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Drifting with dad

STANDARD PHOTO BY DENNIS YOUNG

Rick Redekopp and Bodi (6) enjoy some father and son dune buggy time last Saturday west of Carman.

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Not everyone likes the changes at Boyne Lodge PCH

By Becca Myskiw

John F. Kennedy once said, "Change is the law of life, and those who look only to the past and present are certain to miss the future." Not everyone agrees.

Kiya Dalrymple started working as a health care aide at the Boyne Lodge personal care home (PCH) a few years ago. Back then, and up until a few months ago, she would happily walk into work, past the bland walls dotted with scuffs and scratches on the aging building.

At the start of each shift, Dalrymple receives the report on the residents in her care for the day. If it's a morning shift, Dalrymple wakes everyone up and gets them to breakfast in the dining hall. A common area that would remind some of a community hall, she said. After the residents eat, she gets them settled in their rooms or lets them stay in the dining area and partake in activities.

On the night shift, she gets her report, gets everyone to supper, then gets them settled for the evening. Within the shift, she gets everyone water, walks the residents who can, gives medications, and helps some bathe if needed. She likes the job —

it's what she wants to do.

"I pretty much signed up for taking care of residents," she said. "Take care of them and taking them wherever they need to go and giving them one-to-one care. That's what we're supposed to be doing."

Health care aides were among the traditional positions at the old (and current) Boyne Lodge. Them, along with dietary cooks, dietary aides, housekeeping, recreation, maintenance, and clerks, worked in the 70-bed institutionally designed PCH owned and operated by Southern Health-Santé Sud.

However, like everything, time takes its toll and the health organization knew the building was becoming outdated and said it required replacement, though it wasn't prioritized by the province. It was built 50 years ago and has shared washrooms, double rooms, and non-continuous hallways that "are no longer acceptable for quality seniors' care."

The Town of Carman and the rural municipalities of Dufferin, Grey, Roland, and Thompson met and decided to partner and build a new PCH — a state of the art, small house model of care.



STANDARD PHOTO SUBMITTED

The new 2-storey Boyne Lodge personal care home has been designed with four 10-room pods on each level, connecting to a communal kitchen.

The province of Manitoba is making a contribution toward capital building costs, the town and rural municipalities have committed \$3.5 million to the project, making the down payment a total of \$7 million. The community has also contributed to the new PCH by raising \$3.5 million.

The new facility's infrastructure is owned by Boyne Care Holdings and will be operated by Southern Health-Santé Sud. It will increase from 70 beds to 80 and will have 40 beds on each floor of the two-storey facility. Each floor will be split into four 10-room pods that are set up in a circle that connects with a communal kitchen and living room. Each resident will also have their own room complete with a bathroom and shower, giving each one a homestyle feeling.

Cheryl Harrison, Southern Health-Santé Sud regional lead of community and continuing care, said they take a few things into consideration when determining which residents are in which pods. They look at each resident's care needs, feedback from their families, place those who smoke closer to designated smoking areas, look at those with bariatric needs and try to place in one of two bariatric rooms, and consider those who have developed friendships.

Southern Health-Santé Sud outlined the many pros that come with the new building. The environment will make adapting to end-of-life easier; the residents will be encouraged to engage with each other rather than with staff, and participation in recreational activities will be more active. Along with that, the new facility has bigger windows for more natural daylight and brighter walls that will make for overall wellness.

It gives the residents a family-like

feel, living with nine others. They'll get more familiarity with the staff and each other. The building's construction itself eliminates the long hallways and communal spaces of the old and current institution-like facility.

The new small house model of care has an increased ratio of staff to residents and a better environment for the residents, which makes for less aggression and threats associated with dementia while lessening the need for medication.

Dalrymple thinks the new system is wonderful. She said she's sure the residents will be very happy and that's what it's all about — them. She and a few of her coworkers, however, aren't as happy as them because with a new facility comes new jobs and the loss of others.

To make the new system's holistic approach work, the traditional positions like health care aides and dietary aides had to go. So, Southern Health-Santé Sud and the Canadian Union of Public Employees (CUPE) looked at the Collective Agreement and gave existing employees three options: become a resident assistant, look at other options within Southern Health, or be laid off.

In the new PCH, there will be eight homes of 10 beds. Harrison said staffing that, is much different than staffing 80 beds on their own, which is why they've introduced the resident assistant position.

"There's a big difference in accommodating 80 people or 8 groups of 10," she said. "There's just not enough health care aides to go around."

Resident assistants, she said offer a more integrated approach to meeting residents needs as well. Instead of

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Continued on page 4

Manitoba 4-H competition leaves many local winners

By Becca Myskiw with files from Jennifer McFee

Local youth competed in 4-H Manitoba's first ever virtual provincial communications competition last month and several brought home a win. On Saturday, April 24, 60 4-H members competed in the Zoom event after rising to the top through a series of club-level and area-level competitions across the province. The well-attended virtual event included more than 100 families gathering remotely to enjoy the speeches and presentations, followed by awards for first and second place.

Among the winners were Wyatt Penner from Winkler in the Cloverbud Speech category, Alyssa Bruce from Miami in the Senior Speech, Aubree Hiebert from Plum Coulee and Emmet Rey from St. Claude in the Cloverbud One Person Visual Presentation category, and Rylan Hiebert from Plum Coulee in the Intermediate One Person Visual Presentation.

For their presentations, each youth could come up with their own topic. They pre-recorded their presentations and played them over Zoom for the judges. Each person presenting at provincials received first place in their club competition and in regionals.

Eight-year-old Wyatt Penner did his speech on the many things cows can be made into and received second place. He and his mom, Laura Penner, spent a full evening researching the topic, another evening organizing and mapping out his speech, and then Wyatt went off on his own to record

himself on the iPad practicing over and over.

Laura said a few years ago, they had seen a presentation on the different by-products of cattle, and it's just stuck with him.

"I thought it was pretty cool to see all the parts that the cow can be made into," said Wyatt Penner.

Cow skin is made into basketballs — one cow hide, he said, can make 12. The fat is made into gelatin and the meat is made into the various beef products.

Alyssa Bruce presented her speech on addressing the problems related to fast fashion and how it negatively impacts the earth. She received second place. Fast fashion, she said, is a growing industry because of social media trends and it's the second biggest polluter in the world.

"Most people want trendy clothes right away," she said. "They don't wear them for a long time."

It's where companies make cheap clothes quickly and they cut corners to do it — they dump dyes in waterways and use microplastics which then get into the ocean and affect plant and animal life.

Those are only some of the problems, she said. If this continues, the world will eventually run out of clean water. To combat it, Bruce suggests shopping at small local businesses, doing consignment, not throwing out unused clothes (because 85 per cent of them end up in landfills each year), and thrifting. Reusing is key, she said.



STANDARD PHOTOS SUBMITTED

Left to right, Rylan Hiebert won second place for his presentation on kayak fishing; Aubree Hiebert won first place for her presentation on making bookmarks and Alyssa Bruce won second place for her speech on fast fashion and how it's killing the planet.

Emmet Rey's speech was on his favourite animals — the wolf, polar bear, seal, eagle, and gibbon. He educated the judges on some facts about them. An eagle's wingspan is from the floor to the ceiling, seals can sleep underwater, and wolves travel in packs of 13.

"Also," he said. "Did you know a polar bear's fur isn't actually white?"

The polar bear's fur is clear. He got second place for his fun facts.

Aubree Hiebert and her brother Rylan Hiebert were both recognized for their speeches. Aubree got first and Rylan got second in their respective categories. Rylan, 14, did a visual presentation on kayak fishing.

He showed how to set up the kayak, which supplies to use, and the best places to fish. Rylan's favourite place to fish is in the lake in Morden because there are lots of crappie there. He got into kayak fishing thanks to his cousin and he likes it because he uses

more muscle and is good exercise.

"It's a very easy topic to talk about when you know the main things you're going to talk about," he said. "You always want first place when you've gone that far, but getting second was also quite relieving because you know you're second in the province."

Aubree, eight, used her brother's love of fishing and her bookmark-making expertise to clinch first place. She loves reading and crafting, so she combined the two and started making bookmarks. In her video, she made a bookmark for the judges, showing them step-by-step what to do. This bookmark was for her brother Rylan and on it was a green fish swimming in a multicoloured background.

She said she thinks her expression and love for her topic got her to the top. For more information about 4-H Manitoba, visit www.4h.mb.ca or call 204-726-6136.

Cargill gifts \$400K for replacing Shock Trauma Air Rescue helicopters

Staff

STARS is \$400,000 closer to replacing its aging fleet of helicopters thanks to a grant from Cargill.

The global corporation's gift will be used by the non-profit air ambulance to help purchase nine new, medically-equipped Airbus H145 helicopters at a cost of \$13 million each.

The aircraft will deliver critical care to patients across Manitoba, Saskatchewan, Alberta and parts of British Columbia for the next 30 or more

years, STARS has said.

"Our supporters ride along with us on every mission, and we're so thankful our allies are helping us renew our fleet, particularly through these challenging times, when community support is so critical to our operations," said president and CEO Andrea Robertson in announcing the Cargill funding.

"These new aircraft are a generational investment in our ability to fight for the lives of Western Canadi-

ans for decades to come, and we're exceedingly thankful to Cargill for their financial support and leadership."

STARS has been flying missions in the new H145 aircraft from two of its bases since mid-2019. Thanks to government, community, and corporate support, they hope to see the remainder of the new fleet delivered by 2022.

Cargill is pleased to be able to lend them a hand in reaching that goal.

"At Cargill the safety of others is guided by our values of putting peo-

ple first and doing the right thing. Safety extends well beyond our employees to our customers and the communities where we operate," said Jeff Vassart, president of Cargill Limited. "We are proud to support STARS and the critical emergency care they provide to rural and remote communities when it's needed most."

For more information about STARS' fleet renewal project, head to fightin-flight.ca.

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Manitoba seed company helps green thumbs go greener

By Iris Dyck

Two years ago, Kennedy Collins planted a cover crop on a portion of his garden for the first time. He scattered a mixture of grass and legume seeds where his vegetables normally grew, stomping the vegetation down before it went to seed. The following summer, he didn't need to fertilize that side of his garden, and there were significantly fewer weeds.

"I was really quite pleasantly surprised at the results," Collins said.

Collins is the co-founder of ReWild Garden Seed, a Manitoba seed company focused on improving soil health for backyard gardeners. The company's first seed mix is a cover crop blend like the one Collins used on his own garden.

