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Home away from home

STANDARD PHOTO BY BECCA MYSKIW

Five-year-old Sadie Esau and her seven-year old sister Natalie Esau love spending time in the geodome their parents built in their backyard. Read the full story on the one-of-a-kind structure inside.

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Elm Creek couple builds one-of-a-kind structure as Airbnb

By Becca Myskiw

An Elm Creek couple is bringing people to the area with a pair of Airbnbs in their backyard.

Heidi and Troy Esau put their house on the Airbnb site a while ago. Heidi Esau works at Scotswood Links and said she noticed people had nowhere to stay when they were in for a wedding, so she thought she'd offer them one.

Their new rustic home has room for eight guests with five beds and three bathrooms. It includes a hot tub, washer and dryer, a piano, exercise equipment, ping pong table, Xbox 360, air conditioning, an indoor fireplace, heating, wifi, a patio and hiking trails in their bush. The Esaus do a five-step enhanced cleaning process before each guest arrives.

Heidi Esau thought they'd just rent out their house once or twice a year, but they ended up moving the family out almost every weekend last summer.

So, instead of paying for a vacation every time they rented out the house, the Esaus decided to build their own place to stay on their 60 acres of land. It ended up turning into another Airbnb.

Heidi Esau looked around online for



The Esau family built a geodome as an Airbnb in their backyard in Elm Creek.



STANDARD PHOTOS SUBMITTED

Heidi Esau said her family love staying in the geodome. It's a place where they can disconnect and be together.

something different to build rather than just a cozy cottage. She came across a geodome and instantly fell in love with its look, feel, and cost.

A geodome is a round structure, one of the strongest shapes in architecture. It's made of a metal frame, and

this one has insulation in the walls to withstand Manitoba winters. There's an outside canvas cover and an inside fabric cover.

"The whole one side is like a giant panoramic window, so it's kind of like living outside inside," said Esau.

Troy Esau is a carpenter, so he built the geodome himself. Heidi Esau came up with the layout independently, making the dome as house-like as she could, completing it with a loft for a second bed.

The dome has two beds, one on the main floor and one in the loft, a half bathroom, a full kitchen with a propane stove, and an indoor fireplace, among other things. It can accommodate four guests that will enjoy the Esaus five-step enhanced cleaning process.

Within a few days of the geodome being up on Airbnb, it already had a few bookings. Heidi Esau said though she expected most people to book the house or the dome for wedding accommodations, it's mostly been people

from Winnipeg looking for a quick getaway.

"I think it's just a really unique experience," she said. "They're each for completely different crowds. The house is high end with a bunch of amenities. The dome is a bit of a learning process, off the grid."

To book a stay at the Esaus house, go to https://www.airbnb.ca/rooms/45609864?fbclid=IwAR2AHuRpsVIY9MM-D8y2EuttlIdKgHB_GjhCjgSKcP5pbqPLch3TPzcHLXo&locale=en&_set_bev_on_new_domain=1626662704ZTg2MTM3ZTE2NWY0&source_impression_id=p3_1641672103_Tb839ZYjFvVKdzJq&guests=1&adults=1. To book the geodome, go to https://www.airbnb.ca/rooms/508655695368263916?fbclid=IwAR2xL0qD1yxplcjVGKpi1Ypp1_8iy4OK-0OOV6btFSQH19SK9T4aTShhtc&locale=en&_set_bev_on_new_domain=1626662704ZTg2MTM3ZTE2NWY0&source_impression_id=p3_1641672184_Q37v8iLiCPnSq6HM&guests=1&a



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Community spirit rallies for Miami family in need of heat

By Becca Myskiw

A cancelled trip to Mexico left a family in the cold but feeling the warmth of Miami's community spirit.

Christine Longford and her husband use a wood stove to heat their house in the winter. They cut and prepare wood for it every fall based on how many months they'll need to feed the fire. This fall, they prepared enough wood to last for November, December, and maybe March — they were supposed to be in tropics for most of January, February, and some of March.

With the rising COVID-19 cases and the uncertainty of restrictions, the Longfords cancelled their trip, meaning they'll be home all winter and using their wood stove the entire time. That paired with the extremely cold temperatures that came early means the family is very short on wood.

"It's not necessarily a panic because we do have other heat sources, but it does make it more comfortable because it's an old house," said Longford. "In our house we have a wood room off our back porch. Usually, it's been full, but this year we got down to what my husband calls the last few hidden pieces he tucks away."

With her husband busy working this winter, they weren't able to head back into the bush to cut down more, wood either. After they cut it anyways, they'd

have to store it and let it dry, then season it, and rotate it. There's just no time.

The tricky thing also, is they have a fast-burning wood stove, so the Longfords prefer hardwood to soft. She said it leaves them with less ash to clean up and hardwood burns slower and hotter.

"We do find we don't have to feed it as much," she said. "You can put in a piece of good hardwood and then a couple hours later put in another piece."

Hardwood is trees like oak, maple, hickory, and walnut, and they're heavier to carry and harder to find. So, Longford turned to the Miami community Facebook page and shared her conundrum. Within days, she had several people offering to sell and deliver her their wood.

Having a wood stove requires a lot of guessing because they burn wood based on the temperatures outside. One winter, she said they burned two years' worth of wood and another, they burned barely any. This year, she's expecting they'll be burning a lot.

Longford had to put out a similar call for wood in the spring of 2020 when they returned from their Mexico trip early because of COVID-19. She received the same kind of response then but didn't need nearly as much as she does now.

She said they'll have more than enough wood for the winter now thanks to the "community spirit of Miami."



STANDARD PHOTO SUPPLIED
Sandy Debreuil, left, and Christine Longford heat their home with wood.

Genesis House, humane society teaming up for fundraiser

By Lorne Stelmach

A fundraiser that will provide couples and families with fun fixings to celebrate Valentine's Day will also support two local charitable organizations.

Genesis House is teaming up with the Pembina Valley Humane Society on the initiative that will raise money through the sponsorship and purchase of fun packs.

There is a growing partnership between the two organizations now that has also seen the humane society work with Genesis House to provide fosters for pets when families have to make use of its shelter for the victims of domestic violence.

It seems only natural for the two agencies to work together then, as each not only provides invaluable resources that are linked but also require fundraising efforts beyond

other funding sources, noted Kari Kauenhofen, who does community and resource development for Genesis House.

"We're working together because there is a link between domestic abuse and animal abuse," said Kauenhofen. "It was a natural partnership, and we're both non-profits in the area that serve a wider catchment."

The two organizations previously worked together last spring on PAW-Looza, where a variety of local businesses sold specific products with proceeds going to both Genesis House and the animal shelter.

This time around, the joint fundraiser revolves around family and adult fun packs that will be available to purchase as of Feb. 1 for pickup Feb. 13.

"We wanted to create one for families, and we wanted to create one for adults, and it will be filled with all

sorts of goodies ... so there will be food, some sort of meal and some activities," said Kauenhofen. "So people can purchase them and enjoy a Valentine's Day that is already planned for them."

They then decided to add another component to it in terms of sponsorship by inviting people to help fill the fun boxes with either their names or those of their furry loved ones.

"This was something that we knew we could do safely ... and it kind of expanded with the idea of the names," said Kauenhofen. "We thought for sponsorship we would do things a little differently ... we know that everyone is struggling during COVID."

"When people open up the box, it will be just full of not only activities but positivity, and the whole community will have kind of come together for this," she said.

"Our hope is to sell 100 family boxes and 50 adult boxes," she noted. "As far as funds, we're not sure what it will come to because the community sponsorship is new for us. We're hoping to fill the boxes ... however we can get as many names as possible inside those boxes."

You can find more information and register for your fun pack online at genesishouseshelter.ca.



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COVID-19 hospitalizations up 51 per cent over past week

By Ashleigh Viveiros

Manitoba was reporting a total of 31,618 active cases of COVID-19 on Monday, but the actual number of infected people could be many times higher.

Dr. Jazz Atwal, the province's deputy chief public health officer, acknowledged last Wednesday that the spike in cases due to the more contagious omicron variant of the virus had overwhelmed testing capacity. The backlog then totalled 6,800 swabs, though the province after the weekend said they had since completed all the tests awaiting processing.

Changes made to the testing protocols last week means many cases of the virus are no longer being reported.

Manitoba has shifted most symptomatic people from receiving PCR tests to self-administered rapid antigen tests, the results of which are not included in the daily case counts.

Healthy individuals under 40 showing mild symptoms are also advised to assume they have the virus and to stay home and isolate to avoid spreading it, Atwal says.

With daily case counts not serving

as an accurate reflection of just how many people are actually sick with the virus, the most important number to focus on moving forward is hospitalizations, including the number of our province's limited intensive care beds being filled with COVID-19 patients.

On Monday, 378 Manitobans were in hospital with COVID-19, 39 in intensive care. Manitoba saw a 51.1 per cent increase in hospitalizations over the previous week.

Another 19 people lost their battle with the virus Saturday through Monday, bringing the number of COVID-19 deaths in the province to 1,427.

Another statistic of interest is the number of unvaccinated people versus vaccinated people requiring intensive care in hospital for the virus.

Vaccinated individuals can still contract COVID-19, but for most the symptoms are relatively mild, as the vaccine has already instructed one's immune system on how to battle the virus.

There are far fewer unvaccinated people in Manitoba than vaccinated (just 15.4 per cent of Manitobans age five and up had not received a single dose of vaccine at press time) but yet

the unvaccinated make up 73 per cent of the ICU patients with COVID-19 and account for 63 per cent of deaths due to the virus.

That's why public health officials continue to urge people who have not yet been vaccinated to reconsider that decision.

"So far, Manitoba is seeing that people who are not fully vaccinated remain more than 20 times more likely to end up in the ICU compared to someone who is vaccinated," said Dr. Joss Reimer, medical lead of Manitoba's vaccination task force. On Monday, that stat had increased to 26 times more likely. Unvaccinated individuals are also twice as likely to test positive for the virus, seven times more likely to be hospitalized, and 14 times more likely to die with COVID-19, according to the province's online dashboard.

Considering the contagiousness of the omicron variant, fully vaccinated Manitobans still need to remain vigilant against spreading the virus and protecting themselves.

To that end, Reimer strongly encourages Manitobans who haven't yet gotten their third shots to do so as soon

as possible to further boost their immune system response.

"The booster works, most importantly, to prevent severe outcomes," she said, noting studies have shown a third shot boosts one's protection by over 50 per cent compared to two doses. "So if you are over the age of 50 or you have health conditions that put you at risk of severe outcomes, please get your third dose as soon as possible."

While there are challenging times ahead, the fact the vast majority of Manitobans have rolled up their sleeves means the province is in much better shape when it comes to COVID-19 hospitalizations than it would have been otherwise, Reimer noted.

"There is still a very good news story to tell about the effectiveness of the vaccine in saving lives," she stressed. "It is still protecting our communities from further restrictions and, more importantly, from loss."

"It is still giving us something to look forward to and to contribute to getting us out of this pandemic."

Going once, going twice: Pembina Valley Auction Services a new business

By Becca Myskiw

Pembina Valley residents have a new way to buy and sell whatever they please.

Pembina Valley Auction Services is holding its first online auction Jan. 14 and will run for 10 days, ending on the 24. Joel Heide is the owner of the new business — he said auctions are a way for people to get a true value for whatever they're selling or buying.

"I've always been interested in auctions," he said. "I've been a consigner and a buyer as long as I can remember. Whenever you just sell something and ask the price, you don't know if it's right or wrong. This way with buyers, you have a true market value."

Heide can't host in-person auctions right now due to COVID-19 restrictions, so everything is being done online. Essentially, people bring Pembina

Valley Auction Services in Winkler their goods, and the business does all the work, adding it to the site and running the online auction.

All consigners have to have their items in two days before each auction. The bidding starts on Jan. 14 (this month) and runs until Jan. 24 with a soft close. If there's a bid on an item in the last three minutes of the auction, the item will be extended for another three minutes and so on.

"It's kind of like the old going once, going twice but it's three minutes," said Heide.

After the auction, consigners will get a cheque from Pembina Valley Auction Services, and the business will get a commission from each sale. Buyers can pay Pembina Valley Auction Services through cheque, cash, or e transfer.

For the Jan. 14 sale, there are currently 42 items up for bidding. In addition, there's a trucking supply package, kitchen cabinets, a truck toolbox, a maternity pen, a wood stove, a mitre saw, a treadmill, collector's edition John Deere tractors, and more. To participate in the auction, go to <https://pvauctionservices.nextlot.com/public/sales/96385/lots>.

To get in contact with Pembina Valley Auction Services, contact Heide by calling or texting (204)362-4786 or email admin@pvauctionservices.ca.

Heide said once restrictions allow, they'll be doing in-person auctions and will sell anything people want to sell, including farm and household things. He plans to hold at least one sale a month.

"Basically, anything that's legal, we're willing to sell," he said.



PHOTO SUBMITTED

Joel Heide started Pembina Valley Auction Services, an online auction service that will happen monthly.

Steps taken to strengthen pension plans and the pension regulatory system

Submitted by Manitoba government

The Manitoba government has amended the Pension Benefits Regulation, the Solvency Exemption for Public Sector Pension Plans Regulation and the Solvency Exemption for Specified Non-Profit Sector Pension Plans Regulation to strengthen pension plans and the pension regulatory system, Finance Minister Scott Field-

ing announced Monday.

"These amendments will provide funding relief to pension plans and strengthen the pension regulatory system, while ensuring a strong pension framework in Manitoba," said Fielding.

The minister said these changes to the Pension Benefits Regulation establish new rules for funding of

private-sector defined benefit pension plans. Specifically, the amendments reduce the solvency deficiency threshold at which special payments must be made to 85 per cent from 100 per cent, while requiring plans be better funded on a going concern basis by adding a provision for adverse deviation (PfAD) and shortening the amortization period for unfunded li-

abilities. This change will bring Manitoba in line with what several other jurisdictions have already done.

