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A black tie affair

STANDARD PHOTO BY AMY VANDERVEEN

The Carman-Dufferin Fire Department (CDFD) hosted its annual Winter Wonderland Ball at the Carman Community Hall on Feb. 8.

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Homestead Co-op encourages shoppers to look for local brands

By Ty Dilello

In light of recent political developments regarding U.S. President Donald Trump's call for a 30-day pause on potential tariffs affecting Canadians purchasing U.S. products, local businesses in the Carman area are emphasizing the importance of buying Manitoba and Canadian-made products.

The provincial government recently launched a campaign called "Support Manitoba. Buy Local," which, in a statement, said, "The Manitoba government is working hard to protect jobs and safeguard our economy against the potential impacts of U.S. tariffs. This is a time to be united as Manitobans and as Canadians. How you choose to spend your money is powerful. By buying Manitoban and Canadian products and services, you can support farmers and producers, businesses, and workers here at home."

Homestead Co-op in Carman is contributing to this initiative by offering a wide selection of local products for consumers to explore and purchase.

"Supporting Canadian and Manitoba-made products has always been important to us at Homestead Co-op," said Shannon Vaughan, Marketing and Communications Manager at Homestead Co-op. "We certainly encourage members to explore the many high-quality local products we carry."

Some popular local brands available at Homestead Co-op include Co-op Gold, Centsibles products, Bothwell Cheese, La Cocina Tortilla Chips and Lepp's Oats, as well as a variety of fresh meat products, bakery items,



and produce.

"We always strive to source high-quality products at competitive prices," said Vaughan. "Our goal is to continue to offer products our customers know and love while providing local or Canadian options whenever possible."

Homestead Co-op is proudly Canadian, and when its members choose Co-op, they choose local. So residents are encouraged to continue to shop at Homestead Co-op and try to shop local whenever possible.

"We support and invest in our community – because we live here too. Our profits are used to develop jobs and economic activity in our communities, give back to local initiatives and organizations and provide a return to our owners (or members)."



STANDARD PHOTO BY DENNIS YOUNG

With the threat of tariffs on American products looming, Homestead Co-op is committed to offering a variety of Made in Manitoba and Canadian products. Pictured Carman's Homestead Co-op grocery store manager Justin Major is pleased to see an increase in the sales of local products.

Pembina Valley RCMP respond to collision involving school bus

By Annaliese Meier

Pembina Valley RCMP received a report of a two-vehicle collision involving a school bus and a pickup truck in the RM of Lorne at approximately 8:30 a.m. on Feb. 12.

Officers responded immediately, along with Emergency Medical Responders and the local fire department.

The school bus was found on its passenger side in the southeast ditch at the intersection of Road 28 North and Road 66 West, alongside the pickup truck. All 14 children on the bus had already been evacuated.

Investigating officers determined that the pickup truck was traveling southbound on Road 66 West when

it collided with the rear driver's side of the school bus, which was heading east on Road 28 North.

The 17-year-old male driver of the pickup truck sustained minor injuries and was transported to the hospital, where he was treated and subsequently released.

The children on the bus, ranging in age from kindergarten to grade eleven, also sustained minor injuries. All students were transported to the hospital as a precaution, with some taken to Winnipeg for further assessment.

Charges under the Highway Traffic Act are pending for the driver of the pickup truck.

The Pembina Valley RCMP continues to investigate the incident.

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CDFD holds successful Winter Wonderland Ball fundraiser

By Ty Dilello

On February 8, the Carman-Dufferin Fire Department (CDFD) hosted its annual Winter Wonderland Ball at the Carman Community Hall. The event was a wonderful opportunity to strengthen community bonds and offer support. As a formal event, the Ball featured music by Water & Wood, a band with local connections, which helped make the evening special. Attendees enjoyed a delicious meal and participated in a silent auction and a live auction featuring impressive items, including a fire pit from Sperling Industries, Milwaukee Packout tools, gift certificates, and a Pit Boss Grill.

“The evening overall was a huge success once again as there was a wonderful meal provided by Tracy Bernard and a performance by Water and Wood to entertain,” said CDFD fire chief Chris Lemky. “We would like to thank all of the businesses that donated once again and to everyone that attended to make the event a success. A big thank you also goes out to the Snoflies Snowmobile Club for helping with ticket sales and bartending. The ongoing support from our community is truly amazing and deeply appreciated.”

This year’s Winter Wonderland Ball profits will be used to complete the regional training site for the Carman-Dufferin Fire Department. In 2020, CDFD received funding from a provincial grant and began constructing the training site. The project is currently about 80 percent complete, and the funds raised from the Ball will cover the remaining costs.

“Having this site here in the commu-



Lemky addressing the crowd in his speech.

nity allows our firefighters to perform live fire training, vehicle extrication, ladder training, high angle scenarios and many more without having to travel to other parts of the province for this training,” said Lemky.

A final amount raised from the evening’s festivities is still being tallied and will be announced later

The CDFD is currently looking for highly motivated, energetic people who are looking for ways to serve the community to join the department. If interested, people can email Lemky at firechief@townofcarman.com.

CDFD will also soon be hosting an information/recruitment night, so check the fire department’s social media pages for more information.



STANDARD PHOTOS BY AMY VANDERVEEN
CDFD Deputy Chief Joey McElroy, left, CDFD Fire Chief Chris Lemky, right, presented retired Fire Chief Ben Vanderzwaag, middle, with his 20-year exemplary service medal.



Entertainers Water & Wood getting ready to take the stage and perform some music to the evening’s guests.



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God's Providence

God is providing for creation. After creating all things, he continues to maintain everything. It is not merely that he knows all that will occur; he actively provides in every situation. This ongoing divine care for all creation is highlighted in John 5:17, where Jesus states, "My Father is working until now, and I am working." Similarly, Matthew 10:29-30 emphasizes, "Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. But even the hairs of your head are all numbered." God cares for and feeds the birds of the air and clothes the flowers of the field. His providence teaches that nothing on earth occurs by chance, luck, or fate.

God's providence stems from his eternal decree (Ephesians 1:11). The Lord, as the wise Architect, has designed and planned everything in advance to execute at the appropriate time. Just as he brought everything into existence, he also sustains their continuity. Sometimes this occurs through direct intervention. Normally it is through indirect guidance. For instance, God's providence is evident in scientific laws, which remain consistent for human needs. Consider how disruptive life would be if gravitational pull or the freezing point of water varied unpredictably. His providence is also seen in natural processes, such as the generation of plants, animals, and humans, as well as in significant weather events like hurricanes. Essentially, nothing exists independently; all phenomena, including leaf and blade, rain and drought, fruitful and barren years, food and drink, health and sickness, riches and poverty, come to us not by chance but by God's fatherly hand.

Such knowledge makes us cautious about how we speak of world events and phenomena. Complaining about the weather or sickness is, in effect, complaining about the Lord's plan. Everything that occurs has a purpose under God's design, and we must trust him in all circumstances. We'll consider more implications of this truth in my next article.

By Pastor James Slaa
Carman West Canadian
Reformed Church

Students collecting blankets for Miami Fire and Rescue

By Becca Myskiw

This month, students at Miami School are spreading warmth by supporting their local fire department.

The Grade 6 students at Miami School are leading a blanket drive this winter to assist Miami Fire and Rescue. Teacher Theresa Knox, whose husband is a member of the fire department, learned that they were in need of blankets for on-scene use. Inspired by this, she sought a way to "share the warmth" with her students.

"I always like to try to find some sort of community give back for my class," she said. "So, I asked the students if they could help the department gather blankets."

The "Share the Warmth Blanket Drive" started in the last week of January and will run until the end of February. To kick off the campaign, Miami School organized a pajama and movie day, where students gathered in the gym to enjoy popcorn and watch a film. Students were encouraged to bring blankets to snuggle under and donate them afterward.

"That worked out really well," said Knox.

In fact, the collection was so successful that the donation bin had to be emptied already.

Miami School is accepting all types of blankets for the drive, including duvets, comforters, quilts, throw blankets, baby blankets, and more. By the end of the second week, Knox



STANDARD PHOTO SUBMITTED

Miami School is collecting blankets for Miami Fire and Rescue this month.

estimated they had already collected around 40 blankets. Michelle Mansell, president of the Medical First Response Unit at Miami Fire and Rescue, stated that these donations would be immensely helpful.

"We use [the blankets] all year round," she said. "Especially in car accidents. In those, people often end up in a field or a ditch and you want to keep them warm and protected from

the elements."

