

VOLUME 5
EDITION 2

The Carman-Dufferin
STANDARD

THURSDAY,
JANUARY 16, 2025

LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY



Winter IS HERE



FULL MECHANIC SHOP & ALL YOUR TIRE NEEDS

HOURS: Mon-Fri 8AM-5:30PM | Saturday 8AM-12 noon

80 Thornhill St, MORDEN
204-822-6127
273 Main St S, CARMAN
204-745-2300



The joy of giving

STANDARD PHOTO BY SUSAN MOONEY

Twenty-four volunteers helped out with the successful annual Carman/Dufferin Christmas Day supper with 224 in attendance on Dec. 25.

SERVING ELM CREEK, ROSEISLE, HOMEWOOD, GRAYSVILLE, MIAMI, ROLAND, STEPHENFIELD, NOTRE DAME, SPERLING



CANADA'S Largest INDOOR FARM SHOW
See You there!

<p>\$15 ADVANCE TICKETS BUY @ AGDAYS.COM/TICKETS</p>	<p>\$20 AT THE DOOR BUY TICKETS AT THE DOOR</p>	
<p>JANUARY 21-23, 2025 - 9AM -5PM DAILY</p>		
<p>  </p>		

Carman's Christmas Day Dinner brings the community together

By Lori Penner

The spirit of Christmas shone brightly as approximately 224 people gathered for the annual Carman/Dufferin Christmas Day Dinner at the Carman Community Hall. Organizer Susan Mooney, along with fellow committee members Ross Bursey, Irene Stevenson, Kenton, and Amy Vanderveen, were thrilled with this year's turnout.

"Yet again, it just went very well," Mooney said. "We had 24 volunteers show up on Christmas Eve, working from 9 a.m. to 11 p.m. setting up tables, preparing vegetables, and carving the turkey. It was a long but very productive day. I'm so grateful for all their help."

Planning and preparing for the meal began well in advance.

"It's a lot of people to feed. I think Ross and Irene worked the longest hours to organize the food. We serve about 150 pounds of potatoes every year, bake eight turkeys, and about four or five hams. Silver Winds in Sperling donated fresh homemade buns for the dinner. It's incredibly special that these individuals give their time, and it's just so amazing how our community responds," Mooney shared.



As always, the cost of the hearty meal was a mere \$5, with additional requests for donations.

"Originally, when we planned the first meal in 2011, it was sponsored by Healthy Communities Carman/Dufferin, and we asked a few other places if they'd be interested in supporting us as well. The RHA was very supportive. We had no idea of the outcome at that time. We sold 106 tickets for the dinner that first year," Mooney recalled.

The event's popularity has steadily



STANDARD PHOTOS SUBMITTED

Volunteers worked from 9 a.m. to 11 p.m. to make sure that 224 guests enjoyed a Christmas feast of ham and turkey with all the fixings. Vanderveens donated poinsettias for all the tables.



grown, and Mooney found it heartwarming to see so many familiar faces gathered on Christmas Day. It brought together people of all ages and backgrounds, creating a warm and welcoming atmosphere where everyone felt at home.

"Sometimes they'd know the people sitting at the table with them, and other times they didn't, but the conversation just kept going. It felt very comfortable and very friendly. This was for everybody and drew quite a variety of people from all around the community and beyond."

The doors opened at 4 p.m., and people streamed in.

"And when the meal was over, no one felt rushed to leave. They sat around chatting and enjoying the desserts, which were provided by different churches in the community and were absolutely awesome," Mooney added.

As the festive event drew to a close, families, including children, lingered and chipped in to help clean up. "That part was so encouraging as well. They're teaching kids to be helpers at an early age," she noted.

The committee is particularly grateful to Handivan driver Ben Peters, who began delivering people as early as 3:30 p.m. and still did pick-ups af-

ter 5 p.m. "He was so busy. We can't thank Handivan enough for donating the vehicle for the day because it allowed people with mobility issues to attend as well," Mooney expressed.

She reiterated that this annual event would not be possible without the community's outpouring of support and the volunteers who help bring it all together. "Without volunteers, this event would cease to exist. It really takes a village. We are so grateful that the Christmas Dinner was another great success," she said.

Mooney and the committee are already excited for next year's dinner, eager to continue the tradition of spreading joy and bringing the community closer together. With the support of dedicated volunteers and generous donors, Mooney says she's sure the Christmas Day Dinner will continue to be a highlight of the holiday season in Carman for years to come.

Animal Control



RM of Dufferin

Monday to Friday 8:30am-4:30pm

204-745-2301

Emergency After Hours
Contact Your Councillor



Town of Carman

Monday to Friday 8:30am-4:30pm

204-745-6994

Emergency After Hours
204-745-8266



carmanmanitoba.ca

Miami Fire & Rescue honoured with prestigious Volunteer Award

By Lori Penner

Miami Fire & Rescue members were thrilled when they recently received the 2024 RM of Thompson Volunteer Award. Deputy Chief Travis Reichert expressed the department's gratitude, stating, "With a staff of almost 30 members between Fire and EMR, unfortunately not everyone was able to make it to the ceremony, but we are all equally grateful for the support we receive from this great community."

The prestigious award was presented to the team in recognition of their dedicated service. Reichert added that the plaque they received will hang proudly in the firehall as a reminder of the community's trust and appreciation.

"We are happy to serve, and we are thankful for each and every one of you," said Reichert.

The award recipients were chosen by council. Although there are no specific criteria for receiving the honour, Reichert speculated that it might be related to the significant incident that occurred in Miami in October 2024.

"The fire began in one house and quickly moved to another. It was quite the night. The call came late in the day, and we were there until about 4 a.m. We had 80 km an hour winds to deal with, and most of our members were there. Roland Fire and Carman-Dufferin Fire also responded, as part of our mutual aid district. There was significant damage to the houses, a garage, and a camper, but they were not a complete loss. Thankfully, there were no injuries during the incident, and all the homeowners, everybody, got out safely. So, that was good," Reichert recounted.

Fortunately, the department was well-prepared for this incident. Most members of Miami Fire & Rescue hold Level 1 Fire Fighting certification and First Aid training.

"We're continually training throughout the year. We always have members going for different training, such as vehicle extrication and pump basics," Reichert explained.

The longest-serving members, Kelly Andrews and Doug Orchard, have been with the team for over 30 years. As part of their succession plan, Miami Fire

& Rescue aims to recruit a few new members each year.

"Some give it a try and it doesn't work out, but it's okay if it's not their thing," Reichert said. "We'll keep reaching out."

In addition to the challenges of balancing work and home life, Reichert mentioned that the toughest part of the job is dealing with calls that don't end well. "But the best part is having the ability to help the community during times of need," he added.

The department operates three vehicles: a pump, a tanker, and a rescue vehicle. They cover Miami, Carman, and areas across the RM of Thompson.

"Most departments have a mutual aid district which covers Roland, Carman, north to Portage, and east to Morris. We're in the southwest corner, and we average about 25-30 calls a year," Reichert noted.

Being an integral part of the community is a priority for Miami Fire & Rescue.

"Public education is a pretty big deal for us. We get involved in the schools, talking to the kids. Rosebank Colony had a big fire safety day last spring, with over 200 kids. We brought the fire and rescue trucks, and the mutual aid burn house, and had two separate areas for displays. We also help at the ag grounds whenever there's an event like the tractor pull or the mud bog going on there. We enjoy being an active and visible presence in the com-



RM of Thompson Reeve Brian Callum, right, presents the Long Standing Service Volunteer Award to Fire Chief James Oakes.

munity," said Reichert.

He emphasized their gratitude for the Volunteer Award, stating, "It's always good to be recognized. It's not something we as a department are running out looking for by any means, but we definitely appreciate it when the town and council recognizes the effort that the guys put in - all the time for training and meetings, and of course, the calls."

He added, "We're not doing this for honours, we're serving the community. But it's nice to get a pat on the back, and it's nice to be appreciated."



STANDARD PHOTOS SUBMITTED

From left: Captain Ryan Stepler, Walter Hildebrand, Captain Kyle Mikolasek, Dylan Webber, Captain Blake Angers, Doug Orchard, Fire Chief James Oakes, Travis Williment, Keith Graham, Chad Orchard, Emilie Dufault, Cody Faux, and Tom Myers.

STANDARD



PUBLISHER
Lana Meier



SALES & MARKETING
Brett Mitchell



SALES & MARKETING
Gwen Keller



REPORTER/PHOTOGRAPHER
Dennis Young



REPORTER/PHOTOGRAPHER
Ty Dilello



REPORTER/PHOTOGRAPHER
Jennifer McFee



GRAPHIC DESIGNER
Nicole Kapusta



GRAPHIC DESIGNER
Tara Gionet



DISTRIBUTION
Christy Brown



CLASSIFIED ADMINISTRATOR
Corrie Sargent



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

The newspaper is supported solely by advertising dollars. If you enjoy the paper and would like to see it grow and prosper, visit any of the advertisers and businesses in our rural communities. Keep your dollars working at home and shop local.

Our commitment to you: we want to help build stronger communities through articles that both inform and entertain you about what's going on throughout the Pembina Valley. This is your community newspaper—let us know what you want to see in it.

