



Trailer & Equipment SERVICE

VOLUME 2
EDITION 5

The Carman-Dufferin STANDARD

THURSDAY,
FEBRUARY 3, 2022

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



**FULL MECHANIC
SHOP & ALL YOUR
TIRE NEEDS**

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

COLD WEATHER MAINTENANCE

Batteries
Antifreeze
Heaters
Wipers...



80 THORNHILL ST. MORDEN | 204-822-6127
273 MAIN ST S. CARMAN | 204-745-2300



Taste testing

STANDARD PHOTO BY BECCA MYSKIW

Stetson Reimer and his mom, Carlene Reimer, were helping Grandma pinch perogies last Thursday. Stetson was happy to lick the spoon clean. The family was making a small batch of 12 dozen cottage cheese perogies for personal use.

> everything you need to know in your locally owned and operated community newspaper



Kimberley Jensen* B.Comm. CHS™ RRC
Victorious Financial Services Inc.
Tel: 204-745-6312
kimberley.jensen@sunlife.com
www.sunlife.ca/kimberley.jensen

March 1



is the RRSP
contribution deadline.

*Mutual fund business is done with your advisor through Sun Life Financial Investment Services (Canada) Inc. Advisors and their corporations conduct insurance business through Sun Life Financial Distributors (Canada) Inc. Sun Life Assurance Company of Canada is the insurer, and is a member of the Sun Life group of companies. © Sun Life Assurance Company of Canada, 2022.

Local restaurant manager celebrates the Chinese New Year

By Becca Myskiw

The year of the tiger officially starts on Feb. 1 — Chinese New Year.

According to China Highlights, the tiger is the king of all beasts in China. It symbolizes strength, exorcising evils, and braveness. It is also a sign of good luck.

Wei Du, manager of Tidbit Restaurant in Carman, celebrated the New Year with his family of eight this year. He moved to Winnipeg 32 years ago and marked the occasion in China and here. He said the Chinese New Year is a time of year when the family can all be together amid their different, busy lives.

Chinese New Year symbolizes the start of the 24 seasons, he said, and the eve is to celebrate that. The 24 seasons are the solar terms they observe — Feb.

4 is the start of spring, Feb. 19 is rainwater, March 5 is the awakening of insects, and on until Jan. 20, which is major cold.

When Du got home from work on Jan. 31. The whole family was together, they sat down for a meal of shrimp, chicken, noodles, rice, and mixed vegetables. After they feasted, they spent the rest of the evening together having a drink and passing on good words to each other for the New Year.

Leading up to Feb. 1, the older Chinese people give younger children of good friends and family lucky money to provide the children with luck. Du had some at the restaurant for those he knew.

They also string up decorations that signify luck, like the red lanterns, banners, paper cuttings, paintings, upside-down fu characters, and more.

He said in China, the celebrations are much like those in the west, with a few changes. Du's favourite one was when they would break the sort of chime in the streets, and then they'd be flooded with the red powder from inside them.

He said before the pandemic; there are 10 days before the New Year for a flower market in China. If it was here, the whole town of Carman would be filled with flowers of every

colour and special candies for people to buy. Flowers are another sign of good luck, so the Chinese fill their houses with them from the market 18 million people go to.

The year of the tiger being 2022 is good, he said. It means the people will be stronger and healthier.

"It's special, this moment," he said. "For the pandemic is taking so long."

The second day of the Chinese New Year, people

"IT'S SPECIAL,
THIS MOMENT.
FOR THE
PANDEMIC
IS TAKING SO
LONG."



STANDARD PHOTO BY BECCA MYSKIW

Wei Du celebrated the Chinese New Year with his family earlier this week. Chinese New Year 2022 fell on Feb. 1.

will wish their family and friends a year with more income and share their home-baked goods.

RM of Roland under a boil water advisory for five days

Give your business exterior a makeover in 2022!

Do you want to give your building a fresh new look for 2022? Carman Dufferin Economic Development is inviting applicants for this year's Storefront Improvement Partnership Program. Find out more online at www.carmanmanitoba.ca.

Eligibility Criteria

- Non-profit community organization, small business or cooperative
- Within main street areas of Carman and Dufferin
- Must be an aesthetic improvement to a storefront



From Jan. 22 to Jan. 27 residents boils water due to maintenance

By Becca Myskiw

A portion of the rural municipality (RM) of Roland was under a boil water advisory last week.

On Jan. 22, Manitoba Health gave the communities of Myrtle and Roland and water users along Highway 23 a boil water advisory. According to RM chief administrative officer (CAO) Kristi Olson, the advisory was due to depressurization in the water system from fixes being done to a major leak in the system.

In a public notice, residents were told that following the maintenance work; they could experience sputtering water flow and/or discoloured, dirty water that would resolve itself after a few minutes of running their tap. The discolouration would be due to sediments accumulated in the pipes being resuspended when the water flow loosened.

Manitoba Health recommended people don't use the discoloured water for anything requiring clean water like drinking, food preparation, and laundry. That's because it can contain

metals which can cause health effects if consumed in large amounts. It also doesn't taste, smell, or look pleasant, according to Manitoba Health, and can stain clothing and household items. They could, however, use the water for washing their hands and watering plants.

For the boil water advisory, residents had to boil tap water for drinking and ice-making, prepare beverages and food, wash produce, and brush their teeth. Those who could not swallow the water could shower and bathe; young children could be sponge-bathed.

The boil water advisory for the area lasted a total of five days. On Jan. 27, Dr. Anna Johnston, medical officer of health for Southern Health-Santé Sud sent a notice to Olson saying the RM of Roland water system "met all conditions for rescinding the boil water advisory and that bacteriological testing results meet regulatory standards."

Olson said any time there is a depressurization and the possibility of contamination in the system, a boil water advisory is issued. The RM of Roland has dealt with many of them in the last few years, but there has never actually been contamination found; it's just a precaution set out by the province to keep residents safe.

Snow forts, tunnels and snowballs: outdoor fun



STANDARD PHOTOS BY DENNIS YOUNG

Nine-year-old Brady Hasell and his younger brother Emmet (7) were busy digging a snow fort with Grandma Phillips' help last week. A fresh snowfall is the perfect opportunity to send kids outside to play. However, even though it may seem safe for children to play their own backyard, there are hidden dangers during winter play that parents need to remember. Children should be supervised when digging tunnels in the snow.

Where are they now? Catching up with Iris Atkins



Iris (Atkins) and Ken Overby

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 lived in Carman from 1959 to 1973.
Q. Did you attend school here?

I attended both Carman Elementary and Carman Collegiate.

Q. What did you do for jobs as a student?

After school it was off to my part-time job at the Boyne Lodge to wash dishes and serve meals to the residents.

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

School days included sports, drama club and running the infamous "river trail".

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

I was fortunate to grow up in a small agricultural town thanks to my Dad's entrepreneurial spirit by purchasing the feed mill in Carman and leaving his sales job for Canada Packers. We made many life-long friends as a result of this move from Morden.

Q. Do you have family still living here?

My siblings Zenith and Brian Coates, Doug and Leanne Atkins and Ron and Kathie Atkins.

Q. What got you to leave Carman and where?

I left Carman to attend college ob-

Continued on page 7

VALENTINE GIFTS!!!

WITH STYLE QUALITY & AFFORDABLE

DOORCRASHERS!!

WOMEN'S WESTERN BOOTS \$150	GLOVES & MITTS 30% OFF WINTER WORK JACKETS 40% OFF LEATHER JACKETS 40% OFF	WINTER BOOTS 30% OFF
KIDS RUNNERS 25% OFF	BLUNDSTONES!! FOR HIM & HER!!!! 20% OFF	CLARKS 20% OFF

ENTER TO WIN!

CUSTOMER APPRECIATION BASKET!

KC's
 Shoe Repair

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 9:30am to 4:00 pm
325 Kimberly Rd. - East of Canadian Tire
GIFT CERTIFICATES AVAILABLE

OPEN FOR

- Oil Changes
- Tire Changes
- General Repairs

WES'S TIRE SHOP

GOODYEAR STIHL



We could be coming into the Ice Age, lots of Winter left!

Its not too late to purchase your set of winter tires. Autopac Financing Program still available.

215 Main St. N., Carman
204-745-2076

The Carman-Dufferin STANDARD



PUBLISHER
Lana Meier



SALES & MARKETING
Brett Mitchell



SALES & MARKETING
Gwen Keller



REPORTER/PHOTOGRAPHER
Dennis Young



REPORTER/PHOTOGRAPHER
Becca Myskiw



REPORTER/PHOTOGRAPHER
Jennifer McFee



GRAPHIC DESIGNER
Nicole Kapusta



GRAPHIC DESIGNER
Tara Gionet



DISTRIBUTION
Christy Brown



CLASSIFIED ADMINISTRATOR
Corrie Sargent

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

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.

www.carmanstandard.ca



getheard

EDITORIAL > VIEWPOINTS > LETTERS

> Got news?

Call Becca Myskiw
at 204-461-2602

news@carmanstandard.ca



Public health orders extended one week to Feb. 8

By Ashleigh Viveiros

The public health orders set to expire Tuesday, Feb. 1 were extended for another week to give officials time to figure out what the next step is when it comes to battling the spread of COVID-19.

Health Minister Audrey Gordon announced last Friday that the existing orders—which include capacity limits for gatherings of all kinds in both public and private spaces—would remain in place until Tuesday, Feb. 8.