The amendments also change how plan surpluses can be utilized, including surplus funds held within a solvency reserve account, and allow for re-amortization of solvency

Continued on page 8

Boyne Lodge residents have festive first Christmas in new home

By Becca Myskiw

Boyne Lodge residents spent their first Christmas in the new building eating, singing, and being merry.

On Christmas eve, the residents got together to sing carols while drinking hot chocolate and eating goodies around the Christmas tree. Then, on Christmas day, they watched skaters on the river, watched Christmas movies together, and sang more carols. They also played floor curling, Christmas Scategories, and bocce ball. Residents got to choose which events to participate in based on their interests, with encouragement from lodge workers.

"Overall Christmas eve, many residents joined for carols around the tree and hot chocolate and treats," said a spokesperson for Southern Health-Santé Sud. "Christmas day, the residents also participated in one to three activities..."

For dinner, the main kitchen served all residents a hot meal of roasted turkey, cranberry sauce, mashed potatoes, stuffing, and carrots with pumpkin pie for dessert. This was planned



Renee Harms took part in the Christmas festivities at Boyne Lodge.

by Boyne Care Holdings.

Throughout the holidays, designated care givers and general visitors came to see their loved ones as well, giving them an extra spark of joy. Some families were saddened, however, that they couldn't get together with their loved ones at the lodge because of the ris-



STANDARD PHOTOS SUBMITTED

Boyne Lodge had two days full of festive activities for the residents' first Christmas in the new building.

ing COVID cases. Boyne Lodge staff made the holidays seem as festive as possible for everyone there, though.

"It is important to support the residents to participate in a social activity," said the spokesperson. "It assists them in maintaining an active body and mind, as well as provides support and opportunities to engage with other people every day. These activities can make residents feel loved, safe,

and included."

They said a few responses from residents told them the festivities were "quiet and relaxing."

Amid the Christmas festivities, staff were still diligent to ensure all residents remained safe and well as usual. Southern Health said the residents are doing well in their new home and there's a good vaccination uptake among them.

Grey looking at retail cannabis

By Becca Myskiw

The rural municipality (RM) of Grey is looking at allowing cannabis retail in their commercial general zones.

Essentially, the RM of Grey received an application for a zoning by-law amendment from a "private party" on the property currently owned by Instahl Woodworking. On Jan. 5, they held a hearing where council listened to community feedback before deciding on the matter.

The by-laws needing amendment are by-law 5/03 and 375/04. By-law 5/03 is in the RM of Grey's zoning and by-law 375/04 is in the village of St. Claude's zoning. So, both need an amendment to allow cannabis retail to be added as a conditional use in the commercial general zones in both by-laws. The application is also looking to change the zoning of land from agriculture to commercial use.

"Even though we amalgamated with St. Claude in 2015 these by-laws were kept separate until a review could be held to amalgamate them," said Kim Arnal, chief administrative officer (CAO) for the RM. "The property that the application is being made for has a portion in the Grey zoning by-law and a portion in the St. Claude by-law."

Every item in the zoning by-laws has parameters to meet, the RM established site area and site width, things

necessary when adding something to the by-laws. Site area was designated as 5,000 square feet and site width was set as 50 feet. The site's front and rear yards are 25 feet each, while the side yard is 15.

The application to amend these by-laws is just north of St. Claude. If it goes through, anyone would be able to apply for a conditional use to sell cannabis products in a commercial general zone in the RM of Grey, said Arnal.

"Even if this goes through there would still have to be a conditional use hearing held to allow it and council can put conditions on it if they feel that need," she said.

Council is currently considering the application to essentially decide whether they want to allow cannabis retail in the commercial general zones or not. Depending on what they decided after Wednesday's hearing, approval would require the applicant to make an application for a conditional use, which would have more details about the store. Then, there would be another public hearing.

If all goes through, the building and running of the cannabis business would be on the retailer. If it isn't approved, the process stops and cannabis sales won't be allowed in retail stores in the RM of Grey.

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Vaccine hypocrites

Vaccine mandates have made the political elite a bunch of two-faced hypocrites. Ideological Leftists always scream diversity and tolerance. But never show tolerance to those who refuse the vaccine. Hypocrites.

The Canadian government countless times apologizes for historical wrongs against specific groups yet savagely mistreats the unvaccinated. Hypocrites.

Abortion supporters scream, "My body my choice" yet they never say that in regards to the compulsory vaccine mandate. Hypocrites.

South of the border liberals scream voter ID is racist, yet show your vaccine ID or else. Hypocrites.

Labour unions yell how they protect workers and that evil big business exploit workers. Yet they don't care about any employee threatened with being fired over their refusal to get the jab. Now Big Labour is the best friend of Big Business in this regard. Hypocrites.

University Marxist tenured Humanities professors are ultra-sensitive to any marginalized groups of

people, mostly non-existent imagined. Yet unvaccinated across the West are now marginalized. Where's the outcry from these pontificating professors? Silence. Silence even when it comes to vaccine mandates from their very own university. Hypocrites.

Politicians forever praise the front-line health care workers as being heroes even to the level of war veterans. Yet these same front-line workers who refuse the jab are condemned as "COVID criminals" by these same politicians. Hypocrites.

The ideological Left sees everything that has a power imbalance the result of "white privilege" yet with the power imbalance that Western governments deliberately created between the vaccinated and the unvaccinated, would these activists label as "white privilege" these compulsory vaccine mandates? Never. Hypocrites.

The Left screams democracy, democracy all the time yet it's fine to them to bar elected unvaccinated Parliamentarians from being allowed to participate in government and barring the unvaccinated from all candidates' meetings during the

last election. So democratic participation of only approved categories of people. Hypocrites.

Western Human Rights activists screams if any identifiable minority group gets discriminated against, but total silence against the unvaccinated being barred everywhere. Oh, the wrath if a gay couple doesn't get their wedding cake from a business, but the unvaccinated being barred, perfectly fine. Hypocrites.

Winnipeg's Canadian Human Rights Museum bars a class of people, the unvaccinated, oh the irony.

Liberals use the argument of physical autonomy when it comes to their push for euthanasia but not for the right of the refusal to inject a foreign substance into your own body like a vaccine. Hypocrites.

The liberal media calls those who are against vaccine mandates "anti-vaxxers" yet numerous vaccinated people are against vaccine mandates. I'm double vaccinated but I will always defend vigorously those who refuse the jab because I believe in liberty for all.

- Stanley Reitsma, Carman

Manitobans with COVID-19 symptoms or close contacts to visit provincial testing sites

Submitted by Pharmacists Manitoba

Pharmacists Manitoba is reminding Manitobans who have symptoms of COVID-19 and/or individuals have been a close contact of a positive case of COVID-19 to visit public testing sites for the appropriate testing.

"We need Manitobans to visit a public testing site if they have symptoms of COVID-19 or if they have been in close contact with a positive case," says Ashley Hart, Past President of Pharmacists Manitoba. Hart adds, "Rapid antigen testing at pharmacies was always intended for asymptomatic individuals, that has not changed. However, moving forward asymptomatic

close contacts of positive cases should now also visit public testing sites."

Public testing sites in Manitoba are providing rapid antigen testing kits, free of cost, to individuals with symptoms, individuals age five and older with symptoms of COVID-19, asymptomatic close contacts of someone who has tested positive for COVID-19, and those advised by public health officials. The cost of a rapid antigen test administered by a Manitoba pharmacist ranges from \$15 to \$70. "It is an extremely busy time for Manitoba pharmacists, we are fielding many questions daily related to who can come into a pharmacy for a rapid

antigen test, we wanted to help share the current public health recommendations to Manitobans," says Hart.

Furthermore, many pharmacies will still continue to have rapid tests in-stock for service for those that do not have symptoms of COVID-19 and/or have not been a close contact of a positive case. As well, some pharmacies will continue to sell take-home rapid antigen tests to the public, however only nine self-testing devices have been approved by Health Canada and the supply of these devices is extremely low.

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Remembering... Johnny Harrison

By Dennis Young with Ken Wilson/Fern Kerr notes

A lifelong passion for sports led John Harrison to 5 pin bowling and he excelled in every area of the game, as an athlete, a builder, and a proprietor. Since 2022 marks the 60th year of the Carman 5 Pin Bowl, it is only appropriate to acknowledge this man known as "Mr. 5 Pin Bowl".

From the Whitemouth area, John left school by 14 in 1931 and ended up in Portage working in construction in 1940. War came calling and he joined the infantry but was commandeered to be a cook in the Sgt's mess which he spent the remaining army years. Returning to PLP and to his wife Mabel and their 2 children, John began bowling and quickly became one of the top players in Manitoba.

A four time Central Manitoba Bowlers' Association Singles Champion, John was an integral part of teams at many bowling Championships. While the teams enjoyed much success, the pinnacle of his career came in 1960 when he captured the Canadian Men's Singles title shooting a 356 in the final game. The next year he lost by 11 pins!

He left Portage a couple of years later to manage a new bowling alley being built by Mort Caloff and Calmar Enterprises of Wpg. in Carman. "The former J. Harder property on Villiard Ave. has been purchased for what will be a \$160,000 (\$1.5 million today) modern 8 lane pin parlor, 50 x 120 paradise with automatic pin setting opening June 15" Mort promised in 1962.

It however took until fall before ma-

terial arrived, disputes over hourly wages between city and local carpenters was settled and prep complete. "People here had no bowling experience and that first day when they bowled 672 games, no one knew how to score let alone mark the score sheets" Johnny commented then. It was the 7 days a week occupation and the amount of maintenance that led him to buy out the owners in '63.

John endured 2 floods during his tenure, which if not for his carpentry skills, would have destroyed the alleys. The flood of 1970 caught John without any flood insurance or government assistance but John, and the lanes, survived. That August he addressed the masses at the reopening event. "Many times I thought of giv-

Continued on page 14



PHOTO SUBMITTED

60 years of 5 Pin Bowl makes for good reason to remember Carman's own bowling legend.

Carman OR staff sent to Boundary Trails to care for influx of acute care patients

By Becca Myskiw

Carman Memorial Hospital's operating room (OR) is now closed until mid-February.

Currently, hospitals in Southern Health-Santé Sud are only doing emergent and urgent surgeries due to the ongoing demand for COVID-19 patients. Those account for many of the acute care patients in the region currently and are being treated mostly at the major centres: Boundary Trails Health Centre, Portage District General Hospital, and Bethesda Regional Health Centre.

Noreen Shirliff, regional lead for acute care and chief nursing officer in Southern Health said those centres have the most resources needed to treat the acute care patients accord-

ingly. To ensure the hospitals have number of healthcare workers to care for the growing number of patients, they've had to redeploy staff from some hospitals to the main ones.

Carman Memorial Hospital is one of those that had to redeploy staff to Boundary Trails Health Centre. Most of the six to eight OR nurses from Carman went to medicine unit in Winkler where they're currently caring for acute care patients.

"Those decisions are hard to make," she said. "We really appreciate all of our staff and how hard they work and their willingness to step up and step in"

Shirliff said an acute care patient is someone who presents to the emergency department with an acute

situation, which could be cardiac arrest, stroke, some form of trauma, or COVID-19. The number of acute care patients at any given time is a moving target, she said, but currently Southern Health's 400 acute care beds are 90 per cent full. That means approximately 360 beds are filled with acute care patients right now.

"Ideally patients are being cared for in a bed that provides the services they need," said Shirliff.

Patients are moved within the region to centres that have the proper resources to tend to them. Currently, if there aren't enough resources in the region for a patient, they can be moved out of Southern Health to a facility in a different region that can care for them.

"Some centres really struggle with the ability to have capacity," she said. "So, to ensure capacity across the province and that people have access to the care they need it does happen when necessary."

Along with OR staff now working at Boundary Trails, Carman Memorial Hospital's emergency department is also currently closed due to ongoing ventilation system repairs. The timeline for that and the OR reopening is the same.

Currently, the hospitals with ORs open are only doing emergent and urgent surgeries. Other surgeries will be rescheduled when the province gives the go-ahead, depending on demand in other parts of the healthcare system.

Preliminary study suggests T cell immune defence effective against omicron

By Patricia Barrett

The omicron variant has sparked a tsunami of infections worldwide shortly after it was first detected in November 2021 because of its extremely high transmissibility and its ability to evade antibodies, the immune system's first line of defence.

But T cells, which are part of the immune system, are thought to mediate the risk of serious disease, hospitalization and death from omicron in vaccinated people and in those with a prior COVID infection.

Chinese and Australian researchers put that hypothesis to the test by assessing the ability of T cells to fight omicron in a study titled "SARS-CoV-2 T Cell Responses Elicited by COVID-19 Vaccines or Infection Are Expected to Remain Robust against

Omicron," which was published online Jan. 2 in the journal *Viruses*.

The researchers' findings suggest that T cells in vaccinated people or those who had a prior COVID infection "remain largely intact against omicron." Furthermore, a new specific T cell may have been created in direct response to the variant.

"Overall ... our preliminary analysis suggests that the effectiveness of pre-existing T cell immunity will remain intact," they wrote.

Antibodies are secreted from a type of white blood cell called B cells and are the body's first line of defence against foreign invaders. They bind to pathogens such as bacteria, viruses, fungi and parasites and prevent them from entering human cells. But if antibodies fail, T cells, which are a type of

killer white blood cell, get dispatched to root out and kill the invaders.

Although T cells may help prevent severe illness, they cannot stop omicron from infecting people.

"T cell responses alone, however, do not block infection and therefore do not prevent transmission. Thus, while the number of infections may rise considerably as a consequence of Omicron's ability to evade antibodies, robust T cell immunity provides hope that, similar to other VOCs [variants of concern] the level of protection against severe disease would remain high."

