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STANDARD PHOTO BY LANA MEIER

The Missoula Children's Theatre and Elm Creek School students presented Jack and the Beanstalk to the community last Friday and Saturday. In the scene above Jack tries to sell the family cow to the local farmers. However, he changes his mind and takes the cow into town, where he is offered magic beans in exchange. See more photos pg. 8 and 9.

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Carman group crafting quilts for those in need

By Ty Dilello

A group of women called the Carman Compassionate Quilters (formerly known as Ukrainian Refugee Quilters) has been making quilts rapidly, and all of them will go to a good cause.

In a matter of mere months, Maureen Carr and her fellow women have created a grand total of 45 beautiful quilts. These stunning pieces were showcased on April 25th at the Carman Church of Christ, open for all to admire.

Carr first began sewing as a teenager and took up quilting shortly before retiring. She notes that quilting is not difficult, and that it's just a matter of following guidelines and learning to do it properly.

Assembling a quilt is a fun process that requires laying out the backing fabric, taping down the edges, layering, and lots of pinning, stitching and sewing.

"Quilting is something that was passed down from seeing my own grandparents do it," said Maureen Carr. "Hopefully, the younger generations can also learn from their parents or grandparents to keep the hobby alive as it really is a great thing

to do and pass the time and create something neat."

In the wake of the Russia/Ukraine war in 2022, Carr and her Ukrainian Refugee Quilters group united to assemble over 100 quilts for those affected.

Previously, the members would gather at the Legion Auxiliary Hall in Carman to work on their quilts. However, they have now relocated to the Carman Church of Christ for more spacious accommodations and the convenience of leaving their materials at the church.

Carr welcomes more volunteers as the group gathers on Thursday afternoons at the Church to sew and work on the quilts, so if anyone is interested in helping out, they are asked to come out on that day.

"If you can't sew, that's fine. There's ironing, tying, and just running about helping people. It's great to see everyone coming out and working on these quilts together."

After completing numerous new quilts, the members of the Carman Compassionate Quilters group are eager to begin distributing them. These quilts will be given to Ukrainian families who have recently moved



STANDARD PHOTOS BY MAUREEN CARR

Last week, the Carman Church of Christ hosted a display of 45 quilts made by the hardworking members of the Carman Compassionate Quilters.

to the Carman area due to the ongoing war, as well as any other families in need of warmth and comfort.

For inquiries about joining the quil-

ters group or obtaining a quilt, please reach out to Maureen Carr at 204-745-3192.

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Puzzle night a hit

By Ty Dilello

On April 10, Roland 4-H Museum's first puzzle night was held at the Roland United Church. It was the museum's first fundraiser in the past year, and the night was a hit.

The 4-H Museum is in Roland because the town is known as the birthplace of 4-H in Canada, with the first club in Canada starting up in 1913. That year, the Department of Agriculture organized eight Boys and Girls Clubs in Manitoba through the Extension Department of the University of Manitoba. The first one is in Roland. Other clubs were organized in Darlingford, Manitou, Neepawa, Oak Lake, Starbuck, Stonewall and Warren the same year.

For the puzzle night event, 14 teams of four had two hours to build a five-hundred-piece puzzle. In addition to door prizes, the first team to finish received a prize.

The 4-H Museum Board extends its heartfelt gratitude to the community for their overwhelming support of our new fundraiser. With 14 teams registered, we were able to raise an impressive \$1,200 for the local museum, a testament to the community's



STANDARD PHOTOS BY LISA PINKERTON

On April 10, Roland 4-H Museum's first puzzle night was held at the Roland United Church. The winning team was from the Winkler/Morden area and had finished their 500-piece puzzle in just 24 minutes.

commitment to preserving our rich 4-H history.

The winning team, hailing from Winkler/Morden, showcased their exceptional puzzle-solving skills by completing their 500-piece puzzle

in a staggering 24 minutes. Their achievement serves as a beacon of inspiration for future puzzle nights, which the museum's board hopes to organize in the fall.

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

Ty Dilello
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New legislation introduced to repeal homegrown cannabis ban

By Lana Meier

The Manitoba government has introduced amendments to the Liquor, Gaming and Cannabis Control Act that would allow Manitobans aged 19 and over to grow up to four cannabis plants per residence, Justice Minister Matt Wiebe announced last week.

According to Wiebe, Manitoba is adapting to federal laws regarding cannabis and will permit individuals to cultivate up to four plants per household. This alteration directly addresses the desires of Manitoba citizens and fulfills a pledge made during our campaign. The legislation

allows for personal cannabis growth, as long as proper measures are taken to ensure safety and security. Our regulatory structure prioritizes public safety, with a particular emphasis on safeguarding youth and preventing access to cannabis by minors.

The suggested changes would eliminate the ban on growing cannabis for personal use in residential areas, as outlined in the Liquor, Gaming and Cannabis Control Act. This would grant individuals aged 19 and above the freedom to cultivate up to four cannabis plants per household, which aligns with the maximum allowed by

the federal Cannabis Act. To ensure responsibility and protection, guidelines for homegrown cannabis will be implemented through regulation, according to the minister's statement.

Jesse Lavoie, founder of TobaGrown, expressed great satisfaction with the Manitoba government's decision to align our laws with the federal Cannabis Act and the rest of the country. This has been a lengthy process for us at TobaGrown and we are grateful for the support of the Manitoba cannabis community. We extend our thanks to Premier Kinew and the Manitoba government.

Manitoba government helping more seniors age at home

New program helps seniors remain safe in their homes

By Lana Meier

Seniors who meet the requirements can now submit their applications for the Safe and Healthy Home for Seniors Program, a \$1.5-million initiative that aims to assist in the expenses of enhancing home accessibility and safety, as revealed by Minister Uzoma Asagwara of Health, Seniors and Long-Term Care.

According to Asagwara, our government is dedicated to enhancing care for seniors and offering additional assistance for aging in their own homes and communities. This program is one aspect of our strategy to aid vulnerable seniors. Often, minor changes or additions are sufficient in creating a safer living environment. These measures can greatly reduce the risk of injury at home and alleviate strain on emergency departments. Additionally, they are crucial for seniors transitioning out of hospitals or seeking greater independence while remaining at home.

