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Shooting hoops

STANDARD PHOTO BY DENNIS YOUNG

Brayden Cox is defended by his brother Zander Cox during a basketball as Grant Friesen and Ryler Gates look on last Saturday. The boys are all looking forward to their spring break vacation.

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Students commit to reducing water usage in honour of World Water Day

By Becca Myskiw

Carman Collegiate Grade 6 students are working to reduce their water use after learning the world will likely have 60 per cent of the water it needs by 2030.

Monday, March 22 marked World Water Day, a day for awareness on the current water situation. Teacher Amanda Rheault has done the Classroom Energy Diet Challenge for five years, a challenge that gets students across Canada to improve their energy awareness and literacy.

Part of the challenge includes getting students to calculate how much water they use daily and to try to reduce it. Harper Dyck was shocked when she found out how much water her family uses each day.

"It worries you to see the total," she said.

To put her worries aside, Dyck is trying to take three-minute showers instead of 10-minute ones along with hand washing dishes instead of using the dishwasher, which will save five litres every time she does it.

Rosie Phancotton wasn't shocked by the fact that her family uses 474 litres a day. She is going to try to hand wash her clothes instead of using the washing machine.

Ethan Ceron's family uses 651 litres, most of which probably comes from his long showers and laundry, he said. The main thing he's doing to reduce that number is not letting the water run while he brushes his teeth. He's also going to try thrift shopping.

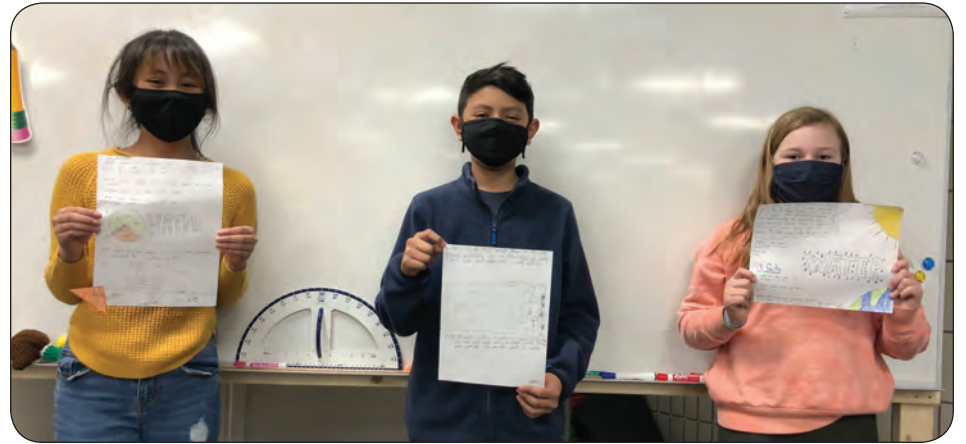
"Water's the most important resource and I feel like too many people are taking advantage of that," said Ceron.

While figuring out how much water they use, the Grade 6 class learned some devastating facts about water. One of the biggest revelations for them was finding out how much water is used to produce everyday things like clothes, food, and beverages.

A loaf of bread takes 30,000 litres to produce from start to end (including the planting, growing and processing). The students also learned that, according to the United Nations (UN), the world will only have 60 per cent of the water it needs to sustain itself by 2030. Rheault's class is determined not to let that become true — they'll be 21 that year.

"I want my future to be bright as a lamp," said Phancotton.

Rheault said her class has really got the idea of inequity and injustice. They learned that many people don't



STANDARD PHOTO SUBMITTED

Rose Phancotton, left, Ethan Ceron, middle, and Harper Dyck are students in Carman Collegiate's Grade 6 class trying to reduce their water use.

have access to water right now, and 800 people die each day because of that. One of Rheault's students said her stomach hurts just thinking about that.

So, now they're working on ways to change the situation even just a little. Rheault hopes they "take the information and run with it."

Fire ban goes into effect for RM of Dufferin

By Becca Myskiw

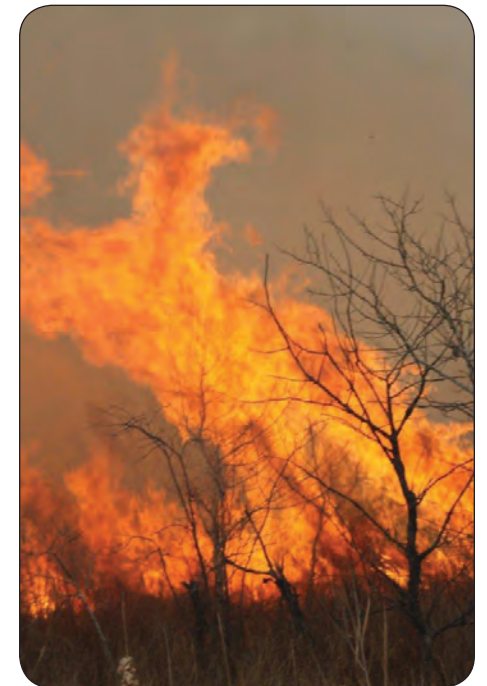
The Rural Municipality (RM) of Dufferin has put a burning ban in place effective March 22 and will remain in effect until further notice. Under the burn ban, only fires in enclosed pits for recreation purposes are permitted. Council made the announcement that burning for non-recreational purposes is not allowed.

Carman Dufferin fire chief Ben VanderZwaag said the ban comes after the fire department battled two grass fires that spread rapidly, both which threatened buildings and one of which threatened multiple homes.

"The loss of a house, the loss of a potential life is not worth it," he said.

Conditions are extremely dry right now, said VanderZwaag, due to the lack of snow this winter and the ongoing lack of rain. He said battling those two blazes made them realize just how dry it is — so they took immediate action.

The fire ban means residents of the Dufferin area are not permitted



STANDARD PHOTO BY LANA MEIER
The Carman-Dufferin area is under a fire ban until further notice.

Continued on page 3



Wishing you a Happy Easter

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Community supports meal program at Carman Collegiate

By Becca Myskiw

Carman Collegiate's meal program is being funded by the community's generosity this year.

The breakfast and lunch programs at the school have been going strong for over four years. Martha Krahn is in charge of them, and she said each year, she gets a list of five to 10 students who are in the program. These students come from families who don't have the means to feed them at home.

Krahn memorizes the faces of these students so when they come to her counter after standing in line with the rest of the students, they're tended to as anyone else, and no one knows they're in the meal program. The program also feeds a few extra students each day if someone forgets their lunch or something.

Vice principal Mary Reimer said this program is necessary because "if kids aren't eating, they aren't learning."

"Obviously we are of the mindset that you got to feed the body before you can feed the brain," she said.

As this program is of no cost to the families, it does cost Carman Collegiate extra. On a usual year, it's funded by the local churches, but this year, the staff decided they wanted to have a hand in feeding their students.

So, one of the ways they've been fundraising for the program is through a weekly 50/50 draw. Every week, staff members put \$2 in a pot. Reimer said the pot has gotten as high as \$120. Principal Jeff Latimer and Reimer have also been putting in tickets that say, "admin doubles the pot," but those have yet to be pulled.

"If we have to double it, that's great,"

said Reimer.

Though the 50/50 has been successful, it has not raised enough to cover the complete costs of the breakfast and lunch programs. So, the school reached out to the community for a bit of support and the result was overwhelming.

Within a week, their breakfast program was completely funded, and the lunch program is well on its way to being so. Reimer said they're also looking to add a mid-morning nutrition break with an unlimited supply of fruit for the students.

"We see the food items they bring and what we want to do is provide healthy alternatives," said Reimer.

The meal programs feed all students who might be hungry, regardless of family possibilities. Reimer said they've made it as nonchalant as possible to remove the stigma that comes along with not having sufficient food at home.

"We also want to send the message that sometimes kids just forget their lunch," she said. "So, we want to make sure there's no shame in that."

Krahn said the program has become a bigger need over the years. She and Reimer are beyond happy to keep it running thanks to the community's generosity. Reimer said the community supporting this program is mirroring what they teach their students.

"I cannot even begin to thank our community," she said. "It's just so remarkable for them to share the care for kids that aren't even their own."

Carman Collegiate is still accepting donations for their meal programs and can be donated to the school directly

soon."

People are still allowed to have recreational fires in approved firepits as long as they don't burn for any purpose other than recreation.

VanderZwaag and the Carman Dufferin Fire Department ask that people be responsible while the burning ban is in effect. He said the community has always done a great job of adhering to the bans and they appreciate that — without that support, the fire department feels immense pressure.



STANDARD PHOTO BY BECCA MYSKIW

Mary Reimer, left, and Martha Krahn, sisters and coworkers, run the meal program at Carman Collegiate.



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> FIRE BAN, FROM PG. 2

to burn any type of garbage, brush, leaves, or grass. He's asking people to hold off on the burning part of their spring cleaning until conditions improve and the ban is lifted.

When it will be lifted, though, VanderZwaag can't say.

"If we get significant moisture, it can be lifted," he said. "But at this point don't expect it to be lifted any time

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Businesses sprucing up the town with Storefront Improvement grants

By Becca Myskiw

Town of Carman Storefront Improvement Program grants have been approved totalling over \$15,000.

Economic Development Officer Tyler King was in charge of the project. He said they received 11 applications and have approved funding for seven of them. To be eligible for the funding, businesses had to send in a proposal outlining a project that would provide substantial value to the town. The project had to be a minimum of \$1,000 and split two ways, \$500 of the business's money and \$500 of the grant.

Of the seven applications, \$15,277 will be invested into Carman's storefronts to make the town more appealing. One of those approved businesses is Oxbow Inn on Main Street.

Inn owner, Debbie VanderZwaag, said their project is to spruce up their business's front landscape. She said the front area is getting tired looking — the hedge that was once beautiful now has mildew in it and is past the point of return, so they'll be pulling it out and putting something new in its place.

Oxbow Inn will also be putting a new door on their shed and possibly be fixing their front bushes as well. The estimated total for the work is \$2,500.

"It's nice to get a little boost from the town," said VanderZwaag. "And we really strive to make our place look attractive from the street."

This project will be the third for Oxbow Inn thanks to the Storefront Improvement Program.

TLC Child Care Centre is also receiving funding from the program, which they're using for part of their new three-phase playground.

Kimberley Goerzen-Monk, executive director of the centre, said the children right now lack the structure to climb, so TLC staff have been applying for various grants throughout the last few months to get one. Along with a play structure, the centre will also be adding three new garden boxes and two children-sized wooden picnic tables to the outdoor area.

The tables and boxes will be paid for partially from the Storefront Improvement Program grant. Goerzen-Monk said the children and staff plant a garden every year to learn about the growing process but also to make the backyard look "colourful and pretty." Everything they grow including pumpkins, zucchinis, peas, tomatoes, strawberries, and lettuce are also used for snacks.

"The last few years we've planted our garden in big tractor tires," she said. "Which are hard to maneuver around for children and adults. Garden boxes will be more self-contained, easier to manage and higher off the ground."

As for the picnic tables, those will make it easier for the smaller children to sit at and allow them to be more independent.

Crazy Lady's Cafeteria has already completed their Storefront Improvement project by adding a double-sided sign that can be seen from the road. Bell Aura Bed Breakfast & Bistro has also been approved to put up a new sign.

Other approved businesses are Quality Auto Service, the Royal Canadian Legion Carman Branch #18, and Rempel's Finishing, all of whom are doing exterior improvements with the grant money.



STANDARD PHOTO BY BECCA MYSKIW
Crazy Lady's Cafeteria bought this sign with partial money from the Storefront Improvement Program.

This week in review over the past.... 100 years

(This feature will inform readers of a condensed version of events that were in print in the *Dufferin Leader* from 1921, 1946 and 1971).

A couple of jokes to lift your spirits this week.

Clerk in drugstore: "What kind of toothbrush do you want?"
Customer: "Well boss, I think you had better give me a big one. You-all know there am twelve chillens in my family."

Tommie: "Grandma, if I was invited out to dinner some place, should I eat pie with a fork?"

Grandma: "Yes, indeed."

Tommie: "You haven't got a piece of pie around this house that I could practice on, have you Grandma?"

April 1913

Harris the Clothier advertised a sale on men's fine dress shirts for 50 cents each.

April 1918

Merchants in town announce that Thursday half holidays would commence Thursday, May 2 and continue until Thursday, August 15.

November 1918

Three Sundays have passed with no worship services in Carman Churches due to the influenza epidemic.

March 31, 1921

A very interesting game of curling was held between four War Veterans and four All Stars for a sack of flour to be donated to the hospital. The War Veterans came out on top with a 16-9

victory.

March 28, 1946

Carman Chess Club is starting a series of meetings for beginners on Thursday, April 4 at 8 p.m. in the parish hall of the St. John's Anglican Church. High school students welcomed.

Stephenfield Jr. Red Cross sent \$33 to the Manitoba Junior Red Cross with one third to be spent on comforts for Veterans in Deer Lodge Hospital, one third to the Crippled Children's fund and the rest to the war fund.

Local golfers were on the course March 24 less than two weeks after the conclusion of skating and curling. Seven of the nine greens were in playing condition.

April 1, 1971

The site of #10 Main Street has been selected by council for the new post office.

The river cleaning project in Carman which has been part of the winter works program has been moving at a solid pace. There is ½ mile remaining on the west portion. The crew will then move to the river east of Carman and work toward the R.M. of Dufferin who are progressing to Carman from the east. Garry Ross and his Carman rink of Jim Wilkie, Wayne Duncan and Doug Reynolds are a \$1000. richer winning first prize in the Melita \$2500 cash bonspiel. In December. Ross and his rink had won first prize of \$2000. In the Portage cash bonspiel.