Although emerging data suggest a lower risk of hospitalization and death with omicron, the researchers say the extent to which T cell immunity is contributing to that needs to be better

established. They had examined only T cell epitopes [peptide fragments] which were "known" to be targeted in infected or vaccinated people, and that list may "not be exhaustive."

Manitoba Public Health has run out of capacity to test everyone who thinks they're infected with COVID and is handing out rapid antigen tests to some people showing up at testing sites. Since the end of December, the government has reported over a thousand new COVID cases each day, but says those case counts are an underestimate; the true number of infected people is likely eight to 10 times higher. Along with burgeoning omicron infections, hospitalization and ICU admissions in Manitoba have shot up since the end of December as they have across the country.

Pembina Paleontology kicks off '22 with a grand opening

By Lorne Stelmach

A husband and wife team have returned to the paleontology field with a new venture based in the Pembina Valley.

Both formerly played leading roles with the Canadian Fossil Discovery Centre, so starting up Pembina Paleontology is going back to familiar territory for Anita and Joseph Hatcher.

Having taken time away to focus on starting and raising a family, both say they knew they would eventually be drawn back to the field.

"We kind of realized how much we love it, and our kids are old enough now, so maybe it was time to jump back in," said Anita, who formerly served as curator and executive director at the CFDC. "We never lost the passion. It was what we both have wanted to do our whole lives, so we always talked about things like did you see this in the news, and they found this one here."

"The kids definitely helped spur us along a bit too, I think, at least our oldest," added Joseph, who also served in the past as assistant curator at the CFDC.

The two of them bring extensive experience to Pembina Paleontology, which they see as very much focusing on research to help advance the knowledge of the Western Interior Seaway of Manitoba while also incorporating public involvement.

"I grew up loving dinosaurs my whole life, and I knew that was what I was going to do," noted Joseph, who grew up in the U.S., where he studied geology in North Carolina.

He gained experience doing internships in Wyoming and took on his first curator role in Montana with the Paleoworld Research Foundation, where he ran dinosaur digs for about six years.

"That was awesome. I did a lot of Triceratops work mostly ... in six years, I excavated 39 of those big animals. They're really fun creatures," he said.

"It was during that time that I met Anita and got involved here and ultimately moved here," he continued. "Then I kind of switched my research focus then to this environment and learning the geology of the marine



setting of the Cretaceous."

Hailing from Winnipeg, Anita got her science degree in paleo-biology in Saskatchewan before starting as a summer student in Morden, later stepping into the role of curator and briefly as executive director.

Once they began their new life together, the Hatchers took a break from it all to focus on family, but Anita said they eventually saw the opportunity to get back into paleontology on their own terms.

"We thought, well, why not just do it on our own; do our own research, set our own schedule? That's sort of where we are in life ... we kind of want to do things at our own pace."

Joseph added that they also saw an opportunity in being based in the Manitou area and the RM of Pembina, where they believed there was great potential with unexplored sites.

"It really starts with the geology," he said, noting that a lot of other sites such as those connected to former bentonite mines were disturbed to a degree that it was not possible to get a lot of important field data.

"We started to use our knowledge in geology to look in places beyond those old sites and in some other areas," he said, noting they got a provincial permit last year to allow them to start field work. "And we managed to find some really nice outcrops that were never mined, so the beds are 'in situ', and that teaches us a lot about these creatures as we find them."

"We were excited to discover some



STANDARD PHOTOS SUBMITTED

Joseph and Anita Hatcher have launched Pembina Paleontology. They plan to hold their first dig season in the Manitou area this summer.

beds that were still untouched because every single fossil, no matter how big or small it is, if it is in situ, there is priceless field data ... and we recognize the importance of it," he continued.

"So we started to get some landowners who were willing to let us on to their property to do this, and we saw the opportunity ... and everything just came together."

They have two active dig sites so far following the discoveries of a short-necked plesiosaur and a giant squid.

"They're not the easiest to get to," noted Anita. "A lot of them are agricultural land ... and it is challenging landscape; there's a lot of steep cliffs, a lot of exposures, but that's where we're starting."

She emphasized their focus is very much on the research, but they also saw a good opportunity for public involvement while stressing that they want this to be more than a tourist experience.

They see their digs as not being not tours but working digs where participants are expected to assist in all aspects, including moving overburden, using rock hammers, and exposing new parts of the skeleton.

"We want people to experience being a paleontologist more than just a

day ... I think this is geared more to people who really are enthusiasts, who are really after the experience."

Their dig season will go from June to October along the Manitoba Escarpment, with digs available on a seven-day basis or select single days.

Participants taking part in week digs will be able to make use of accommodations, which for the week can be a campsite based at the Manitou campground, where the field station is set up.

"We have a lab set up where we will be preparing the fossils and conserving them on site," said Anita, who noted in extreme weather conditions their field station will be available for indoor fossil work.

They are aiming to keep things simple as they work towards their first full field season with the hopes of having public involvement.

"We have a minimal approach right now. We recognize there are some challenges especially right now with COVID," Anita noted. "We have the flexibility. We don't have a standalone facility, and we don't plan on having our own building or museum ... but we see a lot of potential."

You can find more information online at pembinapaleo.com.

Prevent an auto fire: Check your extension and block-heater cords

Submitted by MPI

On average, about 1,000 vehicle fire claims are opened with Manitoba Public Insurance yearly. Of that total, about 10 per cent of those fire claims are related to faulty extension or block-heater cords.

A cracked extension cord, or block

heater cord with a corroded plug, can result in an electrical failure which can quickly spark a fire. The majority of these fires take place in winter as temperatures drop.

Safety tips for extension cords/block heater plugs:

- Don't drive over your extension

cord. This can cause cracking/breaking during bitterly cold weather.

- Cover your block heater plug-in with its protective cover.

- Unplug your block heater by using the hard, rubber end. Pulling on the electrical cord can cause breakage and potential electrical issues.

- Have your block heater cord inspected each fall by a qualified mechanic.

- With personal safety in mind, people are advised not to plug in their vehicles within a garage or any other enclosed structure.

MPI reveals Top 5 auto insurance frauds of 2021

Submitted by MPI

Auto insurance fraud costs Manitoba Public Insurance ratepayers an estimated \$50 yearly. A dedicated Special Investigation Unit (SIU) at MPI is committed to investigating suspicious claims and detecting fraudsters on behalf of honest ratepayers.

"MPI releases its annual top five fraud list to raise awareness about the costs related to auto insurance fraud," said Satvir Jatana, MPI's Chief Customer Officer. "The list is compiled based on the unique circumstances of each fraud, financial savings to MPI ratepayers, and the investigative techniques used in confirming fraudulent activity."

Anyone with information about auto insurance fraud is encouraged to call the Manitoba Public Insurance TIPS Line: 204-985-8477 or toll-free 1-877-985-8477. All calls are anonymous. Last year the SIU closed about 1,000 investigations, resulting in a claims savings of about \$14 million.

No. 1: "Phony Kidnapping"

After her badly damaged vehicle was recovered by police, the Winnipeg woman told MPI her vehicle had been stolen out of her garage. She said the thieves messaged her via Facebook, demanding payment for returning the car. The woman admitted she did not call police, but agreed to meet the thieves, who she stated then kidnapped her, speeding around the city for hours and eventually crashing the vehicle.

Due to many gaps in the story, MPI's SIU launched an investigation. An examination of the vehicle's ignition and immobilizer system conducted by MPI's Research and Training Department revealed that the vehicle would not run without a key inserted into the ignition. In her statement the

owner confirmed that she had all keys in her possession.

When presented with the findings of the investigation, the vehicle owner admitted she had lied about the kidnapping. Truth was, she was in the vehicle driving around with a group of "friends" drinking and speeding around the city. They eventually crashed into another vehicle and immediately ran from the scene.

The theft claim was denied, saving MPI an estimated \$68,000.

No. 2: "The Fast & Furious"

The 20-year-old driver told the MPI adjuster that he had been working a lot of overtime during the week and one night while driving home around midnight fell asleep and drove off the road, crashing into half a dozen parked vehicles. The posted speed limit on the road was 50 km, with the young driver saying he was travelling 55 KM/H at the time of the crash.

However, the extent of the on-site damage contradicted the man's story. A download of the vehicle's Data Crash Recorder indicated the vehicle was travelling at nearly 140 km/h at time of impact. The brake pedal was not applied and seatbelts were unbuckled. Surveillance footage was also taken from various locations on the travelled road, showing the vehicle was racing with another vehicle seconds before the crash.

There was also an on-site investigation which confirmed there was a long, straight 1.6 km stretch of road where the racing took place. The road then makes a left curve which the one vehicle was unable to negotiate, causing it to leave the road and crash heavily into a number of parked vehicles.

Based on the true facts of this investigation, the collision claim was denied and MPI has begun a recovery

of costs from the responsible driver. Cost savings to MPI estimated to be \$150,000.

No. 3: "Truckin' Along"

A professional truck driver, the Winnipeg man was injured in a single-vehicle incident while hauling a load. Based on the extent of his injuries, he was entitled to receive Income Replacement Benefits and Personal Care Assistance payments.

He told his MPI case manager that his injuries prevented him from lifting his arms above his shoulders, unable to lift heavy objects, physically unable to drive more than 15 minutes, could no longer take out the garbage and recycling bins, or work his regular job.

After receiving information that the man was working while still collecting benefits, an investigation was opened, consisting of surveillance which conclusively showed the man was working, able to drive many hours a day and was seen carrying a number of objects, including heavy wooden crates.

Based on the investigation, MPI contacted the man and informed him his benefits were being terminated. He was also charged with Fraud Over \$5,000 and Make False Statement. Estimated savings to MPI was more than \$700,000.

No. 4: "Centre Stage"

Two individuals opened separate collision claims, with one driver admitting he was responsible for the T-Bone collision at an intersection. The SIU investigator attended to the collision scene and noticed a surveillance camera pointed in the direction of the collision intersection. The surveillance clearly showed both vehicles slowly travelling through the intersection several times prior to the collision.

The surveillance also showed both vehicles were deliberately positioned in a T-Bone configuration, with one car accelerating into the other vehicle which was slowly entering the intersection. When presented with the facts, one owner admitted he and his friend planned this "staged" collision to write-off their vehicles. Savings to MPI was \$15,297.46.

No. 5: "Canine Caper"

The Winnipeg woman opened a collision claim, stating a dog ran onto the roadway, causing her to swerve and collide with a pole and large flower pot located on the yard of a private residence. There was significant damage to both the woman's 2020 Ford Explorer and items in the yard.

The woman also provided the name of a third-party witness, who told the MPI adjuster that the vehicle did swerve to avoid a dog and the woman was driving. Based on statements received, MPI determined the driver was not at fault, resulting in no financial compensation from MPI to the owners of the property.

When told of this decision, the owners of the property then provided MPI with video footage of the collision which clearly showed there was no dog running across the road, and the driver of the vehicle was a male.

When presented with this new information, the woman admitted to lying to protect her boyfriend who was driving and did not hold a valid driver's licence. The witness would later admit they had come across the crash after the fact, and did not see a dog.

The collision claim was denied and MPI is seeking to recover costs from the unlicensed driver. Claims savings to MPI was \$29,840.08.

Local recycling headed to Winnipeg for processing

By Ashleigh Viveiros

MWM Environmental's staff are spending a lot of time on the road these days.

Extensive fire damage at the Gateway Resources recycling depot in Winkler has forced MWM to find an alternative place to bring the recycling it collects from Morden, Carman, and communities in the municipalities of Lorne and Stanley.

In a story in the *Standard* last month about the matter of recycling being brought to the landfill as a result of the September fire, MWM general manager Tim Oliver said they were on the cusp of working out a deal with a

local for-profit recycling processor to stop that from happening.

That deal ultimately fell through, and none of the other recycling depots in the region had the capacity to take all the material either.

As a result, MWM turned its sights further afield and has come to an agreement with a recycling facility in Winnipeg.

"Where we're hauling it is GFL Environmental in Winnipeg," Oliver said last week, noting some recycling is also being sent to smaller depots in Altona, St. Malo, and Portage la Prairie.

Hauling most of the materials picked

up at the curb through the week into Winnipeg has come with a great cost of both time and money—it's a three-hour round trip that needs to be made multiple times a day.

"It's pretty much doubling" the workload for staff, Oliver said. "So our resources are obviously stretched thin."

As a result, residents may see that their recycling is picked up curbside much later than usual. Oliver asks the public for understanding as they work out the kinks.

"We're just trying to do our part and do the right thing, but it does put a strain on our employees, on our

trucks, on everything," he said, lamenting the fact there isn't a another large-scale recycling processor in the Morden area that could have handled the material while Gateway rebuilds.

Despite the challenges, Oliver is pleased the recycling is being processed properly once again—hauling blue box materials to the landfill was something that didn't sit well with anyone at MWM.

"We're just happy that we're in a good position now," he said. "Not a pound of recycling is going to the landfill now."

PVHS encouraging people to contribute to the #BettyWhiteChallenge

By Becca Myskiw

The #BettyWhiteChallenge is trending, and the Pembina Valley Humane Society (PVHS) is putting its spin on it.

Betty White was famous for her work with animal welfare. She grew up in a home with parents who were constantly caring for animals in need, and she continued that on as she got older.

White was a volunteer and member of American Humane, the first national humane organization in the United States. She supported their "No Animals Were Harmed" program, which essentially protected animals used in film and television. She even received the National Humanitarian Medal from them.

She was also on the board of trustees for the Greater Los Angeles Zoo Association, created the 1970s TV show "The Pet Set", and wrote a book in 2011 called "Betty and Friends: My Life at the Zoo", which covers her love for animals and those who care for them.