Printed in Canada by Prolific Printing. Republishing without permission is strictly prohibited.

getheard

EDITORIAL > VIEWPOINTS > LETTERS

Ty Dilello
1-204-250-6322
news@carmanstandard.ca



• GUEST COMMENTARY

Liberals are putting their interests ahead of Canadians: Leslie

The Liberal government is rotting from the inside out, consumed by a decade of corruption.

In a last-ditch move to avoid a non-confidence vote, Justin Trudeau has shut down Parliament, a feeble attempt to delay the inevitable. The Prime Minister is detached from reality, while his party scrambles to find a replacement. They know the end is near, but still can't put the country ahead of their own survival.

Let's be clear: whoever takes over the Liberal leadership will do nothing to alter the disastrous course Trudeau has set. For nearly ten years, the Liberals stood by as Trudeau raised taxes, inflated housing prices, allowed the national debt to explode, and watched crime run rampant. Now, with re-election hopes fading, they've decided it's time to cut him loose.

They want us to wait while the same people who created this mess choose a new leader from their fractured ranks. The Liberals will never change. Their interests are too deeply entrenched to be swayed by the suffering of Canadians. The future of our country is just a

pawn in their game of self-preservation.

Canada is on the brink. We face a trade war with the United States that could cripple our economy. We have a drug epidemic that has claimed over 47,000 lives. Prices are soaring, crime is rampant, and the Canadian dollar is sinking. This is the product of Liberal rule. This is their legacy. And now they expect us to believe they can fix what they've broken?

Enough. Enough of their lies and hollow promises. The Liberals have exhausted every ounce of credibility. They have failed this country, and their time is over.

Canada deserves better. We deserve a government that puts the people first, not its own interests. A Conservative government will rebuild this country from the ground up. We will reclaim our borders, restore fiscal sanity, crack down on crime, and confront the drug networks poisoning our streets. We will lower taxes, get more homes built, and reward hard work.

Canada's promise was never about a government serving its own interests. It was about a place where anyone willing to work hard could build a life of opportunity. It was about safety, stability, and strength. The Liberals



Branden Leslie
MP for Portage-Lisgar

have betrayed that promise. Now it's time for us to take it back.

This is our moment. It's time to put Canada first. Our country, our families, our future must come first. A Conservative government will restore what's been lost. We will rebuild Canada, stronger and more united than ever before.

The time for waiting is over. The time for an election is now.

Branden Leslie is the MP for Portage-Lisgar

This week, the way it was through the years

By Dennis Young

100 Years ago, Jan. 15, 2025... Carman withdraws from SEMIHL due to rough play vs Sperlberg, the Robinson Curling Cup was won by Roland over Rosebank and Carman Creamery reopened by John Wilkie and Einer Jensen.

75 Years ago, 1950... CNR cancels

Wednesday/Thursday passenger trains due to coal shortage, Carman's Annual Bonspiel attracts 73 teams and YMS President Stewart Young organizes the upcoming fair.

50 Years ago, 1975... Carman Council writes off \$24,000 in uncollectable biz taxes, Gordon Taylor survives 34 hours in his P.O. truck during the

weekend storm and Birch Ski opens in the hills.

25 Years ago, 2000... Y2K turned out to be all for nothing, D & M Fine Foods sells Vallery Bakery bread 5/\$4.00 and fire at Rose Valley Colony destroys 5200 pigs and \$5M in losses.

Correction

Staff

In the article titled, "Food Pantry gets \$10,000 from FCC AgriSpirit Fund" published in the Jan. 9 edition of the *Carman Dufferin Standard* we incorrectly

ly identified a volunteer in one of the photos.

It should have said volunteer Alita Montgomery helped Sandra Fidler.

The *Standard* apologizes for the error.

OUR SISTER PUBLICATIONS



> Get in touch with us

News tips: 1-204-250-6322 or news@carmanstandard.ca

Head Office: 1-204-467-5836

Classified & Announcements: 1-204-467-5836

www.carmanstandard.ca

Advertising Deadline:
Monday 4:00 pm prior
to Thursday Publication

Carman Dufferin Standard
Box 39, Stonewall, MB, R0C 2Z0

Local realtor warns of scam targeting potential renters

By Lori Penner

Trish Middleton of Remax in Carman is warning the public to be aware of a scam involving rental properties. "Scammers are seeing houses that are for sale, taking photos and info from the real estate ads, and advertising them on social media as rental units," says Middleton.

The scam unfolds when suspects claim that the property is in high demand, urging potential renters to send a deposit without viewing the property. In many cases, suspects ask for personal information and an e-transfer without meeting in person. Once they receive the information and money, the suspects typically end all communication with the renter.

"So, when people call them about the ad, the so-called landlord will say, 'I'll meet you there tomorrow, but you'll have to give me a deposit first.' People are losing money when they get to the house and see that I've got a for-sale sign on the property. They phone me, confused that it's listed, since they just rented the place," Middleton explains.

After receiving another call from a local victim, Middleton began to wonder if the public had been properly informed of this hoax. "It's really sad. Often this happens to people who are on a tight budget. It works because people can't believe they could find a place like this with such low rent. This individual was so excited to have found an affordable place, and I had to tell her no."

As a member of the Carman Wellness Committee, Middleton feels she must make people aware. "I've reported it to the RCMP. I want people to be leery. If you see a place advertised for rent on social media, don't just send money. Check it out first, make sure it's legitimate. Meet with the owner and find out the details before giving anyone any money."

Middleton says this scam has happened to more than one of her listed properties. "I would imagine I'm not the only realtor in the region who is seeing this happen. People need to know these scammers are out there, and that they need to be very cautious. I've told homeowners to report it to the police when it happens to them."

How to Avoid Being Scammed

According to the Competition Bureau of Canada, a typical rental scam involves fraudsters enticing potential renters with an attractive listing in a sought-after area with great amenities and a low price. Ads are posted on popular sites like Kijiji or Facebook, and scammers may use photos from

old listings, houses for sale, or short-term rental sites like Airbnb to make the listing look authentic. They pose as the landlord and may claim to be abroad, unable to meet in person to show the property.

After a few emails or text messages, they start asking for money. First, they request a security deposit, then the first month's rent, and sometimes another month's rent in exchange for a discount. They often try to rush the decision by saying others are also interested in the property. Don't give in - it could be a scam.

Warning Signs of Rental Scams:

- The monthly rent is lower than similar places
- You're asked to leave a deposit without any formal rental agreement or lease in place
- You're asked to send money to someone outside the country
- When you ask about the apartment, you get an email directing you to a website requesting personal or financial information
- Ads show only pictures of the outside of the property or pictures that don't match the actual property or address

How to Protect Yourself:

- Go to the address and verify that the listing is truthful and accurate. If unable to visit in person, use

the Internet to see actual images of the rental.

- Research the address to ensure it's not a duplicate post. Conduct a reverse image search to see if the photos were used elsewhere.
- Schedule a showing and confirm that the landlord will be present.
- If renting in a new development, contact the builder to confirm ownership.
- Request a lease or contract and review it thoroughly.
- Know your rights as a tenant by consulting your provincial or territorial department or ministry of housing.

If you've been the victim of a rental scam or another type of fraud, or if you have information about this type of scam, report it to the Canadian Anti-Fraud Centre at 1-888-495-8501, the RCMP, or your local police. Stay vigilant and protect yourself from potential rental scams.

**FIND THE RIGHT PERSON
FOR THE POSITION**
with an
EMPLOYMENT/CAREERS AD in
The Carman-Dufferin
STANDARD
204-467-6836

Apply now for funding to implement environmental beneficial management practices.

Apply today to the Sustainable Agriculture Manitoba program.

The application deadline is February 11, 2025.

For more information, please visit manitoba.ca/scap







worship

with us > FAITH

Ecumenical; What is it?

Ecumenism is a word used to describe how different churches work together. In many ways it is inspired by Jesus' prayer in John 17* that 'they may all be one'. We all know that there many differences between churches and denominations. Yet, what unites us is much stronger.

We live in a community with many different denominations. We don't have to be in Union, but we can live in Unity and do great ministry together.

To be ecumenical means to not only make friends with Christians from different churches and traditions but also to find ways to pray and work together (which we do in many ways in Carman). When we do this, we find that our lives are richer and we gain a deeper understanding for each other.

I give thanks for the many ways that the churches in Carman work together. Yes, we differ on some issues, but we try to not let get in the way of doing things together.

The 2025 Week of Prayer for Christian Unity invites Christians to reflect on their shared faith and to celebrate the common heritage that unites them.

The Week of Prayer for Christian Unity is an ecumenical celebration held each year from January 18-25. Christians around the world are invited to pray for the unity of all Christians, to reflect on scripture together, to participate in ecumenical services and to share fellowship. —from weekof-prayer.ca

Even if you don't participate in an event during this week, I encourage you to take time to pray for the churches in Carman and area, not just this week but on a regular basis.

Prayer;
Holy God, enliven the unity of your church on earth. Help us to see that our unity among each other. Help us remember that each of us is created in your image and that we are all your children. Unite us in our common ministry in Carman and area. Amen.