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Miami women meeting to support each other in vulnerable times

By Becca Myskiw

Women of Miami are meeting weekly to support each other thanks to a grant they applied for through the RM of Thompson.

It's a self-help/support group for the women of the community who need

it. The grant came from the Emergency Community Support Fund and covers the cost of presenters and partial cost of the community hall. Public health nurse April Hildebrand is the group coordinator. She said they originally planned to do the support

group sooner but held off due to strict COVID-19 restrictions.

Because they waited, the 15 women are now able to meet in person each week. There were originally 38 wom-

Continued on page 5

\$260M investment to help Valley Fiber bring internet to rural areas

By Lorne Stelmach

A major investment will help Valley Fiber bring high-speed internet to more areas of rural Manitoba.

Valley Fiber and DIF Capital Partners announced last week that an agreement has been reached with the Canada Infrastructure Bank to invest \$260 million to increase broadband through the Southern Manitoba Fibre project.

It is estimated the project will involve 2,550 kilometres of fibre optic cabling that will connect up to 49,000 underserved households with dedicated fibre-to-the-home in rural municipalities.

"This will be a very far reaching program," CEO Hank Wall suggested in an interview last Friday.

"For us, it's a major milestone ... having the ability to partner with other agencies that share the same passion and vision," he said. "The exact same dedicated fibre technology that we're using in all of our urban centres is what we'll continue to be using in the rural. So the quality of service from you being in the middle of Manitoba, having no neighbours for miles around you, would be the same as if you are right downtown in Winkler, Morden, or Altona.

"This would be over and on top of any other projects that Valley Fiber already has going," Wall added. "It's primarily in the southern portion, the southern third, let's say, of Manitoba, and the emphasis would be on the conventionally and the more historically underserved Canadians, which would be more so in rural Manitoba.

"Together, we are not only leveling

the economic playing field but also bringing essential services to underserved Canadians in Manitoba."

This is the Canada Infrastructure Bank's first investment in broadband and first project in Manitoba. It ties in with its \$10 billion growth plan by investing in new infrastructure.

Under the terms of the agreement, the Canada Infrastructure Bank and DIF Capital Partners will each invest \$130 million, and Valley Fiber will be responsible for all aspects of construction, installation, operations, and maintenance of the new broadband service.

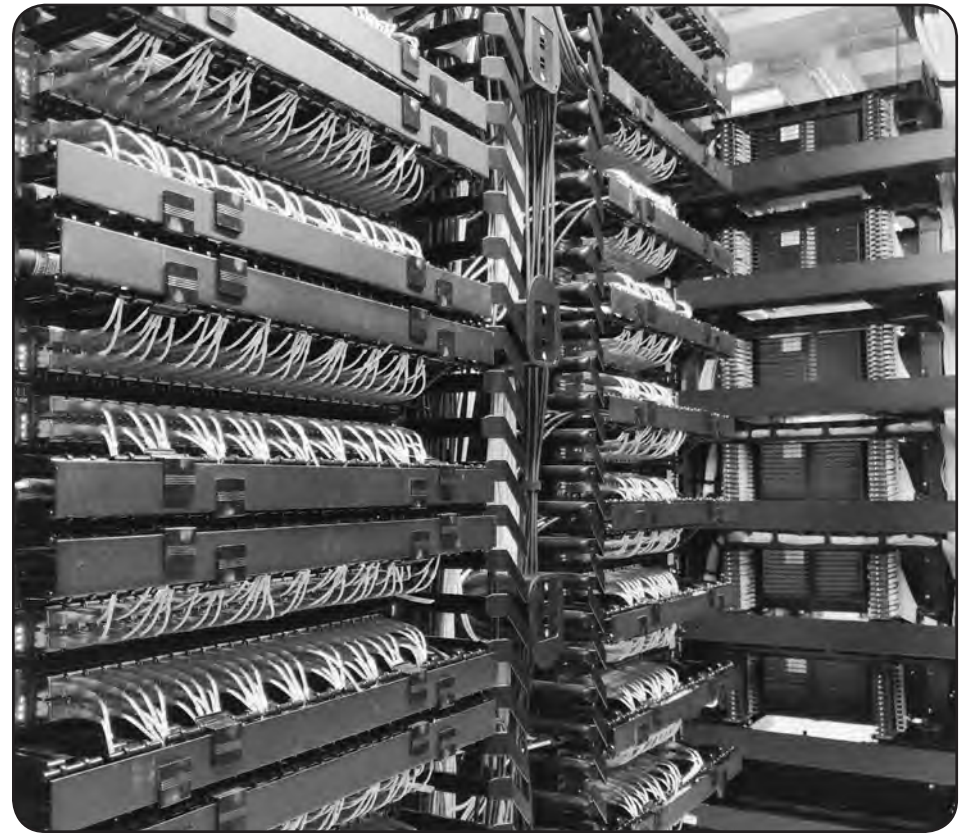
The project will also include last-mile infrastructure with underground fibre cables and networking equipment, and the service is to offer broadband speeds up to one gigabit per second, enhancing telecommunications services for residents, businesses and public service delivery.

During construction, up to 400 jobs will be created, with an additional 50 permanent jobs within Valley Fiber.

Wall described the project as being shovel ready this spring or summer. They're aiming for completion by 2024.

Officials heralded the partnership as a major step forward to boost the growth and development of rural Manitoba.

"Our \$130 million investment will help Manitobans receive broadband service and create new economic opportunities, support public services like health and education and strengthen rural communities," said Ehren Cory, CEO of the Canada Infrastructure Bank. "There is a tremen-



STANDARD PHOTO SUBMITTED

Valley Fiber, which has its headquarters in Winkler, is teaming up with the DIF Capital Partners and the Canada Infrastructure Bank to create the Southern Manitoba Fibre project.

dous opportunity to expand broadband networks and the CIB looks forward to making many more investments which benefit Canadians."

"Rolling out fibre broadband to remote locations in Canada will improve many facets of people's everyday life," noted Marko Kremer, head of Americas for DIF Capital Partners. "It will provide critical broadband access to many Canadians living in under served regions and enable rural

communities in Manitoba to participate in the digitalization of the global economy."

Catherine McKenna, Minister of Infrastructure and Communities, praised the initiative as "benefitting the local economy and building more inclusive communities. This is part of our government's plan to ensure all Canadians have access to quality, high-speed internet services."

> SUPPORT GROUP, FROM PG. 4

en signed up, but due to the current restrictions, Hildebrand had to decline 23 women. Those who were accepted were the first names on the list and they each committed to the group and its meetings.

For the first hour of each meeting, a presenter comes in to talk on topics like connection, support, and well-being. Then, the women spend another hour or so discussing what they heard

and connecting with each other.

"It's a program that's needed anywhere," said Hildebrand. "But for sure in Miami because it's a smaller community. There are less resources...so it's definitely nice for people to be able to do it in their own community."

She said she hopes the group gives women connections they didn't have before that they can use when in a time of need.

"The goal is to enable through presentation and discussion and working together to increase

mental health flourishing," she said. "So that were not just sort of surviving but so we're actually focusing on self-care and flourishing our mental health."

Hildebrand said the group is needed now more than ever as COVID-19 has had a lasting impact on women especially and their mental health. Many, she said, have lost jobs and are busier with their children. The female population is vulnerable everywhere, and she's glad Miami can offer some support to them. The group is meeting every week for eight weeks — they started on Feb. 24 and will continue until April 14. So far, the program has been going very well and the women have shown their gratefulness for the presenters and their knowledge on mental health.



STANDARD PHOTO SUBMITTED

The Miami women's support group is meeting every week to build relationships and support each other thanks to a government grant through the RM of Thompson.

Blaine Pedersen
MLA for Midland

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get heard

EDITORIAL > VIEWPOINTS > LETTERS

COVID-19 variant cases on the rise

By Ashleigh Viveiros

The number of COVID-19 variant cases in Manitoba continues to rise.

Public health officials announced 136 confirmed cases of the more contagious variants of the virus on Monday, the bulk (117) popping up in Winnipeg.

At press time, Manitoba's total number of variant cases was at 259. The number of active COVID-19 cases overall, meanwhile, was 1,117. There were a total of 149 COVID-19 hospitalizations, 27 ICU patients.

The total number of deaths in people with COVID-19 was 934 at the start of the week.

This big jump in variant cases is due in part to the way the province is identifying them, explained Dr. Brent Roussin, Manitoba's chief public health officer.

"To date, we have only been reporting sequence-positive VOCs [variants of concern], but because our manner of screening has become so precise, Manitoba will now start to report on all samples that screen positive as a variant of concern," he said, noting sequencing is a much more time-intensive process and not always necessary for identification. "That's why today we're going to see a jump in the number of variant of concern cases, because now we've included ones that have just screened positive that would have been pending sequencing in the past."

The B117 variant first detected in the United Kingdom is rapidly becoming

a much more common strain here in Manitoba.

"One day last week up to a third of our cases had screened positive for B117, and this is showing us that the B117 strain, like many other jurisdictions in Canada, is becoming the predominant strain," Roussin said. "We know these [variants] are here, we can see in other jurisdictions they're leading to an increase in transmission, an increase in hospitalization at younger ages, and an increase in severity, so this is why we need to ensure we are staying on guard against the transmission of the virus."

Monday also saw the province announce 53 new cases of COVID-19 across the province, bringing the total of lab-confirmed cases over the past year to 33,975.

Southern Health-Santé Sud began the week with 38 active cases and 14 hospitalizations (two in ICU). There have been 4,738 recoveries and 143 deaths in the region.

In the Pembina Valley, Winkler on Monday had four active cases, Mor-den had five, the Altona and Morris areas both had two, and Roland/Thompson and Carman each had one active case. Other Pembina Valley communities were reporting zero active cases at press time.

PUSHING PAUSE ON THE ASTRAZENECA VACCINE

The province Monday announced Manitobans age 64 years and up and

First Nations people age 44 and over are now eligible for the vaccine.

Details about vaccine eligibility can be found online <https://protectmb.ca>. Appointments can be made there or by calling 1-844-MAN-VACC.

Vaccine task force medical lead Dr. Joss Reimer also announced they are halting use of the AstraZeneca vaccine in people under the age of 55 due to safety concerns.

"Despite the findings that there was no increased risk of blood clots overall related to AstraZeneca in Europe, a rare but very serious side effect has been seen primarily in young women in Europe," she said. "Out of an abundance of caution, Manitoba will be recommending that these vaccines only be used in people who are 55 and older at this time [specifically people 55-64 with a high risk of negative COVID-19 outcomes]."

"This is a pause while we wait for more information to better understand what we are seeing in Europe," Reimer said. "This is an important and evidence-based change ... we have to respond to what we know when we know it in this vaccine campaign, which does sometimes mean adjusting our plans in real time."

The latest research shows the likelihood of these negative side effects with the AstraZeneca vaccine is between one in 100,000 to one in a million.

"To date we have not seen any of these cases in Manitoba, nor in Canada," Reimer noted.

Officials make only minor changes to public health orders

By Ashleigh Viveiros

Manitoba's leaders have opted to stay the course when it comes to the COVID-19 restrictions.

Health and government officials made only minor changes to the public health orders that expired last week.

The new orders, which are in place until April 15, keep Manitoba at the critical/red level on the pandemic re-

sponse system.

All previous restrictions remain, but the new orders do allow for gathering limits at outdoor public spaces (not private ones) to increase to 25 people from the previous 10.

Weddings and funerals are also now allowed 25 guests, up as well from 10.

Retail stores are still limited to 50 per cent capacity, but in-store limits are now expanded to 500 people,

whichever is lower.

Finally, the province also relaxed rules for drive-in events, allowing people to leave their vehicles while still observing public health measures.

Dr. Brent Roussin, Manitoba's chief provincial health officer, stressed the necessity of this cautious approach to

Continued on page 8

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Letters to the editor

Letters to the Editor:
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Brighten up a senior's day

The past year has been very challenging and isolating for many people during this COVID-19 pandemic. Spirits are lifting with the rollout of the vaccinations and the arrival of spring.

Last week I visited a resident of Boyne Lodge in the Visitation Shelter provided by the Provincial Government. It can be booked for 45 minute time slots. I had a wonderful time sharing stories with a senior who I

have known for 20 years.

At this time the residents can not go outside, so this option is a safe opportunity for family members, former neighbours and friends to visit someone who may be feeling lonely. One visitor is allowed at a time.

There may be members of our community who may not know about the Visitation Shelter at Boyne Lodge. I

have already arranged for future visits with other residents. It is easy to inquire by phoning Boyne Lodge at 204-745- 6715

Ext. 3. Brighten up a senior's day by booking a visit.

In Appreciation,
Susan Weppler, Carman

Judge not....

Dr. James Paul Humphries' demonization of secular individuals in his children's book *David's Song (delivered as a flyer insert with last week's Voice)* is abhorrent.

In his book Humphries refers to secular and non-religious individuals as "rubbish," "fools," "selfish," and

"without value" simply for not sharing the same beliefs.

In a misguided attempt to "spread hope," the author instead spreads ignorance and intolerance. His overtly anti-science attitude is also particularly puzzling for someone referring to themselves as a doctor.

I'm well aware the Pembina Valley consists of mostly Christian commu-

nities and I am quite happy to have friends and family members that subscribe to the Christian faith.

With that said, the Pembina Valley is also quite diverse today with more and more secular and non-Christians calling Winkler and Morden home. I personally know many secular individuals that bring joy, happiness, and certainly value to their

communities every day. We too also seek acceptance, and respect.

Just because we don't share the same beliefs does not mean we are immoral and "lost in the dark." Perhaps Dr. Humphries would benefit from rereading Matthew 7:1 "Judge not, that ye be not judged".

Dave Penner, Winkler

Health care cuts, a domino effect

I currently work at the Boyne Lodge in the dietary department and would like to address some concerns over the opening of the new facility.