“Our government, along with public health, continue to assess the spread and impact of the omicron variant,” she said. “We’re seeing early signs of stabilization and positive indicators that COVID-19 is stabilizing in our province. Rate of hospitalization appears to be plateauing, however rate of ICU occupancy does not appear that way at this time.

“Extending the public health orders by one week allows us time to confirm the trend in the COVID-19 data and its impacts on our health system,” Gordon explained. “We must continue to take steps to help our health system through this pandemic. We need to ensure that we continue to

have hospital beds and staff available to provide care for patients in need.”

Dr. Brent Roussin, Manitoba’s chief public health officer, noted that we are entering a “critical juncture” in this fourth wave of the pandemic.

“Based on several data points, it appears that omicron wave may have peaked or is in the process of peaking or plateauing in Manitoba,” he said, echoing Gordon and also pointing out that the health care system is still being significantly affected by the number of people ill with the virus.

That said, hospital admissions over the previous week were down by nine per cent (from 391 to 356), ICU admissions were down 22 per cent (from 46 to 36 beds filled by COVID-19 patients), and deaths had dropped 13 per cent (from 45 to 39).

“A week may not seem like a lot of time, but at the juncture we’re in it’s going to provide us likely with significantly more information” that will allow officials to make an informed decision when drafting the next round of public health orders, Roussin said.

Gordon noted that Dr. Roussin and Premier Heather Stefanson will be updating Manitobans soon about

what will happen after Feb. 8, including, she hopes, Manitoba’s reopening strategy for the months ahead.

Meanwhile, on Monday Manitoba hit a high of 735 hospitalizations due to COVID-19. Fifty-six patients were in ICU because of the virus.

The 19 new COVID-19 deaths reported over the weekend brought the death toll to 1,562.

While vaccinated individuals can still catch and spread COVID-19, especially the more contagious omicron variant, there continues to be a correlation between severe outcomes (winding up in hospital, in ICU, or dead due to the virus) and vaccination status.

According to data collected in Manitoba up to Jan. 10, an unvaccinated person who contracts the virus is three times more likely to land in the ICU than someone with one dose of vaccine, 19 times more likely than someone with two doses, and 139 times more likely than someone with three doses.

Vaccinations are available at immunization clinics and medical centres throughout the province. Head to protectmb.ca for details.

Survey finds majority of Canadians in favour of mandatory COVID vaccination

By Patricia Barrett

A national survey released last month by Maru Public Opinion shows 66 per cent of Canadians in favour of mandatory vaccination against COVID-19 for people five years of age and older.

And 61 per cent of Canadians think the unvaccinated should pay the full medical cost of their hospital or ICU stay should they contract the virus.

Maru measured Canadian attitudes towards the unvaccinated and examined some of the reasons as to why they refuse to get jabbed.

One in 10 Canadians have refused a COVID vaccine, states Maru’s Jan. 19 news release. Alberta and Quebec have the highest number of people refusing a vaccine (12 per cent) fol-

lowed by Ontario (11 per cent), Atlantic Canada and British Columbia (five per cent), and Saskatchewan and Manitoba (three per cent).

A majority of Canadians say they have no sympathy for the unvaccinated who get ill or die from COVID.

“A majority (54 per cent) of Canadians don’t have sympathy for an unvaccinated person if they become seriously ill or die as a result of contracting COVID—offset by the remainder that do (46 per cent),” states the release.

The survey also found that Canadians view the unvaccinated as responsible for overwhelming the health-care system (48 per cent), holding Canadians back from having a normal life (40 per cent), endangering society

(36 per cent), being misguided conspiracy theorists (36 per cent), being good people with legitimate reasons/concerns (27 per cent), being reckless (26 per cent), being super-spreaders of the virus (17 per cent), and being heroes for free speech/choice (12 per cent). In varying degrees, Canadians agreed there were a number of acceptable ways to encourage the unvaccinated to get jabbed, including banning them from public spaces such as restaurants, theatres, liquor and cannabis stores (77 per cent), forcing them to pay the full medical cost of their hospital or ICU stay should they fall ill with COVID (61 per cent), forcing them to pay a healthcare

Continued on page 5

OUR SISTER PUBLICATIONS

The Winkler-Morden

Voice

Selkirk Record

Stonewall Teulon

Tribune

THE

EXPRESS
WEEKLY NEWS

> Get in touch with us

Head Office: 1-204-467-5836

News tips: 1-204-461-2602

Classified & Announcements: 1-204-467-5836

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

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

Miami Ag Society looking to busy, fun summer of 2022

By Becca Myskiw

The Miami Agricultural Society's annual general meeting (AGM) was last week, and at it, they announced what's looking like a busy 2022.

On Jan. 24, society members met virtually and in person at the Office of Field 2 Field Agronomy in Miami. First, the election of officers was held, with Troy Turner remaining as president, Travis Reichert as vice president, Heather Turner as secretary, and Jan Moody as treasurer.

Miami Agricultural Society also added two junior director positions to their board, and Moody said they'll

add more if there's interest. The first two junior directors are Morgan Turner and Alana McCarthy, both long-time Miami 4-H Beef Club members and Graysville Light Horse Club. They're now competing in the Manitoba High School rodeo.

"Both girls will be a valued asset to the organization and will bring their ideas and enthusiasm to the table," said Moody.

Moving into the upcoming summer season, the board has what Moody called a "positive approach" when planning the events they haven't been able to hold for the past two years.

"We were very fortunate to be able to host the Manitoba Harness Racing circuit for the past two summers, done under the guidance of Manitoba Health and Manitoba Lotteries," she said. "This year the majority of harness racing will be held in Winnipeg at The Loop, the new track on the grounds of the Red River Exhibition."

Miami will still be hosting two Saturdays of harness racing, though, on July 9 and 16, both with a start time of 1:30 p.m. The Miami Agricultural Society is looking at hosting their annual Fair and Heartland Rodeo weekend on June 25 and 26 this year. Last year,

they couldn't put it on, but Stepler Farms hosted a 4-H Beef Club show day for members.

"We have been working with Manitoba High School Rodeo Association and hope to be able to host an event for them in September," said Moody. "As well we have been approached to host an event for the miniature horse association."

They're also hoping to kick off the summer with the annual Miami Mug Bog. Moody said it's looking like a great summer if they can get back in gear as they hope to, all depending on public health restrictions.

Access CU to merge with Noventis, Sunova

By Lorne Stelmach

Another financial institution merger will take effect this summer, with members last week voting in favour of the amalgamation of the Access, Noventis and Sunova credit unions.

Each one held special meetings of members last Thursday where all three achieved more than the two-thirds majority voting in favour to approve the merger. Access members who voted were 76 per cent in favour, while Sunova had 74 per cent and Noventis had 86 per cent in support of the merger. The new entity will remain known as Access Credit Union when it is created July 1.

"All three credit unions are very happy that the membership supported the recommendation by all three boards," said Larry Davey, CEO of Access Credit Union.

"For our Access members, I think they realized the benefits of the latest merger and understood that this is just probably part of the landscape

in the credit union system these days," he said.

Davey further suggested that members recognized the benefits of "the alignment of the three credit unions as far as there's rural roots in all three. The new geographic footprint provides greater convenience to the membership."

In promoting the merger, Davey had cited two key factors that they said in the near-future would require credit unions to invest millions of dollars in financial technology to meet new government-mandated standards.

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

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

payment modernization. Open banking will allow people to more easily move money from one institution to another, and that will require a significant and costly change in technology. Payment modernization basically involves speeding up the time it takes for payments to go through the system. Right now, it allows three days for payments to reach their destination. The government has mandated that to be reduced to three hours and eventually to be instantaneous.

"I think the membership certainly

understood the cost of technology these days and how the scale helps us reduce that cost per member," suggested Davey, who also cited other advantages ranging from being able to continue offering competitive rates, charges and patronage refunds to seeing no impact on local branches and services while in fact expanding on the insurance and wealth management divisions. The new credit union will have over 169,700 members and \$9.5 billion in assets with about 800 employees in 52 branches.



NEW WINDOWS, NEW DOORS, AND SO MUCH MORE!



Get a **\$50 rebate*** on select ENERGY STAR® certified windows and doors.

Make your home:

- ✓ More efficient
- ✓ More comfortable
- ✓ More beautiful



EFFICIENCY MANITOBA

Visit efficiencyMB.ca/windowsanddoors

*Terms and conditions apply.

> VACCINE SURVEY, FROM PG. 4

surcharge on their taxes of up to \$150 per month (61 per cent) and refusing them access to any publicly funded hospital/medical services (37%).

Although Manu found two thirds of Canadians in favour of mandatory vaccination, a majority of those people (82 per cent) were "open to some exemptions," which include a person having a diagnosed medical condition which disqualifies them from getting vaccinated. The survey examined the reasons why a minority of Canadians refuse to get vaccinated against COVID. Their reasons include defending their civil liberties (45 per cent), waiting for more data to determine if vaccines are safe (42 per cent), believing their immune system can "beat" COVID (32 per cent), fearing how the vac-

cine could affect them (28 per cent), not wanting the government telling them what to do (22 per cent), believing COVID is a bad flu, not a deadly virus (9 per cent), and stating that vaccination is against their religion (1 per cent). The survey was conducted Jan. 14-15, 2022, with 1,506 randomly selected Canadian adults. It has an estimated error margin of +/- 2.5 per cent, 19 times out of 20. Maru states that it does not do any work for any political party. Survey data and the news release are available online.