Fire departments provide blankets at emergencies not only to prevent hypothermia but also to reduce further injuries and foster a sense of well-being, which can aid recovery. Blankets can also create a privacy barrier, shield against the elements, help prevent shock, and assist with patient

Continued on page 5

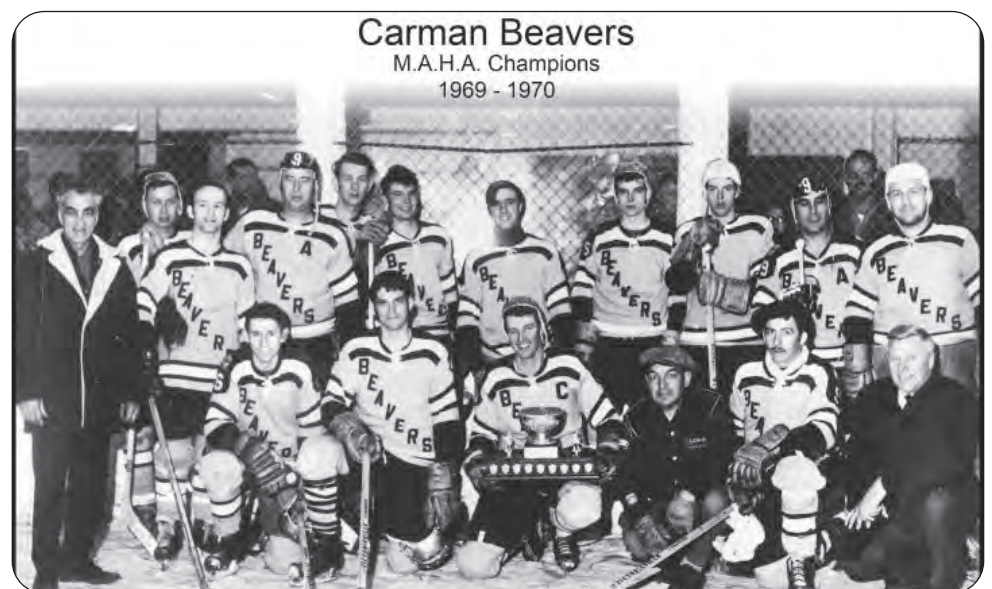
Flashback...Beavers win memorial trophy

By Dennis Young

After missing the S.E.M.H.L. playoffs for the first time since their inception in 1963, the Beavers entered the Intermediate A playoffs. They were sidelined at that level, but back then, there was a consolation trophy for defeated A clubs...the E.A. Armstrong Memorial.

They matched up against Peirson in the final in April of 1970. A win in Peirson meant a home game in Carman, where they won convincingly 6-2. Scoring for the Beavs were Doug Bailey, Joe Cyr (2), Archie Hunter, Marsh Kennedy, and Bill North. Ken "Stretch" Hiebert was in net.

The club added juveniles Brian Coates, Jack Sayer, Don Arthur, and Blake North to its roster, as well as imports Ralph Lyndon, Archie Hunter, Art Thiessen, and Lorne Bodnanski.



STANDARD PHOTO SUBMITTED

Pictured left to right, back row: Percy Bell G.M., Malcolm McEachern, Marsh Kennedy, Lorne Bodanski, Ken Hiebert, Jim McGregor, Jack Sayer, Don Bailey, Doug Bailey, Joe Cyr, Ralph Lyndon; Front row: Blake North, Bill North, Ken Tjaden, Chic McIvor (Equipment), Archie Hunter, Siggie Goodbrandson (coach). Missing from the photo Brian Coates, Don Arthur, Terry McFadden, Barry McKay and Art Thiessen.

Airsoft event coming to Carman May 17 and 18

By Becca Myskiw

For the first time ever, an airsoft event is set to take place in Carman. Mid-Canada Airsoft Events is bringing its expertise to the area and hosting the inaugural Airsoft Reload Manitoba at the Carman Dufferin Arena on May 17 and 18. This event is unique, as it will be the first of its kind in both Carman and Canada, featuring two different styles of play.

The event will utilize both arenas at the venue, with one arena dedicated to tactical airsoft games and the other to speedsoft games. Eric Halvorsen, who runs Mid-Canada Airsoft Events with his partner, noted that no event in Canada has previously offered both game-playing options simultaneously.

Mid-Canada Airsoft Events has been organizing outdoor and indoor matches since 2016. Halvorsen became involved in the sport after moving to New Bothwell, where he discovered a nearby airsoft field. Now, he aims to share his passion for the game with others and hopes to increase interest in airsoft within the community. Hosting this event in Carman marks their first engagement in the area. According to Airsoft in Canada (ASIC), over 60,000 people in Canada participate in airsoft, making the market worth more than \$100 million annually. The non-lethal shooting sport involves using replica firearms loaded with plastic BBs to compete in real-world environments. Halvorsen expressed his desire to offer both

styles of airsoft at this event to bridge the gap between them. Tactical airsoft emphasizes mission-driven combat that relies on teamwork and skill, while speedsoft is fast-paced, aggressive, and demands precision. The tactical arena will feature a variety of games, including capture the flag, digital bomb games, and more.

"We know they're two separate entities when it comes to airsoft," said Halvorsen. "Speedsoft's been growing in popularity. It gives the chance to include everyone and opens people up to the form they maybe don't know as much about."

To register for the tournament, participants simply need to purchase a ticket, which grants them access to both days of the event. Tickets are available on the Mid-Canada Airsoft Events website, priced at \$60 for a weekend pass or \$40 for a day pass. Doors will open at 9 a.m. on both days, closing at 8 p.m. on Saturday and 6 p.m. on Sunday. Halvorsen encourages anyone aged 14 and older who is interested in airsoft to sign up for the tournament.

"The airsoft community is a very social community," he said. "It's a great place to meet new friends, it's a great activity to get exercise. It also teaches kids about gun safety and protection, and we feel those are big things to have that the airsoft community can provide to people."

The event will also feature raffles and prizes, including an early bird draw for the first 100 ticket buyers,



STANDARD PHOTO SUBMITTED

The first airsoft event is coming to Carman this May.

a silent auction for airsoft gear, and a grand prize valued at over \$1,300. Typically, their events attract around 200 participants, and Halvorsen anticipates a similar turnout for the Carman tournament. He encourages everyone to buy tickets early. Participants come from across the province, with some traveling from as far away as Saskatchewan. For those visiting

from out of town, the group has reserved a block of rooms at the Blue Crescent Hotel Carman at a discounted rate for the weekend.

"We're planning a great weekend for people," said Halvorsen. "We're planning on this only being the start. We're planning on making it an annual event."

> BLANKETS, FROM PG. 4

positioning.

Each time Miami Fire and Rescue responds to an accident, they offer blanket coverage to those involved while emergency care is rendered. Mansell was uncertain about the exact number of blankets used in a year, as it varies based on the frequency and nature of incidents.

While the department receives lightweight flannel and sheet-style blankets through shared health, these are inadequate for winter emergencies such as snowmobile accidents. The blankets collected through Miami School's blanket drive are therefore crucial to their operations.

"We'll be set for a few years I would hope," said Mansell. "So, a big thank you to Miami School for doing this."

Knox hopes to make the blanket drive an annual initiative at the school.

"I think it's important for the kids to

find ways they can give back to our community," she said. "Lots of fire department members are students' dads, uncles, and neighbours so it's a way for these guys to give back in a way they're able to. It's something they can do themselves."

The Grade 6 class created posters to promote the blanket drive and encouraged their teachers to share posts on social media. They also built bins to collect the donated blankets and are excited to see the contributions grow.

"Even one blanket would help," said Knox. "We're hoping to keep doing this and help increase the number of blankets we can give the fire department."

Those wishing to donate unused blankets can drop them off at the Miami School front office until the end of February.

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The Ecological Corridor program is stopped: lessons learned and a path forward

Mercifully, the Assiniboine West Watershed District has decided not to sign a contribution agreement with Parks Canada for a \$1 million grant to deliver programming within the federal government's Ecological Corridor program framework. This ends a months-long, divisive battle between a rapidly expanding group of local agricultural producers, known as the Manitoba Land Stewards Inc. (MLS), and the Assiniboine West Watershed District (AWWD).

The conflict has raged on since last fall, with the intensity increasing to a fever pitch leading up to an eventful Town Hall Meeting in Erickson last week (Jan.15). Hundreds of concerned citizens and landowners packed the town's Legion Hall to hear presentations from the MLS and the Manitoba Wildlife Federation (MWF). The rural community has been divided, feelings have been hurt, and damage has been done to all involved.

Unsurprisingly, the blame game has begun, with some pointing fingers at the MLS and the MWF as the cause of all this heartache. Usually, all parties can claim some fault in situations like this.

Sorry, not this time.

The Ecological Corridor program was doomed from the start. Only a federal bureaucracy, sequestered in an office in a faraway city, could have thought it was a good idea to place the Ecological Corridor program under the banner of Parks Canada. The



PHOTO SUBMITTED

A community Town Hall meeting was held in Erickson on Jan. 15. Concerned citizens and landowners attended to hear presentations from the Manitoba Land Stewards and the Manitoba Wildlife Federation on the Ecological Corridor program.