In February, the dietary department in the current building was informed that as of May 9, the kitchen would be run privately and we were all being laid off. The first offer was to become a Resident Assistant with training. This will be the new title of the health care aides but with many more responsibilities and tasks. We could also apply to Boyne Care Holdings for one of the few positions in the new kitchen. The union was able to negotiate a way to continue working within the RHA. The final

option was that we could "bump" another employee with less seniority and equal or lesser classification anywhere in the region. This meant I could take a position in laundry, housekeeping or dietary aide in another facility. I contacted Boyne Care Holdings about the new positions in the kitchen and asked many questions, but the response was that nothing was known yet at that time. I had an extremely difficult decision to make. I chose to bump and ended up with a position of someone I care about. This person now has the opportunity to also bump. It's a domino effect.

I would like it to be known that the

CUPE union was very helpful in getting me through all of this. When the new Lodge was first announced, it was exciting with the promise of many employment opportunities. So far about 15 women have been laid off including young women, single moms and women who are now retiring because they feel the other options aren't for them. The same thing happened to the maintenance department. Yes there are many positions for RAs, but it takes a certain type of person to do this job. After almost 22 years of service this has been a huge punch in the gut. I've worked through power and water outages, outbreaks of illness, overtime, short staffing and most recently COVID-19.

The Boyne Lodge is all I know and

everyone there is my family. The residents mean so much to me. My coworkers and I have spent the last few weeks crying on each others shoulders. I've always been proud to be a part of the Carman community and now I feel so betrayed. In the last couple of years, every time we had a question regarding our jobs in the new build, the response was "oh it will be fine" and "don't worry about it." I'm sure it was already known then that I would be laid off. I want those who made this decision to know how it affects people in this community who have worked at the Lodge and the Carman Hospital and have now had their lives turned upside down.

- Cindy Labossiere, Carman

The ranchers need your support

Minister Friesen,

I love Manitoba, but the PC government of this province, has blindsided and deceived the hardworking ranchers who rely on provincial Crownlands for grazing.

The rural vote is critical to the Manitoba Conservative Party.

Two weeks after helping you get elected, and without running on the platform, unfathomable changes were brought to the way Manitoba manages Crownland.

These changes undermine the values of justness and fairness.

Over 400 leaseholders met in Ste. Rose October 2019, after, then Min-

ister of Agriculture, Ralph Eichler dropped the bombshell of proposed changes to Crownlands.

There were more meetings and uproar.

Minister Eichler had vision and made two important concessions to Leaseholders.

1. The return of family transfers
2. The promise of a one time unit transfer.

These concessions were necessary and well received.

Manitoba risked becoming the only province in Canada to disallow the transfer of a viable ranching business with Crownland, to a new owner.

Life went on for ranchers. They have had a terrible time dealing with the increase in rates but they waited for the promised changes to regulation.

Presentations were made by the Crownland Department at many meetings, detailing how the process would work.

Land deals were made in light of the availability of the one time transfer. At least six retirees and sellers waited for paperwork to finish ranch deals. We waited in great anticipation to take over the lease we considered part of our ranch purchase made in March 2019.

With absolutely no warning, in November 2020, Minister Blaine Pedersen stabbed ranchers in the back and

brought Minister Eichler's word into disrepute.

He put forward the regulation changes, with the ability for the one time unit transfer removed.

He will listen to no one.

He is doing damage to the Conservative Party of Manitoba.

He is destroying people's lives and businesses.

He is destroying the ability of Manitoba to be competitive in Canadian cattle industry.

The actions of the Minister are a blight to democracy, fairness and justice.

I ask you, on behalf of northern Manitoba ranchers to please help us.

- Shelley Dyck, Ste. Rose du lac

Education system shake-up disastrous for rural communities

By Becca Myskiw

The provincial education system is getting a revamp, and local educators say its effects on rural Manitoba will be detrimental to the future of education.

The provincial government released its Kindergarten to Grade 12 strategy on Monday, March 15 and with it, their Better Education Starts Today (BEST) strategy for the 2022/23 school year. That strategy will abolish the 37 school divisions (except for the French school division) and replace them with 15 regions, each run by a director of education. Those regions will be in one Provincial Education Authority, which will be a board of people appointed by the Manitoba government.

This plan will take away the need for all division staff, including superintendents, people in human resources, payroll, finance, communication, board trustees, and more.

In this region, Prairie Rose School Division (PRSD) and Prairie Spirit School Division (PSSD) will be merged together to make one region. PRSD superintendent and CEO Terry Osiowy said he currently has nine community schools and 17 Hutterian schools in his division, covering around 3,900 square hectares of land.

In the new system, the region will have 24 community schools and 31 Hutterian schools and will cover over 9,600 square hectares.

That change is what staff are aware of. As for where their jobs stand, the only people who know where they'll be for the 2022/23 school year are school board trustees — gone. Education minister Cliff Cullen said it's too early to tell what will happen to everyone else's jobs. He doesn't yet know how the directors of education will be chosen, either.

"I know we got good quality people out there and there will be lots of work ahead of us and lots of opportunity," said Cullen.

Osiowy isn't concerned about himself. He's been in public education for

almost 40 years and is worried about his office staff and everyone else. He said the pandemic has affected education staff's well-being as it is, and this news has thrown everyone into a state of shock and chaos.

"As of right now working here just at the division office in Carman, there's no guarantee that we won't be closing our doors June 2022," he said. "This is the biggest, biggest shake up that I have ever seen."

Losing the division office, he said, would be a loss to the Carman community.

PSSD chair Jan McIntyre knows she won't be a school trustee anymore in a year, but it's not losing her position that concerns her, it's losing the trustees. She said this system change will affect more than the schools — it will affect their communities.

Her main concern is a board of appointed officials, likely based in Winnipeg, will be making the decisions for every region, but will not be accountable to the public as current trustees are.

"I believe there needs to be local input into local divisions," said McIntyre. "Not every school and every community is the same across Manitoba."

She said she can only speak for rural communities as she doesn't know the urban situation, though she's sure they have concerns as well. Trustees, she said, know the families they work for and they know what their schools, and by extension their communities need.

Osiowy said listening to community input is crucial for the well-being of education. In PRSD, they created the French Immersion program after they were told the people wanted it. Even people who don't have school-aged children know and talk to trustees, he said, and bring forward their concerns. He doesn't think this new system will provide the same level of community consultation.

Another concern McIntyre has is the

removal of maximum time a child can spend on a bus. Currently, a student can only be on the school bus for up to one hour one way. The system revamp has removed that completely.

With maximum bus times being taken away, the education authority will also have the right to close schools, something that is a major concern in rural Manitoba, said McIntyre.

"That's a concern because rural children need to be able to attend school in their home community where they can access the school and extracurricular activities," she said. "Long bus rides limits participation in those extracurriculars, they might be tired when they arrive at school, it affects their learning, and it also transfers expense to parents who may need to drive kids now for classes or for extracurriculars if they're participating."

Without less local input to the schools, it will also affect the town's economic benefit. McIntyre said a lot of rural schools try to support local wherever they can, and those businesses support the schools back. With a provincial procurement of supplies, both of those things will likely be gone.

Local taxation, however, will remain. The difference coming though is local trustees will not be deciding how to spend them — a board of appointed officials will.

"[The new system is] basically like a business model," said Osiowy. "Public education is more of a human development business."

Minister Cullen said the new model is to give students the resources they need to achieve better academically. The province is currently one of the highest spenders in education, yet its students receive some of the lowest academic results in the country. He said they're going to be taking that money and shifting it to resources at the frontline.

"We think that's where we'd better optimize that money rather than administration," said Cullen. "No prov-



Terri Osiowy

ince has taken on a challenge this big; we're looking at all aspects of education here. Our students deserve better looking at the status quo."

But McIntyre isn't convinced this is the solution to low academic scores because the problem isn't that simple. Manitoba has closest to the highest child poverty rate in the country for several years running, she said, and shaking up the system doesn't address that at all.

"The reality is there's a percentage of students not doing well," she said. "A child who comes to school hungry, comes from a family without the time, health, or financial resources to support them...that's not the child's fault. We have this group of children living in poverty and we are not addressing the root cause of their poverty...and if we're not addressing their poverty, we're not addressing their inability to achieve well in school."

Among concerns and uncertainty, Osiowy and McIntyre are working with their respective divisions through the change, even though they might not be there to see it through. Osiowy is working to protect his division from losing everything they've built. McIntyre is encouraging everyone to reach out to their local trustees and MLAs about this if you have strong feelings either way.

> PUBLIC HEALTH ORDER CHANGES, FROM PG. 6

reopening.

"We don't have nearly the amount of vaccination coverage that we need to change our public health measures, but we can be optimistic that more and more vaccine is on its way," he said. "We just need to be cautious for the near future."

"We'll be able to look at further reopening steps after spring break and Passover and Easter, as our data supports," Roussin said. "We all need to

continue to work together to keep these numbers down. We all know what happened following Thanksgiving gatherings early in our second wave and we have to continue to avoid that from happening again.

"The variants of concern just add to that level of risk right now. We know these variants spread much more readily."

Premier Brian Pallister said these new orders follow the priorities iden-

tified by Manitobans who filled out a public survey asking them to weigh in on a few proposed changes.

"At every step of the way throughout this pandemic we have endeavoured as a government to reach out directly to Manitobans to get their input, feedback, and priorities on a variety of measures designed to project Manitobans from this deadly virus," he said. "And when we ask Manitobans for their input we listen to it."

Nearly 32,000 people responded to the call for feedback, most express-

ing discomfort at the idea of going down to code orange restrictions too quickly.

"The announcement we made today is at least in part because of the input we got from Manitobans," Pallister said. "I understand we're not going to make everyone happy ... but at the end of the day what we come up with as the plan is our plan. And so I encourage Manitobans to stick with the plans that we've outlined, follow the health orders, because that's how we make it work."

Songs & Stories streams online April 5

By Lorne Stelmach

An upcoming virtual concert first and foremost is serving as a fundraiser, but the event in support of Eden Health Care Services is also aiming to help raise morale in trying times.

The organization is hosting Songs & Stories of Hope, Healing & Community April 5 at 7 p.m. The virtual concert will be shown on Eden's Facebook page that night. Donations can be made online at edenhealthcare.ca/springconcert2021.

The evening will feature Danny Plett, who is not only an internationally known musician who has assembled a group of gifted musicians for the concert, but is also involved with Eden.

"I have the benefit of having someone on our Eden Foundation board who is a professional musician ... and he has been involved in missions for a significant part of his life," said Earl Reimer, director of development for the foundation.

"I knew about him as a musician, but I did not realize the level of professionalism ... he's incredible. It became apparent to me when I was able to attend at least a part of the recording session for this virtual concert ... it was quite exceptional."

There is no charge to view the concert, but you are asked to make a donation toward the mission of bringing hope, healing, and community to people who are on a mental health journey.

Your support can assist Eden with a number of initiatives, including:

- Recovery of Hope counselling services. This is a fee-for-service program, but no one is turned away. The difference between what a profes-

sional counsel costs and what someone can afford to pay is made up by a grant from the Eden Foundation.

- Segue Career Options. This is a program that helps people—many who are on a mental health journey—acquire the self-confidence needed to find work and the discipline to excel in their new work.

- Supporting upgrades to properties where people with limited financial resources find good, clean, safe and affordable homes along with mental health support workers on-site helping them to develop the skills to integrate into the community.

- Supporting the mental health services being delivered in a new wellness centre space in Steinbach.

The concert is a very timely event given the impact that the pandemic has had on so many people in the past year.

"It has become evident in the caseload ... that load has become greater," Reimer said. "The reality is there are even more people looking for help in some capacity than before."

"A concert like this is a real practical aspect of helping people along the process of getting mental health care when they need it," he added. "The scope and the breadth of what we can offer and where we can offer counselling services is quite significant."

"We need this, everybody needs it," Reimer continued. "The music obviously is intended to be uplifting and inspiring, and it certainly will be."

"Intertwined with this concert will be a number of different people presenting their own personal stories of their journeys with mental health," he said. "I think these stories are definitely going to be inspiring."



SUPPLIED PHOTO

Musician Danny Plett will perform at the online concert, which will also include people sharing their mental health journeys.

Apology

Last week's edition of the *Carman-Dufferin Standard* included a flyer insert titled David's Song as well as an arts and culture article published inside the paper talking with the author about its creation.

The insert was a paid advertisement while the story was written at the request of the author to share some of the background behind his work.

That work included passages that were deeply insulting to non-Christian members of our community who are of other faiths or perhaps no faith at all.

The staff at the *Standard* sincerely apologizes to anyone that felt insulted.

It was not our intention to promote divisiveness in our increasingly multicultural and diverse community.

Our deepest apologies.

Corn and Apple Festival plans "up in the air"

By Ashleigh Viveiros

The Morden Corn & Apple Festival organizing committee is in a bit of a holding pattern right now as it waits to see what the pandemic has in store for us this summer.

Executive director Tim Hodge says he's been fielding an increasing number of calls in recent weeks from vendors eager to learn whether the festival will be happening this August.

"Now that it's spring the questions

are really starting to come in," he says. "But right now we're basically still up in the air."

"We're hoping to have a definitive answer in the next little while," Hodge says. "Certainly by May or hopefully even by the end of April we'll be able to make an announcement either way."

Thanks to COVID-19 restrictions,

Continued on page 10

BellMTS

PUBLIC NOTICE

Proposed BellMTS Radiocommunications Facility Telecommunications Tower

BellMTS is committed to providing Canadian communities high speed wireless voice and data service. To improve service, BellMTS is proposing to construct a 76-metre self-support style tower with ancillary radio equipment including a shelter at the base of the tower, with a perimeter fence restricting public access. As part of the public consultation process as required by Innovation, Science & Economic Development Canada, BellMTS' regulator under the Radiocommunications Act, BellMTS is inviting the public to comment on the proposed tower location before **May 1, 2021** in compliance with the Client Procedures Circular, CPC-2-0-03. This tower is fully compliant with Innovation, Science & Economic Development Canada's guidelines, as found under CPC-2-0-03.

