around the lake to purchase fish from commercial fishers.

The early closure affects only commercial harvesters. Anglers and those with a carp licence can continue fishing.

"The commercial quota is regulated separately from the recreational harvest. Only the commercial fishery will be closing on Feb. 24 and other fishers are not affected," said the spokesperson. "In addition, Lake Manitoba fishers using a carp licence can continue to harvest carp for the remainder of the season."

The Lake Manitoba fishery is managed separately from Lake Winnipeg, and its harvest data was not accidentally combined with data from Lake Winnipeg.

"The closure of the Lake Manitoba commercial net fishery does not have impact on commercial fishing activities on Lake Winnipeg, as the Lake Winnipeg commercial fishery is managed separately," said the spokesper-



TRIBUNE PHOTO SUBMITTED

A commercial fishing net, fish and tote on the ice on Lake Manitoba. The province closed the fishery early as the maximum quota for pickerel and sauger had been met. The fishery normally closes around the end of March.

son.

The *Tribune* was unable to reach the

fishery association and fish sheds for comment.

Stonewall council declares Feb. 20 Kin Canada Day

Stonewall council news in brief

By Jennifer McFee

The 2024 Kin Canada Week ran from Feb. 18 to 24.

Stonewall council made a declaration to recognize this awareness week as well as 2024 Kin Canada Day on Feb. 20, which marks the 104th anniversary of the all-Canadian service organization.

Council encouraged residents to celebrate Stonewall's lo-

cal clubs and congratulate local Kin Canada club members who give their time and talent to improve the region.

IN OTHER COUNCIL NEWS:

- Council adopted a policy for the rural civic addressing system.
- Council accepted a quotation for \$14,440 plus tax from Jasperson's Greenhouse Nursery to supply flowers to the Town of Stonewall for 2024.
- Coun. Ron Maryniuk is authorized to attend the 2024 municipal weed control update seminar on March 13 in Carberry. All costs will be paid according to the municipal indemnity bylaw.
- Council conditionally approved a subdivision application related to properties at 757 and 769 2nd Ave. North.

• During a special meeting on Feb. 5, council gave first reading to a bylaw to establish a rate for urban services to the Town of Stonewall, excluding the annexed lands.

• Registration is now open for Quarry Park Spring Break Camp, which will run from March 25 to 28 for kids aged five to 11. The Monday to Thursday program runs from 8:30 a.m. to 5 p.m. each day at a cost of \$35 per day. Space is limited. Registration is available at <https://app.univerus-rec.com/stonewallpub/courses/>. For more information, email stoneqp@stonewall.ca or call 204-467-7980.

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

Stonewall Teulon
Tribune

Local writer prepares to launch two books

By Jennifer McFee

A local writer will share her stories at an upcoming double book launch, and everyone is invited to attend the novel event.

Flo Bambenek will launch two books — *Country Girl* and *Yearning* — at a Winnipeg-based event in April.

Country Girl is a memoir that Bambenek felt compelled to write in the hopes that sharing her story might help others who are struggling to live with an alcoholic.

The story starts with Bambenek sharing her experiences growing up in the rural Manitoba community of Clarkleigh before moving to Winnipeg.

"I describe the culture shock I experienced as I moved from a simple, sheltered life into the strangeness of city dwelling. I found myself pregnant and in love at the legal age of 18 — how life changed for me, married to a man who was seven years older than me and loved to drink beer more than he was able to love his family," she said.

"I explain how I moved through 13 years of living with an alcoholic. I explain how Al-Anon saved my life and my daughter's life. I share how my life is today and how I got there."

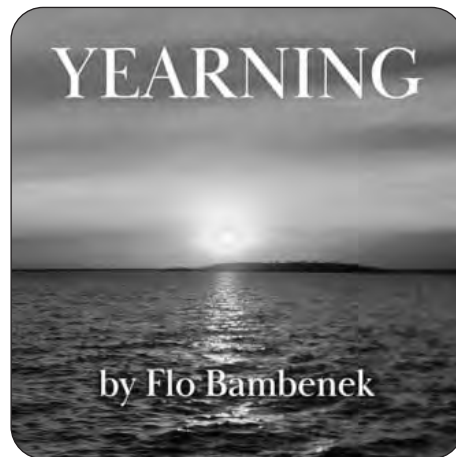
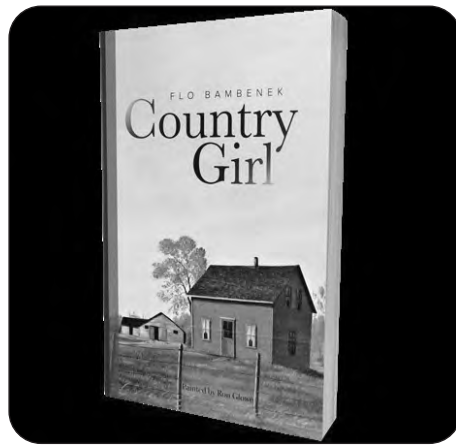
After 13 years of marriage, Bambenek divorced her alcoholic husband. She remarried nearly 35 years ago, and the happy couple lives on an acreage outside Stonewall.

Bambenek started writing *Country Girl* in 2020, during the pandemic when everything was shut down.

"My volunteer work was no longer necessary and the part-time job I held was closed. I had time on my hands, so I wrote *Country Girl*. I went out and bought a laptop for me only. I set up a space in our basement and began to work. I spent one or two hours every day writing, but I spent all my awake and asleep hours thinking about what and how I should share my story," said Bambenek, who recently became a member of the Manitoba Writer's Guild.

"I had to be careful not to let the story consume me. I had to be careful not to relive the horrific times. I had a friend read through the manuscript to ensure it read well enough to publish. We made a few changes and then I began to seek how I would publish. I was new to self-publishing, but with the help of the Internet, I found a Canadian publisher (called Tellwell) who agreed to publish and distribute the book online."

At first, she felt shy about opening up with her story, but she knew shar-



TRIBUNE PHOTOS SUBMITTED

Flo Bambenek will launch two books — her memoir *Country Girl* and a fictional piece called *Yearning* — on April 7 at Artspace in Winnipeg.

ing it was important.

"I felt vulnerable and slightly afraid to share what I had not ever shared before. But with the encouragement from friends and my loving husband, I pressed on. Now I am proud to be able say that I have written and published my memoir. My hope is to help someone out there who is struggling. I hope to give them hope knowing that there is a way to find peace and happiness," she said.

"I want people to know about Al-Anon, how it helped me through a very difficult time in my life. I was inspired by a recovering alcoholic who helped me to see how I could dig myself out of my situation. She encouraged me to share my story — to not be ashamed or hide."

For her second book, a piece of fiction called *Yearning*, Bambenek began the writing process in about 2022.