Corridor program is functionally a private-land agricultural conservation program; it just didn't know it. The federal folks out east who designed the Corridor program didn't think of it from an agricultural producer perspective, which was their first mistake.

Nor would federal policy experts from far away realize that Parks Canada has a long and somewhat difficult relationship with landowners south of Riding Mountain Park, including, among other things, attempting to create a sort of "buffer zone" around the parks many years ago. Landowners have a long memory, and those feathers are still ruffled to this day.

Agriculture Canada or Environment

and Climate Change Canada would have been better choices to lead the Corridor program. Moreover, an institution like Agriculture Canada knows how to talk to farmers and is in the business of producing documents for agricultural producers. Regrettably, when it comes to rural landowners, the Parks Canada documentation for the Corridor simply could not have been worse.

The program materials were hyper-focused on species at risk and spoke of what "compatible activities" would be allowed within the Corridor with no clear indication of what that actually meant, only repeated references to the need for "regulatory mechanisms." It's all scary stuff for agricultural producers, so it's no wonder there was push-back.

The most surprising part was the AWWD response to the push-back. Repeatedly and systematically, the concerns of landowners were framed as "unfounded." Minimizing your customer's feelings is never a good approach, especially when your business relies on private land access.

Watershed Districts are chronically underfunded, so nobody can blame them for chasing federal grants to work in their area. We can imagine that the allure of a \$1 million dollar grant from the federal government must explain how the AWWD continued to push forward when it was

Continued on page 9

This week, the way it was through the years

By Dennis Young

100 years ago, Feb. 20, 1925... Scotty Douglas O.K. Shoe Repair sells invisible patches; An egg grading/pooling station is in the works for Carman; Carman Creamery produces Trifolium Brand butter; Dufferin Leader encourages readers to mail the entire paper to your friends rather than just cutouts.

75 years ago, 1950... Bill Smith of Dufferin Auto Body offers 10% down

and 6-month payments on work; farmers receive updated handbooks on how to handle 2,4D; Archie Hardy is named Chairman of the Hospital Board again; Kinsmen canvas and drives school by-law voters to the Hall.

50 years ago, 1975... Chamber appoints members to 14 sub-committees; Dufferin Credit Union shows 42% growth increase to \$4K; Molsons sponsors a Mol-Ski slalom event at

Birch Ski; The Chamber holds a Community Workshop Seminar "What Are Your Pet Projects".

25 years ago, 2000... Former Carman resident is arrested and charged with 29 counts defrauding 13 elderly of over \$1K; A pyramid scam leads to charges in Carman of 3 women; Midland Adult Ed Centre has grand opening; Knockabouts advertises "Bring in your old jeans for \$15 off new pair".

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Carman and Community Chamber of Commerce hold February meeting

By Ty Dilello

The Carman and Community Chamber of Commerce held its monthly meeting at the Carman Memorial Hall on Feb. 11.

Carman and Community's Chamber president Marni Harrison led the meeting, during which various people and committees gave reports to those in attendance in person and virtually on Zoom.

At the meeting, a representative from Carman Wellness Connections discussed what their organization brings to the community, shared their visions and values, and discussed how it aligns with local businesses.

This year's Boyne Book It Fun Run will be held on May 24, and registration for it will open in March. The route during the run will take you on the Carman Community Pathway. The recipient of the proceeds from this year's run will be announced later this month.

Town of Carman councillor Richard Dyck informed attendees that the budgets are being fine-tuned this week for the coming year. Garbage and recycling changes are being discussed, and the mill rate will drop in an assessment year. The Town is also looking for a new Chief Financial Officer (CFO).

No one from the RM of Dufferin was present at the meeting to give a report on things going on in the RM.

The 2025 Carman and Community Chamber of Commerce Golf Tournament has been set for Thursday, June 12. The organizing committee will be looking for sponsors and teams to sign up. Last year's tournament was very profitable for the Chamber, and they're hoping to do the same this year.

It was also announced that the Chamber's Burger Week and Poutine Week will be flipped this year, at the suggestion of one of the participating restaurants, to give the two weeks a

slightly different look.

A whopping 52 teams have signed up to battle it out in the Carman Chamber's Surviving February event, which is currently ongoing. From Feb. 17 to 27, there will be daily draws to win various \$25 gift cards, with no draws on Sunday.

Some other notes that came out of last week's Chamber meeting include:

- The Chamber's Annual General Meeting will be in April at its regular meeting time.

- It was noted that strengthening Chamber relationships with the community and government is the Chamber's goal for the rest of 2025.

- The Carman Cougars high school hockey team is hosting the provincial championship at the end of the month with eight teams coming to town, so it'll be a small boost for the local economy that week.

- A new community billboard was in talks, and some preliminary discussions were had as a way to welcome visitors to Carman and also as a way of getting events promoted in town

- The Chamber would like to develop a better relationship with local schools in Carman. They have a meeting set up with the PRSD Superintendent Kevin Clace later this month as they'd like to see more of a collaboration with the schools going forward.

The Chamber also sent a survey last week sent by the Manitoba Chamber of Commerce.

In a united effort to represent businesses in ongoing discussions about tariffs and the Canada-U.S. trading relationship, Chambers across Manitoba are seeking feedback from businesses to help the Manitoba Chambers understand the real-world impact of ongoing tariff negotiations and the recently announced 25% tariffs on steel and aluminum.

Interested parties can take the five-minute survey at the link here:



CARMAN & COMMUNITY CHAMBER OF COMMERCE

STANDARD PHOTO SUBMITTED

The Carman and Community Chamber of Commerce would like to continue to strengthen its relationships with the community, schools and government.

<https://forms.office.com/r/aUHJj-FRGQv>

Chamber of Commerce meeting will be held on March 11 at noon at Carman Memorial Hall.

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Ice Fishing Cash Derby will take place on March 8

Thousands of dollars in prize giveaways

By Ty Dilello

The Carman and District Game and Fish Association will host its annual Ice Fishing Cash Derby on March 8 at Stephenfield Lake. The event will run from 9 a.m. to 3 p.m. and will feature awards and prize giveaways. No pre-registration is required but it does cost \$30 per person; participants can register on the morning of the event starting at 8:30 a.m. on the north side of Stephenfield Lake.

"We encourage those wanting to participate to bring their own aluminum bump board as any pike measuring over 75 cm will be required to be entered by taking photos and submitting them to the derby officials," said Justin Major, President of the Carman and District Game and Fish Association.

Last year, the event attracted 157 registered participants, and this year, Major hopes to see that number in-



crease significantly.

"This year we are hoping for 200 as we have increased marketing efforts by purchasing several highway billboards to highlight the details of the event to try and get the word out," said Major.

The derby will follow an open cash format, offering 50 percent of the cash pot to the first-place winner and 25 percent to the second place in both the pike and perch categories. Additionally, there will be a special prize for a hidden length fish.

There will be thousands of dollars in



STANDARD PHOTO BY JUSTIN MAJOR

The Carman and District Game and Fish Association is proud to put on its annual Ice Fishing Cash Derby on March 8 at Stephenfield Lake, where the pike and perch are plentiful.

prize giveaways, including two guided fishing trips. Children who register will receive a gift bag filled with goodies for participating.

"It's sure to be another great morning of fishing, so please come out on March 8 and" take in the event and win some prizes.

Miami Library hosts crochet-a-thon in support of Pembina Manitou Health Centre

By Becca Myskiw

Local crocheters came together for a good cause earlier this week at the South Central Regional Library Miami Branch, which hosted its second crochet-a-thon on Tuesday, Feb. 18.

The library opened its doors from 10 a.m. to 8:30 p.m. to welcome participants who wanted to crochet. Attendees could drop in at any time during the event to create as many—or as few—granny squares as they liked.

Following the crochet-a-thon, an Afghan Assembly Day will take place, allowing participants to return to the library and assemble the granny squares into full-sized blankets. Though the exact date for this year's assembly day has not yet been determined, Raina Teigrob from the library expressed enthusiasm for the event.

"After seeing how successful our event was last year, we decided to run the program again in 2025," said

Raina Teigrob of the library. "It ties in nicely with our monthly Crafters & Co. Program, which offers people a space to learn, share, and work on their handcrafts while enjoying the company of fellow creatives."

The inaugural crochet-a-thon was inspired by a similar event held at the South Central Regional Library's Winkler Branch. When a patron requested that the Miami branch host a similar event, Teigrob and her team were eager to participate.

"We thought this is a great way to give to those in need, as well as support other community organizations," she said.

The first crochet-a-thon was a success, with participants crocheting enough granny squares to create 10 Afghans, which were then donated to Genesis House for their clients. Teigrob noted that many community members contributed by donating

yarn, crochet hooks, and even completed granny squares for last year's event.