TOWER LOCATION: Within the Town of Carman Industrial Park; approximately 610 meters east of the intersection of Rd 35 N and Hwy 13, on the south side of Rd 35 N

COORDINATES:

Lat: 49.516295°
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Ptn. NW 30-6-4 WPM

ANY PERSON MAY comment by close of business day on **May 1, 2021** with respect to this matter.

BELLMTS CONTACT:

Erin Fargo
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Unit A, 2151 Portage Avenue
Winnipeg, MB R3J 0L4
Toll Free : 1-888-912-2640
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Agents for BellMTS, a division of Bell Canada

Education bill to dissolve school divisions delayed by opposition NDP

By Patricia Barrett

A provincial Conservative bill that proposes to dissolve 37 school divisions across the province will be delayed by the Opposition NDP until the fall sitting of the Legislature.

Calling Bill 64 a “power grab,” the NDP’s education critic Nello Altomare announced last week his party’s intention to use its powers to delay the 300-plus-page bill in order to give teachers and parents time to read and consider it.

The bill “gets rid of school boards that made decisions for the betterment of kids, not for the advancement of a political agenda,” said Altomare on Twitter.

The government wants to create a single provincial education authority (PEA) composed of a six-to-11-member board that will oversee education and determine the number of schools in communities. It also wants to establish school community councils that will be made up of parents, who’ll be tasked with duties such as the overseeing of hiring teachers and staff, assessing program effectiveness

and recommending disciplinary action.

The government said the changes are necessary in order to improve Manitoba students’ scholastic achievement, which is among the lowest in Canada in some subjects.

Altomare said the bill will remove local voices, allowing decisions to be made by people in Winnipeg with no connection to small towns and also threaten the very survival of small towns as no one will want to live in towns that lack schools.

The NDP can delay five bills from proceeding to second reading until the fall sitting of the Legislature.

Manitoba School Boards Association president Alan Campbell said the bill won’t likely receive second and third reading and royal assent until November 2021 “at the earliest.”

The NDP’s delay is important in that it “changes timelines,” said Campbell by phone last week.

It will give people time to review the extensive bill, the recommendations made by the K-12 education commission and weigh the government’s new

strategy. It will also give people time to prepare to speak about the changes before a House standing committee, which will review the bill after it passes second reading.

Campbell said “close to 200 people” have already signed up to speak at the committee hearings.

“Once it receives second reading, it moves pretty quickly to third reading and royal assent,” said Campbell. “For all of us in education that are trying to raise Manitobans’ awareness about the damage this proposed legislation will do, we now have time to review it.”

Campbell is providing regular updates on the issue via brief recorded videos (under two minutes or so) that are being posted on the association’s Twitter site.

In a post last week, Campbell said the delay will allow educators to understand the contents of Bill 64 and to “hold it up beside the report from the K-12 review commission and ask questions about why the government is proposing legislation that ignores so many important aspects of that



MSBA president Alan Campbell

million-dollar, K-12 review report.”

The association, which provides leadership and advocacy to school divisions and educators, is encouraging people to register and speak before the House committee whose dates will be announced later this year. People can call the Office of the Clerk at the Legislature (204-945-3636) to register.

> CORN AND APPLE PLANS, FROM PG. 9

last year the committee had to cancel the usual festival—which draws tens of thousands of people to Morden each year—in favour of a scaled-down, one-night-only concert on the main stage that allowed them to limit the number of audience members to just a few hundred. The show was also streamed live online and watched by thousands of people.

It wasn’t the same, but it was something, and Hodge says something similar is a possibility for this year.

“We’ve been doing the preliminary work for both cases—for doing a festival and for not,” he says. “We have some tentative plans for things we can do to expand what we did last year in the event that we can’t have a festival, but then we’re also trying to lay some

groundwork for a festival as well.

“We’re trying to be sure that we’re on track for whatever the option is going to be for us.”

Whichever route they end up taking, organizers will be working closely with public health officials to ensure a safe experience for everyone, Hodge stresses.

Whatever happens, one exciting thing taking place in 2021 is the festival will be introducing new branding, replacing its decades-old logo.

“It’s something we were able to work on last year

when there was no festival,” Hodge says. “We’re just putting the finishing touches on it now and we’re extremely excited to show it off.”

“It’s a bold new look—energetic, exciting, and really fun. It’s going to be a wonderful way to welcome people back, whether we have our first festival post-pandemic this year or next.”

The new look will be unveiled in the months ahead.

The *Standard* also reached out to Winkler Harvest Festival organizers for this story but had not received a response by press time.



From Our Nest to Yours,
Happy Easter!
Thank You
for brightening our year!
We look forward to seeing you this spring!



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Community Futures Heartland

Morden hosting virtual Healthy Communities Conference

By Lorne Stelmach

A conference next month is centred around the idea that the health of our population is directly related to our ability to be connected.

The 22nd annual Healthy Communities Conference April 28 features the theme of Wired for Connection: The Pathway to Resilience.

Hosted by the City of Morden as a kickoff to Mental Health Week in May, the event is an initiative of Southern Health-Santé Sud, which hopes the conference will offer ways to withstand the inevitable struggles of life, find meaningful help, and gain the connections we all desire and need.

"Our relationships to others go hand-in-hand with our experiences in community," said Jane Curtis, CEO of Southern Health-Santé Sud.

"The theme for this year's virtual healthy communities conference is a great way for us to relate to each other and find out what matters to you," she said, "and in doing so together, our connectedness is an opportunity to make a difference for the health of our communities."

The conference runs online April 28 from 9 a.m. to 3:45 p.m.

A keynote address on the day's

theme will be presented by therapist Carolyn Klassen.

Klassen speaks widely about the healing power of connection including a weekly interview on CJOB with Hal Anderson. She has authored several books such as one about the pandemic entitled *What is Mentionable is Manageable*.

Another main session will be Rethinking Self-Care to Foster Connection and Build Resilience from the Inside Out by Jeanette Bronée, who is described as a rethinker and culture strategist. Bronée is a two-time TEDx speaker as well as an author and CEO and founder of Path for Life Inc.

Bronée helps companies and their people bridge the wellness gap by rethinking performance, engagement and culture so they can prevent burnout and create better results. She speaks, coaches and consults about how to create better relationships and engagement in the work-culture.

Other presentations that day include:

- Community Connections: Managing Loneliness in the UK by Olivia Field, who works for the British Red Cross as the head of health and resilience policy.

- Grieving and Loneliness: Connecting During Times of Grief by Mike Goldberg of Palliative Care Manitoba. He has been the community outreach and education coordinator at Palliative Manitoba since July 2015.

- When Our Wires for Connection Get Disrupted: A Focus on Immigration and the Added Impact of COVID-19 by Heather Robertson, who works at Aurora Family Therapy Centre coordinating mental health services and supports to newcomers.

- When our Wires for Connection get Disrupted: A Focus on Life Transitions and the Added Impact of COVID-19 by Dr. Maxine Holmgvist and Dr. Amanda Lints-Martindale, who are both associate professors in the department of clinical health psychology at the University of Manitoba.

For more details and registration information, head to www.mymorden.ca/wired-for-connection. The deadline to reserve your virtual seat is April 14.



STANDARD PHOTOS SUPPLIED

Jeanette Bronée (left) and Carolyn Klassen are among the speakers at the virtual Healthy Communities Conference next month.

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ACU reports on a challenging but fruitful year

By Lorne Stelmach

Access Credit Union has remained in a strong position despite the challenges posed by the pandemic.

That was the message as directors and about 140 members gathered virtually last Monday for the annual general meeting, where board chair Ingrid Loewen reflected also on how the Jan. 1 amalgamation with Crosstown Civic Credit Union has helped them in dealing with uncertain times.

"Against the threat of COVID-19 in 2020, we also found resiliency, innovation, and a desire to move forward no matter the challenges. Partnering two organizations whose strengths complemented each other now seems confirmation of the benefits of amalgamation," Loewen suggested in her report.

"The financial strength of both organizations allowed us to not only weather the disruption of 2020 and end in a strong financial position but to begin the fulfillment of many of the commitments made to members of both legacy credit unions as we build out the business case for our amalgamation."

Loewen also credited it for "allow-

ing our expanded team to implement new technologies to assist members, to support each other in building up new capabilities and building a transformational credit union dedicated to continuing high standards of member service and delivering on our brand promise to be where you need us to be."

ACU president and CEO Larry Davey also suggested having a working relationship with Crosstown coming into the amalgamation helped the transition go smoothly and meet their commitments while also supporting members through the pandemic.

"I think what really helped both credit unions is they spent a lot of time setting up staff to work virtually and then having them spend a lot of time with members in getting them through all of the government programs that were being offered to make sure members were being looked after," he said. "They were there to assist members who maybe were struggling."

In 2020, Access recorded an 11.7 per cent growth in assets to almost \$3.2 billion, while deposits rose 10.9 per cent to over \$2.8 billion and loans

went up seven per cent to over \$2.5 billion. Gross operating income was up 13.3 per cent to almost \$20.4 million.

For Crosstown Civic, assets increased 3.7 per cent to over \$2.6 billion, while deposits were up 3.6 per cent to just under \$2.5 billion and loans declined 1.8 per cent to just over \$2 billion. Gross operating income saw almost no change at \$15.2 million.

Perhaps the most significant news for members was that the credit union announced a total combined cash redemption of \$8.2 million, including a patronage allocation of \$2.4 million to Crosstown members and \$3.2 million to Access members.

It fulfils a commitment made in moving forward with the merger, explained Loewen, who noted both credit unions agreed on maximizing the ability to pay patronage to members as part of the cooperative values and a belief that members should share in their profits.

Also announced was a new enhanced patronage program that will pay bonuses in cash to members. More details on the program are scheduled to be released in the coming months.

"Access Credit Union is a true cooperative. As shareholders of Access, our success is your success," said Davey. "Access is proud to be sharing our



STANDARD PHOTO SUBMITTED
Access Credit Union CEO Larry Davey, shown here in a screenshot from the financial institution's online AGM last week, says they've remained in a strong position despite the challenges the pandemic has posed.

profits with our members in what has been a challenging year for many individuals and businesses. Despite the challenges, both legacy credit unions financial position remained strong and our member-owners are seeing the benefit through the member rewards program."

In the question and answer session that concluded the meeting, directors said the longer term strategic plan could always allow for further mergers to be considered, but there is nothing on the horizon at the moment.

"Everything we hear from our colleagues in our system tells us that it's important for credit unions to continue to grow to be successful and sustainable, so strategic mergers are definitely an opportunity for us to grow to ensure that sustainability and strength for our members," said Loewen. "They will be considered for the future."

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Hon. Candice Bergen
CONSERVATIVE DEPUTY LEADER
MP for Portage - Lisgar

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Correction

Staff

In last week's edition of the *Carman-Dufferin Standard*, in the story "From lump to lymphoma: a Fannystelle woman's cancer diagnosis" we wrote that Friesen is from Fannystelle, when in actual fact she identifies herself with the Starbuck community as she works there, her children go to school there, and she's involved there. The Starbuck community has rallied behind the Friesen family during her battle with cancer.

The *Standard* apologizes for the misinformation.

Stephenfield Dam, picture perfect landscape



STANDARD PHOTOS BY CHRISTA SMITH

Christa Smith photographed the Stephenfield Dam in motion last Saturday and Sunday. In 1963 the dam was constructed in the Boyne River and the Stephenfield Reservoir was created. The main purpose of the dam was to supply water for agricultural and domestic use. In 1999 the Stephenfield Water Treatment Plant officially opened and today it supplies water to the Town of Carman, R.M. of Dufferin and surrounding area. The creation of the reservoir also provided recreational opportunities. A provincial park was developed on the south side of the lake.

Manitoba's nutrient applicant ban lifted

Staff

Manitoba's nutrient application ban was officially lifted by the province last week.

Manitoba Agriculture and Resource Development alongside Manitoba Conservation and Climate made the announcement last Tuesday, paving the way for producers to begin applying fertilizer, including livestock manure, to their land once again.

All other requirements of the Nutrient Management Regulation and the Livestock Manure and Mortalities Management Regulation remain in effect. Nutrients cannot be applied to

sensitive lands along waterways or to lands classified as Nutrient Management Zone N4.

Producers are reminded to assess current weather conditions and periodically check weather forecasts when applying nutrients prior to April 11. Nutrients should not be applied in instances where the weather outlook is unfavourable. Those conditions include a forecast of snow or an appreciable amount of rainfall that would result in run-off.

More information on the nutrient applications is available at www.manitoba.ca/nutrientdates.

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2018 SATISFYD AWARD
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CCI hosting second online fundraising auction

By Lorne Stelmach

Children's Camps International is holding a second online auction in support of its efforts to send kids to camp around the world.

The Christian ministry is again working with Bill Klassen Auctions to hold the Auctions for Kids online fundraiser on Thursday, April 8.

"We plan on sending half a million kids again this year. Over 500,000 kids attended Bible camp in India. That probably had a lot to do with COVID because the kids weren't in school," said Greg Wood, vice president of creative engagement for CCI. "It was great that we were able to do that last year, so we would like to do the same again."

The first auction held last December raised around \$22,000 for the organization, and they're aiming for a similar amount this time.

The idea grew from a discussion about what more could be done to help create awareness and dollars towards the ministry of sending kids to camp.

"It all started with the idea that when you see a farmer's field, there's always equipment there ... it could perhaps be of some value to someone else," said Wood.

