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## Sliding into winter

STANDARD PHOTO BY BECCA MYSKIW  
Seven-year-old Sophia Harsevoort flew down the new toboggan slide in Kings Park for the first time on Saturday.

> everything you need to know in your locally owned and operated community newspaper



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# Making new what is old: O'Brien Built builds a toboggan slide

By Becca Myskiw

Carman residents now have a new, safe toboggan slide to use to pass the time.

Troy O'Brien of O'Brien Built donated all of his time and some of his resources to make a new toboggan slide in Kings Park.

He said growing up, he had used it often in the winter to snowboard down and in the summer to skateboard down. When driving by it one day, he realized it had been virtually untouched recently, so he decided to stop in and take a look at its condition.

O'Brien noticed there were loose screws and screws sticking out of the slide, making it a safety hazard for anyone who wanted to use it. He then called Joe Richardson at the town office and asked what was happening with it — Richardson told him it was closed due to COVID-19.

O'Brien told Richardson he wanted to build a new one. But upon looking at it further, he realized it was not repairable, so O'Brien tore down the old toboggan slide and built a new one.

"I grew up on that slide," he said. "That's a staple in the town for an activity, especially in the winter, but you can use it in the summer as well."



Brothers Cole Lemky, 9, left, and Hunter, 12, test out the improved toboggan run in King's Park Carman this past Saturday.

He drew up the design for the new slide one night at home, drawing ideas from the old slide. He had never built a slide before, though, and one day his crew came up with the angle and design for that when he wasn't around.

The O'Brien Built four-man crew built each piece of the slide separately at their shop, then drove them down



STANDARD PHOTOS BY DENNIS YOUNG

Troy O'Brien built a new toboggan slide in Kings Park. The slide can be used in summer and winter if people get creative.

to Kings Park, where Richardson and a town employee used the town's loaders to lift the deck up.

O'Brien Built donated some of the materials, while Carman-Dufferin Recreation did too. Homestead Co-op donated all of the 6x6 posts.

Within a day, the toboggan slide was up and ready for use. O'Brien said re-building it was something he wanted to do because he wanted it to impact other childhoods as it had his. He also said it was his way of giving back to the community in a time when

he's been able to work and wanted to show his support to many people who haven't. He said people started utilizing the slide almost instantly.

"I think maybe we were gone for an hour and I came back...there were kids already using it," he said. "It's been incredible how busy it's been and how many people have been using it."

O'Brien said the response has been nothing but positive, with family friends even nicknaming it "Troy's slide."

## Give your business exterior a makeover in 2021!

Do you want to give your building a fresh new look for 2021? Carman Dufferin Economic Development is inviting applicants for this year's Storefront Improvement Partnership Program. Find out more online at [www.carmanmanitoba.ca](http://www.carmanmanitoba.ca).

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- Non-profit community organization, small business or cooperative
- Within main street areas of Carman and Dufferin
- Must be an aesthetic improvement to a storefront



## Letting go of 2020



STANDARD PHOTO BY BOB EDIGER

Bob Ediger found one farmer's way of letting go of 2020. The aerial photo was taken on Highway 3 at Homewood.



# The Christmas miracle at Carman's Crazy Lady's Cafeteria

By Becca Myskiw

Crazy Lady's Cafeteria's annual Christmas dinner saw a bit of holiday magic this year.

Susanne Kack, owner of the restaurant, prepares a Christmas dinner each year that families can pre-order. It comes with turkey, ham, mashed potatoes, vegetables, stuffing, and dessert. She prepares it on Dec. 24 and her customers will come to pick it up on Christmas Day.

When they come to pick up their dinner, that's usually when the customers will pay for them. This year, however, no one had to pay for their Christmas meal from Crazy Lady's Cafeteria thanks to an anonymous man.

Kack said the man came in on Dec. 24, asking how many Christmas dinners she had sold.

"I was just thinking, 'why do you want to know?'" she said.

After they talked some more, he said

he wanted to pay for them.

"And I said, 'are you serious?' and he said 'yes.'"

She told him some people had paid for their dinners over the phone, but 49 of them were still open. So, the man pulled out his wallet and paid for each of the 49 meals along with the tip for Kack's restaurant. He didn't know a single person on the list.

His only request to Kack was that he stay anonymous.

"This was the best part of my job," she

said. "I guess it was my best Christmas ever. It's like a Christmas miracle."

When the people came in to pick up their meals and Kack told them they had been paid for, the expressions on their face were "awesome." Some offered to pay for the next meal, and when she told them they were all paid for, they tried to get the tip, but she told them that was paid for too. Her customers, she said, just couldn't be-

lieve it.

Keeping the secret for a full day was the hardest part for Kack. She said she wanted to tell everyone, but she couldn't because it would have spoiled the surprise.

"I had goose bumps," she said. "It was just...really nice."

This is the first time anything like this has happened at Crazy Lady's Cafeteria, said Kack. She said all her customers are more than grateful to the anonymous man — and they want him to know that.

Though the holidays are over, Kack's restaurant is still open Tuesday to Saturday from 10 a.m. to 4 p.m. On Fridays, she does a special dinner and they're open until 6 p.m.



STANDARD PHOTO SUBMITTED

An anonymous man paid for 49 strangers Christmas dinners from Crazy Lady's Cafeteria.

## Male drivers identified as 'super speeders' on Manitoba roadways

Submitted by MPI

Male drivers (aged 34 and under) account for more than half the speed-related, Serious Driving Offences recently issued, according to Manitoba Public Insurance and the RCMP.

A total of 522 speed-related Serious Driving Offences were forwarded to MPI from January to the end of December 2020. This is nearly a 60 per cent increase from the same time frame in 2019.

Over 50 per cent of these 'super speeders' were caught on the following roadways: Highway 100/101 (Perimeter Hwy), Highway 16, Highway 1, Highway 6 and Highway 59, according to RCMP data.

As per the Drivers and Vehicles Act, speed infractions (50 km/h or more

over the limit) are one of several offences that must be reported to the Registrar of Motor Vehicles. After receiving the Serious Offense Notice roadside, drivers are given five business days to contact MPI to schedule a Show Cause Hearing.

"Excessive speeds is potentially fatal for the responsible driver, their passengers and all other innocent motorists," said Satvir Jatana, Vice-President, Employee and Community Engagement, Manitoba Public Insurance.

"These super speeds are inexcusable. About one in five road fatalities in Manitoba have speed as a contributing factor. This high-risk driving

Continued on page 4

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# Peace Lily Therapeutics celebrates having a space for five years

By Becca Myskiw

Peace Lily Therapeutics has been working out of their current location for five years.

Mayghan McEachern, owner of the business, started in natural remedies six-and-a-half years ago. She was taking courses through distanced learning while helping her children with their homework and natural remedy courses just so happened to be easier to take while also giving her children the attention they needed.

Though she got into it because of convenience, McEachern stayed in the line of work for personal reasons.

"It was just kind of my following that I didn't know I had yet," she said. "I really just started [the business] because I wanted to be able to help others with what I was able to do."

So, she started Peace Lily Therapeutics, a business that shows people the natural ways of healing. Some of the things McEachern offers are aromatherapy, Swedish massages, the very popular hot stone massage, energy balancing, and she is a certified Indian head massage practitioner.

She also makes bath and body products, essential oils, and essential oil blends. With these products, she can make her clients custom products and blends.

McEachern said when people hurt themselves, it often isn't just the area that's damaged.

"I'm not just fixing their muscles and their arms," she said. "It's very healing emotionally as well for them — and me. It's more so we help each other if anything."

That human connection she gets with her clients is McEachern's favourite part about Peace Lily Therapeutics. But for the first one and a half years of business, she was getting that connection in her own home.

Then, in 2016, the person McEachern received her massages from mentioned that they were ready to leave. It just so happened she knew their landlord and the building space fell into McEachern's lap.

"It was just in the stars," she said.

Now, Peace Lily Therapeutics is at Suite C-20 1st Ave SW in Carman, and McEachern's pets and children

are not in the other room while she works with clients.

"It's my space," she said. "And it stays my space."

Along with her personal celebration, McEachern is looking forward to "Feel Good February," where she'll be using Peace Lily Therapeutics' social media to post self-care tricks each day.



STANDARD PHOTO BY BECCA MYSKIW

Mayghan McEachern, owner of Peace Lily Therapeutics, has been working out of her location at Suite C-20 1st Ave SW for five years now.

# Carman's pet registry postponed indefinitely due to COVID

By Becca Myskiw

Registering a pet is a simple annual thing pet owners have to do — and the Town of Carman is reminding residents of the importance of it.

Though pet registration is usually due on Jan. 1 of each year, it's been postponed indefinitely in 2021 due to the town office being closed. Joe Richardson, Carman's animal control officer, said only cats and dogs need to be registered, and it's for the animal's own safety that they do be.

Councillor and pet owner Bernie Townsend said he registers his German Shepherd,

Keeta, each year because he knows how useful it can be if she gets out.

His previous dog is what Townsend called an "escapologist." She would get out often, go down to the school yard, and wait for the students to come filing out. Richardson used the town's pet registry to find out who her owners were, and Townsend's dog was returned home safely every time.

Richardson said the registry also notifies the town of each pet's vaccinations.

The cost to register a pet with Carman is \$15. Townsend said the cost is small for what it

pays for.

"We have town staff who sometimes have to go around picking up after owners who don't carry the poop bags with them," he said. "There's a cost to that. There's a cost to impounding a dog. If a dog has a tag on it, we can actually contact the owner and that's really important to us as well."

Registering Keeta, for Townsend, is also about being a responsible pet owner. He said it can help the town tell the difference from a stray dog and a pet.

Continued on page 8



STANDARD PHOTO SUBMITTED

Bernie Townsend, left, and his wife, Kathleen Anderson walk Keeta on the river on a leash.

## > SUPER SPEEDERS, FROM PG. 3

behaviour is careless and potentially fatal."

**Blaine Pedersen**  
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RCMP and other police agencies are on the front lines of protecting innocent motorists.

"When people drive really fast, there is a good chance they could end up in a serious, even fatal,

collision," said Insp. Chris Moore, Officer in Charge of Traffic Services for the Manitoba RCMP.

"You risk being transported to the morgue as opposed to arriving a few minutes early. It is simply not worth it. Whether it is a timing factor or an adrenaline high, there is absolutely no excuse for these excessive speeds, and the RCMP has zero tolerance for this behaviour. Make smart choices."