Participants are encouraged to bring their own yarn, crochet hooks, and any other materials they may need. However, the library will also provide yarn and hooks for those who need them.

Since last year was the library's first experience hosting this type of event and it does not require pre-registration, Teigrob mentioned that she is uncertain about the expected turnout this time.

This year, the finished Afghans will be donated to the Pembina Manitou Health Centre. Teigrob stated that they chose this organization to "give back to a local establishment and spread some kindness to the residents of the Pembina Manitou Health Centre Personal Care Home."



PHOTO SUBMITTED

The Miami library held a crochet-a-thon to make blankets for the Pembina Manitou Health Centre.

> WATERSHED, FROM PG. 6

clear landowners were not comfortable and did not trust Parks Canada as the lead agency.

On the Corridor, questions were asked, and good answers never came. Not surprising when the nearest contact from Parks Canada for the Corridor was in Quebec. The lack of timely, solid information added to the growing fears, and well, here we are.

So, What Now?

Trust is everything when it comes to conservation in rural agricultural communities. It is hard to establish but easy to lose. So, it's paramount

now that everyone let bygones be bygones and remember that a program that essentially guaranteed a bad outcome for all involved put us all in a bad position.

We would all do well to remember that the Watershed District has always been a great organization with a solid community-based conservation model. The last thing we need to do now is throw out the baby with the bathwater. Yes, the District should do some soul-searching and understand why it took this far over a single federal grant, and we hope they will.

The Corridor program focused heavily on the need for Indigenous leadership and laws, even though the land is vastly privately owned. But let's please all remember that it wasn't our Indigenous friends who designed this federal program which excluded meaningful engagement for farmers. Lord knows Indigenous communities know better than anybody what it's like to be excluded from planning.

We look forward to reaching out to Indigenous communities to start a new dialogue without government interference.

The Corridor is stopped, and the

sun rises on a new day. Federal winds of change are blowing. Regardless of who runs the country next, we all have an opportunity for a new national conservation strategy that brings us all together instead of dividing us. A conservation restart is needed, with a focus on good engagement for all involved. Let's hope conservation groups and new government leaders learn from what went wrong in western Manitoba because we all need conservation.

- Rob Olson, M.N.R.M
Senior Science Advisor
Manitoba Wildlife Federation

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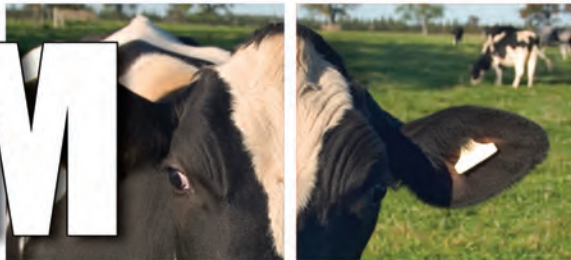
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Your FARM



Crop meetings giving growers knowledge amid uncertainty

By Becca Myskiw

Central Region Crop Meetings are underway, and with them, a whole slew of crucial information for Manitoba producers.

After starting the meetings in Carman last year, Callum Morrison, crop production extension specialist with Manitoba Agriculture, is bringing them back to the region. He started the crop meetings to make Manitoba

Agriculture's talent and expertise more accessible to growers in the province.

On Tuesday, growers filled the Carman Legion Auxiliary Hall from 8:30 a.m. until noon, getting information on four main topics:

- Verticillium stripe in canola
- Insect updates and management tips

- Weeds to watch and control strategies for them

- Finding profit in 2025

"It's just really important so they'll gain valuable insights just to help them set the stage to do the best they can during the 2025 growing season," said Morrison. "It's just a great way for producers and industry professionals to come and connect with fellow farmers. Those peer-to-peer connections are important."

Oilseeds specialist Sonia Wilson spoke on verticillium stripe. Verticillium stripe was first identified just outside Winnipeg in 2014 and has been found in six Canadian provinces since. Damage from the disease typically isn't seen until late in the season, when canola plants start to ripen prematurely. The plant stems eventually dry out, turn beige in colour, and begin to shred, resulting in significant yield losses for the grower.

Last year's hot, dry weather created perfect conditions for verticillium stripe to thrive—the disease was found in 60 percent of canola fields surveyed in Manitoba. In 2019, that number was 20 percent, and in 2017, it was just two percent.

With the disease becoming more prevalent, it's also becoming more disastrous. There are currently no fungicide options for dealing with verticillium stripe, which leaves growers

with very few options.

Next, entomologist John Gavloski discussed insects seen commonly in fields last year and predictions for the 2025 season. Using preserved insects people could look at up close, Gavloski showed growers how to identify common insect pests and how to manage them.

Morrison deemed the third presentation crucial. Weeds specialist Kim Brown discussed a few weeds that have been moving into the region from the US, most commonly water hemp.

Waterhemp hasn't yet been identified in Saskatchewan or Alberta, but it has been found in Manitoba, and the weed is proving to be a significant concern. In 2023, the weed was limited to Dufferin's rural municipality (RM), but it's since spread out and is now found in much of southeastern Manitoba.

Waterhemp typically grows four to five feet tall but can grow as tall as 10 feet high. Its thin branches produce around 250,000 seeds per plant, sometimes as many as one million, which causes significant problems. As the seeds emerge during the growing season, herbicide control becomes increasingly difficult, and the weed overtakes fields entirely, causing yield losses of up to 100 percent in some crops.

The final topic of the day was profitability and how to find it in 2025.

"It's really, really key because everything is up in the air this year," said Morrison. "There are a lot more questions people have this year."

Answering growers' questions and fears, farm management specialists Crystal Berthelette and Roy Arnott talked money amid US tariffs and economic uncertainty.

On Wednesday, there was another of the same meetings in Altona. On Friday, there's one in Holland at the community hall from 8:30 a.m. to 12 p.m. Morrison encourages all growers in the area to attend the meetings, not only to gain knowledge and make connections but also to support Manitoba Agriculture.

"We can gain practical feedback from farmers," he said. "We learn from them, and they learn from us."

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Your FARM



The potential impacts of tariffs on canola farmers

By E Antonio

What does the announcement of tariffs on all products imported to the United States from Canada mean for Canadian farmers?

Rick White, present and CEO of the Canadian Canola Growers Association (CCGA), addressed his concerns for Canadian canola farmers.

President Donald Trump initially announced a 25 percent tariff on all Canadian imports on Feb. 1, 2025.

"This would be the worst-case scenario in terms of tariffs with the United States as it would like to soften prices on this side of the border, ultimately lowering market rates," said White.

He explained that annually, Canada and the U.S. trade approximately \$6.3 billion worth of Canola Oil and an additional \$2 billion of other supplies.

"With that market amount, that is a whole lot of tariffs for somebody to pay."

On Feb. 13, President Trump announced the possibility of applying reciprocal tariffs to every country that deals with the U.S. trade markets.

"If India places a 2 percent

tariff on imported products, the U.S. will replicate that amount and place a 2 percent tariff on products from India," explained White.

This is the best-case scenario for Canadian farmers, as Canada currently imposes zero tariffs on U.S. imports.

With all the risk and uncertainty in the trade markets, the financial outlook for business owners, farmers, and industry workers is not hopeful.

Whether the tariffs will impact this year's growing season is still unclear.

"It is a matter of if and when these changes will be made. It is possible that it can affect the crops this year."

White is not quite sure how Canada will respond if the tariffs go into effect. Trades between the two countries may be discontinued, farm production may slow, or farmers may begin exploring trades with other farming markets.

Fortunately for Canola farmers, most of their demand comes from domestic markets, but international markets with U.S., China and Japan still have a significant impact.

As for supplies, most canola seeds are being grown and sourced in Canada.

The potential tariffs imposed on other tools and supplies will become a problem for Canadian growers.

"Canada is committed to reciprocal tariffs from all imports from the U.S.," explained White.

"Phosphorus, nitrogen, farming imports, chemicals for prop protection, machinery and more could all be a part of the tariff package put forward."

He said that the canola farmers' prices ultimately depend on how



STANDARD FILE PHOTO BY LANA MEIER

Canada and the U.S. trade approximately \$6.3 billion worth of canola annually.

the Government of Canada responds to the imposed tariffs.

White wants Canadian farmers to know that they are doing all they can to give their support and guidance.

"We are very active at trying to make this work. We want to make sure that farmers' best interests are in mind for

both the industry and economy."

CCGA is working hard to ensure that farmers' needs and concerns are addressed during this time of uncertainty.

"Their voices are being heard," said White.

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Why do some people bully others?

In conversations about bullying, the focus is often on the experiences and viewpoints of the victims. However, finding solutions also requires an understanding of why bullies behave the way they do.

People who bully others tend to rationalize their behaviour. They feel like they have a reason for acting the way they do. Whether it's due to a lack of understanding or feeling insecure, they often target people they consider "different." Bullies also bank on the fact that bystanders won't stand up for the victim and might even join in or support them.