Worldwide, there have been over 364 million confirmed cases of COVID and more than 5.6 million deaths, according to the World Health Organization's COVID dashboard (viewed Jan. 28).

Natural gas efficiency programs are funded in part by the Low Carbon Economy Fund.

Funded in part by:
Financé en partie par:
Canada

Manitoba

Carman's new salon to offers more than a hair appointment

By Becca Myskiw

Carman's seventh salon will open next week in stylist Carlene Reimer's backyard.

Reimer started her hairstyling journey in a salon in Winnipeg, then worked at a chair in Birch & Honey for a while, but she craved a more personalized business. Then, realizing there was a lot of free space in her backyard, the ideas started coming — and they haven't stopped since.

In March of 2021, landscaping for the new venture began. Trees were taken down, the ground was levelled, and a foundation was laid for the shop-style salon. Reimer's salon is ready to open almost a full year after construction started after redoing the flooring a few times to get it just right, repainting the walls, and buying new furniture styles.

The brand new salon will be called Oak & Son, a combination of Reimer's

children's' names — Oaklynn and Stetson.

"In just the last two weeks, we've changed what it's going to look like," she said. "You just got to roll with the punches."

The salon looks like a shop from the outside but doesn't even resemble the word once you're in. The western boho style Reimer curated is shown in the tan chairs, golden mirrors, and one-of-a-kind light fixtures. Though the colours are popping here and there, the whole space has a light and airy feel with white walls, a marbled grey floor, and large windows that let every piece of light in.

"I wanted to have something that was like a step up and spa-like," she said.

The high end is all in the details. The salon stocks the Kevin Murphy hair products line, which not only is good quality, but it also smells like you're fresh out of the salon after every use. And the hair washing chair is already reclined into a sink with a



STANDARD PHOTO SUBMITTED

Carlene Reimer is opening a salon in her backyard next week. It's called Oak & Son, a combination of her children's names.

soft rest for the client's head, so they aren't cranking their neck muscles to get a rinse.

The salon also has a room where Christina Loewen will do nails a few times a week. Reimer will be the only stylist working in the business, but she does have two chairs, so people who want to book together can. She's

committed to making a salon appointment an outing rather than an appointment for her clients — she has wine, snacks, and gourmet coffees ready for everyone she works on.

Reimer started booking her previous clients in for Feb. 8 and will be taking new ones when she's able to.

Blaine Pedersen
MLA for Midland

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

Wind and water main causes for southern Manitoba insurance claims in 2021

ACCESS
WINDOW AND DOOR
DESIGN CENTRE

Designed with quality materials and elegant touches, our products boast unmatched longevity, performance, and are customizable to every unique lifestyle. Perfect for your home or commercial space.

- Custom Doors
- Innovative Windows
- Pleated Blinds
- Interior doors

For more information or to request a quote, contact us at:

1-800-249-1216
or visit us at
www.accesswd.ca
**565 Cargill Road,
Winkler, MB**

By Becca Myskiw

Windstorms were the biggest issue for homeowners last year for clients of BSI Insurance Brokers.

Matthew Kreitz, claims coordinator for the company, said the most common claim in 2021 was windstorm damage, followed by water damage. Out of all the claims made in 2021, over 30 per cent of them were wind damage and 25 per cent were water damage.

"Windstorm and water damage are more often than not the top claims, so this is normal," he said.

BSI Insurance Brokers' locations are in southern Manitoba, and Kreitz said in spring and early summer, the region experienced "a large number of severe windstorms," resulting in the claims. The water damage claims came from a wide variety of causes, the most common he said, coming from water escape and rupture or sewer backup and overland flooding.

He said 2021 was an average year regarding the number of insurance claims they received, but claim costs increased in 2020 and 2021 due to building material costs going up and supply chain issues.

Province offers free provincial park entry for February

Submitted by Manitoba government

The Manitoba government will again allow free entry to provincial parks for the entire month of February so Manitobans and visitors can take advantage of the many winter activities they offer, Environment, Climate and Parks Minister Jeff Wharton announced Monday.

"Free park entry gives everyone more opportunities to enjoy nature and the great outdoors," said Wharton.

Vehicle permits will not be required at any provincial park in Manitoba in February, though Snopasses will be needed for snowmobilers using groomed trails in parks. Entrance fees will continue to apply at national parks.

Provincial parks have groomed trails for a variety of activities, including cross-country skiing, snowmobiling, fat biking, snowshoeing and hiking. Paint Lake, Spruce Woods and Turtle Mountain provincial parks also offer outdoor skating areas, hockey rinks and toboggan hills. Trails province-wide are in excellent condition with a good snow base, the minister noted.

Manitobans are encouraged to check trail conditions and weather forecasts before visiting parks to properly plan their outdoor adventures. An online interactive trails map is updated regularly with grooming and condition reports at www.manitobaparks.com. Trail users are reminded to use only

trails that are designated for their activities, to keep dogs on leashes and to practise the principles of Leave No Trace by not littering.

While being outdoors and active in nature is important for physical and mental health, COVID-19 public health orders must be followed, including for physical distancing and group size restrictions. Warming shelters are open with reduced capacity limits and masks are required indoors. Park visitors are reminded to observe capacity signs and to kindly limit their time in shelters to share with others. Information on COVID-19 guidelines in provincial parks is available at: www.manitobaparks.com.

Park interpreters offer numerous guided experiences to help Manitobans learn and discover natural and cultural heritage at Birds Hill, Spruce Woods and Whiteshell provincial parks. Highlights in February will include wolf howl hikes, snowshoe treks, quinzhee building and ice fishing. Event details and registration information can be found under the events tab on the Manitoba Parks Facebook page at www.facebook.com/MBGovParks and at www.manitobaparks.com.

Teachers can also book free guided field trips to Birds Hill, Spruce Woods and Whiteshell provincial parks, along with virtual programs to bring park interpreters into their classrooms.

For more information on winter activities and interpretive programs in provincial parks, email



STANDARD PHOTO BY LEANNE CORBETT

The province announced free entry to provincial parks for the entire month of February to encourage Manitobans and visitors to take advantage of the excellent trail conditions.

ParkInterpretation@gov.mb.ca or visit www.manitobaparks.com.

Annual park vehicle permits will be available for purchase beginning on March 1.

> ATKINS, FROM PG. 3

taining a certificate as a legal secretary and later attending both Red River Community College and the University of Manitoba for my Bachelor of Business Education degree.

Q. What was your chosen career after school?

School was a wonderful influence for future career options. Firstly as a legal secretary and later receiving my Bachelor of Business Education in 1980. Off to the Interlake I went for my first teaching position. There I met my husband Ken, a math teacher (who also had a love of farming), leading us into another facet of our lives as bison farmers beginning in 1993 to present. Our herd has grown from five to 400 animals. We have had the pleasure of hosting numerous farm tours and being part of Open Farm Days for seven consecutive years.

Q. Did you meet your spouse here or where?

I met my husband Ken Overby at Warren Collegiate where I was also teaching.

Q. Did you raise any children here or where? Names, where now and doing what?

We have two children: Neil (36) and Jillian (30) both employed in the agricultural sector. Neil, his wife Deanne and son Rory raise purebred Gelbvieh cattle on their farm near Rorketon. They just added another grandson for us with Keenan in 2021. Jillian com-

mites to Winnipeg for her job as an animal health technician, but in her spare time is an avid barrel racer.

Q. What do you do now? Retired?

I was transplanted to the Interlake in 1983 and retired from Interlake School Division in 2010 after 30 years. Both Ken and I are both retired from education.

Q. What passes your leisure time? Hobbies?

We are actively running our bison operation along with our daughter, Jillian.

Q. Have you travelled for leisure and where?

Over the years we have enjoyed many bison conferences and family vacations.

Q. Any future plans? Do you have to do list?

Teulon is "home" now, as Ken and I are in the process of transitioning our farm to the next generation. As of today, we are still actively bison farming but love the flexibility of time to spend with family and friends.

Q. Do you ever return to Carman?

Now retired I am able to visit Carman on more occasions.

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

The annual Carman Agricultural Fair and participating in the 4-H Horse Club bring back great memories.

Q. Any last words you wish to send to our readers?

YouTube videos of our farm are available by searching overby bison. If you are interested in reaching out to

Iris and Ken, send me an email at den-johnnyoung@gmail.com and I will put you in touch.