Individuals who are 65 years and above, as well as those residing with

seniors, have the opportunity to receive financial assistance of up to \$5,000 (\$6,500 in rural and remote regions) to cover essential home modifications for daily activities. The grant can be applied for once every three years, with a total limit of \$15,000 per lifetime. To qualify, the household income must not exceed \$60,000.

The funding can be put toward the cost of essential accessibility solutions and could include:

- adaptations that increase safety, like grab bars, bathtub safety rails and increased lighting; or
- accessibility improvements for daily activities, such as zero-threshold showers and widening doorways.

The program will be administered by March of Dimes Canada a national charity committed to championing equity and empowering ability.

According to Jason Lye, vice president of community support services at March of Dimes Canada, the organization has a solid history of changing lives through home adaptations. He explained that even minor modifications to a person's home can have a significant impact, allowing them to maintain safety and independence in their own living space. The team is eager to assist seniors in Manitoba with achieving this goal.

To find out more about the Safe and Healthy Home for Seniors Program, such as application instructions, visit www.gov.mb.ca/seniors/index.html.

For more information about March of Dimes Canada, visit www.marchofdimes.ca/en-ca/programs/am/mshhs/Pages/SHHS.aspx or call 1-866-906-6006.

Letter to the editor

The rich get richer

The Federal Government plans to produce only Electric Vehicles by 2035, with millions in hydro upgrades and public charging stations necessary for \$400,000 plus; this plan only helps the upper class making \$80,000. Lower-income people making \$40,000 or less will never be able to afford a new car, never mind an Electric Vehicle.

Our taxes will help fund hydro upgrades for the upper class. What about the rest of us? We've been left out again, and there are a lot of us.

- Vern Redekopp
Carman

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New mural being painted at Carman MCC

By Ty Dilello

The Carman MCC Thrift Shop, located at 11 Centre Ave W in Carman, is currently in the process of having a new mural painted on the side of their building.

A couple of years ago, the MCC decided that the east wall of its store needed new paint.

"Two of our members had been in Winnipeg and had seen a mural on a Thrift Store there, and that began a discussion about whether we should do something like that," said Linda Enns, vice president of the Carman MCC Thrift Shop.

Last spring, they had the wall painted with a colour for the background of a mural and had someone agree to paint the mural, but they had run out of time last year. Work has started back up on the mural and it should be completed as soon as the weather cooperates.

"We contacted a local fellow, who had also painted a wall at the Carman

Elementary School some time ago and said he'd love to do this. He got some info from us about what to include and gave us ideas and a drawing which we worked at, and he perfected."

The new mural will include pictures of people using items that they've purchased at our store, including things like puzzles, clothing, sewing notions, books, furnishings, etc. And features people of different ethnic backgrounds.

In addition to the new mural, Enns notes that there's some new donations to the store that are available for sale.

"With people spring cleaning these days, it's always exciting to see what is being donated to our store," said Enns. "From the usual items to the antiques. We are also in the midst of converting to a scanning price system called Shopify, which will be very helpful once we get it in place."



STANDARD PHOTO SUBMITTED

The Carman MCC Thrift Shop at 11 Centre Ave W in Carman is currently in the midst of putting a new mural on the side of the building.

Cancer survivors and thrivers welcome for wellness retreat

Registration open for Wellness retreat

By Becca Myskiw

Central Plains Cancer Services (CPCS) is offering local cancer survivors the chance to embark on a wellness retreat this year.

Registration is open for the organization's inaugural wellness retreat, happening Friday, May 31, to Saturday, June 1, in Southport. The two-day retreat is for cancer survivors and thrivers of all kinds and will have attendees recharge, reconnect, and rediscover themselves. The retreat will kick off with a rejuvenating yoga session, followed by a welcome dinner featuring Catherine Wreford, who was diagnosed with an incurable malignant brain tumour after giving birth to her second child. Wreford was given two to six years to live, and 10 years later, she's still thriving. Wreford is a former nurse and Broadway performer. She won The Amazing Race Canada Season 8 (with teammate Craig Ramsay) and is on a mission to raise awareness and funds for brain cancer.

For the retreat fee of \$250, participants get accommodations at Baker Hotel & Suites for the night, all meals, snacks, beverages, and all activities. Those activities include two yoga sessions, one meditation workshop, and

an art therapy workshop.

The retreat's art therapy leader is Connie Haw, a Registered Canadian Art Therapist who owns Flow Art and Expressive Arts Therapy in Winnipeg. Haw specializes in blending psychotherapy and the creative process.

The retreat's yoga instructor is Lynne Bereza, who has training in body-positive, yin, and chair yoga. Bereza's mission is to guide her students' yoga practice in a way that works for them in a safe, supportive, and inclusive environment.

Melissa Meilleur, who began her path to mindfulness more than twenty years ago, will teach meditation at the retreat. Meilleur has learned a variety of tools to stay grounded and centred in all that life throws her way and has shared her knowledge with adults, teens, and children since 2013.

Sara Giffin will teach Dance for Joy at the retreat. Giffin has been dancing since she was six, starting at the Portage Arts Centre. She's danced in tap, ballet, jazz, lyrical, and musical theatre and is a current tap and ballet instructor at Prairie Fusion.

Sharilyn Knox, executive director of Central Plains Cancer Services, said they wanted to offer something where survivors and thrivers could move forward in their wellness journey. So, they decided to plan a retreat for all who have survived cancer and

are living with it.

"We've been offering services to people going through cancer for 25 years and we have just found that sometimes once people are done the journey, they want to get back to a place of wellness," she said. "When people go through a cancer diagnosis, their life changes, and often people want to regain their wellness or find ways to do things differently, and sometimes it's spending time with other people who've been through it,

to be able to talk about resilience and finding peace and moving on, and so we just wanted to create that opportunity where people could do that with each other."