Pastor Trudy Thorarinson
Grace-St. John's Anglican /
Lutheran Church

RM of Roland completes long-needed cell phone tower in 2024

By Ty Dilello

Roland's RM had a successful 2024, as the council completed several key projects. One of the smallest RMs in the province, the RM of Roland serves the communities of Roland, Graham, Jordan, Krongart, and Myrtle.

Some of the municipality's successes this year were increased recreation programming, extensive drainage work completed, RM staff rising to the challenges they were presented with, and the installation of a new cell tower, which immediately provided better cell service to the area. This is probably what residents are most excited about.

Like many in the area, this year, Roland's RM was challenged by heavy rains. These rains caused headaches throughout the RM, but thankfully, very little long-term damage was caused.

The RM also had a few valued, long-standing employees retire this year, which was a challenge for its staff, but they have shown great ambition and drive to fill in the gaps.

"Keeping taxes low while maintaining services amongst continually increasing costs has been challenging as well, particularly with large funding

commitments to important projects with PVWC and the Boundary Trails Foundation," said RM of Roland reeve Jodi Gaultier.

2025 will see continued recreation provided, planning work will continue on the RM's residential development project, and they also plan to renovate the Roland Memorial Hall, including a facelift to the exterior.

The RM of Roland's council's goals for 2025 would be communication to and from the residents.

"We want to improve communication from the RM to our residents, and we want residents to communicate with us directly if they have issues, concerns, ideas or questions. We do better when we are all well informed and working toward our common goals."

The Roland RM would like to build on the momentum from the past 12 months and have another great year in 2025.

"We have seen a lot of change in 2024, but your RM of Roland council will continue to work hard for you and the community," said Gaultier. "We appreciate our residents and love the community that we live in."



STANDARD PHOTO SUBMITTED

Roland's RM had a successful 2024 and is hoping to do even better for its communities in 2025. Pictured, RM of Roland's staff front row: Taya O'Brien CAO, Jodi Gaultier reeve, Robynn Linde councillor; back row Jason McIntosh councillor, Carrie Heenen councillor, John Fox deputy reeve.

Blair Sharpe Active Living Centre helps people stay active

By Becca Myskiw

With a new year comes resolutions, and one of the most popular ones is to be more active.

Whether the precise goal is to exercise more, be more physically active, lose weight, be healthier, or something else, they all require one common thing: a space to be active. The Blair Sharpe Active Living Centre in Miami is trying to help people do that with affordable fitness centre fees.

The Active Living Centre has a fitness facility, a multipurpose room, and a community friendship centre. The fitness facility has a variety of cardio and strength training equipment for all abilities and is open 24 hours a day, seven days a week. The friendship centre has pool tables and

shuffleboard, while the multipurpose room can be used for pickleball, floor shuffle, badminton, volleyball, spike ball, and other sports.

"We have found these hours best suit our community and the variety of youth, shift workers, and early risers that use our fitness facility; making sure we are meeting the needs of all users and potential users is something we strive for," said Stacey McLean, Blair Sharpe Active Living Centre administrator.

She said the centre tries to gear staying active in the facility to all age groups, and one of the ways they do that is by offering different gym memberships for all age groups:

- Ages 11 and under: free when accompanied by a current member 18



STANDARD PHOTO SUBMITTED

Memberships at the Blair Sharpe Miami Active Living Centre are affordable for all ages and come in many buying options.

and older

- Ages 12 - 18: \$25 for one month, \$75 for three months, \$135 for six months, and \$255 for a year
- Ages 19 - 59: \$35 for one month, \$100 for three months, \$190 for six months, and \$365 for a year
- Ages 60 and up: \$25 for one month, \$75 for three months, \$135 for six months, and \$255 for a year

RURAL BUDS
CANNABIS SHOP
MORRIS • CARMAN
ST. PIERRE • ST. ADOLPHE

Time for a Check?

- ColonCheck: Every 2 years for all age 50 - 74
- BreastCheck: Every 2 years age 50 - 74
- CervixCheck: Every 3 years age 21 - 69

Brought to you by
CancerCareManitoba FOUNDATION
All funds raised stay in Manitoba.

Get Checked for Cancer.
PracticePrevention.ca
1.855.95.CHECK

Your Path Forward: Sharing the dementia journey through art

By Lori Penner

This January, during National Alzheimer's Awareness Month, the Alzheimer Society of Manitoba aims to help Manitobans better understand dementia and the resources available through their campaign, "Your Path Forward."

Hearing the words "You have dementia" can be overwhelming, but you don't have to navigate your next steps alone.

"We want people to know that we're here to help you take those next steps and help you make informed decisions. We provide education, direct one-on-one support, and group support to give you the resources you need to feel hopeful that you can live a quality life even with a diagnosis of dementia," says South Central regional coordinator Rebecca Atkinson.

More than 20,300 Manitobans live with dementia today, a number expected to reach 39,100 by 2050. The Alzheimer Society wants you to know that no matter where you are on your dementia journey, they are there to offer guidance and connect you with the right resources.

"We want people with dementia to be involved in their journey," stresses Atkinson. "Awareness needs to increase. We need to talk about it, find others who are also going through it, and plan your next step. What will give you joy, meaning, and quality in your life?"

Minds in Motion programs are also starting up again, along with ongoing

support groups for care partners in Carman, Altona, and Morden. A listing of all available support groups, both online and in-person for people living with dementia and care partners can be found online at alzheimer.mb.ca.

"The whole point is to help people make informed decisions. So here is the education and the knowledge, now put that in the context of your life: your values and your resources, and make the best life that you can," Atkinson says.

I LOVE MY BRAIN

In honour of Alzheimer's Awareness Month, the Golden Prairie Arts Council in Carman is hosting a special exhibit called I Love My Brain.

"For the last few months, we've been striving to get people living with dementia, as well as other brain health categories such as schizophrenia, depression, anxiety, autism, and brain injury, to contribute art," Atkinson explains. "The intention is to open the door for people to share their journey."

"Art has been known to help people move forward through challenging times. I see this as an opportunity to learn and to grow from others' experiences. It will spark conversation, enhance cognition, and encourage people to see a broader horizon."

A call for local artists was made months ago, and a number of fascinating exhibits from people of all walks of life and experiences came forward.



STANDARD PHOTOS SUBMITTED

Submissions from a variety of area artists, including Rebecca Atkinson (left) and Nigel Bart (right) are on display at the Carman gallery in an exhibition dubbed I Love My Brain, honouring Alzheimer's Awareness Month.

Golden Prairie Arts Council executive director Nigel Bart says they have received submissions from about 15 artists.

"Much of the artwork is from people who have lived experience with brain injury or Alzheimer's," he says. "The whole idea is to bring awareness, and it's exciting being a part of it."

Each of the pieces is creative and insightful, Bart adds.

"They are incredibly thought-provoking and heart-wrenching at the same time, reflecting a diversity of issues. We have one artist with autism,

one with schizophrenia, and some with Alzheimer's. It's an interesting mixture of people who are speaking out through their art."

The exhibition runs from until Jan. 31 at the Carman gallery, located at 38 Centre Ave. West. For more details, call 204-745-6568.

"Now is the time for conversation. Throughout the month, take in the exhibits, go outside of your comfort zone. Keep growing. Keep learning. It will enhance your cognition and broaden your horizon," Atkinson encourages.

Flashback Carman wins 1958 Kinsmen bonspiel



STANDARD PHOTO SUBMITTED

The Carman rink won the 30th annual Kinsmen Club bonspiel held in Portage. The first event winners of all five games were left-right: Colin Rothwell (lead), Pat Biggar (second), Quentin Sylvester (third), and Sven Jensen (skip). They eliminated another Carman team of Dick Sanderson, George Bishop, Al O'Brien and Jake Feakes.

Public Seasonal Camping Draw

Apply today for the Seasonal Camping Program

Experience the great outdoors in Manitoba's provincial parks this summer.

Apply today for the seasonal camping program and occupy the same campsite for an entire season - including long weekends. Both serviced and un-serviced sites are available in Manitoba campgrounds. All sites are distributed through public draws.

Get your application and information package online at manitobaparks.com, or pick one up at your local Environment and Climate Change office.

The application deadline is February 7, 2025 for all provincial park seasonal campgrounds.



For more information about the seasonal camping program, please call 204-945-3934; toll free 1-800-214-6497; or email seasoncamp@gov.mb.ca



Pembina Valley Local Immigration Partnership's annual celebration Feb. 5

Linh Huynh to provide keynote address

By Ashleigh Viveiros

The Pembina Valley Local Immigration Partnership is highlighting the successes of the past year and sharing its plans for the future at the fifth annual Connecting Cultures and Communities Celebration next month.

The gathering takes place in Morden at St. Paul's United Church (335 Thornhill St.) on Wednesday, Feb. 5 from 6:30-9 p.m. Light refreshments will be served.

It's a chance to network with long-time and new community members alike while learning more about how PVLIP is working with its partners to make for more welcoming and inclusive communities across southern Manitoba.

"It's really the culmination of our last five years," shares coordinator Elaine Burton Saindon. The agency recently wrapped up work on its first multi-year action plan and has drafted a new one to cover 2025-2030.