It grew from that initial thought of auctioning off unused farm machinery to also include tools, vehicles, and more.

This time they are promoting the idea of auctioning off skills, with Wood himself putting up a Zoom magic class, for example.

Also on the auction block this spring is every-

thing from bicycles and massage treatments to golf packages and accommodations for a number of travel destinations.

"There were all kinds of different things last time, and I've been continually looking to find other interesting things to put in there," said Wood. "There's a lot of other things that people can do and give ... we've got different things this time that fall into that idea of a skills auction."

Donation receipts will be issued if requested for the final sale price of the item in the auction. The deadline for donations is April 1.

If interested in making a donation, you can call 204-331-4003 or email auction@harvestforkids.com.

You can also check out what's on the auction block at auctionforkids.ca.



Fast access to one-time loans to protect families at risk of eviction

Submitted by Manitoba government

The Manitoba government is providing \$5.6 million to the Manitoba Non-Profit Housing Association (MNPHA) to deliver a rent bank program that will support stable housing for low-income to moderate-income families, Families Minister Rochelle Squires announced Monday.

"The COVID-19 pandemic has highlighted a need to support renters experiencing an unexpected interruption of income that threatens their tenancies," said Squires. "This Manitoba Rent Bank will address the immediate need created by the pandemic, providing housing stability and protection for families that are unable to pay shelter costs due to unforeseen circumstances."

The Manitoba Rent Bank will provide interest-free loans to tenants who are behind in their rent or need to move to housing that is more suitable. The program will be administered through the MNPHA and will be delivered regionally through local rent banks.

"Through partnerships with organizations like SEED Winnipeg, End Homelessness Winnipeg and other com-

munity resources, this initiative will provide the short-term financial help along with the longer-term supports people need to maintain their housing," said Christina Maes Nino, executive director, MNPHA. "No landlord wants to evict someone because they are struggling financially and this will be a critical resource to keep people housed."

Rent banks are a leading jurisdictional best practice in stabilizing housing for those in need and have proven effective in helping to prevent homelessness. COVID-19 has disproportionately affected the vulnerable and this will be one more tool to stabilize households in Manitoba.

The minister noted that rent banks provide fast-access crisis intervention

Continued on page 16

FIND THE HIDDEN EGGS CONTEST

Kids! We have hidden Easter Eggs in this week's edition. If you find all three you can enter our Easter Egg Contest for a chance to win a \$25 Gift Certificate from The Prices Rite in Carman.

They are tiny eggs hidden deep within the paper... so search on every page!

No phone entries please... Email us with the page numbers you found the eggs on and be entered to win.

Find the eggs that look like this on 3 different pages

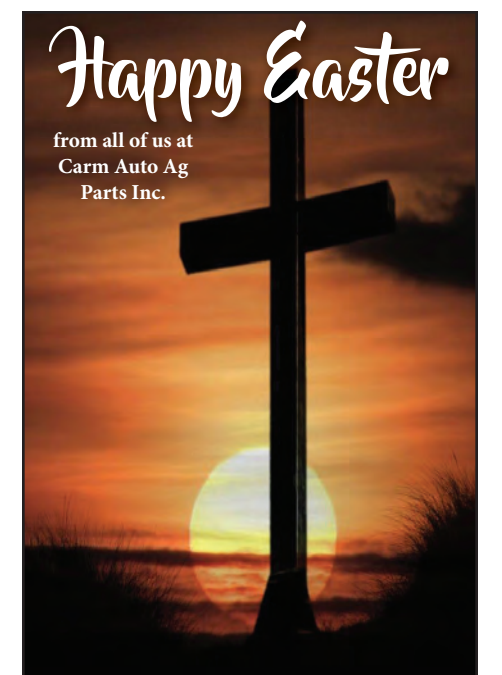
P.S it's not the eggs on this page, and they won't be in any ad!

For kids 12 & under only

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STANDARD

ads@carmanstandard.ca

Contest Deadline April 5th, 2021 at 12:00 noon





COMMUNITY NEWS



Carman bakery...a slice of history!

By Dennis Young

Ahhh the scent of freshly baked bread would flood out and fill the street. It was a clean, slightly sweet aroma that somehow smelled warm. And warm is when you wished to have it on your table, knife in hand!

It might not be good for waistlines, but there are few better smelling places than a bakery. Not only do local bakeries help define a town's culinary culture, but they are a rare business not found in just any community.

Carman has been fortunate enough to have been one of those communities for 110 years. It all started at #8 1st Ave SW (now Crazy Lady's Restaurant) a building that kept watch over several gifted bakers. Let's rekindle memories of who sold us those delicious buns, jelly filled donuts, cookies and so many other pastries.

Hugh Bowie Sr. came over from Scotland in 1904 or 1905 eventually settling in Carman to open the Carman Bakery in 1911. In 1916 he sold it to James Christie who changed the name to Christie's Bakery. He had as apprentices none other than Hugh Jr. and Doug Bowie. By 1944 they were ready to own their own bakery and bought Christie out. Even sisters Jean and Violet worked up front.

Hugh and Doug were always the first ones moving in town as they would get to work at 2:30 a.m. to fire up the huge wood burning brick oven. After baking as many as 2,000 loaves, they then commenced making buns and cookies. The rest of the day was spent making deliveries and running the store.

In those early years, deliveries were by horse and cart. Loading was done in a covered alley east of the shop and stables were located behind the building along the river edge.

"It was pulled by Barney, a white horse that knew every stop on the route" so reminisced their niece Shirley Tort. After their second horse decided to venture off on it's own by the Rex Café, wrecking the wagon, a van was put to use.

Saturdays were the nights the farming community would find its way to town for eating out, shows and shopping. So the Bowie boys would stay open until 11 or 12 at night waiting for orders to be picked up. Shirley recalls,

"The bake shop was seldom closed with the exception of a flood."

In those days of no in-store bakeries, Bowie's experienced and enjoyed the high traffic. However, it was also no doubt attributed to the aroma of fresh bread sneaking out due to open doors. Passer buys could rarely avoid the temptation to pick up a dozen or two of something.

After years of long hours, days and weeks, Bowie Bakery became Carman Bakery again when the boys sold out to Ruth and Jim Zacharias. With some help, I was able to track them down in B.C. and they offered these insights to their years baking buns and themselves.

"We purchased the bakery in May 1976 from the Bowie siblings who were all senior age with the two brothers baking and two sisters selling product. They worked tirelessly as batches of bread and buns were mixed in large troughs and then covered to let the product rise. These troughs had casters so that they could be moved to the table where the dough was weighed for each loaf of bread to be 16oz."

Modern equipment was eventually purchased to lighten their work load and offer more options like French bread, garlic bread and ...wait for it... sliced bread! Eventually they would have 3 mixers, 1 dough divider, 1 dough sheeter, 1 oven, 1 slicer, 3 part timers, 1 wife and Jim.

We could bake 288 loaves of bread at a time, 2-4 times a day.

"As the business grew so did the area needed to store our flour bags. So parts of the Bert Klos corner store (Carman Fruit & Vegetable), was purchased for that and also for the expansion of our cake decorating area. We employed Irene Stevenson for birthday, anniversary and wedding cakes in those days."

They had great sales as many of their products were new to the community but still baked fresh each day as was taught to them! Jim adds "I donated pieces of the antique equipment, used for some 75 years by the Bowie's, to the Museum. I wish the whole bakery would have been turned into an active museum." - Ruth & Jim Zacharias

Currently they are living in Abbotsford where Jim is a care aide and Ruth enjoying retirement.

They kept creating for 10 years then passed the time honoured recipes to Lila and Roger Roy in 1986. I talked to Roger recently in Winnipeg and asked him to share his memories of those years spent bent over a hot oven. Here is what he had to offer:

"In providing you with some anecdotes, a couple of themes repeat themselves. One was helping the community. We used to lend out the use of the large oven to the Potato Blossom Festival for baking all those potatoes! Plus we also let MacKenzie Catering cook roasts/hams/etc when they had a large wedding or event.

Another theme was my visitors. Every tax season I could always count on Hellar Nakonechny to stop by in the middle of the night for a cup of coffee and a chat. He worked nights to avoid the interruptions that happen during his day and of course I did all my baking overnight for the next morning. Then there was Howard Bayliss, who ran the car wash on the corner of 3 & 13, who during the winter months would drop in for a coffee and a warm up.



PHOTO SUBMITTED
Roger Roy with another batch of cinnamon buns!

During a big snow storm the bakery was going to stay closed. I got a phone call from Lite Stop Foods asking if I would bake them bread since their supplier wasn't coming from Winnipeg and they wanted to have bread available for customers. I said if they could get a path ploughed, I would.

Continued on page 16

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Manitoba's hog sector is a key contributor to the provincial economy.

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Grant helping BTHC ER modernize medication dispensation

By Ashleigh Viveiros

Thanks to funding from the Canadian Medical Association Foundation, the Boundary Trails Health Centre Foundation is able to purchase a major piece of equipment for the BTHC's emergency department this spring.

The BTHC Foundation was approved for a grant of \$100,000 through the CMA Foundation's COVID-19 relief initiative in support of those on the frontlines of the pandemic.

The grant announced last week will be used to purchase a BD PyxisMedstation ES Automatic Dispensing Cabinet to modernize how medication is delivered in the ER.

"In the big hospitals in Winnipeg they have these everywhere—not just in the ER but throughout the building," says BTHC Foundation executive director Shannon Samatte-Folkett, who explains the units make for a more efficient, precise system of medication management.

When Samatte-Folkett found out about the avail-

ability of CMA Foundation funding, she reached out to hospital leaders to see what equipment they hoped to add to BTHC's arsenal. These cabinets were at the top of the list.

"Ensuring that appropriate medication therapy is initiated and administered on schedule is essential for patients receiving care in the hospital," notes Jane Curtis, CEO of Southern Health-Santé Sud. "The new automatic dispensing cabinets will optimize medication safety and workflow efficiency so that patients in the hospital can get the medication they require right when they need it."

The grant covers the bulk of the costs of the unit, with the RHA providing the rest.

BTHC Foundation board chair Ben Friesen is pleased the foundation was able to facilitate this purchase.

"We are thankful to the CMA Foundation for generously funding this project that will support the safety of medication therapy for health care workers and patients receiving care at BTHC," he says.

The money comes specifically from the CMA Foundation's COVID-19 Community Hospital Fund. The \$5 million fund was created to assist hospitals across Canada with fewer than 100 beds.

"I am inspired every day by the dedication of physicians, health care providers and all hospital workers as they continue to confront the COVID-19 pandemic head-on," says Allison Seymour, CMA Foundation president.

"We know these are extraordinary times that require extraordinary support. From managing evolving health care needs to addressing changes in your community, to ensuring the proper equipment and training for your staff, our hope is that these funds will have a positive impact as you continue to navigate the challenges of the pandemic."

The CMA Foundation is the charitable arm of the Canadian Medical Association. The foundation has to date committed more than \$30 million in response to the COVID-19 pandemic.

> CARMAN BAKERY...A SLICE OF HISTORY!, FROM PG. 15

Well lo and behold a grader cleared the street and our driveway so I baked 50 loaves of bread for them that day.

People in Carman no doubt would recall me taking a break and sitting outside. It was to cool off as there was no air conditioning in the back of the bakery. During the summer months, particularly around Fair time, the overnight temperature would be in the high 20'sC, but it was cooler than inside the bakery.

One final note that I wanted to share was that I was so very proud of the staff that worked there for our 7 years. They are what made running the bakery such a pleasure." - Roger Roy

Roger worked for Safeway in Alberta in the bakery dept. for about 5 years. He moved back to Manitoba around 2013 and has been working at Safeway. He is thinking about retiring to be able to spend more time with his grandchildren

Murray & Gladys Dunn purchased Carman Bakery in 2003. "We owned it for 2 years with lots of family support. Along with our employees, Mom (Rose Somers) and I ran the bakery, Murray did maintenance and deliveries on Saturdays and Dad (Don Somers) did deliveries during the week.

He would drop off at restaurants, the hospital, Boyne Lodge and grocery stores here and in Elm Creek, Haywood, St. Claude and Roseisle. Oh and our daughter Erin

would help out doing Saturday shifts.

We continued using all the old recipes handed down from baker to baker over all the years. Why play with success? Even though there were some very long busy nights, we really had a great time. People would stop in to see what we were doing especially on Friday nights!" - Gladys Dunn

Simon's family were bakers and Audrey became one too when she moved to Netherlands in 1991. The Riedstras would visit her parents (Bill & Hilly Vandersluis) in Carman over the years until in 2005 Carman Bakery was up for sale and it just fit.

Soon due to increased traffic, they purchased the two buildings east to provide a coffee/lunch, specialty foods and gift shop as part of the premises. The ovens, once in the main building, were re-located away from these premises to what is now the BSI building after buying the former Chicken Delight on Main Street in 2009.

They operated it as Carman Bakery & Pastry Shop and eventually moved the entire business to Main Street.

"Because now we were able to make larger volumes of product, we expanded into Treherne and Pilot Mound." Audrey tells me. "But by 2015 we decided to sell them and focus on wholesale."

When COVID hit we shut down our little store to increase wholesale production. Our products can be found

in your Co-op, Panko's in Portage, DeLuca's in Winnipeg and Giant Tiger across Western/Northern Canada.

She continues "What kept us going these years were the wonderful staff and the positive work ethic. There isn't a single day we don't enjoy going to work." No retirement plans she adds which is great news for Carman!

Crazy Lady's now continues offering lunches and pastries in the original bakery that started 110 years ago.