### Licence Suspension

MPI statistics report that about 90 per cent of these speed-related, Show

Cause hearings result in licence suspension. Suspension penalties are based on the speed recorded on the ticket and the person's driving history. Length of license suspension can range from several months to multiple years.

In addition, the responsible driver is issued a hefty fine and could also face criminal charges such as Dangerous Driving depending on conditions and behavior.

Of the speed-related SDOs forwarded to MPI, the average speed is about 60km over the posted speed limit.

# Regional approach to restrictions “on the table”

By Lorne Stelmach

There was some cautious optimism as provincial health officials offered their COVID-19 update Monday.

Officials hinted at more information coming out this week about possible changes to the restrictions under the public health order while also touting progress being made on vaccinations despite a delay in the delivery of the Pfizer vaccine.

“We’re definitely not out of the woods. We certainly still have a long way to go before we can return to normal. If we let up now, if we increased the amount of close contacts we have, we’re going to see those numbers climb again,” cautioned Dr. Brent Roussin, chief provincial public health officer.

“In order to start our reopening process, we need to do it in a continuous fashion, in a cautious fashion. We don’t want to yo-yo, we don’t want to have openings then require closures again if our numbers get high.”

While not hinting at what might be under consideration in terms of easing restrictions, Roussin did allow, if possible, that they would like to again be able to take a regional approach where the numbers are better.

“That’s not off the table. I think we want to try to get back to that regional approach. I think it’s challenging when you’re in the red and seeing the numbers that we had to take a very re-

gional approach because there’s a lot of mobility.”

Four additional COVID-19 deaths were reported Monday to bring the total number of deaths in Manitoba to 773.

The start of the work week brought 118 new cases of the virus, bringing the total number of lab-confirmed cases in Manitoba to 27,629.

The data included nine new cases in the Southern Health-Santé Sud health region, which had a total of 4,536 cases, including 226 active cases and 22 people in hospital, three in intensive care.

The active case count included 13 in Winkler, four in Morden, one in Stanley, 18 in Lorne/Louise/Pembina, 11 in Altona, and no active cases in Roland, Thompson, and Carman. In the wider region, Red River South was up to 32 active cases.

Meanwhile, the province continues to further rollout its vaccination program with an emphasis right now on immunizing residents of personal care homes.

All eligible residents are expected to be given the first of two doses of the vaccine by the end of January, which is more than a week ahead of initial projections.

Last week, teams visited 10 personal care homes for consenting residents to be immunized with their first dose, and this week, residents at 51 person-

al care homes are to be immunized throughout the province.

“I am confident that our plan is sound,” said medical officer of health Dr. Joss Reimer, who noted Manitoba is not holding back vaccine for second doses, but it will not book first-dose appointments however unless there is either known inventory or a future federal delivery of vaccine that will allow the second-dose appointment to be booked within 21 days.

All new appointments were paused last Friday, due to the uncertainty caused by the Pfizer vaccine supply disruption. Manitoba revised its projections, and eligibility criteria was being expanded to include health care workers who provide direct care in long-term care facilities including care homes.

“We wanted to give ourselves some time to look at the impact of those delays before opening the call centre back up,” Reimer said. “We have been continuing over the weekend to meet

together and to look at the numbers and recalculate and update our strategy in light of the Pfizer disruption.

“We did not over-extend. We did not assume that the future supply would arrive,” she added. “Because of that, we’re not cancelling any appointments or delaying any of our second doses.”

“We want our health care system and our most vulnerable, our top priority groups, to be fully vaccinated and fully covered.”

The province’s broader immunization plans however were adjusted based on delays or reductions in Pfizer vaccine shipments from the federal government, which are expected to continue for at least another month.

To date, 17,751 doses of vaccine had been administered including 15,607 first doses and 2,144 second doses. The province is expected to announce additional details on the next steps of its immunization campaign sometime this week.

## Southern Health’s first jab



**STANDARD PHOTO SUBMITTED**  
Public Health nurse Julie Hesketh immunized resident Renee Harms at Boyne Lodge last week. The Carman facility was the first care home in Southern Health-Santé Sud to receive the immunizations, and managers Lisa Dales and Bev Wiliment were on hand for the occasion. On Monday, the province announced it expects to have given the first dose of the vaccine to all eligible personal care home residents by the end of the month—a week ahead of initial projections.

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Training is available to help ensure everyone hired can give the vaccine safely. And, anyone administering the vaccine is also eligible to get the vaccine.

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[manitoba.ca/covid19](http://manitoba.ca/covid19)

**Manitoba**



# The Carman-Dufferin STANDARD



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# getheard

EDITORIAL > VIEWPOINTS > LETTERS

## Applications now available for 2021 urban and hometown green team grants

### Submitted by Manitoba government

Urban and Hometown Green Team grant applications are now available for organizations to hire youth between the ages of 15 and 29 for summer jobs in Manitoba, Municipal Relations Minister Derek Johnson announced earlier this month.

"Green Team programs support summer employment for hundreds of young Manitobans and we look forward to the work they can accomplish in 2021," said Johnson. "In addition to supporting community projects, employment through the Green Team

also provides valuable work experience for youth, which is very beneficial for future career opportunities."

Green Team grants allow communities to hire youth aged 15 to 29 to work on community projects between May 1 and Aug. 31. Eligible recipients include non-profit organizations in Winnipeg and rural Manitoba and municipal governments in rural Manitoba.

Priorities for the 2021 summer season are focused on community-based organizations and municipal governments that can offer full-time employ-

ment opportunities for youth and on projects that support COVID-19 response and recovery efforts.

The grants cover 100 per cent of wage costs and \$250 per position for support costs in non-profit organizations. Municipal governments receive 50 per cent of wage costs and \$125 per position for support costs, on a cost-shared basis.

The deadline for applications is Feb. 15. For more information on Green Team applications, visit [www.manitobago.ca](http://www.manitobago.ca).

## Increase in auto-insurance fraud charges in 2020

### Submitted by MPI

Auto-insurance fraud charges in 2020 increased 44 per cent compared to the year previous, Manitoba Public Insurance announced today.

As of the end of December 2020, a total of 130 charges against 49 people have been laid, compared to 90 charges against 34 people in 2019.

"This increase should not be interpreted as more fraud taking place in our province. The increase reflects MPI's commitment to reviewing suspicious claims," explained Curtis Wennberg, vice-president, Customer Service and COO.

"Auto insurance fraud affects honest customers through their premiums and MPI is committed to ensuring people receive the benefits they are

entitled to and prevent fraud. MPI remains totally focused on reviewing suspicious cases.

"Following extensive investigations, these files were forwarded to the provincial prosecution office for review. These charges fall within either the Criminal Code, the MPIC Act or Highway Traffic Act. A conviction of any nature is a very serious consequence of auto insurance fraud."

Charges laid can vary from Making False Statement, Fraud Over \$5,000, Fraud Under \$5,000. Individuals found guilty in the courts could face a financial fine, criminal charges or/and restitution orders to pay back MPI.

Suspicious claims are handled by MPI's Special Investigation Unit (SIU). The efforts of this special unit

resulted in claims savings last year of more than \$10 million for MPI rate payers. The SIU closed more than 1,200 investigations in 2019. In addition to the TIPS Line, Manitoba Public Insurance receives information about possible fraudsters from employees, police agencies, or Manitoba Crime Stoppers.

Anyone with information about auto insurance fraud is encouraged to call the Manitoba Public Insurance TIPS Line: 204-985-8477 or toll-free 1-877-985-8477. All calls are anonymous.

Insurance fraud – automobile, home or health care – costs Canadians more than \$3 billion a year in premiums, according to the Insurance Bureau of Canada.

## Sustainable communities grants protect and enhance community services

### Submitted by Manitoba government

The Building Sustainable Communities Program grant application intake will open on Monday, Jan. 18, to support community development

projects, Municipal Relations Minister Derek Johnson announced on Jan. 15.

"Our streamlined grant program is flexible and more responsive to com-

munity needs, reduces red tape and enhances the project outcomes," said Johnson. "We are committed to sup-

Continued on page 7

### OUR SISTER PUBLICATIONS

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# letter to the editor

Letters to the Editor: letters@carmanstandard.ca

Dear Editor,

The Pallister government, on the advice of Dr. Brent Roussin, has placed restrictions on us so rigid as to defy most totalitarian states in all of history. This would have been bad enough if it was for a virus that was actually decimating the population, but they are doing this for COVID, a disease so mild that half the people that get it will never know they had it, and a full 99.8 per cent of people recover from it (see WHO bulletin 20.265892). Indeed, despite substantial evidence of inflated numbers from false positives, COVID deaths in the last year are hardly more than that of a normal flu season (for proof of false positives, see: [www.who.int/news-room/commentaries/detail/immunity-passports-in-the-context-of-covid-19](http://www.who.int/news-room/commentaries/detail/immunity-passports-in-the-context-of-covid-19)).

Dr. Roussin now asserts that the number of COVID cases is declining because we are "following the very tough restrictions." And he claims that the numbers would have been even better if we had all followed the rules. How convenient to blame the viral spread on rule breakers.

Are the claims valid? They are not. Well over half of Manitobans still go to work, most are still shopping, and nearly 100 per cent of Manitobans continue to visit grocery stores. Moreover, only a very few are truly rule breakers. Do viruses only spread when a family gathers to mourn a lost father, when friends meet for tea, or when athletes play sports? Do they not also spread at work and in stores? Of course they do. Nor is mask use stopping the virus (see:

[www.aier.org/article/the-year-of-disguises/](http://www.aier.org/article/the-year-of-disguises/)).

Therefore the virus is being spread by everyone, Dr. Roussin included, not just by rule breakers.

Indeed, doctors and researchers all over the world are writing papers showing not only that lockdowns do not contain this virus, but also that lockdowns will kill far more than COVID ever will (see: [www.aier.org/article/lockdowns-do-not-control-the-coronavirus-the-evidence/](http://www.aier.org/article/lockdowns-do-not-control-the-coronavirus-the-evidence/) and <https://lockdownsceptics.org/>). Yes, lockdown is killing us.

I offer one example of the consequences of this tragedy, namely that it is now estimated that 20 per cent of the population is going to need mental health care because of the lockdown (see: [www.centreformen-talhealth.org.uk/publications/covid-19-and-nations-mental-health-october-2020](http://www.centreformen-talhealth.org.uk/publications/covid-19-and-nations-mental-health-october-2020)).

