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An early sign of spring!

STANDARD PHOTO BY LORRAINE STEVENSON

The weather outdoors remains cold and gray and spring still seems far off, but the warm interior of Vanderveen's Greenhouse is filled with millions of healthy green and growing plants, including these rows of about 300,000 tiny Wave Petunias being watered by Kenton Vanderveen last week.

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New lights shine bright at Lloyd Orchard Community Arena



By Ty Dilello

It has gotten much brighter inside the Lloyd Orchard Community Arena in Miami due to the new lights made possible by Farm Credit Canada's (FCC) AgriSpirit Grant of \$7,500. The community and all arena users appreciate the new LED lights, which have improved the hockey and skating experience. "We heard about how the FCC AgriSpirit Grant was helping fund energy reduction projects," said Arena president Brian Weir. "And we thought that this was an opportunity to apply to the AgriSpirit Grant to help replace the old metal halide lights in our arena with more energy-efficient LED lights." Weir and the rest of the arena's staff were thrilled to hear that its project was chosen as a 2020 AgriSpirit Grant recipient. With that, FCC contributed \$7,500 to its \$10,000 LED project. The Miami and Area Foundation granted

the Lloyd Orchard Memorial Arena the remaining \$2,500. JD Pearce Electric then came in and did the installation. "Last winter, the project was completed," said Weir. "The reduced energy consumption has been a very welcome by-product of the LEDs, especially now that all operating costs are inflating." A bonus of the LEDs is the significant improvement in the arena's light quality. Weir has received many compliments on the improved brightness in their facility. "The LED project has been a huge success for the Lloyd Orchard Community Arena. Not only has it helped us keep our program fees low by helping reduce our power bill, but it has also greatly improved the appeal of our facility to our renters. Our agricultural community greatly appreciates FCC's support in this project."

STANDARD PHOTO BY BRIAN WEIR
It has gotten a lot brighter inside the Lloyd Orchard Community Arena in Miami. This is due to the new lights made possible by Farm Credit Canada's (FCC) AgriSpirit Grant of 7,500 dollars.

Winter tree trimming



STANDARD PHOTOS BY DENNIS YOUNG
The Carman town staff were busy clearing trees and debris from Boyne River banks last week.



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The return of the Irish Rovers

By Ashleigh Viveiros

A few years ago, the Irish Rovers embarked on what was billed as their farewell tour.

They set out to visit every city around the world they'd ever performed in and had made pretty good progress when the pandemic reared its ugly head.

Now, the Celtic crooners are back on the road again, and they're returning to the Pembina Valley with a show March 23 at the P.W. Enns Centennial Concert Hall in Winkler.

"We sat home for two years, like we all did, and our wives and girlfriends finally said, 'Get the hell out of the house. Go do something!' They got sick of looking at us," jokes George Millar, who's been part of the Irish-Canadian group since he co-founded it 60 years ago. "Officially this is only our first farewell tour ... Cher has done five, so I think we have a few to catch up on yet."

While they have been gearing up to wind down on the big tours for a few years now, the band has certainly not been resting on their laurels.

They've kept up a steady pace of releasing an album every year or so, including 2022's *No End in Sight*.

It's really the fans that keep them heading back into the studio and out on stage year after year, Millar observes.

"While people still want to see us and we're all in decent shape and good health, we just thought why not keep going, if that's what people want. They'll tell us when to quit when they stop coming or stop buying CDs. Then, of course, it's time to stop. You don't want to flog a dead horse.

"But the demand is still there and

the concerts are all doing well, so why not?"

Doing well might be a bit of understatement—more than a few of their planned stops across Canada next month have already sold out, with additional shows being added to meet demand.

Performing live still gets Millar's blood pumping.

"The fire is still in the blood. When you get up on that stage ... you forget your woes and your pain and everything else and you just enjoy the whole vibe of the audience," he says. "It's our job and we love it."

Recording in COVID times

In between driving their loved ones nuts, Millar says they spent the pandemic working on *No End in Sight*, which includes the song "Hey Boys Sing Us a Song" inspired by the challenges of the past few years.

"We had to record remotely of course," he says, explaining he recorded his vocal and guitar tracks and then sent them along to the rest of the Rovers to act as a guide for their own parts. "We sent this to three of the boys in Ireland. They put on their parts and in two or three days it was back to me here."

Those tracks continued their international trek by being sent to Millar's cousin and bandmate Ian Millar down in Florida before returning to Canada for some final tweaking.

"It's not the ideal way to do it, but it certainly does work," Millar says of the process. "Nobody's more incredulous about it than me because I never in 100 years would have thought you could have done it this way, and you couldn't even 10 or 12 years ago



SUPPLIED PHOTOS BY HAMISH BURGESS

The Irish Rovers bring their high-energy show of hits old and new to the P.W. Enns Centennial Concert Hall in Winkler next month.

... now it can be done and it's quite amazing."

A lot has certainly changed since Millar started up the Irish Rovers with a handful of fellow Irish-born musicians—including his brother Will—all those years ago.

"I was still finishing school, Jimmy [Ferguson] was working ... so the Irish Rovers started strictly as a week-end thing," he shares with a chuckle. "I had no thoughts in my mind that it would go beyond three or four years and then I'd probably go on to do some university and then find a career

of some type. Never, ever in my wildest dreams did I imagine—even now, after all these years, I look back and I can't believe that it went this long and the fans aren't sick of us yet!"

The Irish Rovers went on to become an international success with hits like "The Unicorn" and "Wasn't That a Party."