↓ Churchill Northern Studies Centre

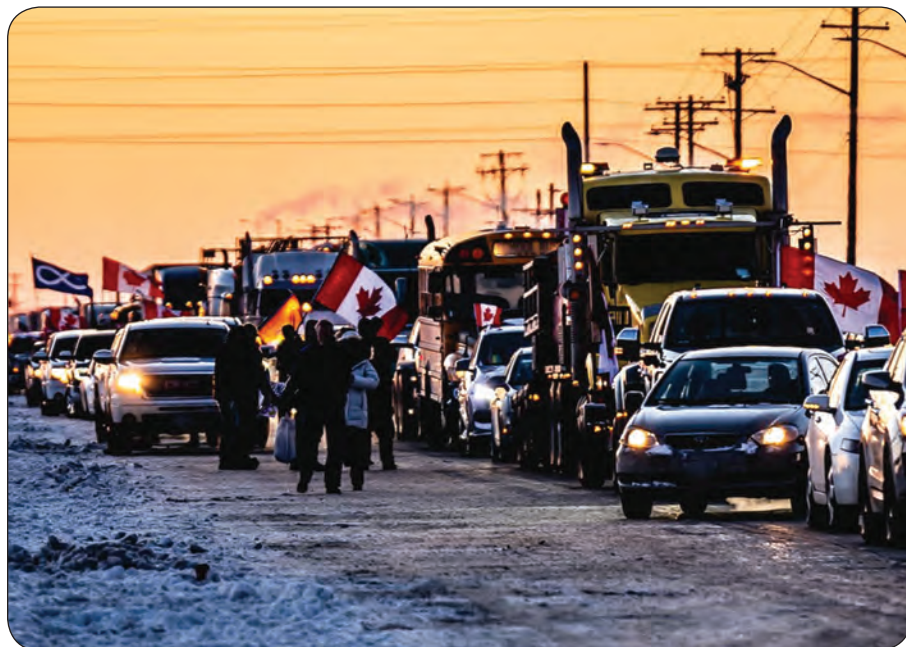
Chase the northern lights in Churchill, Manitoba

Take the ultimate outdoor adventure this winter!

Manitoba
CANADA'S HEART BEATS

View available northern lights packages at manito.ba/northern-lights

Freedom convoy



STANDARD PHOTO BY LOUISE ANDERSON

A truck convoy drove through Headingley the afternoon of Jan. 25 en route to Ottawa to protest a federal vaccine mandate. Supporters lined the Trans-Canada Highway to welcome the convoy with signs of support as it continued its journey around the city on the Perimeter Highway.

Book donations wanted

By Lorne Stelmach

The South Central Regional Library is making the transition to smaller book sales in place of their traditional large spring event.

Their plans tentatively include a small sale in Morden towards the end of February, but that depends on a number of factors, including public health restrictions.

In the meantime, the library is reminding patrons that its branches are all accepting used book donations to support sales in the year ahead.

"We are hoping to have more of the smaller book sales. We had one in Altona just before Christmas, and it was very successful. That was the first time we've ever had one in Altona ... and it was at the mall, where we're hoping to move the library," said Cathy Ching, director of library services.

"We're going to bring the sales to all of our communities," she continued. "We are going to move smaller sales around to all five library communities over the next two years."

Traditionally held in spring, the giant fundraising book sale was a casualty of pandemic restrictions in 2021.

Instead, the library pivoted to offering a limited but ongoing sale from a vacant building next door to the Morden Library. They then came up with the idea of hosting smaller sales at all the branch libraries.

"It's not a central thing anyway," Ching noted of the sale. "Every community donates these books, so we may as well share it more with all of our communities."

She added that they are also hoping to coordinate a sale in conjunction with a bake sale at the Morden Legion next month.

For now, they are promoting their book drive to build up their inventory.

"We are having the book drive. People can drop off their books at any of our branches, and we will sort them and price what we have," said Ching.

"We have a good start, but we do need more books and especially children's books. I know people don't like to give away those books, but we don't really have a lot of books for children," she noted. "That would be a big push for us."

MPS hosting free seminars for Psychology Month

By Ashleigh Viveiros

February is Psychology Month in

Canada and the Manitoba Psychological Society (MPS) is celebrating by

offering a series of free online workshops.

"It's an opportunity for psychologists to give back to the community," says society president Dr. Jo Ann Unger, a clinical physiologist with a practice in Winnipeg.

It's also, she adds, a chance to "engage with the community around psychology and the use of psychological practices and science in our lives."

To that end, the workshops run the gamut in terms of topics—everything from managing anxiety and stress to surviving chronic pain to dealing with children's temper tantrums. A complete list of topics and workshop links are available online at www.mps.ca.

All of the sessions are free and only one requires pre-registration. For the others, you need only click on the talk's link via Zoom to tune in. The first workshop—*Understanding and Managing Anxiety in the Pregnancy and Postpartum Periods*—is next Monday over the lunch hour. Other sessions are held during the afternoon and evening hours.

"Folks are welcome and encouraged to attend one or as many as they would like to get some really useful information, particularly now during COVID when our mental health is really important to pay attention to," notes Unger.

Psychology Month has been ob-

Continued on page 9

Ever experience your basement floor dropping?

What about your Shop Floor, Warehouse, or Bin Pads?

It's easier and cheaper to lift it than it is to replace it!

Call us for your free inspection appointment today! 431-733-3996



Sentry
CONCRETE SOLUTIONS

sentryconcrete.com

Contractors weigh in on roof snow clearing: when, why, who, how

By Becca Myskiw

In winter, with as much snow as this one, a local contractor recommends people get their roofs cleared off to avoid problems down the road.

David Riley's been a contractor in Carman for 12 years now, and every time he does roofing for someone, he offers to clear the snow off it for them if needed. He said there's no better person to do it than the one who installed the shingles — no one understands their roof system better.

"It's really important people have it done by a contractor who installed their shingles or a certified roofer because they know how not to damage the shingles," he said. "They know where the plumbing stacks are and where the vents are."

Often, when people remove snow from a roof, they damage it without knowing. Riley said the first mistake is removing all the snow — you want to leave a layer of snow still on the shingles.

"The reason being, your shingle is made up of asphalt and granules and the granules are the integral part that's really protecting your roof from the elements," he said. "When scraping shingles, you're removing that grit."

A big thing he's seen in the last 10 years is leaking roofs because the top vent is covered with snow. The roof leaks from this because the roof system isn't breathing correctly. Riley said the roof vents regulate the temperature inside the attic, so when it goes back and forth from really cold

to really warm, especially in vaulted ceilings, there's a lot of heat loss, and when the cold meets warm, it condenses and turns to water vapour.

If that air isn't coming out of the vent, you get condensation inside, which turns to icicles that will eventually melt and leak inside. That is bad for the insulation, drywall, siding, and house frame.

Another reason to get the snow cleared off your roof is that older homes aren't designed to hold heavy snow loads. Riley's seen rafters break and wood crack from that.

When roofers take the snow off a roof, they then clear what they've pushed off. For Riley, that means clearing all the snow around the house's foundation, which also helps in spring when everything begins to melt. In other words, there's less of a chance the basement will see that water coming in.

He said in a winter like this one, he'd recommend people get their roof cleared twice. So far, Riley's only done two roofs, but he's expecting more to come soon.

Riley, however, said after about a foot of snow on the roof, people should start thinking about getting it cleared off. The job will be done properly if they hire someone who knows what they're doing — a contractor, roofer, or someone certified — and it can prevent problems from arising down the road.

Irene Lepp and her husband just had their roof cleared off by Vintage Landscaping. She said they don't do it



STANDARD PHOTO SUBMITTED

A local contractor says if people are going to get the snow removed from their roofs to ensure someone certified is doing it to avoid problems down the road.

every year, but she was worried about the heavy load being too much for the structure this winter.

"We've had some cracks before," she said. "I'm not sure if it's from that."

She said the process is easy — they stay inside and do their thing and Vintage Landscaping pushes the snow off then takes it away. Her total bill came to \$100 but that varies per house depending on how much snow they move and the incline of the roof.

Wayne Hiebert of Shur-Way Builders isn't so sure roofs need clearing just yet. He said snow removal from roofs isn't something he normally

does because he usually sees more bad than good being done during it.

Using an equation for medium-packed snow, Hiebert found that one cubic foot of snow weighs about a pound. Most roofs are built to withstand 28 pounds per square foot, so there would need to be 28 feet of snow on a roof for it to need clearing.

He said that there are exceptions to that depending on the house structure, type of roof, and ongoing issues the house may have. He said people should be getting the snow removed for a reason, not just because they think it needs to be done.

> SEMINARS, FROM PG. 8

served in Canada since 2005 and MPS has hosted these workshops annually for years, though usually they're done in person.

Due to the pandemic they've shifted things online, which has come with a silver lining.

"One of the things we're really pleased about is the ability for them to be more accessible to people across the province," Unger says. "One of the things as MPS we're always looking at and trying to help with is to improve accessibility for psychologists and psychological services in the province."

Unger is leading a workshop herself, tackling the topic of stress management. It's an area of expertise she's been asked to weigh in on a lot over the past couple of years.

"We're really in a state, for many of us, of chronic stress at this point with all of the different changes that people have to adapt to, the pressures that living in a pandemic have on peo-

ple's lives," she observes. "I'm hoping to focus on helping us overcome some of the obstacles of doing some of the things that we know are good for our health and our mental health."

Self-care is incredibly important for one's mental health, but many people shrug it off or downplay the struggles they may be facing. It can also be difficult for people to ask for help when they need it, Unger says.

"There's a bit of stigma still around mental health and just folks really understanding that our wellness is a whole package—it's not just physical," she says.

In the same way that we all have a certain level of physical health that affects how we go about our lives, so too does our mental health have an impact.

"We often think about mental health as being about mental illness," Unger says. "But we all have mental health—how well are we doing emotionally, socially, behaviorally, and in our thinking? It's just a little bit less visible."

"So it's really important that just as we take care of our

physical health by going and exercising regularly or eating good foods, there's certain practices that we can do for our mental health that help in times of stress, that help us manage and be resilient."