White's lifelong dedication to animals has become prominent on social media because of White's lifelong commitment to animals; the #BettyWhiteChallenge has become big on social media. It calls for people to donate \$5 to an animal shelter or rescue in their area in her name on what would have been her 100th birthday — Jan. 17.

Holly Thorne, public relations chair of PVHS, said they're supporting the hashtag, whether people donate to them or another shelter of their choice.

"We thought on her hundredth



Betty White the dog was named to honour Betty White the actress and animal lover. She will be up for adoption soon.

birthday; there is no better day to honour her animal-loving and her animal support than that particular day," she said. "When we think about Betty White and we think about her legacy, most people know her as an actress but for pretty much all her life she called herself, quote, an animal nut."

Thorne said a \$5 donation is equivalent to three cans of cat food. A \$10 is even more cans of dog food. No matter the size of the donation, all money PVHS generates goes back into either feeding the animals, paying for their medical bills, or caring for them, making every cent important.

Though PVHS is celebrating the #BettyWhiteChallenge, they also encourage people to make every month count. Instead of donating \$5 once, they're starting an initiative to en-



PHOTO SUBMITTED

The #BettyWhiteChallenge has blown up on social media. To donate to PVHS, go to www.pvhsociety.ca and click donate.

courage people to donate that (or another amount) monthly.

Monthly donors with the shelter are called life changers. Thorne said new life-changers will be making a difference in White's honour.

PVHS recently got a new dog in from the rural municipality (RM) of Rhineland. She's a white, short-haired large dog that they guess to be around two

years old. Because of her timing, they named the pup Betty White.

Betty White the dog, came in with a collar on so tight, they had to cut it off her. She's getting spayed this week and then she'll be up on the PVHS website for adoption.

To donate to the cause or to see more animals up for adoption, go to www.pvhsociety.ca.

> PENSION PLANS, FROM PG. 4

deficiencies and unfunded liabilities after each plan valuation. The lower threshold for solvency payments is intended to help lessen the volatility of required payments that must be made by employers in times of market downturns or reduced government bond rates, while the shorter amortization period for unfunded liabilities and new PfAD requirements will ensure workers' pensions continue to be

protected, noted the minister.

"As a not-for-profit focused on conservation and managing North America's wetlands, Ducks Unlimited Canada welcomes the funding changes to the Manitoba Pension Benefits Regulation," said Marcy Sullivan, chief financial officer, Ducks Unlimited Canada. "The changes to the solvency funding requirements will reduce the funding volatility of our pension plan.

This will assist our planning and budgeting process and will improve management of cash flows that will enable the organization to continue our mission. The enhanced going concern funding requirements

and the introduction of solvency reserve accounts will continue to ensure pension benefit security for our plan members."

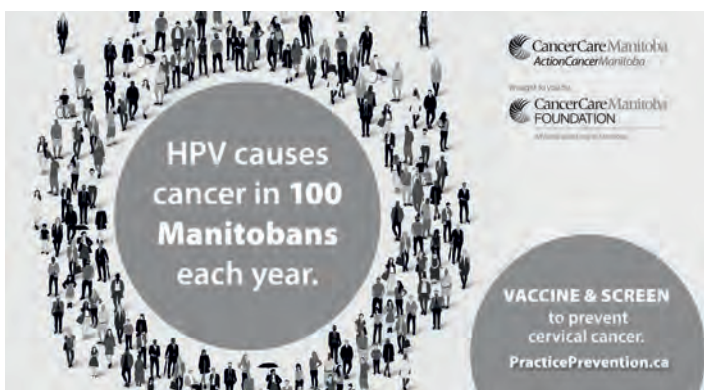
"The changes to the Manitoba Pension Benefits Regulation are welcome updates, helping align our operations in a competitive business environment while providing retirement security for our valued employees," said Ann Evans, chief financial and operating officer, Canadian Kraft Paper. "We support the move to increase going concern funding requirements while reducing the emphasis on solvency funding. This change and the consolidation of special payments allows our company to better manage cash flows and budgeting, supporting employment in the region while ensuring assets are available to provide the pension benefits promised. The modernization of the Pension Benefits Act strikes a strong balance between protecting retirement benefits for

members and making defined benefit pension plans affordable for employers on an ongoing basis."

The changes to the Pension Benefits Regulation take effect today to ensure plans that have a valuation report completed as of Dec. 31 will be able to benefit from the new rules.

Proclamation of relevant sections of Bill 8 – the Pension Benefits Amendment Act, which received royal assent earlier this year, and related amendments to the Solvency Exemption for Public Sector Pension Plans Regulation and the Solvency Exemption for Specified Non-Profit Sector Pension Plans Regulation also occurs today.

The amendments to both the act and regulations have been made in response to recommendations made by the Pension Commission of Manitoba, which is supportive of the changes, following public consultations that concluded in 2018 where more than 1,800 Manitobans provided feedback.



Access, Sunova and Noventis CU make case for merger

Noventis and Sunova agree to use Access Credit Union as official name after amalgamation

By Lorne Stelmach

Access Credit Union members had their chance to ask questions and have their say this week as member forums were held in the lead up to a merger vote later this month.

Two virtual online sessions were held Monday and Wednesday ahead of the vote scheduled for Jan. 25-27 on the amalgamation of the Access, Noventis, and Sunova credit unions.

"It looks like the scale we're creating will provide savings on some of the technology and the implementations the government is looking for," said Access CEO Larry Davey. "There's been a significant amount of due diligence completed by all three credit unions. It looks like a great fit."

Davey had earlier addressed members in a video posted online where he made reference to the fact they were still working through final steps of the amalgamation with Crosstown Civic Credit Union.

"To some members, this feels too quick and too early to be looking at another merger," he said. "The biggest question that all our members ask is why now."

In response, Davey has cited two key factors that they say in the near future will require credit unions to invest millions of dollars in financial technology to meet new government-mandated standards.

As a larger credit union, they maintain they can save money on these investments and that those savings will allow them to continue to offer competitive rates, lower fees, cash rewards, and better account packages as well as increase the funds available to invest in our communities.

One key change is the move to open banking or consumer directed finance, while another is a move to payment modernization.

Open banking will allow people to more easily move money from one institution to another, and Davey said that will require a significant and costly change in technology.

"We're still trying to determine exactly how much it's going to cost the credit union and the system, but

again, when you're buying technology, there's usually volume discounts."

Payment modernization basically involves speeding up the time it takes for payments to go through the system. Right now, it allows three days for payments to reach their destination. The government has mandated that to be reduced to three hours and eventually to be instantaneous.

"With the three credit unions coming together, it's about a million and a half dollars savings per year on the payment side that we wouldn't realize without the amalgamation," said Davey.

"As a result, having the scale of the merger allows us to reduce the cost for members ... by bringing the three credit unions together, we're able to reduce that cost.

"These mandatory changes come at a significant cost for every credit union, and we have to find a way to manage those costs," he said. "This partnership that we're entering into allows us to tackle those changes and to reduce the impact on our members."

Aside from those issues, Davey also touched on other advantages ranging from being able to continue offering competitive rates, charges and patronage refunds to seeing no impact on local branches and services while in fact expanding on the insurance and wealth management divisions.

"It's always nice to pick partners who are aligned on where you want to go," he said. "They're very focused on supporting communities; they're very focussed on member service, and that is a great fit with Access."

Both Noventis and Sunova have agreed to go with the Access name and system, Davey added, so there will be no real cost to Access in that respect, and members will benefit from the flexibility and convenience of an even-wider branch network throughout Winnipeg and the southern, eastern, and Interlake regions.

In the question and answer time Monday, one member wondered what impact there might be particularly with some of the smaller branches.

"One of the benefits we saw from coming together with Crosstown Civic was the ability to maintain all of our branches ... I see that continuing with Noventis and Sunova," said Davey.

Another member wondered if Access was getting too big with too many branches to manage and noted Steinbach by comparison has far fewer branches, but Davey pointed out that Steinbach though still has a similar

number of employees.

"It is a wider expanse that we are covering than some of the other credit unions," he acknowledged, but added that "we've put in a structure that has been able to provide that service to members. We have not found the number of branches to be arduous at all."

And another member wondered about the impact on staffing, or if there were "efficiencies in staffing" to be found.

"Staff can be reduced in certain areas. We have moved to some specialized areas so that we can provide better member service overall," said Davey. "At the same time, the business has grown a fair bit, and we haven't seen that growth in staffing."

Approval of the amalgamation will require two thirds approval from members. Voting details are available online at the cusuccess.ca.

Access Credit Union has assets that exceed \$6 billion with 92,000 members, and it is currently the second largest credit union in Manitoba. Noventis serves 28,000 members with \$1.14 bil-

lion in assets and is the 10th largest credit union in Manitoba, while Sunova has grown to serve 49,700 members with \$2.3 billion in assets and is the fifth largest credit union in Manitoba. The new credit union would have over \$169,700 members and \$9.5 billion in assets with about 800 employees in 52 branches.



SCREENSHOT

Access Credit Union CEO Larry Davey at an online members meeting Monday night.

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Incredible Creatures: new species identified in 2021

By John Gavloski

With new high resolution telescopes being sent into space, and probes being sent to Mars and the sun, it may be tempting to think that the earth and its diversity have been adequately explored and documented. But that is far from the case. Hundreds of new species are being discovered every year. It is estimated that there are still thousands, if not millions, of species yet to be discovered. In this month's Incredible Creatures we will explore some of the new species that have been described in 2021. Although there have been hundreds of new species identified from all corners of the earth over this past year, I will focus on some cool new animals, starting with a large mammal and concluding with the new "leggiest" animal on earth.

North America:

Researchers determined that a group of whales in the Gulf of Mexico that looked like Bryde's whales are actually a new species, which they named the Rice's whale (*Balaenoptera ricei*). Scientists estimate that only 33 individuals remain alive and are threatened by marine ship traffic,

plastic waste, and oil and gas exploration in the Gulf.

Six new species of bark scorpions were discovered from Guatemala and Mexico. While people might generally associate scorpions with arid desert climates, these bark scorpions find respite from predators, namely larger scorpions, high in the treetops of undisturbed primary forests.

Asia:

Researchers have described 12 new gecko species from India's Western Ghats mountains. One of these is described as "nearly impossible to catch", and was named Jackie's day gecko, after the famed actor and martial artist Jackie Chan. Most of the new geckos were found in caves or on the forest floor. They are quite small, most measuring only 3 to 4 centimeters.

A brightly coloured Easter egg weevil, *Pachyrhynchus obumanuvu*, was discovered in the forested mountaintops of the Philippines. These weevils live in the canopy of the moist, moss-covered cloud forest. Its colours mimic the traditional garments of the Indigenous Obu Manuvu tribe; hence the species name of this beetle. Deforestation is a concern in the re-

gion, and it is hoped that the power of a name may instill a sense of pride and stewardship for a species within a community.

Africa:

The newly described *Brookesia nana* chameleon from Madagascar is believed to be the smallest reptile on earth. It is about the size of an aspirin tablet. Madagascar, though quite large, has a surprising number of miniature animals, many of them found nowhere else on the planet.

A new chameleon species, named the Wolfgang Böhme's Ethiopian chameleon, was found living in bushes and small trees in the Bale Mountains of south-central Ethiopia. The chameleon is around 15 centimeters long and has a distinctive crest of large spiny scales along its back and tail.

Australia:

One of the truly amazing new discoveries over the past year was a new species of millipede, named *Eumilipes persephone*, which broke the record for number of legs; one of the specimens collected has 1,306 legs. This eyeless millipede was discovered underground near the south coast of



PHOTO BY ANALYN CABRAS

A new species of Easter egg weevil discovered in a cloud forests in the Philippines.

Western Australia. There are more than 13,000 species of millipedes, and in spite of the name millipede, most species only have a few hundred legs at most. The previous record was a millipede with 750 legs. This new species is the first "true millipede" and the leggiest animal on Earth.

From whales to tiny reptiles, some amazing new species were discovered in 2021. It's exciting to think about what is still out there waiting to be discovered.

Public health orders extended for three weeks

New order expires Feb. 1

Staff

The public health orders slated to expire this week have been extended until next month.

The province on Friday announced that all current COVID-19 prevention orders will remain in place for three more weeks, until Feb. 1.

"Ongoing restrictions are a challenge for many Manitobans, but remain necessary to help slow the spread of the virus and protect our health-care system," said Health Minister Audrey Gordon in a statement.

"While these orders remain in place, we continue to take steps to improve supply and access to testing and other important initiatives that support our pandemic response and protect our health system. Nothing is off the table and we will act swiftly in the weeks ahead if further action is required to protect Manitobans."

The current orders include widespread restrictions on both public and private indoor and outdoor gatherings as well as capacity limits in businesses and proof of vaccination requirements for certain spaces.

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Elijah Schuurman, a young Winnipeg Jets prospect, was out practicing his skills on the Boyne River skating trail last week. Schuurman grew up in Zambia and moved here a few years ago. He, along with his siblings, learned to skate and play the game they love, in a hurry.

Nearly \$180,000 given in prizes from recycle everywhere's incentive program

Submitted

Since the Recycle Everywhere Incentive Program & Mobile App was launched in April, Recycle Everywhere has given back almost \$180,000 in cash and prizes to nearly 400 Manitobans who have used the app and recycled their empty beverage containers.

For the month of December, Recycle Everywhere announced it would reward Manitobans for their good recycling habits through its "Season of Giving Back" campaign. For every download and use of the app, \$5 goes to Harvest Manitoba, up to a total of \$15,000. Community response was so overwhelming, however, the total was reached by Dec. 18 – less than three weeks after it was announced, thanks to 3,500 new registered users. Also for December, each weekly \$1,000 app winner gets to choose a local charity to also receive \$1,000 from Recycle Everywhere.