Most bullies expect their actions to give them certain advantages, like popularity or power. They may also believe that using violence is an effective way of asserting themselves or getting even.

Finally, it's important to recognize that underlying reasons can drive someone to bully or intimidate others. A bully might be dealing with issues at home, like abuse or neglect, or they might have been bullied themselves in the past. For example, a person living in poverty might feel envious and lash out at someone who is well-off. In short, each case is unique.

Are you or someone you know being bullied? Contact the resource agencies in your area as soon as possible.

3 reasons to wear pink on February 26

Recently, many countries have designated specific days to raise awareness and prevent bullying, whether at school or in the workplace. In Canada, Pink Shirt Day takes place on Wednesday, February 26, 2025. Here are three excellent reasons to join the movement by proudly wearing the event's emblematic colour:

1. Incite enriching conversations. Pink is a colour that doesn't go unnoticed! When you're out and about on February 26, you may meet or talk with other people who are passionate about the cause. You may even meet someone who doesn't know about the day, giving you the perfect chance to spread awareness. Who knows, maybe they'll wear pink next year, thanks to you!

2. Show solidarity. People who are bullied often feel alone and isolated. Seeing others wearing pink can help them feel supported and understood. Your gesture might even encourage them to open up to you or, even better, speak out against their aggressor.

3. Encourage others to act. Wearing pink can help encourage your family, colleagues and friends to join the cause. Inspired by your actions, some of your friends and family might feel motivated to stand up against bullying, attend events or spread awareness on social media.

On February 26, harness the power of kindness and inclusion by wearing a pink t-shirt or hoodie.

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Pink Shirt Day *Let kindness grow*



What to do if your child is being cyberbullied

The widespread access to new technologies and the pervasive use of social media have given rise to cyberbullying. This relatively recent issue, which is still poorly documented, affects many young people. Here's a closer look at this worrying problem.

Major consequences

Cyberbullying can affect young people at any time, day or night, and anywhere, be it at school, at home or elsewhere. The worst part is that it's often anonymous and spreads like wildfire, leaving the victim feeling defenceless.

For these reasons, the impact of cyberbullying on young people can be extremely serious. It can lead to drug and alcohol abuse, self-mutilation, skipping school, isolation, suicidal thoughts and much more.

Actions to consider

If your child is being cyberbullied, it's crucial to take action to ensure their

well-being and safety. Remember: don't reply to or share the bully's messages. Encourage your child to block the bully on social media and remove them from their contacts.

You can help your child stay safe online by encouraging them to keep a record of ALL the messages, emails and screenshots they receive. If they ever experience cyberbullying that involves serious offences like sharing explicit photos or making threats, be sure to report it to the service provider, social media admins, school administration and even the police. Reporting these incidents is crucial to keeping everyone safe online.



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Wednesday February 26, 2025

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PVWD hosting farm support workshops

By Lorne Stelmach

A series of farm support workshops that included a session earlier this month at the Pembina Threshermen's Museum highlighted a number of programs and resources that are available to help producers in the region.

Under the umbrella of the Pembina Valley Watershed District (PVWD), the workshop also involved the Prairie Watersheds Climate Program (PWCP) and touched on the PVWD program called GROW (Growing Outcomes in Watersheds).

"We really need some greater form of outreach and education," said PWCP co-ordinator Kelsey Heppner, who suggested there are more supports and resources available to producers than they maybe realize.

"We are here to be a resource for farmers ... hopefully they will ask questions and make use of these resources and programs," she said. "That's one of the reasons I wanted to do these workshops ... often I get calls where people are saying they had no idea that these programs were available and where you can get financial support in some of these areas."

Presentations at the workshop including one on biological fertilizers with EcoTea and another on the benefits and practices around cover crops. PVWD representatives were also on hand to answer questions on programs for the 2025 growing season.

The presentation on cover crops highlighted the rotational, biological, nutritional, and economical benefits of the use of cover cropping in grain and livestock operations to reduce production and financial risk. It sug-

gested one of the main ways to get on the road to renewing your soil's health is to incorporate cover crops into your crop rotation.

PWCP provides funding incentives to producers who implement any of three eligible beneficial management practices (BMPs) into their operations.

To qualify, BMPs must be a new practice or an expansion of an existing practice on to new acres. The three BMPs eligible for funding are cover cropping, nitrogen management and rotational grazing. There are various practices eligible for funding in each BMP category.

To assist producers with their adoption of new BMPs, the program offers producers resources to support implementation and provide design recommendations.

Producers may be eligible for up to \$75,000 to cover up to 85 per cent of implementation costs. Funding limits may vary in each watershed district.

BMPs have a wide range of benefits to a producer, to the local landscape and to the environment. These practices can make a farm more resilient to flooding and droughts, reduce greenhouse gas emissions and improve soil health to name a few, and they can even help reduce costs on a farm.

In addition, there is the GROW program, which promotes conservation of natural areas of changes to land uses that provide ecological goods and services by helping farmers develop projects that maintain or improve local watershed health and work for their operations.

"We are just hoping to help produc-



STANDARD PHOTO BY LORNE STELMACH

Agricultural producers gathered recently at the Pembina Threshermen's Museum for a farm support workshop hosted by the Pembina Valley Watershed District. Additional workshops are scheduled for Feb. 20 and Feb. 27 in Boissevain and St. Jean.

ers with the 2025 growing season," said Heppner, who noted there may be some more questions and concerns this year around economic conditions and how the markets may be impacted.

They especially want to get out information on the variety of supports and resources that are available particularly around alternative farming practices and sustainable practices.

"There are sustainable farming practices that people can definitely take advantage of," she said. "One of them is we had a cover crop expert speaking as well as someone from EcoTea, which is a fertilizer substitute."

She is keen on the longer term potential of the PWCP program especially now that they know funding for the initiative will continue for the at least the next three years

"That was fantastic news ... we are very excited about it," said Heppner.

"We don't have all of the pieces of the puzzle together yet ... but applications are going to be open in April ... and everything is available on our website. We've done a lot of work to make sure it is updated.

"We have had a lot of interest ... the funds are there and then gone fairly quick," said Heppner. "I would encourage people to check in with us to see how our program is going ... and we always want to hear what ideas people have because it may not fit in our programming, but we would be happy to find a fit for you or at least connect you with somebody."

If you missed the workshop at PTM, there's also one planned for this week Thursday, Feb. 20 at the Boissevain Legion Hall and on Thursday, Feb. 27 at the St. Jean Centennial Hall, both from 10 a.m. to noon. Register via email to programs@pvwd.ca.

Roll Up to Win returns with Tim Hortons' beloved Roll Up beverage cups

By E Antonio

Tim Hortons is bringing back the cherished Roll Up to Win campaign with specially branded hot beverage cups available at restaurants across Canada. Customers can get these unique cups with the purchase of a hot beverage while supplies last, starting Feb. 24 to March 23. When participants roll up the rim, they have a chance to reveal a prize, bringing back the contest's original essence.

"Guests loved celebrating the 60th anniversary of Tim Hortons with us

last year and it inspired us to bring back some classic Roll Up cups this year for a limited time," said Tim Hortons Stonewall owner Jamie Pope.

"We've heard a ton of really positive feedback from Canadians across the country who are excited for the return of Roll Up and the chance to reveal a prize under the rim of Roll Up To Win-branded hot beverage cups."

Customers can also win prizes by purchasing other items, including cold drinks, breakfast sandwiches, wraps, or lunch and dinner entrees,

by entering through the Tim Hortons app.

For more than 35 years, Canadians have been rolling up and winning great prizes when they visit Tim Hortons. Roll Up To Win offers the chance to win exciting prizes including new all-electric vehicles, getaways, electronics, gift cards, and millions of Tims Coffee, Donuts and 10-Pack of Timbits prizes.

For a complete list of prizes and contest rules, please visit www.timhortons.ca/rollup.



St. Claude 4-H Club holds annual communication night

By Becca Myskiw

The St. Claude 4-H Club had their communication night last week, and a dozen members are taking their presentations to the next level.

On Tuesday, Feb. 11, all 16 members of the St. Claude 4-H Club gathered for the annual communication night. Club members range in age from six to 14, with Cloverbuds ranging from six to eight, Juniors ranging from nine to 11, and Intermediate members ranging from 12 to 14.

Communication night is an event where club members showcase their public speaking skills through a speech, a one-person visual presentation, or a two-person visual presentation, in conjunction with another group member. Each member gets to decide what they would like to talk about in their presentation — some talk about their favourite hobbies, sports, pets, celebrities, or trips they've been on.

"Club communications is something we feel is very important," said Lorrenne Friesen, co-head leader. "We expect all the members to participate. They don't have to choose to move on and it's not necessary to participate in order to complete your 4-H achievement that year. We strongly encourage all members to at least try."