"You're basically using plants to feed your future plants," he said.

Stomping down cover crops helps bacteria grow and forces the plants to pull more carbon into the soil. This trampled "green manure" gives the soil a chance to recover, restoring the nutrients agriculture strips away.

"Rather than just treating the soil as a medium, we need to treat it as the living ecosystem that it is," said Collins.

Collins saw the potential to market a cover seed blend to backyard gardeners after he saw what it did in his own garden. He connected with his friends at an agricultural seed supplier, Covers & Co. ReWild Garden Seed "grew organically," and in just five months, the Covers & Co. subsidiary was ready to launch its first blend, Spring Fling.



STANDARD PHOTO SUBMITTED

Kennedy Collins saw the benefits of cover cropping in his vegetable patch and knew that other gardeners could benefit, too.

"We thought this is the next natural step, because gardeners are also green-minded," Collins said.

Spring Fling Cover Crop, contains a mix of annual grasses, broadleaves, and nitrogen-fixing legumes.

It helps reduce weeds, and acting like green manure, can also eliminate fertilizer use by naturally adding organic matter into the soil. When Spring Fling is rotated annually through a garden, soil biology is stimulated, and the diversity of flowering plants is increased, offering valuable food for bees, butterflies, and other beneficial pollinators.

Regenerative agriculture is a sustainable way of farming and gardening. It improves soil health through cover cropping, moving away from chemical fertilizers. While fertilizers help plants grow, they don't feed the soil, causing it to erode. In 2014, the United Nations reported that all the world's topsoil could be gone by 2050. That weighs heavy on Collins's mind.

"It can be incredibly daunting and scary," Collins said. "That's in our lifetime."

Collins and his ReWild Garden Seed co-founders hope their seed blends will grow the conversation around regenerative agriculture and the importance of healthy, living soil.

"That's the bottom of the food chain," he said. "We need to take care of it so the top can survive as well."

The fifteen plant species in the Spring Fling mix are locally sourced whenever possible, and the company has two more blends in the works.

Spring Fling Cover Crop garden blend is available at seven garden centres across Manitoba: Alternative Choice Garden Centre, Morden Nurseries, Pilot Mound Home Hardware, Schott Ranch Greenhouse and Market, The Green Spot Home and Garden, Vervain Greenhouse, and online and in-stores at T&T Seeds.

New GM for Keystone Agricultural Producers

Staff

Keystone Agricultural Producers (KAP) has a new captain at the helm.

Brenna Mahoney is coming on board as the agency's general manager next month.

"I am very pleased to welcome Brenna to our organization," KAP president Bill Campbell said in announcing the hire earlier this month. "She brings with her a wealth of agricul-

tural and communications experience that will build on the strong foundation we have at KAP."

Mahoney has contributed to and built national coalitions and partnerships focused on advancing grain nutrition and health, farm practices, market access, public trust, and sustainability.

Before joining KAP, Mahoney was the director of communications and

stakeholder relations for Cereals Canada. She was also a steering committee member for the Canadian Roundtable for Sustainable Crops (CRSC) and supported the development of the CRSC's code of practice.

Mahoney is a board member for the Canadian Agricultural Hall of Fame and Farmers Abroad Canada. She was formerly chair of the Healthy Grains Institute.

She holds a bachelor's degree in human ecology from the University of Manitoba and a certificate in human resource management from Red River College.

"I am excited to work for Manitoba's agricultural producers," said Mahoney. "Agriculture is a key economic driver and there are many opportunities for sustained growth through collaboration across the sector."

> PCH CHANGES, FROM PG. 2

having four people come in to do four jobs, one familiar face will come in to do them all — something that's better for those with dementia.

"We have lots of people entering the PCH physically well, but not mentally well," said Harrison. "And more people in their home results in that reactive behaviour."

Dalrymple chose to be a resident assistant. Her job now is to assist 10 residents with daily living activities (including assistance with personal care such as she did before). However, her new day will include assisting with

breakfast preparation, helping with personal laundry, light housekeeping such as sweeping, and recreational activities with residences in one pod.

Even though she knew what the job tasks were when she accepted the position of a resident assistant, Dalrymple said she didn't expect it to be so overwhelming. She sometimes goes home in tears, she said, because she's so stressed. She said it's more difficult to do her job that way.

"We're being pushed to the limits," she said. "Some days we feel like walking off the job."

She and the other resident assistants are currently on a three to four-month

trial period. When hers is up this August/September, Dalrymple is leaning towards finding something new.

Harrison said her heart goes out to them and every employee affected by the new roles.

Southern Health-Santé Sud said the new PCH's resident-centred approach supports staff to give excellent care more effectively. They'll get new, modernized equipment, receive less backlash from residents with responsive behaviours, and job positions at Boyne Lodge have increased by 30 per cent.

Southern Health-Santé Sud understands some employees prefer the

traditional roles and aren't interested in new training opportunities. Some staff may not want to work in the kitchen, and others just don't adapt well to change.

The Boyne Lodge personal care home has been built to address the needs of our seniors in our communities, but Harrison said that doesn't mean the care given in traditional models is not less than — both models meet the residents' needs, just in different ways.

"All of the change is overwhelming," said Dalrymple. "I wanted to be a health care aide."

Changing minds with understanding, empathy

By Lorne Stelmach

Eric Yaverbaum speaks from both his professional and personal experience when he addresses one of the key challenges being faced now with the continuing COVID-19 crisis.

The 40-year public relations veteran, communications expert, and bestselling author of seven books has survived the virus twice, so that augments his perspective, particularly in addressing the issue of vaccine skepticism.

A regular TV pundit, Yaverbaum has been reaching out across North America to start a discussion about the need to communicate effectively with skeptics, how to change minds, and why empathy is vital in public health communications.

"I'm not a doctor, and I'm not a scientist, but I'm a guy who has COVID twice and gotten vaccinated ... I've learned an enormous amount," said Yaverbaum, who is the CEO of Ericho Communications and author of *Public Relations for Dummies and Leadership Secrets of the World's Most Successful CEOs*.

"I'm in the communications field, and I don't think we have done a great job of communicating, one, just what the stakes are and, two, just how safe it is," he said in a phone interview last week. "And we do need to have some empathy for people ... if we show a little empathy and understand what the reservations are, I think it will go a long way."

In the U.S. at least, Yaverbaum observed, vaccine supply has begun to outpace demand, so the questions that need to be asked is what is causing vaccine slowdown and how can it be addressed to reach herd immunity?

Even before the pandemic, vaccine skepticism was on the rise. It's led to the resurgence of diseases like measles, so it's clear that winning over skeptics is a critical public health issue.

That skepticism remains despite the fact all five COVID-19 vaccines with public results have eliminated deaths and drastically reduced hospitalizations, Yaverbaum noted.

"To each his own, but if we all want to get out of this, we need to take a hard look at the facts and figures and make decisions accordingly ... it's been a really long year," he said.

"I listen to people's fears and concerns, and I'm not downplaying them," he continued.

"I think there are some communities that haven't had positive experiences with medical professionals ... they have reasons for being skeptical, so I think a little empathy and understanding of their fears and concerns is pretty important," Yaverbaum said. "I think work has to be done to earn their trust."

Yaverbaum touched on how he sees there has been some failures or shortcomings in getting the right messaging out to people.

"The concerns are easily answered," he stressed, citing for example that "it's just a very small percentage of people who are vaccinated who are still going to get COVID-19."

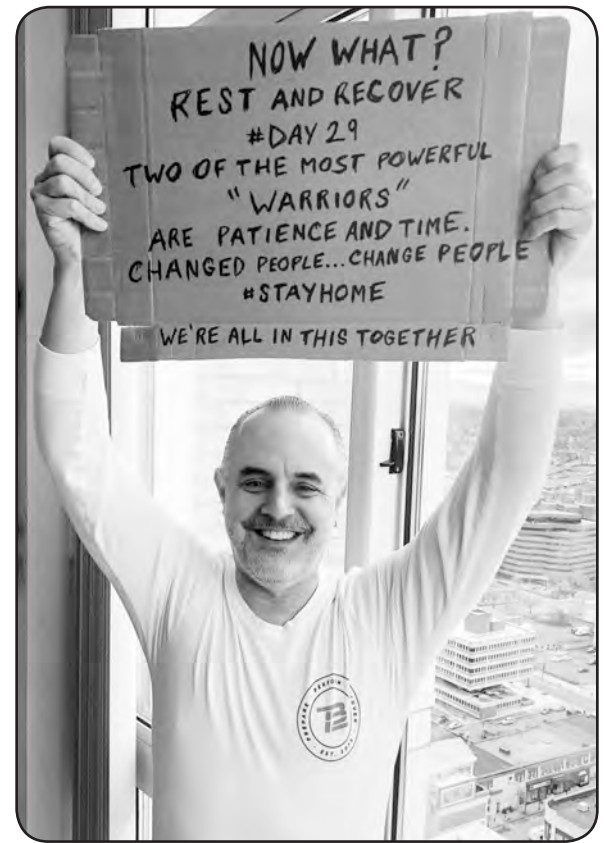
"I think it's important to appeal to the emotions of people. What's important to them; what are they missing out on by not getting vaccinated," he said. "Have a real focus on the positive ... [that] you don't have to worry about infecting loved ones or friends."

"The vaccine is actually the way that life could return to normal, whatever normal is going to be," Yaverbaum said. "I think people need to hear optimism and hope also, the promise of the future we can all have because of the vaccines."

As for his own experience with COVID-19, Yaverbaum has been active on social media through his journey and offered encouraging messages to others.

"While they've always said that happiness was an inside job ... now you're inside in a different way. It's a great time to practice changing the way you look at things ... and I promise you that if you do, the things you look at will change," he said in one of his Facebook posts.

"Here's all I'll have to say to this nasty and highly contagious virus and unwelcomed visitor ... is that the best you got? Life is a lot like the ocean I love so



SUPPLIED PHOTO

Public relations specialist Eric Yaverbaum says vaccine skepticism is a tough nut to crack, but part of the key is not downplaying people's fears and concerns.

much. The waves will try to knock you down and push you back to where you started. Not me. Not this time."

"My anti-bodies are off the charts, which is very comforting to me," Yaverbaum noted in conclusion. "I'd like to give a few of them to other people if I could."

Mixing COVID vaccines could be safer than mixing drinks

By Patricia Barrett

Preliminary data on whether it's safe to administer different types of two-shot COVID-19 vaccines show participants experiencing more side effects than those receiving two jabs of the same vaccine.