"A friend had asked me to write her memoir as a ghostwriter, which I did. So I would write for her and then

while waiting for more insight on my friend's story, I would continue with mine," she said.

"*Yearning* is a story of hope, a story of learning to let go of what can never be and to accept what is. A story of how to live in the moment rather than to dwell in the past."

Bambenek was inspired to write the story by her Auntie Helen, who is now 101 years of age.

"She wrote a bit of her life story a few years back. I have read it many times and started to visit her in the personal care home when my mother passed away. Auntie never married or had any children, so I took it as my privilege to visit with her," she said.

"While visiting with her, I started to realize that I should write a story based on the idea of feeling abandoned and yearning for love and belonging. I feel grateful to my auntie as she allowed me to use her poem in the story. I like the story. I think there are some lessons to be learned."

Bambenek asked a friend to draw sketches included in the book. The cover of *Yearning* showcases a sunset photo she took while fishing at Hecla.

"Looking at it, I always feel a yearning deep inside of me," she said. "I thought the photo was appropriate for the book."

The cover of the *Country Girl* shows a painting of the farm where Bambenek grew up. The artist, Ron Glowe, is originally from Inwood and now lives in B.C.

Country Girl and *Yearning* also include some of Bambenek's favourite recipes.

Both publications can be purchased through multiple online sites, including Amazon, Pinterest, AbeBooks and Barnes and Noble.

Copies will also be available at the book launch, which will take place on Sunday, April 7, from 2 to 3:30 p.m. at Artspace, located at 521-100 Arthur St. in Winnipeg. She encourages Al-Anon members to attend the event.

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Wednesday 4-10 Chase the Queen Draw at 8:30
Pot is over \$2,500

Thursday 4-10 Crib 7pm start

Friday 4-close Meat Draw at 6:30

Saturday 2-close Darts at 7

All are welcome - Support your local legion!

Stonewall artist continues gains momentum in pottery throw down



TRIBUNE PHOTOS SUBMITTED

After three episodes, Stonewall's Jen Sonnenberg is still in the running for CBC's *The Great Canadian Pottery Throw Down*. Sonnenberg won Potter of the Week with her self-portrait abstract sculpture last week.

By Jennifer McFee

A Stonewall artist is off to a strong start in a Canada-wide pottery competition that is currently airing on CBC.

Jen Sonnenberg is competing in the CBC series *The Great Canadian Pottery Throw Down*. In this friendly competition, a group of amateur potters from across the country compete in different challenge over eight weeks. Each episode features a main pottery task as well as a skill-testing challenge.

At the end of each episode, one pottery leaves the show until the finale, when the final three will vie to be named the winner of Season 1.

Three episodes have aired to date, and Sonnenberg has earned recognition for her creations.

"So far in the competition, I have had an amazing time and feel like I've achieved a few amazing feats. In the first episode, I created an homage to my hometown of Stonewall by replicating our Ice Palace and a barn from our family farm. Also in that episode, I won the second challenge, a throw-down in which my ashtray was judged the best ashtray out of the group of 10 potters," she said.

"It was absolutely amazing to be the first potter to win a throw-down challenge and to have Seth Rogen, a guest judge for that episode, choose my ashtray to be the winning one. My main make allowed me to continue on to Episode 2, where the main make was to create a chess set. My chess set was inspired by mountains, and when set up on the chess board, two mountain ranges were created with sunset colours."

Sonnenberg's success continued into Episode 3, when the throw-down challenge was a spot test. Acclaimed potter Adam Field was a guest artist.

"In the challenge to carve an urn as close to his example as possible, I placed third. The main make of the week was an abstract self-portrait, in which I created a closed form that resembled eroded earth, brightly coloured in rivers of glaze and under-glazes," she said.

"My self-portrait abstract sculpture, which represents me and my two boys, won Potter of the Week and takes me into Episode 4 of *The Great Canadian Pottery Throw Down*, with five more weeks to go in the series."

Adding to the excitement, Sonnenberg said it's been an amazing experience to watch the series.

"It takes me back to the moments of tense concentration and camaraderie, and I am constantly thinking how lucky I was to have had the opportunity to be a part of these challenges and make the connections I made with the most amazing people," she said.

"I also love being able to watch with my boys, who knew I was away doing pottery but are finally actually seeing what I was doing. It's so surreal that we are watching me on TV. I'm just blown away by it every time I watch an episode."

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

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



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Amateur talent night raised funds for outdoor rink

By Jo-Anne Procter

The Woodlands Rec Club hosted a successful fundraising evening through the CFRY Radio Amateur Talent Night last Saturday.

The club raised just over \$14,000 in donations from local businesses that sponsored the event and from pledges. Proceeds will be used for upgrades to the community outdoor rink.

The talent night featured 14 acts that included performers as young as three-year-olds Lovella Bolun and Remi Fisher and as old as 80-year-old Jim Williamson, who all performed over CFRY's airwaves, each collecting pledges to raise money for the community project.

A first, second and third place prize was presented to entertainers who raised the most funds. First-place fundraiser Sadie Norberg from Woodlands received \$300 for raising the most money (\$1,110); the second-place prize of \$200 went to the duo of Woodlands' Paisley Fisher and Blake Tully (\$940); and the third-place prize of \$100 went to Woodlands' Lovella Bolun, who raised \$830.

The CFRY Most Promising Performer, chosen by CFRY's Rae Hathaway and Dayna Yurkiw, was Woodlands' Zach Voth and his band.

Woodlands Childcare preschool program children opened the evening by singing two songs, "Itsy Bitsy Spider" and "You are my Sunshine."

The Rec Club is donating 50 per cent of the preschool program's pledges



Woodlands Rec Club president Jeremy Fisher presented performers that raised the highest pledges with their prizes. Pictured left to right: Blake Tully, Paisley Fisher, Jeremy Fisher, Lovella Bolun and Sadie Norberg.

back to them, which was \$400 at press time.

While final pledge numbers are still being tallied, anyone still interested in making a pledge or donation can contact Carly Howelko at woodlandrec-centre@outlook.com or cheques can be made payable to the Woodlands Rec Centre, Box 274, Woodlands, MB R0C 3H0. All contributions will go directly towards improving the local rec club.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Woodlands Childcare program children opened the Amateur Talent Night show with two songs lead by Madison Schott.



The Most Promising Performer award was presented to Zack Voth's band. Pictured left to right: CFRY's Rae Hathaway, Eric Robinson, Zack Voth, Sophie Robinson and CFRY's Dayna Yurkiw. Missing from the photo is band member Ayub Regehr.

Local band rocking



TRIBUNE PHOTO BY BRETT MITCHELL

Teulon's Doug Decarle and classic rock cover band Hat Trick shook the Petersfield Hotel Saturday night. Decarle was joined by St. Andrews drummer Roger Sing and guitar/singer Dustin Kubi for three energetic rockin' sets.



