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Enjoying the outdoors

STANDARD PHOTO BY DENNIS YOUNG

Ed and Debbie Penner, left, from Altona along with Eleanor and Larry Chornoboy, right, of Winnipeg enjoyed the outdoors roasting hot dogs after Boyne River and Carman Pathway excursions on Jan. 22. The couples heard about the Boyne River trails on CBC and found the pathway on-line under Top 10 Trails in Manitoba.

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# Elm Creek family among Manitobans pushing for CGM support

By Becca Myskiw

A group of Manitobans are calling on elected officials to spend a day in the shoes of someone living with Type 1 Diabetes.

The Great Manitoban Finger Prick Challenge was started by a group of parents of, caregivers of, and people living with the disease. Heidi Boyachek in Elm Creek is one of the parents in that group — her six-year-old daughter, Hayley, was diagnosed three years ago.

The challenge encourages members of the legislative assembly (MLAs) to test their own blood sugar on video up to 10 times a day, as someone with Type 1 Diabetes would have to.

"We feel like the best way to show them is by providing them a testing kit themselves," said Boyachek.

By doing this, the hope is that these MLAs will then understand the importance of the continuous glucose monitor (CGM) device, something Hayley now uses.

Kimberley Hanson, executive director of federal affairs at Diabetes Canada, explains Type 1 Diabetes as driving a car without a windshield — people are blindly going throughout their days, testing their blood sugar here and there and "getting glimpses



Hayley Boyachek doing her first finger prick by herself at three years old.

of the road." With the CGM device, their blood sugar is tested every couple of minutes automatically, giving them an almost clear picture of the road ahead.

The device is essentially little disposable sensors that sit just under the skin, attached to a small wearable pack. They measure the amount of sugar in the blood every couple of minutes and send that readings to a smart phone, letting the person



STANDARD PHOTOS SUBMITTED

A group of Manitobans are pushing for CGM device coverage in healthcare.

in charge know if everything is OK. The CGM device also gives warnings when the person's blood sugar is too high or too low.

When a person with Type 1 Diabetes's blood sugar is too low, they can

go unconscious, have a seizure, go into a coma, or die. If it's too high, they can go into diabetic ketoacidosis (DKA),

Continued on page 6

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# Elm Creek's Postmaster has great outlook on life



STANDARD PHOTO BY BECCA MYSKIW

Elm Creek's postmaster Scott Ferguson was praised and thanked by the community for his never-ending cheer during the holiday season.

By Becca Myskiw

Elm Creek's "postmaster" has received an outpouring of thanks on Facebook for keeping the Christmas cheer alive during the busy holiday season.

Scott Ferguson has worked at the Elm Creek post office for less than two years and he's won the community's hearts. He came into the full-time position after working part time for Canada Post in the town of Newton.

When he took the job in April 2019, Ferguson was still living in Newton and commuting every day to Elm Creek. When his day finished at 5 p.m., he'd head to Portage la Prairie and visit his wife, Rhonda, at the Lions Prairie Manor.

Rhonda had been battling chronic multiple sclerosis (MS) for over 17 years and Ferguson took every chance he could to spend time with her. Her fight came to an end in April 2020, leaving Ferguson a newly single man and an empty nester.

Soon, the opportunity arose to buy a home in Elm Creek, so Ferguson jumped at it, preparing to move in August.

"Now I have a five-minute walk to work instead of a 25-minute drive one way," he said.

But, on the day in July he signed the papers for his home, Ferguson got a call from his doctor — he had colon cancer. He took it in stride, though, and had surgery in October, which he

said went amazing.

"It was the most positive experience you could have," he said.

Ferguson was back at his home in Elm Creek four days after surgery and had a six-week "vacation" to recover. He was back to work at the post office on Main Street just in time for the Christmas rush.

In 2019, he had just over 1,100 parcels in the month of December. In 2020, however, that number more than doubled to 2,300. His biggest day that month brought him 283 packages compared to a usual 90 — but he didn't let the stress get to him.

"It's been an incredibly busy two months since I've been back to work," he said. "But it has been so much fun.

I was at least one place people could come and get their orders from online and we just had a fun time with it."

The people of Elm Creek did enjoy Ferguson's Christmas cheer. A post in the community Facebook group had 118 likes as of Jan. 24 and over 30 comments, thanking their "postmaster" for making the season fun. The cheer wasn't just good for them, though. It was everything for Ferguson after the year he had.

"If you talked to me last Christmas," he said. "[Rhonda and I] were both discouraged and depressed. It was a hard time. Now, fast forward a whole year...to have this joy and this peace and fun...I had a blast."

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# getheard

EDITORIAL > VIEWPOINTS > LETTERS

## Northern Health leads Manitoba in new COVID cases

By Ashleigh Viveiros

Manitoba's COVID-19 death count surpassed 800 on Monday with five new deaths, bringing the tally to 804.

Public health officials announced 113 new cases of the virus at the start of the work week, the bulk of them in the Northern health region (58 new cases there versus 55 for the rest of the province).

At press time, Manitoba had a total of 3,542 active cases of COVID-19 and 24,464 recoveries. There were 272 people in hospital due to the virus, including 145 considered contagious. Thirty-six Manitobans were in intensive care due to COVID-19 (23 considered infectious).

Chief public health officer Dr. Brent Roussin said the hospitals are just starting to get to a point where some elective procedures are feasible once again, but that gain could quickly be lost if the COVID-19 numbers start to rise at a fast pace.

"The health-care system isn't there right now for everyone because of the number of COVID cases in hospital," he said in explaining the province's cautious approach to easing some code red restrictions but not others. "We can't do things right now that are going to escalate the cases further ... we cannot overrun our health-care system."

In addition to stressing the usual

fundamentals—staying home when sick, washing your hands frequently, keeping your distance from people outside your household—Roussin also reminded Manitobans to get tested if they are showing symptoms of the virus, even very mild ones.

"We continue to hear, in all settings, of people going to work, going to school, going to day care while symptomatic," he said. "We have to avoid that if we want to continue our progress and open things up."

The Southern Health-Santé Sud health region started the week with 215 active cases of COVID-19, 4,250 recoveries, and 128 deaths.

Breaking it down further to the Pembina Valley area, the active cases on Monday included eight in Winkler, six in Morden, two in Stanley, 20 in Lorne/Louise/Pembina, four in MacDonald, 11 in Morris, nine in Altona, and 28 in Red River South. A total of 22 people have died of COVID-19 in these areas.

### Vaccine update

On the vaccine front, the medical lead for the vaccine implementation task force announced that the province's push to get the vaccine to all personal care home residents in Manitoba is well ahead of schedule.

"This week, the [vaccination] teams will visit the remaining locations," Dr.

Joss Reimer said. "This means that we will have immunized every eligible and consenting PCH resident in three weeks, which is fully a week ahead of the schedule that we had initially set."

The vaccination teams are scheduled to return with the second dose in a few weeks to complete the inoculation. They'll also be in touch with care homes to ensure new residents can be vaccinated moving forward.

Manitoba has administered a total of 29,751 doses of the vaccine thus far (out of 55,650 total doses delivered to the province), including 26,349 first doses and 3,402 second doses.

Vaccination centres are now open in Winnipeg, Brandon, and Thompson, though bookings for new appointments at the first two are on hold due to a disruption in the delivery of the Pfizer vaccine to Manitoba.

Due to the short supply, it's possible some booked vaccination appointments may have to be postponed.

"Right now we have enough in our freezer to provide either the appointments that are booked for next week and the week after or to provide the second dose to our personal care home residents," Reimer said, explaining they will have firmer plans on Friday after they get word from the federal government about the next shipment.