It doesn't matter when you received your cancer diagnosis—any and all survivors and thrivers are welcome at the retreat. Central Plains Cancer Ser-

Continued on page 10



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Carman Legion Ladies Auxiliary #18 is offering two bursaries of \$500 each to a child, grandchild or great grandchild of a Veteran, Carman Legion Branch or Auxiliary member, leaving High School this year to further their education. The Bursary must be used within one year from the day it is awarded.

Application forms are available at Carman Collegiate, Elm Creek Collegiate, Miami Collegiate, Dufferin Christian School or by contacting the Auxiliary Secretary directly at (204) 745-8222.

Applications must be clearly marked Legion Ladies' Auxiliary Bursary and must be received by the Auxiliary Secretary, PO Box 98, Carman, MB. R0G 0J0 no later than Friday, June 7, 2024.



Local 4-H member heading on an international trip

By Ty Dilello

Carman Collegiate graduate and local 4-H member Kiera Johnston will attend the Manitoba York Beninaru Foundation Japan Homestay exchange in Japan from July 6 to 22.

Johnston started in 4-H ten years ago and had heard about the program through different community members who had also been involved in the past. So, she decided to try it out.

For over 100 years, 4-H has been one of the most highly respected youth organizations in Canada. The organization comprises 23,000 youth members aged 6 to 25 and 8,700 volunteers in 1,800 clubs across Canada.

"I went to my first meeting and really enjoyed it," said Johnston. "It was nice to meet some new people who were also interested in agriculture, and I haven't looked back since. It's been a good time, and I've met lots of unique people from across Canada. I've attended meetings and served on the board of my local 4-H club and

volunteered lots in the community, which has been really good."

Johnston, nine other senior 4-H members, and two chaperones will now be heading to Japan in July. They will spend the first week touring Japan and experiencing the culture before being placed in separate homes with host families for the second week.

"I am looking forward to the new experience and learning that is involved with this opportunity."

They will attend a local school with a Japanese student during the time with the host families.

"I am very grateful for this opportunity and the chance I have to experience life in a new part of the world," said Johnston. "I have always loved travelling, and I'm very grateful for 4-H Manitoba and the York Beninaru Foundation, as well as this amazing opportunity to broaden my worldview and understanding of others."

Another local 4-H member, Nora

Pinkerton, is also going on a 4-H trip. Pinkerton, a Grade 8 student at Carman Collegiate, is looking forward to her upcoming trip to Alberta from Aug. 5-10.

Pinkerton's trip to Alberta will have different activities for her and other 4-Hers, including art, outdoor living, and science.

"4-H is a great way to learn new skills, meet new people and make a difference in your community," said Nora Pinkerton. "There are lots of different projects to pick from, including cooking, art, agriculture, photography, and more. 4H clubs are all around the province. And Roland is the home of 4H and we hold our registration every fall."

Anyone interested can join 4-H by going to the 4-H Manitoba website and finding a club near them. Many clubs will be starting up again in the fall, so now is a good time to inquire about joining for the upcoming year.



STANDARD PHOTO SUBMITTED

Local 4-H member Kiera Johnston will head to Japan in July to participate in the Manitoba York Beninaru Foundation Japan Homestay exchange.

Carman Handi-Van holds AGM

Carman Handi-Van Corp. held its annual general meeting on April 18 at Meadowood Estates, attended by eight board members and six guests.

Ken Stevens welcomed everyone, and the business of the meeting was conducted. Administrator Kathie Findlay reported on a successful 2023 year that began with hiring a new driver, Mike Hecht. In addition, two new board members joined the team in 2023.

The events during the year included a Quiz Night in January, participation in the Carman Fair parade, attending the Farmers Market, and participating in the FunFest evening, in addition to the regular monthly meetings.

One-way rides in 2023 totalled 7,963, averaging 664 per month. This included 4,651 rides and 3,312 meal deliveries from the Parkview Congregate

Meal Program. A one-way ride costs \$5, and a ticket costs \$50, which gives the rider eleven rides for the cost of 10.

Carman Handi-Van continues to receive a Mobility Disadvantaged Transportation Program (MDTP) grant of \$20,000 per year for operating one handi-van in the community. While the organization operates with a deficit budget, it is supplemented by funds that were invested from the handi-van auction sales and two large bequests received. There are sufficient funds to continue operations going forward, and some funds are in reserve for a new handi-van.

"Expenses have, of course, gone up," said Findlay. "Carman Handi-Van has written to the Town of Carman and the RM of Dufferin encouraging the councils to begin a reserve fund to compliment that of the Carman Handi-Van, so that there will be sufficient funds for a new van when that time occurs. Carman Handi-Van's auditors have advised that the organization is operating in a fiscally responsible manner and found no discrepancies in our accounting records."



STANDARD PHOTO BY KATHIE FINDLAY

A happy Carman's Handi-Van riders gets a lift across town.

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Carman Handi-van looks forward to continuing this valued service in Carman and the surrounding community.

"New board members are welcome and needed to keep this service operating in our community," said Findlay. "Help keep the Handi-Van in motion with your donations or bequests."

Charitable tax receipt for donations of \$20 and over. Contact Kathie Findlay for more information at 204-745-2916.

RCMP investigating bullying incident involving Elm Creek students



STANDARD PHOTO BY LISA CARLSON

From Sept. 28 to Oct. 3, a group of students from Norway House Cree Nation welcomed students from Elm Creek School to their community for the first phase of a "Reconciliation Exchange." The event was soured by an alleged bullying incident that several Elm Creek School students fell victim to.

By Ty Dilello

Local RCMP are investigating a bullying incident after several Elm Creek School students were allegedly spanked, slapped, dry-humped and threatened by another group of students while on a reconciliation exchange camping trip near Norway House First Nation from Sept. 28 to Oct. 3.

Several students from the Helen Betty Osborne Ininiw Education Resource Centre in Norway House allegedly targeted boys from Elm Creek School in an act of intimidation while the teens were staying overnight in tents outside the community.

The children on the trip ranged in age from 14 to 17, and a video recording of the alleged abuse has since circulated

throughout the school community and to the parents of those involved.