Jim Williamson of Lake Francis was the eldest performer who recently turned 80 years old.



What is 'Strangles'?

Strangles is an upper respiratory infection of horses caused by the bacteria *Streptococcus equi equi*. It's characterized by fever, copious creamy nasal discharge and large swollen lymph nodes that abscess under the jaw.

- Is Strangles contagious?

Yes, Strangles is fairly contagious within a herd setting. BUT, horses do have to come in direct contact with the nasal and abscess secretions of an infected horse or through direct fomite transfer such as a person's hands or clothing.

- How can I tell if my horse has Strangles?

In our practice area we truly don't see a lot of Strangles. More commonly horses with symptoms similar to Strangles have an upper respiratory virus infection like influenza or rhino (Herpes virus) and abscesses around the head are mostly due to *Streptococcus equi zooepidemicus*, a normal commensal bacteria of horses.

- What do I do if I think my horse has Strangles?

First, isolate your horse from its herd mates and other horses. Then it's a good idea to try and take your horse's temperature to gauge if it has a fever. Third, to definitively diagnose Strangles, contact your veterinarian so they can obtain a culture to send to the lab to check for the bacteria *Step. equi equi*.

- Is Strangles a major danger to my horse?

By and large, while Strangles looks nasty, the majority of horses recover on their own in time and develop decent immunity to the infection. If a horse with Strangles is severely sick, then antibiotics may be warranted. In extreme instances the infection can become life-threatening especially if the retropharyngeal lymph nodes at the back of the throat become swollen and cause breathing difficulties.

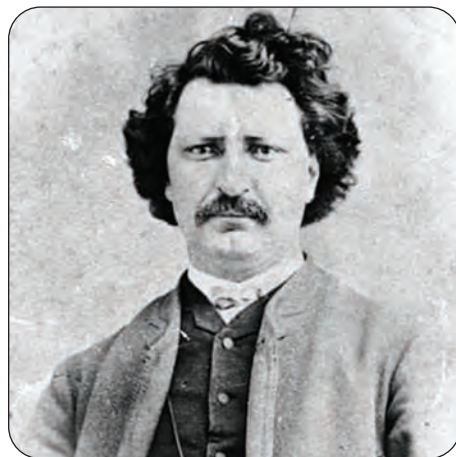
- How can I prevent my horse from getting Strangles?

Good news! As long as your horse and the people in contact with your horse don't have direct contact with an infected horse, you're pretty safe. Silent carriers of the bacteria, those that don't show illness, can exist. If you are truly worried about exposure to horses that may be carrying Strangles there are vaccines available to protect your horse. There are two vaccine forms: intranasal and intramuscular. NEVER GIVE AN INTRANASAL STRANGLES VACCINE INTRAMUSCULAR.

- Are there long term negative effects from Strangles?

The majority of horses that become infected with Strangles develop immunity to it and never have another issue. A small percentage of horses infected can later in life develop a condition called Bastard Strangles that can make horses quite sick. There is no way of predicting horses that might develop this condition, but fortunately, it's not overly common.

Inspiring Manitobans to learn about Louis Riel



Louis Riel was declared founder of Manitoba in 1992.

By Patricia Barrett

Members of the Gimli Red River Métis Local were among the hundreds of people who gathered at Louis Riel's gravesite at St. Boniface Cathedral on Louis Riel Day (Feb. 19) to witness the ceremonial presentation of the *Louis Riel Act* and pay tribute to the man who founded Manitoba and fought for Indigenous rights.

The Manitoba government passed legislation in 2023 to give Riel (1844-1885) the honorary title of first premier of Manitoba. On Feb. 19 the government updated the Métis leader's portrait in the legislature to reflect his title.

Gimli Red River Métis chairperson Donna Austfjord attended the ceremony at the cathedral with members Brian Austfjord, Susan Champagne-Shapiro, Gloria Thomas and Kim Karish.

Austfjord said the highlight of the day for her was the acknowledgement of Riel as first premier.

"The *Louis Riel Act* is the culmination of more than 30 years of advocacy for the Métis people of Manitoba, recognizing Louis Riel as the first premier of Manitoba.



TRIBUNE PHOTOS COURTESY OF DONNA AUSTFJORD
Manitoba Métis Federation president David Chartrand unveiling the portrait recognizing Louis Riel as first premier of Manitoba.

Standing there while history is corrected before my eyes is something that will be read in history books for generations after me," said Austfjord. "I can say I was there while it happened and followed [Manitoba Métis Federation] president David Chartrand for many years as he fought for this day. It was a proud day for all Red River Métis."

Riel defended the rights of Métis people. He was born in the Red River settlement, educated in St. Boniface and Montreal and elected three times to the House of Commons, which expelled him for his participation in the Red River Resistance of 1869-1870. He led a provisional government that negotiated Manitoba's entry into Confederation in 1870. Later fearing lynching, Riel fled to the United States. Asked to negotiate for Saskatchewan Métis, Riel returned and in 1885 the Canadian government charged him with high treason and hanged him. He is buried at the St. Boniface Cathedral.

In 1992 Riel was declared founder of Manitoba, and in 2016 he was officially recognized as the first leader of Manitoba.

Continued on page 13

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TRIBUNE PHOTOS SUBMITTED

With the generous support of Manitoba Arts Council, Inclusion Selkirk was thrilled to work with Patti Fernie from LakeGalArtworks, in offering three hybrid Zoom/in-person art classes. Her classes included techniques featuring the use of acrylic paint, bleeding tissue paper and subtractive mono-printing. The classes were a success with Stonewall ACL Interlake joining in with 28 artists each class and artists attending all the way from Arborg.



> LOUIS RIEL, FROM PG. 12

Austfjord said there have many changes over the past 15 years where the Red River Métis fought for their place and the history of Manitoba.

"This event will change the story and what we teach in the history books. Louis Riel was hanged for treason based on an obscure British law, and this law carried the death penalty whereas Canada's treason law did not," she said. "I hope the story of Louis Riel and the Red River Métis will inspire many Manitobans and Canadians to dig into the real story and acknowledge the wrongdoing of John A. McDonald. First Indigenous premier Wab Kinew spoke very proudly of having the ability to assist MMF president Chartrand in righting a longtime wrong to Louis Riel, a man who had a great influence on this

province, which is what we see now."

After the ceremony, Austfjord said she celebrated with all Red River Métis ministers, delegates and citizens at Elsie Bear's Kitchen at 150 Henry Ave. and enjoyed bannock and stew and fiddling and jigging.

"It is always a wonderful time when you meet someone and at the next gathering you are family," said Austfjord.