## Province eases back some COVID-19 restrictions

By Ashleigh Viveiros

The provincial government scaled back some COVID-19 restrictions in the latest public health orders announced last week.

Coming into effect Jan. 23 and lasting for three weeks, the orders update restrictions that have been enforced since November when the entire province went to red on the pandemic response system.

They reflect the gains Manitoba has made in the fight against the virus while acknowledging the need for caution, Dr. Brent Roussin, Manitoba's chief provincial public health of-

ficer, said last Thursday.

"Our collective progress in reducing the spread of COVID means we can undertake these very careful, very cautious reopenings at this point," he said. "But this has to be a gradual and cautious process. We do not want to be opening and then closing and then reopening again."

The revisions include changing gathering limits to allow households to host two designated people inside their homes and have outside visits with up to five people in addition to household members.

Funerals can now have up to 10 peo-

ple in addition to the officiant under clear COVID-19 protection protocols.

On the retail front, the essential items list has been eliminated, allowing all stores to open.

"Stores will be able to sell any products if they maintain physical distancing between customers and occupancy limits of 25 per cent with a maximum of 250 people, whichever is lower," Roussin explained.

The new orders also allow for the operation of basic services that promote physical and mental health, non-reg-

Continued on page 5

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# Morrison Research Farm says goodbye to manager of 40 years

By Becca Myskiw

After more than 40 years at the Ian N. Morrison Research Farm, manager Alvin Iverson is saying goodbye.

Iverson was a familiar face for many, whether it be high school students coming in for Agroecology Days, government officials taking a tour, or everyday employees carrying out their research.

Iverson has been with the research facility since its start in 1992. His work began in 1980 at the research station in Portage la Prairie, but 12 years later, the University of Manitoba (UofM), decided to make the move to Carman to be closer to Manitoba agriculture.

When it started up, there were just two fields and nothing else.

"It's interesting to see the research station grow from its original 256 acres to its now 406 acres," said Iverson.

He's been the manager of the farm since it was in Portage la Prairie. He said he was doing the job before he got the title and it just sort of fell into place.

The job also brought him to the community, which he became a resident of in 1993. Iverson said the contributions of the farm have been appreciated by

the community and the community's contributions have been appreciated by the farm, like local money that's been raised for certain things.

Iverson's main job was to organize the users of the facility. He said there's close to 100 people that use it in a year, and it's up to him to ensure crop rotations are correct, the land it put in the proper process, and that everyone has what they need when they need it to be successful.

On top of that, Iverson ran a one-day workshop for Prairie Rose School Division (PRSD) Grade 10 students where they'd come and learn about agriculture. He also dealt with up to 500 agronomists, researchers, students, and farmers for on-site training.

"Every year is a year of discovery on the farm," he said.

His favourite part of the job was the main part of it — dealing with and meeting people. But he also enjoyed being able to make valuable contributions to agriculture.

It was just time, he said, to retire. He's looking forward to spending time with his family and allowing new faces to bring research on the farm to



STANDARD PHOTO SUBMITTED

Ian Iverson is retiring from the Ian N. Morrison Research Farm after over 40 years.

the next level.

In the meantime, the Ian N. Morrison Research Farm is in the applica-

tion process of finding a new manager.

## > COVID RESTRICTIONS, FROM PG. 4

ulated health services like pedorthists and reflexologists, and barber shops and hair stylists, with capacity limits.

Remaining closed are things like restaurants, entertainment centres, and fitness facilities.

These revisions apply to the Winnipeg (except for Churchill), Southern Health-Santé Sud, Interlake-Eastern, and Prairie Mountain Health regions. High COVID-19 numbers in northern Manitoba means those communities remain under the earlier, stricter public health orders.

Roussin stressed that a total return to normal—allowing all closed businesses and sectors to reopen at once—would not be a wise course of action.

"We know businesses did whatever they could to make their places safe, but we could see in October and November, despite that, we were on a very bad trajectory. If we opened everything now to where we were in October, we would be back on that trajectory."

He urged Manitobans to continue following the fundamentals of physical distancing, hand hygiene, and staying home when ill.

"If we continue to focus on those fundamentals, then these sacrifices will pay off in the short-term so that

we can start getting back and continue our progress on reopening."

**"We don't want a COVID comeback"**

Premier Brian Pallister also appealed to Manitobans to continue to do their part in the battle against the virus.

"I know some of you will be disappointed today that you're only able to get together with two people [inside], because you have many friends and family that you'd like to see," he said.

But keeping the number of contacts per household down remains integral to stopping potential COVID-19 exposures from ballooning into the hundreds very quickly.

"We are going to be cautious in this. We don't want to have a COVID get-together. We don't want to have a COVID comeback," Pallister said, asking Manitobans to pick two—and only two—designated people outside their household to visit with in their homes. "On your honour, that's what I'm asking you to do now ... we're asking you to follow the rules because that's how we'll keep each other safe."

"Remember that in three weeks' time, if we do the right things, there may be an opportunity to make further progress on this front."

## LUNCH ON THE POINT

My father loves the Gospel largely because its power transformed his life at an early age. He communicates the truths of his Salvation fluently and seeks to share it with others frequently. One such experience was seared into my mind as a young teenager. We were living on Vancouver Island and my father was working on Saturdays doing the electrical for a new building at a youth Bible camp. I was along to help for whatever skills I was suited. We took a lunch break and sat on "The Point," a rock bluff with beautiful open views to Maple Bay. A young man in his early 20's named Chris was there to help. He had arrived in the morning with a loud, fast sports car and it drew the attention of many. Chris came and sat for lunch with us and within a short time Dad introduced the Gospel. It was apparent that the Gospel was somewhat foreign to him, but He listened very intently and with real interest. I do not recall the exact conversation, but the Gospel always comes down to these 4 basic truths. 1) All have sinned (Romans 3:23), 2) The soul that sins, it shall die (Ezekiel 18:20), 3) Christ Jesus came into the world to save sinners (1 Timothy 1:15), and 4) Believe on the Lord Jesus Christ and thou shalt be saved (Acts 16:31). As our lunch time ended, Chris expressed appreciation for the talk and Dad ended with a kind warning that this message is urgent. "We never know when we will meet God," Dad said, "that car of yours is pretty fast. You could drive off the road and be ushered into eternity. Make sure you're ready to meet God".

The following Saturday we arrived for another camp workday and by mid morning we had heard that Chris, driving at a high rate of speed from Victoria to Sooke, spun off the road and struck a large tree. The car immediately stopped but Chris did not — His soul went straight into Eternity. We do not know what decision Chris made with the message he heard the week previous. We hope we will see him in Heaven. For me as a boy of 13, it was a solemn reminder that Heaven and Hell are real, that Eternity is but a breath or heart beat away, and the Gospel is the only message that determines where you will spend it. The Gospel is urgent. 2 Cor 6:12b says "behold, now is the accepted time, behold now is the day of Salvation." "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in Him, should not perish but have everlasting life" John 3:16

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

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

## January 27, 1921

A.F. Higgins had a clothing store on Villard (now Main) in the McKinney and Campbell blocks. (These same buildings have housed many businesses over the last 100 years.

Some of the doctors in 1921 were : Dr. F.L. Jameson, Dr. H.C. Cunningham, Dr. A.E. McGavin.

Dentists were A.L. McLaughlin and

Dr. Daynard; Veterinary was Dr. Will Smith at the Palace Stables who specialized in horse dentistry.

## January 24, 1946

From Elm Creek News—The United Church will hold its first Fireside Hour following the Sunday Evening service. Miss Anne Clueas, recently returned from England will by guest speaker. Misson Band will serve refreshments. Everyone cordially invited to this hour. Let's make it a success.