So why are the numbers going down? COVID is following a seasonal course with higher numbers during the winter (see: <https://virusncov.com/covid-statistics/australia>). Therefore, it is certain that the mild temperatures in Manitoba over the past four weeks have had a substantial influence on the numbers. In other words, the virus is simply running its course.

It is high time for our government to admit their colossal blunder, to discuss the fact that lockdown is killing us, to be honest about who is pressuring them, and to remove all the draconian restrictions.

- Thomas Verduyn  
Roland

## > SUSTAINABLE GRANTS, FROM PG. 6

porting projects from municipalities, non-profit and community-led organizations across the province."

The 2021 program intake has been expanded to include support for larger-scale capital projects. This includes a maximum grant contribution of 50 per cent of eligible capital project costs, up to \$300,000.

The current maximum grant contribution of 50 per cent of eligible project costs, up to \$75,000, will continue to apply for all other project categories. This will ensure regional distribution of projects across the province.

"The Association of Manitoba Municipalities (AMM) appreciates our ongoing partnership with the provincial government to review applications and make recommendations on the Building Sustainable Communities Program," said Kam Blight, AMM

president. "This funding is maximized at the local level to help grow local communities and our province."

Eligible applicants for the Building Sustainable Communities Program include non-profit organizations, charitable organizations, municipalities, and northern affairs community councils.

"We are pleased to announce that we have fulfilled one of our commitments to continue to improve the Building Sustainable Communities Program to modernize and strengthen the non-profit sector and promote capacity, sustainability and resilience in communities," added the minister.

Deadline for applications is Feb. 28. For more information about the program, or to submit an application, visit [www.manitobago.ca](http://www.manitobago.ca).

By Jennifer McFee

Multi-Material Stewardship Manitoba will provide \$109,842.30 in 2021 funding, which will be paid in four equal instalments.

The provincial government recently repealed the Retail Businesses Holiday Closing Act, thereby removing restrictions on Sunday and holiday retail shopping. The finance and administration committee has opted not to propose a bylaw to establish retail shopping restrictions on Sundays and holidays. Instead, businesses will be allowed to set their own hours for Sundays and holidays.

At the Jan. 5 meeting for the finance and administration committee, the committee discussed solid waste management, including the possibility of using 240-litre garbage carts.

The recreation and services committee will recommend to the councils to pass a resolution that would authorize an upgrade to the current booking system at a cost of \$13,608.50 plus taxes.

The Carman-Dufferin arena received a \$5,000 Manitoba Bridge Grant, which is geared for businesses and organizations that had to close to the public on or after Nov. 12 to prevent the spread of COVID-19. The province will provide a second \$5,000 this month if public health orders remain in place.

The provincial government will also provide a \$7,177.46 Stay Safe At Home grant for 50 pairs of snowshoe kits that will be available for Carman and Dufferin residents to borrow for free.

The committee reported that the new pool liner resulted in a reduction of 25,000 gallons to fill the pool, plus the cost of topping up the pool each day, which will result in savings.

The cement pad of the skate park is being used as an outdoor skating rink this winter to provide an additional outdoor

recreation option.

Troy O'Brien of O'Brien Built donated his time to reconstruct the toboggan slide, which will feature additional safety features such as a side rail. In addition, Homestead Coop donated lumber for the project.

The new Zamboni arrived on Dec. 29.

The existing baseball diamonds will be used again this year since the new complex won't be complete until around July.

The Carman-Dufferin Planning District hosted a public hearing during the Jan. 12 meeting regarding a request to vary a minimum site area for subdivision to 42.11 acres from the required 80 acres. No members of the public attended the meeting and no one expressed concerns. The planning district approved the request.

At the same meeting, the Carman-Dufferin Planning District approved its 2021 budget.

The Dufferin Historical Society sold \$900 worth of books and souvenir tiles over Christmas.

With the extension of public health orders until Jan. 22, town office staff will continue to work from home as much as possible, with at least one staff member at Memorial Hall each day.



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# Miami farmers named among Top 100 Most Fascinating Manitobans

By Becca Myskiw

Winnipeg radio host Ace Burpee's Top 100 Most Fascinating Manitobans of 2020 includes the Stepplers from Miami.

Katie and Andre Steppler own and operate Steppler Farms Ltd., which is celebrating 100 years of farming in 2021. The farm has three entities — honeybees, grain and cattle. Andre and Katie Steppler look after the cattle and are the second largest producers of Charolais cows in the country.

Next to their names on Burpee's list, he wrote, "For their progressive thinking, environmental stewardship and contributions to their community. The pair were named Manitoba's Outstanding Young Farmers of the Year in 2020."

Andre Steppler said they had no idea they were on the list.

"One of our friends came across it on social media and brought it to our attention," he said, calling it a great surprise.

Getting Steppler Farms Ltd. recognition because of the list is great, he said, but Andre Steppler said it gives more insight to what they do, and by extension it's recognition for the agricultural industry.

During the pandemic, Andre Steppler said there's been a big focus on food, and it's shown people how important agriculture is, especially at a local level. That for him, is the silver lining of COVID-19 as he and Katie Steppler spend a lot of time advocating for what they do.

They manage 600 pure bred cows, 100 commercial cows, and have two large sales every year.

Along with producing cattle and advocating for it, the Stepplers compete for it. They won last year's provincial Outstanding Young Farmers competition, where they first submitted a 15-page essay on all aspects of their farm, and then were judged for four days on how they conduct themselves and network.

On top of that, the pair was named Manitoba's Outstanding Young farmers of the Year. Andre Steppler said the family's increased exposure is great for the industry. He and his wife, Katie Steppler, work to share the importance of agriculture and among their wins for 2020, making Burpee's list was "rewarding."

"It's definitely a humbling thing for Katie and I to be recognized," he said. "Probably the biggest part of it is just the recognition of agriculture in an urban setting like that."



STANDARD PHOTO SUBMITTED

Miami's Katie and Andre Steppler along with their children Brynn, Declan and Brayden were recently named to Ace Burpee's Top 100 Most Fascinating Manitobans of 2020.

## > PET REGISTRATION, FROM PG. 4

Last year, there were 103 dogs registered with the Town of Carman, the most common one being a Shih Tzu, then a Shih Tzu cross. That same year, there were only 13 cats on the registry. In 2019, there were 104 dogs and 19 cats.

The town said 2016 saw the highest number of cats — 50 — but it has

steadily been declining since then and they don't know if that's due to their being less cats in town or people failing to register them.

If the town finds out someone has an unregistered cat or dog, they'll notify the owners. If they refuse to register the animal(s), a warning, and eventually a fine will be sent out.



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# Diabetes Canada calls on government for national strategy plan

By Sydney Lockhart

Canada is a country that takes pride in its free health care, but millions of diabetic Canadians are paying hundreds or thousands of dollars a month just to stay alive.

"I recently calculated how much it costs for me monthly to live with the disease and that's not even including the juice or the sugar that I need when I go low or other little necessity things like that. I believe it was almost over a thousand dollars per month," said type 1 diabetic Alex Melsted.

Diabetes Canada is urging Canadians to reach out to their local MPs and ask them to push for implementation of a Diabetes 360 plan in the upcoming federal 2021 budget.

"With more word spread and people talking about it and raising awareness that will definitely help," said Melsted.

This plan looks at all aspects of diabetes, type 1 and 2. It would financially help diabetics and help the prevention of type 2 making newer technologies more widely available to help manage the disease better.

Continuous glucose monitors are machines that constantly check blood sugar levels and warn users when their sugar is becoming irregular. With this technology available widespread

to diabetics, it would help manage blood sugar levels and prevent trips to the hospital from extreme high or low sugars

"Canada is one of the few countries that doesn't have a coordinated approach to preventing it and managing it if you have it, preventing complications," said president and CEO of Diabetes Canada Laura Syron.

One hundred years ago in 1921, Sir Frederick G. Banting and his team discovered insulin at the University of Toronto, a discovery that has since saved millions of lives.

"We need our campaign to say it's great to celebrate the discovery of insulin, absolutely we should honor that and be proud Canadians, but that shouldn't turn us away from the fact that we haven't done a good job on diabetes," said Syron.

The discovery itself has helped manage and regulate blood sugars however, there is no cure for diabetes, but there is research currently being done using stem cells that has been promising in studies using mice.

"People with diabetes, if left untreated or not managed well, is the leading cause of blindness in adults, it leads to kidney failure and you must go on dialysis, it leads to foot ulcers



STANDARD PHOTO SUBMITTED

Alex Melsted with her medical supplies to manage her type 1 diabetes, she calculated an average cost of 1000 dollars per month on health care expenses.

and amputations, it leads to 40 per cent of heart attacks and 30 per cent of strokes," said Syron.

She said Canadians should educate themselves about the effects of diabetes because the chances of knowing

someone who is diabetic or developing it yourself is high.

To learn more about the Diabetes 360 campaign, or to donate to Diabetes Canada, go to [diabetes.ca](http://diabetes.ca).

## Alzheimer Society helping families

By Ashleigh Viveiros

While COVID-19 has understandably dominated the headlines over the past year, the pandemic didn't mean families coping with Alzheimer's disease got a reprieve from their journey with the illness.

In fact, pandemic restrictions have created a whole new host of challenges for dementia patients, their caregivers, and loved ones, shared Kathy Fehr, regional coordinator for the Alzheimer Society of Manitoba, in promoting January as Alzheimer's Awareness Month.

"Staying connected has been tough," she said, explaining many families unable to visit in person have turned to video conferencing to stay in touch.

"Depending on where you are on the journey, early to mid-stage Alzheimer's often they can still Zoom and they can still recognize their loved ones and know who they are," Fehr said. "But later on in the disease it can be hard for them to tell the difference between, let's say, a TV program and a family member on the screen in front of them."

More than 23,000 Manitobans live with dementia today. The Alzheimer Society is there to provide resources

to patients and families alike as they navigate their diagnosis.

Like many people, Fehr has found herself working from home during code red, but that hasn't meant the calls for support have stopped, though she does miss the in-person connections her job usually entails.

"It's been a challenge, for sure," she said, noting things like support groups have had to move online entirely, though that actually came with a silver lining: it has vastly opened up the number of support groups to locals, as they're no longer bound by geography. "With no borders they can go online and enter any one they like. There's evening ones, afternoon ones; a huge variety of different days."