The celebration will include highlights from the past few years and then outline what PVLIP hopes to achieve with its four new action pri-

orities. Details on those priorities will be released that night, but Burton Saindon explains they continue with PVLIP's mission to help municipalities and businesses improve the integration of immigrants to the Pembina Valley and strengthen the region's ability to better address the needs of newcomers.

"We don't deal with immigration specifically, but we do work with the impacts of immigration more directly," she explains. "We understand the needs and gaps in a community or organization and then we work collaboratively with multiple partners as to what's the best solution for this problem?"

That work has led to the creation of things like PVLIP's comprehensive toolkit for communities, businesses, and individuals to use to foster a greater sense of belonging.

"That's one of the things that answered a lot of questions for a lot of people and in a lot of places," Burton Saindon observes. "We all have the right to feel connected and to feel that we belong in our community."



STANDARD PHOTO SUBMITTED

At the PVLIP Connecting Cultures and Communities Celebration next month, keynote speaker Linh Huynh will share about her family's immigration experience and how it inspired her to live life to the fullest.

While raising awareness of the work of PVLIP remains a big part of the annual celebration, Burton Saindon is excited that, for the first time, the 2025 event will also feature a keynote speaker that's sure to inspire.

Linh Huynh is a professional speaker, author, educator, and "extreme non-athlete" who has nonetheless competed in numerous marathons and ultra-marathons around the world, including the Antarctic Ice Marathon and the North Pole Marathon. She was also the first Canadian to complete the 4 Deserts, a series of 250 km self-supported races across some of the harshest terrain in the world.

Huynh's journey began in Vietnam as the seventh of eight children. When she was four, her family escaped the war-torn country in a mass exodus known as the Boat People, making their way first to a refugee camp and finally to rural Canada to start a new life.

"I felt she was a great fit for our community," says Burton Saindon. "Her personal story is common in our area ... there's a relatability to her message that aligns perfectly with what PVLIP is all about."

Linh's presentation centres around living a life of intention and fearlessness, and she's eager to share it with PVLIP supporters.

"We settled in a small Canadian town ... and I really feel my years there and my family background

shaped who I grew to become as an adult and the challenges that I've decided to take on," she says, noting a gathering of people passionate about the work of an organization like PVLIP "is my ultimate audience, because there's stories of growing up as a refugee, the classic immigration story, that I don't normally get to share.

"It's the core of who I am," Huynh says, adding it's exciting to be "sharing these stories that I know will be really touching, will be really inspiring and will really drive the message home that I know exactly what you're going through, because we went through it too."

Huynh's driving philosophy has been to explore everything that life has to offer, and she hopes to inspire others to do the same.

"I live and breathe this message so deeply: to 'wonder' off the beaten path," she says. "It just truly encapsulates everything that I feel—where is that sense of wonder and curiosity that will help extract you from a really hard place and just move you and your dreams forward?"

You can learn more about Huynh's adventures and philosophy online at sparkingwonder.ca.

Seating at the event is limited. Book your free ticket online at PVLIP2025.eventbrite.ca.

In lieu of admission, PVLIP is accepting donations of food items for the Many Hands Resource Centre in Morden.



Carman Area Foundation
today's needs, tomorrow's dreams
2025 Granting Cycle

Is your non-profit planning a project that will make a positive impact within our communities?

Carman Area Foundation is here to support you!

Mark your calendars!

The 2025 application window opens

Monday, January 27th thru Friday, February 21st.

Apply online

www.carmanareafoundation.com

CAF GRANT PORTAL

For additional details and inquiries, visit our website or email

exedir@carmanareafoundation.com



Elm Creek Minor Hockey Day showcasing all local teams on Jan. 18

By Becca Myskiw

Elm Creek Minor Hockey Day is this weekend, and attendees will have a day of nothing but excitement.

On Saturday, Jan. 18, the Elm Creek Skating Rink will be busy from 9 a.m. to 3 p.m. with hockey games, silent auction draws, activities, and more. Elm Creek Minor Hockey Day is a day in the hockey season when all local teams—U7, U9, U11, and U13—play games one after the other. The day allows all players to cheer each other on and come together as one.

This year will be the town's third Minor Hockey Day, and Elm Creek Minor Hockey president Craig Frost said the organization hopes to keep it going with continued support.

Eight hockey teams, four from different towns, spend time in the local arena. With a \$5 entry fee for the day, silent auction prizes, 50/50 draws, a loonie stick, and chuck-a-puck games throughout the day, Elm Creek Minor Hockey Day is a big fundraiser for Elm Creek Minor Hockey.

"The money raised helps offset registration costs, referee fees, and allows our teams to attend tournaments without additional cost to the families," said Frost.

The Elm Creek Skating Rink also has a newly renovated canteen ready for the day with a full supply of food, snacks, and drinks.

"The skating rink is in many ways the centre of our community in the

winter months," said Frost. "We love seeing the building packed with all ages. This is a great opportunity for community members to come and support our players and make them feel like they're in the big leagues."

Elm Creek Minor Hockey tries to keep fees as low as they can for families so the sport of hockey can be affordable for everyone interested in it. Frost said team sports like hockey build life skills for the players that will stay with them for the rest of their lives.

"It's about much more than making it to the NHL," he said. "Our goal is to keep hockey accessible for everyone in the community and surrounding area. Minor Hockey Day is one way

we try to achieve this. It's just a great day to come have a rink burger and hot chocolate and celebrate hockey in Elm Creek."

The day will start at 9 a.m. with U13 Elm Creek Lightning playing Notre Dame. At 10:35 a.m. will be Chuck-a-Puck, followed by U7 Elm Creek Lightning facing off against St. Claude. At 12 p.m., U9 Elm Creek Lightning will play Winkler 1; at 1:20 p.m. will be the second Chuck-a-Puck, and at 1:30 p.m., U11 Elm Creek Lightning will play Altona. The day will end with the silent auction and loonie stick draws at 2:30 p.m. 50/50 will be drawn throughout the day at the end of each game's second period.

Safety Tips for walking at night

Going for a walk can seem like a normal and safe activity but when done at night, certain dangers can be present. There are several factors as to why walking at night leads to more fatalities than during the day such as distracted walking/driving, workers driving home from work, and darkness makes crime easier to get away with. Walking alone at night can feel daunting, but with the right precautions, you can enhance your safety and peace of mind. Whether you're navigating city streets or suburban neighborhoods, these tips will help you stay safe during your nighttime walks.

Plan Your Route

Before heading out, familiarize yourself with the area and plan a well-lit route. Stick to main roads and avoid shortcuts through dimly lit alleys or secluded areas.

Call a Friend

Whenever possible, let a friend or family member know your walking route and estimated arrival time. If someone is available to be on the phone with you, this can make you less of a target to an attacker and ease your anxieties. Regular check-ins can provide an added layer of security also.

Wear Bright or Reflective Clothing

Make yourself visible to drivers and cyclists by wearing bright or reflective clothing. This increases your visibility in low-light conditions, reducing the risk of pedestrian accidents.

Carry a Flashlight

Keep a small, powerful flashlight handy to illuminate dark areas and navigate uneven terrain. If you don't have a flashlight, make sure to charge your phone before your walk

to use your phone flashlight during your commute. A flashlight can also be used to signal for help in emergencies.

Stay Alert

Stay vigilant and aware of your surroundings at all times. Avoid

distractions like texting or wearing headphones, as they can make you more vulnerable to potential threats such as distracted or drunk drivers and attackers.

HAPPY BIRTHDAY!

37 YEARS IN BUSINESS!

Come and stop by! ENJOY! Loads of sales not listed! Thank you for your business!



**Wrangler Western
Jackets & Shirts 25-30% off**



**Wrangler Jeans
20% off**



**Nats Ice Fishing
Boot Casual
Winter Boots
For all 30% off**



**Winter Jackets
By Wrangler
Tough Duck
30% off**



**Mens
Ladies • Kids
Gloves, Mitts,
Snowmobile
Gloves 30% off**

K.C.'S YOUR WORK & WESTERN WEARHOUSE
WINKLER, MB • Ph: 325-5538
 Service & Selection Guaranteed
 Company charges welcome (must be arranged ahead of time)

**HOURS: Monday to Friday 9:30 am to 5:30 pm
 Saturday 9:30 am to 4:00 pm
 325 Kimberly Rd. - East of Canadian Tire**

GIFT CERTIFICATES AVAILABLE

Be safe! Walk facing traffic so you can see and react to vehicles.



- Transportation Equipment Service
- Welding and Hydraulic Assemblies
- Full Service Paint Facility
- Custom Machining and Parts Re-creation
- Professional Equipment Reconditioning

Santa Paws drive a big hit for PVHS

By Lorne Stelmach

A holiday season initiative to help collect supplies for the Pembina Valley Humane Society was successful again for a fourth straight year.

Donations poured in for the 2024 Santa Paws campaign, and shelter manager Jennifer Young stressed that kind of response makes a real difference for the shelter as it enters a new year.

"It is amazing. The generosity of the community blows me away every year," she said. "It's surprising, and it's so nice to see. People are so generous, and some come in numerous times. There are some people who come in, bring a few things, and will say, 'What else do you need?'"

There's a wide range of every day kinds of supplies that are needed at the regional animal shelter in Morden, and the support can take some of the cost burden off by providing some of these supplies for at least part of the year. They can then instead use their funds to pay for animals to be spayed and neutered and other treatment and care costs.