From the Roseisle News—Chester

Hamilton has sold his store business to Mr. Drever of Winnipeg as of Feb. 1, 1946. Mr. Mrs. Hamilton are returning to their farm home, south of Manitou, Mb.

## January 28, 1971

Stanley E. Cochran, a registered optometrist since 1915, passed away on Jan 21, 1971 at the age of 80. Stanley had continued in his father's occupation. He was also well known as the Carman Band Leader, and a United Church choir member and leader for 50 years; a founding member of the

Carman Golf Course and very active in public life.

Carman doctors in 1971 were Dr. H.W.C. North, Dr. E.K. Cunningham, Dr. J.I. Regehr

Parkland Floor Covering Grand Opening, Jan. 29 and 30. Owners are Charles, Abe and John Braun of Morden. Charles & Abe and families will be moving to Carman and John the silent partner will remain in Morden.

## > TYPE 1 DIABETES, FROM PG. 2

which is when the body starts filling with acid and goes into a coma. This can also lead to death. Both extremes also come with their own mental side effects.

Hayley's blood sugar was too high when she was diagnosed at three years old. For the first bit, she was using the finger prick and test strips to check her blood sugar up to 10 times a day.

Hanson said young people, like Hayley, and older people can't usually feel the symptoms of low or high blood sugar. Because of that, parents like Boyachek are trained to get up in the middle of the night to check their child's blood sugar.

Now that Hayley has the CGM device, Boyachek can sleep knowing she'll get a warning if something's wrong.

"For parents with young kids, [the CGM device] is the difference between them sleeping at night and not," said Hanson.

Pharmacare, Boyachek said, covers \$2,920 a year, or 3,650 test strips. Each sensor in the CGM device lasts for 10 days and each one is \$100. The transmitter in the sensor is around \$300, making it an annual cost of \$3,588.

"So that's pretty close to what they're already willing to pay," she said.

Boyachek is willing to pay that to save her daughter's life — but the Great Manitoban Finger Prick Challenge is to show MLAs that they shouldn't have to.

"If you look at it holistically, it's really a no brainer," said Hanson.

Boyachek has done the math to prove that, along with saving lives, the CGM device saves money.

An average hospital stay in Canada is \$7,000. An ambulance ride is around \$500. Whenever a Type 1 Diabetic's blood sugar goes dangerously low or high, they can very likely be taking a trip to the hospital. Boyachek said 10 per cent of children are hospitalized annually in Manitoba — that's a lot of money.

A lot of money that, according to this group of Manitobans, wouldn't have to be spent if those people had a CGM device.

"If we all had these devices, we'd be saving the government a lot more money," she said.

The reason this group of people is trying to get the CGM device covered in healthcare is because of its cost — a lot of people simply can't afford it.

And with sticking to the finger pokes, they're essentially leaving their life to chance, she said.

Boyachek said the CGM device has also improved her daughter's quality of life. Hayley isn't stopping before every meal, snack, or nap to poke her finger — the CGM device is doing that for her every five minutes. Her family isn't living in fear of wondering when she'll have a low or high — the CGM device warns them if that's going to happen.

Hanson said this device also allows people like Boyachek to comfortably send their children to school. That's why Diabetes Canada is pushing for the government to provide public funding for these devices along with the Manitoban group.

Though 2021 is the 100th year anniversary of the discovery of insulin, which happened in Canada, Hanson said the country is now among the worst third in the prevalence of and management of Type 1 Diabetes.

One in three people in Canada live with diabetes or pre-diabetes. 20-year-olds have a 50 per cent chance of developing Type 2 Diabetes, and that goes up to an 80 per cent chance for Indigenous people.

"We have to do something different-ly and that's why Diabetes Canada is



Hayley Boyachek's CGM device sensor on her arm.

saying we can't wait another 100 years to end diabetes," said Hanson. "We have to bend this particular curve."

As of Wednesday, Jan. 20, the Great Manitoban Finger Prick Challenge had 12 MLAs confirm they'd participate. Boyachek is hoping for more yes's and that the lifesaving CGM device will soon be included in healthcare.

"They've done nothing to deserve this disease," she said. "It's make or break having that device."



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# Remembering...Reg "Country" Gibson the yodelling cowboy



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Reg "Country" Gibson began singing publicly at the age of four as "Little Reggie Gibson, the yodelling cowboy."

By Dennis Young

Buff and Laura (Dunn) Gibson farmed outside of Carman in Graysville in the dirty 30s and lost their farm during the Great Depression. They packed up their five children and headed off to Winnipeg. Reginald Milton Gibson was just three in 1935 when their new land lady felt an urge to keep the youngest Gibson busy and began teaching him the guitar. By four years old he was financially supporting the family with his singing and entertaining, performing alongside his parents (Laura on piano and Buff on the fiddle) in an old time band. He became known as "Little Reggie...The Yodelling Cowboy" singing at fairs, country dances, rodeos and vaudeville theatres like the Orpheum, Beacon and the Walker. Eventually he won silver medals in 1936 and 37 at Eaton's Guard of Honour. He would continue to travel the circuit until 1942. He enjoyed making the music, paying the price of its negative effect on his schooling.

After entertaining troops stationed in western Canada during the Second World War, he sang on radio with Andy DeJarlis which began a long career in 1950 on CBW and CBC radio and TV Winnipeg. The program was "Rhythm on the Range." He subsequently was heard on other radio shows like "Here Comes the Band" (1951-54), "Shenandoah" (1961), "Ballads and Bards" (1962-63), "The Rambler Man" (1960-63), "Cabaret", "Swing Along", and "Time Out For Music". He made the jump to TV hosting "The Red River Jamboree" (1965) "The Group" (1968-70) and "Points West" (1970-1972).

Reg was renowned for his relaxed, easy going humour. "Let's face it" he

would say, "I'm just plain lazy." But he developed a style that endeared him not just to Western Canada but to radio listeners and TV viewers right across the country. He went on record that he figured he was on radio over 3K times and appeared on TV 1.5K times."

Eldest daughter Janine Gibson told me, "our dad was one of the funniest people I have ever met! He would take every opportunity to make people laugh, often at his own expense. Our home was full of live music, inspiring all four of us as his children, to be singers and musicians sharing the joy of music."

From 1966 to 1968 Reg thoroughly enjoyed his tour of the Middle East to entertain UN forces and to Germany for the Armed Forces. As a dedicated sports fan, one of the highlights from these trips for him, was meeting and working with Montreal Canadians captain Jean Beliveau. He was especially proud of his 1970 presentation to and performance for Queen Elizabeth, Prince Philip and Prime Minister Trudeau. Comfortable with folks of all communities, he also enjoyed serving as the Master of Ceremonies for the 1975 Carman Harness Racing Festival Queen contest. Reg was a gifted, powerful singer and song writer talented in his interpretations of folk, country, blues and popular music. He composed the CBC Wilderness Award winning theme music for the Ducks Unlimited film "Once Upon a Marsh" (1966), "Death of a Nobody" (1968 about white privilege/racism), "Whistling Wings" (1970), "Nis'ku" (1970 means goose in Cree) winning a second Wilderness Award and "Seaton's" (1974). Reg's song writing was influenced by Rachel Carson's book, Silent Spring.

His songs about the plight of First Nations were forward thinking at the time. He was personally and through his folk/country music, all about freedom and social injustice. Reg travelled widely across the Canadian north singing at many community events, valuing the native culture and receiving sculptures, beadwork and leatherwork, given as thank you gifts from many First Nations.

At the famous Century 21 Studios in Winnipeg Reg recorded 3 LPs and 3 singles from 1970 to 75. "That Country Feeling" being his most popular. His moving version of "Brother Can You Spare a Dime" was a hit throughout Eastern Canada. He was a member of the national executive of the Association of Canadian Television and Radio Artists from 1959-73 and felt privileged to serve as President from 1971-73. In 1989 he was the proud recipient of the President's Award for Distinguished Service.