"It's been a wonderful ride on that little horned horse of ours," Millar says. "It took us for a merry ride around the world and it's still got us

Continued on page 4





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> Got news?

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Province discontinues COVID vaccine app and card

By Patricia Barrett

Another significant number of Manitobans died from COVID in the second week of February, along with an increase in hospitalizations, according to the provincial government's respiratory surveillance report for Feb. 5-11 (reporting Week 6).

Seventeen people died from COVID in Week 6. The previous week's report showed 11 deaths.

Manitoba's COVID death toll was 2,439 as of Feb. 4, according to the federal government's COVID webpage, and Canada's death toll is now 50,863.

There were 61 new COVID hospitalizations, with eight intensive care admissions, according to the differences in severe outcomes between weeks 5 and 6. There were 53 people hospitalized with 10 ICU admissions reported the previous week.

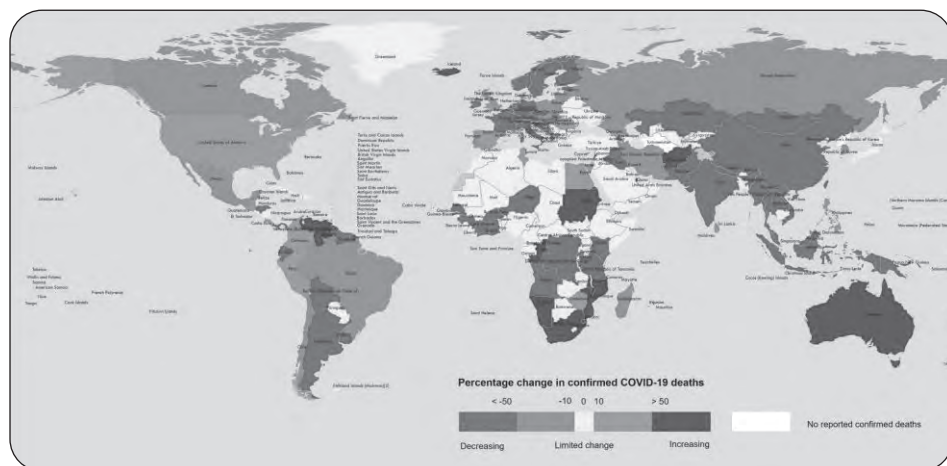
There were 108 new COVID infections detected by PCR testing in Week 6, an increase of 43 cases over the 65 reported the previous week. Provincial data are an undercount of the true number of cases as the government restricts PCR testing and rapid antigen tests aren't tracked.

The provincial government no longer provides in its surveillance reports the names of personal care homes and hospitals experiencing COVID outbreaks.

Wastewater surveillance data for COVID for Winnipeg and Brandon up to the end of Feb. 7 showed sustained activity.

The Week 6 report shows nine new cases of influenza A, one hospitalization and no new deaths.

There were 64 new respiratory syncytial virus (RSV) cases reported in Week 6, down 11 cases from the 75 reported the week before.



WORLD HEALTH ORGANIZATION

Iceland, Australia, parts of Africa and South America are currently seeing an increase in the number of COVID deaths while Canada is showing limited change.

Other health news:

-The provincial government is scrapping the COVID vaccine verifier app and is no longer issuing physical vaccine cards, according to an announcement it made in COVID-19 Bulletin #589 of Feb. 10.

A spokesperson for the government said by email the changes come as the province moves out of the pandemic.

"As Manitoba transitions out of the pandemic, many of the related public health measures are no longer necessary. Manitoba's proof of vaccination requirement expired in March, 2022 and with it the need for a verifier app. Neither measure was intended to be permanent," said the spokesperson.

The immunization card app is not being discontinued and it will be updated, said the spokesperson.

But it, along with the verifier app, have been removed from Google Play and Apple stores, states the bulletin.

"While Manitoba QR code access will no longer be available, Manitobans travelling abroad will continue to have access to their pan-Canadian

proof of vaccination through the app and COVID-19 immunization information can continue to be updated," said the spokesperson.

When asked if Manitobans might have to pay out-of-pocket for COVID vaccines in the future – in the United States people will soon have to pay for the vaccines – the spokesperson didn't say.

"Manitoba continues to offer COVID-19 vaccinations free of charge," said the spokesperson.

-The World Health Organization says the COVID pandemic continues as countries see high numbers of new infections and deaths.

Worldwide, there were over 6.7 million new COVID infections and more than 64,000 new deaths reported over the period Jan. 16 to Feb. 12, according to the WHO's epidemiological report published Feb. 15.

In total there have been over 755 million confirmed COVID cases reported globally and over 6.8 million deaths from the virus as of Feb. 12.

> IRISH ROVERS, FROM PG. 3

on its back."

Joining Millar on stage for this tour is Ian Millar, Davey Walker, Gerry O'Connor, Geoffrey Kelly, Fred Graham, Shane Farrell, Jimmy Keane, and Kevin Evans.

Their collective goal, Millar says, is that you leave the concert hall with a smile on your face and a tune on your lips.

"If people leave whistling the Drunken Sailor to themselves, then

we've done our job."

Ticket information for the Winkler show is available at winklerconcert-hall.ca.

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Flashback.... 80 years of lending books

By Dennis Young

Carman's first Library was organized by The Young Citizen's Group in 1943. The Young Citizen's Group, led by President Alfred J Strachan and Secretary Margaret Burnett, began gathering a collection of donated books and displayed them in Humphries Drugstore window. Once the collection outgrew that window, they relocated to Art Hand's Insurance office next to the Boyne Theatre in '47 and to the Grier Block by 1961. The staff at these businesses acted as librarians as well.