"It helps so much obviously to take the financial burden off of us in having to purchase these things we need," said Young. "I won't need to purchase any food for awhile. I won't need to purchase any gloves and bags and things like that because people were so generous with what they did donate. It was quite amazing."

Young noted another factor that comes into play as well is their effort to give shelter animals a break by

having them in foster homes over the holidays.

"We had so many animals go out to foster homes for the holidays that some food was coming in and going right out with the fosters ... so we weren't able to keep a good count, but that's okay," she said. "We had enough success with the amount of donations that we couldn't fit it all under the tree or around it, and then it was going right out for a good cause."

Overall, she said it shows how so many people care deeply about animals.

"What we are noticing is that it is increasing every year in terms of the number of donations and the number of people ... whether it's cash or supplies, we're getting a lot of new donors for different things."

"We're also getting a lot of new fosters to take in animals during the holidays. We ended up with only two dogs and our shelter cats over the two weeks of holidays because so many people were offering to take in some animals," she said. "That obviously helps the animals ... it also helps the volunteers to be able to get a break during the holidays."

They are always open to receiving not only cans of wet cat and dog food but also specifically kitten food as well as clumping cat litter and even laundry and cleaning supplies. Monetary donations are also welcome.

For more information on how you can get involved and support the humane society, you can go online to pvhsociety.ca.



STANDARD FILE PHOTO

PVHS shelter manager Jennifer Young with Emily Bueckert and some of the animals who are benefiting from last month's hugely successful Santa Paws donation drive.

> ACTIVE LIVING, FROM PG. 6

- Families of two adults and any number of dependents under 18: \$90 for one month, \$250 for three months, \$475 for six months, and \$910 for a year

Right now, with the purchase of a three-month gym membership, volunteer firefighters and school staff will get one month free as a thank-you for their dedication to the community. People can also purchase a fitness facility pass for \$1 a day.

The centre also offers an Active Pass, allowing people to use the multipurpose room when monthly sports are scheduled. Memberships for Active Passes are \$10 a month or \$5 per drop-in.

"Staying active is important because with just 30 minutes a day, it greatly reduces our risk of heart disease, stroke, Type 2 Diabetes, and certain types of cancers, therefore helping us live longer," said McLean. "Frequent movement improves flexibility, stability, and reduces risk of falls and subsequent injury. It also improves mental health by improving the circulation of dopamine within our body, and therefore elevating our mood."

For more information on becoming a Blair Sharpe Active Living Centre gym member, go to www.miamiactivelivingcentre.com.

BEST GIFT EVER!

Scenic Flight Tour

Show them the world from 5000ft!

SPECIAL BIRTHDAYS

\$149 3 PASSENGERS AND THE PILOT ALL FOR ONE LOW COST

Book Today!

LS AIRWAYS FLIGHT ACADEMY

LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-651-1402

What's *Your* story?

We want to hear from you.

The Carman-Dufferin Standard connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service?

A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

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

Where are they now? Catching up with Iain MacNair

By Dennis Young

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

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

I was born in 1975 in the Carman Hospital, lived at the family farm to the SW of Carman for 18 years. My background is less in Carman and more in the RM of Dufferin, with Graysville being home, just a couple of miles from the family farm.

Q. Did you attend school here?

Elementary School in Graysville, high school at Miami Collegiate.

What did you do for jobs as a student?

Worked at the farm like most of us farm kids. I did do a summer at the research farm in Morden, which was interesting both doing work in the farm and doing some lab work as well.

Q. What activities did you participate in as a student?

Only organized sport was Curling. My dad helped maintain the two-sheet natural ice curling rink in Graysville, so I was at the rink or on the ice every winter. Graysville Elementary had an outdoor skating rink right next to it so we were always skating, playing hockey, or curling every winter lunch hour. I was involved in 4-H for many years as well, doing the home economic and industrial arts programs. Otherwise, I was a homebody with my comics and fantasy and sci-fi books.

Q. Did your family live here? Who and what did they do for a living?

My paternal grandmother's family, the Nisbets, have been in the RM of Dufferin for many years. Grandpa Neil MacNair came over from Scotland as a young man to find work, married May Nesbit and started his own farm. The farmyard I grew up on was the same farmyard that Neil and May raised their six kids on. My father, Neil Jr., purchased the farm from Grand-

ma and Grandpa and was primarily a solo farm operation until his retirement a few years ago. We mostly raised wheat, corn, and pulse crops. My mother's family came to Canada from Russia and the Netherlands, making their home originally in Winnipeg, then moving for work. My mom, Linda Pauls, was raised in Sperling and then moved to Carman during High School before she met and married my father.

Q. What was your chosen career after school?

I went to the UofM for Science, focussed on mathematics and astronomy. While I completed my bachelor's degree, I struggled with the higher-level concepts and realized that wasn't going to be my career. I then tried the Law School, found that I enjoyed the work, and settled in. I ended up staying in Winnipeg after I graduated. I did my Articles at Legal Aid Manitoba, and then worked with Zaman Law Office and now McRoberts Law Office. I've been practicing law for about 20 years, with a focus on criminal defence, but I also do real estate, wills and estates, and other general law.

Q. Did you meet your spouse here or where? Children?

I met my spouse, LéAmber Kensley, in Winnipeg. She is a counsellor with Spinal Cord Injury Manitoba. My children, Kensley (18) and Rhiannon (16) are in school here in Winnipeg. Kensley's at the UofW taking education and drama, and Rhiannon is in Grade 11 at Grant Park High School.

Q. Do you have extended family living here?

My parents retired into Carman, and my brother and his family make their home there as well. Mom's family still lives in Carman and Graysville.

Q. What passes your leisure time? Hobbies? Sports?

My family's been involved in organizing Keycon, Winnipeg's science fiction and fantasy literary convention, for the last several years. Our downtime with friends is usually board games or role-playing games. Yes, I may be a bit of a nerd.



Iain MacNair

Q. Do you ever return to Carman?

The wider MacNair family is widespread through Southern Manitoba, and we still get together a couple of times a year for family events. I get back to the area less than I should.

Q. What are some of your fondest memories of your Carman days?

The Carman Fair was always a treat – often doing some kind of display or work with 4-H, supporting other family members, or enjoying (and getting sick on) the rides. The library was the safe space for me. I found a lot of my favourite authors there for the first time.



HELP THE

The Carman-Dufferin
STANDARD

Preserve OUR HISTORY!

Purchase an ad in the Carman Standard.

Your advertising is what allows us to produce your newspaper each week.
Shop Local - Stay Local. To purchase an advertisement or announcement call or text
Gwen Dyck at 204-823-0535 or email ads@carmanstandard.ca

Goodman, a replacement in the Stanley Cup finals

By Ty Dilello

Paul Goodman didn't have the longest NHL career by any stretch of the imagination. Still, he played a role in one of the most surprising Stanley Cup victories of all time in 1938, and his story is an interesting footnote in hockey history.

Goodman was born in Selkirk on Feb. 25, 1905. He was of Icelandic descent and lived in Selkirk until 1914, when his family moved to a farm outside Notre Dame des Lourdes. On this farm, he started skating on the local ponds and eventually wound himself in the net as a goalie.

After completing his schooling, he moved to Winnipeg in the late 1920s to enter the electrical trade. In 1927, he became a partner in the firm of Sargent Electric and Radio Co. Ltd. and remained active in the electrical contracting business with the same firm for the rest of his life.

At this time, Goodman became a goaltending prodigy on the outdoor rinks. He played for the Selkirk Fishermen junior team for three seasons before halting his career after juniors to focus on his electrical career. After six years off from competitive hockey, Goodman returned in 1931-32 to play with the Selkirk Fishermen senior team, and it was like he had never left the game. His play was so outstanding that pro teams took notice, and the Wichita Skyhawks of the AHA quickly signed him and became the property of the NHL's Chicago Black Hawks.

Here's what makes Goodman's story so interesting: He's one of the few players in NHL history to make his big-league debut in the Stanley Cup finals.

During the 1938 Stanley Cup Finals, Mike Karakas, the regular Black Hawks goaltender, was injured and unable to play in Game One. Chicago used substitute goalie Alfie Moore. The Black Hawks won the game 3-1 over the Toronto Maple Leafs. Toronto then refused to let Moore play the next game but agreed to allow Goodman to play, who was Chicago's minor league goalie at the time. While at a movie theatre, he found out that he was to start Game 2 of the Stanley Cup finals.



Goodman played well in Game 2, but Chicago lost 5-1 to Toronto.

Karakas returned from his injuries to win the next two games. And Chicago became the first of only two teams (see 1949 Toronto) to win the Stanley Cup with a losing record. Chicago included Goodman's name on the Stanley Cup in 1938 for his efforts.

The Blackhawks Cup triumph of 1937-38 is also memorable because they won the championship despite having a very disappointing season. With their regular season record of 14-25-9, they possess, to date, the lowest regular season winning percentage of any championship team in the four major professional sports leagues and are the only ones to do so with a losing record.

Goodman played two seasons with the Blackhawks before retiring at the end of the 1940-41 season. He finished his NHL career with a record of 23-20-9 in 52 games and three playoff appearances.