During and after retirement from the entertainment industry, Reg played polo, founding the Springfield Polo Club, and trained polo and quarter horses on his Thunderbird Ranch east of Birds Hill Park. He was President of the Manitoba Cutting Horse Assoc. and Provincial Champion from 1965-67 on his horse Deacon Joe.

In his time away from music in his younger years he was primarily a truck driver. After he retired from performing, he worked with a program called New Careers. There he helped design and implement the first nationally acclaimed joint driver training partnership between government and the industry.

"Little Reggie... the Yodelling Cowboy" passed away November 20, 1998 after his challenges with bi-polar disorder and alcoholism. His struggles with his inner demons, arising from being a child star,

took its toll on his mental health. Born during a January blizzard he asked his ashes be scattered in the countryside during a blizzard, which his daughter Janine honoured on her farm south of Steinbach.

He married Mildred, the love of his life, in 1954 and together they had four children and numerous grandchildren. One of which Zachary Gibson, has continued the family tradition, achieving recognition as an actor, dancer and singer. "Reg's legacy continues to inspire me in my own artistic expression" shares Zach, who plays Reg's beloved 1950's Gibson guitar and has starred in three movies. If you wish to hear daughter Janine's memories of Reg Gibson, go to: <https://www.cbc.ca/listen/live-radio/1-367-the-weekend-morning-show-manitoba> for the Oct. 4, 2020 interview. To hear him sing go to <https://music.youtube.com/watch?v=feSkckShsSs&feature=share> or YouTube and type in Reg Gibson videos and you will find one plus a home video from his living room. Enjoy.

## CARMAN AREA FOUNDATION

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## 2021 GRANT APPLICATIONS!!

*Does your charitable organization have a project that will benefit the community?*

To apply, you must be a registered charity operating in the R.M. of Grey, Dufferin, Roland, the Sperling Area or Town of Carman. Check our website for more information.

An application form may be downloaded at [www.carmanareafoundation.com](http://www.carmanareafoundation.com) or picked up at the Town of Carman office.



Applications must be received no later than **Friday, February 19, 2021 at 4:00 pm**

For more information, please e-mail [exedir@carmanareafoundation.com](mailto:exedir@carmanareafoundation.com)  
Or phone Granting Chair  
Arthur Cameron at 204-343-2314





## A Place for All

*Inside the MCI community*

At Mennonite Collegiate Institute we pride ourselves on creating a safe and inspiring learning environment to help raise the whole child. Everything we do, from the classroom, to the court, and to the stage, is built upon faith and relationships. We work hard to ensure that the MCI experience is affordable, so that quality education is accessible for all families.

This year, we are excited to announce that new students who apply for the 2021-22 school year before March 15th, will share in \$25,000 of available tuition support. In addition, one lucky applicant will receive their first year of tuition for free. Once an application is received, our Director of Finance works closely with your family to create a financial plan uniquely suited to you.

You can learn more about MCI by attending our upcoming Live Virtual Open House on February 11th at 7:00 pm.

In the hour-long Open House, you will hear from staff about MCI programs, student life and tour our school - from the beautiful performing arts centre, down the halls of our academic wing and into the dormitory. The online session will also allow time to ask questions directly to MCI staff and students about the application process, student bursaries, extra-curricular activities, or any other areas of interest. We are excited to welcome you into our halls and to help you find your place within the MCI community.

To Register for this event, or learn more about MCI, call our Student Recruiter, Sophie Gerbrandt, at (204) 304-6899 or email [admissions@mciblues.net](mailto:admissions@mciblues.net).



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## Brandon University builds connections

BRANDON, Man. – The past year has shown us all how important it is to stay connected with our families, our friends and our community.

Helping students build connections is something that Brandon University does best. A growing university with 3,500 students, BU embraces its prairie roots with a welcoming spirit and a commitment to delivering quality programs. Most BU classes have fewer than 20 students, allowing for a personalized education.

“Having small class sizes has helped me out the most,” said student Elizabeth Glenn. “With professors working with you one-on-one you get to know each other, resulting in an amazing learning experience that helps you grow as a student and a person.”

Attending a smaller university doesn’t mean limiting your choices. The Faculties of Arts, Education, Health Studies, Science and the School of Music at BU offer a full slate of programming at the undergraduate and graduate level.

The connections extend beyond the university. BU’s Co-operative Education program helps students develop their career skills by integrating study terms with full-time work terms at jobs related to their academic programs. Co-op students can earn while they learn!

Brandon University is also a great place for world-class research, even for undergraduate students. Right now, BU students are doing

research in fields such as cancer detection, quantum computing and Indigenous health and education.

Extracurricular activities, like the Student Leader program and more than 50 clubs and collectives, also encourage growth and friendships.

“Taking part in extra-curricular activities such as the Student Leader program has been a great way to interact with other students, especially during the pandemic,” said student Hanna Sollner.

The success of BU’s approach is reflected in its alumni. A survey of graduates has shown that 98 per cent would recommend Brandon University, while 93 per cent were prepared to excel in the workforce.

Academic advising, career planning, personal counselling and accessibility services support students every step of the way, and welcoming spots on campus, like the Indigenous Peoples’ Centre, provide the comforts of home.

“Students appreciate that they don’t have to move to a big city to get the education they’re looking for,” said Courtney Adams, BU’s Director of Recruitment and Retention. “We’ve got everything they need right here.”

Learn more about Brandon University, take a video tour and book your virtual presentation today by visiting [BrandonU.ca/Your-Future](http://BrandonU.ca/Your-Future).



**APPLY NOW FOR 2021-22**

**BUILD YOUR FUTURE IN BRANDON**

Join our satisfied students and build your bright future today!

**93%** of grads say BU prepared them to excel in the workforce

**98%** of grads say they recommend Brandon University

Book your virtual presentation at [BrandonU.ca/Your-Future](http://BrandonU.ca/Your-Future)

**FUTURES ARE BUILT IN BRANDON**

**BRANDON UNIVERSITY**



# Career Training, Close to Home

**Since last spring, Red River College has been dealing with the impacts of a crisis few could have imagined. And like you, we've been doing everything we can to ensure the continued support of our neighbours and our community until this storm has passed.**

But we're still here for Manitoba. We're here for our students. We're here for local industries. We're all in.

Our commitment to quality education makes us well-suited to prepare our community's workforce, no matter what lies ahead. And our graduates remain integral to our community's livelihood, and to the industries and services on which we all rely.

Join us as we continue the important work of rebuilding our economy and reshaping lives. Register now for a program or course that will allow you to keep pace with the changing world.

We've converted many of our certificate and diploma programs from in-person delivery models to online, or a mix of both. For programs with essential hands-on components, we offer a blended approach.

We also offer part-time and online programs and courses with flexible delivery options, allowing you to pursue credentials to advance your career, or start a new one.

Red River College is the province's largest institute of applied learning and research.

Our students are trained to become leaders in their fields, thanks to industry partnerships that allow us to keep our research and curriculum on the cutting edge.

Wherever you are in Manitoba, Red River College is in or near your community. Five of our nine campuses are located outside of Winnipeg: in the Interlake, Peguis - Fisher River, Portage la Prairie, Steinbach and Winkler.

Learn more at [rrc.ca/winkler](https://rrc.ca/winkler)



## WE'RE ALL INDUSTRY.

Explore Red River College's Winkler Campus, offering a range of full-time, part-time and online program options.



[rrc.ca/winkler](https://rrc.ca/winkler)



# Anonymous woman brightening days at Boyne Lodge

By Becca Myskiw

An anonymous Carman woman is sending a bouquet of flowers to the Boyne Lodge each week for no reason other than it makes her feel good.