By 1962 plans to establish a permanent home were put into action as the Library outgrew the insurance office. After a joint committee was formed it moved into the community room in the Memorial Hall with Mrs. Earl Taylor as the volunteer librarian. It was open 3 days a week from 2 -5 p.m. lending books for 2 week periods. An open house April 7 1962 with a .25 admission showcased over 1000 books and a large magazine rack.

With the popularity of the Library increasing, it soon outgrew the demand and new locations of a permanent building were sought. In 1969 Town Council and the Board suggested the southeast corner of the Memorial Hall grounds. It would be partially funded as a Manitoba Centennial Project. The Hall Board refused and the search continued.

Next suggestion was the space between the bowling alley and the telephone office (former Elias Lumber) at a cost of \$12,000. That would be cost shared between 2 Councils but that never materialized and the Centennial project and Library building was scrapped. For the time being.

Since the Boyne Regional Library was not incorporated, it could not purchase property with the exception of books. So in 1971 it approved a resolution requesting the acquisition of the Post Office, which was moving to Main Street, by the Town and

R.M.. Thus the Councils arranged to purchase and renovate the old post office for \$13,000.00 (\$93,000 today). The operating costs of just under \$5,000 yearly would be offset by rentals and taxes.

Once the P.O. staff vacated in April '72, renovations required to accommodate the ever increasing book collection (some on loan from Winnipeg libraries) as well as the number of patrons coming in were completed before the official opening on November 4, 1972.

Soon the number of books would triple and members double. In 1985 an expanded room for adult books and a new children's section was officially opened. Then an addition including a sun-room was opened in 2000. The Library purchased the former Rusty Spur property to the north in 2007 and after years of planning and fundraising added a 1500 square foot \$200,000 expansion in 2020.

Head Librarian Sandra Yeo tells me "In the first full year of recorded stats of 1970, there were 2052 books in the collection, 554 patrons and a total of 8924 books in circulation during the 25 hours/week schedule.

"Today with the Library open 47 hours/week, there are 2300 active patrons circulating approximately 145,000 books from a collection of 32,680."

The Library is a busy informational hub in the center for our community. It continues to be relevant and one of the busiest rural libraries in Manitoba all starting with books in windows in 1943.



STANDARD PHOTO SUBMITTED

The Carman Young Citizens group had a successful turnout to the opening of the Carman Library in the new location in the Memorial Hall. Mrs. Earl Taylor, librarian, is shown in the photo with one of the many visitors attending last Saturday afternoon's opening.

Applications for Co-op Community Spaces program open

By Autumn Fehr

The Co-op Community Spaces Program was developed to help protect, beautify and improve spaces across Western Canada.

In keeping with their ongoing commitment to invest in the communities they serve, Co-op will contribute \$1 million to help support projects that improve the places Canadians meet, play, learn and share.

From February 1 to March 1, projects can apply for capital funding from between \$25,000 and \$150,000 under three categories: recreation, environmental conservation, and urban agriculture.

The recreation category is meant to provide funding to enhance recreation spaces in the community, such as recreation centres and playgrounds.

Funding for environmental conservation can mean preserving green spaces and interpretive centers in the community.

Urban agriculture funding goes to small-scale community agriculture initiatives such as community gardens and food education facilities.

Applicants eligible for funding include registered charities under the Canada Revenue Agency with valid registration numbers, registered non-profit organizations under their provincial government with proof of registration (e.g. letters of incorporation), non-profit organizations partnered with their municipal government who will accept funding and issue receipts on their behalf, and community service co-operatives.

Co-op Community Spaces is investing in community projects across Western Canada, from Vancouver Island through to Manitoba. Since 2015, the program has donated \$11.5 million to 160 projects.

Learn more about the program by visiting <https://www.co-op.crs/articles/detail/community-spaces>.

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Caron throws hat in the ring for nomination

By Lori Penner

Rejeanne Caron has announced she is seeking the nomination to be the next Conservative Party candidate for the riding of Portage-Lisgar.

The Oak Bluff resident has served as a police officer with the Winnipeg Police Service for the past 29 years.

Seeing firsthand many harsh realities has deeply affected her and sparked her advocacy on Indigenous, social, and political matters.

"In my policing career, I've seen a lot of injustice, pain, and suffering," Caron says. "I want to take my experience as a mother, wife and police officer and be a strong voice for all Canadians and residents in the riding of Portage Lisgar."

Caron has worked with many people from all walks of life, organizations, not-for-profit organizations, shelters, businesses, and all levels of government.

She has participated on a steering committee of 34 community and government leaders to develop a strategy to end gender-based homelessness in Manitoba.

Caron's political platform includes affordability, with a goal to make food, heating, housing, and goods more affordable and bring hope and prosperity back to Canadians.

She also wants to end the practice of releasing violent, repeat and unrehabilitated offenders in our communities, and target organized crime groups/persons who import, produce or distribute harmful, illegal drugs into our communities.

Caron says no to Bill C-21, amendments or bans to firearms, and instead wants to target violent criminals, gangs, and drug dealers who import or use firearms in the commission of an offence.

"I plan to support law-abiding firearms owners, farmers, sport shooters and Indigenous communities, for they are not the problem."

She is also an advocate for quality health care in Canada, including immediate access to treatment and recovery for methamphetamine and opioid addiction.

"So many are suffering," Caron said. "I support more resources to help

those suffering from mental health."

Caron believes Canadian farmers are global leaders in sustainable quality farming and the solution to food insecurity worldwide.