On Jan. 10, 1941, Goodman retired from hockey at 33. The Chicago Black Hawks were sending him down to Kansas City of the minors to make room for another young goaltender in the pipeline, but Goodman said he preferred to return to his home in Winnipeg, where he operated his electrical supply store.

"No hard feelings anywhere," Goodman said as he reclined comfortably in a chair in his Winnipeg home.

A back injury and a pre-season decision to make this his last season in hockey did him in when Chicago



STANDARD PHOTOS SUBMITTED

Paul Goodman lived out every childhood fantasy when he was picked up out of a movie theatre to start in goal during the 1938 Stanley Cup finals. He went on to play two more seasons with the NHL's Chicago Black Hawks before calling it a career.

wanted to send him down.

"I'd decided at camp last fall to give hockey one more fling," said Goodman. "Then my back was hurt in a scramble around our net in Detroit. Sammy LoPresti came up to replace me from Kansas City and Paul Thompson (Hawks manager) didn't like to take him out because the club was winning. He told me to go to Kansas City for a spell and that I'd be back. But they use automobiles in that league to make long jumps to Omaha, St. Louis and so on. It wouldn't have helped my sore back any, so I decided to return to my job here."

Goodman promised the Black Hawks brass that he would stay in playing shape in case Chicago needed him in an emergency if LoPresti got injured.

"That will be easy. I don't smoke, and I don't drink. I'll skate a bit, that's about all."

Goodman's retirement didn't last very long. He came back in 1942 to help the "Milk for Britain" campaign during the Second World War. He played goal for a team called B-A Oil and practices were conducted on the outdoor Sherburn rink in the West End of Winnipeg. The B-A Oil team

performed to aid the Milk for Britain fund. They travelled around the country playing exhibition games and turned the proceeds over to the fund.

After his hockey career ended, Goodman returned to Manitoba and later became active in politics. In 1954, he was elected to city council in Winnipeg as an alderman. Goodman was chairman of the Winnipeg Traffic Commission during the key period of that body's growth and was also chairman of the Public Works Committee.

He was active in many community enterprises, mainly amateur sports, as a junior hockey coach and sports chairman of the Isaac Brock Community Club and was noted for helping form the bantam hockey league in Winnipeg.

Goodman died on Oct. 1, 1959, while attending a public works convention in Seattle. On Sept. 23, he suffered a heart attack and was improving until he suffered a second one, which caused his death.

So here's to remembering Paul Goodman, a forgotten Stanley Cup champion.

Winkler Flyers beat Steelers, Terriers in OT, SO

By Ashleigh Viveiros

The Winkler Flyers added two more to the win column last weekend.

Friday night saw them down the

Steelers in Selkirk 4-3 in overtime.

The home team was up 2-0 when Niklas Gudmundson finally got Winkler on the board midway through

the second period.

Jacob Michelson tied it up 2-2 in the final frame's second minute, only to have Selkirk pull ahead with their

third of the night 57 seconds later.

Kam Thomas got the tying goal at 10:24, ultimately forcing overtime.

Continued on page 13

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Hawks earn five points

By Lorne Stelmach

Picking up five of a possible six points made it a successful week for the male U18 Pembina Valley Hawks.

The Hawks earned a 3-1 win over Central Plains last Tuesday that snapped a seven-game winless streak. It was followed by a 2-1 shootout loss to the Winnipeg Wild Saturday and then a 5-2 win Sunday over Eastman.

The Hawks got on the board with two goals in the second period against Central Plains and added one more in the third before giving up a late goal to the Capitals.

Paxton White, Carson Hiebert, and Tegan Fehr scored for the Hawks, and goalie Ryler Gates got the win with 34 saves as Pembina Valley had a 38-35 edge in shots on goal.

Karsen Dyck kept the Hawks in the game against the second-place Wild with 42 saves before Winnipeg prevailed in a shootout.

The Wild opened scoring in the first period, but then Carson Unger's fifth

of the season tied it up for Pembina Valley in the second period.

Shots on goal were 44-28 in favour of Winnipeg, who connected for the lone shootout goal on their second of three shots.

After a scoreless first period, the Hawks took a 2-1 lead on Eastman in the second frame and then put it away with three more goals in the third.

Cole Secord had a pair for Pembina Valley, with the other goals coming from Ragnar Gillis, Haiden Friesen, and Gavin Rondeau. Gates made 45 saves as Eastman held a 47-32 edge in shots on goal.

Pembina Valley improved to just a game below .500 at 13-14-3-2 for 31 points, which is good for ninth place—five points ahead of Kenora and four behind Interlake.

This week the Hawks visit Southwest Wednesday before hosting the Winnipeg Thrashers Friday and the Norman Northstars Sunday.



STANDARD PHOTO BY RICK HIEBERT

Pembina Valley's Gavin Rondeau lifts the stick of Eastman's Lucas Laramée to keep him from making a pass in Sunday's 5-2 Hawks win.

Female Hawks move into fifth place

By Lorne Stelmach

The female U18 Pembina Valley Hawks moved into fifth place with a pair of victories this past weekend.

Pembina Valley earned a key 5-0 shutout win Friday over the Westman Wildcats, who are now three points behind the Hawks in the standings. Pembina Valley followed the win up with a 3-2 overtime win Sunday afternoon over the Central Plains Capitals.

Kasia Rakowski got the 37-save shutout to lead Pembina Valley to the victory over Westman.

The Hawks led 2-0 and 4-0 at

the intermissions, and they were paced by Jessica Anderson, who picked up a hat trick to put her to 17 goals on the season.

Casey O'Brien and Piper Sawatzky also scored for Pembina Valley, which was outshot 37-30 by Westman.

The Hawks then bombarded Central Plains with 57 shots on goal, but they still needed O'Brien's winner with 3:37 to go in overtime after Central Plains managed to even the game with just 22 seconds remaining in regulation.

Emma Durand and Abigail Brigg

also scored for the Hawks, while Madison Froese stopped 20 of 22 shots for the win.

The victories improved the Hawks to 11-14-1 for 23 points, but they remain six points behind fourth-place Yellowhead and just three and four points up on Westman and Brandon.

Pembina Valley has a break from league play this week but then has a busy three-game weekend Jan. 24-26 against Interlake, Yellowhead, and the Winnipeg Ice.

> FLYERS, FROM PG. 12

There, Nicholas Mckee scored the game-winner nearly three minutes in.

Winkler outshot Selkirk 58-42. Leif Ekblad made 39 saves in net for the Flyers.

A shootout was needed for a decision two nights later in Portage.

Winkler was up 2-1 thanks to goals from Thomas and Jared Grenier, but a late goal from the home team sent things into overtime.

When that failed to solve anything, the resulting shootout saw McKee and the Terrers' Dawson Madden both score in the first round, Gudmundson and Portage's Koy Funk miss in the second, and then Thomas get the game-winner when Tristan Gave-nor missed for Portage in the third round.

Ernst was between the posts for Winkler in the 3-2 win, making 32 saves off 34 shots.

• S.E.M.H.L. SCHEDULE • S.E.M.H.L. SCHEDULE • S.E.M.H.L. SCHEDULE • S.E.M.H.L. SCHEDULE •



**RED RIVER WILD AT
CARMAN BEAVERS
FRIDAY, JAN. 17 AT 7:30 P.M.
CARMAN ARENA**

**CARMAN BEAVERS AT STE.
ANNE ACES
SATURDAY, JAN. 18 AT 7:00 P.M.
ARENA MAURICE CHAPUT**



Check semhl.net for the full schedule!

Announcements Classifieds

Book Your Classified Ad Today - Call 204-467-5836 news@carmanstandard.ca

The Carman-Dufferin
STANDARD

FARMLAND FOR SALE BY TENDER

Completed tenders and a 5% deposit per parcel shall be received up to 12:00 noon on February 3, 2025 (deadline for tenders) at

Miller Pressey Selinger Law Office
Box 368, 103 Saskatchewan Avenue East
Portage la Prairie, Manitoba
R1N 3B7

Attention: Gordon T. Selinger
Phone: (204) 857-3436
Email: gord@mpslaw.ca

PROPERTY FOR SALE:

All or any of the following parcels in the R.M. of Grey in Manitoba:

Item No. 1

Parcel No: N 1/2 NE 1/4 4-9-6 WPM
Title No: 3130662/4
80 acres

Item No. 2

Parcel No: S 1/2 SE 1/4 34-8-6 WPM
Title No: 3148781/4
80 Acres

CONDITIONS OF TENDER

1. Tendere shall be in form prepared by Miller Pressey Selinger Law Office. Contact office to obtain a copy.
2. Possession will be free of all tenancies and encumbrances.
3. Each tender must be sealed and accompanied by a certified cheque payable to Miller Pressey Selinger (in trust) in the amount of 5% of purchase price in relation to each parcel. The deposits shall be returned to those tenders not accepted within 14 days.
4. Highest tender or any tender will not necessarily be accepted.
5. Accepted tender(s) shall be converted into a real property offer to purchase on acceptable terms which is to be executed within 7 days thereafter, failing which the tender may be rejected.
6. The possession date and the balance of tender price due date shall be February 20, 2025.
7. The purchaser(s) shall pay GST payable there on or self-assess.
8. The purchaser(s) shall be responsible for all property taxes after December 31, 2024 on the applicable purchased property.
9. Tender may be on one or both parcels, at the discretion of tenderer.