She added that the purpose of communication night is to learn how to give a presentation that teaches, entertains, or informs the audience. The night has club members focus on different skills like talking in front of a crowd and judges, using eye contact, varying your tone will speaking, smiling, and being comfortable in all they've learned throughout the process.

"These are skills that will help the youth throughout their lives, whether in school or when they become adults and do this as part of their job," said Friesen.

Members presented in two rooms on Feb. 11, each with two judges, a timekeeper, and a chairperson. Using a scorecard and fact sheet, the judges graded each presentation while the timekeeper ensured each was in the allotted time limit. This year's judges were Michelle LeHeiget, Wendy Parvais, Nicole de Rocquigny, and Pam Gauthier. The timekeepers were Maurice Gaultier and Shannon Kiefer-Starling, and the chairpersons were two of the club's members — Sadie Scammell and Emmett Rey.

Visual presentations are scored on the following:

- Topic: appropriate for the audience, subject matter is concise, sources are referenced, and the topic

has a clearly defined objective

- Structure: appropriate and catchy title, a strong introduction, good organization, balance of visuals and speech, good summary

- Workmanship: work and narration are coordinated, appropriate visual aids are used, smooth use of visuals, split workload for two-person presentations

- Presentation: natural voice with sincere enthusiasm, good eye contact, correct grammar and pronunciation, good appearance

- Results: achieved the objective, overall impression, questions fielded well

Cloverbuds visual presentations are two to five minutes long, Juniors are three to six minutes long, and Intermediates are five to eight minutes long.

Speeches are scored on the following:

- Topic: appropriate for a speech, concise subject matter, sources are references, the objective is clearly defined

- Structure: appropriate and catchy title, catchy introduction, logical organization, good summary

- Presentation: natural voice with sincere enthusiasm, good eye contact and posture, voice is heard easily, good pronunciation, good appearance, style suits the topic

- Language: correct grammar, appropriate language for the age level

- Results: overall impressiveness, objectives were achieved, within the time limit

Cloverbuds speeches are three to five minutes long, Juniors are five to seven minutes long, and Intermediates are seven to nine minutes long.

Moving on to compete against Central Plains Area on March 15 are 12 club members:

- Cadence Friesen, 8: speech on Taylor Swift

- Emily Rey, 6: one-person visual presentation on Splits, Flips, and Tricks

- Emmitt Labossiere, 8: two-person visual presentation on Broomball

- Maxx Rey, 8: two-person visual presentation on Broomball

- Sadie Scammell, 11: speech on I would Name it Finnigan

- Owen Scammell, 9: speech on Grandpa's Chickens

- Logan Rey, 10: one-person visual presentation on Northbound

- Teagan Peirson-Webber, 10: one-person visual presentation on My Baby Goats

- Louise Gaultier, 12: speech on Power Sources and Pollution



STANDARD PHOTO SUBMITTED

The St. Claude 4-H Club held their communication night last week, with a dozen members going forward.

- Austin Clark, 12: speech on Hola Mexico

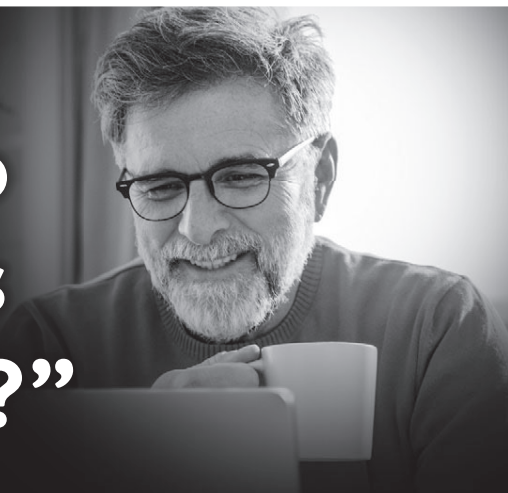
- Rheanne Philippot, 13: two-person visual presentation on Rock n' Royals

- Emmett Rey, 12: two-person visual presentation on Rock n' Royals


Some members are moving on from

being the only one in their category, while others had to outperform other members. Friesen said the older members have been practicing longer, which makes judging more difficult as they know what they're doing,

Continued on page 16



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CEO of Southern Health resigns to take new position with WRHA

By Ty Dilello

It was announced last week that Jane Curtis will be leaving the role of Chief Executive Officer for Southern Health-Santé Sud, effective immediately. Curtis has accepted the interim CEO role of Winnipeg Regional Health Authority (WRHA).

This change follows the removal of the leaders of Manitoba's two largest health authorities—Winnipeg Regional Health Authority and Shared Health—after financial audits revealed repeated deficits over the past few years. These deficits were found to hinder their ability to make optimal decisions for patient care.

Southern Health has maintained a history of fiscal prudence, being the only health authority excluded from spending reviews conducted between 2019-20 and 2023-24. As a result, Curtis has been elevated to lead the WRHA on an interim basis, replacing Mike Nader, who took on the role in April 2021.

Dana Human, the lead for community and continuing care at Southern Health, will serve as acting CEO while the board of directors searches for a new executive.

Dr. Chris Christodoulou has been appointed as the new CEO of Shared Health, taking over from Lanette Siragusa, who assumed the position in May 2023.

During her eight-year tenure at Southern Health-Santé Sud, Curtis demonstrated unwavering dedication, visionary leadership, and a commitment to healthcare excellence.

"She empowered and mentored her leadership team to work collaboratively with our Board of Directors to develop our mission, vision and core values," said Southern Health in an exclusive statement to the Carman-Dufferin Standard. "Those values continue to serve as the foundation of all decisions made by our leadership team and are deeply rooted throughout our organization to this day."

"Curtis brought people-centred health care to a whole new level. She encouraged a movement towards meaningful engagement not only with patients, clients, and residents but also with each and every employee at Southern Health Santé Sud. Her vision to integrate the What Matters to You movement has had ripple effects in our organization."

"While we are sad to see her go, we are looking forward to seeing all that Jane will achieve in the future. We express our deepest gratitude to Jane for everything she has done to make our organization the strong and resilient place it is today. Her legacy has empowered an entire organization to work in collaboration, apply innovation and to take the time to ask What Matters to You?"

Southern Health's Board of Directors will soon commence the search for a new CEO who will build upon the solid foundation that Curtis laid. In the interim, it has been announced



PHOTO SUBMITTED

Effectively immediately, Southern Health-Santé Sud's CEO Jane Curtis has resigned to take on the new interim CEO role at the Winnipeg Regional Health Authority (WRHA).

that Dana Human will serve as acting CEO to ensure a smooth transition and continuity of operations.

Public health officials warn of measles cases in southern MB

By Standard staff

Public health officials are notifying the public of five confirmed cases of measles in southern Manitoba, all connected to an outbreak in Ontario.

These cases involve five individuals living within the same household, all of whom were contacts of lab-confirmed cases while recently traveling in Ontario. The individuals have been asked to isolate at home.

People who were at the following locations are being notified of the possibility of having been exposed to measles virus:

- Reinland Mennonite Church, 200 Redhawk Tr., Winkler - Sunday school and main service on Jan. 26 from 9:15 a.m. to 12:30 p.m. Advised to monitor for symptoms until Feb. 16.

- Health Sciences Centre, Winnipeg - first floor children's laboratory and waiting rooms of Clinic X and Clinic W on Jan. 31 from 11:30 a.m. to 2 p.m. Monitor for symptoms until Feb. 21.

- Health Sciences Centre, Winnipeg - Orange Bison Zone Level 1 in and around Guildy's Eatery and adjacent corridors on Jan. 31 from noon to 3 p.m. Monitor for symptoms until Feb. 21

- Health Sciences Centre Winnipeg - fourth floor cardiology clinic and waiting room in Children's Hospital, Jan. 31 from 1-4 p.m. Monitor for symptoms until Feb. Feb. 21

The public health investigation is

ongoing and additional exposure locations may be added. As more contacts are identified, individuals may be asked to isolate and consider vaccination.

Public health is asking anyone who was in these locations during these times to check their immunization records and ensure they are up to date with a measles vaccine, either measles, mumps and rubella (MMR) or measles, mumps, rubella and varicella (MMRV).

It is unlikely people born before 1970 or who have ever received a measles vaccine will get the disease. However, as a precaution, watch for symptoms of measles until the date indicated above. Initial symptoms may include fever, runny nose, drowsiness, irritability and red eyes. Small white spots may also develop on the inside of the mouth or throat.

Several days after the initial symptoms, a red blotchy rash appears on the face and progresses down the body. Measles can lead to complications including ear infections, diarrhea, pneumonia (lung infection) and encephalitis (brain inflammation).

To learn more about the symptoms of measles and what to do, visit gov.mb.ca/health/publichealth/diseases/measles.html.