Other Alzheimer Society offerings such as its Minds in Motion program and Living with Alzheimer information sessions are also being offered online to great success.

"We have a lot of education that is happening by Zoom," Fehr said, encouraging people to check it out.

For details on the programs available, head to [alzheimer.mb.ca](http://alzheimer.mb.ca). You can reach Fehr at the South Central Region office at 204-325-5634 or [alzsc@alzheimer.mb.ca](mailto:alzsc@alzheimer.mb.ca).



The CAF is grateful to be part of a Shared Staffing Pilot Project with Endow Manitoba. We are pleased to announce our new Executive Director Jennifer Ching-Faux

Jennifer Ching-Faux is a graduate of the University of Winnipeg, and holds a certificate in public relations from Ryerson University. She has spent the last ten years working in community support, corporate events and advertising, and is a dedicated volunteer within her hometown of Darlingford. Outside of the office, Jennifer enjoys curling, snowmobiling, golf, and spending time in the Pembina Valley with her family. She is thrilled to be a part of the Endow Manitoba team, and is looking forward to growing and strengthening the community foundations of South Central Manitoba, including Carman Area Foundation, Miami Area Foundation, Morden Area Foundation, and Pembina-Manitou Foundation.





# Local dogs donate blood

By Becca Myskiw

Dogs sometimes need blood just as humans do, and Carman pups recently had the opportunity to donate theirs.

Carman Veterinary Clinic was host to a blood donor clinic on Jan. 13. Nine local dogs showed up to give their blood to the Canadian Animal Blood Bank (CABB), and two of those dogs were eight-year-old Jackson (Jax) and five-year-old Griffin.

The dogs' owner, Lisa Findlay, said she's been taking her dogs for approximately five years. It's their way of helping other pups.

To donate, dogs have to be at least 25kg, between one and eight years old when a first-time donor, in good temperament, and be up to date with their



Griffin, 5, is a mixed breed.

vaccines. Michael Philippot of CABB said the donor criteria is for the safety of the dog as they need to be able to

donate a minimum of 300mL.

When the dogs get there, Philippot does pre-donation screening, a blood test, and then, if everything is looking good with the dog, he lies them on their side and starts the donation from their jugular vein.

Collecting while the dog is on their



STANDARD PHOTOS SUBMITTED

Jackson, 8, is a golden retriever.

side makes it go faster as their heart and head are at the same level. The average dog blood donation takes four minutes. A full unit is 450mL, and the minimum they can collect is half of that — the 300mL.

Philippot said bringing a dog to donate blood is important because, simply, it saves lives.

"They could have many more years with a family member instead of them having to say goodbye too early," he said.

Findlay said there are plenty of benefits with CABB as well if your own dog needs blood down the road. For each donation a dog gives, they'll receive that amount for free if needed.

After a dog's second donation, they can also get a microchip for free if they don't already have one. If they do, but the family's smaller dog who can't donate needs one, they can gift it to that dog instead.

Bringing Jax and Griffin to donate on Jan. 13 was also important for Findlay, she said, because she knows donations have been down during COVID-19. Philippot enforced what she said, saying the need for blood hasn't gone down, but the supply has.

"If you lose anything, it's just a little time in your day," he said.

To see the next dog blood donor clinic nearby, go to [canadiananimalbloodbank.ca](http://canadiananimalbloodbank.ca).

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For more information, please e-mail [exedir@carmanareafoundation.com](mailto:exedir@carmanareafoundation.com)  
Or phone Granting Chair  
Arthur Cameron at 204-343-2314

## BTHC welcomes new spiritual care coordinator

By Ashleigh Viveiros

Several years ago, Larry Reimer saw firsthand the comfort spiritual care workers can provide people dealing with stressful medical situations.

He and his wife spent a great deal of time in the newborn intensive care unit at St. Boniface Hospital after the birth of their daughter.

"I was sitting in a zero gravity chair with my daughter on my chest listening to a spiritual caregiver on the other side of the wall, the pod," Reimer recalled. "So I was hearing the care that was being given to a family and I thought, 'That's what I want to do for the rest of my life.'"

It took a few years of training and then waiting for a position to open up locally, but now Reimer is able to follow the path he believes God has set out for him. He started as Boundary Trails Health Centre's new spiritual care coordinator ear-

lier this month.

"I was feeling led to apply for the job," Reimer said. His past experience includes serving as a dean at MCI in Gretna, the director of Altona's Youth for Christ, and a pastor at Winkler's Cornerstone Vineyard Church.

Reimer plans to bring all this experience to bear in his new role, which he sees as providing an extra level of compassionate support to BTHC patients and their families.

"To care for them in a spiritual way, which is oftentimes, not neglected, but perhaps overlooked," he said. "We as humans are spiritual people and we need to be caring for that dynamic as well."

As a Christian, Reimer of course approaches his role from that religious perspective, but that doesn't preclude him from providing comfort to anyone who might need it.

"I believe everybody's made

in the image of God ... when you see people through that lens you can talk to anybody because everybody you see is made in the image of God," he said. "You are a human being and God loves you. That's how I try to view my job. Whether somebody knows God or not, whether they're in an active relationship with God or not, I approach them the same way.

"When I go into a room what I do is I pray, I ask God to give me wisdom, to give me insight at how to care for this person ... I find that that frees me up to minister to anybody, to serve anybody."

That includes BTHC staff, who are navigating unprecedented stresses as a result of the pandemic.

"That's part of my job too is to come alongside staff and encourage them and to be a source of strength and comfort for them as well," Reimer said.



# AMM doing COVID recon

By Evan Matthews

The Association of Manitoba Municipalities is in the midst of its second COVID-19 impact survey, as the organization tries to better understand how municipalities are coping.

The survey focuses on potential fiscal impacts and pressures coming in 2021, according to an AMM spokesperson, who added all 137 Manitoba municipalities received the survey.

"The information gathered through this survey will help inform the AMM's advocacy efforts, as we continue to advocate to both federal and provincial governments for greater financial and economic assistance to municipalities in 2021 given the ongoing pandemic," said the spokesperson.

"Responses from this survey will be summarized and shared publicly," the spokesperson said, adding AMM intends to do so in the near future.

Questions on the survey largely pertain to what areas of operations with-

in municipalities have seen the most impact, and if that impact could be quantified.

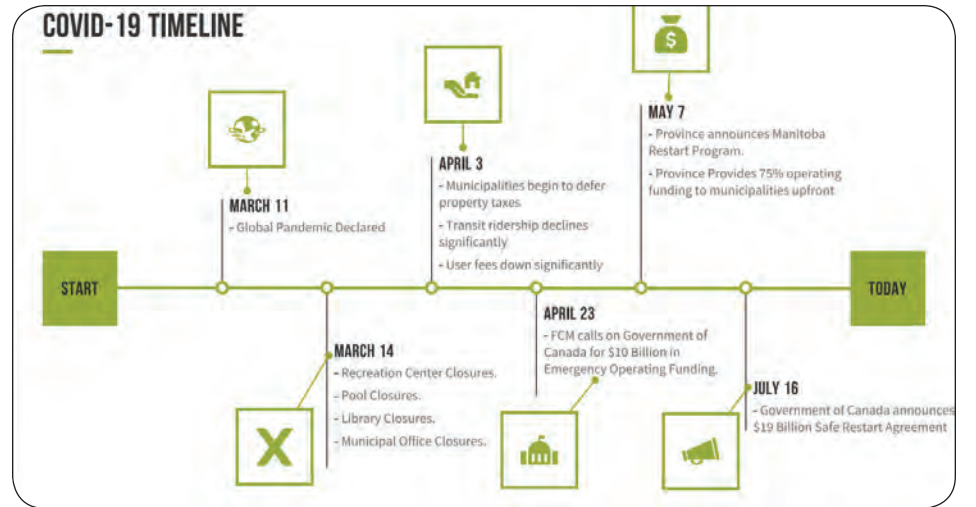
Generally speaking, the Federation of Canadian Municipalities (FCM) stated municipalities across Canada are facing a collective operating shortfall of roughly \$10- to \$15-billion due to the COVID-19 pandemic.

On its first survey, AMM asked municipalities what is considered highest priority in the coming weeks and months, as Manitoba aims to recover.

Municipalities identified the continuation of services, safety of employees, increased information sharing, consistent messaging from government, funding to ease financial pressures, operation of recreation facilities, and adequate supply of PPE as priorities.

## A municipal COVID-19 timeline

The AMM has designed a timeline graphic, which outlines the pandemic in chronological order from a Mani-



STANDARD PHOTO SUBMITTED

COVID-19 timeline graph that outlines the pandemic.

toba municipality perspective.

Shortly after the world entered into a global pandemic, on March 14, the provincial government mandated Manitoba municipalities to close recreation centres, pools, libraries, and municipal offices. In April, municipalities began to defer property taxes, transit ridership declined significantly in major centres, and user fees began

to decline. Simultaneously, the FCM called on the federal government for \$10-billion in emergency operating funding. In May, the provincial government announced its Manitoba Restart Program, and provided 75 per cent operational funding to municipalities upfront. Finally, in July, the federal government announced its \$19-billion Safe Restart Agreement.

# Carman minor hockey night...1973 style!

By Dennis Young

The names may be familiar to you but are their abilities! As part of the Carman Minor Hockey Night January 20 1973, these fellas played to a 1-1 tie refereed by Sven Jensen and Roy Dunbar who called just 1 minor penalty. Prior to this "main" event, games were played by the 8, 10, 12 & 14 year olds as was a broomball contest featuring hockey Moms. Over 400 attended the evening to raise funds for the organization.