The incident was first reported to the RCMP on Feb. 14, and no charges have been filed as of yet.

The Reconciliation Exchange event between Norway House and Elm Creek students was aimed to foster cultural understanding, celebrate the Way of Life in Norway House, and engage in meaningful discussions and activities surrounding the National Day of Truth and Reconciliation.

The event was marked by various activities that allowed Elm Creek students to immerse themselves in the rich culture of Norway House Cree Nation. This included participating in traditional ceremonies, storytelling sessions, and workshops, which provided valuable insights into the heritage, values, and way of life of the community.

The Reconciliation Exchange was supposed to be a two-part initiative. Students from Norway House Cree

Nation were set to visit Elm Creek School this spring and learn about many of the agricultural operations in the community.

However, that trip has since been cancelled.

"With an ongoing RCMP investigation and associated allegations, it is with a heavy heart that the Board has made the decision to cancel the second part of the project," said Prairie Rose School Division assistant superintendent Chris Gamble. "Prairie Rose School Division is committed to truth and reconciliation and hopes for an opportunity to connect with Norway House again in the future."


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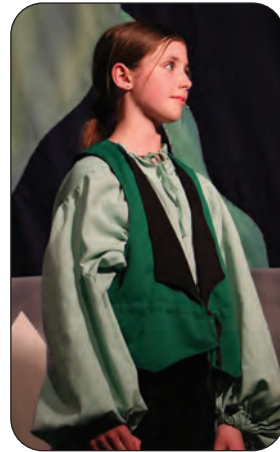
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STANDARD PHOTOS BY LANA MEIER

Elm Creek School presented two performances of its "Jack and the Beanstalk" play at the Crossway Elm Creek Church last weekend. The cast included 55 Kindergarten to Grade 6 students. The Missoula Children's Theatre guided the performance with one week of auditions and rehearsals and provided the set, lights, costumes, props, and makeup—everything it took to put on the play.

Many long years ago





Flashback...Jordan Service Station saw final days under stalwart owners

By Dennis Young

In 1939, Herbert Brown built the service station at the corners of Provincial Trunk Highways #3 and #23, but sold it when he joined the army to fight in the Second World War. The new owner, Tom McClay, in turn sold it to Mr. and Mrs. Lou Edwards in 1954 who ran it until July 30, 1964, when Margaret and Ken Last became the final owners.

Margaret had been a schoolteacher and Ken worked for the RM of Dufferin, so a service station was a real education. There were days when they both wondered what they got themselves into, but forged ahead over the next 12 years adding and improving the station.

The couple renovated and introduced a lunch bar, a tire service and snowmobile sales and repairs. To build and maintain their trade, the Lasts worked seven days a week for

the first four years, sometimes over 100 hours a week. Eventually slowing down to 90 hours and welcoming their two daughters to help.

Over their time, they witnessed many accidents at the intersection. Ken said they became so accustomed to the accidents that they could tell when one happened without even seeing it. The sound of horns and screeching brakes was all they needed to hear to know another collision had been added to the growing total.

By 1976, the provincial highways department proposed a plan to curb the number of accidents. Yield and turning lanes east and west would be added, and Highway #3 widened as well. To do so, Jordan Service would have to be removed after 37 years at the corner.

The Lasts moved into Roland where Ken took over the Shell bulk dealership.



STANDARD PHOTO SUBMITTED

The former Jordan Service Station at the corner of Provincial Trunk Highways #3 and #23 was a labour of love for final owners Margaret and Ken Last.

Timely spring cleaning



STANDARD PHOTO BY KRISITE GRANT

If anyone drove past Carman's Boyne Regional Library last weekend, you may have noticed there was work being done on the building. In the summer of 2022, Alpha Masonry Ltd. from Winnipeg came and repointed all the deteriorated and missing mortar joints to the stone. The company has since returned to clean and remove the dark stains from the stone. The Library was closed last Saturday, for safety reasons. However, the Library will resume regular hours on April 30. Both projects were made possible through a Heritage Resources Conservation Grant.

Buzz Brass quintet performs at Carman



STANDARD PHOTO SUBMITTED

Golden Prairie Arts Council hosted a classical brass quintet from Montreal at the Carman Collegiate theatre on April 18 for an evening of smooth music. Buzz Brass has travelled the world sharing music and performing more than 1,900 concerts with two trumpets, two trombones and one horn. The group has partnered with numerous recognized Canadian symphony orchestras, including in Winnipeg, Sherbrooke, Quebec and Ottawa. The Carman concert was well attended with all in the audience loving every beat.

> WELLNESS, FROM PG. 5

vices is keeping the inaugural retreat small, so the maximum capacity is 40 people. As of last week, the retreat was half full. Knox said registration will remain open until the event is full.

For more information on the Central Plains Cancer Services Wellness Retreat for Cancer Survivors & Thrivers, visit www.centralplainscancerservices.com. To register for the wellness retreat, go to www.cpcswellnessretreat.eventbrite.ca.

Anyone in these communities are welcome to attend: Alonsa, Altamont, Amaranth, Arden, Arizona, Austin, Bagot, Bethany, Birnie, Bruxelles, Clanwilliam, Culross, Cypress

River, Delta Beach, Eden, Edrans, Edwin, Elie, Elm Creek, Erickson, Fannystelle, Firdale, Fortier, Franklin, Gladstone, Glenella, Glenora, Haywood, High Bluff, Holland, Katrime, Kelwood, Kinosota, Lakeland, Langruth, Lavenham, Macdonald, MacGregor, Mariapolis, Marius, McCreary, Minnedosa, Mountain Road, Neepawa, Newton, Norgate, Notre Dame de Lourdes, Oakland, Oakville, Ogilvie, Plumas, Polonia, Poplar Point, Portage la Prairie, Pratt, Rathwell, Riding Mountain, Rossendale, Sidney, Silver Ridge, Somerset, Southport, Springstein, St. Alphonse, St. Ambrose, St. Claude, St. Eustache, St. Leon, Starbuck, Swan Lake, Tenby, Treherne, Waldersee and Westbourne.