"I will stand up for our farmers, and I support that Canada can be a self-sufficient nation," she said. "We need to stop taxing fuel and fertilizers that farmers utilize and bring back production to Canada. I will fight to ensure our farmers can supply Canadian families, and our allies, with a sustainable, consistent source of agricultural products."

Protecting Canada's fundamental freedoms is also important to Caron.

"I say no to forced government propaganda and censorship. Trudeau is attempting to censor what you can see and say online, making it difficult to hold our government accountable. I do not support Bill-C11."

Also running for the nomination is Cameron Friesen, Lawrence Toet, Liz Reimer, Branden Leslie, Don Cruickshank, and Josh Okello.



SUPPLIED PHOTO

Rejeanne Caron is running for the Conservative Party of Canada nomination in Portage-Lisgar.

Joshua Okello joins Tory nomination race

By Ashleigh Viveiros

Winkler's Joshua Okello last week became the seventh person to join the race for the Conservative Party of Canada nomination in Portage-Lisgar.

Okello grew up in Kenya and immigrated to Canada in 2009. He spent several years in Toronto before moving to his wife's hometown of Winkler, where they live today with their two kids.

Okello works as a civil designer with Valley Fiber, teaches business at Red River College Polytechnic, and acts as an asset management consultant for local municipalities.

He has a business background in both the manufacturing and agriculture industries, a bachelor's degree in business, and a master's degree in technology.

Okello also studied philosophy at the post-secondary level, and it's there he says his interest in politics began.

"That is where the political side of it came in," he says. "I've been following Canadian politics keenly since 2012."

While he's new to the political sphere, he feels his professional expe-

riences make him a strong candidate for the role of MP.

"Working with municipalities has given me a lot of insight in terms of infrastructure and how it ties into economic development," he says, stressing the importance of spreading the costs of major improvement projects for things like roads, water, and wastewater treatment between multiple levels of government.

These projects retain and draw people to the area and open doors for local manufacturers and businesses to grow and thrive, Okello says.

"If I were to get this nomination, one thing that I think I could do well is uniting different levels of government."

While improving infrastructure and fostering economic development is a passion of his, it's just one part of Okello's campaign.

"Family values and community unity" is another, he says. "Things like compassion, kindness, responsibility, integrity—these are things that in the recent past have been eroded from our culture and I think they are an important part of our existence and they need to be restored if we're going to be a community that is going to thrive

together."

He also wants to see businesses that struggled during the pandemic find their way back to success.

"That is something I'm passionate about and I believe I can strongly advocate for," Okello says, adding that he also feels "transparency, accountability, and ethics" are all integral to good governance. "Taxpayers need to have a responsible government. A government that is open with their transactions."

In the running alongside Okello is former Morden-Winkler MLA Cameron Friesen, former Elmwood-Transcona MP Lawrence Toet, behind-the-scenes Conservative campaigners Liz Reimer of Morden and Branden Leslie of Portage, Winkler's Don Cruickshank, and Oak Bluff's Rejeanne Caron, who also announced she was joining the race last week (see story on Pg. X).

Whoever wins the nomination will represent the Tories in the upcoming by-election caused by MP Candice Bergen stepping down mid-term earlier this month.

No date has been set for either the nomination vote nor the by-election.



SUPPLIED PHOTO

Winkler's Joshua Okello is running for the Conservative nomination in Portage-Lisgar.

New tool to be released to track local water movement

By Lorne Stelmach

A new technological tool that will soon be available online is expected to serve as a valuable resource for farmers and land managers in the region.

The high-tech modelling project involving the Pembina Valley Watershed District and Manitoba Forage and Grassland Association (MFGA) will have the ability to forecast and detail water resources and water movement in the Pembina River valley.

It is supported by funding of up to \$152,250 provided by Agriculture and Agri-Food Canada's AgriRisk Initiatives Research and Development stream via the Canadian Agricultural Partnership.

The project is being developed with Aquanty, a software firm from Waterloo, Ontario, that is constructing a high-resolution HydroGeoSphere (HGS) simulation model encompassing the full area of the watershed district.

It will provide a means to forecast water resources such as soil moisture, groundwater, and surface water flow, and farmers, land managers and decision-makers will be able to access it via a portal at MFGA.net.

"It's a very sophisticated model. It's kind of cutting edge technology that hasn't really been done here before. It was developed in Canada," said watershed district manager Ryan Sheffield.

"The ability to access this tool will be a valuable asset to have on so many levels, from farming to wetland conservation to infrastructure decisions," he suggested. "From a planning perspective, once we all get up to speed on what the tool can exactly do and tell us, we will have access to a database around water movement and water resources that we have never had before."

Sheffield sees this as being especially vital for the Pembina Valley watershed, as it covers about 7,500 sq km of landscape that includes both the Pembina and Plum watersheds.

This user-friendly forecasting tool will enable agricultural producers, communities and conservation planners to look at key factors such as what moisture is in the soil as well as satellite imagery down to the field level, and he sees it as enhancing both

short-term and long-term decision making.

Sheffield looks forward to seeing how producers will be able to make use of it. The tool will offer the options of getting seven or 32 day forecasts, so it could impact how and when they decide to seed their crops, for example.

"It will be interesting to see how a farmer is going to respond to a predicted water condition could affect a

multitude of practices on their farm," said Sheffield. "Even with the watershed district, we're often building water retention projects ... and if there was to be a high stream flow at a certain water body, we might change our practices and work someplace else."

Sheffield noted there will be some training sessions available online soon in advance of its rollout.