The anonymous woman is a retired nurse who worked in personal care homes (PCHs) throughout her career.

Along with her first-hand experience, she also had many family members live as residents in Boyne Lodge, so she knows what life is like there for both caregivers and receivers.

She is also a fan of the ongoing renovation project that will give each resident's room a small home concept. Having a degree in interior design, she thought she might design nursing homes like Boyne Lodge, but she became a nurse instead.

So, knowing how difficult it is to work in a PCH and to live in one, the retired nurse decided she wanted to make people's days a bit happier.

"The staff, without fail, try their best at all times," she said. "It's not always a joyful place."

Deciding how to make their days brighter came next. Knowing she wanted to support small businesses in town as well and thinking of bright

beautiful flowers, the retired nurse made her decision.

"It's like killing two birds with one stone," she said. "I'm supporting local and I'm spreading happiness."

Now, once a week, she purchases a \$40 bouquet of fresh cut flowers to be put together by the people at Carman

Florists & Gift Boutique, that is sent to Boyne Lodge.

The first person to receive the flowers was a 65-year-old resident at the lodge. She got the bouquet on her birthday week and was "really, really happy," said the retired nurse.

Carly Boklaschuk, owner of the flower shop, said the world needs more people like the anonymous

**"IT'S A PRETTY SMALL THING BUT I'M HOPING THAT IT CONTINUES TO BRING A LITTLE SUNSHINE IN SOMETIMES."**

donor these days.

The anonymous donor has been doing this kindness project since November. She said she has no plans of stopping it any time soon.

"I just want to make life a little bit lighter for somebody," she said. "It's a pretty small thing but I'm hoping that it continues to bring a little sunshine."

A social worker at the lodge chooses who receives the bouquet each week, whether it be a resident or staff member.



STANDARD PHOTOS BY BECCA MYSKIW

Elaine Wishart prepares a bouquet of fresh cut flowers.



Stacy O'Connor, left, and Elaine Wishart are just two of Carman Florists & Gift Boutique's employees who make the flowers for Boyne Lodge.



**Whooos  
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Story  
of All Time?  
CONTEST**

Valentine's Day is a time to show your loved one how much they mean to you. We want to hear why your love story is the greatest all of time, whether you have been together 80 years or 8 months

Email your story and picture to [news@carmanstandard.ca](mailto:news@carmanstandard.ca)

The Carman-Dufferin  
**STANDARD**

**Contest entry deadline  
February 5th, 2021**

\*stories may be edited for length

Share your story with us and you could set your Valentine up for a special surprise.

In a few paragraphs tell us how you met and how you knew it was true love, or just tell us why your Valentine makes your heart skip a beat.

## Visitation shelter at Boyne Lodge close to opening

By Becca Myskiw

Once Boyne Lodge's outbreak is over, residents will be able to see visitors who are their designated two people.

Last year the provincial government announced it was providing refurbished sea cans for personal care homes across the province in order to allow families to visit their loved ones in person. Family visits were suspended after COVID-19 spread rapidly through many facilities and began to kill vulnerable residents.

The sea cans, or pods as many people refer to them, are adjacent to PCHs. The shelter is heated and comes with chairs and a table that separates people inside more than six feet. When using it, visitors will be given medical grade PPE, which is an eye shield and a face mask, and they will have to practice good hand hygiene.

The pod will be disinfected by staff after each family visit to help prevent the spread of COVID.

At Boyne Lodge there is one approved visitation shelter. It's set up in front of Boyne Towers within the front garden and will be there until life is somewhat "back to normal."

"It looks permanent, but it will definitely be temporary," said Helen Hoeppner, site lead. "I hope that new normal involves inviting residents into the building."

The Lodge has been in outbreak since December and because of that, visitors are not currently allowed in the shelter. But there are two other ways the residents can connect with people outside the lodge.

Each resident can have two designated visitors, who, right now, can come visit them in their rooms once a day during visiting hours. There are also virtual visits thanks to two iPads in the Lodge, bought with donation dollars.

Those two forms of connection are pre-determined, whereas the visitation shelter is open to anyone. It will allow one resident and one visitor to use the space at a time. Hoeppner said as restrictions ease, more people might be allowed in, depending on whether or not they are from the same household.

"Family and friends are so important to people and residents not being able to go out and about and see other people...this gives them more variety and

Continued on page 11



# Homestead Co-op donates over \$2,500 to Carman Dufferin Fire Department



STANDARD PHOTO BY BECCA MYSKIW

Carman-Dufferin firefighter Joey McElroy, far left, deputy fire chief Chris Lemky, second from left and fire chief Ben VanderZwaag, far right, receive a \$2,581.59 donation from Homestead Co-op food store manager Justin Major, second from right.

By Becca Myskiw

Through their reusable bag program

in 2020, Homestead Co-op raised over \$2,500 for the Carman-Dufferin Fire

Department.

The reusable bag program is one of Homestead Co-op's sustainability initiatives. Whenever a Co-op customer purchases a reusable bag, \$.03 is donated to the program's intent.

The intent last year was to give the money collected to local fire departments, including Carman-Dufferin, Portage la Prairie, MacDonald and Treherne.

As there were four Homestead Co-ops involved, there was a total of \$6,576 raised to be distributed amongst the fire departments.

Carman Co-op sold 86,053 reusable bags, totalling \$2,581.59. Treherne Co-op sold 10,546 bags, making \$316.38. La Salle Co-op sold 19,031, raising \$570.93, and Portage la Prairie Co-op sold 103,570, making \$3,107.10.

Each community donated to their

fire department what they raised.

Carman-Dufferin fire chief Ben VanderZwaag said the money from this donation will be going towards the development of the Carman-Dufferin Regional Fire Training Site, which will be used to train 13 departments in the district.

They're grateful to have received the donation.

Carman food store manager Justin Major said the donation was their way of showing support for the fire departments.

"We know how important the work of our fire departments is," he said. "And they are always giving back to the community."

Homestead Co-op will be participating in the reusable bag program for 2021, but they have yet to choose who the recipients of the funds will be.

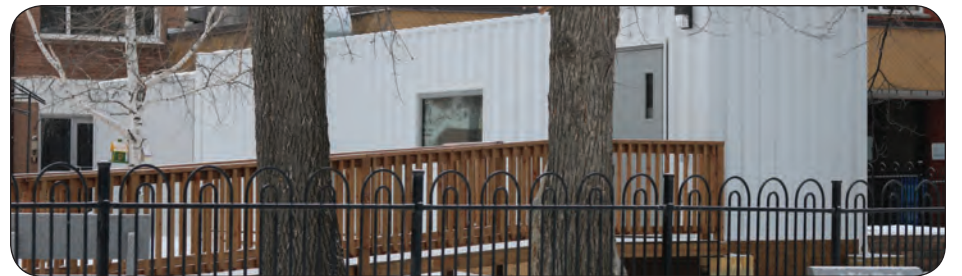
## > VISITATION SHELTER, FROM PG. 10

it just brings them joy and fulfillment," said Hoepfner.

Hoepfner said the lodge expects to be finished the outbreak sometime this week, but it's up to provincial medical professionals to determine that. Employees at the Lodge have been managing the outbreak

"extremely well," she said, and she's proud of the staff and their efforts to prevent the spread of COVID-19.

Once the outbreak is over, a letter will go out to residents' family and friends, inviting them to use the visitation shelter.



STANDARD PHOTO BY BECCA MYSKIW

A sea can or pod at the Boyne Lodge PCH.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Injuries plague Allison and Jeanson's season

By Ty Dilello

A pair of local hockey players Wade Allison and Tyler Jeanson that were featured last month in the paper, are currently playing for their respective teams in this 2020-21 season.