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Barrie "Pills" Sanders  
"Blue" Max Bailey  
"Oiley" Almer Dunn  
"Jumpin" Jack Butler  
"Lone" Ron Stanger  
"Ramblin" Ted Rose  
Gord "Clipper" Magnusson  
Brian "Stove Pipe" Milne  
Bernie "Beard Buster" O'Callaghan

Elwin "King Pin" Chase  
"Blasting" George Bishop  
"Dumplin" Dale Owen  
Marv "Moose" Meyer  
"Fearless" Frank McKinnon  
"Amiable" Abe Loeppky  
John "Cuddles" Calverley  
"Crimebuster" Buster Brad  
Reg "Pudg" Ulyot  
Earl "Hot Cold" Clearwater  
Laurel "Slewfoot" Shewchuk

Jack "Haystack" Forester  
Fred "Knuckleball" VanKoughnet  
Glenn "Fill the Net" Steeves  
"Rocket" Tom Rockey  
Colin "Bend the Twine" Rothwell  
Dwight "Crusher" Smith  
Barrie "Last Minute" McGill  
"Blonde Bomber" Ken August  
"Gorgeous" George Gray  
"Bouncing" Bob McIntosh

"Rambling" Ralph Bates  
Joe "2:04" Forester  
"Jolting" Jack Hetherington  
"Nimble" Norm Allen  
"Ragged" Reg Last  
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# Bergen reps says MAGA hat was not hers

## MP condemns “violence incited by outgoing President Trump”

By Lorne Stelmach

A controversial photo that emerged on social media recently had Conservative deputy leader and Portage-Lisgar MP Candice Bergen condemning the violence incited by outgoing U.S. President Donald Trump.

The undated and unsourced photo started circulating on social media after pro-Trump rioters invaded the U.S. Capitol earlier this month.

It showed Bergen wearing a camouflage hat with the “Make America Great Again” slogan that became synonymous with the outgoing U.S. president during his 2016 election campaign.

Responding by email to the *Voice's*

requests for comment on the photo last week, John Nieuwenhuis, senior advisor to the Conservative Party of Canada deputy leader, stated that the hat did not belong to Bergen. He said she was at an event a few years ago and someone handed her the hat and asked for a photo with it.

Bergen, meanwhile, offered the following statement to media in response to the photo controversy:

“I, like many people in Portage-Lisgar, was shocked and horrified to see the events unfolding in and around the Capitol Building in Washington.

“The United States is our closest friend and ally, and the people of Portage-Lisgar and I wish to see our

friends and neighbours to the south undergo an orderly and peaceful transition of power.

“That is why I strongly condemn the violence incited by outgoing President Trump. There is no place for such actions in a peaceful democracy.

“Conservatives call on President Trump and his supporters to respect the will of the American people, the will of the states who have confirmed these results, and the will of the American courts that have reaffirmed these results.”

President Trump’s time in office was slated to come to an end this week with the inauguration of Joe Biden as president on Wednesday.



This undated photo of MP Candice Bergen wearing a Make America Great Again hat was posted by an unknown source on social media earlier this month.

# Kroeker Farms donates \$15,000 to the Back Door

By Becca Myskiw

Kroeker Farms, the Winkler-based potato growers, have partnered with the Back Door Youth Centre.

Kroeker Farms is one of Canada’s leading potato producers, and according to their website, Manitoba’s largest grower of organic potatoes. Though they’re based in Winkler, the company has growers in and around the Carman area, and CEO Wayne Rempel said they feel like they’re part of the community.

The potato growers have a policy where they give back to the communities they’re in — giving back for them comes in the form of 10 per cent of their annual profits. And that money doesn’t just go to one community’s organization, it goes to several.

“I like to invest in local communities because they’re important to us,” said Rempel.

One of those communities this year was Carman and one of their organization was the Back Door Youth

Centre. Choosing them, he said, happened after friends of his in the area pointed them out, and it was an easy decision to make.

“We just believe in the principal,” said Rempel. “10 per cent of our profits should be charitable. We should give back.”

Giving back to the Back Door meant giving them \$15,000 to go towards their current capital project. The project is building an addition to the youth centre to give them more recreational space and offices.

Tyler Friesen from the Back

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Kroeker Farms has donated \$15,000 to the Back Door Youth Centre for their capital project.

Door said Kroeker Farms reached out to them and it was a total shock.

“It was a very pleasant surprise to get a sizeable donation like that without having to do any work,” he said.

He said it started with an email in the middle of December asking for some information on the Back Door and a couple weeks later, the \$15,000 just showed up. Friesen said that money is a huge help in the fundraising efforts for their project.

By the end of 2020, the centre had raised 60 per cent of their goal of \$1 million — they have \$400,000 left to raise.

“To end the year on a really high note like that is really exciting,” said Friesen. “We hope to keep that momentum going.”

If everything goes to plan, work on the new building should start by the spring of 2022.

**Whoos Got The Greatest Love Story of All Time? CONTEST**

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Contest entry deadline February 5th, 2021

\*stories may be edited for length

Share your story with us and you could set your Valentine up for a special surprise.

In a few paragraphs tell us how you met and how you knew it was true love, or just tell us why your Valentine makes your heart skip a beat.



# Carman woman finds suitcase in the ditch, befriends a man in Toronto

By Becca Myskiw

A daily drive down a familiar road led a local woman and her two sons to a find that connected them with a man from Toronto.

Carin Beukema was taking her sons, Lynden and Trayce, to school last week when they noticed what they thought was garbage strewn all over the ditch. Normally, Beukema said she wouldn't have even looked twice, but a bright pink ribbon had caught her attention, making her think there was more to the mess on the side of the road.

"The boys told me to go back," she said. "And I said, 'but you're going to be late for school.' And they said, 'that's fine.' So, I turned the car around, we went back, and the boys jumped out of the car and started cleaning it all up."

What they found was an open suitcase with two locks, both of which had been cut, and many personal items scattered around in the snow.

"It was like someone had just threw it out their window," she said.

Once Beukema and her children had cleaned it all up, they took the suitcase to her parents' house and laid its contents out on their heated floor so everything could dry off. Upon finding a bunch of letters written to one



STANDARD PHOTOS BY CARIN BEUKEMA

Carin Beukema found a suitcase in the ditch and it led her to a man in Toronto.

person, photos, and personal belongings, Beukema found a passport.

She searched the name of the passport's owner online and found out he was born in 1916 but had died. So, after more searching and searching, Beukema found the man's son on Facebook — Rod Lauder.

Lauder, she said, had no clue the suitcase was even out there, nor that it had all the things it did inside.

"It wasn't even something that would cross his mind that it was missing," she said.

Beukema and Lauder exchanged many messages and emails, which eventually led to him sending her the money to mail the suitcase to his home in Toronto. He sent her more than she needed, though, and said in a text it didn't even begin to cover the time and care she had taken to recover the "Lauder treasure." He hoped the extra money would get a treat for her boys.

"I don't know how to explain it," said Beukema, referring to the whole experience. "It's like a once in a lifetime



Lynden Beukema, left, and his brother Trayce Beukema's favourite find in the suitcase were the photos of motorcycles.

kind of experience in a way. You're going, looking at garbage. It was the most amazing, fun, adrenaline-filled experience I've ever had."

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# Arborg ag businesses de-stigmatizing mental health

## Bringing literacy training to area farmers

By Patricia Barrett

Farming is said to be one of the world's most challenging occupations because of endless uncertainties around climate, crop yields and prices, which have always put a disproportionate amount of stress on those working in agriculture.

Recognition of mental health issues impacting the sector has slowly been gaining traction over the past few decades. With COVID-19 currently wreaking havoc across the globe and notching up overall stress levels, there's no better time than now to start talking about mental health.

Two Arborg-based agricultural businesses, the Bar Z Ranch and Foster Ag Services, are leading the charge to open up that conversation and to help educate ag producers about how to deal with stress.

They've teamed up with a national organization called the Do More Agriculture Foundation and will be acting as moderators for the foundation's free four-hour mental health webinar called Talk, Ask, Listen.

Theresa Zuk of Bar Z Ranch, a family-run cow-calf operation with its own beef-marketing arm called Bar Z Beef, said she realized that the everyday stressors faced by ranchers like her and other producers – and by people working in related fields such as veterinary services and farm equipment sales – can become a “big deal.” And that compelled her to contact the foundation last year to see if they could offer a training session.

Farmers typically don't complain, said Zuk, but that doesn't mean they're immune to stress.

“We all know how to work hard and we all know how to put our noses to the ground. And that should be enough but it isn't anymore,” said Zuk

last week by phone. “I think so many people involved in agriculture accept they're in one of the most stressful occupations there is. There are so many factors affecting what we do – weather, markets, prices – and we have no control over them.”

Those stressors can sometimes cause producers to ignore debilitating symptoms of stress or adopt unhealthy coping strategies such as alcohol and drug misuse when worries begin to really pile up.

“Financially, there's a lot of pressure on producers. There's pressure to grow the operation and get loans,” said Zuk. “And you wonder, ‘Am I making the right decisions? How will this affect my bottom line?’ And stress also spirals down to your busy season when you're working longer hours and you're getting less sleep. You can get caught in a gruelling rut that you can't step away from and it can become your norm – and not necessarily a healthy norm.”

Other stressors include family relationships, as many farms are family-run, succession planning and difficulties communicating with workers in the pasture or with customers as there is either poor or non-existent cellular and Internet services in many rural areas of Manitoba, including near Arborg.

COVID-19 has to “some extent” added to producers' troubles, said Zuk, mainly by affecting markets for their products, but she wouldn't necessarily say it has been the prime mover as “every little thing can affect the market.”

The not-for-profit Do More Agriculture Foundation encourages, supports and empowers producers to care for their mental well-being as they're among the “most vulnerable

when it comes to mental health issues,” according to the foundation's website. It recognizes that farmers shy away from speaking up about mental health and tend not to reach out for help.

Zuk said that reluctance comes down to pride, self-image and stigma surrounding mental health issues.



**STANDARD PHOTO COURTESY OF BAR Z RANCH AND BAR Z BEEF**  
Cattle ranchers (from left) Theresa, Jason, Garrett and Sawyer Zuk run the Bar Z Ranch and direct marketing beef business, Bar Z Beef. They've teamed up with Foster Ag Services and the Do More Agriculture Foundation to raise awareness of mental health issues in agriculture.

“With farming it's such a pride thing,” said Zuk. “We just get on with it.”

She said anyone in the province can register for the free webinar, which will be broadcast via Zoom and taught by a qualified mental health professional. But the program is focusing on the Arborg-Bifrost-Riverton area as there are workshops being offered elsewhere in Manitoba.

The webinar will help participants identify signs of anxiety, stress, depression, substance abuse and other mental health issues, how to have a conversation about them and how to access support.

“Part of the webinar will also talk about self-care. Sometimes you need to step away, but you have no idea how hard that is for farmers and ranchers because this is what we do 24-7,” said Zuk. “And we don't leave it at the door at 5 o'clock. We bring it to the supper table and we bring it back out to the field.”

Webinar participants who may feel embarrassed don't have to show their faces on Zoom; they can just listen in.