"Manitobans are known for their generosity when it comes to helping those in need, and they also care about contributing to a sustainable environment," said Ken Friesen, Executive Director of Canadian Beverage Container Recycling Association (CBCRA), the organization that runs the Recycle Everywhere program.

"Congratulations to all our mobile app winners, and thank you to the community for embracing our Season of Giving Back. The response to our incentive program and mobile app is greatly appreciated. It helps move us closer to the government-mandated goal of recovering 75 per cent of all empty beverage containers sold in Manitoba."

The last three of four December winners who have received the Get \$1,000, Give \$1,000 weekly cash prize are:

1. Martin Martel – Charity of choice: Harvest Manitoba
2. Melanie Gerula – Charity of choice: Cat Tails Rescue
3. Annemarie Barnett – Charity of choice: Salvation Army

"Harvest thanks Recycle Everywhere and all Manitobans who download and use the Recycle Everywhere Mobile App in December to help us feed more hungry families," said Vince Barletta, Harvest Manitoba President & CEO. "We are a community of Harvest Stars, and as Ken said, Manitobans are a special kind of people who recycle to put their money to good work all season long."

Lastly, Recycle Everywhere has

Continued on page 14

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SALE \$374.25

Electric short to blame for Minnewasta blaze

By Lorne Stelmach

The Minnewasta Golf and Country Club is making plans on how to move forward after the massive fire that destroyed the restaurant and clubhouse.

And the update comes as officials last week confirmed that the cause of the Nov. 20 blaze was electrical, and Morden Fire Chief Andy Thiessen suggested that was likely suspected from early on in the investigation by the Office of the Fire Commissioner.

"One of the investigators was an electrical engineer, and she was able to pinpoint that pretty quickly," he said.

Thiessen explained the investigation led them to a main junction box where the power comes into the building.

"That junction box is where there was a short ... and it actually burned a hole right through the back of the box," he said. "It just took off then from there ... it didn't take very long because everything was open wood and varnish."

"There was a passerby who noticed the smoke coming out of the eaves in that area of the building," Thiessen noted, adding as well that Deputy

Chief Tim Reimer was on the scene soon after to see where the fire was already quite involved.

"Tim got there pretty quickly and knew where the majority of the flames were coming from at that point, and so that kind of helped narrow it down ... that area was in the vicinity of the electrical room."

While the main building was destroyed, the efforts of firefighters was integral in saving the neighbouring pro shop and golf cart shed.

The recovery and rebuilding process for the clubhouse is now underway, with a lot still to be worked out, said club president Tyler Sawatzky.

"We've spent probably the last six to eight weeks developing a plan not only for how to get through the 2022 season but also design a plan for how we are going to rebuild the building," he said.

They are still working with the insurance adjuster to finalize those details, but they have LM Architectural Group of Winnipeg working to design the new building.

"It has vast knowledge and experience dealing with golf courses and



STANDARD FILE PHOTO

Investigators have determined the blaze that destroyed the Minnewasta Golf and Country Club restaurant and clubhouse was caused by an electrical short.

also with restaurants as well, so we think they will be a valuable asset in the whole process," said Sawatzky. "We're diligently working on it all and hopefully will have it done as soon as possible."

"It's been a very busy few weeks," he added, noting they as well hired former Winkler head pro Greg Hesom as the new head pro and general manager, with Matt Loewen joining him as assistant pro.

"We thought Greg would be a valuable asset because he does know the area, and he knows our course very well," he said. "So it's a lot of change in a short period of time ... it's kind of

been a whirlwind."

Their immediate priority now is to work out how things can be handled in 2022.

"We're developing a strategic plan on how to service our members and guests from the food and beverage perspective, and we feel confident we will be able to do so. It's just a manner of ironing out the details," said Sawatzky. "We're kind of looking at mid-2023 in the summer as a goal for completion of the clubhouse."

"We're excited to get going here ... the whole group, I feel, is excited about the project and enthusiastic."

> RECYCLE EVERYWHERE, FROM PG. 13

announced Eunice Popoola as the month's \$25,000 grand prize winner – the last monthly grand prize winner in 2021. Congratulations, Eunice, for doing a good thing for the environment and your community.

The idea behind the Recycle Every-

where Incentive Program and Mobile App is to help Manitobans track their recycling habits and the positive impact they can make. December marked a significant milestone, with more than 25,000 Manitobans regularly using the app.



STANDARD PHOTO SUBMITTED

Recycle Everywhere's \$15,000 cheque presentation to Harvest Manitoba is attached for media use.

> JOHNNY HARRISON, FROM PG. 7

ing up the idea of repairing my lanes. However it was the help of the volunteers and people phoning wondering if there would be bowling again that made me decide to rebuild."

Sandbags and plastic kept the water at bay during the 1974 flood and John even managed to get the Girls High School Championship team in over the sandbags to practice!

John continued to compete at the Zone, Provincial, and Western Canada Championship level while locally winning countless High Single, High Triple, and High Average awards in Carman. His highest score was 448 out of a possible 450 leaving the corner pin in the 10th frame! But it was John's enthusiasm for the game that was passed on to his bowlers, establishing a strong respect for the sport of 5 pin bowling here.

Much of Carman's strong history of bowling success can be attributed to John's instruction and encouragement, as he left his mark on so many of the bowlers who came through the doors. Carman had youth program success from the very start, as evidenced by not only the many Provincial single and team titles but National ones as well (far too many names to

drop here folks sorry but if want that list I have it!).

A founding member of the Central Manitoba Bowling Association, John was presented with a Life Membership in the early 1980's. He also served on the board of the then Manitoba Bowling Proprietors Association for years but in 1985 he was proprietor no more when Harold and Nola Cox purchased the lanes. By 1988 he was back but found new owners in '93 when Randy & Nancy McFarlane stepped up officially ending John's days of organizing leagues, providing instruction and doing ongoing maintenance. His wife Mabel had passed in 1972 and the following year Johnny travelled to England and Scotland to visit family/friends. During this time he met another Mabel who he proposed to via mail while in the Caribbean on a bowling holiday....of all things. In 1974 Mabel and her sons made the trip Canada for the ceremony.

John may have left the bowling business for good in 1993 but his legacy as the father of the modern game in Carman is still evident today. Mr. 5 Pin Bowl passed way August 24 2017 and came back from his home in Brandon to his "lane" at Greenwood Cemetery.

"Don't be afraid to ask for help"

Raising awareness about the supports available to those living with Alzheimer's and other dementias

By Ashleigh Viveiros

With January being Alzheimer's Awareness Month, the Alzheimer Society is working to get the word out about their FirstLink program, which connects individuals with the support they need to navigate a journey with the disease.

"It's like a referral program, but anybody can refer. So if you have a friend or a parent that is a caregiver going through this and needing some extra support, you can call us and make a FirstLink report," explains Kathy Fehr, south central regional coordinator for the society.

Fehr notes you do need to contact your loved one first to make sure they're okay with you contacting the Alzheimer Society on their behalf. Assuming they are, Fehr would then give them a call to talk about the resources and services available to them, or simply to provide a listening ear.

"It gets used a lot by our doctors and the community mental health workers," Fehr notes, stressing, however,

that it's open to anyone.

It's a way to take something off a caregiver's likely already full plate.

"A person that is a caregiver for somebody has their hands full," Fehr says. Often they might intend to reach out to the society but then find themselves too busy to do so. "So within three to five working days, we give them a call. 'We're here for you. Is this a good time to chat?' And we just go from there."

Fehr has had a few FirstLink reports but would love to see awareness of the service grow.

"I would like to get more, because I know there's a lot more people out there," she says. "But there's all this stigma out there."

There is still an element of shame that can come with a diagnosis of dementia, especially when it's an early onset case, with patients and caregivers perhaps hiding it from their friends and family as long as they can, trying to pretend that everything is normal when it's not.



STANDARD PHOTO BY ASHLEIGH VIVEIROS

Kathy Fehr is the regional coordinator for the Alzheimer Society of Manitoba. She's there to point people in the right direction of the resources available locally, or simply to provide a listening ear.

"People need to realize that, yes, this is a progressive disease. But it is a disease," Fehr says. "It's not something you did or something somebody did to you. It just is."

Trying to hide the reality of the situation is an extra, unnecessary burden.

"Most of the time when it's early onset, that acceptance piece is tough for people ... not wanting to share that because they think they'll be treated differently," Fehr says. "It depends

Continued on page 16

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lifestyle || hearing

Manitoba Public Insurance pandemic policy now in effect

Submitted by MPI

Manitoba Public Insurance's new pandemic policy focusing on protecting customers, employees and our community, is now in effect. Customers must provide either proof of full vaccination or a negative COVID-19 test result to receive services where physical distancing or barriers are not possible, including all in-car road tests, including Class 1-5, and driver assessments. Full details on proof of vaccination or accepted negative COVID-19 tests can be found here.

The policy also aligns with requirements for all MPI employees – who must share proof of full vaccination or consent to complete regular COVID-19 testing every 48 hours prior to attending an MPI work location.

"MPI, like other businesses in Manitoba, is diligently supporting our customers and employees as we continue to navigate impacts of COVID-19. Despite the operational challenges our corporation is facing, our focus remains to best serve our customers. These are very difficult times and we ask for patience from our customers," said Satvir Jatana, Chief Customer Officer, MPI.

To offer Manitobans additional op-

tions for their driver services and insurance needs during the Omicron wave of the COVID-19 pandemic, MPI is reminding its customers that they are able to conduct many transactions by phone with Autopac agents.

The following transactions can be conducted by phone:

- New registration and policy application (including rental vehicle insurance and temporary registration)
- Renewal of a driver's licence
- Reapplication of a lapsed driver's licence
- Reassessment of an active or lapsed driver's licence
- Driver's licence replacement
- Basic ID card replacement (no information changes)
- Vehicle insurance coverage renewal, reassessment, reactivation, re-application
- Cancellation
- Mid-term change
- Plate and/or registration certificate replacement
- Transfer of policy
- Payments
- Mailing or permanent address changes within Manitoba

Customers who need to complete any of these transactions are encour-

aged to call their Autopac agent directly.

Customers in a reassessment year are typically not required to visit an Autopac agent or Service Centre unless they need to make changes to their policy. As such, Manitobans are able to pay for their services online at mpi.mb.ca and MPI encourages them to do so at this time.

A customer with a Renewal Notice saying they are required to visit in person and/or need to have a photo taken for their driver's licence), should call an Autopac agent to discuss their options.

Changes to in-person payments for salvage purchases

Effective Tuesday, Jan. 4, 2022, MPI's Salvage Department will no longer accept in-person payments or transactions for auction sales due to the ongoing public health concerns with COVID-19. Customers will not be permitted to enter the Salvage Auction Hall – Building B at 1981 Plessis Road, as it will remain closed to the public.

Customers are encouraged to complete payment for their purchases through available online options, including INTERAC Online or electron-

ic fund transfers.

As a temporary payment option, customers from Manitoba purchasing items will be able to complete credit card payments (VISA or MasterCard) by phone at 204-985-7844. The credit card must be in the buyer's name (company or individual). Please note: Significant wait times for this option are anticipated.

More information is available on our dedicated COVID-19 information page under Salvage.

MPI has recently cancelled some services due to these operational issues, including road tests, at certain locations. Customers with cancelled appointments have been contacted and will have the opportunity to reschedule when services are available.

Also impacted is estimating of non-drivable collision claims. Affected customers are advised not to attend the Physical Damage Centre, but contact their adjuster regarding the status of their vehicle. Due to towing capacity issues, there may also be towing delays for drivable vehicles being towed from a residence to MPI's compound.

> ALZHEIMER'S AWARENESS, FROM PG. 15

who you are as a person ... some people do go, 'It's the elephant in the room and I'm just going to call it out. This is what I've got.' And many times those people feel better about it."

Leaning on others going through the same thing can be incredibly valuable. To that end, the society has support groups for patients and caregivers. They've been meeting mainly online since the pandemic began, but Fehr hopes in-person gatherings will be possible again soon. The online groups offer several different days of the week and both day and evening hours, making it easy to find a time that suits.

"You can jump on anytime with any group," Fehr says, stressing how helpful it can be to simply talk with others navigating the same challenges and pitfalls. "They share stories and really build their own little support within that group. It's so intriguing to see those relationships build ... for them to realize they are not alone in what they're experiencing."

As Alzheimer's Awareness Month continues, Fehr wants to let people know "that we are here to support you. We are here to educate you. You don't have to do this alone."

And as devastating a diagnosis as dementia can be, there is still hope.

"They definitely can still lead fulfilling lives," says Fehr, adding that having a strong support group plays a big role in that—another reason why acceptance is so important, as is asking for help when you need it, be it as an individual living with the disease or a caregiver.

Caregivers especially need to make sure they're making time to tend to their own mental health needs, Fehr says.

"I'd like to tell them they're on a journey. Things will be different. They need to take every day as it comes—there will be good days and there will be bad days," she says, acknowledging that's easy for someone outside the situation to say, but the reality of living it can be very difficult. "Reach out to others who are struggling with the same thing you are. Vent to somebody who understands. They can call me. I don't have to say a word; I can just listen. People do that and they do feel better. We do feel better after we've shared and we've put things into perspective."

And while the pandemic has certainly made it more difficult than ever for couples living with Alzheimer's to take time away from one another, it's still important to try, Fehr says. Talk a walk. Step away to journal your feel-

ings. Grab a cup of coffee.

"It's not selfish to do self-care—it's necessary.

"Accept help," she continues. "And don't wait until you absolutely need it. Find out about the resources that we have in our community and get the help. Don't just say, 'Well, we're still managing now.' No—we don't want two sick people. We want you to stay healthy too."

Some of the resources available locally include home care, respite care, counselling services, and Meals on Wheels programs, to name a few.