Manitoba premier Wab Kinew said in a Feb. 19 joint statement with MMF president David Chartrand that the government is continuing to honour the legacy of Louis Riel by ensuring Manitoba's school curricula include Riel's contributions and acknowledgement of his honorary title.

"Our government was proud to make the first legislation we intro-

duced a bill to recognize Louis Riel as Manitoba's first premier. We have also taken steps to ensure all Manitoba students learn about Riel and his provisional government including the List of Rights they drafted that would eventually become the basis of the Manitoba Act of 1870," said Kinew. "Today we celebrate Riel's legacy and the accomplishments of the Red River Métis people in Manitoba."

MMF president David Chartrand called the day historic and momentous and a time to reflect on the true history of Louis Riel and the Métis of the Red River.

"Our history has been one of hardship, marginalization, racism and discrimination — a continued struggle for recognition of our identity as the Red River Métis people. We have been 153 years in waiting and advocating to correct this part of our his-

tory, and today we see the true title of Louis Riel further acknowledged," said Chartrand in the joint statement. "The stain on Canada remains for portraying him as traitor and a madman, instead of telling his true history as the first premier and the founder of Manitoba. We hope what we do here today will be a catalyst for real change, so that all know the truth and honour premier Riel's legacy and the legacy of our people."

The Red River Métis has a proud entrepreneurial spirit and love for its culture, said Austfjord, and takes pride in showing its beading work, furs and music. The Gimli Red River Métis Local welcomes everyone to join its meetings and community events. People interested in joining the local can call Donna at 204-641-4783.

Local filmmaker nabs top prize in international contest

By Jennifer McFee

A local filmmaker won the inaugural People's Choice Award in an international competition for outdoor films that features extreme skiing, climbing, mountaineering, biking and hockey.

Randy Frykas previously won an Outside Award in the "Purpose" category plus a US\$5,000 prize through Outside Magazine for his five-minute film entitled *Outdoor Hockey Club*.

Alongside other winning films, *Outdoor Hockey Club* was then screened in more than 200 shows during the Warren Miller Tour in major cities across Canada, the United States and the U.K.

At each screening, viewers could vote for a grand prize winner of US\$10,000.

Frykas handily won the grand-prize honour, with a 4,000-vote lead over the second-ranked film.

His short film takes viewers on a

spectacular journey through Yukon, Saskatchewan, Manitoba and Ontario for a deep dive into the world of outdoor hockey. If you look closely, you'll even see a few Interlake-based shots filmed on Lake Winnipeg.

"I didn't start *Outdoor Hockey Club* to try and win awards, so it still hasn't sunk in. It feels like yesterday that I was at most of these places for filming. I wasn't sure what to expect since it was a ski film tour and I was up against two skiing films, but the hockey film ended up coming out on top," said Frykas, adding that the \$10,000 prize will come in handy.

"Winning this award has really made a difference in the current OHC audience. The exposure has attracted more U.S. outdoor hockey fans to the OHC audience."

Looking ahead, Frykas aims to keep promoting *Outdoor Hockey Club* in an effort to expand it into a documentary series.



TRIBUNE PHOTOS SUBMITTED

Local filmmaker Randy Frykas won the inaugural People's Choice Award and a US\$10,000 prize through the Outside Awards for his five-minute film called *Outdoor Hockey Club*.

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The award-winning film is available for viewing online for \$5, which includes a \$2 donation towards the Save Pond Hockey organization.

"I am continuing to film more stories for *Outdoor Hockey Club* with the goal to make it an ongoing film release or series," he said.

"OHC will keep going with short scenes and clips posted on Instagram and YouTube, and a new film is in the works. My goal is to make this a sustainable project, so winning the award is a step towards making that happen."

In addition, Frykas has launched a website at <http://outdoor.hockey> where his award-winning film is available for viewing for \$5. He will donate \$2 from each purchase to the Save Pond Hockey organization and its ongoing climate action efforts.

To learn more about Outdoor Hockey Club, visit <https://outdoorhockey.club/> or check it out on social media.

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Coldwell hosting third annual March Madness Ice Fishing Tournament

By Becca Myskiw

The RM of Coldwell is gearing up for its third annual March Madness Ice Fishing Tournament.

The annual ice fishing derby will be held March 1 to 31, and all community members are invited and encouraged to participate. The tournament started during COVID-19 as a way for people to get outdoors and active together and was put on by the Interlake Tourism Association. That first year, the tournament did so well that RM of Coldwell Recreation decided to keep it going.

“The goal is for people to be introduced to maybe a new sport opportunity we have right here in our own backyard,” said Breanna Malcolm, recreation director for the RM. “And for well-being and social interaction. It’s just another way to enjoy what our local tourism and economy has to offer.”

People can start registering for the tournament now by downloading the app “fishdonkey,” tapping “Fish in a Tournament” once in the app, then searching for and joining “Coldwell March Madness.” The tournament runs for the entire month of March, and the RM has prizes for fishers each week of the derby.

The tournament is catch-and-release only to protect the fish species in the area. Upon catching a fish, people will take the proper measurements of it, take photos and submit them through the Fish-Donkey app. On the app, fishers have to include a video of them safely releasing the fish back into the



TRIBUNE PHOTO SUBMITTED
Paul Monkman with one of his catches at the 2023 March Madness Ice Fishing Tournament last year.

water.

The tournament has several prize categories. The grand prize is for the largest overall walleye catch, with the prize typically being an \$800 electric ice auger. There are also prizes for participation, the smallest catch and hard luck prizes for those who don’t catch anything.

New this year is an early bird prize of a \$200 Cabela’s gift card on behalf of the families of Carey Rae

and Darlene Law, avid ice fishers in the community. “They may not have won any prizes but they registered, fished and had fun doing so,” said Malcolm.

The early bird prize was available to all who registered for the tournament on or before Feb. 23. All who registered before then were automatically entered into the draw.

“We know Darlene and Carey would much rather be down here fishing with us during the tournament,” said Malcolm. “But we know they’re both fishing in heaven this year.”

As the RM continues to prepare for the tournament, they’re looking for sponsorships from local businesses. Until Feb. 1, businesses can contact Malcolm at rec.coldwell@mymts.net and sponsor the event and its prizes. All sponsors will get their logo promoted with their sponsored prize and will be recognized on the RM of Coldwell Recreation’s channels. All sponsorships will get a tax receipt as well.

“When participants see local businesses have sponsored the event, our hope is they’ll stop at that local business and support them back,” said Malcolm. Tournament participants can catch bullheads, perch, silver bass, walleye, burbot, freshwater drum and common carp near Lundar. All fish are fair game in the tournament, with special prizes for certain species catches.