Tooth N Nail to headline for Notre Dame ball fundraiser

By Ty Dilello

The Notre Dame Ball Diamond Rejuvenation Project is working towards renewing the town's ball diamonds, and the local committee has already upgraded two of its four diamonds.

"We are a community that loves baseball, and the proof is in our numbers," said Jocelyne Toupin, president of the Notre Dame (CKS) Ball Diamond Rejuvenation Project. "We have approximately 120 kids registered in minor hardball and softball. And we have a new softball association as of this spring which is very exciting. We also have four adult ball teams, so in the springtime, the diamonds are always busy."

On June 8, the local band, Tooth N Nail, will perform an outdoor concert at the Notre Dame ball diamonds to raise funds for renovations.

Each year, the committee arranges a slo-pitch tournament in early June. To conclude the evening, they will hold a social gathering and beer gardens. This time around, they've invited Tooth N Nail to perform, as committee members heard the band was reuniting for their 35th anniversary (formed in 1989). This event will feature four out of five original band members taking the stage.

The outdoor concert will be held at the Ball Diamonds on June 8. Gates will open at 8:00 p.m., and the band



will take the stage at 9:00 p.m. Beer gardens and food trucks will be available for everyone to enjoy. Tickets are \$40 and are on sale at various locations in Notre Dame, Swan Lake, Somerset, Treherne and St. Claude.

"We are actually also planning a minor ball day on the Sunday of that same weekend where all our local minor hardball and softball teams will be playing," said Toupin. It'll be a family fun day culminating with the four adult ball teams taking to the field. A canteen will be open both days (run by the 2025 graduating students to raise funds) and beer gardens as well, and a few other activities that will be taking place over the June 7-9 weekend."

Once the renovations at Notre Dame ball diamonds are finished, there is a



STANDARD PHOTO BY JOCELYNE TOUPIN

The Notre Dame Ball Diamond Rejuvenation Project is halfway through upgrading its four ball diamonds. They hope to be able to have enough funds to complete the renovations after holding an outdoor Tooth N Nail concert on June 8.

strong belief that the town will have the opportunity to host larger baseball and softball events. This would be in

addition to already hosting league playoffs and provincial tournaments for local minor ball teams.

Tooth N Nail returns to the stage for Notre Dame fundraiser

By Ty Dilello

Rising from the ashes of its previous life, local rock band Tooth N Nail is returning to the stage on June 8 for an outdoor concert at the Notre Dame des Lourdes Park.

The band was first formed in 1989 with members from St. Claude, Treherne and Swan Lake. Stephen Dunn, Alain Dedieu, Vern Van De Kerchkove, Dean Desrochers and Michel Dedieu started their music gig playing at socials, parties and small-town bars.

In 1990, the band earned recognition at the International Pub Time Dart tournament in Las Vegas. This brought them into the Winnipeg music scene, where they competed in a battle of the bands contest and placed second to renowned Canadian group "The Watchmen." With a devoted following from their hometown of small town Manitoba, they caught the attention of industry professionals and landed full-time gigs playing six nights a week for several years.

Between 1990 and 1994, Tooth N



Tooth N Nail band earned International recognition in 1990.

Nail took the stage at numerous renowned nightclubs and festivals across Winnipeg and Manitoba. The band also ventured to cities like Calgary, Edmonton, Thunder Bay, Toronto, and Fargo for performances. Notably, they played for a crowd of 30,000 at Gimli's Sunfest.

In 1991, Burton Cummings was invited to see the band's performance



STANDARD PHOTOS SUBMITTED BY MICHAEL DEDIEU

After a long hiatus, local rock band Tooth N Nail is set to make their comeback with their biggest concert yet. Fans can catch them live at Notre Dame Park on June 8 in an outdoor show.

Continued on page 12

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Golfers teeing off for another season across Manitoba

By Ty Dilello

Spring season has officially begun with the opening of several golf courses last week across southern Manitoba.

The Carman Golf and Country Club officially opened for this upcoming golf season on April 22.

"We are proud to offer a brand-new fleet of golf carts for people to enjoy this year," said Carman Golf and Country Club general manager Dean North. "Our golf course wintered not too bad. All of our greens and tees are open for play."

For parents interested in getting their kids into junior golf in Carman, there is a new program running on the following dates for a cost of \$25 per child: May 16, 23, 30. June 6, 20.

The Roland Golf Club is also open as of April 22, with a new asphalt path on holes 8 and 9. The clubhouse has four play lottery tickets for sale, which is 72 holes of golf (18 at Roland, 18 at Miami, 18 at Treherne, 18 at Pilot Mound) and a chance at \$20,000 for only a \$40 ticket.

On Monday and Fridays, they have a special where two people can golf all day with a cart for \$70 (tax included). There is complimentary pull carts and rental clubs. And 13 and under golf free with a paid adult.

"We're pretty excited for this golf season at the course," said Roland Golf Club course manager Brett McCallum. "We just need a couple of weeks of heat, and I think things will look pretty good here."

Scotswood Links just outside of Elm Creek opened up on April 24. Its restaurant hours for the spring are Monday to Sunday from 9:00 a.m. to 8:00 p.m.

"We have opened up and are looking forward to a busy year," said Scotswood Links general manager Clark Sisson. "The course looks good, and the greens have come through the winter nicely. We did a major renovation of our signature 12th hole last fall and are very pleased with the results. There is still some grass to grow in, and it is going to be a really beautiful and memorable golf hole."

Bridges Golf Course near Starbuck opened on April 23. You can now book tee times online. Bridges is offering a Mother's Day Brunch on May 12. Seatings begin at 9 a.m. and the cost is \$40 per adult or \$17 per child. Email events@bridgesgolfcourse.com, or call 204-735-3000 (ext. 203) to make a registration.

Finally, the Miami Golf and Country Club and its restaurant opened on April 29. The course is shaping up nicely thanks to some showers in the area over the last couple weeks that have greened things up. And the pond reservoir is full to start the year which is a bonus for the club.