If you're not sure what kind of help

you could use or what's available in your community, don't hesitate to reach out to Fehr. She's more than happy to point people in the right direction.

"I'll help them as best I can," Fehr says.

The regional Alzheimer Society office is located in the Buhler Active Living Centre in downtown Winkler. Fehr can also be reached via email to alzsc@alzheimer.mb.ca or phone at 204-325-5634.

Bowling champs 1973

The Carman girls won the Manitoba/North West Ontario and the Canadian High School bowling Championships in 1973. Front row, left to right: Coach Mary Ann Owens, Fern Kerr, Cydie Lynne McKay; back row, Gerry Johnston, Theresa O'Brien and Sherri-Lee McKay.



STANDARD PHOTO SUBMITTED

PVLIP launches Pembina Valley Service Map

By Ashleigh Viveiros

The Pembina Valley Local Immigration Partnership has created a new digital resource to help newcomers to the region more easily find all the services available to them.

The Pembina Valley Service Map went live on PVLIP's web page (pvlip.ca) just before Christmas, with staff spending the past few weeks fine-tuning it ahead of the official launch this month.

The map features "pin drops" that direct users to a variety of resources: childcare, social activities, education, employment, health centres, and volunteer opportunities, to name just a few.

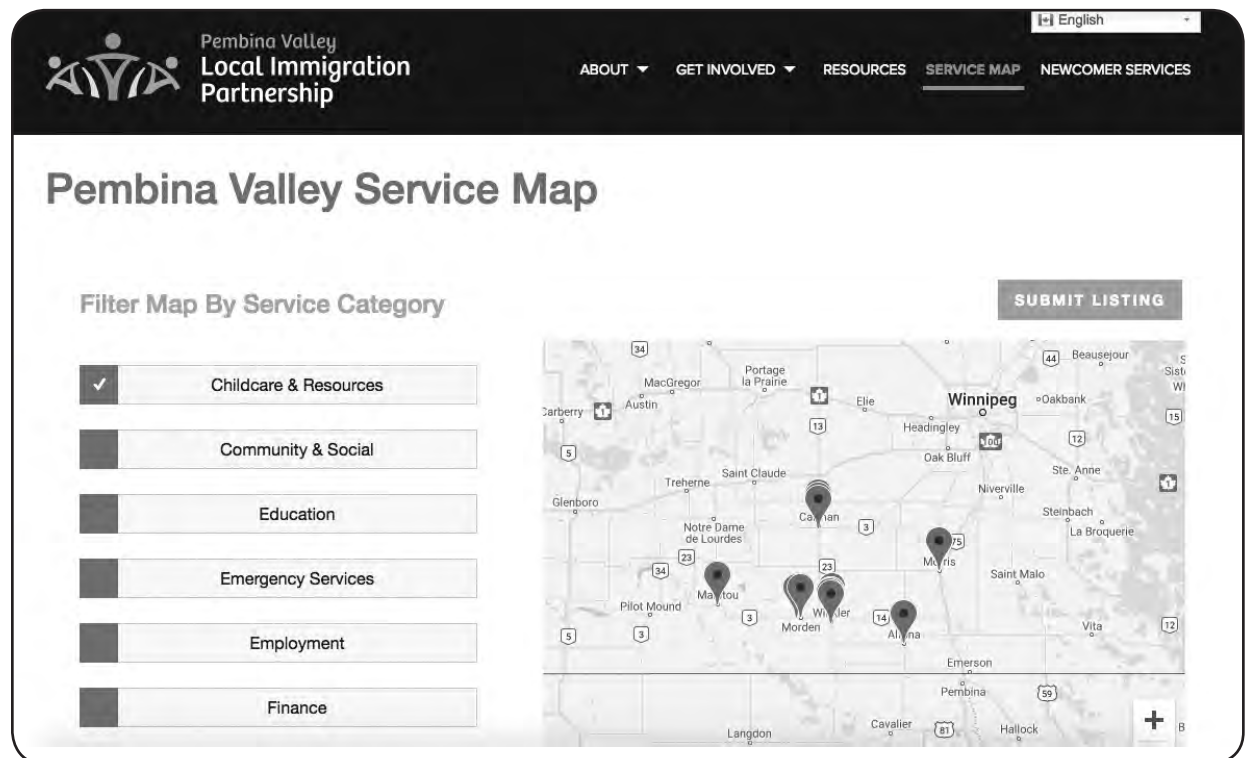
All told, there are hundreds of "pins" on the map, all clearly accessible under a dozen service category headings.

"This has been a big dream of mine ever since I started this program," said PVLIP coordinator Elaine Burton Saindon, explaining such a resource is a part of the mandate of local immigration partnerships across the country.

While similar guides exist for specific communities in the area, this service map spans the entire Pembina Valley and is much less text-based.

With the pin drops, "it's visually easier to identify locations than it is to do a lot of reading," Burton Saindon explained. "For most of our listings you could do a Google search and it's all there in written words, but it's hard for some newcomers with language barriers to navigate that sort of access to information."

"So the intention of this is to provide a visual map with the pin drops so they can generally get a sense of, oh yeah, this is available in my town. Or, I live half an hour away but I know I can go there or there and get this item or find that service or resource."



WWW.PVLIP.CA

The service map also has options to add listings for missing services or sites or let PVLIP know if there are any errors in existing listings.

"We're just a very small staff, so we're hoping we have the support of the community to know it's not perfect and that we're also focusing on the main services," Burton Saindon said, explaining why some locations might not be on the map—

major stores, for example, which are easily findable in other ways. "But we will look for those things that are most essential for a newcomer arriving in the area."

"We're certainly hoping that as people maybe view it they'll use the 'submit listing' button as needed so we can get everything in one location."

Ice Time™ app keeps anglers safe from space

By Iris Dyck

Every time Trevor Kristjanson steps onto the ice, he knows it comes with a risk.

"The beginning of winter and end of winter certainly feel a little treacherous," the fifth-generation commercial fisherman said. "You always have to kind of keep your wits about you when you're on the ice."

Kristjanson's family has been fishing out of Gimli for the past 130 years. He has a good feel for the ice – he can tell when it's been cold enough for Lake Winnipeg to freeze over, and he knows what weak spots and cracks look like.

Still, it's impossible to know for sure if he's heading into danger.

"The main thing that freaks people out, and should, is going through the ice," he said.

On Nov. 1, NextGen Environmental Research Inc. (NGE) released their app Ice Time™ to help decrease that risk. The app gives up-to-date ice conditions for lakes in Manitoba, Ontario, and Minnesota. Subscribers can see

satellite maps marked to show ice thickness, condition, and hazards on their smartphone or computer.

It's a project NGE founder and president Dr. Paul Cooley has been working on for over a decade. An avid angler with a long career in environmental research, Cooley knew it was possible to track lake ice with satellite data. He just didn't know how to efficiently get the information to people who needed it.

"The science was there, but technology and making it available to people was not," he said.

Cooley sat on his idea for years before putting in a proposal to the Canadian Space Agency (CSA) in 2017. Cooley wanted to do a study to test the accuracy of radar satellite images of lake ice.

"They came back and said, 'We really like this.' And you know what? Within five months it was funded," he said.

Cooley and his colleagues at NGE spent two winters studying the ice in the south basin of Lake Winnipeg.

Continued on page 18



STANDARD PHOTOS BY DR. PAUL COOLEY

NextGen Environmental Research Inc. studied lake ice on Lake Winnipeg for two years before developing the IceTime™ app.



Dr. Paul Cooley launches a drone to study the ice on Lake Winnipeg. Images from the drone were checked against satellite data to determine ice conditions.

> ICETIME APP, FROM PG. 17

They flew drones to survey the ice and compared the images to radar satellite data taken at the same time. They found they could get very accurate and detailed information about the ice from the satellites.

"What this tool allows us to do is see the bird's eye view, what's going on with the ice," said Cooley.

Radar satellites circle and map the earth regularly and can take images regardless of snow or cloud cover. The satellites send out a wave, much like how a sonar system in a boat sends out a "ping", and then maps the area based on how and when the wave returns.

"These are really reliable satellites that give you all-weather data for what we're doing, day or night, rain or shine," said Cooley.

Ice Time™ uses data from Canadian and international satellites to update its maps as often as possible. Re-

cently, Ice Time™ got data from satellite to app in just 19 hours – a new record.

"We're really proud of what we've done in a really short time," he said.

Cooley felt there was a lack of information around how to travel safely on lake ice. He hopes the Ice Time™ app fills that gap and can help people become more aware of ice safety.

"You can actually see open water in the off-shore zone of the lake from the comfort of home without even having to go out and test it," he said, "and that's how I think Ice

Time™ will save the most lives."

Ice Time™ hopes to expand their service to more lakes soon. The app's website has an option for users to vote on which area to serve next.

More information about Ice Time™ can be found at icetime.app.

**"ICE TIME™
USES DATA
FROM
CANADIAN AND
INTERNATIONAL
SATELLITES TO
UPDATE ITS
MAPS AS OFTEN
AS POSSIBLE."**

Flashback: Carman Beavers - Champs in 1976- 1977

By Dennis Young

Coach Marsh Kennedy is not over-optimistic until the last whistle of the season blows, but he admitted to being pleasantly pleased with what he saw at camp Nov. 1. Any intermediate team envied the strength at centre in Manitoba with skaters like Bob Leslie, Bruce North and Ed Tkachyk. They finished 1-2-3 in the team's scoring at season's end to boot.

Carman ran a streak of seven wins before the Bombers, led by Mike Mutcherson, took four points from the Beavers 6-2 and 8-6 and slid past them into first place. Goalie Ben Harper was injured, and after both Harry McKnight and Ron Lagace filled in, Bob Rodgers in Winkler was convinced to sign with the Beavers for the last 11 games.

As of February, Morden sat on top (18-3-1) followed by the Beavers (17-6); Altona (8-14-2); Pilot Mound (8-14) and Winkler (4-18-1). As a team, Carman was the most penalized, averaging 23 minutes per game, the largest share being awarded to newcomer Don Revel. Bruce North climbed to fourth in the scoring race, racking up 21 goals and 20 assists in 21 games. Further down in the seventh spot was Ed Tkachyk, who had 29 points in his 19 contests.

Carman was currently on a losing streak and playing four games in four

nights being involved in two playoff series (MAHA and SEMHL). Their problems did not end on the ice, as it was another poor year financially for the club. They really could not afford to be knocked out of either series if they hoped to make ends meet at the end of the season.

In the fourth contest, Carman took Altona by advancing with a 6-3 victory. In seven games, Pilot Mound upset the predicted champion Bombers, and now these two teams met in playoffs for the first time in history. Pilot Mound proved they belonged in the finals keeping the scores close in what developed into a home ice affair.

The Beavers ended that back and forth battle by winning the Manitoba Pool Elevator Trophy 5-2 in Pilot Mound.

"One point of play where Carman had the edge," said Coach Marsh Kennedy, "was in the net. And another thing about our team was that we always had one good line. The excellent balance of the three lines simply meant that the law of averages, at least one of them would have a good night on any given occasion."

The Beavers also had good success in the provincials, winning three series against Stonewall, Virden and St. Boniface. Carman was up against Deloraine in the finals. They had previously beaten the Royals in a Souris



STANDARD PHOTO SUBMITTED

The Carman Beavers defeated Pilot Mound to win the SEMHL championship in 1976-77. Pictured back row, left to right: Marsh Kennedy, Neil Strachan, Ed Tkachyk, Warren Johnston, Bob Miller, Don Revel, Bruce North, Garth Loeppky, Bill Whitehead, Randy Neufled, Pat Owen, Don Butler, Murray Skeavington; front row, Bob Leslie, Doug Orchard, Glen Miller, Bob Rodgers, Brian Hodgson, Glen McIntosh and Chic McIvor.

tourney but lost three straight in these Provincial B's.

At the windup, President Jim Hodgson said the players had a lot of "sores" over the season, but in general were jovial on the ice and in the dressing room. Plaques and pictures were presented to each by coaches Kennedy and Don Butler. Captain Brian Hodgson then offered his thanks and mementos to the coaches, executive

and trainers Chic McIvor and Murray Skeavington. M.C. Chip Hand closed off the evening and a dance followed.

Awards went to Percy Bell Memorial (Top Scorer) - Bruce North; Rookie of the Year - Warren Johnston; Most Improved Player - Doug Orchard; Best Defenceman - Bill Whitehead; MVP - Bruce North; John Vopni Memorial (League Gentlemanly and Ability) - Bruce North.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Winning weekend for Winkler Flyers against the Kings

By Ashleigh Viveiros

The Winkler Flyers came out on the winning side of two hard-fought games against the Dauphin Kings last weekend.

Taking to the ice for the first time since the holiday break, Winkler's offensive lines wasted no time in taking a 3-0 lead in the game's first 10 minutes. Justin Svenson, Daniel Isaak, and Ryan Monias did the honours while Dylan Meilun let just one goal slip past him in net out of 11 shots from the Kings.

Dauphin tried to close the gap in the second, but Trent Penner restored Winkler's two-goal lead with his first of the night and then Monias scored

his second to make it 5-2 heading into the final frame.

Two more goals from the Kings drew them dangerously close to tying once more, but their efforts came to no avail and yanking their goalie at the end of the period only gave Winkler's Jackson Arpin the chance to drive home the final nail with an empty-net goal. Winkler got the win 6-4.

Overall, the two teams were fairly evenly matched in shots on net—Winkler had 23 while Dauphin sent 27 Meilun's way.

There were fewer goals but no less excitement two nights later in Winkler.

Up 1-0 after 20 minutes thanks to

a goal from Jayden McCarthy in the opening period, Winkler found themselves on the other side of things in the second as the Kings scored three to their one (courtesy of Justin Svenson) to take a 3-2 lead at the second intermission.