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WCI tournament all-stars McDonald captures U21 title



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Warren Wildcats hosted an eight-team JV boys’ basketball tournament last weekend. In the final game, the home team was defeated 82-68 by Carberry, the 2nd ranked team in the province. In earlier tournament play, the Wildcats defeated the Teulon Saints 77-14 and the Gimli Lakers 71-50. In the left photo, Ashton Chartrand scored 28 points in the final game while Connor Grenko scored 12. Both players were named tournament all-stars.



TRIBUNE PHOTO BY LANA MEIER

Team Norris, including Zach Norris, Ethan Brandt, Blake Good (Stonewall) and Carter Malmquist, representing the Morris Curling Club, lost 10-4 in the semi-finals against Team McDonald. McDonald will represent Manitoba at the 2024 Canadian U21 Curling Championships from March 24 to 31 in Fort McMurray, Alta.

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Stonewall golden girls Blues win bronze



TRIBUNE PHOTO BY SANDI SWANSON

The Stonewall Blues defeated the Wawanesa Falcons 5-4 in overtime to win the Hockey Manitoba Female Under-15 Rural 'B' Provincial banner this past weekend. Stonewall defeated Ile Des Chenes 6-1, MacDonald 6-2 and Wawanesa 4-1 in the round-robin before they beat the Elkhorn Jr. Canadians 5-0 in the semi-finals. Coaches, left to right: Ben Cameron, Dallas Minnie, Jason Sugimoto, Adam Sherry; back row: Bethany Flett, Emma Hennessey, Olivia Hagen, Brooke Waldbauer, Mckenna Farmer, Everly Sherry, Sophia Potter, Kate Halleux, Mackenzie Zahariuk, Annika Reesink; front row: Kianna Walker-Ross, Sophie Fumerton, Julia Harrisko, Riley Swanson, Abigail Minnie, Peyton Farthing, Jordyn Chetyrbok and Eleanor Sugimoto.



TRIBUNE PHOTO BY BETH GUTKIN ROY

The Stonewall Blues travelled to Hamiota this past weekend, where they defeated St. Eustache 5-0 to win the bronze medals in the Hockey Manitoba Female U11C provincials. The Blues lost to Eastman 7-4 before battling back to beat Peguis 14-0 and Minnedosa 4-2 in round-robin play. Stonewall faced Eastman again and lost 6-3 in the semi-finals. Pictured left to right: coaches Nathan Brunel, Lance Marohn, Scott Marohn; back row: Harper Farthing, Evangeline Grandmont, Kylie Brunel, Quinn Enstrom, Adree Williams; middle row: Donni Hunt, Katie Marohn, Lucy Roy, Jorja Gervin, Evangeline Coutu; front row: Olivia Tucker, Paisley Erickson, Bay Walton, Peyton Marohn, Lily Fung, Hayden van Kemenade, Coach Megan Humeniuk, Callie Johnson and goaltender Danica Klassen.

24th annual karate tournament held in Stonewall



TRIBUNE PHOTOS SUBMITTED

Last weekend, the Stonewall legion was once again the venue for Stonewall Karate Club's 24th annual karate tournament. Far left: Among the many talented participants were Sensei Debbie Hinds and senior student Laura Prystupa, who earned the title of best black belt in the competition. Middle: a group of three young women proudly pose with their trophy after winning the Team Kata event. Right: medal winners in their respective categories with chief instructor Debbie Hinds.

Celebrating hockey

By Jo-Anne Procter

Twenty-three U13 hockey teams showcased their skills, camaraderie, sportsmanship and pure love for the game at the 41st Annual Veterans Memorial Cup tournament in Stonewall Feb. 17-19.

On Sunday afternoon, at the opening ceremonies, Stonewall Minor Hockey Association president Geoff Corbett set the stage by extending a warm welcome to all the teams, families and fans who gathered for the prestigious hockey tournament.

Following Corbett's welcome, Town of Stonewall Mayor Sandra Smith and RM of Rockwood Coun. Curtis McClintock expressed their gratitude to participants and their families, as well as gave their heartfelt thanks to the host committee, co-chairs and volunteers whose hard work and dedication ensured the seamless execution of the exciting tournament.

The support of the Royal Canadian Legion Branch #52 as the primary sponsor of the Veterans Memorial Cup tournament significantly impacts the event. President Tim Williams, on behalf of the executive members, expressed pride in sponsoring such a respected tournament.

Williams' message acknowledging all participants as winners regardless of outcomes set a positive tone for the competition. His well-wishes for the officials highlighted the importance of fair play and sportsmanship throughout the tournament.

The tournament committee made a heartfelt dedication to honour Wes Killbery, fondly known as Killerbee, for his immense commitment to the community through sports. Despite battling a rare cancer with unwavering courage, Wes Killbery's strength inspired those around him. His passion for nurturing young athletes and officials highlighted his belief in shaping the next generation. Beyond wins and losses on the ice, Wes Killbery's legacy resides in the hearts of all he mentored and touched with his infectious sportsmanship and selfless dedication to others.

His impact reached deep into the fabric of the community, leaving an indelible mark on all who had the privilege of knowing him. His spirit lives on through every game played and every young athlete inspired by his remarkable legacy.

His wife J'aime Killbery, alongside their son Easton, stood tall as they represented their beloved family at the dedication ceremony. J'Aime Killbery spoke from her heart, emphasizing her husband's unwavering



Stonewall Minor Hockey president Geoff Corbett presented Military Family Resource Centre's executive director Allison Payne with the inaugural Veterans Memorial Cup donation.

passion for sports beyond his family. She thanked the community for their support during tough times. She expressed how touched Wes would be knowing his efforts were recognized and appreciated.

She reflected on his values of playing not just for wins but for the love of the game. She gave a gentle reminder to cherish friendships made, be a positive influence and embody kindness in every action. Wes Killbery's legacy lives on through these principles that extend far beyond sports.

The tournament committee unveiled a banner that will hang in the arena to honour and remember Wes, along with a special killerbee wrap on the referee room door that pays tribute to his legacy. The family was also presented with a referee jersey with Wes's name and his signature killerbee.

The 41st annual Vets Cup marked the beginning of a new tradition — donating a portion of the tournament proceeds to a cause close to the community and local legion's heart. This year, Allison Payne, executive director of the Military Family Resource Centre at CFB Winnipeg, received this inaugural donation. With funding cuts from the Department of National Defence looming from April onwards, every contribution significantly impacts their vital services for military families. The donation facilitates quick assistance that genuinely changes lives — touching kids, teenagers and adults alike with its profound effects on their well-being. These gestures reflect the compassionate spirit underlying events like the Veterans Cup, fostering solidarity within communities for those who need it most.