Head to www.mps.ca for more details on MPS' Psychology Month sessions.

Snow removal services to keep your home safe and your lawn beautiful in winter and the following seasons. We also offer snow blowing service and snow shoveling service to keep roofs, walkways, decks, and patios clear of snow and ice.

VINTAGE LANDSCAPING

204-745-6790 • 204-745-7401
info@vintagelandscaping.ca
33084 Road 22W, Carman, MB

Happy Valentine's Day

Great Gift Ideas for Valentine's Day!

CARMAN FLORISTS & GIFT BOUTIQUE

136 Main Street S.
204-745-2504
carmanflorists.ca

carmanflorists.ca/collections/valentines

MB Beef Producers AGM coming up on Feb. 10

By Becca Myskiw

Manitoba Beef Producers is holding their annual general meeting (AGM) on Feb. 10 this year.

The event will start at 10:45 a.m. and go until 4:20 p.m., when closing remarks are set for. The meeting is going virtual for a second year. General manager Carson Callum said they were planning an in-person meeting, but they decided to go to the screens with the pandemic challenges.

Producers can go to www.mbbeef.ca and register to receive the reading material and the Zoom link to attend the meeting. Callum encourages everyone to register ahead of time, but the cut-off is 10 a.m. on Thursday, Feb. 10.

The AGM will start with a program overview and introduction by Callum. Then, until noon the president and CEO of Manitoba Agricultural Services Corporation (MASC) and director of Ag Risk Management Resources at MNP will give industry knowledge. Brian Perillat of Canfax will then provide a market update and will be followed by a health break.

After 1 p.m., agriculture and agri-food minister Marie-Claude Bibeau will speak, followed by Manitoba agri-

culture minister Derek Johnson. Then, the business portion of the meeting will commence with a report from the president, general manager, finance chair, and reviews and approvals of proposed amendments to MCPA by-law 1/89, followed by an introduction of Manitoba Beef Producers directors.

The proposed by-law amendments are:

- Adding a provision that allows an additional term extension for a director
- Adding an external appointment provision
- The realigning of certain districts due to municipal amalgamations in recent years and the associated updating of certain local government, municipality, and rural municipality names listed in the 14 districts as a result of said amalgamations

Casey Vanderploeg, vice president of the National Cattle Feeders Association, will give an industry update. There will be another health break, and then Quick Dick McDick from Saskatchewan will provide a mental health presentation that Callum hopes will make everyone laugh after the tough year they've had.

Callum said Manitoba Beef Produc-

ers would work on public trust efforts in 2022 and focus on the beef industry in Manitoba. First, though, the main focuses are monitoring drought conditions and working advocacy efforts related to crown land changes.

"When we look outside and see the amount of moisture we have on the ground, we're definitely in a better position than we were in 2021 at this time," he said. "It's hard to say if the drought will continue, but things are looking better."

As for the crown land changes, they're hoping to get the unit transfer and informed access back.

Those things and more will be covered in the AGM next week and producers will have opportunities to ask questions and share their concerns.

"It's important to stay informed with what's happening in the industry and have your voice heard and hear what the association is doing on their behalf," said Callum.

To register for the Feb. 10 virtual annual general meeting — and to view the draft agenda and proposed bylaw amendments — visit the Manitoba Beef Producers website at www.mbbeef.ca.



PHOTO SUBMITTED

Carson Callum, general manager of Manitoba Beef Producers, encourages everyone to attend this year's AGM and be in the know.

PVLIP to host Connecting Culture and Communities Celebration

By Lorne Stelmach

An upcoming event will be drawing on art to help fulfill its goal of developing welcoming and inclusive communities.

The Pembina Valley Local Immigration Partnership (PVLIP) will hold its second annual Connecting Cultures and Communities Celebration virtually on Thursday, Feb. 24, and it is working in partnership with the Pembina Hills Arts Council.

This virtual event will put the spotlight on both newcomer and community artists who are part of an exhibit being featured at the Pembina Hills Gallery through February.

The online gathering will also feature cultural trivia and prizes alongside information on how PVLIP is working in our communities, said executive director Elaine Burton-Saindon, who noted it also essentially serves as an annual meeting for the organization.

"We talk about the goals that we met this year, some of the things that we have worked on, and what we plan to do next year," she said.

"We wanted to also combine it with a celebration of cultures ... and this was one way to recognize our local talent and just have something to celebrate and get away from the regular

routine."

They had hoped to be able to do something in person this year after having had to change it to a virtual get-together in 2021.

"We had about three weeks to switch it all to virtual, and we felt it turned out quite a bit better than we expected, so we are going to do the same format again this year," said Burton-Saindon.

If you can't make the celebration itself, you can still stop by the Morden gallery to view the art exhibition, which features work around the theme of being a welcoming and inclusive community.

Burton-Saindon saw it as being open to "anything to do with home, what makes you feel at home, what makes you feel welcome.

"Some of the artists are newcomers who now live in this region or some are other community members, so it's a combination of both," she said. "It's kind of a different way of expressing your culture ... sometimes through art it might be easier for some to express it."

The show is on from Feb. 1-23. All visitors who attend the art show in person and also the virtual celebration will be entered to win a prize for attending both. A winner will be cho-



STANDARD PHOTO SUPPLIED

Register early to receive a goodie package filled with snacks from around the world.

sen during the online event and must be present to win.

In addition, the first 100 people to have registered for the Connecting Cultures and Communities Celebration by Feb. 7 will receive a cultural

content surprise package that will include a variety of items and edible treats to enjoy during the show,

For more information and to register, visit pvlip.ca.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Beavers bounced by Bombers

Staff

The Carman Beavers lost 3-1 to the Morden Bombers in South Eastern Manitoba Hockey League action last Thursday.

Adam Hughesman, on the power play, gave Morden a 1-0 lead 5:39 into the game and then Tyler Peers put the Bombers up 2-0 about five minutes later.

Darren Bestland scored Carman's lone goal on the power play at 12:31 of the second period, assisted by Brock Vanderveen and Aaron Lewadniuk.

The Bombers' Jaden Townsend closed out the scoring at 12:47 of the third.

Carman goaltender Steve Christie made 36 saves in the game.

On Jan. 24, the Beavers lost 6-3 to the Portage Islanders.

Portage jumped out to a 3-0 first-

period lead with goals from Brett Brooks, Jeremy Brooks, and Riley Hay.

The Islanders increased that advantage to 5-0 as Jamie Mousseau and Robby Moar tallied early in the second.

Carman finally got on the board at 13:43 of the second as Taylor Fisher scored. Fraser Mirrlees made it a 5-2 game just 20 seconds later. Both goals came on the power play.

Portage's Jonah Wasylak and Carman's Geoff Maloney traded goals late in the game.

Mirrlees, Fisher, and Lewadniuk each had two points in the contest.

Christie made 37 saves in the losing cause.

Carman, now 9-5-1-1, will visit Portage on Wednesday (8 p.m.) and then host the Warren Mercs Saturday (7:30 p.m.).



STANDARD PHOTO BY DENNIS YOUNG

The Beavers' Brock Vanderveen had an assist in Carman's 3-1 home loss to Morden last Thursday.

Cougars 12-game winning streak continues

By Becca Myskiw

The Carman Cougars boys' high school hockey team won two more games last week, building their winning streak to 12 games while placing them second in the league.

On Friday, Jan. 28, the Cougars played GVSD winning 6-2. Anthony Lehmann opened the scoring with two goals in the first period. GVSD answered back with one. Lehmann scored again in the second, scoring a hat-trick.

GVSD tallied again at 13:49 in the

second. Lehmann's luck continued with a fourth goal, giving the Cougars a two-goal lead. Carman's Slade Sotheran got the last two goals of the game, one of which was the only one in the third.

The next day the Cougars were back on the ice, this time at home, against the Miller Aces. The first period was full of penalties from both sides but saw no pucks in the net. Carson Park got the game's first goal early in the second, followed by Ryan Orchard before Altona scored one of their own.

Park scored another quickly after but Altona answered with their second. Coltyn Plaitin scored in the second with just 38 seconds left, sending the Cougars into the third up by two. The third period was another heavy one for penalties and Gavin McCalum scored the Cougars fifth and final goal of the game, giving them a 5-2 win over Altona.

"This was a chippy, rough game," said head coach Jeff Park. "Lots of penalties for each team. Our special team play was the difference backed

with great goaltending."

The Cougars played at home Wednesday night against the Morris Mavericks. On Friday the team heads to Morris to play the Mavericks and GVSD on Saturday in Winkler.

The Carman Cougars now have 13 wins and just three losses on the season. The PCI Trojans are in first place in Zone IV Hockey with 14 wins and two losses. The Cougars don't play PCI anytime in the near future.

Twisters extend winning streak to five games

By Lorne Stelmach

The Pembina Valley Twisters have gained ground on the MMJHL leaders thanks to their recent five game winning streak.

They extended the run this past weekend with a 5-1 victory over River East Friday on home ice in Morris before taking down the Raiders 5-3 on the road Sunday.

The Twisters have bumped their record to 22-6-4 for 48 points and closed to within four points of Transcona in second place and seven points of St. James in first while sitting six ahead of St. Vital.

Pembina Valley took control Friday with four unanswered first period goals while also firing home two powerplay markers.