Almost all of the final period went by before either team found the back of the net again; Winkler's Gavin Waltz scored the tying goal with less than four minutes to go to force overtime.

There, McCarthy scored his second of the night two minutes in to give the win to Winkler 4-3.

Meilun was back in net once again for the Flyers, making 32 saves off 35 shots. His teammates fired 36 the oth-

er way.

The wins moved the Flyers up out of third place and into second in the MJHL East Division standings. Their 19-11-1-1 record is good for 40 points—two up on the Winnipeg Blues in third and nine behind the Steinbach Pistons in first place.

This weekend the Flyers face the Waywayseecappo Wolverines, hosting them Friday night before heading up north for a rematch on Sunday.

After that, Winkler closes out January with a series of games against the Winnipeg Freeze. Home games are scheduled for Jan. 19 and Jan. 28.

Hawks put a halt to three game losing streak

By Lorne Stelmach

The male U18 Pembina Valley Hawks halted a three game losing streak with a successful road trip to Thompson this past weekend.

The Hawks rebounded from an 8-6 loss to the Winnipeg Thrashers earlier in the week by taking down Norman 5-4 Saturday and 4-3 Sunday.

Four unanswered second period goals were the difference for the Thrashers last Wednesday as they erased what had been a 3-2 Hawks lead after 20 minutes of play. Win-

nipeg also connected for three powerplay goals while giving up one to Pembina Valley.

Carter Campbell had a pair of goals for the Hawks with other markers from Marek Miller, Logan Fillion, Keston Worley, and Carter Sotheran, who had a three point night. Shots on goal were 35-26 for the Hawks. Bryson Yaschyshyn took the loss in net with 18 saves.

Sotheran scored the winning goal 3:28 into overtime Saturday to give the Hawks the win in game one with

Norman, while Raiden LeGall made 39 saves with the Northstars holding a 43-32 edge in shots. Liam Goertzen and Griffin Ayotte both scored a pair of goals for the Hawks.

Game two was even at two apiece until the Hawks scored a pair of unanswered goals in the second period. Worley, Sotheran, Fillion and Goertzen scored for Pembina Valley, while Yaschyshyn made 24 saves as the Hawks held a 34-27 edge in shots on goal.

The Hawks are in eighth place at

12-16-2 for 26 points, which left them even with the Winnipeg Bruins and three behind Yellowhead.

Pembina Valley now has a week off as a result of tightened public health restrictions in Ontario forcing the cancellation of the scheduled doubleheader in Kenora with the Thistles.

They return to action with a doubleheader against Parkland next weekend (Jan. 22-23) in Morden.

Avros double up on female Hawks

By Lorne Stelmach

It may have ended with a loss, but the female U18 Pembina Valley Hawks battled hard against the best team in the Manitoba U18 female hockey league.

The Hawks were edged 4-2 Friday by the Winnipeg Avros on home ice in Morden, and they then ended the weekend on a high note with a 3-0 shutout of the Eastman Selects Saturday in Niverville.

The Avros held a slim 2-1 lead after 40 minutes and then connected twice in the third period to earn the win over the Hawks, who were outshot 31-24 with Tria Enns making

27 saves. Caitlin Anderson and Abbey Bourdeaud'hui scored for the Hawks.

Kaylee Franz then got the 29 save shutout Saturday against Eastman while the Hawks fired 40 shots on the Selects' goal. Scoring for Pembina Valley were Jessica Anderson, Anika Braun and Gracie Carels.

Pembina Valley remains locked in fifth place at 9-10-0 for 18 points, which left them six back of the Winnipeg Ice and seven ahead of Eastman and Central Plains.

The Hawks have only one game this week as

Return to School Sport Plan for 2021-22 season

Staff

The Manitoba High School Athletic Association updated its Return to Play documents tied to the ongoing Coronavirus Pandemic that will impact school sports in January.

The following statement was released last Friday:

There are many factors that school divisions, or independent school administrations, must navigate during this most recent Public Health order regarding remote learning. In the midst of the current state of affairs, the MHSAA will continue to support school sport through athletic and educational opportunities.

The guidance the MHSAA has received from Public Health and Manitoba Education is that current public

health orders allow for extra-curricular school sport activities such as practices and exhibition/league games as an option. With this in mind, and to remain in line with the MHSAA's Return to School Sport Plan, it is the perspective of MHSAA that school divisions, or independent school administrations, determine how they wish to proceed in terms of participation in school sport for the week of Jan. 10-14.

As a reminder, public health orders currently prohibit tournaments. Current public health orders expired this past Tuesday and the MHSAA will send out additional guidance once new Public Health Orders have been released.

Beavers split pair of SEMHL games last week

Staff

The Carman Beavers' game against the Warren Mercs was cancelled on Saturday.

It was not known at press time if, or when, the game will be rescheduled.

Last Thursday, Carman was edged 3-2 in overtime by the Bombers in Morden.

Tyler Peers scored the game winner in OT.

Carman's Jesse Livingston and Morden's Steve Mullin traded first-period

goals.

Darren Bestland gave Carman a 2-1 lead with a power-play goal at 3:06 of the second period. But the Bombers' Mike Rey tied the score about 10 minutes later with a power-play marker.

Beavers' goaltender Steve Christie made 55 saves in the losing cause.

On Jan. 4, the Beavers blanked the Royals 3-0 in Winkler.

Brett Takvam gave Carman a 1-0 lead just 3:49 into the game and then Quade Froese tallied midway in the

Twisters drop two on the road

By Lorne Stelmach

The Pembina Valley Twisters couldn't quite match up on the road last week against the two teams ahead of them in the MMJHL standings.

A 6-1 loss Tuesday to second place Transcona was followed by a 5-2 defeat by first place St. James Friday. The week was salvaged Sunday, though, as the third place Twisters humbled Stonewall 8-1 on home ice in Morris.

Penalties proved costly to Pembina Valley in Transcona as the Railer Express fired three powerplay goals on their way to victory, with Jacob Carels scoring the lone goal for the Twisters in the third period.

Transcona grabbed period leads of 3-0 and 4-0 as they rolled to the win with a 46-30 edge in shots on goal. Logan Enns started in net for the Twisters and stopped 20 of 23 first period shots before giving way to Martin Gagnon, who also stopped

20 of 23 the rest of the way.

Pembina Valley trailed St. James 4-0 in the second period before Carels and TJ Matuszewski finally got them on the board, and penalties were again costly with the Canucks connecting on two powerplays.

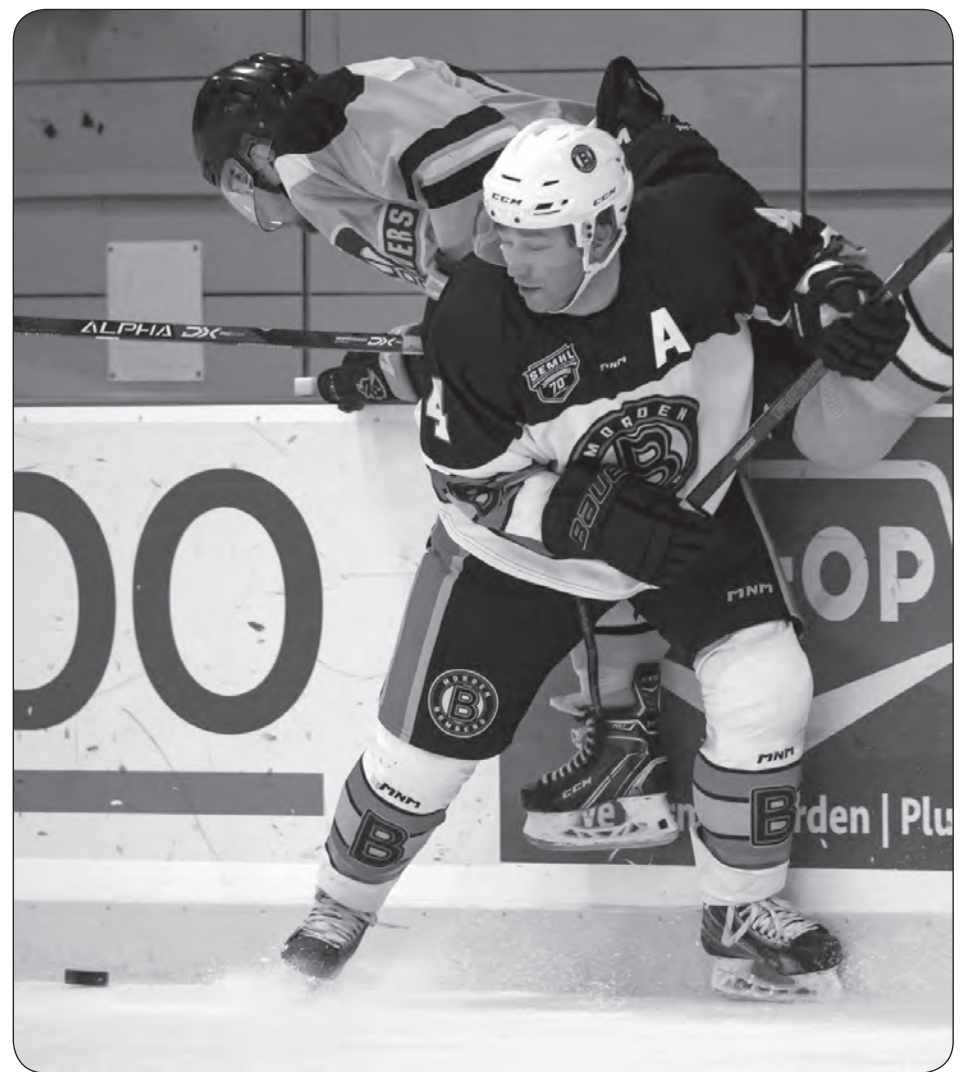
Gagnon made 37 saves for the Twisters, who were outshot 42-26.

Pembina Valley took period leads of 3-0 and 4-1 as they rolled to victory over Stonewall while outshooting the Jets 54-16 with Gagnon getting the win on only 15 saves.

Matuszewski and Cody Clark both had a pair while other goals came in courtesy of Riley Goertzen, Travis Penner, Curtis Rebeck and Merek Degraeve.

The Twisters remain locked in third place at 17-6-3 for 37 points, which has them trailing St. James at 49 and Transcona at 48 points while St. Vital is close behind at 33 points.

Pembina Valley visits Charleswood Friday then hosts Transcona Sunday.



STANDARD PHOTOS BY RICK HIEBERT

In what proved to be a very physical game, Morden's Steve Mullin upends Carman's Thomas Lenchyshyn along the boards. The Bombers got the win in overtime 3-2.

second.

Bestland added a shorthanded goal 42 seconds into the third period. He finished the game with two points.

Christie made 20 saves for the shut-out. Carman, now 7-2-1-1 and with 16 points, will host the Altona Maroons this Thursday at 7:30 p.m.

Remote learning postpones Zone IV Hockey for at least one week

By Becca Myskiw

The Zone IV High School Hockey League postponed all games from the beginning of January until Jan. 16 due to remote learning and COVID-19.

School divisions across the province were sent back into remote learning on Jan. 10 and will be doing so until at least Friday, Jan. 17.

The Carman Cougars played their last game on Dec. 22,

which they won 5-1 against GVSD Hockey. The Cougars were scheduled to play Jan. 12, 14, and 16, but all games were postponed without a rescheduled date.

The Cougars are scheduled to play the WC Miller Aces on Jan. 17 at home, but that's dependent on whether remote learning is extended or not.

Zone IV High School Hockey League president Mandy Friesen said they sent out a statement putting the league on hold after talking with all participating school divisions. All but one said they weren't allowed to play during the remote learning, so it was easy to postpone the entire league rather than schedule games between a few teams.

"It's up to the divisions to allow play after this week," she said.

Friesen said depending on how long the hold lasts will depend on the league's next steps. It might be as simple as rescheduling games, or it might require extending regular season play be-

fore playoffs. A week of postponed games, she said, is manageable.

Cougars head coach Jeff Park said he's hoping the remote learning only lasts for the designated week because extracurricular sports seem to depend on it.

"We've had a couple [games] postponed already due to weather, the merger of the Winkler teams," he said. "There'll be lots of work needed behind the scenes to get all of them rescheduled."

By playoffs, every team needs to have played the same number of games against the same number of teams, so if the season is put on hold much longer, he expects regular season will be extended.

Whatever happens, Park is just hoping the season doesn't get cancelled.

"Some of these kids have lost not one entire season, but almost one and a half seasons," he said. "This year must be completed. Enough is enough."

THE S.E.M.H.L. SCHEDULE
CARMAN BEAVERS VS
ALTONA MAROONS
THURSDAY, JAN 13
7:30 P.M.



Check our Website/Facebook to confirm this game!



get inspired

> MEAL IDEAS



Turkey-Potato Wrap

light sour cream (optional)
Place potatoes in microwave-safe bowl; sprinkle with water. Cover, venting one corner. Microwave on high 5-8 minutes until potatoes are tender.

In large nonstick skillet over medium-high heat, heat oil. Add and break up turkey; cook 5 minutes, tossing occasionally. Mix in carrot; cook 2 minutes. Add potatoes and onions; toss and cook 2 minutes. Reduce heat to medium; mix in tomato sauce, cheese and Italian seasoning.

Cook, stirring occasionally, 4-5 minutes until mixture is hot and most sauce is absorbed. Season with salt and pepper, to taste. On work surface, lay out tortillas. Place 3/4 cup hot turkey mixture on each; fold and roll for burritos.

Cut in halves. Serve each with sour cream, if desired.