The new Vets Cup trophy unveiled marked a significant moment in the



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Easton Killbery made the ceremonial puck drop to Stonewall Blues 'A' division team's Jake Fortin, Stonewall Blue's 'B' division team's Xavier Lamb and Stonewall Jr. Jets 'AA' division team's Blake Meier at the 41st Annual Veterans Memorial Cup tournament in Stonewall on Feb. 18.

tournament's history. Hand-crafted by former Stonewall Minor Hockey Association member Chris Arbez, the new trophy will replace the old one, brimming with memories from 40 years past.

Arbez's craftsmanship will be honoured for years as the trophies will be displayed side by side in the trophy case and speak volumes about the spirit of community and sportsmanship that define the Veterans Memorial Cup tournament.

In the gold medal championship games, the Stonewall Jr. Jets lost 3-2, in a five-man shootout to the St. Vital Vics in the 13U 'AA' division. In the 13U 'A' division, the Stonewall Blues defeated the Lorette Comets 4-0 to win the gold medals, and in the 'B' division, the Morden Hawks defeated the Steinbach Millars 3-2.



J'aime and Easton Killbery and Wes Killbery's sister Jill Demianiw show off the new referee's door that has been wrapped in Wes's memory.



The Stonewall Blues defeated Lorette Comets 4-0 to capture the annual Vets Cup 'A' division championship after going undefeated through the tournament. Pictured in no specific order: coaches, Billy Gemmill, Tyler Moran, Scott McFadyen and Kyle Kauk and players Knox Nickel, Jake Fortin, Elliott Peters, Reed Moran, Alex Walker, Hunter Krahn, Jagger Tesluck, Henry Gemmill, Chris Sheldon, Porter Hayduk, Avin Wedel, Samuel From, Liam Kauk, Logan Deprez, Beck McFadyen and goaltenders, Elijah Goresky and Graysen Malcolm.

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Jets earn huge win over the Victorias

By Brian Bowman

The Stonewall Jets skated to a very important 4-2 home win over the St. Vital Jr. Victorias last Sunday afternoon.

Karson King was the man, scoring three goals while Peyton Bateman had a goal and three assists.

A great day at the office for both players.

St. Vital goals came from Jack Kaiser and Caiden Nychporuk in the third period.

The Jets outshot the Vics 44-21 as Liam Johnson posted the win in goal.

On Friday, Stonewall was doubled 4-2 by the Pembina Valley Twisters.

Bateman and Kaden Stewart scored

for the Jets in the second period while Lucas Jolicouer (two), Derek Wiebe and Merek Degraeve tallied for the Twisters.

The Jets (17-18-4-1) played the Ft. Garry/Ft. Rouge Twins this past Tuesday and then will visit the Twisters Thursday (8 p.m.), the Charleswood Hawks Friday (7:30 p.m.) and the Ft. Garry/Ft. Rouge Twins Sunday (6:30 p.m.).

It's a huge week for Stonewall if they want to sneak into the playoffs as they trail the Twins and Transcona Railer Express by four points heading into this week's slate of games.



TRIBUNE PHOTO BY LANA MEIER

The Jets' Karson King had a hat trick against the St. Vital Jr. Victorias last Sunday. Stonewall won the game 4-2.

Wildcats win playoff series against Panthers in boys' hockey

By Brian Bowman

The Warren Collegiate Wildcats knocked off the Pinawa Panthers 3-2 in a shootout in WHSHL Price Division playoff action last Friday in Lac du Bonnet.

With the great win, Warren won the best-of-three series 2-1.

Quinn McKnight and Carter Olson scored for the Wildcats in regulation time while Lachlan Cuthbert and Jack Reynolds replied for the Panthers.

The league website does not list shootout scorers.

Dallas Shaver posted the win in goal.

Last Thursday saw the Wildcats lose a tough one, 4-3 to the Panthers.

Owen Shymko led Warren with two goals and an assist while Colton Bruce added a goal and two assists.

McKnight chipped in with a pair of helpers.

All three players have been very good this season.

Cuthbert (three) and Jaedys Dancyt scored for Pinawa.

On Feb. 20, Warren edged Pinawa 4-3 in Lac du Bonnet as Owen Shymko scored the game winner in overtime.

McKnight, Olson and Bruce also scored for the Wildcats.

Dancyt notched a hat trick for the Panthers. He was the lone player to score on Shaver.

The Wildcats played Murdoch MacKay Collegiate in the league semifinals on Monday and Tuesday but no scores were available.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Wildcats goaltender Dallas Shaver posted the win for all three games.

Stonewall Jets Player Profile



#8 Cole Kennedy
Forward

Come out to support the Jets



UPCOMING GAMES

Stonewall Jets at Pembina Valley Twisters
Thursday, Feb. 29 at 8 p.m.
Morris Sportsplex

Stonewall Jets at Charleswood Hawks
Friday, March 1 at 7:30 p.m.
Eric Coy Arena

Stonewall Jets at Ft. Garry/Ft. Rouge Twins
Sunday, March 3 at 6:30 p.m.
Century Arena

U18 AAA male Interlake Lightning involved in high-scoring games

By Brian Bowman

The Interlake Lightning U18 AAA male hockey team lost a wild 8-7 decision to the Winnipeg Bruins on Sunday afternoon.

Blake Farthing (two), Cole Swanson (two), Brandon Burak, Jeremy Kawiwuk and Ian Buors scored for Interlake.

Winnipeg goals were tallied by Lukas Mager (two), Tyler Free (two), Shea Rollason, Maxx Hamelin, Tyriece Pattyn and Alexandre Andre.

On Saturday, Interlake trounced the Yellowhead Chiefs 8-3 in Teulon.

The Lightning trailed 2-0 in the second period before their offence lit up with four goals in the middle frame and then four more in the third.

Swanson led the way with three goals and three assists while Buors was equally great with two goals and five assists.

James Franklin chipped in with a goal and three assists for Interlake. Tytan Johnson and Morgan Waddell also scored for the Lightning.

Alex Myers made 38 saves for the win.

Last Wednesday, the Thrashers

threw the kitchen sink at the Lightning in an 8-1 victory in Teulon. Winnipeg outshot Interlake 50-26.

Burak scored a third-period goal for the Lightning.

Thrashers' goals were tallied by Maddox Malmquist (three), Prabh Bhathal (two), Rohan Guevarra, Parker Rolston and Crosby Harrison.

Interlake finished in sixth place in the regular season with a 24-17-3 record and 51 points.

The Lightning will play the Winnipeg Wild in their first round of playoffs.

Here is the schedule:

Game 1 - March 1 at 7:15 p.m. at the Hockey for All Centre

Game 2 - March 3 at 5 p.m. in Teulon

Game 3 - March 5 at 7:15 at the Hockey for All Centre

Game 4 (if required) - March 7 at 7:30 p.m. in Teulon

Game 5 (if required) - March 9 at 5:45 p.m. at the Hockey for All Centre.