Roland's Allison skated earlier this month at the Philadelphia Flyers training camp. Although not expected to make the team out of camp, he put in a good showing for himself, skating on a line during camp with current Flyers taxi squad players Connor Bunnaman and Morgan Frost.

Sadly, two days before the squad's big intrasquad game, Allison suffered an Achilles injury. After further examination, it was discovered he had OS Trigonum, which means he has an extra bone in his heel that did not fuse when he was developing. Only 10-15 per cent of people suffer from this, but they are forced to remove it as it floats and inflames the Achilles.

Allison is expected to miss six weeks before resuming his attempt to crack the Flyers roster. He is likely to start on the club's AHL affiliate (Lehigh Valley Phantoms) once he is cleared to play.

Carman's Jeanson is currently playing his senior year of college hockey for the Division 1 Colgate University Raiders.

Things started off alright for the 23-year-old centreman, but as of recent has had some bad luck, missing the last three games while nursing an injury.

Colgate is playing a condensed schedule this season, and there are all kinds of COVID protocols in place to make sure things are done safely. Players are getting tested three times a week in order to play games. And the ECAC league they usually play in that consisted of 12 teams is now down to 4 teams this year as most



Tyler Jeanson



Wade Allison

schools weren't willing to take the risk with COVID-19.

On the school side of things, Jeanson's classes went really well last

semester, as his grade point average was 3.75. He even made the Dean's list for the first time in his four years. Well done, Tyler!

## MJHL releases statement in hopes of a safe return to hockey

Staff

The Manitoba Junior Hockey League announced in a statement last Friday its hopes for a safe return to hockey.

"The updated public health order continues to restrict organized sport training activities and the use of recreational facilities at this time," read a statement from MJHL commissioner Kevin Saurette. "The MJHL remains

prepared to return to team activities safely, responsibly and in a very protected environment as demonstrated throughout the summer and fall."

The MJHL said it is committed to exhausting all options and will continue to engage with governing bodies and public health authorities to search out a balanced, responsible and necessary pathway forward.

"The physical, mental, developmental and social well-being of our athletes needs to be given strong support and consideration as we continue to push ahead through these very challenging times," Saurette said. "The MJHL exists to provide each player with an elite hockey development experience while enhancing Manitoba communities in the spirit of sports

excellence and goodwill. It has been very difficult for all involved not being able to fulfill this mission during these last few months.

"As we preach to our players...we will give it everything we have until the final buzzer sounds. The clock is ticking, and we are behind."

### 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](mailto:denjohnyoung@gmail.com) or **Lana Meier** at [news@carmanstandard.ca](mailto:news@carmanstandard.ca) or call 204-467-5836.

*The Carman-Dufferin*  
**STANDARD**

### Hockey Manitoba releases information for a return to play

Staff

Despite the province of Manitoba's latest health order - which does not allow sports to resume at this time - Hockey Manitoba released information on how its members can begin planning for a return-to-play, should such changes be made in February.

"In order to ensure that the game is set up for a successful return, the compliance

and support of all members is paramount, required, and not an option," read a statement on Hockey Manitoba's website.

If sports are allowed to resume in some form anywhere in Manitoba, all sanctioned associations, teams, and leagues will have to spend at least 10 days in Phase 2, which allows only for contactless, on-ice practices. No games will be allowed.

Any minor hockey association, league, or teams residing within regions under code red will be permitted to participate in any hockey programming.

In November, Hockey Manitoba cancelled all of the 2021 provincial championships in order to allow for individual leagues to run later than in past years.



# get inspired

> MEAL IDEAS



## Walnut Meatless Meatballs

1/4 cup Parmesan cheese  
1 tablespoon Italian seasoning  
2 tablespoons chopped Italian parsley  
1 egg, beaten  
Preheat oven to 375 F and line baking sheet with parchment paper.

In small skillet over medium heat, heat oil. Add onion and garlic; saute 1 minute. Add tomato paste and cook 1 minute. Transfer to food processor with walnuts, rice, roasted red peppers, breadcrumbs, Parmesan, Italian seasoning, parsley and egg. Pulse until combined but not mushy.

Form into eight equal balls and place on prepared baking sheet. Cook 12 minutes, or until firm to touch. Serve with sauce of choice.

Total time: 42 minutes

Servings: 4

1 tablespoon olive oil  
1/4 cup minced onion  
1 teaspoon minced garlic  
1 tablespoon tomato paste  
1/2 cup California Walnuts, chopped  
1/4 cup cooked brown rice  
1/4 cup chopped roasted red peppers  
1/4 cup panko breadcrumbs



## Pizza with Plant-Based Walnut Crumble

Spread remaining dough pieces with pesto, remaining cheese, remaining Walnut Sausage Crumble and tomatoes.

Bake 8 minutes, or until pizza edges are golden brown. Garnish with basil leaves and shaved Parmesan.

Total time: 38 minutes

Servings: 4

### Walnut Sausage Crumble:

1 cup California Walnuts  
1/2 cup cannellini beans, rinsed and drained

1 tablespoon coconut aminos  
1 tablespoon olive oil  
2 teaspoons fennel seeds  
2 teaspoons Italian seasoning  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon smoked paprika  
1/4 teaspoon celery salt

### Walnut Sausage Pizza:

1 pound pizza dough  
6 tablespoons pizza sauce  
2/3 cup mozzarella cheese, divided  
Walnut Sausage Crumble, divided  
6 tablespoons pesto  
1/4 cup sliced small tomatoes  
fresh basil leaves  
shaved Parmesan cheese

To make Walnut Sausage Crumble: In food processor, pulse walnuts, cannellini beans, coconut aminos, olive oil, fennel seeds, seasoning, onion powder, garlic powder, paprika and salt to sausage like consistency.

To make Walnut Sausage Pizza: Preheat oven to 500 F and line two large baking sheets with parchment paper. Divide dough into four pieces and roll out into thin ovals; place on baking sheets.

Spread two dough pieces with equal amounts pizza sauce, 1/3 cup mozzarella cheese and half of Walnut Sausage Crumble.



## Sesame Ginger Tempeh Power Bowls with Quinoa and Sweet Potatoes

Pickled Pink Onions:  
1/4 cup white wine vinegar  
2 teaspoons white sugar  
1/4 teaspoon salt  
1/2 small red onion, peeled and thinly sliced

Sesame Ginger Vinaigrette:  
2 tablespoons vegetable oil  
2 teaspoons sesame oil  
2 teaspoons grated fresh ginger  
2 teaspoons rice wine vinegar  
2 teaspoons soy sauce  
2 teaspoons toasted sesame seeds

Sweet Potatoes:  
1 tablespoon olive oil  
1 large sweet potato, peeled and cut into 1/2-inch slices

Tempeh:  
1 package (8 ounces) Lightlife Original Tempeh  
1 teaspoon vegetable oil  
2 tablespoons soy sauce  
2 cups baby spinach or kale  
2 cups cooked tri-color quinoa, at room temperature  
1/2 ripe avocado, cubed  
1/2 cup canned chickpeas, rinsed and drained

## No motivation? Five proven ways to overcome lack of motivation

Have you stuck to your New Year Resolution to be healthier in 2021? Every single one of us has moments where we feel like relaxing on the couch during downtime, rather than pursuing dreams or taking steps toward self-improvement. The trick is to know what to do when these moments strike so you can push forward and accomplish amazing things!

1. Spend 5 minutes on visualization. This is somewhat like meditation, however rather than a clear mind the goal is to let your imagination run wild! Find a quiet, comfortable place to relax. Think about your goals, and how you will feel once you achieve them. Take in the pride as if it's really happened. Then, turn the situation around to force yourself to accept the regret that comes with giving up. This is definitely NOT how you want to feel, and it's a good way to give yourself a kick in the butt to get to work to avoid this outcome.