"The plan is to have this available to farmers approximately by the end of March and to be used for this upcoming growing season."

He noted how something like this would have been a real benefit especially with last year's flooding in the region as well as the drought the year before.

"Unpredictable weather conditions and then the soil and water conditions can have a huge effect on farmers and their decisions on the land," said Sheffield.

"The last two years are perfect examples of how having the ability to predict soil and water conditions and surface flow conditions, whether it's flooding or drought, is important," he said. "I can only assume farmers would find that information pretty valuable after having gone through the last two growing seasons."

The Pembina Valley Watershed District project will represent the second major water forecasting platform for the MFGA, as it also has a concurrent water forecasting tool project underway in the Assiniboine River Basin that is also on track for completion and launch before the end of March 2023.

"Now that we are close to completing this powerful water decision-support tool in the Pembina Valley watershed, we will work closely with

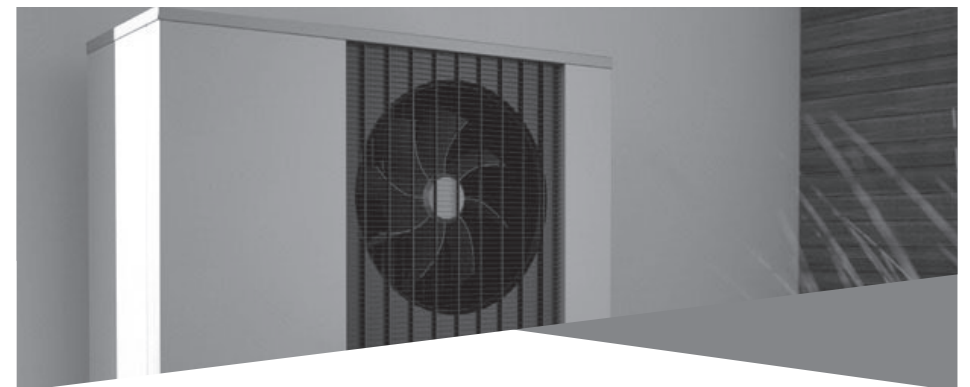


STANDARD FILE PHOTO

A new tool is being released this spring to help farmers and land owners better track water movement in the Pembina River valley. Such a tool would have been of great benefit heading into the major flooding of last spring, says PVWD manager Ryan Sheffield.

the watershed district to ensure all audiences are aware of the tool, with those that want to learn more to have the chance to test it and provide key feedback before we launch publicly,"

said Lawrence Knockaert, MFGA chair and a dairy farmer from Bruxelles. "We want to ensure farmers and stakeholders will be able to use it to the best of their ability."



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CFDC brings its lab into the 21st century

By Lorne Stelmach

A renovation project is going to be a real benefit for the Canadian Fossil Discovery Centre.

The museum recently finished a complete overhaul of its laboratory. Executive director Adolfo Cuetara described the project as long overdue for the centre.

"Since I started here in February 2020, it was a project they had in mind for a long time because the laboratory was in the same situation from maybe 40 years ago," said Cuetara, who noted the lab area dated back to the earliest years of the museum. "It was not done properly originally, almost kind of homemade then."

The lab now has new stronger storage shelves for the field jackets brought in from dig sites, and there are work stations with computers and microscopes set amidst new cabinetry, furnishings, and a refinished floor.

The cost came in at about \$12,000 with a majority covered through funding from the community museums support program of Manitoba Sport, Culture and Heritage and the Signature Museum Sustainability Fund. There was also some support through Decor Cabinets.

"All the money came from outside. We didn't have to spend a single dollar from our organization," Cuetara said. "And we did most of the work by ourselves, so we kept the cost of the renovation down."

The laboratory is a key part of the facility, as it is where they bring the fossils from the field to go through an exhaustive process to clean, preserve, and consolidate them for research and eventual public exhibition.

"Now it's looking really, really nice," said Cuetara. "Considering that we are working a lot more in the laboratory now, it was very important. It has to look nice, but it's also for the quality of the work that is being done here as well."

"Now, this is much better. We have a good ventilation system; we need to have a system for the extraction of dust ... and it's to keep things clean and also for the safety of the workers we have here."

"And now we have a permanent position for a laboratory technician with Gerry Peters ... previously, it was

only volunteers."

Now that the project is complete, it will be very much welcomed as the centre looks forward to what Cuetara

"THE TIMING IS PERFECT BECAUSE WE ARE RIGHT NOW IN THE PROCESS OF HIRING A NEW PALEONTOLOGIST."



STANDARD PHOTO BY LORNE STELMACH

Canadian Fossil Discovery Centre executive director Adolfo Cuetara in the museum's newly renovated laboratory, which is designed for much better professional organization compared to the old lab setup (below).



CFDC PHOTO

thinks will be a busy year.

"The timing is perfect because we are right now in the process of hiring a new paleontologist," he said. "So there will be a lot of activity here in the summer."

The CFDC is working in co-operation with the University of Manitoba and a program that will cover 75 per cent of the salary cost. The position can also serve to help a student in pursuit of their PhD.

The opportunity attracted 15 applications, all of whom are international students.

Cuetara anticipates the person starting in about three months, and their hope is that it could lead to a permanent position down the road.

"The plan is to conduct research over the next four years with the ma-

terial that we have here in collaboration with the University of Manitoba. Our intention is to make the position permanent then after that."

Developments and initiatives like this are all part of helping the centre move forward towards eventually moving into its proposed new building.

"We are increasing the investment in the museum," said Cuetara. "We are working a lot with grants, and it is our hope to bring as much investment as possible in grants and investment in our activities."