Scoring for the Twisters were Mike Heppner, Nathan Ayotte, Riley Goertzen, Travis Penner and TJ Matuszewski. Logan Enns made 23 saves in net as Pembina Valley won the shot battle 36-24.

The Twisters' leading scorer then had a big night Sunday as Matuszewski scored four to pace Pembina Valley to a come from behind win. It boosted his totals to 24 goals and 56 points, which has him second in the

league.

Joel Vigier also scored for the Twisters, who outshot the Raiders 32-27 and got 24 saves from Martin Gagnon.

The Twisters have a chance to edge closer to Transcona when they pay the Railer Express a visit this Friday. This week sees them also play Stonewall Wednesday

and Charleswood Saturday.

THE S.E.M.H.L. SCHEDULE

CARMAN BEAVERS VS

WARREN MERCS

SATURDAY FEB 5TH

7:30 P.M.

Check our Website/Facebook to confirm this game!

U18 Hawks win one, lose two as season winds down

By Lorne Stelmach

It was a week of polar opposites for the male U18 Pembina Valley Hawks.

They picked up a key 6-3 win over Southwest Friday in Morden, but it was bookended by losses of 7-3 to the Thrashers Wednesday in Winnipeg and a 10-3 humbling by the Wheat Kings in Brandon Saturday.

The Hawks kept it close for two periods against Winnipeg and only trailed 3-2 after 40 minutes before giving up three unanswered goals in the third.

Cameron Parr and Logan Fillion scored powerplay goals for the Hawks, while Carter Sotheran connected shorthanded and Raiden LeGall made 28 saves of 35 shots on goal. His teamamtes sent 39 the other way.

Against the Cougars, the Hawks broke open a 3-3 game with three unanswered goals late in the third period including an empty net short-

handed marker by Sotheran with just over a minute remaining.

Sotheran scored twice while singles came in from Carter Campbell, Keston Worley, Tyler Moroz, and Liam Goertzen, with two goals coming on the powerplay.

Bryson Yaschyshyn made 33 saves with the shots 44-36 in the Hawks' favour. Things came apart early on against Brandon as the Wheat Kings fired four unanswered goals early in the first on their way to period leads of 4-1 and 7-2, and they capitalized on three powerplays. Fillion, Parr, and Campbell all scored for the Hawks, who were badly outshot 53-38. LeGall started in goal and stopped 30 of 37, then Yaschyshyn came on for the final period and stopped 13 of 16.

The Hawks remain mired in eighth place at 13-18-2 for 28 points, and they are just two points up on the Winni-

peg Bruins, who host the Hawks Sunday afternoon. Earlier in the week,

the Hawks were taking on the Wild in Winnipeg Wednesday.

Pembina Valley preps for post-season

By Lorne Stelmach

Four regular season games remain for the female U18 Pembina Valley Hawks, so their challenge now is to gear up their play for the coming post-season.

Pembina Valley will finish no better than fifth at this point after the falling 5-2 to the Winnipeg Ice Saturday in Carman.

The one team that could catch them is Central Plains, who will host the Hawks in Portage this Sunday.

The fourth place Ice rode a three goal second period to victory over the Hawks to improve to 14-9-3 for 31 points, while the Hawks slipped to 11-13-0 for 22 points, which leaves

them four up on Central Plains.

Caitlin Anderson and Naomi Scharf scored for Pembina Valley while Kaylee Franz made 24 saves with the shots on goal 33-29 in favour of the Hawks.

This weekend, the Hawks also face the challenge Saturday of taking on the league leading Winnipeg Avros, who are 21-2-1 for 43 points and are fighting to stay ahead of Yellowhead at 38 points while Westman is third at 16-5-1 for 33 points.

The regular season schedule then closes out with the seventh place Eastman Selects next Friday followed by the Winnipeg Ice next Sunday.

take a break > GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

D	E	D	E	C	E	S		K	E	E	L	S
E	O	N	E	I	E	S		V	H	C	V	P
N	E	T	S	A	H	T	U	O	S		I	P
M	E	P		N	V	R	V	S	V	A	I	R
V	I	A		M	I	L	T	A	Y		W	I
Y		I	F	I	R	E	C	D	T	F	T	C
		S	R	E	S	I	S		P	I	R	S
		S	O	N	E		S	E	S	D	O	
T	E	S	R	E	B	A	R	E	S			
S	L	E	S		D	E	T	V	M	R	E	P
E	S	O	R	A	N	N	A			E	S	U
I		C	P	I	S	V	A	V	M		T	O
X	V		S	R	A	L	L	A	P	E	R	C
L	E		A	B	E		N	O	I	S	E	L
S	E		C				A	C	C	A	R	E

Crossword Answer

X CROSSWORD

CLUES ACROSS

- 1. ___ de Mornay, actress
- 8. Surrenders
- 13. Omission
- 14. The white poplar
- 15. They become butterflies
- 19. Used to chop
- 20. Select
- 21. Volcanic craters
- 22. Consumer price index
- 23. Utilize
- 24. "True Blood" actress Paquin
- 25. Got up
- 26. Sank in
- 30. Retail
- 31. Giants
- 32. Most bald
- 33. Changes color
- 34. Unit of loudness
- 35. Undresses
- 38. Fathers
- 39. Learned skill
- 40. Remove qualification
- 44. Covered with frost
- 45. Speak up
- 46. Nowhere to be found
- 47. Part of surgery (abbr.)
- 48. Type of wrap
- 49. Church seating
- 50. Mathematical figure
- 51. College football conference
- 55. Turkish officer title
- 57. Organized body of knowledge
- 58. Smooth and glossy
- 59. Left

CLUES DOWN

- 1. Get back
- 2. Pass or go by
- 3. Having a sharp taste
- 4. Midway between east and

1	2	3	4	5	6	7			8	9	10	11	12
13									14				
15							16	17	18				19
20						21						22	
23						24					25		
26			27	28	29					30			
			31						32				
			33					34					
35	36	37					38						
39						40					41	42	43
44					45						46		
47				48							49		
50		51							52	53	54		
55		56						57					
58								59					

southeast

- 5. Cairo Regional Airport
- 6. Peace officer
- 7. Brings to life
- 8. Automotive vehicles
- 9. One point south of due east
- 10. Football position
- 11. Goes by
- 12. Most attractive
- 16. Road divisions
- 17. Not the sea
- 18. Small, faint constellation
- 22. Cabbage
- 25. Least frequent
- 27. Change slightly
- 28. A country in NE Africa
- 29. Metric units of measure
- 30. More coherent
- 32. Make uninteresting

34. Nausea

- 35. Institution of Oceanography
- 36. Of little value
- 37. Hindu model of the ideal man
- 38. Biblical exclamation
- 40. You throw it at a board
- 41. Be about to happen
- 42. Brutal
- 43. Opened one's mouth widely
- 45. 19th letter of Greek alphabet
- 48. Saturate
- 51. The woman
- 52. Someone who is highly skilled
- 53. A way to launch an attack on
- 54. Where golfers begin
- 56. Atomic number 58

Wearing hometown pride on their sleeves

By Lorne Stelmach

Paul Thorleifson and Brooks Keen never would have imagined where it would lead when they returned home to Manitou a few years ago for a curling bonspiel wearing a simple shirt they had created.

It featured a basic image offering an outline of their hometown, but there was something about it that caught people's attention.

Now, the lifelong friends have a fledgling company in Towns Apparel that offers a way for people to show pride in their hometown by way of custom designs based on a community's map.

"We both moved away from Manitou for school," said Thorleifson. "I hope to move back some day, but we're always proud to say where we're from, and we have that connection."

"When we started this, we thought it would just be like a couple shirts here and there that we would be making for people," he said. "We're both just thrilled and blown away with how it's gone, and we're excited for where it could be going in the future. We've got ideas for how we could evolve the business and just keep it going and keep expanding."



Towns Apparel showcases Morden.

"All along the way, we've been constantly evolving and learning the business," said Keen. "It helps that it's not our full-time jobs, which sort of relieves a bit of that pressure all the time ... that you have to make money to sustain yourselves. It really just allows us to roll with the punches."

The friends are a perfect complement to each other with Brooks having a background in design, building, and renovation projects while Thorleifson is an accountant.

The creation of Towns Apparel morphed from what was originally a tattoo idea to a laser-cut piece of wooden art they hung on their Osborne Village apartment wall and then to an outline printed on some of their own clothing.

"We wore that to a Manitou curling bonspiel, and we got some looks from people and some questions about what it was. Once we explained it, everybody thought it was pretty cool," recalled Thorleifson. "We thought it would be cool to make these for other people but never really considered it as a viable business thing."

"So it kind of sat on the back burner for awhile," he said, noting it kept coming back up in conversation for a few years while they lived together in Winnipeg. It wasn't until they were cooped up during the early winter days of the COVID-19 outbreak that they finally decided to see if they could make a business of putting small towns across Manitoba back on the map.

"It kind of spurred us to get the idea into gear, and the wheels were turning finally," said Thorleifson, noting they started close to home not only with Manitou but other nearby communities like Pilot Mound and Morden.

One of the most rewarding parts as it all developed then included hearing people recount stories brought to mind by some area they would see on their map.

Towns Apparel went from being a way to show pride in the town that moulded people and grew into the way that they could help everyone else show off where their roots lie.