People exposed in these locations who were born in 1970 or later, have never received a measles vaccine,

and never had a measles infection should:

- Reduce exposures with others, especially anyone who has a weakened immune system or is unimmunized, from the fifth day after exposure to the 21st day after the latest exposure. Individuals are not contagious in the first four days following the first exposure.

- Get vaccinated. The measles vaccine is recommended.

- Watch for symptoms of measles until the date that corresponds with their situation as indicated in the above table.

If symptoms develop, people are advised to isolate at home and contact their health-care provider and

advise them of the potential exposure to measles. It is best to call ahead so health-care staff can take steps to reduce the exposure of other people to the virus.

Measles is a highly infectious communicable disease that is spread through droplets in the air formed when coughing or sneezing. An infected person can spread the virus from four days before the rash appears until four days after. The disease tends to be more severe in infants and young children and can be life-threatening.

Immunization is the only means of protecting people from contracting measles.

> 4-H COMMUNICATIONS, FROM PG. 15

driving up the competition.

"The more practice, you exude confidence and are excited to share your thoughts and ideas," said Friesen. "You want your audience to enjoy your topic as much as you do and since you picked it, that should be easy to do."

She said both she and the other co-leader, Nat Rey, have used the skills they attained as 4-H members when they were young. Rey used the skills to pitch implementing a new process at work and she won,

while Friesen used her skills to talk about her mental health journey at LABCON in 2019.

"The skills that are obtained are vital in becoming a confident speaker," she said. "The 4-H motto is 'Learn to Do by Doing', and I 100 per cent believe in it. The more you do something, no matter how uncomfortable it is at first, it becomes so much easier through practice. I feel communication night is a wonderful opportunity to build on life-long skills."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Local reporter off to first Brier after capturing Newfoundland provincials

By Ty Dilello

After years of trying, I, a reporter for the *Carman Dufferin Standard*, am finally headed to my first Brier in Montana later this month. This comes after winning the 2025 Newfoundland and Labrador Provincial Men's Curling Championships last month in St. John's.

I would like to extend a big thank you to all the local residents in the Carman area who reached out to offer their congratulations. Many have asked me to write a story in the paper about how we accomplished this, so I thought I would indulge you with a quick recap of the events that transpired.

Before this season, I spent the past three years throwing third stones for Team Ryan Wiebe out of the Fort Rouge Curling Club in Winnipeg. We were ranked in the top 10 in Canada and had the chance to compete in some of the world's biggest tour events, including Grand Slams and the PointsBet Invitational. However, we never advanced to the Brier because, in Manitoba, we faced tough competition against teams like Mike McEwen, Matt Dunstone, and Reid Carruthers each year. We came close at each of the three provincial championships, but we just couldn't break through.

When our team split up at the end of last season, I made a conscious decision to join a team that had a strong chance of making it to the Brier, even if it meant leaving my home province. I started looking at the "weaker" provinces and examining what options were available. This led me to a talented group of young players from Newfoundland: Ryan McNeil Lamswood, Daniel Bruce, and Aaron Feltham. Two of them had previously reached a Canadian Junior final, and



STANDARD PHOTO BY PRYOR PHOTOGRAPHY
Carman Dufferin Standard reporter Ty Dilello is headed to his first Brier later this month in Kelowna, British Columbia, after recently winning the 2025 Newfoundland and Labrador Provincial Men's Curling Championships.

our group had lost in the Newfoundland provincial men's semifinal for the past few years.

I joined the team as the skip, hoping to lead us to the Brier for the first time. We met up for a bonspiel in late October in Halifax and performed exceptionally well, demonstrating early chemistry and making a run to the playoffs. Afterward, I represented Team Manitoba at the Canadian Mixed Championships in St. Catharines, Ontario, as I had won the mixed provincials the previous spring. We reached the playoffs and finished in fourth place.

After that, I practiced on my own in Winnipeg and occasionally spared

for different teams at World Curling Tour events across Canada, while my teammates practiced together whenever possible.

The recent Newfoundland and Labrador provincials was a 12-team triple knockout event. We finished the week with a strong record of 9-1, winning the championship. The finals resembled a best-of-five series against last year's champion, Andrew Symonds, who had a strong team at their home club. Each game went down to the final rock and presented its own set of challenges, which we managed to overcome.

In the first game, with the score tied and the hammer in the final end, I

made a crucial draw to the button to secure the victory. In the second game, we fell behind early but fought back to tie the game with the hammer in the last end, ultimately clinching the win. In the third game, my team experienced nerves being so close to our first Brier and struggled early on, trailing throughout the game.

In the eighth end, I made a long angle runback to score one, narrowing the gap to 5-3. In the ninth end, we miraculously stole two points to tie the game after I made a thin double and they missed a hit through a port. Then, in the tenth end, we placed our stones well, allowing us to steal the winning point after they failed to make a difficult tap back on their last rock.

After our victory, the atmosphere in the St. John's Curling Club was pure pandemonium, with an estimated 500 people cheering, including many family members of my teammates, who were all very emotional and elated. That night, I was "screeched in," making me an honorary Newfoundlander. You'll have to look that one up if you don't know what it means!

I am thrilled and relieved to finally be heading to my first Brier, taking place from Feb. 28 to March 9 at Prospera Place in Kelowna, British Columbia. After getting so close on several occasions, I wondered if I would ever get there. So, for it to happen like this with this group of guys is incredibly special. We plan to fully embrace the Brier experience and enjoy the week in Kelowna.

Feel free to become an honorary Newfoundlander for the week and cheer us on if you're looking for a break from the familiar Manitoba rinks at the Brier. We would gladly appreciate all the support we can get.



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Pembina Valley Hawks move up in U18AAA standings

By Lorne Stelmach

Earning five of a possible six points this past week allowed the male U18 Pembina Valley Hawks to move up slightly in the standings.

The Hawks earned a single point in a 5-4 shootout loss last Thursday to Eastman, but they then rebounded to beat Central Plains 4-1 Friday and then Eastman 5-3 Sunday.

Eastman jumped out to a 3-1 lead in the first period before Pembina Valley came back to briefly lead 4-3 early in the third. After a scoreless overtime, the Selects gained the extra point by scoring twice in the four-round shootout.

Tegan Fehr had a pair for the Hawks with singles from Carter Unger and Haiden Friesen. Ryler Gates made 25 saves as the Hawks held a 37-30 edge in shots on goal.

Pembina Valley bombarded Central Plains with 51 shots on goal, while Karsen Dyck was only called on to face 19 shots in

net for the Hawks. Friesen, Unger, Cohen Pilkington, and Cole Secord scored for Pembina Valley.

Secord broke a 3-3 tie with the game-winning goal 14:09 into the third period against Eastman, and Ragnar Gillis then sealed the deal with an empty-net goal.

Also scoring for the Hawks were Carson Hiebert, Paxton White, and Friesen. Shots on goal were 41-38 in favour of the Selects, so Gates earned the win in net with 38 saves.

The victory improved Pembina Valley's record to 20-17-5-3 for 48 points, which puts them seventh place, where they are even with Parkland but also just one ahead of Interlake and Eastman.

The Hawks close out the regular season schedule this week starting with hosting Kenora Friday and then visiting the Winnipeg Thrashers Saturday before hosting the Winnipeg Bruins on Sunday.



STANDARD PHOTO BY RICK HIEBERT

Carter Unger of the Pembina Valley Hawks tries to hold off the defensive effort of Central Plains' Gavin Davis in last Friday's 4-1 Hawks win.

Twisters have another tough week in MMJHL action

By Ty Dilello

The Pembina Valley Twisters junior hockey club continues to struggle to remain competitive in the Manitoba Major Junior Hockey League (MMJHL) after suffering three losses this past week.

The Morris-based team now has a record of 3-35-2, placing them in last place in the league standings.

On Feb. 11, the Twisters lost 5-2 at home to the River East Royal Knights. The Twisters were never in contention after the Royal Knights scored early in the game. Ayden Lazarenko and Bailey Cousins scored the only goals for Pembina Valley, while Jordan Armstrong made 24 saves in goal for the loss.

A few nights later, on Feb. 14, the Twisters faced a rough Valentine's Day, being defeated 10-0 by the Transcona Railer Express in a game to forget. Darion Penner and Jordan Armstrong combined for 51 saves in this match. On Feb. 16, the Twisters lost again, this time falling 4-1 to the Raiders Jr. Hockey Club. Cohen Thomas scored the lone goal for Pembina Valley, while Jordan Armstrong stopped 38 shots in goal.

"Against the Raiders we actually



STANDARD PHOTO SUBMITTED

Branden Leslie, Member of Parliament for Portage-Lisgar (center), and Town of Morris Mayor Scott Crick (right) attended the Pembina Valley Twisters' "Drive for Dallas" fundraiser, which took place during their hockey game on February 11 in support of the Morris Robotics team.

led 1-0 after the first period and were playing some decent hockey," said Twisters' head coach Braeden Beernaerts. "We just need to stay consistent for a full 60 minutes as when we get

away from our game, teams take advantage and that's what you saw for the rest of the game."