The Lightning are hoping to fill the Teulon arena with fans and are offering free admission on March 2 and 7.



TRIBUNE PHOTOS BY LANA MEIER

The Lightning's Cole Swanson scored a hat trick in their 8-3 win against the Yellowhead Chiefs Saturday night.



Interlake Lightning graduating players presented their parents with flowers and a touching thank you for their commitment and support they received while playing "AAA" hockey.



Left to right: Morgan Waddell, David Johnson, Ian Buors, Brandon Burak and Alex Myers.

Warren wins home varsity basketball tourney



The Warren Collegiate Wildcats won their varsity girls' home basketball tournament last Saturday. Warren cruised to lopsided victories over Carman (73-20), Margaret Barbour (63-19) and Immanuel Christian (68-26). Pictured back row: Candace Procter (coach), Sarah Gilmore, Mya Malcolm, Bryn-Lee Procter, Reese Hnatuk, Molly Phillips, Samie Boonstra, Mia Cassils and Jason Darragh (coach). Front row: Colby Darragh, Jadyn Baldwin, Rianna Cassils, Avery Langrell and Lauren Voth. Left photo: Warren Collegiate's Colby Darragh was named the tournament MVP while Mia Cassils, Bryn-Lee Procter and Lauren Voth were selected as all stars.

TRIBUNE PHOTOS SUBMITTED

sports & recreation

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U18 AAA female Lightning defeat Selects in double OT thriller on Sunday

By Brian Bowman/Lana Meier

The Interlake Lightning U18 AAA female hockey team defeated the Eastman Selects 4-3 in double overtime on Sunday evening in Niverville.

What a game.

Interlake goals were scored by Adriana Duna, Claire Hudson, Georgia O'Neill and Bre-Ann Windross.

Ava Boily, Ginger Fast and Kali Remillard replied for Eastman as Rachel Halldorson earned the win in goal.

Off the ice, Halldorson was very deservedly named a second-team all star by the league.

Friday saw Interlake get edged 1-0 as Sophia Heidinger scored the game winner in the second period.

Last Wednesday, Eastman snagged a 1-0 series lead with a 3-2 win in Niverville.

The Selects, which took a 2-0 first-period advantage, had goals from Heidinger (two) and Cassidy LeSage.

O'Neill was very good for Interlake, scoring a pair of goals. Brooke Barylski had two assists.

Interlake will host Eastman on Thursday at 8 p.m. in Stonewall.

Meanwhile, Interlake did a super job honouring its three great graduating players.

Here is what was said:

Brooke Barylski

"To start off, a little bit about our captain Brooke Barylski. She started playing hockey at the age of five with the Arborg Falcons boys' team. Six years ago, she started playing within the female Interlake Lightning program, getting opportunities to AP and playing underage at age 14 on the U18 AAA squad. Some notable

achievements consist of being rookie of the year and top scorer in 2019. Brooke has always been part of the leadership group over the course of her minor hockey career and has been a big leader to all players within our organization.

During my time with Brooke, I have recognized what a pivotal player and person she is in our locker room. Thank you Brooke, for helping develop this team over the past four seasons. Brooke is a very special athlete, and someone who is easy to rally behind with her strong leadership skills, talent, and commitment to her team. Brooke's future will continue to be bright in her next steps as she has committed as a D1 athlete at Midland University for next season. We wish you all the best in your next chapter.

On behalf of our coaches, our team and all the people that make up our organization in the Interlake, we cannot be more proud of you. You have been a leader to a lot, friend to all, and a big heartbeat within the Bolts' family."

Rachel Halldorson

It will be hard to keep it short and sweet for our graduating senior Rachel Halldorson, especially when it comes to her achievements.

Some of Rachel's most noteworthy achievements within the Interlake program are being named Most Dedicated Player and Most Valuable Player numerous times.

In the MFHL, Rachel has achieved second-team all-star status for the past two years.

In 2023, Rachel won a silver medal at the U18 National Aboriginal Hockey Championship and will be playing again this upcoming summer in Grande Prairie, Alberta.



TRIBUNE PHOTOS BY LANA MEIER

The Lightning's Georgia O'Neill battles for the puck against the Eastman Selects Friday night. Eastman won the game 1-0.

In 2024, she also participated at the nationals for Team Manitoba in Dawson Creek, B.C.

Incredible accomplishments from our assistant captain Rachel Halldorson.

Rach is the type of goaltender that makes game-changing saves every time she's on the ice. Her competitive mindset motivates everyone to bring their "A" game to the rink everyday. Rachel's determination is unmatched. ... Thank you for everything you have contributed this season and your four years with our program. Congratulations on an incredible career with the Bolts and you are going to be a difference maker wherever your next steps take you in life. Thanks so much for being a dominant force in our program.

Charleen Wong

Char has been an incredible person to work with this season and we have made so many fantastic memories together. Char has also made some great memories, winning a gold medal while representing Team Hong Kong at the 2023 IIHF Women's World Championship Division in Brasov, Romania.

Over the course of the season, Char unlocked a higher level of play and we want to say congratulations on such a successful senior year. Char has a special level of coach-ability, work ethic and positive mindset that has had a huge impact on our team. We want to wish her all the best in pursuing her passion for medicine at a university in Ontario in health sciences.

Thank you for your contribution this season and helping grow our program."



Interlake Lightning head coach Tatiana Rafter honoured the team's graduating players at last Friday's home playoff game.



Brooke Barylski, Charleen Wong and Rachel Halldorson

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Candidates interested in less than full time are also welcome to apply.

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For postings, please visit www.prsdmb.ca

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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
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- Lifeguards/Swim Instructors
- Groundskeepers
- Works & Operations Summer Projects Staff
- Summer Camp Leader/Assistants

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 R0C 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.



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GM.teulongc@gmail.com

We thank all that apply, however only those candidates selected for an interview will be contacted.

THE RURAL MUNICIPALITY OF **ROSSER EMPLOYMENT OPPORTUNITY**

The Rural Municipality of Rosser is seeking applications for the following positions for the spring/summer of 2024:

Green Team Worker

- Must be between the ages of 16 - 29
- Have a valid driver's license
- Physically fit & motivated

Duties to include but are not limited to the following:

- Mowing grass at various locations
- General maintenance on the municipal buildings
- Clean - beautify throughout the municipality

Wage: \$15.30 - \$19.50 depending on experience & qualifications

Competition will remain open until the position are filled

Please submit your cover letter, resume and date available to start to: Public Works Foreman, Jeff Harris

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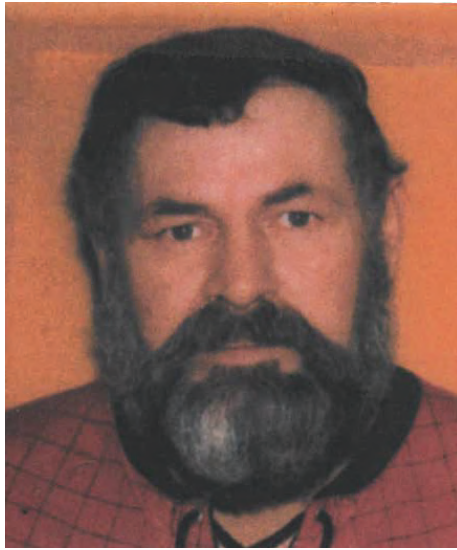
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IN MEMORIAM



**Lawrence (Lorne) D. Park
August 28, 1943 – March 2, 2021
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When tomorrow starts without me,
Don't think we're far apart;
With every cherished memory,
I'm right there in your heart.