Zuk said she worked closely with Kiah Bobbee of Foster Ag Services to bring the webinar to their region. Foster Ag is a seed and chemical retailer and provides agronomy services. The company invests in the community by making donations to the Reechka Ukrainian Dance Club, the curling club, local schools and other initiatives.

Bobbee, who is the company's site operations manager, said mental health is an important issue in the agriculture sector and Foster Ag wants to help get it out in the open to normalize it.

“We think it's an important topic

that's not discussed enough, and we like to be involved in these types of conversations to show our customers that we're not just selling them a product, but we also care about them as people,” said Bobbee by phone. “We want everyone to be in the best health as possible – both physically and mentally.”

Bobbee said farmers in the Arborg and Bifrost-Riverton area grapple with weather extremes that cause a great deal of stress.

“The past couple of years we've had drought. But before that, at the other end of the spectrum, we had flooding and too much rainfall,” said Bobbee, who grew up on a farm and whose husband's family are farmers. “And lots of time we get a late frost in the spring which can kill off crops, and they have to be re-seeded, which is an added stressor that nobody likes dealing with.”

The stressors affecting farmers, along with the impact on their mental health, have been well documented by researchers, who have called for tailored supports for the industry.

Researchers at Brandon University and the University of Calgary examined Manitoba farmers' financial and health concerns, uncontrollable events, family stress and coping mechanisms in a 2010 study titled “A qualitative analysis of suicide ideation among Manitoba farmers” in the Canadian Journal of Counselling.

They found farmers, on the whole, cite pride as a factor in their unwillingness to seek help for emotional troubles. And male farmers, who are “typically socialized to be independent and emotionally removed,” ex-

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The Winkler Morden  
**Voice**

Continued on page 15



# Where are they now? Catching up with the Kennedys

By Dennis Young

*This feature will attempt to renew some acquaintances with those who called Carman home at one time or another. I have randomly selected people to answer questions of their past and present so the readers can be brought up to speed on their lives.*

**Q. Firstly let's get familiar with you again. When did you live in Carman?**

We made Carman home from 1964 to 2010.

**Q. What did you do for a living here?**

Donna and I both were teachers at the Carman Collegiate. Donna taught senior math for several years and I taught chemistry and phys ed. We also operated a U-Pick strawberry farm for 10 years in the 80s with good friends Dorothy and Neil Strachan.

**Q. What activities did you participate in?**

Music was our passion. In my first few years I sang in a barbershop quartet with Chip Hand, Frank McKinnon and George Loepky. Donna was a member of the Sonatrice Singers and the United Church choir. Together we sang in the J-Tones Jazz group and along with Audrey Meyers on piano formed the Carman High School Midnight Blues Jazz group. I played bass with The Boyne Flood band (Bob Leslie, Ryan Carr, Ken Yablonski and Brian Boggs) while our sons played in their own bands. We both played tennis and golfed plus Donna cross country skied. She won the Manitoba Games on a team with Linda Revel, Hetty Vanderput and Lydia Prine in 1978. I played for the Beavers in the 70s and the Pembina Valley Oldtimers in the 80s.

**Q. Did you raise any children here? Names, where and doing what?**

Both our sons were born in Carman. Garth and Grant grew up here as well as our foster daughter Sherry. Garth is a partner in a computer software business and Grant is an emergency doctor. They both call Calgary home while Sherry resides in Winnipeg. We have five wonderful grand children ages 2-12 so needless to say we enjoy them immensely.

**Q. What got you to leave Carman?**

We left on and off from 1985 – 2001 for various hockey coaching positions in Europe, notably Zurich, Berlin and Frankfurt.



STANDARD PHOTO SUBMITTED

Marsh and Donna Kennedy

**Q. What else have you done, where and how long?**

In 2001 we took a coaching/marketing opportunity in Canmore with Bobby Miller and the Eagles Junior team until we retired in 2009.

**Q. What passes your leisure time now? Hobbies?**

We curl, downhill ski and I play noon hour hockey with some great guys. Again music is still a big part of our lives. I teach the High Strung Ukulele Band which currently has over 100 members. I get to play bass for a few bands in the valley and along with our sons play in the Kennedy Administration trio (check us out on Facebook). The boys themselves are kept busy with their own music endeavors. Grant has produced a CD which received nominations for the Calgary Music Awards. Garth who plays in several bands and is part of the house band

for the Salmon Arms Roots and Blues Annual Fest.

**Q. Any future plans?**

Just to keep enjoying life and to spend lots of time with our grandkids.

**Q. Have you travelled and where?**

Yes quite a bit but three special trips come to mind: 1. a bike and boat trip to Croatia...2. a trip to Cuba with a local choir where we workshoped with Cuban musicians...3. in 2015 the whole family went to Switzerland for a walk down memory lane. We even visited the Swiss school the boys attended in 1986.

**Q. Do you ever return to Carman?**

Yes many times to visit good friends and to enjoy playing with your Boyne River Ukulele Group.

**Q. What are some of your fond memories of Carman days?**

We both have great memories. Mine are mostly sport related starting with high school hockey flourishing throughout Manitoba after Bill Wilms and I got it organized in 1968. Our teams won it all in 1970 and 1990. I had Brian Coates, Ross McKnight, Bill Whitehead, Don Arthur Jack Sayer and Brian Hodgson to name a few I recall then later it was Larry Maykut, Mike Pritchard and Daryl Ens who led the way. But other than hockey I had some great individual track people too. Who comes to mind are Marj Dunn, Merle Cutting, Peggy Hill, Diane Heaman, Suzanne Dewey, Vance Pocket and Buddy Voth. As for cross country teams 3 Provincial titles were won led by the Graboweski twins, Alison Rance, Shae Strachan and Jen Turner. I also worked with so many great teachers and coaches including Lyle Myers who is still active training athletes for major competitions. Donna and I loved teaching and working with students. Some of whom I have had the opportunity to reconnect over the years.

**Q. Any last words you wish to send to our readers?**

We have always said and strongly believe that Carman was a great town to raise our family. Thanks for the memories everyone!

If you wish to reach this former Carmanite please send me an email at [denjohnnyoung@gmail.com](mailto:denjohnnyoung@gmail.com) and I will forward it to them for further contact.

## > DE-STIGMATIZING MENTAL HEALTH, FROM PG. 14

pressed suicidal thoughts more often than female farmers.

Another Canadian study, titled "Tailored mental health literacy training improved mental health knowledge and confidence among Canadian farmers" in the International Journal of Environmental Research and Public Health, evaluated a training program dedicated to teaching farmers about mental health issues.

The 2020 study found that the training program "improved participants' self-reported mental health knowledge and confidence in recognizing mental health struggles, speaking to others, and helping others who are struggling."

At the federal level, there is recognition that mental health supports in rural areas are lacking. The Standing Committee on Agriculture and Agri-Food released a report in 2019 titled "Mental health: a priority for our farmers," in which it found mental health issues to be "prevalent" in the industry and caused by factors that include environmental challenges, weather, market fluctuations, debt, paperwork and regulations.

Although supports such as telephone crisis lines and professional counselling do exist, they're "not enough," according to the committee.

"Access to mental health care is still limited in rural areas, health profes-

sionals are still not familiar with the unique nature of agriculture, and current efforts to help farmers are not consistent across the country," states the report.

Recommendations include efforts to "better tailor mental health care and insurance coverage to farmers' specific needs," to invest in educating those who work with farmers to "detect the signs of psychological disorders and distress" and to have the federal government "accelerate the deployment of high-speed Internet infrastructure in Canada's rural and remote regions."

In Manitoba, currently, there is a dedicated confidential counselling line (toll free 1-866-367-3276) for farmers called the Manitoba Farm, Rural & Northern Support Services, which is

run by Winnipeg-based charity Klinik Community Health.

Zuk said bringing the Do More Agriculture Foundation's webinar to the Arborg region will hopefully break down the barriers surrounding mental health.

"In society as a whole, there is stigma around mental health," she said. "But as we bring the issues out in the open and learn how to talk about it, we can help our community cope much better."

Talk, Ask, Listen is scheduled for Feb. 18 from 9 a.m. to 1 p.m. and is free. For more information and how to register, email Theresa Zuk at Bar Z Beef: [teresazuk@mynetset.ca](mailto:teresazuk@mynetset.ca) or Kiah Bobbee at Foster Ag Services: [kiah@fosterag.ca](mailto:kiah@fosterag.ca)



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## SEMHL cancels 2020-21 season

By Brian Bowman

During a virtual meeting on Jan. 11, the South Eastern Manitoba Hockey League made the decision to cancel the entire 2020-21 season.

League officials and team management met to discuss the potential of a 2020-21 SEMHL season but all seven teams decided to shut it down.

"With the Province of Manitoba code red extended to at least January 22, after much discussion, it was unanimously agreed by all seven teams to suspend the 2020-21 SEMHL season," read a statement on the league website. "This was a difficult decision to be made but all the teams are looking forward to returning to the ice for the

2021-22 season."

Earlier this month, the Tiger Hills Hockey League officially suspended their 2020-21 season. The SEMHL's decision to cancel this season was expected by many people.

"At the start of the season there was optimism that we would be able to do something but once the case numbers went up it became apparent that we wouldn't be able to do anything," said Carman Beavers' president Tyler King last week. "Now that we're in January, there was the realization that we really didn't have a lot of time for a season while ensuring the safety of our players, fans and personnel."

King felt the Beavers were going

to ice a strong team this season in a league that has plenty of parity.

"We have a very strong future with some young people coming to the team now and that's nice to see," he said.

Carman also has a strong fan base, said King, noting several people travel to the Beavers' road games. Sponsorship within the community has been really good, too.

"I would like to thank our sponsors that stepped up this year," King said. "We will be carrying over their sponsorship to this fall as well and we really appreciate the support that we have received from our sponsors. They have been with us all along and



The Carman Beavers season has been cancelled due to COVID.

without them, we wouldn't be able to operate as a team."

The SEMHL includes the Morden Bombers, Winkler Royals, Carman Beavers, Altona Maroons, Notre Dame Hawks, Warren Mercs, and Portage Islanders.

## Sport Manitoba launches 'Play More Be More' campaign

Submitted by Sport Manitoba

Sport Manitoba's 'Play More Be More' campaign launched Jan. 12 and focuses on the benefits young kids experience when they play multiple sports.