Those findings were characterized as "short-term disadvantages" to mixing vaccine as no serious concerns were flagged.

The University of Oxford, England, study titled "Heterologous prime-boost COVID-19 vaccination: initial reactogenicity data," which is also referred to as the Com-COV study, was published online May 12 as correspondence in the medical journal *The Lancet*.

It's the first study to look at the "initial" reactogenicity [adverse reactions or side effects], safety and immunogenicity [immune response]. Data on

immune response was not presented in the study but is expected to be released in June.

In February, the researchers recruited 830 participants, all of whom were 50 years of age and older. Participants included male and female subjects from different ethnic groups.

Researchers paired AstraZeneca's COVID vaccine with Pfizer-BioNTech's vaccine as well as the same vaccines in four groups: (1) AstraZeneca (first dose) and Pfizer (second dose), (2) Pfizer (first) and AstraZeneca (second), (3) Pfizer (first) and Pfizer (second), and (4) AstraZeneca (first) and AstraZeneca (second). They randomly assigned participants to one of the four groups and looked at outcomes at 28-day and 84-day intervals.

The study found that using two doses of different vaccines resulted in participants' self-reporting more ad-

verse effects compared to those getting two doses of the same vaccine.

"Both heterologous [different] vaccine schedules induced greater systemic reactogenicity following the boost dose than their homologous [same] counterparts," state the authors of the study.

Adverse reactions included feeling feverishness, experiencing chills, fatigue, headache, joint pain, malaise, muscle aches, nausea and diarrhoea, most arising after 48 hours. There were no hospitalizations reported, nor were there any incidents of rare blood clots occurring. The

use of paracetamol (called acetaminophen in Canada) could tamp down those side effects.

Based on the study's "limited haematology and biochemistry data available," the researchers said "there were no concerns" with regard to the safety of mixing vaccines.

Continued on page 7

Blaine Pedersen
MLA for Midland



Constituency Office Hours
Mon and Tues, 9-4 pm
Friday 9-12pm
195 Main St S - Unit 2 Carman, MB
midlandmla@outlook.com
www.blainepedersen.com

The Carman-Dufferin STANDARD



PUBLISHER
Lana Meier



SALES & MARKETING
Brett Mitchell



SALES & MARKETING
Gwen Keller



REPORTER/PHOTOGRAPHER
Dennis Young



REPORTER/PHOTOGRAPHER
Becca Myskiw



REPORTER/PHOTOGRAPHER
Jennifer McFee



GRAPHIC DESIGNER
Nicole Kapusta



GRAPHIC DESIGNER
Tara Gionet



DISTRIBUTION
Christy Brown



CLASSIFIED ADMINISTRATOR
Corrie Sargent

The Carman-Dufferin Standard is published Thursdays and distributed as a free publication through Canada Post to 3,457 homes by BigandColourful Printing and Publishing.

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get heard

EDITORIAL > VIEWPOINTS > LETTERS

letter to the editor

Letters to the Editor:
letters@carmanstandard.ca

Celebrating our first year in the Carman community

I just wish to say Happy Birthday to the Carman-Dufferin Standard ownership and staff for the last year of providing us all with a newspaper worth reading.

With the demise of the ol' faithful

Leader being announced last May, you came on board without missing a week! Do readers actually realize what that meant to Carman and area circulation? I sure hope so!

Without it...no current news....no

regional news....no classifiedsno crosswords...and most of all no history!

Thanks Lana Meier and your company for taking that leap of faith with us a year ago.

Here's to many, many more years of celebrating our present and past together.

- Dennis Young

Province introduces paid leave for COVID-19 vaccination

Staff

The provincial government is making changes to the Employment Standards Code to ensure Manitoba workers are able to take the time they need to get their COVID-19 vaccine shots.

Finance Minister Scott Fielding announced last week that the proposed amendments will make it mandatory for employers to allow staff up to three hours of paid leave each time they require a dose of vaccine.

"We're obviously at a very critical point in Manitoba's third wave in the fight against COVID-19," Fielding said at a press conference in Winnipeg May 11. "Immunization is crucial to protect ourselves, protect our neighbours, and those around us. We want to encourage all Manitobans to get their COVID-19 vaccine as soon as possible.

"We want Manitobans to be confi-

dent to book COVID-19 vaccinations during work hours without worrying that they're going to lose out on regular wages. That's really important to make sure that all Manitobans are vaccinated."

The wage rate would be fixed at an employee's regular wage rate, or the average wage for employees whose wage varies, such as those paid on commission.

Employers would be able to require employees to provide them with reasonable verification of the necessity of the leave as soon as possible, but could not require a physician's note or medical certificate.

"We don't want to add additional burden to medical officials and doctors while we're dealing with COVID-19," Fielding said.

Employees who need more time to travel to vaccination appointments or

who suffer from vaccine side effects would be allowed to take a longer unpaid leave.

Fielding noted many Manitoba employers were already offering staff paid time to get vaccinated, but the government feels it's important to put this into legislation in light of the need for a second dose of the vaccine and potentially booster shots in the future.

"For the most part employers are giving employees time off to do this, but we wanted to make sure this is in legislation to make sure it is the law," he said.

"We all have a role to play in protecting ourselves and our communities," Fielding said. "The faster we can get vaccinated the sooner we'll be able to loosen ... restrictions to get our lives back."

Caution advised in relying on protection from one dose of Pfizer

By Patricia Barrett

Researchers have determined that the Pfizer-BioNTech vaccine is only partially effective against COVID-19 after one dose, according to the results of an observational study carried out in Israel.

The authors of the study – some of whom hold stock and stock options in Pfizer – advised caution with regard

to relying on one dose for protection against COVID and its variants as people will have lower levels of antibodies against the disease.

The study titled, "Impact and effectiveness of mRNA BNT162b2 vaccine against SARS-CoV-2 infections and COVID-19 cases, hospitalizations, and deaths following a nationwide vaccination campaign in Israel: an ob-

servational study using national surveillance data," was carried out from Jan. 24 to April 3, 2021, and published online May 5 in the medical journal The Lancet.

It shows "moderate effectiveness" against COVID after one dose. But it is "highly effective" after two doses.

The vaccine's effectiveness against

Continued on page 8

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MCC warehouse in Plum Coulee to remain open

By Ashleigh Viveiros

Four months after announcing the impending closure of the Mennonite Central Committee warehouse in Plum Coulee, MCC Manitoba has changed course.

The global relief agency announced last week that the material resources warehouse in the community will remain open.

MCC Canada has already moved the bulk of its materials to a site in Ontario, but the provincial arm of the organization will retain a smaller space in the Plum Coulee facility.

Darryl Loewen, executive director of MCC Manitoba, says they took some time to reassess whether they could sustain the warehouse on their own once MCC Canada pulled out.

"We had conversations with volunteers in the Plum Coulee warehouse, with thrift shops nearby—including the Winkler MCC Thrift shop—and others who deliver comforters to Plum Coulee," he says, noting there are community and church groups across southern Manitoba who regularly drop off donations at the site.

"Their message to us was clear: a place that's the anchor point for all of this activity is really valuable."

MCC Manitoba was able to work out a new lease agreement with the building's owners that gives them access to the offices and about half the warehouse space they were using previously.

It's enough room, Loewen says, for the site to remain as a centralized depot for the region.

"We'll be able to occupy the space that we need for all of Manitoba warehousing and shipping and the volunteer activity," he says, noting Gord Letkeman will continue to serve as activities coordinator at the site. "Gord has been essential to the scope, depth and understanding of connections in the region, and I know his presence will be valued."

Once COVID-19 restrictions have eased, volunteers will once again be able to gather in groups to pack up donations and sew comforters there. Those items will then be shipped to MCC Canada's central material resources warehouse in New Hamburg, Ontario in advance of being distributed overseas.

Pre-COVID, Letkeman says they had a dedicated group of about 20 volunteers coming in weekly to help out with shipments, donation sorting, and blanket making. That doesn't include the many more volunteers in the community at large who also make blankets for MCC to give to people in need.

Letkeman estimates they see about 4,500 blankets a year come through the warehouse.

"It's a relief"

News that the warehouse will remain open came as a relief to volun-



MCC MANITOBA PHOTO

MCC volunteers, who make thousands of blankets for shipment overseas each year, will be able to continue working out of the warehouse in Plum Coulee, the relief agency announced last week.

teers like Deanna Jean Funk and Judy Hildebrand.

Funk is a regular at the warehouse, stopping by each week to help out in the blanket department. She was dismayed when it was first announced it was going to close.

"It was a very big disappointment to me because I spend more hours there than anyone," she says. "It's sort of the main thing in my life to do that kind of work, and I've been doing it for many years."

Hildebrand is another familiar face at the facility, travelling from Crystal City with a friend to sew blankets on-site and deliver comforters sewn by a group in her community.

"We found we liked the work, liked the people we were working with ... and it was just a good way for us to

spend a day," she says, noting that if the warehouse closed they would have had to make the much lengthier trip into Winnipeg for blanket deliveries.

Knowing the community of volunteers who call the warehouse home will be able to continue to do so is a blessing, the pair say.

"It's a relief for our whole group here," says Hildebrand.

"It's just wonderful," says Funk, reflecting that it's the social aspect that keeps her and many of the others coming back year after year. That and the chance to make a difference in the world. "The main thing is we all have the need to make some kind of contribution to society, and this is a wonderful way of doing that."

> MIXING VACCINES, FROM PG. 5

Potential harms can be difficult to determine depending on sample size. In terms of generalization to the wider population, large sample sizes in clinical research provide a higher degree of what is called statistical power, that is, a higher probability that a link exists between a drug, an intervention or other phenomenon and a particular outcome.

With COVID vaccines, that has been borne out in the real world, in which millions of people of different ages, sex and ethnicity have received a vaccine. Both the AstraZeneca vaccine and the Johnson & Johnson vaccine have been linked the development of serious and/or fatal blood clots called vaccine-induced thrombotic thrombocytopenia (VITT) after significant numbers of people were immunized. The condition wasn't noted in clinical

trials using relatively fewer test subjects.

The English researchers cautioned that because their data were obtained from those 50 years and older "reactogenicity might be higher in younger age groups."

In addition to assessing safety, the study was undertaken as a way to help mitigate worldwide vaccine supply shortages and to address concerns over AstraZeneca's link to VITT.