"Whether it be an intersection with a lane or two, a classic prairie grid town built on what's probably now an abandoned rail line, or a town carved out of the rocky landscapes of the Whiteshell, we've found there's never



SUPPLIED PHOTOS

Paul Thorleifson, left, and Brooks Keen have launched a new clothing company, Towns Apparel, to give people a way to showcase their hometown proudly wherever they go.

a place someone isn't proud to call home," Brooks and Thorleifson say on their company's website.

"One of the biggest things I think has obviously resonated with people is that it's potentially giving a lot of people from small towns who never would have really had a way to show off where they're from a way to show that pride," said Keen.

"We've done everything now from towns, lakes to farm yards and golf courses, so we can kind of keep that mantra whether you actually live in a small town," he continued. "I don't think people from Snowflake would have really had an opportunity like this to show that pride."

"We've never really felt like salesmen because they really seem to just sell themselves," added Keen. "If someone is proud of where they're from, they are into it, so there's rarely any convincing that needs to be done."

Another factor that has worked in their favour is that the technology now makes it somewhat easier and more accessible, and it has meant they have been able to take on a project with a minimum of 10 shirts in an order.

"It kind of forced people to go tell their friends and tell their family to help spread the word," said Thorleifson.

There now, however, is what they called direct to garment printer technology which may allow them to remove the 10 order minimum completely. It isn't quite finalized yet, but they do hope to have it in place in the coming weeks.

At this point, they reflect on how far the venture has come in a short time

and thought back to the days of being 10 years old out on their bikes collecting recycling in Manitou.

"I definitely thought that would be the last business we would ever start together," said Thorleifson. "We've been best friends ever since we were kids, and I don't think we ever thought we would be making shirts for people. After we launched it, it kind of snowballed, and we have rolled with it ever since."

"Throughout its life so far, it's been right on the tipping point between side hustle and a part-time job to where, like last Christmas, it could have been a full-time job," noted Keen. "While we're both working full-time, we're both very careful to not promote too much ... we're both pretty aware too that we know the process and we're comfortable with it."

"We definitely don't want to over promise anything ... but we're always working primarily looking at expanding geographically to the west," added Thorleifson.

"We would love to expand geographically and continue doing the same thing that we're doing, but that is a challenge that we're still trying to figure out," added Keen. "It would be awesome to have to seriously have that conversation ... we'll see if it reaches that point ... I don't think we would necessarily be opposed."

"If it was sustainable ... I think we would both be ready to jump into that," agreed Thorleifson.

You can find Towns Apparel online at townsapparelco.com.

Classifieds

The Carman-Dufferin
STANDARD

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

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.

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.

BUSINESS OPPORTUNITY

Profitable Business- Gas station- Convenience Store- Restaurant for sale in Gilbert Plains, MB. Perfect location with 4 lots serious inquiries only. Call 204-548-2508 or 204-638-2643.

NOTICES

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

NOTICES

Worried about COVID impacting your business? Advertise in the 32 Weekly Manitoba Community Newspapers to get your messaging out. Selling something? Have an on-line store to shop at, doing curbside pickup/deliveries? Let people know in the Blanket Classifieds! Start the year off right. Don't let COVID get you down. We are now booking Classified Advertising for 2022. Call 204-467-5836 or MCNA at 204-947-1691 for details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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 stonewoodelkranch@mymts.net

CARDS OF THANKS

Elm Creek Housing Incorporated would like to thank the Carman Area Foundation for their generous contribution to Heritage Manor. The donation in 2020 allowed us to install automatic door openers at all our entrances. In 2021 we were able to pave the approaches which improved accessibility to the N & E entrances.

-On Behalf of the Board of Directors

CARD OF THANKS

Thank you to all who contributed to the building of the Roseisle's public washroom. Contributors to the completion of this project are the following: MB Building and Sustainable Communities, RM of Dufferin, Town of Carman, Carman Area Foundation, and many community business and individuals who donated generously. CFC Portal Grant money provided funds for the completion of the sidewalk. Thank you to Ryan Peters Carpentry and sub-contractors and Equipall Ltd. The washroom is a much needed amenity for our community.
Roseisle Planning Committee

Please support our advertisers
SHOP LOCAL

Book Your Classified Ad Today
- Call 204-467-5836

The Carman-Dufferin
STANDARD
Call 467-5836

Maintenance/Caretaker Couple or Person Required
Relocate to SLIMS CABINS NE Saskatchewan Full Time. Year Round.

Main camp road access plus boat in & fly in outposts. Large, heated, well equipped shop to repair or fabricate almost anything. Troubleshooting, mechanical, heavy equipment operation, plumbing, electrical, carpentry, welding, etc.

If you possess a lot of skills, enjoy a rural location, are motivated, responsible, independent and respectful, this may be your dream lifestyle/employment.

Any excessive alcohol consumption (beyond social) or substance abuse is not welcome at our fishing/hunting camp.

Call 204 937 4007

McSherry Auctions

12 Patterson Dr.,
Stonewall, MB

Online Timed Auctions
@ iCollector.com

Estate & Moving
Closes Wed Feb 16 @ 7:00PM

Estate & Moving
Featuring Guns & Ammo
Closes Wed Feb 23 @ 7:00PM

Consignments Welcome!

(204) 467-1858 or
(204) 886-7027
www.mcsherryauction.com

STANDARD
Call 467-5836

FULL TIME HEAVY DUTY MECHANIC

- Benefits Package (full time only)
- Competitive wages
- Willingness to work overtime
- Valid driver's license
- Class 3 an asset
- Ability to perform MGI Safety an asset

Derek (204) 793-7465

CENTENNIAL TRANSPORT & LEASING LTD.

CLASS 1 TRUCK DRIVER

To run Canada - must have experience

- Paid pick, drops, layovers and stat pay
- Multi drop runs
- Benefit package
- Dedicated truck
- Sign on bonus
- Annual bonus
- Reset at home
- Weekend home time
- Paid training
- Referral program

Derek (204) 793-7465

CENTENNIAL TRANSPORT & LEASING LTD.

Trucks, Trailers, Truckbeds & Tires

- Full Repair & Safeties
- Vehicle Parts, Tires & Wheels
- Trailer Parts & Batteries
- Sales, Financing, Leasing & Rentals

EBY Aluminum:

- Gooseneck and Bumper Pull Cattle & Equipment Trailers
- Truck & Service Bodies
- Generation Grain Trailers

KALDECK TRUCK & TRAILER INC.

Hwy #1, MacGregor, MB

1-888-685-3127

www.kaldecktrailers.com



Retrofit Clip

Wrap your metal building up with warmth!

A Metal-over-Metal retrofit system that insulates your existing metal building.

Is your building cold? Leaks inside? Shops, rinks, banks, and commercial buildings can be done with no down time.

An engineered system that lasts a lifetime.

1-800-431-9661
www.retrofitclip.com

BATTERIES FOR EVERYTHING!

50,000 BATTERIES IN STOCK

*Auto *Farm *Marine
*Construction *ATV
*Motorcycle *Golf Carts
*Rechargeables *Tools
*Phones *Computers
*Solar Systems & design
*Everything Else!

THE BATTERY MAN
1390 St. James St.,
WPG

1-877-775-8271
www.batteryman.ca

RJP SEED LTD

Farm Production Operator

Looking to hire two full time Farm Production Operators on a 3000 acre seed production farm north of Carman MB. Looking for self-motivated individuals with production agriculture experience. These positions will have a lot of task variability from day to day and the work will happen in a team as well as independently.

Duties

- Seeding (air seeder and row crop) calibrating, adjusting to soil conditions, cleaning and loading.
- Spraying - mixing and handling chemicals
- Harvesting - swathing, combining, grain carting and trucking
- Land Management - ditch mowing, harrowing, land scraping, tillage and fertilizer banding
- Seed Plant Operation - not a primary duty but training will be provided
- Local Trucking - Class One license preferred
- Machinery maintenance

Training / Professional Development Opportunities

- Class One driver training
- Work place health and safety training
- Seed plant operator training
- Advanced machinery and guidance training

Salary

- Will vary depending on experience and skills

Please contact
Robert J Park
RJP SEED LTD
1-204-745-0088
rob.park@rjpseed.com

Carman Family Resource Centre ANNUAL GENERAL MEETING

(via Zoom)

Tuesday, February 8, 2022

@ 7:30 pm

Memberships: \$5

Everyone Welcome!

Please e-mail carfrc@mymts.net for the Zoom link to attend.

The Carman and District Christmas Cheer Board

would like to extend our thanks to those who donated during our 2021 campaign. By donating a gift, money or your time you contributed to Christmas for 154 families in our area. We appreciate it all and cannot do such a wonderful thing for so many without your help. May 2022 be happy for everyone.

WE'RE HIRING!

THE GARDENS ON TENTH

ACCOUNTING & PAYROLL CLERK

FULL-TIME POSITION

The Gardens on Tenth is a non-profit organization that provides housing, meals, activities, support, and other services to Seniors.

The Salary is competitive with a comprehensive Benefit Package.

See our website
www.gardensontenth.ca for full job description and requirements.