Play More Be More is all about helping Manitobans, especially parents of kids aged six to 12, learn about the dangers of specializing in one sport at a young age while also promoting the benefits of multi-sport activities.

"Many people may not be aware of all the benefits that come with playing a variety of sports versus specializing in one sport at a young age," said Jeff Wood, Sport Performance Specialist, Sport Manitoba.

"Of course, there may come a time when an athlete chooses one sport to

focus on, but leading up to that, there are a ton of great things we see when athletes play multiple sports growing up.

"For example, the skills that one sport develops that can carry over to another, or avoiding burnout or over-use injuries from playing only one sport by doing the same movements over and over again."

A multi-sport experience makes sport and physical activity fun.

Throughout the Play More Be More campaign, Sport Manitoba will share multi-sport perspectives, stories, and resources from the local sport community, including decorated athletes like Brigitte Lacquette, that will appear on its blog, website, and social media channels.

"Growing up, I played pretty much every sport. I loved getting out there, competing and being active," said Lacquette, an Olympic silver medalist. "I feel like playing those different sports helped me grow as a hockey player because it allowed me to become more athletic overall and has improved my ability to adapt to change."

"For myself, playing softball was great for improving hand-eye coordination and playing sports like volleyball, soccer, basketball, and badminton helped me develop as an athlete, too."

Sport Manitoba's long-range strategic plan - the Manitoba Action Plan for Sports - identifies promoting the values of sport, encouraging multi-sport participation, and promoting

universal skill development in its current list of priorities for the next four years.

The multi-sport theme of this campaign is also in line with Canada's Long-Term Development framework's early developmental stages. The FUNdamentals and Learn To Train stages encourage overall development of young children's capacities, fundamental movement skills, and foundational sport skills in a range of sports, physical activities, positions, and environments.

Visit [sportmanitoba.ca](http://sportmanitoba.ca) and follow Sport Manitoba on Instagram, Facebook, and Twitter to learn more about the dangers of early sport specialization and the benefits of playing multiple sports in the development years.

## Western Hockey League announces draft date change

Staff

The Western Hockey League announced on Dec. 22 that the 2021 WHL Draft, previously referred to as the WHL Bantam Draft, has been rescheduled and will be conducted in December 2021.

The WHL Draft was originally scheduled to take place in May 2021.

"Moving the 2021 WHL Draft from

May to December allows additional time for players in the 2006 age group to be evaluated following a challenging season due to the COVID-19 pandemic," said WHL commissioner Ron Robison in a statement. "We anticipate minor hockey leagues and tournaments will be fully operational in the fall, which will allow players to compete at a high level once again."

The WHL also announced that the 2021 WHL Cup is tentatively scheduled to be held in October 2021, featuring WHL Draft-eligible players. The event provides another opportunity for eligible players to showcase their talents to WHL scouts in advance of the 2021 WHL Draft.

The 2021 WHL Cup will feature Under-16 teams from each of Canada's

four Western branches - BC Hockey, Hockey Alberta, the Saskatchewan Hockey Association, and Hockey Manitoba - competing for U-16 supremacy in Western Canada.

The 2020 WHL Cup, which was scheduled to be held in October, was cancelled due to the coronavirus pandemic.



# get inspired

> MEAL IDEAS



## Chorizo Ragu with Cheesy Toast

over medium heat. Add onions, carrots and salt then cook, stirring occasionally, until vegetables just start to soften, 3-4 minutes. Mince 2 garlic cloves and add to pot with mushrooms; cook about 3 minutes.

Use spoon to push vegetables to edges of pan then add tomato paste, oregano and cumin to center of pan; saute until fragrant, 1-2 minutes.

Increase heat to high and add beef and pork chorizo. Break meat up with spoon but don't over-stir. When beef is no longer pink, pour in tomatoes and bring to simmer. Decrease heat to medium-high and let simmer, stirring occasionally.

While ragu simmers, use fork to mash or whip butter with crema until smooth. Mince or finely grate remaining garlic cloves then stir into crema mixture.

Spread crema mixture evenly over bread, trying to cover as much area as possible. Sprinkle crumbled queso fresco all over and place bread on rimmed baking sheet, cheese side up. Toast 4-5 minutes until cheese is melted and bubbling. Finish under broiler 30-60 seconds for deeper browning, if desired. Cut bread into individual portions.

After about 20 minutes of simmering, ragu should thicken and flavors meld. Swirl in additional crema then serve ragu in bowls with cheesy toast or ladle over pieces of toast.

Recipe courtesy of chef Aarón Sánchez  
3 bolillo-style rolls or 1 long baguette  
2 tablespoons olive oil  
1 yellow or white onion, chopped  
2-3 carrots, chopped  
1/2 teaspoon salt  
6 cloves garlic, divided  
8 ounces white or cremini mushrooms, chopped  
2 tablespoons tomato paste  
1 tablespoon dried oregano  
1 teaspoon ground cumin  
1 1/4 pounds ground beef  
1 package (9 ounces) Cacique Pork Chorizo  
1 can (28 ounces) crushed or pureed tomatoes  
6 tablespoons unsalted butter, softened  
9 tablespoons Cacique Crema Mexicana, plus additional for serving  
1 1/2 cups crumbled Cacique Ranchero Queso Fresco  
Preheat oven to 400 F. Halve bread lengthwise.  
In heavy-bottomed pot, warm olive oil

## Parmesan Stuffed Peppers with Rice

Prep time: 15 minutes  
Cook time: 30 minutes  
Servings: 6  
2 bags Success Brown Rice  
2 cups (or 1 can, 15 ounces) tomato sauce, divided  
1/2 cup grated Parmesan cheese, divided  
1/4 cup basil pesto  
3 large bell peppers in assorted colors, halved lengthwise  
1 cup shredded mozzarella cheese  
1/4 cup fresh basil leaves, thinly sliced



Preheat oven to 425 F. Prepare rice according to package directions.

Add 1 1/2 cups tomato sauce to greased 13-by-9-inch baking dish. In bowl, toss rice with remaining tomato sauce, 1/4 cup Parmesan cheese and pesto.

Divide rice mixture evenly among peppers. Place stuffed peppers in prepared baking dish. Sprinkle mozzarella and remaining Parmesan cheese over peppers.

Cover with foil; bake 18-20 minutes, or until peppers are tender, filling is heated through and cheese is melted. Remove foil. Broil 3-5 minutes, or until cheese is golden brown. Garnish with fresh basil.

Substitutions: Use fontina or provolone for mozzarella cheese and olive tapenade for basil pesto.

## Expert patient here to help!

By Susie Schwartz

Okay. So for the last few months, you've read my thoughts on aiming to gain less health stress. (If you haven't, check out the archives!) So what makes me qualified to call myself an expert patient? Let me add some colour to the picture for you.

Living with Type 1 diabetes since age nine and collecting a plethora of disease over the years such as neuropathy, Gastroparesis, Fibromyalgia, ME, a brain tumour, Hashimoto's, Retinopathy, well, I get it. Illness can be stressful.

I've also had the honour of speaking to both medical students and support groups for newly diagnosed diabetics, volunteering as a patient for student exams, co-writing and giving input into medical journal articles with my Neuro-gastroenterologist, and have spoken on many a stage regarding life with diabetes and insulin pump therapy. I guess one might say...I get around.

But let's get to the tip, yes?: Treat the doctor like a person and not just a white coat.

But Susie, I am the patient! Stick with me.

Take a moment to ask your doctor how their day is going or how their family is doing. Yes, you're stressed, but this takes three seconds and by caring about them, the barrier of a shared anonymity falls away. You both become somebody to each other. Make sure your question is genuine, with the goal of relationship building and not to gain 'points.' When you take the time to care, they'll remember— an attribute not possible of 'just a number.' It won't be a waste of time. They'll be likely spend more time with you, not less.



Susie Schwartz

I have such a solid relationship with my GP and his assistant back in Winnipeg, that I often pop in just to say hi when I'm back visiting family. If he's not running late, he calls me in and we have a quick catch up. How is your family? Your health? Taking any holidays? All of which go both ways. He's also asked how the medical systems compare - Canada vs. UK. Sometimes a generic hug is shared. His assistant's daughter is highly intelligent, feisty and a developing young artist. I know this because we discuss the little fireball every time I stop by.

Thanks to our strong relationships, and because I am a trusted patient, she fits me into the doctor's very full schedule every time I need him medically while 'home' visiting.

I couldn't be more grateful.

Less health stress, yes?

A published author and motivational speaker, Susie currently lives in the UK. She welcomes feedback and questions. Find her on FB @ medicalmissstress, Instagram @ medicalmiss\_stress and her website lesshealthstress.com

## Chicken and Rice Casserole with Spinach and Mushrooms

Prep time: 10 minutes  
Cook time: 10 minutes  
Servings: 4  
1 bag Success Brown Rice  
1/2 cup ricotta cheese  
1/4 cup grated Parmesan cheese  
1 tablespoon chopped Italian parsley  
1 tablespoon olive oil  
1/3 cup chopped onions  
2 garlic cloves, minced  
1/2 package (4 ounces) mushrooms, sliced  
1/4 cup white wine  
4 cups baby spinach leaves  
2 cups shredded, cooked chicken breast  
1/2 teaspoon salt

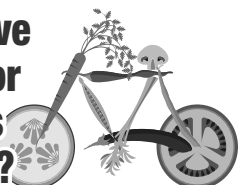


1/2 teaspoon black pepper  
Prepare rice according to package directions. In small bowl, combine ricotta, Parmesan and parsley; reserve.

In large skillet over medium heat, heat oil. Add onions and garlic; saute 2 minutes. Add mushrooms and wine to skillet. Continue cooking 3 minutes, stirring occasionally. Add spinach and chicken. Stir until spinach is wilted and chicken is heated through, about 2 minutes. Stir in rice, salt and pepper.

Serve casserole topped with dollops of reserved cheese mixture.