Several European countries, including Norway, Sweden, Germany, France and Denmark, are advocating the mixing of vaccines because of VITT cases that arose after people received AstraZeneca.

The English researchers wrote that "several countries are now advising that individuals previously primed with ... [AstraZeneca] should now

receive an alternative vaccine [an mRNA vaccine] as their second dose," such as Pfizer-BioNTech's vaccine.

Last Thursday, Canada reported an additional 28 cases of VITT developing after AstraZeneca jabs. The blood clots and low platelet levels that characterize the syndrome can appear four to 28 days after immunization.

Earlier this month Canada's National Advisory Committee on Immunization (NACI) said the mRNA vaccines [Pfizer-BioNTech, Moderna] are "preferred" over the adenovirus vaccines (which use traditional vaccine technology) developed by AstraZeneca and Johnson & Johnson. AstraZeneca's vaccine delivers protection against COVID using a genetically modified chimpanzee cold virus. NACI said if people can wait for an mRNA vaccine, they should.

Several provinces are no longer offering AstraZeneca as a first dose but may offer it as a second dose to those

who already received it and who cannot physically tolerate an mRNA vaccine.

Last week the Ontario government bumped up the chances of developing VITT from AstraZeneca to 1 in 60,000. Although the Manitoba government announced it is no longer offering AstraZeneca for a first dose, it said the vaccine can still be offered as a first dose at pharmacies and doctor's offices when people can't access other vaccines. The Canadian government is currently deciding what it should do with the 665,000 AstraZeneca doses it has in reserve and which will expire in August.

Studies involving the combination of Moderna's mRNA COVID vaccine with other vaccines are ongoing, said the English researchers. Studies on mixing vaccines are "crucial to informing the appropriateness of mixed COVID-19 vaccine schedules."



COMMUNITY NEWS



Incredible Creatures: Brood X Periodical Cicadas: What a trill

By John Gavloski

It's happening. The massive emergence of Brood X, a type of periodical cicada in the eastern United States. The August 2016 Incredible Creatures article on cicadas concluded with "take note, the great eastern brood, the largest of all 17-year periodical broods, next emerges in 2021 in the eastern United States. Mark this into your bucket list". This month's Incredible Creatures will explore what are periodical cicadas, broods, and what makes brood X so special.

Living life underground

There are 170 species of cicadas in Canada and the United States, although just 4 species in Manitoba. None of the species in Manitoba are periodical cicadas. The common one in Manitoba that can be found, and more often heard than seen, is the dog-day cicada.

In eastern North America there are seven species of cicadas, in the genus *Magicicada*, known as periodical cicadas. Three of these can live for 17 years, and four species can live for 13 years. The 17-year cicadas are generally more northern, and the 13-year

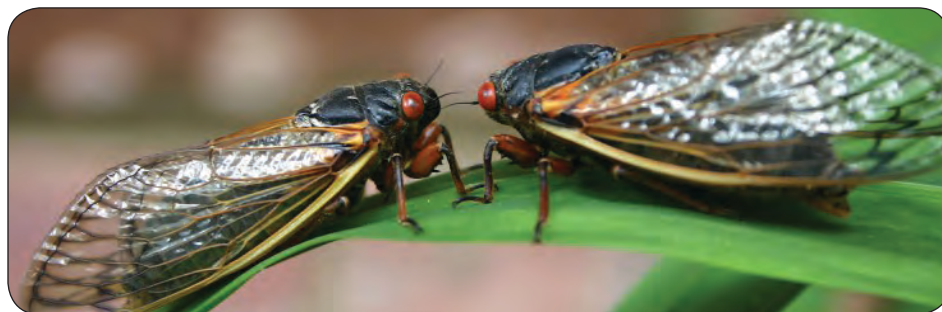


PHOTO COURTESY OF TRACY LEE.

Periodical cicadas.

cicadas more southern. Periodical cicadas occur only in North America. They are called periodical cicadas because even though they live underground as juveniles for almost all of their 13 or 17 years, the development is synchronized so all individuals of a species within a region emerge as adults all at once in the same year. Sometimes tremendous numbers will emerge. Cicadas of all other species are not synchronized, and some emerge each summer. Many refer to these nonperiodical species as annual cicadas since some are seen every summer.

After almost 13 or 17 years as juveniles underground, adults of peri-

odical cicadas are active for about 4 to 6 weeks. Male periodical cicadas typically form large aggregations that sing in chorus to attract females. Within two months of them starting to emerge, the lifecycle is complete, eggs have been laid, and the adult cicadas are gone for another 13 or 17 years.

Adult periodical cicadas are mostly black with reddish-orange eyes and wing veins. In contrast, annual cicadas have greenish wing veins, and emerge from July through September instead of late May through early June. Emergence of annual cicadas is scattered over this time, and they rarely emerge in noticeable numbers.

Broods a plenty

Different groups of periodical cicadas called "broods" emerge somewhere in the eastern United States

almost every spring. Emergence is often tightly synchronized to within a few nights. Massive brood emergence is believed to overwhelm predators, ensuring that enough survivors will be left behind to reproduce.

Each yearly emergence is referred to as a "brood" and is designated by a Roman numeral. The numerals I through XVII (1-17) are assigned to the 17-year broods, and XVIII through XXX (18-30) to the 13-year broods. The numbering of the 17-year broods began with the 1893 brood, which was designated as Brood I. In 1909, Brood XVII appeared, and in 1910, Brood I appeared again. Because the broods are designated by Roman numerals, they are properly spoken as numbers. For example, Brood X is "Brood Ten" and not "Brood Ex".

The Spectacular Brood X

Brood X, known as the "great eastern brood," is a large brood that emerges across 15 states. That is what is getting all the attention and media coverage this year.

The sounds of our dog-day cicadas are something to look forward to later in the summer. For now, enjoy the coverage you are likely to see of one of nature's amazing events as Brood X periodical cicadas emerge this spring.

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Olivia Penner
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> PFIZER DOSES, FROM PG. 6 death was estimated to be 77 per cent two-three weeks after the first dose in contrast to 98.1 per cent two weeks or longer after the second dose was administered.

The authors wrote that "relying on protection against COVID-19 from a single dose might not be prudent; BNT162b2 [the Pfizer-BioNTech vaccine] was developed and evaluated in the RCT as a two-dose schedule, and substantially lower levels of neutralising antibodies were observed after one dose compared with after two doses."

They go on to say that little is known about how long one dose will protect an individual.

"It is possible that one dose will provide a shorter duration of protection than two doses, particularly in an environment where new SARS-CoV-2 variants continue to emerge."

Israel, which has universal health-

care, is leaps and bounds ahead of other countries in terms of the numbers of fully vaccinated individuals. By the beginning of April, 72 per cent of its population aged 16 years and older had received two doses of the Pfizer vaccine.

Pfizer-BioNTech recommends that it's two-shot vaccine be given three weeks apart. But Canada's immunization advisory group, NACI, has recommended a four-month delay between first and second doses because of vaccine shortages. That delay also applies to other two-shot vaccines approved in Canada: Moderna and AstraZeneca. As Canadians are expected to experience a longer than advised delay between their first and second shots of vaccine, medical experts recommend vaccinated people continue to follow public health fundamentals such as wearing masks, avoiding gatherings, physical distancing and frequently washing their hands.

GPAC and Boyne Regional Library team up to host colouring contest

By Becca Myskiw

The Golden Prairie Arts Council (GPAC) and the Boyne Regional Library have joined forces once again to keep the community busy.

The organizations most recently partnered for their ongoing art raffle but have since added another activity to their repertoire — a colouring contest. Desiree Penner from GPAC said they wanted to continue their partnership and give the community something to do while restrictions tightened.

So, they called upon Carman native artist Heida Ruf to create the two colouring pages. Ruf used to live in the town and taught community art programs and graciously accepted the task.

“We knew she was very talented and has a history of doing a lot of pen and ink and line drawings,” said Penner. “I think she did a great job.”

There are two pages for people to colour, though one comes with an age limit if entering into the

contest. Anyone can colour both of the pictures, but only those aged 12 and under can enter the colouring contest to win their prize. That photo depicts the newly renovated library under a sunny sky.

GPAC’s portion of the colouring contest, however, is open to all ages. That one is of the GPAC building, surrounded by leafy trees under the sun.

Penner said this colouring contest is also an opportunity to share both buildings’ history. GPAC was built in 1902 and was originally a railway station. The Boyne Regional Library was built between 1913 and 1915 to be a two-storey brick post office. It became the community’s first library in 1972.

“They’re very interesting intellectually and architecturally,” she said.

The colouring pages can be found on GPAC’s website at goldenprairieartscouncil.com and are printable for those with computers and printers. People can also pick them up at GPAC or the Boyne



STANDARD PHOTOS SUBMITTED

Regional Library.

To enter, place the coloured sheet(s) in an envelope and write your name, age, and contact information on the back. People can either drop it off at one of the organizations or mail it to GPAC at 38 Centre Avenue West, Carman, MB, R0G 0J0.

Deadline to enter is June 12 and the prize winners will be drawn randomly on June 15.

The deadline to enter the Golden Prairie Arts Council and the Boyne Regional Library colouring contest is June 12.

Elm Creek CHOICE field seeded



STANDARD PHOTOS SUBMITTED

The 80-acre CHOICE field by Elm Creek has been seeded with wheat. On April 26, Kendal and Darryl Enns donated their time and expertise to get the seeding done on the field donated by Helen Rempel. Canadian Foodgrains Bank’s growing project paid for the seed this year, and are asking people to consider donating to the project. Funds raised will go back in to help with any further work needed on the crop.

Donations can be made directly at Access Credit Union, through Abe Elias or through Carolyn Koster.

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The joys of spring AT HO

4 ways to make the most of a small

If you have a small yard, landscaping can be a challenge. Here are four tips to help you maximize your space and create an outdoor oasis.

1. Furnish wisely

Multifunctional pieces are ideal for small areas. For example, a sturdy deck box can be used as both storage and seating. Modular furniture is another option, as it can easily be rearranged and adapted to suit awkward spaces.

2. Design vertically

Growing vines up a wall, fence or trellis is a great way to add greenery to your yard without using up a lot of floor space. You can also hang planters, string fairy lights, install a tree swing and store garden tools on hooks along the fence.

3. Use corners

Nooks and crannies have a lot of potential, so use them wisely. Increase your seating with a wooden corner bench or take advantage of an unusual angle to highlight a decorative piece such as a sculpture, shrub or fountain.