THE GARDENS ON TENTH
140 10th Ave NE ALTONA MB
hr@gardensontenth.ca or
204.324.8945



TOWN OF CARMAN Used Oil & Antifreeze ECO CENTRE & TRANSFER STATION HOURS

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

Classifieds Announcements

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

The Carman-Dufferin
STANDARD

BIRTHDAY



Happy 95th Birthday
Bert Cummer

-Much love,
your family

IN MEMORIAM



In memory of
Gwen Last
who passed away February 2, 2021
If Flowers Grow in Heaven

If flowers grow in Heaven,
Lord, then pick a bunch for us;
Place them in our Mother's arms,
And tell her they're from us.
Tell her that we love and miss her,
And when she turns to smile;
Place a kiss upon her cheek,
And hold her for awhile.
Because remembering her is easy,
We do it every day;
But there's an ache within our hearts,
That will never go away.
With all the Love and Memories of you Mom.
-Love all your family

IN MEMORIAM

Bonnie Jean Froebe (Strachan)
July 22, 1942-February 6, 2020



We cannot believe it has been two years since we lost our shining light. We have such fond memories of having her amongst us. She was a grand lady with so much love, and so much common sense. She guided us through life teaching us the value of music, self respect, and endearing friends. Bonnie loved to sing, her beautiful voice will always be with us and her belief that anyone could learn to sing lifted many of her singing students to be confident in their abilities.

I can still recall very vividly the first time I ever saw her when she was 18 years old and I was 19. It was like a magnet, and I told my buddy Barry Downs, "That is the gal I am going to marry." It fell into place five days later when I ran into her at the Carman Fair display building where she was volunteering. I offered to help her and did so for the next 59 years at the Dufferin Agricultural Society Carman Fair.

We travelled the world for canola and for fun with our family across Canada, USA, Mexico, Europe, Caribbean, Africa, and Asia. We had been to most of the Disney Parks in the world, Walt Disney World, Disneyland, Paris Disneyland, Tokyo Disneyland, and Hong Kong Disneyland. Some several times.



Family was super important to Bonnie. She loved to organize family dinners and other occasions to celebrate the accomplishments of others. It is during this crazy pandemic that we live the values that were taught by Bonnie. "Dig in. Check on your family when you can and neighbours and do what you can for others."

We miss her as a mother, grandmother, family, and extended family. I, especially, miss her as a loving wife, best friend, and lover. Her Parkinson's was a tough trail, as are a lot of other things in life, but she never let it stop her from doing the things she loved. I was happy to look after her as her struggle became more difficult, after all, she looked after me for many years.

We miss her more than words can say.

**Remember Your
Loved Ones**
with an Announcement in the

The Carman-Dufferin
STANDARD
Call 204-467-5836

OBITUARY



Terrance Arthur Herbert Park

With broken hearts, the family of Terry Park of Carman, MB, wishes to announce his passing on Saturday, January 22nd, 2022.

A private service was held at the Carman United Church. Interment took place in Greenwood Cemetery, Carman. A recording has been made available on Terry's obituary page.

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



CENTENNAIRE
South

204.428.6030
Southport.ca



Quality Finishes • New Appliances • Country Setting

New rental units available for lease in Southport, MB.
Just 5 minutes from the conveniences of Portage la Prairie.

**Remember Your
Loved Ones**

with an Announcement in the

The Carman-Dufferin
STANDARD

Call 204-467-5836

DeWitt's
Backhoe
Service
Call Don
204-745-8121
204-745-6273
Carman, MB

AUTO SENSE
AUTO PARTS
Carman Auto
Parts
204-745-2066

THE 5 PIN BOWL
120 Main St S,
Carman, MB
Phone:
(204) 745-2777
www.the5pinbowl.com

For all your REAL ESTATE needs
KLOS REALTY LTD
204-745-6693
klosrealty@gmail.com www.klosrealty.com

P.E.G.
CONSTRUCTION
Gerald deRuiter
(204) 745-7891 • Carman, MB

VANDERVEEN'S
GREENHOUSES
Carman, MB
(204) 745-3534

WALINGA
(204) 745-2951
Carman, MB
(204) 745-2591

Home
hardware
14-1st Street S.W.
204-745-6789 • Carman
www.homehardware.ca
Beauti-Tone
CANADA'S PAINT EXPERTS

WEBMARKERS
COMPUTER
SALES & SERVICE
www.webmarkers.ca
support@webmarkers.ca
4 First St. SW. Carman
204-745-3730

We are
convinced
that there can
be luxury in
simplicity.
• Pillow Top Mattresses • Keurig Coffee • Free Wifi
• Microwaves & Fridges • FlatScreen Cable TV
• Suites and Kitchenettes • Soft and firm pillows
QXBOW INN
204-745-6176
11 Main St. S. Carman
www.qxbowinn.ca

Sentry
CONCRETE SOLUTIONS
Concrete Lifting & Leveling
www.sentryconcrete.com
431-733-3996

February is HEART MONTH

Stay young at heart!

How sleep affects your heart health

According to the National Heart, Lung, and Blood Institute (NHLBI), nearly 70 million people suffer from a sleeping disorder. Did you know that getting a good night's rest is critical for maintaining a healthy heart? This February, join the NHLBI in celebrating Heart Month by learning about the importance of adopting healthy sleep habits.

SLEEP AND HEART HEALTH

Getting a good night's rest helps you stay healthy by giving your body the time it needs to restore, recharge and recuperate. Consequently, chronic sleep deprivation has been linked to numerous heart problems including high blood pressure, heart attacks, obesity, diabetes and strokes. In addition, people who don't get enough sleep are more likely to develop calcium deposits in their coronary arteries, increasing their risk of developing heart disease.

5 TIPS FOR GETTING BETTER SLEEP

Experts recommend that adults between 18 and 65 get at least seven to eight hours of sleep each night. Here are five tips for getting a good night's rest:

1. Be physically active during the day
2. Avoid cellphones, tablets and computers the hour before bedtime
3. Avoid drinking alcohol and caffeinated beverages before going to bed
4. Sleep in a cool, dark and quiet room
5. Go to bed and wake up at the same time every day

BSI
INSURANCE
59 Main St. South, Carman, Manitoba
Call BSI today (204) 745-6435
www.bsimb.com
autopac
i

BODY VIBE
MASSAGE THERAPY
Tia DeLichte, RMT
(204) 245-0909
bodyvibe@outlook.com

LEE & LEE
LAW OFFICE
Family Law
Real Estate & Mortgages
Wills & Estates
Corporate & Commercial
BROCK G. LEE, Q.C.
(204) 745-6751
5 Centre Ave. W, Carman

ADS
111 Lyle Drive Carman MB
204-745-6151
www.ads-pipecanada.ca

Prairie Roots
Consumers
Co-operative Limited
CO-OP Elm Creek
204-436-2493

safe communities
carman-dufferin
Supported by the Councils of the Town of Carman & RM of Dufferin

Prairie
GOLF SUPPLIES
Ph: 1-204-745-6644
Cell: 1-204-745-8152
www.prairiegolfsupplies.com

LCL
CONSTRUCTION LTD
204.745.6665
www.lclconstruction.net

ROSEISLE
Backhoe & Excavating
Jason Klassen • (204) 750-0172
roseislebackhoeservice@hotmail.com
Box 83, Roseisle, MB R0G 1V0

PROWEST
STEEL FABRIKORS LTD.
COR
204-745-2260
www.proweststeel.net

Trust our Experience
agassiz
seed farm ltd
Homewood 745-6655
agassizseedfarm.com

George & Associates
CHARTERED PROFESSIONAL ACCOUNTANTS INC.
204-745-3380

Nakonechny & Power CPA
(204) 745-2061

The Prices Rite
18-1st St. SW Carman
(204) 745-3439
pricesrite1@gmail.com

RICHARDSON
PIONEER
MOLLARD AG BUSINESS CENTRE
204.736.5000

Vanderveen
Commodity
Services Ltd.
Licensed Grain Brokers
Phone: 204-745-6444

Blaine Pedersen
MLA Midland
Carman, MB R0G 0J0
Ph: (204) 745-2203
midlandmla@outlook.com

RV
MANUFACTURING
GRAYSVILLE, MANITOBA
ONE STOP FABRICATION
OF STAINLESS, ALUMINUM,
AND STEEL PRODUCTS
METAL FORMING
LASER CUTTING
ALUMINUM WELDING
GENERAL REPAIRS
MIG & TIG WELDING
CAD DESIGNING
STEEL SALES MACHINING
IVAN WALDNER
C:204-745-7143
P:204-828-3338 x 243
E: ivanrvmfg@gmail.com

WAYNE WADDELL
ELECTRIC
Phone 204-745-7481
Fax 204-745-3153
80 - 4th Street NW, Box 153, Carman
info@wwelectric.pro

WES'S TIRE SHOP
215 Main St. N., Carman
204-745-2076
GOOD YEAR STIHL Auto Value

PHYSIOTHERAPY
360 - 4th
Street, SW
Carman, MB
Phone: (204) 745-PAIN (7246)

Critical illness insurance explained
While being diagnosed with a critical illness like cancer, stroke, or heart attack could change your lifestyle, it doesn't need to change your financial plans. Critical illness insurance can help reduce your financial worries so you can focus on recovery.
Protect your future. I can help.

Kimberley Jensen B.Comm(Hons), CHS™
Victorious Financial Services Inc.
204-745-6312
kimberley.jensen@sunlife.com
Sun Life
*Mutual funds distributed by Sun Life Financial Investment Services (Canada) Inc.
Sun Life Assurance Company of Canada is a member of the Sun Life group of companies.
© Sun Life Assurance Company of Canada, 2021