SCRAP METAL

Buyer for all farmyard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

HELP WANTED

NEWTEC IRRIGATION. Looking to hire: Travelling Salesperson. Agricultural experience preferred. TOP WAGES. Please call for more information: 306-260-9575.

PROPERTY FOR SALE

Nice 20-acre retirement or subdividing opportunity 4 miles west of Brandon on paved road. 1,572 sq. ft. home including appliances, wheelchair accessible, 1-level, attached garage. Also, additional adjoining subdivided 5-acre lot. Immediate possession, private sale. \$750,000. Call 1-204-723-0083 for appointment to view, anytime.

FINANCIAL SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 www.firststandsecondmortgages.ca

NOTICES

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

WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

ADVERTISE YOUR ITEMS FOR SALE IN THE STANDARD

NOTICES

PLAN YOUR ADVERTISEMENTS FOR 2025! Maximize your business plan, for a successful year. Jump on our great prices and start getting responses! Book your blanket classified ads, seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Please Call 204-467-5836 OR MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

FLIGHT ACADEMY

Want to learn how to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger; can easily add float rating to permit. LS Airways Flight Academy 204-651-1402.

HEALTH

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

FIND THE RIGHT PERSON FOR THE POSITION with an EMPLOYMENT/CAREERS AD in

The Carman-Dufferin STANDARD

204-467-6836

Thank You

Carman and District Christmas Cheer Board is grateful to all our donors for gifts, money and time given in 2024. You helped 160 families make Christmas merry. We wish you all the best in 2025.



MANITOBA CROP ALLIANCE

Administrative Assistant

Manitoba Crop Alliance (MCA) is seeking a full-time, permanent Administrative Assistant to join our dynamic team to execute MCA's levy administration and the delivery of the Agriculture and Agri-Food Canada Advance Payments Program (APP). The individual must have a passion to deliver high-level administrative support to MCA, the senior leadership team and the APP. This position is instrumental in enhancing the organization's effectiveness and ensuring smooth operations across multiple functions.

To view the full job posting, visit mbcropalliance.ca. To apply, please forward a resume and letter of interest by email to darcelle@mbcropalliance.ca. Application deadline for this position is Jan. 24, 2025 at 4:30 p.m. CST.

ROSEISLE

Backhoe Service Ltd.

RED SEAL HEAVY DIESEL MECHANIC

Roseisle Backhoe Service Ltd. is seeking a FULL TIME Red Seal heavy diesel mechanic, for an excavating and trucking company. Pay is negotiable depending on qualifications and experience. Welding experience is an asset. Class 1 drivers license and or the ability to operate heavy equipment will also be considered an asset.

Call or text Jason Klassen at 204-750-0172 or email: jasonklassen.rbs@gmail.com

BATTERIES FOR EVERYTHING! 50,000 BATTERIES IN STOCK

- *Auto *Farm *Truck
- *Construction *ATV
- *Motorcycle *Golf Carts
- *Rechargeables *Tools
- *Computers *Medical
- *All phones *Chargers
- *Marine *RV & more

Shipping/Delivery avail.
THE BATTERY MAN
1390 St. James St.
Winnipeg
TF 1-877-775-8271
www.batteryman.ca



If you would like to support

The Carman-Dufferin
STANDARD

Congratulate your loved ones with an announcement in the Carman Standard. \$60 will help record the history & pay for your local newspaper

Shop Local - Stay Local. To purchase an advertisement or announcement call or text Gwen Dyck at 204-823-0535 or email ads@carmanstandard.ca

Announcements Classifieds

Book Your Classified Ad Today - Call 204-467-5836 news@carmanstandard.ca



OBITUARY



Agnes Phillips

On January 7, 2025, surrounded by the love of her family, Agnes May (Bartley) Phillips passed away at the age of 98 years.

Agnes leaves a lifetime of memories with her four children and their families: Don and his children Marsha Ketler, Tasha (Trevor) Worms, and Markus (Melissa); Shirley McLaren and her children Shane (Joleen) and Kyla (Wayne) Orchard; Blaine (Susan) and their children Tara, Leahette (Jason Enright), and David (Leah); and Raymond (Jeannie) and their children Trevor (Nicolle), and Kelsey (Ryley) MacKinnon. Also surviving are her 18 great-grandchildren, Connor Ketler, Colton and Taytum Worms, Davin and Addison Phillips, Dylan (Grace) and Quinn McLaren, Ryan and Sierra Orchard, Jessie and Henry Thomson, Benjamin Enright, Payton, Findlay, and Oaklynn Phillips, Amelia Phillips, Scarlett and Adalynn MacKinnon, and one great-great-grandchild, Clarke McLaren.

Also surviving are her brother Bruce (Elsie) Bartley and her sister-in-law Ella Bartley, as well as numerous nieces and nephews and their families.

Agnes has left us to be with her husband Wes; parents, Elgin and Mary Bartley; son-in-law Donald McLaren; daughter-in-law Linda Phillips; grandson Brian Phillips; and siblings Margaret and Bud Graham, John and Arlene Bartley, Melva Bartley, and Lorne Bartley.

Agnes was born on January 27th, 1926 at the family farm near Roland. She took her schooling in Roland and completed her education by taking grade 12 while boarding in Carman. She worked at the CIBC in Carman after graduating, and married Wes Phillips on June 23, 1945.

Agnes and Wes farmed for much of their lives, and besides running a farm home and raising a family, she drove the school bus and worked at the Myrtle General Store. She was a faithful member of the United Church, the WA (Women's Association), sang in the choir, and taught Sunday School for many years. She was a member of the Canadian Foresters, secretary of the Myrtle Consolidated School, a volunteer in the Roland School library, a founding member of the Roland Bingo Committee, and a 4-H leader. Agnes loved hosting family gatherings, reading, sewing, knitting and quilting for gifts and charity, doing jigsaw and word puzzles, bowling, floor shuffling, curling, and playing cards with family and friends. Always busy, she lived a long and healthy life and will be missed by all who knew her.

Many thanks to the friends Mom made at the Boyne Towers. The family would also like to thank the wonderful staff at the Carman Hospital for the excellent care Mom received there.

A funeral service was held at Roland United Church on Friday, January 10th at 11:00 a.m. A family interment took place prior to the service.

If friends so desire, memorial donations may be made to Roland United Church, Box 179, Roland, MB, R0G 1T0 or the Carman Palliative Care program, Box 610, Carman, MB, R0G 0J0.

Doyle's Funeral Chapel of Carman
in care of arrangements

OBITUARY



Tina Thiessen

Tina Thiessen, age 78 of Miami, MB passed away at her residence on Saturday, December 28, 2024.

She is survived by two sons and two daughters: Henry Thiessen, Agatha (Randy) Krahn, Katharina (Corny) Wiebe, Abram (Esther) Thiessen, and four grandchildren: Rochelle, Arlen and Adrian Thiessen, and Allison Wiebe.

She was predeceased by her husband Jacob in 2021.

Mom was born in Altona on October 11, 1946 to her parents, Abram F. and Mary (Sawatzky)

Unger and spent the first months of her life near St. Joseph. In 1947 they moved to a farm in the Haywood area where she grew up in a small log house, learning the skills to be a homemaker. She

also milked up to 12 cows when the need arose. She loved baking from a young age. She also had a love for music and played the organ.

Mom was baptized upon the confession of her faith in Jesus Christ as her Lord and Saviour by Bishop John A. Friesen and accepted as a member of the Sommerfeld Mennonite church at Stephenfield on May 19, 1964. On October 10, 1965 she entered into holy matrimony with Jacob Thiessen with whom she shared the joys and sorrows of marriage for 56 years and 18 days. They were blessed with two sons and two daughters. In 1972 they moved to their present location.

Mom was a homemaker and helped with milking cows and other farm work. She kept a large garden and cooked many meals for the family farm that included Dad's parents and siblings and sometimes hired help. She operated farm equipment, from tractors and trucks to combines. Now, in her later years, she still made meals for us when we were busy with the farm work. Mom enjoyed entertaining guests in her home, serving fasma or a full meal. She still did all the canning and still loved baking. Very often when we'd come in from working outside, if she wasn't in the kitchen, she'd be sitting in her chair, reading her Bible. She had a deep concern for the souls of her children and grandchildren. Part of Mom's regular routine the last few years was riding her exercise bike in what Adrian called "Her Exercise Room", while listening to Back to the Bible every weekday morning when possible. She kept a record of distance and calories, with the last entry being December 23, 2024.

The family would like to express their thanks and appreciation for all the prayers, cards, flowers, phone calls, messages, visits and meals. We wish to thank the ambulance attendants, RCMP, and medical examiner for their services. Thank you to Dr. Berard, who has been Mom's family doctor for many years. Thank you also to Wiebe's Funeral Home. Thank you to the ministerial of the Old Colony Mennonite Church, song leaders, ushers, sound man, serving group and caretakers.

Donations may be made to the St. Boniface Hospital Foundation or a charity of one's choice.