4. Create depth

If you have a narrow yard, opt for long, thin pavers rather than square ones to draw your eye toward the back of the yard. Alternatively, create a winding path to make the space appear wider. Place plants with small, dark foliage at the rear of your garden, and choose red, orange and yellow flowers with big, bold leaves for the front.

Find everything you need to make the most of a small yard at your local garden centre and hardware store.



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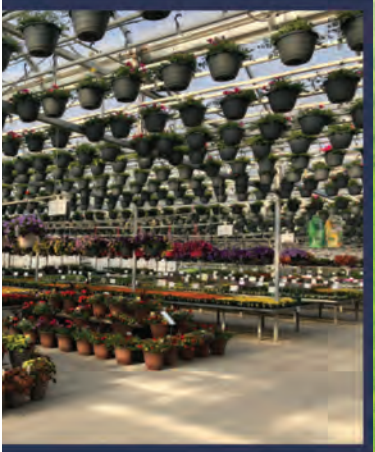
The indispensable garden shed

A garden shed is an ideal place for keeping your gardening tools, lawn mower, pool equipment, lawn chairs, bicycles and everything else you need for your backyard and outdoor activities. In fact, there are so many things to store, it's practically impossible to live without one. But how do you stop your indispensable garden shed from turning into a complete mess?

Three elements are essential for keeping your shed tidy and maximizing available space: a pegboard, hooks and shelves. In hardware or renovation stores, you can find sets of storage hooks that are manufactured specifically for peg boards. These hooks are great for hanging up and organizing small gardening tools.

In the storage accessories aisle, you'll also find hooks that can support heavier tools such as rakes, brooms, spades and pruning shears. Put up some shelves (or a small shelving unit) and use them to organize your flower pots and small containers in which you can store a variety of objects. Get some bins for the floor where you can keep bags of potting soil, compost or children's backyard toys. Some bins come with casters so they're easier to move around — an advantage to keep in mind.

If you're thinking of building or modifying a garden shed, be sure to check current municipal regulations before you start work. Depending on where you live, you may need to get a permit.



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Local maternity wear business promoting mom confidence

By Becca Myskiw

Comfortable cute maternity clothing was hard to find, but thanks to a Carman woman it isn't anymore.

Ashlee Bart is the owner and creator of Milky, a sustainable and stylish postpartum clothing company based in Carman. Bart started it because she felt like there was a missing market for Canadian-made maternity wear.

"There are lots of kids brands and I like supporting Canadian companies," she said. "Moms should have an option as well."

So, at the beginning of the pandemic, Milky was born. Bart designs everything then sends it to a manufacturer, Shelly Ediger, in Winnipeg. Ediger will give her samples based on the designs and once Bart's happy with it, the clothing is then made for selling. Milky has a large selection of clothing for pregnant and breastfeeding women. There's hoodies, crewnecks, t-shirts, and pants, all of which come in a selection of four colours. Customers can choose from a rose pink, a

moss green, slate grey, or black.

"I just wanted something that was both stylish and comfy," said Bart. "Lots of maternity wear is oversized, this is more fitted."

All of the clothing is breathable bamboo cotton, and a nice fabric was one of her priorities going into it. Their soft, stretchy, and the materials for each piece come from a company in B.C. and the zippers from YKK Canada. The clothes, she said, also gives mom confidence while in their role as a mother as they breastfeed or pump with friendly with zipper access to the breasts. They also grow with the women as they get a bump.

"That's our motto," she said. "Making them comfortable and confident in their role as a mom."

Keeping her whole business local is important to Bart — she said it reduces the company's (and its customer's) carbon footprint, making it more sustainable for the future.

Milky was at a few pop-up markets last year and she's hoping to do



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Ashlee Bart (middle) is the creator of Milky, a maternity and postpartum wear company based in Carman.

more this year. When women have the chance to touch and feel the clothing, she said, it's a big factor when buying it because it's so soft. In the meantime, Milky does have an online store —

stylebymilky.ca — and people can use the code "LOCALLOVE" to receive a 10 per cent discount. There's also an option for free local pickup in Carman when checking out.

Motorcycles roar across Manitoba to complete six challenges

By Nicole Brownlee

A local initiative offers patches to encourage Manitobans to travel within the province by motorcycle this summer.

Myles O'Reilly started Manitoba by Motorcycle in 2016 to challenge riders to visit town statues and provincial parks across the province. He thought of the idea after he and his wife April completed a similar route in North Dakota a year earlier.

"We looked around to see if there was anything locally, and there was nothing that I could find in Manitoba or kind of anywhere else in Canada," said O'Reilly.

He wanted to find a way to explore his "own backyard" and reward riders with patches for making the trek. To earn a patch, a rider must submit a photo of themselves in front of specific landmarks. Each region

has around 20 locations for motorcyclists to visit, and O'Reilly sends a patch after each completed challenge.

There were over 100 people who submitted photos last season, said O'Reilly.

"Because of [COVID-19] people aren't really travelling, so they're focusing more on local tourism, which

is good for me," said O'Reilly with a laugh. "What I really want is local tourism."

O'Reilly has curated six patches for six challenges this season with the help of local tourism boards.

"I was speaking to Central Manitoba Tourism, and they had the idea of being more kind of hyper-local, finding places within each region," said O'Reilly.

The new challenges feature motorcycle routes in the Interlake, East and Central Manitoba.

"I love finding new places to go and to have new things to look at and visit," said O'Reilly. "I do my best to visit every single location."

Andrew Gagnon is one of the first people to earn a patch this season. Gagnon has travelled Manitoba by Motorcycle routes for three years.

"The last two years I tried the same routes," said Gagnon. "It just never worked out, but this year I was able to do them all."

Gagnon completed the town statues route in early May, visiting 10 statues in one day.

Manitoba by Motorcycle is also available on the Interlake Tourism app called Driftscape. The app highlights different attractions, businesses



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Myles O'Reilly stands with his oldest son Myles (left) and his daughter Amy (right) at one of the 60 locations featured on his Manitoba town statue route, the "World's Largest Mosquito" in Komarno.

and eateries for people to visit, said Melissa Van Soelen, Interlake Tourism manager.

"It's basically like our travel guide, but we've digitized it," said Van Soel-

en. O'Reilly will continue to update the routes and add more locations across Manitoba for motorcyclists to explore.

Pride in the Pembina Valley: a local couple's fight to be accepted

By Becca Myskiw

A man walks the streets with a shirt that has "Straight Pride" slapped across the chest. He holds his girlfriend's hand, kisses her, and carries on. For some people, it isn't that easy.

It was 1999 when Pauline Emerson-Froebe and Melissa Emerson-Froebe met at a little café in Bismarck, North Dakota.

The only thing that brought them together was the one thing few people openly shared in common at the time — being lesbian.

"Frankly, at the time in '99, it was like 'Oh, you're into girls? Me too,'" said Pauline. "So, we kind of experimented together and no one ever threw in the towel, so we kept plugging away at the relationship."

There's a stereotype with lesbians, Pauline said, and it's like a U-Haul — after the third date, they move in together.

"We sort of became that stereotype."

Melissa had a Volkswagen van then that the pair used for various road trips. They went through Montana, Washington, Oregon, California, back home to North Dakota for a wedding, and then out to Eugene, Oregon where they lived for four years.

They said travelling together and being in such a small space all the time helped their relationship to evolve quickly. So, in 2003, Melissa proposed to Pauline that they should get handfasted together (engaged, but in Pagan religion).

They had the whole shebang — white dresses, ceremony, party, cake, invitations, a registry, and gifts. But it wasn't on a legal document yet because gay marriage wasn't yet legalized in the USA.

Come 2004, and California opened up gay marriage, so the couple drove down to San Francisco to get hitched.

"It was just something that drew us to it," said Melissa. "This was history making and we wanted to be a part of it."

So, there they were, in San Francisco's city hall, signing papers in the same building where Marilyn Monroe and Joe DiMaggio did 50 years prior. America from across the map had sent in flowers for anyone getting married there at the time, people were calling in from all over to reserve a place. It was all very humbling, said Melissa, but all good things must come to an end.

Soon enough, the courts overturned it and said any gay couple who had been married there actually didn't — the Emerson-Froebe's marriage was annulled.

"It's unreal to think we were a part of something people were trying to take away from us," said Melissa.

Pauline, on the other hand, expected it. Though it was disappointing and changed nothing about their relationship or how they felt about each other, there was nothing the two women could do.

"You just pick yourself up and dust yourself off," said Melissa. "I've been in an era of growing up where it's been looked down on, where you're fighting for who you are."

Their families have both been very supportive, once they saw how Pauline and Melissa were with each other. Melissa said getting that first gift that says something as simple as "Mrs. & Mrs." shows they're loved and accepted.

And that's what it's all about — acceptance. So, in 2010, the Emerson-Froebe name became a legal one when Pauline and Melissa had a backyard wedding



STANDARD PHOTO SUBMITTED

Pauline, left, and Melissa after saying "I Do" in San Francisco.

ceremony in Carman during Pauline's parents' 40th wedding anniversary.

Gay marriage was legalized in Canada in 2003 so they had little to no legal trouble when they went back home to Milwaukee (where they lived from 2006 to 2016) where a Canadian marriage license was recognized. Their social security cards finally had the last name they had been working towards for the past few years.

"It's like, I do matter, who I am and who I love matters," said Melissa.

Because of the 2016 American election and family reasons, the Emerson-Froebes moved to Homewood near the area where Pauline's family had been living. In 2018, they moved into Carman, and they haven't looked back.

Coming into the community with prior connections such as Pauline's family made being accepted as a lesbian couple easier, they said. Before Melissa's paperwork was sorted out, Pauline was living in the area alone and drinking coffee with her parents' friends every morning. It would be a completely

different story for an LGBTQ2S+ couple who knew nothing of the community.

"If the older folks were welcoming, I knew that of any of the other generations, there's going to be a good chunk of people there for us," said Pauline.

And that's true — for the most part. Melissa said there is a prejudice in the community where being a lesbian or being gay should be kept "hush hush." She said it's as simple as someone not acknowledging when she says "hi" on the street or giving her a snide look in the store. They also said religion is still very much a barrier for the LGBTQ2S+ community being accepted.

"Suicide rates are ridiculously high for gay kids," said Pauline. "By putting the burden on by saying you're sinning when that's just who someone is."

Melissa calls that cherry picking, though. People choose which verses of the bible pertain to their argument and completely disregard the others that don't really help it.