The Miami Golf and Country Club is pleased to offer Spark Golf, which is the largest network of 9-hole, social golf leagues played at more than 2,000 courses across the U.S. and Canada.

Its welcoming format and relaxed rules are designed for players of all



STANDARD PHOTO BY BRETT MCCALLUM

Let's go golfing! The Roland Golf Club is officially open for the 2024 golf season as of April 22.

skill levels who are looking to have fun while playing in a friendly competition.

Joining a Spark league is free, as there is no upfront cost. League rounds are available for purchase each week, or you can save money by prepaying for Spark credit at a discount. There is no minimum round commitment, so play as your schedule allows.

Join with a partner or play as a single among the group. Earn points based on how you finish each round throughout the season. Small prizes are awarded to the winners of each season.

Anyone interested in signing up for Spark Golf at Miami can visit their website at golfmiami.ca

> BAND, FROM PG. 12

in Winnipeg. To the band's astonishment, he showed up to watch the band and join them on stage for a memorable night of Guess Who favourites.

"We became friends, and Burton fell in love with the band," said Michael Dedieu. "He performed with us at some of Winnipeg's top night clubs, the opening of the Burton Cumming Community Centre, Gimli's Sunfest, a couple of Toronto's Variety Club Telethon viewed by millions, a concert as his backup band and offering us the opportunity to go to Los Angeles and record our debut album."

According to Michael Dedieu, the band experienced burnout and had too much of a good thing early on.

"It was so much fun, but maybe too much fun," said Michael Dedieu. "All that did not put the band in a good state of mind to make sound decisions, which eventually led to our demise. Dreams, friendships and hearts were broken and shattered beyond repair."

In the early 2000s, the band reunited to perform at various shows and had the opportunity to open for popular Canadian recording artists such as Trooper, Prism, and the Queen City Kids.

However, the band then drifted

apart for 15 years. Alcohol abuse was a contributing factor and they did not reunite until all members were in recovery.

In 2023, Tooth N Nail reunited and resumed playing their classic tunes at multiple gatherings in southern Manitoba.

"Fate brought us back together, destiny you can call it. Musically things were a bit rough at first, voices were raspy, musical chops needed work but beneath that lied the magic. It was still there after all these years, an underlying comfort of knowing that this is what we are supposed to be doing and knowing there is something bigger than us that keeps bringing us

back together," said Michael Dedieu.

On June 8 at 8 p.m., Tooth N Nail will take the stage for their largest concert since their comeback. The outdoor performance will take place at Notre Dame Park and is being held in partnership with the Notre Dame Ball Diamond Rejuvenation Project.

Tickets are \$40 and are available at participating retailers in Notre Dame, Swan Lake, Somerset, Treherne and St. Claude.

"All cylinders are firing, and the band is sounding as good ever," said Michael Dedieu. "We love performing and hope to see you out for a night of music, love and joy. Let's make it a ripper and have a good time."

get inspired

> MEAL IDEAS



Sheet Pan Cajun Shrimp Fajitas with Bell Pepper, Onion and Spicy Ranch

Recipe courtesy of Albertsons
 Total time: 30 minutes
 Servings: 4
 2 green bell peppers
 2 yellow bell peppers
 1 lime
 1 medium red onion
 2 tablespoons extra-virgin olive oil
 1 1/2 pounds raw, peeled shrimp, fresh or frozen
 5 teaspoons Cajun seasoning, divided
 1 teaspoon salt
 1/2 cup ranch dressing
 12 small flour tortillas
 Preheat oven to 450 F.
 Wash and dry green bell peppers, yellow bell peppers and lime.
 Trim, seed and slice bell peppers lengthwise into thin strips; transfer to large baking sheet.
 Peel, halve and slice onion lengthwise into thin pieces; add to baking sheet with bell peppers.

Drizzle veggies with oil, toss to combine and spread in even layer. Bake until veggies have softened slightly, about 5 minutes.

If using frozen shrimp, place them in colander and run under cold water to thaw slightly. Place shrimp on clean towel or paper towels and pat dry.

Remove baking sheet from oven. Arrange shrimp over veggies then sprinkle with 4 teaspoons Cajun seasoning and salt; toss to combine and spread in even layer.

Bake until veggies are tender and shrimp are cooked through, 5-7 minutes. Remove from oven.

Cut lime into wedges.

In small bowl, stir ranch dressing and remaining Cajun seasoning.

Warm tortillas in skillet, oven or microwave, if desired.

Divide tortillas between plates and fill with shrimp and veggies; drizzle with spicy ranch and serve with squeeze of lime.



Cheese Tortellini and Cauliflower with Creamy Spinach Marinara

Recipe courtesy of Albertsons
 Total time: 20 minutes
 Servings: 4
 2 bags (10 ounces each) cauliflower florets
 18 ounces cheese tortellini, fresh or frozen
 1/2 tablespoon salt
 1 jar (24 ounces) marinara sauce
 8 fluid ounces heavy whipping cream
 1/2 teaspoon basil, dried
 1/4 teaspoon black pepper
 2 packages (5 ounces each) baby spinach

Fill large pot halfway with hot water, cover and bring to boil. Uncover then add cauliflower, tortellini and salt; stir for a few seconds. Cook, stirring occasionally, until just tender, about 5

minutes, or cook according to package instructions.

In separate large pot over medium heat, stir marinara sauce, cream, basil and black pepper to combine and bring sauce to simmer. Once simmering, reduce heat to medium-low and cook until slightly thickened, 3-4 minutes.

Wash and dry spinach.

When sauce has thickened, add spinach to pot in handfuls, waiting for spinach to wilt slightly before adding next handful. Remove from heat and cover to keep warm.

When cauliflower and tortellini are done, drain and add to pot with creamy marinara sauce; stir to combine.

To serve, divide pasta between plates or bowls.

Ask the money lady

Dear Money Lady Readers,
 Most Canadians would define independence as being debt free, but how is that possible in a rising interest rate market?