Here are some other bakeshops during the years according to newspaper ads found:

1. North End Bakery 1903-G.D. Raymond & Co. They delivered bread and sold groceries and confectionery.
2. South End Bakery 1903—proprietor C.T. Boulton—located about where Breakaway is now. The building was owned by Mr. A. Stewart a former baker.
3. The Mixing Spoon --1968-? -- Margaret Keiver started the store because her family were away from home and she wanted something to do.
4. Adams Bakery located in the Rex Café was operated by Stan and Les Adams and Clarence McFarlane.

So readers, can you cook up any bakery stories to tell our readers? There must be some tasty ones out there!

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Please share your story ideas with **Dennis Young** at denjohnyoung@gmail.com or **Lana Meier** at news@carmanstandard.ca or call 204-467-5836.

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> FAST ACCESS, FROM PG. 14

loans that help families pay rent or overdue utility bills and avoid eviction.

"This investment will help to prevent homelessness and minimize strain on families and children who may otherwise have to relocate to new neighbourhoods or communities," said Squires.

The MNPFA represents over 100 non-profit housing providers who collectively own and manage more than 24,000 affordable homes

across 23 communities in Manitoba. The association is part of a larger community building the non-profit and affordable housing sector across the province. The mission of the MNPFA is to build a thriving, sustainable, non-profit housing sector through support services, professional development and education, advocacy and partnership development.

The province will pilot the Manitoba Rent Bank for a two-year period and evaluate the program to determine its need for future support.

One woman's autism diagnosis and how it changed her life

April is Autism Awareness Month

By Becca Myskiw

After numerous wrong diagnoses and countless doctor's visits, Monique Graafland was diagnosed with autism.

April is Autism Awareness Month and Graafland wants people to know that. Her diagnosis of being Autism Spectrum Level One (what used to be known as Asperger's), came 45 years into her life. She said women receive a diagnosis later in life more often than men because they're better at "masking."

To put it plainly, masking is trying to fit in, and women are better at it than men are. Graafland was overworking to fit into the world for 45 years and she said getting that diagnosis three years ago somewhat changed her life.

"In a way it was a relief because I knew things were different," she said. "I kind of felt like a failure: that I couldn't handle as much as everyone else, so I was able to be kinder to myself."

Up until finding out she's an "Aspie", Graafland was told she might be Schizophrenic, she might have multiple sclerosis (MS), or she might just be depressed. The last part was and still is true — she's constantly battling depression. The only difference now is she's able to understand why and can let herself feel what she's feeling without getting upset at herself.

Masking for almost five decades also forced Graafland to take a leave from work because she's now experiencing autistic burnout. According to spectrumnews.org, autistic burnout is a state of physical and mental exhaustion, heightened stress, depression, thoughts of suicide, and diminished capacity to manage life skills, sensory input, social interactions, which comes from years of being severely overtaxed by the strain of trying to live up to demands that are out of sync with our needs.

"In other words, one's internal battery and already flawed coping skills are fried," she said.

Graafland's main barrier because of autism is social settings. She gets easily very overwhelmed and anxious being around people and has to work hard to push herself into the situation. She's also very clumsy, as are many people on the spectrum.

Before her diagnosis, she didn't know why she was so clumsy or why she was feeling the things she was. She only knew she was mad at herself for it.

Now, she explains what autism is to the people around her and she allows herself time to re-cooperate. She said autism varies greatly and chances are everyone knows someone on the spectrum, so she encourages everyone to learn about it, understand it, and be aware of it.

Graafland's personal story, in her own words, living with autism.

Autism is, a spectrum and can range or vary greatly. Chances are you know someone on the spectrum. Those who tend to be at the higher functioning end of the spec-

trum may not even know it themselves, or at least not have an official diagnosis. They may be aware they are different

from neurotypicals (those without autism), but not exactly sure how. Females especially have fallen through the cracks over the years, as it was considered a disorder that only affected boys. Granted, there are many more males than females on the spectrum, but more and more women having grown up in the 50's, 60's, 70's, and even the eighties, are receiving a diagnosis of being on the spectrum later in life. Often they have been misdiagnosed through the years, or a mental health issue has been singled out, but not the underlying autism. I am one of these women. The diagnosis of Asperger's is no longer officially used, as it is now referred to as Autism Spectrum Level One, but many still call themselves 'Aspies'.

Did you know that up to eighty percent of those on the spectrum struggle with anxiety? Not surprising, really, if you take into consideration that the brain is wired differently, and the hippocampus is larger in people on the spectrum. The hippocampus is responsible for processing emotional responses and anxiety. Being in a near-constant state of alertness and anxiety, it can lead to mental and physical exhaustion. Any kind of social interaction activates the amygdala of an Aspie, the fight or flight response. Adrenaline is pumped through the veins and the body is on high alert. If this happens over and over again, it can take a toll on the body. Circulatory disorders alone are doubled. Mental health challenges are frequent.

Being highly sensitive is another part that comes with the Aspie territory. Aspies tend to absorb the moods of those around them, and then find themselves in the same state of emotion. As Autism expert Dr. Tony Attwood reports, "It is like catching a cold from someone, but someone on the spectrum won't get a cold, but the full-blown flu. The withdrawal from people, therefore, is a protection mechanism." They experience empathy deeply, despite what previous studies may have

claimed. The empathy can run so deep, they often have to remove themselves from a situation as the intensity of their emotions tends to completely overwhelm them. The five senses, vision, hearing, touch, smell, and taste seem to be cranked up to their highest setting as well, which can set the stage for some interesting scenarios. Alexithymia, or not understanding emotions, especially one's own, is another packaged deal thrown in the mix.

Are you familiar with the term "masking"? In the world of autism it is very common. It means people on the spectrum have learned to camouflage their autistic traits. They may watch others and see how they interact with their peers, what they say and do, and copy this behaviour. An Aspie does not want to stand out and will try to assimilate in whatever way possible. So often Aspies are being told, "you don't act or look autistic!" In a way that is a compliment, as it means that your masking traits are paying off. But under the surface the struggles and hard work to appear 'normal' may go unnoticed. Another one often heard is, "we are all a bit autistic." Research shows that everybody does indeed have some autistic traits. "Out of a 100-piece jigsaw puzzle, everybody on the planet has a few pieces. Those that have 60 pieces would be said to have Broader Autism Phenotype (BAP) and those with 80 or more pieces are diagnosed with being on the spectrum."



STANDARD PHOTO SUBMITTED
Monique Graafland was diagnosed with Autism Spectrum Level One and shares her story for Autism Awareness Month.

(R Bernier · 2012, National Library of Medicine, pubmed.ncbi.nlm.nih.gov/21905246/)

Change can be difficult for anyone. For someone on the spectrum having an item put back in the wrong place can completely throw them for a loop. A different cereal at breakfast can set the tone for the whole morning. Don't even get me started on clutter. What can I say, Aspies crave consistency. Big changes can instigate meltdowns. Meltdowns can appear similar to temper tantrums, but they are not. Meltdowns are usually involuntary. Another trait is clumsiness. Clumsiness in terms of gait and coordination. Movement disturbances occur in almost all people with Asperger's syndrome. Through the years I have joked that, if being clumsy was an Olympic sport, I would win the gold medal for sure!

Aspies are pros when it comes to being overwhelmed. The world in general overwhelms them. On a forum I once read that those on the spectrum are like square blocks trying to fit through a round hole. Hmm. No wonder there is more and more talk about 'autistic burnout'. I believe I am currently in such a state. "Autistic burnout is a state of physical and mental exhaustion, heightened stress, depression, thoughts of suicide, and diminished capacity to manage life skills, sensory input, social interactions, which comes from years of being severely overtaxed by the strain of trying to live up to demands that are out of sync with our needs." (spectrumnews.org) In other words, one's internal battery and already flawed coping skills are fried!

To sum it up, those of us on the spectrum may have distinct challenges, but we also have our strong sides. For any kind of detective work, hire an Aspie. Aspies do not know how to quit once they are onto something. They may see patterns others missed, have an unique perspective, strong adherence to rules, are loyal, and strive for perfection and justice. Aspies may not be able to recall your name, but they can tell you everything about an event that happened years ago, because of their visual memory and ability to remember facts. 'What you see is what you get' is indeed true for an Aspie. Someone on the spectrum does not have the skills to be other than authentic. Aspies are huge animal lovers. Anything to do with pets, and those on the spectrum will be all smiles. An animal can put them at ease, and make them feel accepted. So, please think of those on the spectrum as different, not less. Accept them for who they are.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Homegrown talent hits the ice for NWHL championship

By Lorne Stelmach

A Mordenite got her shot at a major hockey championship after all this past weekend.

Taylor Woods had earned a spot on defence for the Toronto Six, who were among six teams competing for the National Women's Hockey League title.

The shortened regular season and playoff was to have all happened in Lake Placid, N.Y. from Jan. 23 to Feb. 5, but play was halted just before the semi-finals when two teams had to withdraw due to COVID-19 positive test results.

The good news came recently though that the playoff round was rescheduled to last weekend in Brighton, Mass. The semifinals went Friday with Toronto taking on the Boston Pride and the Minnesota Whitecaps challenging the Connecticut Whale. Boston outed Toronto 6-2 and then won their second NWHL title with a 4-3 victory over the Minnesota Whitecaps Saturday night.

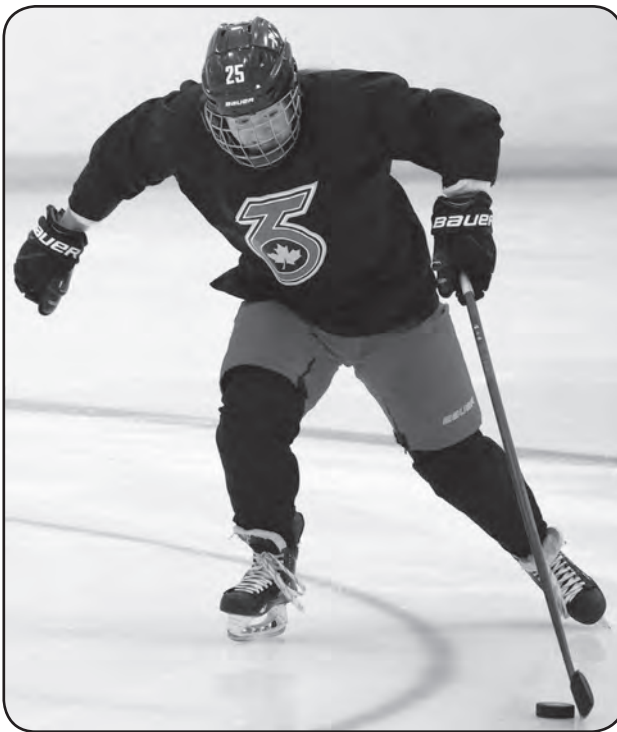
"The pandemic has brought a whole range of emotions into play," said Woods last week. "The on again, off again ... you go into the bubble and think you're going to play ... then it doesn't go as planned.

"There was not a moment in my mind though where I wasn't go to play again ... we knew there was going to be something, it was just at what point," she added. "I'm glad that we got to where we were now. Let's have the playoff and finish it.

"We were rolling," said Woods, who had registered four goals and five points for Toronto as it finished first in the round robin with a 4-1-1 record.

"There wasn't a doubt in my mind that we were going to keep continuing that way, continue proving ourselves and show who we are," she said. "Now we get that chance to finish it off and show that we belong in this league."

The 26-year-old, who now lives in Hamilton where she works as a strength and skills coach, suggested there are a couple key factors behind the success of



SUBMITTED PHOTO BY KASUMI KOBO

Taylor Woods and the Toronto Six fell to Boston in the NWHL championship semi-final last weekend.

the team and herself individually.

"I'm always exposed to the game, always exposed to the training, so that sort of keeps me in check as far as hockey as well as my physical condition," said Woods, who sees great benefit from her ongoing work with players.

"All the girls on the team here have a tight bond. That's how we've worked through it all," she said. "I'm grateful to have the opportunity to work with this great group of girls that we have here."

Coming from her early years in Morden, where she first played hockey with boys because there

was no girls team then, Woods eventually played on female teams at what were then the pee wee and midget levels.

At age 15, she went to study and play hockey at Athol Murray College in Notre Dame, Saskatchewan, helping the Hounds win the 2011 Esso Cup as Canada's national female U18 champions.

She returned to Manitoba to complete her final year of high school at Balmoral Hall, and she then added world champion to her achievements in helping Team Canada win gold at the 2012 U18 championship.

Then came four seasons at Cornell University followed by one season in Brampton, Ont. and two in Markham, Ont. with the Thunder organization of the now-defunct Canadian Women's Hockey League.

She's welcomed the opportunity to get back to competing in the NWHL.

"It's getting more popular, even just women's sports in general," Woods suggested. "Even just having the exposure for the women's game is great. People are noticing, and that's great because there is so much talent out there that deserves to be shown. I'm glad it's being seen on a wider platform so people can notice us.

"The game has come a long way," she added, noting there are more opportunities now such as the hockey academy program in Pilot Mound. "To have something like that out there is amazing for the game."

She doesn't know what next season will bring, but Woods would love to have the opportunity to compete professionally again. It is uncertain what that will look like at this point, but she wasn't thinking ahead as she hit the ice this past weekend.

"Right now, I have just been focused on the weekend and playing well for my team here," she concluded. "We had some unfinished business."

Third place at 1983 Nationals

STANDARD PHOTO SUBMITTED

At the 1983 Junior Women's Nationals in Calgary, Manitoba's skip Laurie Allen watches her stone while teammates I-r Faye Irwin, Donna Gould and Stacey Withers prepare to sweep. After a 7-3 record and a tie breaker vs Saskatchewan, these girls lost to Quebec in the semi-finals to capture 3rd overall. Laurie was named top skip as well.



get inspired

> MEAL IDEAS



Easter Bunny Butt Cake

baking powder and salt until combined. Add 6 tablespoons butter. Pulse until combined. Add remaining butter. Pulse until coarse meal forms.