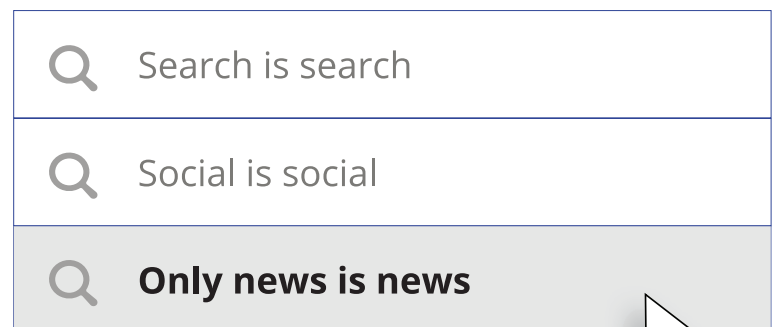
"For so long, there has been such a shame associated with being queer," said Pauline. "You don't talk about it, mention it, or declare it. You're having to keep so much of yourself silent and hidden when you're not doing anything wrong. We need to be able to be recognized and respected...celebrated."

That's why groups like Pembina Valley Pride are so important, they said. They celebrate the LGBTQ2S+ community in rural areas, something people often try to pretend doesn't exist outside of cities.

Pride parades go hand in hand with Pride groups. They said knowing people have your back is everything.

"Fear has been put to queers on speaking out," said Pauline. "It's easier to do it when someone says they'll walk with you and be there to support you."

Melissa agrees. She said knowing they aren't alone and having the sense they belong is why Pride and supporting Pride is so important.



Google and Facebook are using their power to scoop up 80% of online revenue generated by hardworking journalists and publishers across Canada. Other governments are standing up to the web giants and protecting local news in their countries. Parliament needs to act on their commitment to protect the future of your local news. Learn more at levellingthedigitalplayingfield.ca

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Tournament-filled summer for Roland Golf Club

By Becca Myskiw

The Roland Golf Club has a busy season planned with three tournaments slated to go ahead this summer.

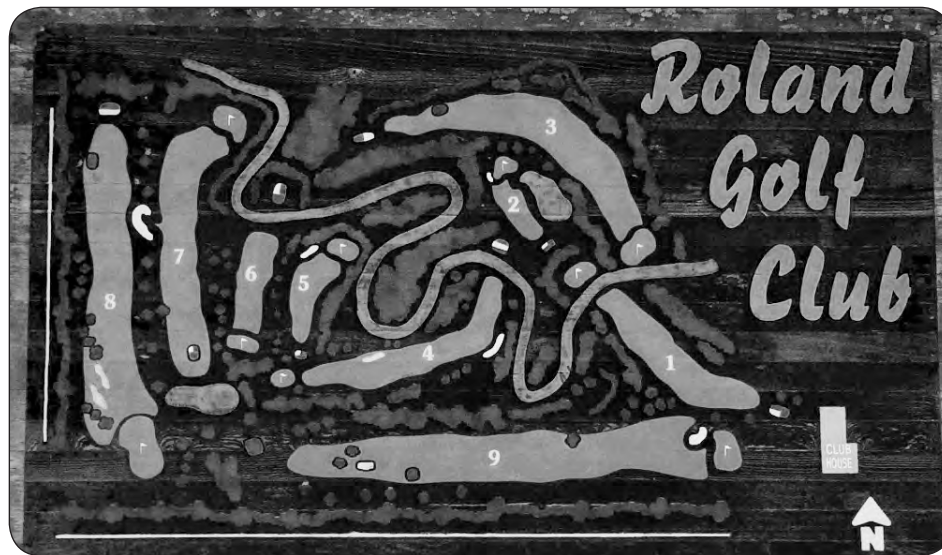
Sheila Senter from the club is in charge of leagues and tournaments. She said last year was one of their busiest ever and she's hoping this year will be the same in that regard.

The first tournament will be the lady's open on July 8. There will be a 9 a.m. shotgun start, and golfers can show up as early as 8 a.m. to get registered.

A shotgun start is when every group starts on a different hole so they're all starting and finishing at the same time.

Last year, 35 ladies registered before the event but Senter said they can also just show up on the day of and get going. The lady's open is \$40 a person.

The senior men's and lady's tournament is scheduled for July 12. As with the lady's open, golfers can just show



STANDARD PHOTO SUBMITTED

Roland Golf Club is the best kept secret in the middle of everywhere. Lush fairways, perfect greens and challenges for every level of golfer make this course a pleasure to play on.

up on the day of or pre-register. There will be a 9 a.m. shotgun start, and the fee is \$35 per person.

To end off the season, there will be a

fall open scramble on Sept. 12. Teams of four — men, women, or mixed — will sign up and golf during one of the two shotgun starts that day, either 9

a.m. or 1 p.m. The fee is \$120 a team.

To pre-register for a tournament, call the clubhouse at (204) 343-2409 or pick up a sheet at the course. Payment is not required until tournament day.

Senter said golf is something people can do during COVID-19 while being safe and having fun. They can do it in groups outside and use it as a social outing.

"With golf, because it's open, there aren't those particular restrictions to it," she said.

To keep golfers safe, the Roland Golf Club is sanitizing carts after every use and all single-use items. They also have a limited menu in the clubhouse for people to get food from, but golfers have to eat outside at the picnic tables as they don't want people congregating inside.

They're also following the province regulations like not having ball washers, not allowing people to touch the pins, and more.

MS Walk goes virtual for a second year on May 30

By Tyler Searle

On May 30, thousands of Canadians across the country will mobilize in support of the MS Society of Canada during the organization's annual MS Walk.

The event is typically in-person, but 2021 will mark the second consecutive year the fundraiser has continued in a virtual format.

"Previously, our walk events would happen in communities across the country throughout the month of May," said Senior Director of Community Jessica MacPherson.

This year, the MS Society asks people to participate remotely by getting moving on their own—together.

"One really powerful thing that has come out is the idea of Canadians—tens-of-thousands of people—all walking on one day, and there is really great power in that."

Karla Wasylik and her sister Lisa Sigurdson have participated in the MS Walk nearly every year since 2007. Together with their husbands, family, and friends, they form a group known as Karla's Krew.

Wasylik is an avid supporter of the MS Society and facilitator of the Selkirk MS support group. She also lives

with MS herself.

In the months leading up to the Walk, her crew typically bands together to host fundraising events and collect donations from the community.

Unfortunately, the pandemic is restricting them from organizing dinner-and-a-movie nights or fundraising raffles as they have done in the past. Still, Wasylik, Sigurdson, and their friend Kristin Swain are soliciting donations via social media.

Since its inception, Karla's Krew has raised a total of \$58,162, and, with fundraising season in full swing, that number is growing.

Wasylik credits the substantial patronage to her friends, family, and supporters who have dedicated their time and money to help her and other Canadians living with the disease.

She is proud of what her community has accomplished but said the number doesn't matter.

"Just knowing that we are doing something for people living with this disease means everything."

Multiple sclerosis (MS) is an autoimmune disease that affects the body's central nervous system. Symptoms include weakness, vision problems, and cognitive impairment. The effects

can be highly volatile—often varying in intensity at a moment's notice.

The disease is most common among young adults aged 20 to 49, and Canada has one of the highest rates of MS in the world. Data from the MS Society suggests an average of 11 Canadians are diagnosed with MS daily.

Canada is also a global leader in MS treatment. Some of the most groundbreaking and innovative MS research happens at the University of Manitoba, MacPherson said.

In December 2020, scientists from the university discovered a protein that declines in the early, pre-symptomatic stages of MS. This discovery has the potential to aid in early diagnosis, targeted disease prevention, and treatments. Fundraisers like the Walk facilitate research and fund educational and peer support programs for people living with MS.

"I think it's important that people know that every time they do make that fifty-dollar pledge, or twenty-five-dollar pledge to an MS participant, it does make a difference—it has great impact," MacPherson said.

Wasylik has felt the impact firsthand. Living with MS can be difficult and debilitating, and Wasylik does

not go untouched by the disease, she said.

"I am lucky that in the times where I was not able to put forth the effort, my family and friends were there in my place, walking and fundraising and organizing, especially my sister."

Seeing the fruits of her crew's labour keeps Wasylik motivated.

"Since I was diagnosed until now, there's been so much progress in research in treatments and programs," she said.

Communities who come together to support their family members or neighbours afflicted by the disease create the foundation that supports the MS Society, MacPherson said.

The MS Society is hosting a virtual rally on May 30 to coincide with World MS Day. On that day, they encourage people to participate by going for a walk in their community and posting on social media. People are welcome to stream in and celebrate the fundraiser with MS supporters from across the country. The virtual rally will also feature inspiring stories from people who are living with MS, MacPherson said. People who want to join the rally, donate to Karla's Krew, or register for the MS Walk, can do so at mswalks.ca.

Anderson missing hockey games in her senior season

By Becca Myskiw

A Roland hockey player is spending her senior year off the ice thanks to COVID-19.

Hailey Anderson is living in Pilot Mound and has been for the past three years, playing for their school hockey team.

She's been on the ice since she was three and hasn't stepped off ever since.

"Hockey just makes me feel good," she said. "I'm always thinking about hockey. When I'm not skating, I want to be skating or working out...it's who I am."

Anderson plays right wing, left wing, and centre. The Pilot Mound Buffaloes scooped her up for her Grade 10 year and back then, she was training, practicing, and playing. Now, she's just training and practicing.

Personally, she does an hour of off-ice training each day before getting on the ice. She lifts a lot of weights right now as she's working to get stronger. Then, on the ice, her team is taking advantage of the lull in play and developing their skills — stick handling, making moves, going around the defence to get the shot.

"Any development is good development," said the 18-year-old. "I want to improve in any and every way possible."

But it's not the same. Anderson's last game was on Oct. 31 and now that it's her last year with Pilot Mound, she's upset she never got to prove herself as a senior to herself, her teammates, her



Anderson has played hockey in Pilot Mound since grade 10.

coaches, and scouts.

"It's fun being here," she said. "But I want to play hockey, I want to play games, I want to feel that adrenaline going through me."

In her past two years with the team, Anderson has had the opportunity to witness seniors' final home games.

Each of the other players would give them roses, their names would be called as they skated onto the ice, and everyone would say their heartfelt goodbyes.

"I'm not going to get that," said An-



STANDARD PHOTOS SUBMITTED

Hailey Anderson will be attending school and playing hockey for the Indiana Tech Warriors next season..

deron.