-Forever loved, deeply missed,
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OBITUARY

Jacob (Jake) Hiebert

We are deeply saddened to announce the passing of Jake on February 6, 2024 at the age of 89 years.

He was predeceased by his wife Sylvia (Shasko) in 2021, parents William and Maria and five brothers, William, Henry, John, Abe and Dave.

He leaves to mourn his sister Helen Hildebrand, sisters-in-law Jean Hiebert and Marceline Phillips, and Sylvia's brother Steve Shasko along with many nieces, nephews, friends and relatives.

Born in Altona, MB on May 10, 1934, Jake and his family moved to Marquette, MB in 1940 where the family farmed until 1964.

Jake married Sylvia in 1964 and eventually settled on their farm in Argyle, MB. Jake was a farmer at heart, and his nieces and nephews have a lot of fond memories from weekends spent out there and many visits. His love for all animals lead Jake and Sylvia



to showing their team of Belgians for a few years at various fairs and parades.

Jake worked as a heavy equipment operator at Standard Quarries where after 36 years he retired.

In 2005 following retirement Jake and Sylvia sold the farm and moved to Winnipeg where they quickly became part of their new community and formed many strong friendships.

Jake always had a smile and a friendly hello for everyone he met. He had no end to caring friends, no matter where he was. He will be dearly missed by all.

A memorial service will be held Friday, March 1, 2024 at 11:00 a.m. at MacKenzie Funeral Chapel in Stonewall, MB. A private family interment will be planned in spring.

Donations in Jake's memory can be made to either the Heart and Stroke Foundation or Canadian Cancer Society.

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



OBITUARY



**David (Dave) Olfert
1930-2024**

We sadly announce the passing of David Olfert on February 16, 2024. Dave was born on June 19, 1930, in Griswold, Manitoba. He was predeceased by his wife, Margaret (nee Veer) in 2020 and daughter, Brenda, in 1973. Dave was the youngest of 12 children and the last to pass away.

He is survived by his children, Constance (Mark), Marilynne (Martin), David, Rod (Ali), eight grandchildren and seven great-grandchildren.

Dave was known for his love of visiting with his numerous friends and always wanting more visits. He loved the outdoors and spent many hours farming his land and then, after retirement, growing tomatoes, cucumbers and anything else that volunteered in his garden.

The most important thing to Dave was his faith in God. While not perfect, his desire was to follow God and to that end supported his church and much work overseas.

A funeral will be held at New Life Church, Stonewall, MB on Friday, March 1, 2024. Viewing is at 11:00 and the service will begin at 12:00 noon. Interment and reception to follow.

In lieu of flowers, donations to One Hope Canada, Silver Bay Bible Camp or a charity of your choice would be appreciated.

A longer story of Dave's life can be found at mackenziefh.com. If you are unable to attend the funeral but would like to watch it online, please contact the family or New Life Church for instructions regarding livestreaming.

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OBITUARY

Kyle Ivan Trembath

January 17, 1947 - January 31, 2024

Kyle was born on January 17, 1947 in Cartwright and was the youngest child of the late Bill and Florence Trembath.

Kyle first attended school at Chesterville, then Cartwright and then to Killarney where he graduated. He remained on the farm with his parents. On October 12, 1974, Kyle married Bernice Kemp and took over the family farm. In 1978, Kyle joined Manitoba Pool Elevators in Mather and he then spent the next 23 years working with farmers from across Manitoba. The family left Cartwright in 1987 for Kyle to take up the position of grain elevator manager in Rossburn. His career then took them to Hartney and then Teulon where he served as the grain elevator manager initially with Manitoba Pool Elevator which then became Agricore and ultimately Viterra. He retired from the grain business but never one



to be bored Kyle joined Aquasure where he worked for 10 years. He and Bernice moved to Winnipeg where they have remained, enjoying a trip out to the country to "inspect the crops" whenever they could and in later years having family and friends pop in for a visit.

Kyle was a devoted husband and father. Nothing brought him more joy than spending time with his children and grandchildren, often taking trips to see them and spend time with them whether it was fishing, swimming or cheering them on at the rink. He was an active community member and supported 4-H, the local rinks, pool and the fire and ambulance service. Kyle could often be found giving his time preparing for 4-H achievement nights, building backdrops for skating shows or flipping burgers in the rink canteen during hockey games. Moreover, Kyle could fix almost anything. Depending on who you ask will depend on what he was called.... for friends, he was often referred to as MacGyver. For his kids, it was often a joke that when things need fixing you call '911-Dad'. Whether it was replacing an engine in a truck, broken washer that wobbled across the floor or bathroom renos, he would be right over to help. He enjoyed curling, getting out for a round of golf, fishing and in later years loved to take his bike out to see the neighborhood.

Kyle is survived by his wife Bernice of 49 years and their children Nicole (Manny) Valadao, Kylie (Justin) Harding and Nolan Trembath (Elle Jakobson) and their grandchildren Kyle, Thomas, Blake, William, Dorian and Kamryn. His sister Bernice Ganske, along with in-laws Marlyne Redpath, Hilda and Ken Fenton, Olive and Craig Maxwell, Ann Kemp and many nieces, nephews and great nieces and nephews who were so very special to him.

Kyle is preceded in death by his parents Bill and Florence Trembath, Merlyn and Shirley Trembath, Lowell and Angela Trembath, Barrie and Pat Trembath, Rae Trembath, John Ganske and Bob Bramwell.

Wheatland Funeral Service
In care of arrangements

OBITUARY



**George Johannesen
December 16, 1942 – February 18, 2024**

We are sad to be making the announcement of the passing of George Johannesen.

He will be sadly missed by his children, grandchildren, great-grandchildren and his brothers and sisters.

He left us many good memories. He will be missed but never forgotten.

There will be no service, as he wished.

Thanks to Red River Place Nursing Home in Selkirk for caring for him.

We will treasure his kindness and love for all of us. Rest in God's peace.

Your memory will live forever Engraved within our hearts

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