In large mixing bowl, add coarse flour butter meal. Add half of egg mixture. Beat 1-2 minutes. Add remaining egg mixture; beat until combined.

Fill each muffin cup 2/3 full. Bake 18-20 minutes, or until done. Cool completely. Pour remaining batter into prepared oven-safe bowl. Bake 1 hour, 40 minutes, or until done. Cool completely.

To make buttercream frosting: In large bowl, add powdered sugar and butter; beat until fluffy. Add milk, vanilla extract and coconut extract; beat until creamy.

Turn bowl upside-down on cake stand until cake removes from bowl. If cake needs leveled, turn cake over and trim to flatten. Frost cake.

Remove wrappers from cupcakes. Using two pretzel sticks, press into base of cupcakes

and anchor to bottom rim of bowl cake to create bunny feet. Frost feet.

Take third cupcake and cut muffin top off. Cut muffin top in half. Using one pretzel stick, anchor one muffin top half at bottom of full cupcake to form toes. Repeat with second muffin top half for other foot. Frost toes.

Attach final cupcake with remaining pretzel stick to butt area of cake to make tail. Frost tail.

Apply 1 1/2 cups shredded coconut all over cake. Press chocolate candy melts into bottoms of bunny feet to resemble foot pads. Add chocolate chips to resemble pads for toes.

Place remaining coconut in plastic bag. Add green food coloring. Toss in bag until coconut is colored. Spread around base of cake for grass. Decorate grass with chocolate eggs.

- Servings: 10-12
 Nonstick cooking spray
 2 eggs, plus 4 egg whites, at room temperature
 3/4 cup cream of coconut
 1/2 cup crushed pineapple, drained
 2 teaspoons coconut extract
 1 teaspoon vanilla extract
 2 1/4 cups flour
 1 cup sugar
 2 teaspoons baking powder
 1/2 teaspoon salt
 12 tablespoons unsalted butter, at room temperature
Buttercream Frosting:
 3 cups powdered sugar
 2 sticks unsalted butter, softened
 3 tablespoons milk
 1 teaspoon vanilla extract
 1/2 teaspoon coconut extract
 4 thin pretzel sticks
 1 bag (10 ounces) sweetened shredded coconut
 8 drops green food coloring
 2 large round chocolate candy melts
 6 chocolate chips
 mini candy-coated chocolate eggs, for garnish
 Heat oven to 325 F.
 Line muffin pan with four paper liners. Spray oven-safe glass bowl with nonstick cooking spray.
 In large bowl, whisk eggs, egg whites, cream of coconut, pineapple, coconut extract and vanilla extract until combined.
 In food processor, pulse flour, sugar,



Easter Bunny Rolls with Spinach Dip

1 1/2 cups shredded mozzarella cheese, divided

2 crescent roll tubes (8 ounces each)

Heat oven to 375 F.

In skillet, over medium heat, cook spinach, cream cheese and garlic 3-4 minutes until cream cheese is melted. Stir in mayonnaise, salt, onion powder, chili powder, pepper and Italian seasoning. Stir in Parmesan cheese and 1/2 cup mozzarella cheese. Cook until cheese is melted. Keep skillet on burner over low heat.

Remove dough from tubes. Leaving dough intact, roll and stretch into 18-inch ropes. Cut each rope into 12 pieces for 24 total.

On baking sheet with parchment pa-

- Serves: 24
 16 ounces frozen spinach, thawed
 8 ounces cream cheese
 2 cloves garlic, minced
 1/2 cup mayonnaise
 1/2 teaspoon salt
 1/2 teaspoon onion powder
 1/4 teaspoon chili powder
 1/4 teaspoon pepper
 1 teaspoon Italian seasoning
 1 cup shredded Parmesan cheese



Christine Ibbotson

Do your children have affluenza?

Hello to all ATML readers – don't worry, it is not the flu or a virus like influenza. I don't want to create any panic when we are already stressed about COVID. Affluenza, is a term that was first coined by Fred Whitman in the 1950's to describe a child that grows up with social and financial privilege. This is quite common these days, whether you are wealthy or not. Many parents have overindulged their children making our new Millennials one of the smartest and most educated generation of all time; but also, the most entitled.

Let's face it, as a parent, you want nothing but the best for your children. Most parents have worked hard all their lives and generally want their children to have a better life than they did. You want them to have the necessary skills to be successful adults, have a solid education, and be whatever they want to be. But be careful. There is a fine line between giving enough and giving too much. Most parents are not able to say "NO" and sometimes they should. It is necessary to teach the lesson that we don't always get what we want. Did you get everything you wanted out of your life?

Start young and teach your children about budgeting. Why not begin with the allowance you give them weekly – let's say \$1 for each year of age for example. So, if your child is 12, they would receive \$12 per week. Sit down with them and discuss the concept of paying themselves first. Go to your bank and open a savings account for your child and get them their very own debit card. Show them how to use on-line banking to view their new account. Now, with

per, form bunny head by placing one piece of dough in middle then surrounding it with six more pieces. Use 13 pieces to form round body. Use remaining pieces to form ears on top of head.

Scoop hot spinach dip into center. Spoon small portions on each ear. Sprinkle ears and belly with remaining mozzarella cheese.

Bake 18 minutes, or until crescent dough is golden brown and thoroughly cooked.



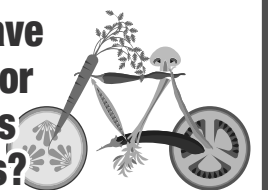
AsktheMoneyLady.ca

the allowance, ask them to put \$4 every week into their savings account, allow them to spend \$4 a week on whatever they would like, and then share the other \$4 with a charitable cause. Spreading their new income this way will teach your children some very valuable life-long lessons. They will recognize the value of saving over time as they see their \$4 per week grow into over \$200 in one year. They will figure out how to make their \$4 spending allowance stretch each week and build valuable budgeting skills; and they will also develop a social conscience to support local charities.

Why not sit down as a family and draw up a monthly budget that accommodates activities and purchases for every child in the family. By the way, the parents should have this locked down for their own budget and expenditures – so lead by example here. When someone invariably asks for something in the near future that is not part of the plan, you will have to say: "No, that's not in the budget, but maybe we can make it part of the budget for next year." Learning how to have your finances in order will ensure a life-long foundation for future achievements, well-grounded expectations of what to strive for, good habits to reduce debt, and the ability to create a successful lifestyle plan. Monetary setbacks are a fact of life for everyone. Having the skills learned when you are young will allow your adult children to know that sometimes you have to get back to the basics to cleanup your finances and get ahead. It's always okay to restart and begin again. It is sometimes the only thing we can do – but then turns out to be the best thing for us in the end.

Written by Christine Ibbotson, Author of the best-selling book "How to Retire Debt Free & Wealthy" and a new book Don't Panic – How to Manage your Finances and Financial Anxieties During and After the Coronavirus" available at all bookstores across Canada. If you have a money question, please email on website: www.askthemoneylady.ca

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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.**

SHOP LOCAL SUPPORT OUR LOCAL BUSINESSES



RURAL MUNICIPALITY OF GREY
ELM CREEK, MANITOBA R0G 0N0

PUBLIC NOTICE

Public notice is hereby given that the Rural Municipality of Grey intends to conduct the following Pesticide Control Programs during 2021.

1. To control noxious weeds and brush on road allowances and highways within the Rural Municipality of Grey and to control noxious weeds on public owned parks and cemeteries within the R. M. of Grey boundaries. The projected dates of application on the aforementioned properties will be from April 1, 2021 to October 31, 2021. The herbicides to be used include:

2,4-D Amine	Aminopyralid	Dicamba
Glyphosate	Diflufenzopyr	
Metsulfuron-methyl		
Aminocyclopyrachlor	Triclopyr	LI 700
Non ionic surfactant	Picloram	

2. To control the following pests including grasshoppers, elm bark beetles, forest tent caterpillars, cankerworms, mosquitoes, rodents, emerald ash borer, etc. The proposed dates of application for these programs will be from Jan 1, 2021 to December 31, 2021. The insecticides to be used include:

Carbaryl	Malathion
Chlorophacinone	Bromadiolone

Any resident of the Rural Municipality of Grey likely to be affected by these programs and opposed to the issuance of a provincial use-permit may submit written comments within 15 days of this publication identifying the specific program they are opposing to:

**Manitoba Sustainable Development,
Pesticide Approvals
1007 Century St.,
Winnipeg, Mb. R3H 0W4**

Kim Arnal
Chief Administrative Officer



2021 GRAVEL HAULING TENDER

The R.M. of Dufferin is requesting that anyone interested in hauling gravel for the R.M. of Dufferin in the 2021 construction season contact the office as listed below for a tender package.

The R.M. of Dufferin will have the right to engage the services of any gravel hauler who has submitted a hauling quotation, which is considered in the best interest of the municipality as far as efficiency and economy. All gravel haulers must adhere to the rules established by the Council of the RM of Dufferin in the Gravel Policy and submit their sealed tender no later than April 7th, 2021 at 3:00 pm.

The municipality reserves the right to reject any and all tenders at its sole discretion; and that the lowest or any tender may not necessarily be accepted. The R.M. of Dufferin would like to thank you for your cooperation in this matter.

Sharla Murray, CMMA
Box 100, 12-2nd Ave SW, Carman, MB R0G 0J0
204-745-2301
cao@rmofdufferin.com
March 4th, 2021



RURAL MUNICIPALITY OF DUFFERIN PUBLIC NOTICE REGARDING THE 2021 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of The Municipal Act that the Council of the Rural Municipality of Dufferin intends to present its financial plan for the fiscal year 2021 at a public hearing in the
Rural Municipality of Dufferin

**Community Hall, 60 – 1st Avenue NW, Carman, MB
Tuesday, April 13th, 2021 7:00 p.m.**

The proposed capital projects or purchases that will be undertaken for the fiscal year 2021 are as follows;

175 hp Tractor, cost of \$250,000 to be borrowed for 5 years.

Grader with one-way plow, Fire capital general, Fire training site upgrades, Emergency measures operations capital, Road construction projects, Skid steer, Public works trucks, Surveying equipment, Recreation capital general and mowers.

Council will hear any person who wishes to make a presentation, ask questions, or register an objection to the financial plan, as provided.

Copies of the financial plan are available for review and may be examined by any person on our website <https://www.carmanmanitoba.ca/residents/government/rm-of-dufferin/rm-meetings-minutes/> or during the regular office hours of the Rural Municipality of Dufferin office at 12-2nd Avenue S.W., Carman, please call ahead for pickup at (204)745-2301. Dated at the Rural Municipality of Dufferin the 19th day of March, A.D. 2021.

Sharla Murray, CMMA
Chief Administrative Officer
Rural Municipality of Dufferin

SCRAP METAL

Buyer for all farmyard scrap, machinery and autos. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

PROPERTY MANAGEMENT

Do you own rental property in Winnipeg? Are you tired of dealing with long term renters and the mess they can leave? We can provide you with a different option to earn a rental income. Pawluk Realty 204-890-8141.

MISCELLANEOUS

10" Deluxe General International commercial table saw. 2HP Model D 110/220. 74" x 32" on wheeled platform with arm blade cover and dust collection system. \$1950. Phone 204-482-7845 or 204-485-7426.

Having an online conference or virtual event? Need attendees? 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 us at 204-467-5836 to book or email classified@mcna.com for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. www.mcna.com

NOTICES

Urgent Press Releases - Have a newsworthy item to announce? A cancellation? A change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab or Email classified@mcna.com for more details.

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 stonewood-elkranch@mymts.net

HIP/KNEE Replacement? Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for **\$2,500 yearly tax credit and up to \$50,000 Lump sum refund.**

Apply NOW; quickest refund Nationwide! Providing assistance during Covid.

**Expert Help:
204-453-5372**

Carman and Area Ball Diamond Building Project Fundraiser

CMB will be travelling around the Town of Carman on Saturday April 10th to collect empties for a fundraiser in support of the Ball Diamond Building Project.

- cans will be collected in full bags (144 beer cans in a bag)
- part bags must be pre counted and labelled as such
- empty bottles in cases (6, 12, 24 or however)

Please have items that you would like to have picked up on your curb by 10 am Saturday April 10th.

If you do not live within town limits but would like to donate. Please let me know and we can arrange a pick up or drop off location and time. Contact Erin @ 204-750-1089. Please feel free to reach out with any questions or concerns.

Cheers to Spring Cleaning! www.carmanminorball.com

Classifieds

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DENNIS' WISH LIST!

Looking for info on these former business owners:

- Irene Harrison...Irene's Wear
- Jack Collins...Collins & Associates
- Ralph Van Assen...Electrolux Sales
- Tina Hooker...Bistro Restaurant
- Pete Peters...White Rose dealer
- Peter Simpson...Mr. Simpson's Hair
- Jan & Cam Stoesz...Ctry Crafts & Florists
- Stan & Sandra Birdsel...Carm. Upholstery
- IH dealers: John Kennedy, Syd Baker or Hank Churchill

Contact me 204-745-8811

The Carman-Dufferin
STANDARD



TOWN OF CARMAN PUBLIC NOTICE

PUBLIC NOTICE is given that the 2020 CARMAN WATER TREATMENT PLANT ANNUAL PUBLIC REPORT for the Town is now complete and available for review on the Town of Carman's website (www.carmanmanitoba.ca). This report includes a summary of the system's water quality data and performance in meeting water quality standards and guidelines. Copies of this document may also be obtained at the Town of Carman office during regular working hours. For more information, please feel free to contact Darcy Hayward, Manager of Utility Services, 204-745-2481.