"We have been changing a lot in the museum in the last two years, and I think there will be big things coming this summer, not only in the museum but in the field."

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Naturopath encourages a healthy start to the new year

By Jennifer McFee

A new naturopath discovered her career path through curiosity about her own health.

Mackayla Johnson, who is originally from Stonewall, became a fully licensed naturopathic doctor in November. After graduating with a bachelor of science in biology from the University of Manitoba, she ventured to Toronto to embark on a four-year program at the Canadian College of Naturopathic Medicine, where she received her doctorate of naturopathy.

She passed her board exams and provincial licensing exams, and now she's practising her profession at Fifth, located at 1108 Corydon Ave. in Winnipeg. Her goal for 2023 is to open a second naturopathic location.

"I always knew I wanted to do something in health care. During university everyone always said, 'Oh, classes become so much easier after the first year' — and, for me, that wasn't the case," she said.

"I would study and study, then walk into an exam and not remember anything. I was also just not feeling my best, but I didn't have any idea what was going on."

Later, while working with a naturopathic, Johnson discovered she has celiac disease.

"The extreme brain fog was from eating gluten when I shouldn't have been. After taking nutrition courses in my undergrad, I enjoyed them and wanted to see what was out there for jobs, which is where I found out about the career mentorship program U of M offered," she said.

"I was connected with a naturopathic doctor and got to shadow her for the day and learned all about what naturopathic medicine had to offer. Pretty well after that day, I applied to the program and eventually got accepted."

During her health journey, Johnson found herself constantly trying to go deeper into the reasons why she experienced her symptoms.

"With naturopathic medicine, we dig to find the root cause of what is going on. For example, when you get your blood work back, your doctor tells you your B12 is low and tells you to supplement with B12 — but nothing else. Well, why is your B12 low?" she questioned.

"Is it because you have a leaky gut or your stomach acid isn't breaking down your food enough to allow nutrients to be absorbed properly? Are you just not eating foods that contain B12? Is your immune system attacking the cells that produce the factor that helps B12 get absorbed? Not everyone is going to have the same reason as to why they aren't absorbing that B12 properly, which is why it's so important to figure out the causing factors so we can fix it and not have you be on a supplement for the rest of your life."

Through her naturopathic practice, Johnson offers one-on-one meetings for an initial 90-minute appointment.

"We do a complete and thorough intake of health history, symptoms presenting and physical exams," she said.

"After this appointment, the patient will leave with a detailed plan that can include a variety of different aspects such as nutritional guidance, blood work requisitions, specialized testing such as food sensitivity tests or celiac panels, supplements or botanical formulations such as tincture or teas."

In addition, she also offers acupuncture, which

is the insertion of thin needles into different points of the body to restore balance.

"Acupuncture can be great for people who are experiencing any type of pain — arthritis, sciatica, headaches, TMJ dysfunction, frozen shoulder or sore and tight muscles," she said.

"It is also really great for anxiety and for those who always feel like they are stressed."

Another service is cupping, which involves suctioning plastic cups to certain areas of the body to increase circulation as a way to promote healing and muscle repair.

Johnson also offers IV therapy to administer vitamins, minerals or amino acids directly into the circulatory system. In addition, she does intramuscular injections of vitamins or minerals for individuals who have known deficiencies, such as B12.

"If you are interested but unsure where to start," she said, "I offer complimentary 15-minute meet-and-greets, either in person or virtually."

Healthy ideas to launch the new year

To ring in 2023, naturopath Mackayla Johnson offers some ideas for a health start.

"The best piece of advice for anyone is eat more veggies," she said.

A great rule of thumb is when creating your plate is to fill half of it with fruits or vegetables, a quarter with protein (such as chicken, eggs, fish or tofu) and a quarter with carbohydrates (such as potato, rice or pasta).

"If you find you're hitting that afternoon crash and want to have another coffee, replace that coffee with a cup of warm bone broth. Bone broth is full of key nutrients to give you a boost for the afternoon and soothing for your gut," she suggested. "And drink more water. Hydration is so important for all areas of health, especially making sure your kidneys are filtering out toxins properly, keeping your cells running optimally and keeping your skin looking hydrated."

If you're feeling burned out from the holidays, Johnson shares some ideas to reduce stress, starting off with a good night's sleep.

"Sleep is so important for your body. This is the time when our bodies restore themselves by clearing out neurotoxic waste built up throughout the day and decreasing the stress response. We want to aim to hit eight hours of sleep every night," she said.

"Trying things such as reducing blue light exposure throughout the day or having some nighty night tea before bed can help calm you and promote sleep. If you are someone who constantly has thoughts racing through your mind when trying to sleep, write them down on a piece of paper before bed so they don't keep you up at night."

When it comes to exercise, Johnson recommends walking for at least 30 minutes each day to help calm the nervous system and boost happy emotions.

"Take your dogs or kids and get out to enjoy the beautiful nature our province has to offer," she said.



PHOTOS SUBMITTED

Naturopath Mackayla Johnson offers some tips for healthy suggestions to start the new year. Johnson showcases a variety of different botanical teas that she custom makes for patients.

Box breathing is another stress-reducing technique to try.

"When you are overwhelmed or feeling anxious, box breathing is an easy technique to reset your nervous system," Johnson said.

"Take a deep breath in through your nose for four seconds, hold for four seconds, then exhale through your mouth for six seconds. Repeat three to four times to feel more relaxed."

In addition to these other suggestions, Johnson emphasizes the importance of setting healthy boundaries.