Although she doesn't think she was able to prove herself in the five games she played this year, Indiana Tech, or the Indiana Institute of Technology, has signed her (and a fellow teammate) for the upcoming year.

Anderson will be on the school's first-ever female hockey team, likely wearing their famous orange and black. She isn't declaring anything going in, but she knows she wants to take health sciences.

"I'm really happy that I was able to

get signed because I was really afraid because I wasn't playing my senior year no one was going to want me," she said. "Being signed makes me want to push myself harder in the gym, on the ice, and in my schooling so I'm as good as I can be."

Anderson is using her time off the ice to get better for Indiana Tech. She's nervous about being that far from her family back in Roland, but she's more excited than anything.

Carman Minor Ball season postponed due to new restrictions

By Becca Myskiw

With the new COVID restrictions announced on May 7, Carman Minor Ball has had to suspend their upcoming game schedule.

Sam Bryson, president of the club, said the season is looking similar to what it was last year — they didn't have games until after Canada Day.

Though some games for some softball teams were already scheduled for the coming weeks, they've now been postponed or cancelled. Effective May 9, indoor sports and recreation were to close and outdoor sports and recreation are allowed a maximum of five participants — organized teams are not allowed.

"It's limiting us," said Bryson. "But it's not stopping us."

Carman Minor Ball teams are now practicing in groups of four players and one coach. He said they'll do multiple sessions per team and at different locations if necessary, so each player has the chance to train during the week.

The new restrictions will be in place until the end of May. Until then, Bryson is asking everyone — parents, coaches, and players — to adhere to the Return to Play guidelines.

"I'm hoping everyone can be patient," he said. "It still lets kids get out and even though it's modified it's the best we can do."

Golf Manitoba announces schedule changes

Submitted by Golf Manitoba

Due to current provincial health orders, Golf Manitoba announced Monday the 2021 Match Play Qualifier and subsequent Match Play Competition at the Grand Pines Golf Course is being moved back on the calendar.

Qualifying is now scheduled for June 5 with matches to take place June 10-13.

The registration deadline remains May 20 at 11 p.m.

The revised schedule is as follows:

June 5 – Championship qualifying for all competitors (18-holes)

June 10 – Round of 32 men (afternoon tee times)

June 11 – Round of 16 for men, women and senior men (afternoon tee times)

June 12 – Round of eight for men, women and senior men (afternoon tee times)

June 13 – Semifinals (morning tee times), Finals (18-holes afternoon tee times)

All competitors will pay a Qualifying Fee. Those who successfully qualify will then pay a Championship Fee to continue in the event.

The event fee schedule is as follows: Amateur Men - Qualifying Fee, Championship Fee \$95

Amateur Women & Senior Men - Qualifying Fee \$90, Championship Fee \$75

All Match Play entry fees include GST.

“Warbirds” a multimillion dollar industry begins in Carman

By Dennis Young with Matt Dedrick archives

The Blayd Corporation was a fiberglass and metal fabrication business owned and operated by the late Dr. John Calverley in the 90s with his son Earl. Dr. Calverley was a highly respected veterinarian and master machinist. Initially it was planned to rebuild an A6M2 Zero fighter using some of the original components from the remaining collection of airframes and wings. However the metallurgy tests of the main wing spars showed these key components had used magnesium alloys, which over the years had been weakened by internal corrosion.

As a result these components were totally unsuitable for rebuilding. The Calverley’s only option was to completely copy the parts making up the entire airframe, wings and tail surfaces, by using the original parts as templates. No one before them had attempted to take on such a massive task.

The project began in 1994 and was estimated at the time that over 60,000 hours would be required to complete the aircraft. Mitsubishi in Japan sent copies of the original plans, an aircraft manual and a Japanese engineering student took on the translation of the documents in order to improve his English skills.

Translating the Kanji characters on the original plans into English proved to be difficult since the wartime Japanese technical language used on the plans did not translate easily into modern Japanese. However, the Blayd reconstruction team succeeded in copying the approximately 14,000 parts needed for the assembly of the Zero’s fuselage, wings and tail surfaces. Only the original undercarriage legs were used, everything else was made by the Calverley team.

Using the original parts and plans for reference, they copied and even improved upon the assembly procedures used on the original aircraft. The aluminum covering skins were meticulously flush riveted over the wing ribs and fuselage formers in the same pattern as on the original aircraft. Other parts were carefully bolted or screwed together again matching the originals. The Calverley team manufactured sufficient parts to be able to assemble three Zero fighters but only one complete airframe was actually completed.

In the spring of 2001, the completed airframe was sold and exported to Tri-state Aviation in Wahpeton, North Dakota where an American made engine and new cockpit instruments

were installed. On July 29, 2004, the completed Zero fighter made its first flight, earning the praise of the pilot for its smooth performance in the air.

After it was completed in Wahpeton ND and made its maiden flight, it was initially kept on display at the Fargo Air Museum in Fargo. After the death of the owner of Tri-State Aviation the plane was moved to the Dakota Territory Air Museum in Minot, ND. It was then again resold to the Texas Flying Legends Museum in Houston 2011. A prop strike accident in the spring of 2016 necessitated the rebuilding of the rear fuselage which was completed in the summer of 2017. A year later the plane was resold in October of 2018 to become part of the collection of Ron Lauder in New York.

Other accolades soon followed. Japanese aeronautical engineers praised the methods used in faithfully re-manufacturing the Zero. A magazine article written in 2008 described the Blayd aircraft as being the “perfect Zero” and a Japanese film crew was sent to North Dakota to film the aircraft both in flight and on the ground. The “Dakota Blayd Zero”, as it came to be known, was obviously considered to be a superb copy of a famous aircraft.

A Russian restoration company made three copies of a different A6M3 zero fighter, a wartime Sturmovik attack aircraft and others... using the techniques fathered by Dr. John and Earl Calverley.

On looking back, it appears the Warbirds industry really began when pioneer aviation enthusiasts like Bob Diemert searched for, recovered and restored the many neglected or forgotten wrecks to turn them into flyable aircraft. Mr. Justin Taylan, the coordinator of the Pacific Wrecks website has written about Bob’s early work. In an article dated August 2015, titled “Robert Diemert, First Warbird Restorer, Japanese Recoveries”, Mr. Taylan commented that “Arguably Diemert is one of the first ‘warbird’ restorers in the world.” Reading the article there can be no doubt that Bob’s pioneering work contributed to the beginnings of a new industry.

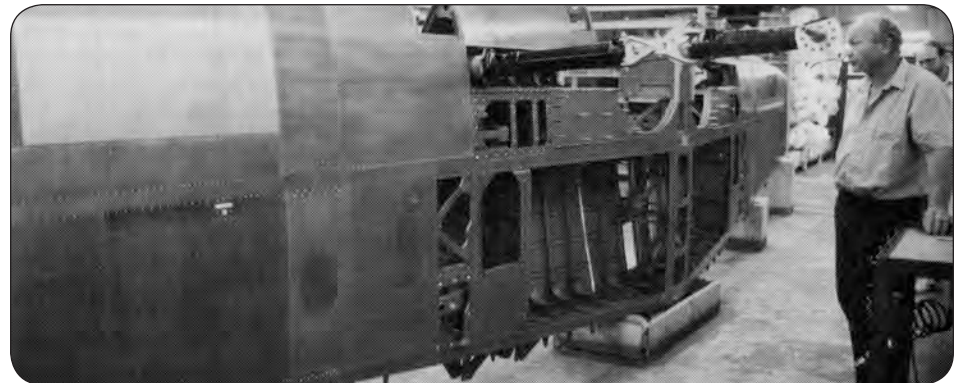
Dr. John and Earl Calverley of Blayd Corporation, by copying the original parts to completely re-manufacture a new aircraft, took the restoration of vintage aircraft to a new level of professionalism. The use of original parts as templates is accepted as part of the restoration/rebuilding process now being used in recreating many other famous Warbird aircraft.

The recovery and restoration of vintage Warbirds has become a mil-



STANDARD PHOTO PROVIDED BY RYAN TOEWS

The Calverley Zero in flight shows what a Carman made Warbird actually looks like.



John Calverley owned and operated Blayd Corporation.

lionaire’s hobby. Bob’s early recovery and rebuilding work, has long since ‘morphed’ into a major industry. Specimens of World War II aircraft are now being recovered from glaciers, lakes, rivers and marshes across North and South America, Greenland, Europe, Africa and the South Pacific. Once salvaged, the recovered Warbirds are often sold to museums or to wealthy collectors who subsequently spend a lot of money to have them copied or restored for flying or for static displays.

Vintage aircraft restoration businesses have sprung up in Russia, Australia, New Zealand, England, Germany, Canada and the United States. It has become a multi-million dollar collector’s industry, catering mainly to multi-millionaire American collectors. It is said to rival in value the collection of fine art or historical relics of antiquity and it can truthfully be said that the industry had its humble be-

ginnings in Carman

It all started with a dare-devil Carman flyer who saw an opportunity to provide the Aviation film world with flyable aircraft that many had considered to be wartime scrap. Not many young men in the 1960’s would gamble on a trip to the South Pacific in the search for aircraft he could restore for use in a movie or get the RCAF to bring the wrecks home. Bob Diemert is a one of a kind adventurer. Had he had been born a few decades earlier I do not doubt he would have been a pioneer in civil aviation much like Howard Hughes.

Meanwhile John and Earl Calverley, although entirely out of this type of business today, brought the whole restoration process to a new level of accuracy as still can be seen in the aviation magazines being sold today.

Two family names that have put Carman on the map or should I say flight plan?

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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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get inspired

> MEAL IDEAS



Thousand Island Burger Pizza

Unroll dough and spread on 13-by-9-inch nonstick baking sheet. Bake 8 minutes; remove from oven.

In small skillet over medium-high heat, cook ground beef, stirring frequently, 8-10 minutes, or until no longer pink; drain. Spread sauce evenly on baked dough to within 1/2 inch of edge. Top with beef and cheese.

Bake 8-10 minutes, or until crust is golden brown. Top with lettuce, bacon and salad toppings from kit and pickle slices. Drizzle with Thousand Island dressing from kit. Cut into 12 (3-by-3-inch) pieces.

Prep time: 15 minutes
Total time: 25 minutes
Servings: 6
1 can (11 ounces) refrigerated thin pizza crust
12 ounces lean ground beef
1 cup pizza sauce
2 cups shredded cheddar cheese
1 package (9.4 ounces) Fresh Express Bacon Thousand Island Chopped Kit
1/3 cup dill pickle slices
Heat oven to 400 F.