TOWN OF CARMAN UPCOMING SCHEDULE SOLID WASTE MANAGEMENT PROGRAM

North End (Zone 1)

Tuesday, March 23 - Regular garbage and recycling pick up
Tuesday, March 30 - **NO GARBAGE AND RECYCLING PICK UP**
Friday, April 2 (Good Friday) - Garbage pick up in **CARTS**
Monday, April 5th - Compost pick up in **CARTS**
Wednesday, April 7th - Recycling pick up in **CARTS**

South End (Zone 2)

Thursday, March 25 - Regular garbage and recycling pick up
Thursday, April 1 - **NO GARBAGE AND RECYCLING PICK UP**
Monday, April 5th - Compost pick up in **CARTS**
Friday, April 9 - Garbage pick up in **CARTS**
Monday, April 12 - Compost pick up in **CARTS**
Wednesday, April 14th - Recycling pick up in **CARTS**

Carts and Homeowner Package will be delivered by the end of March. The carts will be left at the location where MWM would like them placed on collection day.

Remember Your Loved Ones with an Announcement in the
The Carman-Dufferin
STANDARD
Call 467-5836



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BURNING BAN IN EFFECT PUBLIC NOTICE

The Rural Municipality of Dufferin Has implemented a

BURNING BAN

All Open-Air Burning within the Municipality is Banned with the exception of Outdoor fire pits.

Outdoor fire pits must be constructed and used, for recreational purposes only, providing that the fire pit must be fully contained within heavy gauge steel, concrete or cinder blocks, the walls of the fire pit must extend above grade level by a minimum of eight (8) inches; the fire pit must be located a minimum of twenty-five (25) feet from any buildings and a minimum of fifteen (15) feet from any property line; and when in use, the fire pit must be attended by a responsible adult person until the fire has been fully extinguished. No person shall burn anything in a fire pit other than solid fuel products. Without limiting the generality of that prohibition, no person may burn garbage, recyclables, household waste, lawn clippings, leaves, or any other compostable material in a fire pit.

EFFECTIVE IMMEDIATELY and to remain in effect until further notice.

By order of the Council of the Rural Municipality of Dufferin, as per Section 4 of By-Law No. 1977, March 22nd, 2021.

Ben Vanderzwaag Fire Chief Carman Dufferin Fire Department	Sharla Murray, CMMA Chief Administrative Officer Rural Municipality of Dufferin
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Box 100, 12-2nd Ave SW, Carman, MB R0G 0J0
Office Phone: 204-745-2301, Fax: 204-745-634



PUBLIC NOTICE

PUBLIC NOTICE IS HEREBY GIVEN THAT the Dufferin Weed Control District intends to conduct the following Pesticide Control Program during 2021:

1. To control noxious weeds on road allowances and drains within the Rural Municipality of Dufferin.
2. To control grasshoppers.

The projected dates of application will be from May 1st, 2021 to October 31st, 2021 and the following herbicides and pesticides may be used:

2-4-D Amine, Oracle, Amitrol 240, Milestone, Tordon 22K, Diflufenzopyr (Overdrive), Aminocycloprachlor/Chlorosulfuron '(Perspective), Aminocyclopyrachlor/Metsulfuron (Navius), Roundup, Startup, Chlorpyrifos (Pyrinex, Warhawk, Lorsban), LI 700, Gateway.

Any person wishing to complain against the proposed program may send a written submission within 15 days of this publication to the department below:

**Environmental Approvals Branch
Manitoba Sustainable Development
1007 Century Street
Winnipeg, MB R3H 0w4**

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Call 467-5836

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facebook.com/hilifecleaning

Classifieds

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EMPLOYMENT OPPORTUNITY

TRUCK DRIVERS/YARD PERSONAL CLASS 1 TRUCK DRIVERS

Nutrien Ag Solutions Carman is hiring class 1 truck driver's for the 2021 season starting April.

Duties Include:

- Driving Dry Fertilizer Trucks
- Driving Anhydrous Ammonia Trucks
- Assisting in yard when needed

Full time seasonal position available to the right Applicant.



Contact Graham McIntosh for more details
 204-750-1933 or 204-745-3939
Graham.mcintosh@nutrien.com

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SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

Sudoku Answer

S	S	V	S	E	T	D	D	E
I	B	R	N	V	C	E	E	I
D	L	I	A	V	N	V	C	E
R	R	A	S	A	R	L	V	B
N	O	I	V	R	B	L	E	C
C	S	S	N	T	E	V	I	D
C	S	P	I	C	T	N	E	T
U	L	E	R	R	P	I	V	C
G	N	I	V	O	B	V	L	E
F	I	R	I	O	N	O	H	E
R	M	E	R	V	A	V	D	E
V	N	L	C	B	N	V	V	T
A	L	A	V	U	E	N	A	G
I	E	L	T	E	N	E	H	T

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Now and ___
- Israeli city ___ Aviv
- Indicates near
- Minneapolis suburb
- Large Australian flightless bird
- Fine-grained earth
- Plant genus that includes water caltrop
- Peacock network
- TV writer Dunham
- Excessive fluid accumulation in tissues
- They ___
- Muslim ruler title
- Position given in respect of
- Explaining further
- Measuring instrument
- Romanian monetary unit
- Council of ___, 1545-1563
- Savory jelly made with meat stock
- Journalist Tarbell
- Most suspenseful
- Festivity
- Animal embryos
- Fertility god
- Medical patients' choice (abbr.)
- Type of sword
- Competition
- Bird of the cuckoo family
- Afflicted in mind or body
- Engineering organization
- Beverage receptacle
- Spiritual leader
- Doctor of Education
- Where golfers begin
- Impudence

CLUES DOWN

- Vietnamese offensive
- Fast mammal

1	2	3	4		5	6	7		8	9	10	
11				12		13			14			
15						16			17			
	18			19		20			21			
				22	23			24				
25	26	27	28	29								
30						31						
32								33	34	35	36	37
				38	39	40		41	42			
				43				44				
	45	46	47									
48					49			50	51	52	53	54
55					56				57			58
59					60				61			
62					63					64		

- Oh goodness!
- The back of one's neck
- One who lives in another's property
- Involve deeply
- Alfalfa
- Tropical tree resin
- Sudden fear
- Jewish religious month
- Veterans battleground
- Musical symbol
- German river
- Paddle
- Lizard
- Shock treatment
- The common gibbon
- Brew
- Usually has a lid
- Lenses in optical instruments
- Time zone in Samoa (abbr.)
- Wrinkled dog: Shar ___
- Denotes equal
- TV network for children
- Take the value away from
- Female graduates
- Don't know when yet
- "__ tú": Spanish song
- "Seinfeld" character
- Bleated
- Entwined
- Away from wind
- Soft creamy white cheese
- Swiss river
- Prejudice
- Actor Idris
- They resist authority (slang)
- Speak ill of

Announcements Classifieds

PET OBITUARY



KITTY

Kitty passed away March 22, 2021. She was born in Miami quite some time ago. Kitty was living with Florence Moorey for some time. I got her 7 years ago, she was a great cat. She will be missed a lot.

-Jim Gibb



FARM EQUIPMENT AUCTION FOR RAYMOND & LINDA FRANSMANN, SE FANNYSTELLE, MB.

SE Fannystelle, MB. 2017 MF 9565 Combine less 300 sep. hrs, Versatle 400 Tractor 2100 hrs, CIH MODEL 60 Compact tractor, MF 9430 Swather 1100 hrs, Freightliner Mercedes Tandem Grain Truck automatic trans. Morris tank / Concord air seeder, CIH MODEL 60 Compact tractor, 2019 Dodge 2500 pickup 8500 Km. Etc. See the catalog at www.billklassen.com owners, 204-436-2550

See more at info. & pics at www.billklassen.com

Bill Klassen Auctions Ltd. Ph: (204) 325-4433
Cell: (204) 325-6230
Fax: (204) 325-4484

The Carman-Dufferin Standard Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication Please Call 204-467-5836

McSherry Auctions
12 Patterson Dr., Stonewall, MB

Online Timed Auctions @ iCollector.com

Estate & Moving
Closes Wed Apr 7 @ 7:00 pm

Estate & Moving
Closes Wed Apr 14 @ 7:00 pm

Consignments Welcome!

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Pictures available www.wgiesbrechthomes.ca

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204-346-3231



FRANSMANN RAY AND LINDA FARM RETIREMENT AUCTION FANNYSTELLE, MB. CLOSING APRIL 12, 2021

2019 Dodge 2500, gas, loaded, only 8500 one owner Kms. Very nice line of farm equipment. See auction bidding catalog at www.billklassen.com

See more at info. & pics at www.billklassen.com

Bill Klassen Auctions Ltd. Ph: (204) 325-4433
Cell: (204) 325-6230
Fax: (204) 325-4484



MORDEN CONCRETE BUSINESS CLOSING AUCTION APRIL 2, 2021 TIMED ONLINE AUCTION

South Railway Ave., Morden, Manitoba. Owners 204 822-5769. After 3 generations, starting in 1967, Morden Concrete Works Ltd. is retiring its business. This is an auction you do not want to miss. You will find trucks, skid steers, boom truck, Dresser, pay loader, many tools, much equipment, including a CopperHead XD 3.0 Laser Screed with low hours; everything and more that is required to operate a concrete business. See the auction catalog at www.billklassen.com

See more at info. & pics at www.billklassen.com

Bill Klassen Auctions Ltd. Ph: (204) 325-4433
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Boyne Care
Honouring the ageless spirit

NOW HIRING

Boyne Lodge in Carman is now accepting applications for the following positions:

Food Services Manager
Maintenance Manager
Maintenance Technicians
Cooks

It is important that you indicate which position(s) you are applying for and expected wage range in your cover letter.

Resumes with references will be accepted by email only to: tyler@townofcarman.com by April 6, 2021

Only successful applicants chosen for an interview will be contacted.

SHOP LOCAL
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EMPLOYMENT OPPORTUNITY

We are currently looking for a motivated individual to fill a

CROP PRODUCTION ADVISOR position at our Carman location

Duties Include:

- Responsible for meeting and exceeding annual sales goals and profit margin objectives as set by branch management
- Implement on-farm based sales strategy to promote Nutrien Ag Solutions' products and services
- Maintain and analyze a database/record of customer profiles (product usage and service requirements) in order to identify, categorize, and prioritize customer base
- Develop and maintain effective business relations with current and potential future customers, based upon an approach that targeting customer with whom the company can profitable to do business
- Provide timely service as well as agronomic information and advice to current and potential customers
- Arrange for access to specialists where necessary to bring mutual benefit to the customer and the organization
- Arrange for customer learning opportunities that provide incremental value
- Keep informed of competitor activities within the market area and recommends marketing program and service revisions
- Review customer accounts to ensure that payments are within the approved credit policy and performs collection functions as required
- Monitor competitive activity and trends
- Keep records and prepare reports on sales activities
- Interpret soil, tissue and water analysis
- Initiate trials that will support marketing efforts
- Research and respond to technical inquiries

Skills required:

- Strong time management, planning and multi-tasking skills
- Excellent communication and people skills, both written and oral
- Strong computer skills including all Microsoft applications (Word, Excel, and Outlook)
- Ability to work independently or as a part of an effective team
- Conducts themselves in a professional manner, and ability to keep confidential information
- Agronomy background or farm background would be an asset
- Previous sales experience

Interested applicants should send their resume in confidence directly to:

Nutrien Ag Solutions Carman
Attention: Graham McIntosh, Branch Manager
PH: 204-745-3939
Email: Graham.McIntosh@nutrien.com

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Irritable bowel syndrome (IBS) is so common that it's likely you know at least one person with this functional disorder. In 2003, the Canadian Society of Intestinal Research advocated to mayors across Canada and succeeded in having April declared as IBS Awareness Month.

IBS Facts

- 13-20% of Canadians (approximately 5 – 7.5 million individuals) are living with IBS
- only 40% of them will seek medical help
- it is more common in women, but still affects many men
- people of all ages have IBS, from young children to the elderly
- the economic burden of IBS is \$6.5 billion annually in Canada
- Canadians with IBS miss an average of 13 days of work per year, leading to a further \$8 billion in lost productivity
- the primary symptoms are what we call the ABCDs of IBS – Abdominal pain, Bloating, and Constipation and/or Diarrhea
- symptoms can come and go, so you might feel well for a while only to get symptoms again

- IBS is the most common condition diagnosed by gastroenterologists and is one of the most frequently seen conditions
- The underlying cause of IBS is still unclear, as there are no diagnostic disease markers for IBS, guidelines recommend doctors make a positive diagnosis using criteria that are based on the person's symptoms.

BS Diet Suggestions:

- Eat all cooked vegetables, except perhaps cabbage, cauliflower, and broccoli – which might cause too much gas – however, if they are your favourite foods and they don't cause problems for you, then go for them too.
- Try fruits without the skins. Some people might have problems with melons, apples, and citrus fruits. Some IBS patients benefit from increasing the fibre content of their diet. When it comes to fibre, increase this slowly and ensure a water intake of 1.5-2L/day.
- Bran fibre may aggravate some symptoms of IBS so be alert for any negative reactions to this food.

- Usually people with IBS can tolerate bread, pasta, rice, bagels, and crackers, in any variety including rye, whole wheat, white, gluten free, etc, unless you also have celiac disease or a gluten intolerance.
- Some find seeds challenging, but experiment to see if they bother you or not.
- Dairy products only cause problems for people who are lactose intolerant, so enjoy these products freely. If you have lactose intolerance as well as IBS, you could try lactose-free products or a Lactaid® pill.
- Enjoy all meat, chicken and fish. Some people have problems with heavily spiced, sauced, or fried foods.
- Try choosing these snack foods: pretzels, baked potato chips, rice cakes, frozen yogurt, low fat yogurt, and fruit.
- Look for low-fat items to enrich your diet.



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