Recipe courtesy of Wisconsin Potatoes
3/4 pound Wisconsin russet potatoes, cut into 1/2-inch pieces
1 tablespoon water
1 tablespoon canola oil
3/4 pound ground lean turkey
1 large carrot, shredded
1/3 cup sliced green onions with tops
1 can (8 ounces) tomato sauce
2/3 cup shredded cheddar cheese
1 teaspoon dried Italian seasoning or basil
salt, to taste
pepper, to taste
4 large whole-wheat or high-fiber tortillas



No-Bake Sweetpotato Coconut Ginger Energy Bites

1/2 cup unsweetened shredded coconut

In large bowl, combine sweetpotato, oats, peanut butter, honey, ginger and cinnamon; stir until well combined.

Refrigerate bowl about 20 minutes to firm.

Line baking sheet with parchment paper.

Remove dough and portion into snack-sized bites. Gently roll bites in shredded coconut and refrigerate 15-20 minutes or freeze 10 minutes.

Remove from refrigerator or freezer and serve.

Recipe courtesy of Sarah Schlichter, MPH, RDN, on behalf of the North Carolina SweetPotato Commission
Total time: 45 minutes
Yield: 14 bites (1 bite per serving)
1 cup cooked sweetpotato
3/4 cup rolled oats
1/2 cup peanut butter (or desired nut butter)
3 tablespoons honey
1/2 teaspoon ground ginger
1/2 teaspoon cinnamon



Alaskan Salmon Burgers with Peppered Bacon

4 cheddar cheese slices
4 seeded burger buns, split and toasted
4 cups arugula
6 strips peppered bacon, cooked
12 bread-and-butter pickles, drained
In small bowl, combine mayonnaise, lemon juice and lemon zest. Season with salt and pepper. Set aside.

Cook salmon burgers according to package directions. When almost cooked through, top each with slice of cheese, cover and cook until melted.

Spread cut sides of buns with mayonnaise and top bottom buns with arugula. Cover with salmon burgers, bacon, pickles and top buns.

Prep time: 13 minutes
Servings: 4
1/2 cup mayonnaise
1 1/2 tablespoons lemon juice
1/2 teaspoon lemon zest
salt
pepper
1 box (11.2 ounces) Trident Seafoods Alaska Salmon Burgers

Boost your energy with a walk (better than coffee!)

By Fitness & Nutrition Expert Julie Germaine Coram

Grabbing a java is the priority for many people first thing in the morning. But, if you're being honest, you may drink a whole pot to yourself by the time the workday wraps.

But did you know that reaching for your runners before breakfast can be a more effective way to wake up (and make you feel better) than drinking a cup of coffee?

Trusted experts state that exercise triggers changes in your brain's neurotransmitters, including dopamine, serotonin, histamine, and norepinephrine. Just walking alone improves blood circulation throughout the body and helps oxygen and nutrients reach your brain and muscles.

Summary: Exercise makes you more alert!

#1 Better total health

A walk inside or outside not only makes you more present and effective at work, it's also an effective way to ensure your weight stays within a healthy range (and will enable you to burn calories to reduce stored body fat). A consistent exercise routine, including walking or cycling, will elevate your mood, benefit cardiovascular health, and positively affect memory function.

2. It changes your environment

Enjoy a refreshing change of scenery and create a mental 'reset' by moving out of your workspace. Even 10 short minutes makes a big difference.

3. Your sleep improves

Caffeine is proven to contribute to sleeplessness, leading you to be exhausted and less productive the next day.

Instead, going for a walk will help you sleep better at night. If you can bundle up and enjoy the sunshine outside in Manitoba's cold January, you can also get fresh air, vitamin D, and regulate your circadian rhythm



Health and Wellness Fitness expert

Julie Germaine Coram

(very important factor in sleep quality).

4. Zero negative side effects

What a bonus! A short walk is nothing but healthy and natural! Compared to caffeine, which can cause jitters, nausea, irritability, and more yucky side-effects.

5. Calorie-free!

Not too many people opt for black coffee, so you add unnecessary sugars to your diet when you choose coffee over exercise. On the other hand, walking daily will truly help you support healthy weight levels.

Would you like to lose two inches from your waistline in the next 30 Days? Join my VIP Fat Loss Challenge! Secure your spot asap - limited space available. Visit: www.calendly.com/juliegermaine or email info@juliegermaine.com

Coach Julie Germaine Coram is a Manitoba-born fit mom, 2x International Pro Fitness Champion, Miss Fitness Manitoba, Certified Nutrition & Renowned Fitness Expert. She has helped thousands of men and women improve their health since 2005.



Loaded Smoked Salmon Rice Bowl

Prep time: 4 minutes

Cook time: 1 minute

Servings: 1

1 cup Minute Ready to Serve Brown Rice

2 ounces smoked salmon

1/2 cup julienned cucumber

1 teaspoon soy sauce

1 tablespoon everything

bagel seasoning mix

Heat rice according to package directions.

Top rice with smoked salmon and cucumbers. Drizzle with soy sauce and sprinkle with seasoning mix.

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MISCELLANEOUS

God gives us something to do on His day. He calls us to worship, to prayer and times of meditation in private, in the family, and in public. If we are to have proper views of the Lord's Day, we need to recognize that it is not merely what we think is right for that day. Malcolm MacInnes (1825-1903). Please support us in the cause to preserve the Christian Sabbath Day. www.clda.ca

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? Having a winter or Christmas event? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

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LAND FOR RENT/PASTURES

AGRICULTURAL CROWN LANDS are presently available for rent for hay or grazing or cropping. These lands will be available for rent through an online auction. These lands are situated in the Rural Municipalities (RM) s of: ALEXANDER, ALONSA, ARMSTRONG, BIFROST-RIVERTON, CRANE RIVER-NORTHERN AFFAIRS ACT, CITY OF WINNIPEG, COLDWELL, DELORAINWINCHESTER, ETHELBERT, FISHER, GLENBORO-SOUTH CYPRESS, GLENELLA-LANSLOWNE, GRAHAMDALE, HARWILL-NORTHERN AFFAIRS ACT, HOMEBROOK - PEONAN POINT-NORTHERN AFFAIRS ACT, INDIGENOUS RECONCILIATION & NORTHERN RELATIONS, KELSEY, KILLARNEY - TURTLE MOUNTAIN, LAC DU BONNET, LAKESHORE, MONTCALM, MORRIS, MOSSEY RIVER, MOUNTAIN, NATIONAL MILLSNORTHERN AFFAIRS ACT, NORTH NORFOLK, PINEY, PORTAGE LA PRAIRIE, PRAIRIE VIEW, REYNOLDS, RIDING MOUNTAIN WEST, RIVERDALE, ROBLIN, ROSEDALE, ST. ANDREWS, ST. LAURENT, STE. ANNE, SIFTON, SPRINGFIELD, STUARTBURN, TACHE, TWO BORDERS, VICTORIA, WATERHEN-NORTHERN AFFAIRS ACT, WEST INTERLAKE, WESTLAKE-GLADSTONE & WOODLANDS. A complete listing of Agricultural Crown Lands available for rent can be found online at: http://resd.ca/leases_and_permits/LPproperties.aspx. The online auction will take place from January 31 - February 4, 2022, hosted by Garton's Auction Service: <https://gartonsauction.com>. For additional information, please contact your nearest Manitoba Agriculture and Resource Development (ARD) Agricultural Crown Lands District Office (or via email at agcrownlands@gov.mb.ca) or call Real Estate Services Branch at 1-866-210-9589. A listing of ARD Agricultural Crown Lands District Offices can be found online at: <https://www.gov.mb.ca/agriculture/land-management/crownland/agricultural-crown-lands-district-offices.htm>

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-Olive Foote

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OBITUARY

Ron Lowry
Carman, Manitoba formerly Altamont, Manitoba
October 4, 1932 - December 28, 2021

Survived by wife of 25 years, Donna Godard; children Barbara (Russ), Gary (Janice), Ross (Geri), Allan (Mary-Lou); nine grandchildren; 19 great-grandchildren; one great-great-grandchild; step children Brenda, Patti (Brian), Pam (Eric) and their extended families.

Predeceased by first wife of 42 years, Marjorie; brother Bruce and parents Gordon and Katie.
Funeral service and burial to be held at a later date.

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

Your memory will live forever Engraved within our hearts

OBITUARY

Marie Beyers

It is with great sadness and heavy hearts that we announce the passing of Marie Beyers (Davidson) on December 18, 2021, peacefully with family by her side.

She will be lovingly remembered and sadly missed by her three sons Grant, Doug (Kelley), Ken (Darlene) and their families.

She was a loving, caring and devoted wife, mother, grandmother and great-grandmother. She had a smile as big as her heart and would give of herself to support and provide whatever her boys needed. She was the backbone of our family and was there for all of us no matter what. She was the same with her husband Cliff as well, especially in his later years. Marie would say "Family has been their greatest joy". Marie's husband Cliff sadly passed away June of 2012 in Carman MB. after 59 years of marriage.

Special thanks to all the staff at Vista Park Lodge for their kind, compassionate and loving care. They became Mom's and our extended family for the two years that she resided there. Thanks to Craig Johnston of Doyle's Funeral Home for his compassion and services.

A small family celebration of Marie's life will be held at a later date.

In lieu of flowers, if you wish, donations can be made to the Alzheimer's Society of Manitoba, Manitoba CancerCare or a charity of your choice.

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take a break > GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

T	X	E	N	S	I	S	E	E	I
N	I	S	O	E	I	T	V	O	H
E	N	V	H	I	E	I	T	V	O
H	O	E	C	O	S	S	I	N	T
O	N	I	O	I	O	I	O	I	O
O	V	B	T	I	O	I	O	I	O
E	N	B	O	I	O	I	O	I	O
A	V	V	O	A	H	B	V	H	
E	T	B	V	V	I	E	O	S	N
K	V	I	O	I	O	B	O	I	
O	I	N	V	O	O	O	E	H	O
O	I	B	S	O	O		S	K	V

Crossword Answer

CLUES ACROSS

- Requests
- Calendar month
- Invests in little enterprises
- Bird sound
- American plant cultivated for tubers
- Car
- Bullfighter
- Hill (Celtic)
- Strong criticism
- Detector
- When you hope to get there
- Having the skill to do something
- Legendary MLB broadcaster
- Vulcanite
- C. Asian mountain range
- In a way, healed
- Midway between east and southeast
- Small appendages of insects
- Greene, "Bonanza" actor
- A place to bathe
- Postal worker accessory
- Classical music
- A way of wrecking
- Terminator
- You eat three a day
- Pointed end of a pen
- NATO official (abbr.)
- Genus of clams
- Boxing's "G.O.A.T."
- A colorless, odorless gas used as fuel
- Covered thinly with gold paint
- Bachelor of Laws
- Red fluorescent dye
- Engineering group
- Female sibling
- Adjacent

CLUES DOWN

- What a thespian does

CROSSWORD

1	2	3	4		5	6	7		8	9	10	11
12				13		14				15		
16				17		18				19		
20						21				22		
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31						32						
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				39	40	41		42	43			
			44	45				46				
47								48				
49					50				51	52	53	54
56					57				58			
59					60					61		
62					63					64		

- Footwear
- Adjust spacing between
- Witnesses
- Who shows excessive fondness
- Distinct form of a plant
- National capital
- Hunting expedition
- Related to medulla oblongata
- European country
- Cola
- Excluded from use or mention
- Speak
- Bloodshot
- Make better
- Keyboard key
- Type of degree
- Paddle
- Peacock network
- Not young
- Baseball stat
- One's grandmother
- Breakfast food
- Bathroom features
- Disease-causing bacterium
- NY ballplayer
- Got up
- Prophet
- Part of the mouth
- Unnatural
- Acronym for brain science study
- Three are famous
- Languages spoken in Patagonia
- Freedom from difficulty
- Widely used OS
- Many people pay it

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Alzheimer's Awareness Month 2022

Living with Alzheimer's disease or another form of dementia is unique to every individual and their families. What can you do?

Communication

Respectful, sensitive communication is the key. Be supportive and use things that are familiar to the person to create a reassuring environment. If their perception of reality becomes confused, try to be creative rather than contradictory in your responses.

Behaviour

How dementia affects behaviour varies from person to person, and these symptoms can change over time. Always try to remain calm and reassuring, and never judge or scold. Your local Alzheimer Society can provide information and strategies to help you understand and respond to various behaviours.

Safety

We all have an important role to play in making our communities safe for people with dementia. Having dementia presents challenges, but there are things we can all do to manage the risks and promote safety at home and in the community. Click here to learn more about safety from our National website.

Myths and Realities

Myths and misconceptions about Alzheimer's disease abound – what it is, who gets it, and how it affects the people who have it. These myths stand in the way of understanding the disease and helping those affected.

A diagnosis can be challenging for both the person with dementia and their care partners. You are not alone – the Alzheimer Society is here to help. Here are a few of the services we offer to help families face the challenges ahead:

Supportive Counselling. To access one of our client support staff, call 204-943-6622 in Winnipeg, the Regional Office nearest you or call toll free at 1-800-378-6622. You can also send an email to alzmb@alzheimer.mb.ca. The responding staff member will assist you in a caring, confidential manner.

Online Education Sessions. The journey with dementia poses many challenges. Having an understanding of what you are facing, along with reliable information about the types of help available to you, will make a difference.

Virtual Support Groups. Support groups are there for people who want to inform themselves with current information that will help improve quality of life with the disease. It's a safe environment where you can learn, laugh and help each other through mutual understanding.

Website Information About Dementia and Strategies for Caregivers. The Alzheimer Society of Manitoba's website includes links to a variety of resources, including: topics for further reading; the national Alzheimer Society website; other national and international websites containing dementia-related information.

Care Partner Support: Care partners are encouraged to access support in ways that work for them. To learn more about care partner support and education provided by the Alzheimer Society of Manitoba, check the programs and services page at www.alzheimer.mb.ca/we-can-help/programs-and-services/

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