Kickin' Chicken Tostadas

1 avocado, peeled, pitted and cut into 1/2-inch pieces

In large, covered skillet over medium heat, cook chicken in salsa verde 20 minutes, turning once, until internal temperature reaches 165 F.

Remove chicken, reserving 1/2 cup salsa verde; shred with two forks. Toss with reserved salsa verde.

Place salad from kit in large bowl; toss with half the salad dressing from kit. Add toppings from kit; toss to combine.

Divide salad evenly among tostada shells. Top each salad with chicken and avocado; drizzle with remaining dressing.

Prep time: 30 minutes
Total time: 35 minutes
Servings: 6
1 pound boneless, skinless chicken breasts
1 jar (16 ounces) salsa verde, any heat level
2 packages (10.2 ounces each) Fresh Express Kickin' Bacon Ranch Chopped Kit
12 tostada shells

Orange Moscow Mule Mocktail

Recipe courtesy of Gina Homolka of "Skinnytaste"

Servings: 1
1 California Cara Cara orange
1 cup ice
1 bottle (6.8 ounces) light ginger beer



fresh mint leaves, for garnish
Slice orange in quarters then cut 2-3 slices for garnish and set aside. Juice rest of orange and place in copper mug (or any glass). Fill glass to top with ice. Add ginger beer and garnish with orange slices and mint leaves.

Spring Clean your mind and your mouth

By Shawna Howard Certified Life Coach

The other day, my grandpa (almost 83 years old) told me that he thought he'd never reach this golden age; seeing his great-grandchildren, let alone see them grow up. My 13-year-old daughter was listening and she turned toward him and innocently asked "Why did you think that?"

Grandpa was taken aback and looked at her with wide eyes and simply shrugged his shoulders, with palms up saying, "I don't know, I just thought I wouldn't live to see it."

Now, as innocent as this was, it really got me thinking about the lies that get planted in our minds and we just "think" them. Your thoughts are powerful enough to create your reality, so with spring upon us; what better time to take a look at what needs to stay and what needs to go in life.

- Recognizing defeating thoughts, because they eventually show up in our words, actions, attitudes and behaviours. Have you ever noticed a time when you consistently thought negatively about someone or a situation and this led you to take actions in the direction of these thoughts? I most certainly have, and what I got was not at all what I wanted! I remember the days of dwelling on the negative, choosing to magnify the things I didn't like in myself and others. We must choose our thoughts carefully, making sure that they're leading us to what we want in life, aligning with our core values and beliefs. On the other hand, if we allow negative, defeating, fearful thoughts to rule our mind, we can and often will fall prey to them. Meaning; we will say what we are thinking, do what we are thinking, become exactly what we are thinking. The good news is, we have a choice! We get to choose our thoughts!

- Once we clear out the unwanted thoughts, we need to replace them with worthy thoughts. Some thoughts are on autopilot in our mind and we may not even realize we are harming ourselves as we accept them. Choose to think good, right, honorable, uplifting and true thoughts. Replace the bad with good, the wrong with right, the lie with truth. Do you know someone who has been through tremendous trials in life and still maintains a positive outlook, a joyful countenance, displaying hope for the future? They have discovered the power of choosing their thoughts carefully.

- It's time to look at what we are saying. Ask yourself how you have been speaking lately. What words are coming out of your mouth? What's your tone of voice, the attitude behind your words? Are you speaking life into your situation, or are you speaking

defeat? Are you thanking God for all the good, or are you constantly complaining? We all complain from time to time, the important thing here is to recognize it and take action.

Maybe you've been talking about how you can't stand your job. Maybe you're upset because you feel like your spouse never helps you, or the kids are driving you nuts because they never listen. Maybe this pandemic has left you frustrated and angry and you are telling everyone who will listen.

We all complain, get frustrated, feel fearful, but it's important to recognize, replace and speak life to gain ground in the direction we wish to go in life.

Having a job at all is something to celebrate, it pays the bills and provides purpose. Choose to be grateful. Watch as your day becomes productive and fun!

Your husband may not help much, but there's a lot of good in him; take a moment and reflect on those qualities that you fell in love with in the first place. Shift your focus and you'll see; he's a wonderful father to your children, a hard worker, honest, faithful, good looking, he makes you laugh and he knows you like no one else. If you've forgotten, make a list and read it everyday. As your thinking changes so will your marriage.

So, the kids are driving you nuts, they don't listen, they make such a mess and the n-o-i-s-e! But you have them! They are here, healthy, whole, amazing blessings from God. They whisper "I love you" at bedtime and hug you in front of friends, they need you more than you know. Let's hold onto the good, and try not to dwell on what drives us crazy!

This pandemic is stretching all of us, but that's no reason to be defeated. You were created and fashioned for such a time as this and maybe someone that looks up to you needs to hear an encouraging word. You can be that voice that speaks hope, truth, faith and love in a time when there's so much unrest, division, uncertainty and aggression.

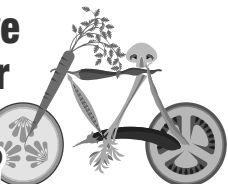
In conclusion, let's learn to recognize what's going on in our thought life because our words will follow our thoughts and eventually lead us to act.

"Where the mind goes, the man follows" -Joyce Meyer

If you need a change in direction, I encourage you to reach out to me! Coaching can be the bridge that gets you from where you are today to where you want to be tomorrow.

Thank you for reading! For a list of the coaching questions pertaining to this article or to be included in my upcoming messages; I'd love to hear from you! Reach me at Daretosoarlifecoaching@gmail.com

Do you have a Health or Wellness Business?



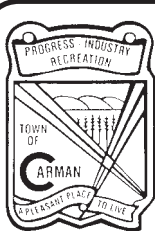
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Monday, Wednesday, Friday – 1:00 p.m. to 4:00 p.m.
Tuesday and Thursday CLOSED
Saturday 11:00 a.m. to 4:00 p.m.



TOWN OF CARMAN PUBLIC NOTICE

To streamline recycling efforts, the Town of Carman announces that effective **June 1st, 2021**, the **RECYCLING DEPOT** located by the Public Works Shop on 1st Avenue NE will be **RELOCATED** to the Carman Transfer Station (located south of Carman).

All recycling materials will be accepted at the Carman Transfer Station during regular hours of operation. Thank you for your cooperation in this matter.



TOWN OF CARMAN BRANCH PICK UP FOR UPCOMING SEASON

Town of Carman staff will pick up tree branches from front boulevards commencing **TUESDAY, MAY 25th AND RUNNING THROUGH TO FRIDAY, MAY 28th, 2021.** These are the **ONLY** days that curbside branch pick up will be provided. It will be the responsibility of property owners to transport branches and limbs to the Transfer Station outside of this timeframe. **IF A FIRE BAN IS ISSUED THIS PICK-UP WILL BE DELAYED.**

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450 Loren Drive, Morden, MB R6M 0E2

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Manitoba Government Job Opportunities

Senior Water Operations Technician

Four Full-Time/Departmental Positions
Manitoba Infrastructure, Water Operations, Morris/Carman, Grosse Isle/Teulon, Deacon's Corner and Dauphin, MB
Advertisement Number: 36200
Closing Date: May 28, 2021
Salary Range: \$58,101 to \$69,788 per year

The Manitoba government recognizes the importance of building an exemplary public service reflective of the citizens it serves, where diverse abilities, backgrounds, cultures, identities, languages and perspectives drives a high standard of service and innovation.

The Manitoba government supports equitable employment practices and promotes representation of designated groups (women, Indigenous people, persons with disabilities, visible minorities).

Employment Equity is a factor in selection for this competition. Consideration will be given to women, Indigenous people, persons with disabilities, and visible minorities.

Manitoba Infrastructure is seeking highly motivated individuals to work within our Water Operations Branch. Water Operations ensures safe and effective provincial water related infrastructure through the delivery of inspection, planning, design, maintenance, rehabilitation and construction activities. The Branch is responsible for the overall management of infrastructure inventory that includes: drains, dams, flood protection dikes, diversions, bridges, culverts and pumping stations.

Water Operations is seeking to fill four (4) full-time departmental positions, one(1) each in the following districts:

- Interlake: Grosse Isle or Teulon
- Eastern: Deacon's Corner
- Western: Dauphin
- Morris: Morris or Carman

For a complete list of conditions of employment and qualifications please visit our website at: www.manitoba.ca. Applicants must describe how they meet the requirements of the position and identify location preference(s) in their application in order to be considered for an interview.

Duties:

Reporting to the Water Control Superintendent, the Senior Water Control Technician supervises department staff designated to a variety of water control projects. This position performs advanced technical work, supporting engineers in infrastructure inspection, functional design, environmental licensing, detailed design, and contract administration while adhering to department standards, policies, and specifications.

Apply to:

Advertisement No. 36200
Service Centre 3
Human Resource Services
600-155 Carlton Street
Winnipeg, MB, R3C 3H8
Phone: 204-945-8819
Fax: 204-948-3382
Email: govjobs@gov.mb.ca

Applicants may request reasonable accommodation related to the materials or activities used throughout the selection process.

When applying to this position, please indicate the advertisement number and position title in the subject line and/or body of your email. Your cover letter, resumé and/or application must clearly indicate how you meet the qualifications.

Please be advised that job competitions may be grieved and appealed. Should a selection grievance be filed, information from the competition file will be provided to the grievor's representative or the grievor, if unrepresented. Personal information irrelevant to the grievance and other information protected under legislation will be redacted.

We thank all who apply and advise that only those selected for further consideration will be contacted.

Find out about other current job opportunities — click on the Jobs button at manitoba.ca.

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Any personal information provided including employment equity declarations will be used for employment and/or statistical purposes and is protected by The Freedom of Information and Protection of Privacy Act.

Alternate formats available upon request

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NOW HIRING

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

Food Services Manager
Cooks Level 1, 2, 3

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

Only successful applicants chosen for an interview will be contacted.

DENNIS' WISH LIST!

Looking for pictures of:

1. former businesses
2. streets of businesses
3. business owners

These are not for publication but for documentation purposes!
Please have a look and contact me (204) 745-8811 or denjohnyoung@gmail.com

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AUCTION



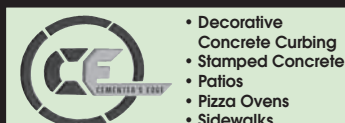
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