If the cost of living and buying the basics becomes more expensive but your income stays the same, you will find it hard to keep up with the cost of living. This is a struggle many Canadians are facing now. According to a 2024 RBC Independence Poll, 81% of Canadians are worried about their cash flow and have "money concerns about today vs. tomorrow." So, what can we do about it? Perhaps we could help each other with this question. To all my readers, let's ban together to help one another. Please email me your ways of saving and coping now that the cost of living have increased. I will share your ideas with all Canadians next month. To get you started, here are my suggestions.

1. Planning for me would be my number one inflation buster. When we plan our future tasks, even our daily events, we take control and are better at ensuring the overall outcome. Try tracking your spending in a paper journal or on your phone for the next 30 days. I know this is a chore, but you will be guaranteed to find some things you can change to trim down your spending. You should also never go to the grocery store without a list. Can you meal-prep and plan your meals for the week so you know exactly what to buy without adding in the extras that stretch your wallet and your waistline? Budgeting your spending won't make the cost of essentials go down, but it can make the higher prices easier to manage.

2. Do you have a mortgage that is up for renewal this year? Normally I would not want you to increase your amortization on a mortgage renewal, but if it increases your monthly cashflow and makes it easier to cope monetarily for a few years, it could be worth it. Please remember to adjust your amortization back to the year you plan to retire once you are more financially stable. For those that are not renewing this year and have their mortgage in good standing, most financial institutions will allow you to skip one monthly payment per year without penalty.

3. Everyone should be taking advantage of the many cashback credit cards and rewards point cards now available. I use these cards continuously and love it when I can



Christine Ibbotson

pay for groceries with my rewards and cashback offers.

4. If you need dental care this year, why not take advantage of the CDCP - Canadian Dental Care Plan that is now available to all Canadians that do not have access to dental insurance and have a net household income of less than \$90,000. This program has a graduated application schedule which started in December 2023. If you are over 70 years of age you can apply in March, and those aged 65-69 will need to wait till May 2024. All remaining Canadian residents aged 18-65 will need to wait till Spring 2025. For children under 12, they are eligible now until June 2024, at which time it will open up to all children under the age of 18.

5. The Canada Carbon Rebate, formerly known as the climate action incentive payment, is another good benefit available to residents of Alberta, Manitoba, New Brunswick Newfoundland and Labrador Nova Scotia, Ontario, PEI, and Saskatchewan. Benefit payout dates for 2024 include: January 15, April 15, July 15, and October 15.

6. Lastly, remember the fastest way to improve your situation is in your potential to earn an income. Why not consider getting a part time job or even a new job all together? Did you know that the Canadian government will help with tuition fees for those Canadians wanting to retrain for a new career. To be eligible you must be between the ages of 26-66 and can claim the tuition fees to an eligible educational institution for courses taken to change your occupation, trade or to obtain professional licensing and certifications.

Money Lady

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6 syndicated across Canada. Send your questions through her website at askthemoneylady.ca

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UPCOMING EVENTS

Siemens-Suderman Reunion Sunday, June 2, 2024 from 1-5 p.m. Program at 2. Plum Coulee Senior's Centre on Main 265 Main Street, Plum Coulee. Bring faspas/snacks and beverage for yourself. Contacts: Verna Pfrimmer at 204-626-3230 or vernapfrimmer@gmail.com Peter Suderman at 204-774-3312 or psuderman@shaw.ca

UPCOMING EVENTS

JOIN THE FIGHT AGAINST PROSTATE CANCER. RIDE DAY - SATURDAY, MAY 25, 2024. 10 p.m. start - Earls Polo Park (Winnipeg). Visit: ridefordad.ca/manitoba to register or make a pledge.

WANTED

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NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting 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 for more details.

NOTICES

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Please join us for an Evening Ascension Day Service

Thursday, May 9, 2024

Carman East - 7:30 pm Rev. C VanDam

Carman West - 7:30 pm Rev. J. Slaa

Elm Creek - 7:30 pm - Rev. D Pleiter

Carman East Canadian Reformed Church

112 4 Ave SE, Carman

Sunday Services: 9:30 am/2:30 pm

Carman West Canadian Reformed Church

210-4th Ave. NW Carman

Sunday Services: 10:00 am/2:30 pm

Elm Creek Canadian Reformed Church

101 Church Ave, Elm Creek

Sunday Services: 10:00 am/2:30 pm

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

Sudoku Answer

take a break > GAMES

SUDOKU

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

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!

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!

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Announcements Classifieds

The Carman-Dufferin
STANDARD

OBITUARY



Donna-Rae Barga (nee Cowan)
December 5, 1961 - April 24, 2024

Donna-Rae passed away peacefully from complications of MS with her husband of 40 years, John, by her side. Besides John, she leaves to mourn her daughter Lisa (Stefan Nickerson) and four grandchildren, Jordyn, Taylee, Finn, and Leo. She will also be deeply missed by her mother Betty (John Forster), brother Barry (Lorna), and many friends and relatives.

Donna-Rae was born in Roseau, Minnesota and lived in Piney, Manitoba for the first six months until her Dad was transferred to Carman to supervise the hydro district there. She enjoyed school in Carman and often talked of great times with her school friends as well as singing in the United Church choir in Graysville. She worked at Manitoba Hydro's office in Winnipeg for a short time after graduating but it wasn't long before small town life called her

back to Carman. There she worked at Beaver Lumber and Carman Co-op, met the love of her life, John, and moved out to the farm near Barnsley. Lisa was born a few years later and life was good.

Donna-Rae had a passion for art and loved to paint and sketch, as well as spending time beautifying the yard. She also loved books, and was able to fulfill her dream of getting her Bachelor of Education by driving into the University of Manitoba for a few years. She was fortunate to get a job teaching at Carman Collegiate and her passion for teaching and the students was equal to John's passion for farming. She loved it! But MS had appeared in her life shortly after Lisa was born and it would change her life forever. It progressed to the point where she was unable to keep teaching, and slowly took away her ability to paint and sketch. She never surrendered, and we were able to enjoy many camping trips to the Whiteshell and campgrounds throughout Minnesota. Later, she and John enjoyed traveling to Florida, California, and many trips to Mexico with friends and family. Donna-Rae loved the ocean and the sound of the waves soothed her soul. Even though she was robbed of so much, including the ability to pick up her young grandchildren whom she loved dearly, she seldom complained. She had an inner bitterness to MS but she seldom showed it, and faced her challenges with dignity and grace. It made caring for her very easy.