"Whether it's work or pressure from other people in your life, setting healthy boundaries is a great way to minimize stress. This can include setting a time each day to shut off work-related emails or phone calls," she said.

"It's important to schedule time in your busy schedule for 'you' time, whether that includes having a spa day, spending the day for yourself, having dinner with friends, taking a relaxing bath or doing an activity you enjoy."

For those seeking more information, Johnson offers an education event called Sips & Tips, and the next edition will focus on stress.

"We will learn about stress and how it affects our bodies and then what botanicals can help with stress and how. There will also be an opportunity to try each of the botanicals we learn about, and at the end everyone gets to create their own tea to take home with them," she said.

"The next event will be coming at the end of January if anyone is interested. More details about how to purchase tickets will be on my Instagram and Facebook page in the new year."

More information is available at on Instagram (@drmackayla.nd) and on her Facebook page (Dr. Mackayla Johnson, ND) or to book an appointment 2048983130 or email: drmackayland@gmail.com .

Pacey Wall is this year's "Champion Child"



Andrew Ferris from the Children's Miracle Network presents Winkler's own Pacey Wall with a hero cape to mark the start of his year serving as the Children's Hospital Foundation of Manitoba's 2023 Champion Child.

By Ashleigh Viveiros

The Children's Hospital Foundation of Manitoba has named Winkler's own Pacey Wall as its 2023 Champion Child.

Since the age of three, Wall has spent countless days at the Children's Hospital in Winnipeg as medical staff grappled with diagnosing and treating the failure of his intestinal system.

Despite 34 surgeries, including having his colon removed and a colostomy placed, Wall, now nine years old, has retained a big smile and an optimistic outlook on life that makes him the perfect ambassador for the hospital and its fundraising efforts.

"This is a very exciting day when we

come together as a community and celebrate the children throughout our province who triumph over health adversity," said Stefano Grande president and CEO of the Children's Hospital Foundation of Manitoba in introducing Wall as this year's spokesperson.

"Our Children's Hospital relies on donations from philanthropic families and corporations and people," he said. "No matter their illness or injuries, having champion children who share their personal stories, their journey, to help raise awareness of the Children's Hospital is so important to continue to advance child health and child health research in our province."

The Children's Hospital at Health Sciences Centre treats over 130,000 children annually. For the next year, Wall is going to be their voice.

It's a big job, but he feels he's up to the challenge.

"I am so thankful for Children's Hospital because the teams there saved my life," Wall said to a crowd of friends, family, and supporters at the Winkler Centennial Arena Friday morning. "The surgeons who have cut me open a lot of times are now all my friends."

"My team of surgeons and doctors have given me many tools to help get nutrition into my body and help me be able to get home with my parents and sisters," he shared, explaining the array of tubes that have been inserted into his body to help keep him alive.

Wall is not able to process regular food, but he doesn't let that stop him from enjoying favourites such as pizza.

"The taste of food is pretty awesome, so even though I can't swallow it because I'd be rushed back to Children's Hospital if I did, I have learned to sham feed. This means I chew and taste food but then I spit it out instead of swallowing."

"My parents now have to buy even more groceries because I love to try everything but never get full!"

Being the Champion Child for 2023 gives Wall the chance to give back to the hospital that has done so much for him and his family.

"Because of all this here at Children's Hospital, today I'm able to be home with my sisters, go to school with my friends, and do things I love like swimming, hockey and boxing classes," he said.

"I get to live my life to the fullest, and I plan to taste everything at least once. I am thankful for everyone who works at Children's Hospital and the Children's Hospital Foundation who helped support the emergency department that I have needed and purchase medical supplies like the surgical tools that helped me."

"I am thankful for everyone, for all of you donors and volunteers who help the foundation," Wall stressed. "Because of all your donations, I get to have a better future."

Wall will spend the rest of this year sharing his story at public events and

being the face of the foundation's fundraising campaign.

He and his family will also get to go to Walt Disney World in Florida with other Champion Children from across Canada—a fact Wall gleefully surprised his three sisters with at Friday's launch event.

Also on hand for the celebration were representatives from Walmart Canada, which has been involved in supporting the Children's Miracle Network since 1994.

"Last year, thanks to what I like to call the trifecta, which is the inspiration of our Champion Child and the Children's Hospital Foundation, our amazing Walmart associates who work tirelessly to achieve our goals, and the incredible generosity of Manitobans, Walmart Manitoba reached a record-breaking \$635,000 raised

for the Children's Miracle Network Foundation of Manitoba," shared Pamela Walker, who spearheads charitable efforts on behalf of Manitoba's Walmart stores.

"This year, with Pacey as the inspiration, the sky's going to be the limit for us. And we are going to raise as much as we can."

You can learn more about Wall's story and make a donation to the Children's Hospital Foundation of Manitoba online at goodbear.ca/Pacey

**"I AM SO
THANKFUL FOR
CHILDREN'S
HOSPITAL BECAUSE
THE TEAMS THERE
SAVED MY LIFE,"**



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Pacey Wall and Stefano Grande, president and CEO of the Children's Hospital Foundation of Manitoba, surprised Wall's sisters with the news that the entire family will travel to Walt Disney World as part of his duties as Champion Child.



STANDARD PHOTO BY ASHLEIGH VIVEIROS

Nine-year-old Pacey Wall and his family—parents Benji and Kim and sisters Addison, Bailey, and Savannah—are greeted by the Winkler Flyers junior hockey team at a celebration last week announcing Pacey as the 2023 Champion Child.