Funeral Service was held on Saturday, January 4th, 2025 at 2 p.m. at the Chortitz Old Colony Church with Burial at Chortitz Community Cemetery after the Service.

Wiebe Funeral Chaple, Morden
in care of arrangements
www.wiebefuneralhomes.com

OBITUARY



George Crawford Jenkins

1930 - 2025

Crawford passed peacefully on January 7, 2025 just 10 months after losing his beloved wife and best friend of 35 years, Marjorie (Monkman/Wright).

Previously married to Helen (Ruff) for 32 years, he was father and step-father to Karen (Sam), Karrin (Dane), Sandy (Dwayne), Allan and Marg-Rheta. Grandfather and step-grandfather to Carly (Joel), Misty, Dayna (Kevin) and Dewie.

He was a proud prairie boy, an accomplished Agrolgist and above all an avid Naturalist. He loved nothing more than to be in his canoe, on his skis, or hiking a quiet trail. He wanted to be remembered as "someone who cared".

Please join us now as we wish him well on his next journey - where he will no doubt be golfing, playing the bagpipes and

sipping a fine scotch.

As per his wishes, cremation has taken place and a funeral will not be held.

In lieu of flowers, donations may be made to the St. Boniface Hospital Foundation, CancerCare Manitoba or Fort Whyte Alive in honor of Crawford's memory.

A heartfelt thank you from Crawford's family to the doctors and staff of the Health Science Centre Emergency Department, the Palliative Care unit, the staff at the Shaftesbury Residence, and Home Care - all of whom took very special care of Crawford over the past few months.

Tribute Link: www.chapellawn.ca

Chapel Lawn Funeral Home
204-885-9715



Power Builder Advertising WORKS!

- GET SEEN by over 360,000 Manitoba Homes!
- Use your LOGO!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$339.00 (includes 45 lines of space)
- The ads blanket the province and run in MCNA's 31 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com

www.mcna.com

WANTED

COIN COLLECTIONS



CASH FOR COIN COLLECTIONS & ACCUMULATIONS OF COINS! ROYAL CANADIAN MINT COINS, OLD COINS, OLD PAPER MONEY, SILVER COINS, GOLD COINS, RARE COINS ETC.

Also buying all Silver, Gold, Nuggets, Scrap, Coins, Old Jewelry, Bullion, Ingots, Sterling Silver, Old Quality Watches working or not, Rolex, Omega ++

Todd
204-904-9705

Online McSherry Auctions

www.meyersauctions.com

Large Online Auction

Closing Jan 23, 2025

Estate & Moving #2
January 22nd @ 7:00PM
Featuring Snap On Tools

Estate & Moving #3
January 29th @ 7:00PM

McSherryAuction.com
204-467-1858
or 204-886-7027
mcsherrytld@gmail.com

- *Antiques
- *Collectables
- *Furniture
- *Shop Tools
- *Lawn & Garden
- *House Wares
- *Electronics

Arden, MB
204 476 6262
GUN AUCTION IN MARCH

Classified booking deadline is Monday
at NOON prior to Thursday's publication
Please Call 204-467-5836

Remember Your Loved Ones with an Announcement in the

The Carman-Dufferin **STANDARD**

Call 204-467-5836

Biz Cards

Call 467-5836

SPRING DISCOUNT 15% OFF Call or email for a FREE ESTIMATE! 403.872.4934

Veteran Owned & Operated

WE OFFER:
Painting • Drywall • Flooring
Re-roofing, New Roofs & Repairs
Asphalt, Rubber Tiles and Metal
RESIDENTIAL & COMMERCIAL

Have an odd job? Give us a call!
prestigerooftingcontracting@gmail.com

PRESTIGE ROOFING

get inspired

> MEAL IDEAS



Tuna Stuffed Avocado

1/4 cup whole kernel cooked corn
1 tablespoon minced parsley
1 avocado
lemon wedges, for serving
In bowl, combine tuna, corn and minced parsley.
Halve avocado and carefully remove seed.
Divide tuna mixture between avocado alves.
Serve with lemon wedges.

Total time: 5 minutes
Servings: 2
1 packet (2 1/2 ounces) Chicken of the Sea Wild Caught Light Tuna with Old Bay Seasoning



Better-For-You Chili Lime Tuna 7-Layer Dip

2 packets (2 1/2 ounces each) Chicken of the Sea Wild Caught Light Tuna with McCormick Chili Lime
sliced or chopped jalapenos or Serrano chilies (optional)
lime wedges, for serving
vegetables or tortilla chips, for serving
In 2-quart casserole dish, layer beans in single layer.
Add remaining layers: Greek yogurt, guacamole, pico de gallo or salsa, black olives, cheese and tuna.
Add additional layer of sliced jalapenos or Serrano chilies, if desired.
Serve dip with tortilla chips or sliced vegetables.

Total time: 15 minutes
Servings: 10
15 ounces canned beans (pinto, black, red, etc.), drained
1 cup nonfat Greek yogurt
1 cup guacamole
1 cup pico de gallo or salsa
1/4 cup sliced black olives
2 tablespoons low-fat shredded cheddar cheese



Barbecue Chili

cup barbecue sauce and water; cook on low 4-6 hours.
Cut up cooked meat and place in Dutch oven along with juices from slow cooker. Add remaining barbecue sauce, tomato sauce, chili beans, chili seasoning, barbecue seasoning, onion powder and garlic powder. Season with salt and pepper, to taste.
Cook over medium heat 20 minutes, stirring occasionally. Serve with sour cream, shredded cheese and corn chips.
Tip: Add can of beans if serving bigger crowd.

Recipe courtesy of "Cookin' Savvy"
Servings: 8-10
1 pork loin (2-3 pounds)
1 can (10 ounces) diced tomatoes and green chilies
2 cups barbecue sauce, divided
1 cup water
1 can (29 ounces) tomato sauce
2 cans (27 ounces each) chili beans
1 package chili seasoning
1 tablespoon barbecue seasoning
1 tablespoon onion powder
1 tablespoon garlic powder
salt, to taste
pepper, to taste
sour cream, for serving
shredded cheddar cheese, for serving
corn chips, for serving
Place pork loin in slow cooker. Cover with diced tomatoes and green chilies, 1



Expert patient here to help!



Susie Schwartz

By Susie Schwartz

A new year, a new you! Wait, our health can be tricky, so this isn't always true. Bloodwork, doctors, and dietary changes, we'll try anything, it's true. What can be frustrating is the 'healthy' rarely have a clue.

How's that for a little New Year's poem? (Yup! Read it again.)

We all feel societal pressure to reflect and plan and transform. The motivational day-planner companies and gyms hit us hard with 'half price sale!' and 'get your first month free!' Despite the financial stress of the recent holiday season, people rush to get out their wallets to 'make a new start.' And we can feel like a failure when we don't measure up compared to our more able-bodied (or minded) friends.

Don't rush anywhere. (Except to your doctor's appointment, if you're late.) Stop. Catch your breath from December. Recognize that with all of your challenges, you are still here. You've made it to this moment.

I'm not saying that exercise or having a plan are bad things.

Far from it. What I'm saying is, don't feel the pressure society puts on us to do or be things we simply can't. Our health might impede a gym membership, and our symptoms might tell us our future is unknown. (Isn't it always?) It's okay to just do what we can, when we can. A kind of un-resolution, if you will. (The Cambridge Dictionary says the definition of 'resolution' is: a firm decision to do or not to do something. Maybe 'resolution' is too strong of a word when applied to the goals of those of us struggling with our health.)

I think where we get tripped up is when we try to overhaul our lives all at once. And when February rolls around and we are still overweight or haven't got the big promotion, what happens? The gym managers can tell you as they laugh all the way to the bank...we stop going and give up. (And did I mention, feel like a failure?)

How about this? How about we set 'resolutions' like, I'm going to treat my body with more kindness or, I'm going to treat people with more kindness. Keep them general and measure them one decision at a time. And while we are doing those things, we can always chip away at our more specific goals, like exercise or earning a raise at work at whatever pace is manageable for our bodies and minds.

So. Unresolution with me?

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz, and at www.lesshealthstress.com. (Email: info@lesshealthstress.com) If you like her writing, find more on her Substack page: The Quest For Less Health Stress

Meatball Tortellini Soup

Recipe courtesy of "Cookin' Savvy"
Servings: 6-8

4 cups beef broth
1 can (14 ounces) diced tomatoes
16 ounces frozen meatballs
19 ounces tortellini
6 ounces frozen spinach
1 tablespoon onion powder
1 tablespoon garlic powder
1 tablespoon Italian seasoning
3/4 cup Parmesan cheese, plus addi-

tional for serving, divided
salt, to taste
pepper, to taste
1/4 cup heavy cream
bread, for serving

In Dutch oven, pour in beef broth and diced tomatoes. Fill empty diced tomatoes can with water and add to pot. Stir in meatballs, tortellini and spinach. Cook over medium heat then add onion powder, garlic powder, Italian seasoning and 3/4 cup Parmesan cheese. Add salt and pepper, to taste.

Cook 25 minutes, stirring occasionally. Add heavy cream and cook 5 minutes.

Serve with bread and additional Parmesan cheese.

Do you have a Health or Wellness Business?

Call 204-467-5836 to advertise