She may not have got everything she wanted out of life, but she loved what she had and was grateful for it.

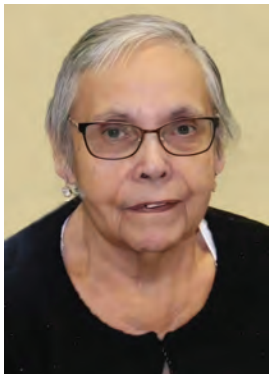
Death is not an ending but a symbol of movement along the path upon which we are all traveling. As painful as it is to lose your physical presence Donna-Rae, your spirit can never be lost and lives on in all who knew you. Rest in Peace Love.

A private celebration of Donna-Rae's life will be held at a later date.

If you wish, donations may be made to Carman Palliative Care.

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

OBITUARY



Myrtle Emro
23 rd. Psalm - The Lord is my Shepherd.
I will dwell in the house of the Lord for ever.

It is with heavy hearts that her family announces the passing of Myrtle Emro (Gudbranson) on April 20, 2024, at the age of 80.

She was born May 6, 1943 in Neepawa, Manitoba. For the first six years of her life, she lived in Onanole, Manitoba, then moved to Kelwood, Manitoba where she attended school. She met the love of her life, Alex, and was married November 1959. She spent many years as a wife and mother. After all her children were in school, she started in the restaurant business, working as a chef in different places in Carman. To fulfill her dream, she returned to school, attending Carman Adult Education Centre receiving her Grade 12 Diploma. She spent many days alongside Dad assisting with caretaking of various businesses in Carman. Mom spent her

free time sewing, knitting, and reading, as well as planning family celebrations and gatherings. Her family time was precious to her.

She will be missed by her children Angela (Keith) McCullough, Jo-Ann (Murray) Wood, Beverly (Gordon) Twiss, and Bradley (Tina) Emro; her grandchildren Dale McCullough, Harley (Stephanie) McCullough, Jill (Haeden) Lorenz, Raven (Jerrod) Willoughby, Robin (Jeremy) Norquay, Jenna (Allan) Whiten, Terance (Jennifer) Twiss, Brandy (Harley) Swain, Zackary (Haley) Twiss, Wade Twiss, Hailey Twiss, Kaitlin Emro (Cliff), Desiree Marschall, and Dakota Emro (Aaron); her great-grandchildren Macy, Brooks, and Emmett McCullough, Scarlett and Grayson Lorenz, Harrison and Owen Norquay, Savannah Whiten, Wyatt and Cole Swain, Nixon and Briar Twiss, Logan Twiss, Zander and Neo Courchane, Rosemary and Roland Herbster; and her extended family of nieces and nephews.

She was predeceased by her husband, Alex Emro; her son Scott Emro; her granddaughter, Brigitte Twiss; her son-in-law, Murray Wood; her siblings, and her parents.

We would like to thank Manitoba Southern Health Facilities for providing care and organizing activities that enriched Mom's life.

In lieu of flowers, charitable donations may be made to Carman United Church.

The family wishes to thank Carman United Church and Doyle's Funeral Home for their kind assistance during this time.

A service will be held Friday, May 3 rd. at 2:00 p.m. in Carman United Church.

Passing is not the end of life but the beginning of an endless eternal life.

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

OBITUARY



Barbara Joan Allison (Ure)

It is with a heavy heart that the family of JOAN ALLISON announce her sudden passing on Sunday, April 21, 2024 at the age of 83.

Joan will be remembered by her husband of 61 years, John; children Leslie (Greg), Kent (Barb), Craig (Lindsay); grandchildren, Wade, Ryan (Amber), Courtney (Anthony), Colin, Tyson; siblings Ken (Tina), Shirley (Rob); and numerous other family and friends.

Barbara Joan Ure was born March 14, 1941 to C. Raymond and Greta Ure in Winnipeg. She spent her formative years and schooling in Morden, Manitoba followed by graduating from the Winnipeg General Hospital School of Nursing. Married John Allison to begin a family and moved to Myrtle, Manitoba. Joan quietly went about with her special talents to help others as a 4-H Leader Myrtle Merry Makers, and tax specialist for many in the Carman and Winkler area.

Joan loved reading, the continual pursuit of knowledge, and completing crosswords and puzzles. She was ever the silent cheerleader of her family and grandchildren's endeavors. Nary one to be in the spotlight but from which everything flourished from her touch... a private, gentle, and kind soul.

-Love you forever Wife, Mom, Nana, Friend.

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



NOTICE OF ANNUAL MEETING

HOMESTEAD CONSUMERS CO-OP LTD.

THURSDAY, MAY 9, 2024
7:00 P.M.

This year's AGM will be held online via Webex.
To register, email your name and member number to AGM@homestead.crs by 5:00 pm on May 6, 2024.

AGENDA ITEMS:

- Annual report of the Board & Management to the membership
- Presentation of the audited financial statements
- Appointment of auditors
- Election of Directors
- Bylaw Amendment - Bylaw Change Proposal - 7.07 Priority of Payment

Current Bylaw

If the Cooperative resolves to repurchase membership shares from or repay patronage loans to members, they must do so in the following order of priority:

- to deceased members whose death has been reported to the Cooperative;
- to members who have reached the age of 70 years;
- to members who have moved out of the area served by the Cooperative;
- to the remaining members on a proportionate basis;
- and to members whose membership has been withdrawn or terminated.

Proposed Bylaw

If the Cooperative resolves to repurchase membership shares from or repay patronage loans to members, they must do so in the following order of priority:

- to deceased members whose death has been reported to the Cooperative;
- to members who have reached the age of 70 years;
- to members who have moved out of the area served by the Cooperative;
- and to the remaining members on a proportionate basis.

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