2. Use the momentum. I truly believe that once you get the ball rolling, it's so much easier to keep it going, so force yourself to just start... NOW! Even if you drag yourself through that first week of workouts, it's better than doing nothing, and each day I guarantee it will get easier, and you will get better!

3. Surround yourself with inspiring people. Fitness coaches are here to motivate you and help you remember all those reasons you started in the first place, so invest in your health and improve your chance of success by getting professional help from the get-go. As I mentioned earlier, we ALL start to burn out at some point. Make sure you have a program to fall back on so you don't fall off the wagon altogether. I'd love to help you



Health and Wellness Fitness expert Julie Germaine

and welcome you to schedule a free consultation with me at [www.juliegermaine.com](http://www.juliegermaine.com)

4. Take baby steps. Your finish line may seem really far away and impossible to reach, but if you set markers along the way, you will have those milestones to celebrate. Boosting your confidence by reaching smaller goals will give you faith that you can really do this.

5. Allow yourself REST. If you're tired, take a break, guilt-free. This doesn't mean you've failed, it simply means you were going hard and needed a breather. Keeping positive about this detour will go a long way toward helping you feel happy with yourself and preparing you to work hard again.

I wish you the very best year, and would love to help you achieve your fitness goals! Please visit my website for information on my virtual personal training and nutrition programs, including my 30 Day VIP Fat Loss Challenge and one-on-one live video workouts! [www.juliegermaine.com](http://www.juliegermaine.com)

6 red grape cherry tomatoes, halved  
6 yellow grape cherry tomatoes, halved  
1/2 cup pea shoots

To make pickled pink onions: In small pot, bring white wine vinegar, sugar and salt to boil. Add onions and toss to coat 15 seconds. Turn off heat and let sit 20 minutes, stirring occasionally, until onions are soft and bright pink. Set aside.

To make sesame ginger vinaigrette: In small bowl, stir vegetable and sesame oils with ginger, rice wine vinegar, soy sauce and sesame seeds. Pour into two small ramekins. Set aside.

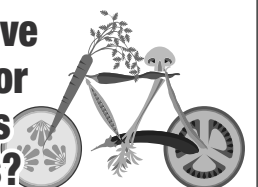
To make sweet potatoes: In large nonstick skillet over medium heat, heat olive oil. Add sweet potato slices and cook, turning occasionally, 15-17 minutes, adjusting heat as necessary until tender when pierced with knife. Remove to cutting board and cut each slice into quarters. Wipe out skillet.

To make tempeh: Cut tempeh crosswise into eight triangles. In nonstick skillet over medium-low heat, heat vegetable oil. Cook tempeh with soy sauce

until golden brown and warm, 2-3 minutes per side. Remove tempeh from pan and add baby spinach or kale; stir 1-2 minutes just until wilted.

To assemble bowls: On bottoms of two shallow bowls or plates, spread cooked quinoa. Top with piles of warm sweet potatoes, pickled pink onions, sauteed spinach or kale, avocado, chickpeas, grape tomatoes and pea shoots. Top with tempeh and serve with sesame ginger vinaigrette.

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Require enthusiastic people to work in various areas of nursery production both full time and part time with flexible hours. Wage depends on experience with opportunity for advancement. Use [www.aubinnurseries.ca](http://www.aubinnurseries.ca) for application form. Interview process will be Covid-19 regulations.

Forward resume to [cyndie@aubinnurseries.ca](mailto:cyndie@aubinnurseries.ca) or call 204-745-6703.

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### PROPERTY MANAGEMENT

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

### MISCELLANEOUS

Re-opening? Need sales? Advertise it in the 37 MB Weekly newspapers and get noticed! Each week our blanket classifieds could be helping YOU get noticed in over 340,000 homes! It's AFFORDABLE and it's a great way to increase and connect with our 37 weekly member newspapers. For as little as \$189 + GST, get your important messaging out! Call 204-467-5836 or email [classified@mcna.com](mailto:classified@mcna.com) for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. [www.mcna.com](http://www.mcna.com)

### NOTICES

Urgent press releases or media advisories service. Have something to announce? A cancellation? A change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information, or email [classified@mcna.com](mailto:classified@mcna.com) for details. [www.mcna.com](http://www.mcna.com).

### ANNOUNCEMENTS

The Fourth Commandment in the Bible has not been abolished and never will be in this time. The true Christian has this law written in his or her heart. Therefore, let us "Remember the Sabbath day, to keep, it holy. Six days shalt thou labour and do all thy work: but the seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work..." Exodus 20 vs 8, 9, 10a (King James Version). Please visit our website: [www.clda.ca](http://www.clda.ca)

### 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 [stonewoodelk@mymts.net](mailto:stonewoodelk@mymts.net)



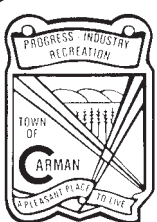
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## TOWN OF CARMAN PUBLIC NOTICE

## TRANSFER STATION HOURS

**Monday, Wednesday, Friday – 1:00 p.m. to 4:00 p.m.**

**Tuesday and Thursday CLOSED**

**Saturday 11:00 a.m. to 4:00 p.m.**



## TOWN OF CARMAN AND RM OF DUFFERIN will be accepting bids for the following Equipment.

Vehicle Information – 2002 Zamboni Model 440 with 9556.4 hours. The model has a Ford 2.5L engine and is propane powered with a hydrostatic Transmission. 77 inch blade and can hold 627L of water. The equipment will be sold "as-is" and "where-is". A complete package on the equipment is available by contacting 204-745-2443. All bids must be submitted in a sealed envelope with the title "Request for Offer-Zamboni" on the outside of the envelope and mailed to the Town of Carman Office, Box 160, Carman Manitoba R0G 0J0. Bids must be received no later than noon on Friday, February 5, 2021.

## DENNIS' WISH LIST!

*I am preparing stories on the following subjects:*

- Kinsmen/Kinnettes
- Lions/Lionettes
- Masons/Masonic Lodge
- Young Men's Section
- Carman Community Band

If any of our readers have memories or pictures to share of any of these subjects please forward to me [denjohnyoung@gmail.com](mailto:denjohnyoung@gmail.com).

**Thanks for continuing to enjoy Carman's past!**

The Carman-Dufferin  
**STANDARD**

Just out of school Cheryl could not wait. So into the work pool When Town took her bait. Many years pass Learning the tricks. Councillors on masse Thrown in the mix. So loyal to the Town And lots to organize. No time to clown Not looking for a prize. No one else shall. As 45 years a bunch. But for this Gal More years a hunch!!

## 45 YEARS & STILL WORKING!



Prairie Spirit School Division invites applications for three bilingual Français Classroom Teacher positions for the 2021-22 school year. School, grades and subjects to be determined.

- 1) Competition #2021-02 - 1.0 FTE Middle Years – Teacher General;
  - 2) Competition #2021-03 - 1.0 FTE Middle Years – Teacher General;
  - 3) Competition #2021-04 - .50 FTE High School – Teacher General.
- For more information, contact the Superintendent of Education, Cheryl Mangin 1-204-836-2147 or email [cmangin@prspirit.org](mailto:cmangin@prspirit.org). Please email cover letter, CV and three references in a single pdf document quoting competition number above to: [pssd@prspirit.org](mailto:pssd@prspirit.org). **Closing date is February 15, 2021** or until a suitable candidate pool is established. For more details visit: [www.prairiespirit.mb.ca](http://www.prairiespirit.mb.ca).