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## HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail [stonewoodelkbranch@mymts.net](mailto:stonewoodelkbranch@mymts.net)

## MISCELLANEOUS

Having a virtual event in Manitoba? Need registrants? Advertise it in the 37 MB Weekly newspapers and get noticed! Each week our blanket classifieds could be helping your organization get noticed in over 340,000 homes! It's AFFORDABLE and it's a great way to increase and connect with our 37 weekly member newspapers. For as little as \$189 + GST, get your important messaging out! Call 204-467-5836 to book or email [classified@mcna.com](mailto:classified@mcna.com) for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. [www.mcna.com](http://www.mcna.com)

## LAND FOR RENT

AGRICULTURAL CROWN LANDS are presently available for rent for hay or grazing or cropping. These lands will be available for rent through an online auction. These lands are situated in the Rural Municipalities (RM)s of: ALEXANDER, ALONSA, ARMSTRONG, BIFROST-RIVERTON, COLDWELL, DAUPHIN, DELORAINE-WINCHESTER, ETHELBERT, FISHER, GLENELLALANSLOWNE, GRAHAMDALE, HANOVER, HARRISON PARK, INDIGENOUS & NORTHERN RELATIONS, KELSEY, LAC DU BONNET, LAKESHORE, MOSSEY RIVER, MOUNTAIN, NORTH NORFOLK, PINEY, PORTAGE LA PRAIRIE, REYNOLDS, ROBLIN, ROCKWOOD, ROSEDALE, ST. CLEMENTS, ST. LAURENT, STE. ANNE, STE. ROSE, SPRINGFIELD, STUARTBURN, SWAN VALLEY WEST, TACHE, VICTORIA, WEST INTERLAKE & WESTLAKEGLADSTONE. A complete listing of Agricultural Crown Lands available for rent can be found online at: [https://resd.ca/leases\\_and\\_permits/LPproperties.aspx](https://resd.ca/leases_and_permits/LPproperties.aspx). The online auction will take place from February 8-12, 2021, hosted by Garton's Auction Service: <https://gartonsauction.com>. For additional information, please contact your nearest Manitoba Agriculture and Resource Development (ARD) Agricultural Crown Lands District Office (or via email at [agcrownlands@gov.mb.ca](mailto:agcrownlands@gov.mb.ca)) or call Real Estate Services Branch at 1-866-210-9589. A listing of ARD Agricultural Crown Lands District Offices can be found online at: <https://www.gov.mb.ca/agriculture/contact/index.html>



## TOWN OF CARMAN PUBLIC NOTICE TRANSFER STATION HOURS

**Monday, Wednesday, Friday –  
1:00 p.m. to 4:00 p.m.**  
**Tuesday and Thursday  
CLOSED**  
**Saturday  
11:00 a.m. to 4:00 p.m.**



## GRAIN MERCHANDISING ASSISTANT

Linear Grain Inc is looking for a motivated individual to join our team as a Merchandising Assistant at our Carman location. The Merchandising Assistant's primary responsibilities would be to assist the merchandisers with accurately and efficiently entering into and executing commodity contracts, including logistics, tickets and settlements.

### Requirements:

- Excellent communication skills
- Ability to provide outstanding customer service
- Strong analytical skills
- Problem solving skills
- Ability to effectively manage multiple assignments
- Computer skills: experience with Microsoft office products
- Ability to work independently and in a team environment

This is a permanent full-time position Monday to Friday 8:00am – 5:00pm. Grain industry experience would be an asset but is not required. Competitive wages and benefit package will be offered to the right candidate.

Please fax or e-mail resume to:

Laura Znak, Controller  
LINEAR GRAIN INC.

Fax: (204) -745-6573

Email: [lznak@lineargrain.com](mailto:lznak@lineargrain.com)



## TOWN OF CARMAN AND RM OF DUFFERIN will be accepting bids for the following Equipment.

Vehicle Information – 2002 Zamboni Model 440 with 9556.4 hours. The model has a Ford 2.5L engine and is propane powered with a hydrostatic Transmission. 77 inch blade and can hold 627L of water. The equipment will be sold “as-is” and “where-is”. A complete package on the equipment is available by contacting 204-745-2443. All bids must be submitted in a sealed envelope with the title “Request for Offer-Zamboni” on the outside of the envelope and mailed to the Town of Carman Office, Box 160, Carman Manitoba R0G 0J0. Bids must be received no later than noon on Friday, February 5, 2021.

## TOWN OF CARMAN AND RM OF DUFFERIN will be accepting bids for the following equipment.



Vehicle Information - 1986 Hahn Saulsbury Rescue with 21239 Miles. The vehicle has a Cummins Diesel Engine with Automatic Transmission. There is a stainless steel walk-in rescue body; 30 KW PTO generator. The equipment will be sold “as-is” and “where-is”. A complete package on the equipment is available by contacting 204-745-2443.

All bids must be submitted in a sealed envelope with the title ‘Request for Offer- Hahn’ on the outside of the envelope and mailed to the Town of Carman Office, Box 160, Carman Manitoba R0G 0J0. Bids must be received no later than noon on Friday, January 29, 2021.

**Remember  
Your Loved  
Ones  
with an  
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- Seed Plant Operation - not a primary duty but training will be provided
- Local Trucking - Class One licence preferred
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**Please contact**

**Robert J Park**

**RJP SEED LTD**

**1-204-745-0088**

**[rob.park@rjpseed.com](mailto:rob.park@rjpseed.com)**



# Announcements Classifieds

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## ANNIVERSARY

**Congratulations  
to two lovebirds  
Clifford and Mary Wildfang  
on celebrating  
62 years of marriage on  
January 24, 2021**

-Love from your kids,  
Jim, Bonny (Richard), Gerald and Eric (Nadine)

## IN MEMORIAM



In loving memory of  
**Ruth Anderson**  
who left us January 20, 2020

We miss you mom, grandma  
and great grandma.  
Always in our thoughts, forever in our hearts.  
-Al, Jill, Rob, Deb, Jenalee,  
Nicole, Rod, Everly, Cassidy



**Katherine Elaine Kennedy (Ostrander)**

Katherine Elaine Kennedy, 78 of Carman, passed away on January 13, 2021, at the Carman Memorial Hospital.

Katherine was born in Picton, Ontario to Keith and Alma Ostrander on March 15, 1942. She grew up living on the family dairy and apple orchard farm in Waupoos, Ontario with her siblings Carol, and Warren. Mom attended high school in Picton where she met and later married her high school sweetheart and the love of her life Robert (Bob) Kennedy. After Dad joined the Royal Canadian Mounted Police, Mom and Dad married on June 6, 1964 and were transferred to Port Hawkesbury, Nova Scotia. It was here, on Cape Breton Island, Nova Scotia they welcomed their daughter, Janet Lee. While enjoying their time on the East coast, Mom was delighted about their transfer to Ottawa, Ontario in 1968 so they could be closer to family. It was in Ottawa where their son Todd Robert was born. In the summer of 1976 the family moved to Beausejour, Manitoba where Mom became involved in a number of community organizations such as the Red Cross, figure skating committee and minor hockey association. In 1981 the Kennedy's were transferred to Winnipegosis, Manitoba where Mom once again became involved in a number of activities within this community. Their last transfer was to Carman, Manitoba in the summer of 1984. This is where Mom began her career as a Health Care Aide at the Boyne Lodge. Lifelong friendships were made there, and Mom continued to stay in touch with all of these friends following her working years at the Lodge.

The light of Katherine's life was her family. Mom referred to her four grandchildren - Jordan, Megan, Jack and Beau as her "angels". Mom loved sharing pictures and stories about her family with friends and was committed to spending as much time as possible with them. She followed her grandchildren across Canada and the United States, watching numerous hockey, football, soccer, and ball games, along with many music recitals. She always sat proudly cheering them on from the stands as their number one fan.

After being widowed at age 48, Mom continued to be a strong role model for our family. She loved us passionately and cared for us selflessly. Mom always made the simple things fun and she had more energy than all of us. She had a quick wit, a way with words, and unforgettable expressions that always made us laugh. Mom remained dedicated to Dad until her passing; we are at peace knowing they are together again. We are so thankful to carry these wonderful experiences and memories with us.

Katherine is preceded in death by her husband Robert (Bob); her parents Keith and Alma Ostrander; her mother and father-in law, Christopher and Alyce Kennedy; her brother Warren Ostrander; and brother-in-law William (Bill) Kellington.

Katherine is survived by her son Todd (Andrea) Kennedy; daughter Janet (Brad) Neduzak; grandsons Jordan, Jack and Beau; granddaughter Megan; sister Carol; sister-in-law(s) Betty and Clarene (David) and numerous nieces and nephews.

Memorial donations may be made to: Carman Hospital Palliative Care (Box 610, Carman, Manitoba ROG OJO) or Boyne Valley Hostel Corp (Boyne Lodge) (Box 1644 Carman, Manitoba ROG OJO).

The family wishes to extend their gratitude to the staff at The Carman Memorial Hospital, Boundary Trails Health Centre, the St. Boniface Heart Failure Clinic as well as Dr. Janelle Braun and staff at the Carman Community Health Centre. Thank you to all of Mom's many friends who were a true blessing in her life. Throughout Mom's travels, lifelong friendships were made in each of the communities they lived in. Thank you for staying connected to Mom with your phone calls and cards over the years as it certainly meant the world to her.

Tucked away in Mom's room was a handwritten verse that we felt she would want us to share.

"Heavens' gates were open  
I was told to walk through,  
But I stopped and looked back  
I did not want to leave all of you.  
God told me it's okay  
You would all understand  
He gently reached out to me  
And I quietly took his hand  
I ask you not to worry  
And please do not cry  
For I lived my life with happiness  
And the time had come to say good-bye."

Doyle's Funeral Home  
in care of arrangements  
www.doylesfuneralhome.ca

The Carman-Dufferin  
Standard Classified  
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## NOTICE TO CREDITORS

IN THE MATTER of the ESTATE of  
**LUCILLE MARIE SANDERS**, late of the  
Town of Carman, in Manitoba, deceased.

All claims against the above Estate, duly ver-  
ified by Statutory Declaration, must be filed  
with the undersigned at 309 Stephen Street,  
Morden, Manitoba, R6M 1V1, within thirty  
(30) days of the date of this publication.

DATED at the City of Morden, in Manitoba  
this 14th day of January, 2021.

**McCULLOCH MOONEY**  
**JOHNSTON SELBY LLP**  
Attention: **THOMAS R. MOONEY**  
Solicitors for the Executors

## DENNIS' WISH LIST!

**I am preparing stories  
on the following subjects:**

- Kinsmen/Kinnettes
- Lions/Lionettes
- Masons/Masonic Lodge
- Young Men's Section
- Carman Community Band

If any of our readers have memories or  
pictures to share of any of these subjects please  
forward to me @ denjohnyoung@gmail.com.

**Thanks for continuing to  
enjoy Carman's past!**

The Carman-Dufferin  
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