The Twisters will return to action on February 21 with a road game against

the Stonewall Jets at 8 p.m. They also have another road game scheduled for February 23 against the St. Vital Jr. Victorias at 2:30 p.m.

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OBITUARY

Linda Grant
May 8, 1950 - February 7, 2025



Linda Joyce Buchta Grant died unexpectedly, peacefully, at her home in Carman, Manitoba on February 7, 2025.

Linda lived a life surrounded by family, including her son Lee and daughter Kristie; parents Lee and Anna Buchta; siblings Roger (SunCha), Larry (Shari), Marlys, Duane (Paulette), Nancy (Lloyd), many nieces and nephews and their children; and the kids she loved as her 'shared' grandchildren.

Born and raised near the small town of Nerstrand, Minnesota, Linda attended school in Kenyon, Minnesota and then at Bemidji State University, forming friendships that would last a lifetime. In Bemidji she married and cherished her very happy early years of motherhood. She eventually settled with Lee and Kristie in Carman.

Linda enjoyed her job as an Educational Assistant at Carman Elementary School and developed close and lasting friendships there. Pets were a constant in her home: Kitty, SkippyJon Jones, Maggie Mae, Pepper Adventure, and Rocky - each one lavished with treats, toys, and endless affection.

Linda loved a good adventure, and travel led her on many journeys, including three memorable Caribbean cruises. A proud moment was when she became a Canadian citizen in 2002.

Favourite things: pizza, Coca-Cola; thriller novels, rock n' roll (especially Three Dog Night, The Guess Who and BTO); the colour blue - she would say 'You can't go wrong with blue' (favourite thing to wear - blue jeans).

A quote by Kurt Vonnegut held special meaning: "Everything was beautiful and nothing hurt." This wasn't to be for Linda - she endured debilitating pain and health issues for many years and was shaken by various family trials.

And yet Linda persevered with her special brand of love, comfort and care. She made sure family, and friends knew they were special to her, that she was thinking of them.

It showed in countless ways: each year nieces, nephews, great-nieces and great-nephews would receive a specially picked birthday card with a crisp American two-dollar bill tucked inside. She sent loved ones' letters covered in stickers, and packages containing pajamas, socks and other goodies. Her long, lively phone calls bubbled over with anecdotes (and there wasn't much opportunity to get a word in). She had a way of making everyone wonder if they might just be her favourite friend, niece, nephew, brother, or sister.

But what was clear was that Linda's true favourites, her treasures, her joy were her children Lee and Kristie. She loved them and was so proud of them.

A private ceremony will be held at the Vang Lutheran Church in Dennison, MN - her family's church since the 1880's.

Special thanks to Ruth Cumberbatch for sharing her writing skills. Linda would be so proud that her "sweet girl" summed her life up so perfectly.

Doyle's Funeral Home in care of arrangements.
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Quick Breakfast Skillet

Heat medium frying pan over medium heat and add bacon. Cook about 4 minutes, or to desired doneness.

Scramble egg and add to frying pan. Cook 1 minute, or to desired doneness.

In bowl, mix rice, egg and bacon mixture and cheese. Top with cracked black pepper.

Tips: Breakfast sausage or breakfast potatoes can be substituted for bacon. Add favorite hot sauce for a little heat.

Prep time: 2 minutes
Cook time: 6 minutes
Servings: 1
1 Minute Butter & Sea Salt Jasmine Rice Cup
1 slice bacon, chopped
1 egg
1/4 cup cheddar cheese, shredded
cracked black pepper
Heat rice according to package directions.



One-Pot Rice Shakshuka

In high-sided, ovenproof skillet over medium heat, heat oil. Add onion, bell pepper, cumin and smoked paprika; saute 8-10 minutes until vegetables are tender.

Add tomatoes and water to skillet. Bring to boil. Stir in rice and reduce heat to low. Cover and cook 3-5 minutes, or until most water is absorbed.

Using spoon, create six small wells in rice mixture. Crack one egg into each well. Transfer skillet to oven; cook 12-15 minutes, or until rice is tender, egg whites are set and yolks are runny, or until cooked as desired.

Garnish shakshuka with parsley before serving.

Tip: For spicy eggs, stir 1 tablespoon harissa paste into rice mixture before adding eggs. Or serve shakshuka with hot sauce.

Prep time: 10 minutes
Cook time: 25 minutes
Servings: 6
2 tablespoons olive oil
1 onion, diced
1 red bell pepper, seeded and diced
1 teaspoon ground cumin
1/2 teaspoon smoked paprika
1 can (28 ounces) diced tomatoes with garlic and herbs
2 cups water
1 1/2 cups Minute Instant White Rice
6 eggs
1 tablespoon finely chopped fresh parsley
Heat oven to 400 F.

Cheesy Sweetpotato Casserole



Recipe courtesy of the North Carolina Sweetpotato Commission

Servings: 6

1 medium North Carolina sweetpotato

16 ounces shell pasta (or any kind of noodle)

Ground Turkey:

1 tablespoon olive oil

1 pound lean ground turkey

1/2 medium yellow onion, minced

1 teaspoon garlic powder

1/8 teaspoon salt

1/8 teaspoon ground pepper

1/4 teaspoon powdered mustard

Cheese Sauce:

3 tablespoons tomato puree

How to Combat Sugar Cravings

By Fitness Expert Julie Germaine Coram

When you have a sweet tooth, it's not easy to control cravings.

These can be brought on by the tactfully placed, high-sugar cookies, drinks, candy, and other items that line the checkout aisle (if you've managed to get through the store without already having succumbed to temptation!).

Sugar is hidden in many so-called 'healthy' or 'low-calorie' foods, such as frozen berries or condiments. While it's not the enemy, when you are trying to restrict calories for weight loss or health reasons, it can be frustrating and challenging to avoid.

Addressing the cause of your cravings is a good place to start changing a 'bad' habit. Are you getting enough sleep? Do you eat enough at mealtimes? Do you take a multivitamin to ensure your micronutrients are sufficient? The latter is best accomplished with food, but often even the healthiest can benefit from a top-up in this area.

Reaching for these snacks can also be a great option when you are fighting off the urge to order in a treat:

1. Berries – When you eat fresh fruit, you avoid all the extra added sugar associated with many dried or frozen brands. You also get a lot more fibre with fresh fruit, and this aids in digestion and the sensation of feeling full, which can help you when it comes to between-meal cravings.

2. Nuts—Rich in healthy fats, nuts like almonds are known for providing that 'full' feeling after consumption. Due to their long shelf life, they are also easy to have on hand.

3. More protein – such as eggs.



Fitness Expert Julie Germaine Coram

Hardboiled eggs or other proteins can be a fantastic way to boost your body's strength and stabilize blood sugar levels to combat cravings.

Winter is a time for comfort foods, however, so while it's important not to give in to your cravings all the time, enjoying them now and then is nothing to beat yourself up about.

Are you interested in articles on this topic? Email me at info@juliegermaine.com with your comments and questions. If you want to discuss your nutrition questions, fitness goals and struggles with me, visit my website at www.juliegermaine.com or schedule a consultation at www.calendly.com/juliegermaine. Coach Julie Germaine Coram is dedicated to long-life health! She is an active mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fitness Specialist. She has helped many thousands of people worldwide improve their health since 2005.

1/2 cup chicken broth (or any kind of broth)

1 cup shredded colby jack cheese, plus additional for topping (optional)

salt, to taste

nonstick cooking spray

fresh parsley, for garnish

Peel sweetpotato and chop into 1-inch cubes. Place in pot and cover with water. Bring to boil over high heat. Cook 13-15 minutes until sweetpotatoes are tender. Drain and let cool 2-3 minutes then puree in food processor or blender.

Bring large pot of water to boil. Add shell pasta. Cook until slightly harder than al dente as it will continue to cook in oven.

Strain pasta, rinse with cold water and set aside.

To make ground turkey: Heat large skillet over medium heat. Add olive oil.

When olive oil is fragrant, add ground turkey. Break turkey into small pieces. Mix in onion, garlic powder, salt, ground pepper and powdered mustard; cook 4-5 minutes. Remove from heat.

To make cheese sauce: Heat oven to 375 F and place sweetpotato puree in blender or food processor with tomato puree, chicken broth, 1 cup shredded cheese and salt, to taste. Blend until combined and sauce is smooth.

Spray 9-by-13-inch casserole dish with nonstick cooking spray. Place noodles, ground turkey and sweetpotato sauce in casserole dish and mix until coated in sweetpotato cheese sauce. Sprinkle with additional shredded cheese, if desired, and bake 15 minutes.

Remove, let cool 10 minutes and sprinkle with fresh parsley.