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## CARD OF THANKS

A big thank you for all the caring, baking, and phone calls from friends and neighbors, during the loss of our dear Grandson Robert. For all food donations, cards, money donations, prayers for our family. And thanks to Doyles for their caring.

-The McMillans

## CARD OF THANKS

The family of Isabell Tjaden would like to express our thanks for your many acts and words of kindness following her death. We are truly thankful to be part of such caring communities!

-Bill, Karen, Rob and families

## OBITUARY



### Catherine Joyce Orchard

Catherine was born March 27, 1928 in Miami Cottage Hospital Miami, Manitoba. She was the eldest of five daughters born to Gordon Wesley Madill and Fanny Elizabeth (Acaster) Madill of Altamont Manitoba. She grew up in Altamont and attended school there until grade 11. Miss Mary Armitage was one of her favourite teachers. After completing her grade 11, she started teaching on permit, her first school being at Greenway MB. Catherine then finished her grade 12 at United College in Winnipeg in 1947 and attended the Manitoba Normal School in Tuxedo Winnipeg (formerly the School for the Deaf) joining the class of 1947-1948 with the honour of graduating from the school's first year of full operation. The school was the first residential teacher training institution in Canada and Mom made many life-long friends during her training at Normal School. She attended as many Class D

teachers' reunions as possible over the years. In 1948-49 she taught at Sylvan School northeast of Altamont. She and Eddie married on September 23, 1949 and they took over the Orchard family farm and raised their family. Gordon was born in 1951 and Patricia in 1953. Ed and Catherine celebrated their 65th wedding anniversary September 23, 2014. After Dad passed away February 15, 2015, Mom stayed in her own home on the farm until she entered the hospital January 14, until her passing on January 19.

In 1967, Mom returned to teaching as a part time relief for the principal in Miami Elementary. Here is the way Mom outlined her teaching positions in the 56th Manitoba Normal School Reunion 2004 yearbook: "1967-68 - Principal relief in Miami. 1969-1980 - Teaching Principal grade IV-VI Altamont. 1980-1991 - grade V and resource in Miami Elementary. 1991-2001 - retired but subbed. Drove to Winnipeg for nine years - received Bachelor of Arts Degree in 1977." Mom and daughter Patricia shared teaching grade 5 in Miami Elementary in 2001 her last year of teaching. In 2005, Mom was particularly proud to have her permit teaching experiences published in Dr. Louisa Loeb's book called Manitoba Permit Teachers of World War II.

Catherine was artistic and painted t-shirts, wooden boxes, stones, ceramic tiles - on just about anything that struck her fancy. She loved to knit and always had a sweater or ear-band on the go for her grandchildren. She and Edward also curled throughout the winter months in their younger years and liked to bonspiel with neighbours and good friends Ruby and Jim Simpson. Catherine watched curling on TV and referred to all the Manitoba and Canadian players by their first names. Catherine played ringette with the Miami Ring Dingers on the sisters - daughter line of Doreen Storey, June Stockford and Pat Stepler. As well, Catherine and Eddie were Altamont Cub and Scout leaders for over 10 years and were both proud members of the Altamont Legion. They attended both WW2 Liberation Anniversary celebrations in Holland. Catherine and Eddie loved to travel especially to Portugal returning there several times. They spent a portion of the winter months in Victoria, BC every year. Catherine made delicious homemade fudge from Great Grandma Madill's recipe and beat the fudge by hand until it was smooth and the best fudge ever - always a special treat at Christmas time. Catherine was an independent, fiercely proud woman who was ever so proud of her children, grandchildren, and great-grandchildren.

Catherine entered the hospital January 14, 2021 and passed away January 19 at Boundary Trails Hospital two months short of her 93rd birthday. She leaves to mourn her passing son Gordon (Karen), daughter Patricia (Dan) Stepler as well as six grandsons: David (Linda) Orchard, Evan Orchard, Ian (Sandy) Stepler, Geoff (Sarah) Stepler, Adam (Amber) Stepler, and Andre (Katie) Stepler. She also leaves 16 great-grandchildren: Lila, Fiona, Lincoln and Etta Orchard; Lori, Michael, April, Charlie, and Lea Stepler; Benjamin and Penny Stepler; Louise and Rosa Stepler; and Brynn, Brayden and Declan Stepler. Catherine is survived by two sisters Ruth Haines and June Stockford as well as sister-in-law Nora (Orchard) McConnell. Catherine was predeceased by parents Gordon and Fanny Madill, sisters Isabelle (in childhood), and Doreen Storey; infant great-grandson Garrett Stepler; brothers-in-law Ron McConnell, Tom Storey, Geordie Haines, and Murray Stockford; brother and sisters-in-law Warder Orchard, Muriel Orchard and Marge Orchard; Wilma and Duncan Stewart, Amy and Gordon Armstrong, Alma and Art Dixon, and Rose and Norval Brooks.

The family would like to express their appreciation to the ambulance staff, doctors and the nursing staff at Boundary Trails Hospital for their compassion and care during Mom's short stay. A private family service will be held at a later date.

In lieu of flowers, donations may be made to the Altamont Community Hall Renovation project or to a charity of their choosing.

Doyle's Funeral Home, Carman  
in care of arrangements  
[www.doylesfuneralhome.ca](http://www.doylesfuneralhome.ca)

## OBITUARY

### Aganetha Klausen (nee Fehr)

March 8, 1925 - January 18, 2021

On January 18, 2021 at 7:00 p.m., Mom passed peacefully in her sleep into God's open arms at Salem Home in Winkler.

She is survived by four sons and their families; David (Claudia), Brett (Sheana), Nathaniel and Joey; Henry; Paul (Evelyn), Melissa, Tracy, Tyler (Stephanie), Emmett and Connor; Harvey (Lillian), Jacob and Timothy; and many nieces and nephews.

She was predeceased by husband Charles (2012), granddaughter Andrea (2003), and all her brothers and sisters.

We graciously thank all the staff of Salem Home for the fine care our mother received and for keeping her involved in daily activities and entertainment.

We will miss her dearly, rest in peace Mom.

Provincial protocol allows for a private family funeral only, we apologize to everyone who wished to attend. However, the service will be recorded and will be available for everyone to view on Doyle's Funeral Home website. At a later time, after the COVID virus has passed, fulfill Mom's wishes and have a family and friends gathering to celebrate Mom's life.

If people so wish, in lieu of flowers, donations could be made to Salem Home in Winkler, or to a charity of one's choice.

To view this obituary please visit [www.doylesfuneralhome.ca](http://www.doylesfuneralhome.ca)

Doyle's Funeral Home  
In care of arrangements  
[www.doylesfuneralhome.ca](http://www.doylesfuneralhome.ca)

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Cell: 1-204-216-1242

## Employment Opportunity

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McCulloch Mooney Johnston Selby LLP

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The law firm of McCulloch Mooney Johnston LLP is accepting applications for the following position:

### Full time Legal Secretary

The full time position will be  
Monday to Friday,  
40 hours per week.

The successful applicant will be based out of either or Morden or Carman offices. Previous legal secretary or paralegal experience is an asset. Experience with Microsoft Windows, P.C. Law or other accounting software preferred. This position will primarily focus on Real Estate.

The successful candidate must possess the following:

- Excellent people and communication skills
- Initiative and have excellent computer, interpersonal and organizational skills
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- Strong attention to detail
- Strong work ethic
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Competitive salary and benefits will be available to the successful candidate. Start date is as soon as possible. Please forward a resume by email to [elaine@mmjslaw.com](mailto:elaine@mmjslaw.com) or to 308 Stephen Street, Morden R6M 1V1 prior to February 5, 2021 if interested in the position.

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Your Loved Ones**  
with an Announcement in the

The Carman-Dufferin  
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