KIDS' CORNER

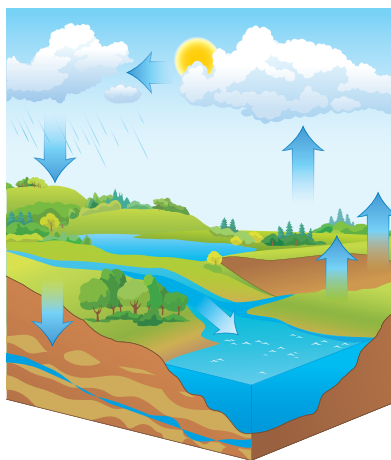
Learn. Play. Be amazed!

What makes it rain?

Ever wonder why drops of water fall from the sky? Here's an explanation.

The sun heats large bodies of water like seas, lakes and rivers, causing the water to evaporate and rise as vapour. As the moisture moves upward, it cools and condenses to form clouds. These clouds are blown toward land by the wind. As the clouds move, they gather water droplets and become heavy. Eventually, gravity makes the water droplets fall as rain. The water returns to earth, and the cycle starts all over again.

It rains more in the spring and summer because it's warm. Warmth produces more evaporation, producing more clouds that make rain.



Spring into action: 4 fun activities



Spring is a great time to get outdoors and have fun. Here are four fun activities that may inspire you to get some fresh air.

1. Go on a nature hunt. Challenge yourself to collect unique items like pinecones, leaves, rocks, feathers and wildflowers. You can use what you find to make crafts, gifts and spring decor.

2. Watch birds. Birdwatching is a great way to study nature. Borrow a bird book from your local library and see how many different species you can spot in your neighbourhood.

3. Dance in the rain. Spring is often associated with rain showers. Next time it rains, put on

your rain gear and play in puddles. Don't forget your umbrella!

4. Go on a picnic. Spring is the perfect time for a picnic because the weather is mild and there aren't many insects. Bring a blanket and some delicious snacks while enjoying the sounds of nature.

Invite your friends and family to join you outdoors.

Spring is in the air! Test your knowledge of this sunny season with this short quiz.

- What's the first day of spring called?
 - The vernal equinox
 - The spring solstice
 - The Easter equinox
 - The Easter solstice
- On the first day of spring, day and night are nearly the same lengths. How long are they?
 - 10 hours
 - 12 hours
 - 14 hours
 - 8 hours
- Is spring considered the year's first, second, third or fourth season?
 - First
 - Second
 - Third
 - Fourth
- Which of the following holidays doesn't happen in spring?
 - Easter
 - April Fool's Day
 - Mother's Day
 - Valentine's Day
- What does spring symbolize?
 - Peace
 - Love
 - Rebirth
 - Hope
- Spring is often associated with allergies. What's considered the biggest allergy trigger?
 - Mould
 - Dust
 - Pollen
 - Dander

1. a) In the northern hemisphere, spring usually begins on March 20 or 21 but can sometimes start early on March 19.
 2. b) The day is slightly longer than the night on the first day of spring.
 3. a) The seasons go in order from spring, summer, fall and winter.
 4. d) Spring lasts for about three months and ends on June 21.
 5. c) Spring is all about new beginnings and starting fresh.
 6. c) Hay fever is what you call a pollen allergy.

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Personal Power program coming to Miami

By Ty Dilello

Miami Recreation and Play Spaces is offering a new program to help with one's development and spiritual wellness. The new Personal Power program will be facilitated by spiritual mentor and life coach Kim Standeven.

This program is typically offered to individuals at the cost of \$1,000. However, Standeven has kindly offered to provide her services at a reduced community rate. Therefore, to ensure accessibility, Miami Recreation and Play Spaces is offering the program free of charge. The program will be held on Wednesday evenings beginning March 15.

"Personal growth is vital to a healthy life, and we wanted to provide an accessible option for community members to pursue such growth," said April Hildebrand, Co-Chair of Miami Recreation and Play Spaces.

Standeven lives in Mariapolis and is a certified life coach, Spiritual Mentor, Author and Farmer, having facilitated hundreds of workshops in both corporate and private settings. You can learn more about Standeven at www.drawinthemagic.com.

Standeven has been hosting the Personal Power Program for over a decade and is excited to bring this em-

powering experience to Miami. It has a rich 25-year history with thousands of graduates from private and corporate settings all over Canada and the U.S.

Over the six-week program, Standeven will lead participants on a gentle journey where they will invest intentional time to remember who they are. Her philosophy is that we are all born into this world with a unique core essence or gift that gets forgotten over the years, surviving and navigating the complexities and expectations in our society. Participants will leave with a feeling of coming home to themselves and the words to name that feeling deep inside, their core essence. This program allows you to remember who you are, discover what you love, and be true to yourself.

"I am thrilled to have been invited back to Miami after nearly three very isolating years," said Kim Standeven. "We have all gone through so much, and offering the Personal Power program is my way of helping us reconnect to each other and ourselves. I am bubbling with excitement to gather and get going."

The Miami Personal Power Program is a six-week journey on Wednesday



STANDARD PHOTO SUBMITTED BY KIM STANDEVEN

Miami Recreation and Play Spaces is offering up a new program designed to help with one's development and spiritual wellness. The new Personal Power program will be facilitated by spiritual mentor and life coach Kim Standeven.

evenings from 7-8:30 p.m. on March 15, 22, 29, April 5, 19, and 26 (April 12 off) at the Miami United Church.

The free program is available to all, and you can register by email at mi-

amirecandplay@gmail.com. Readers can also learn more about Miami Recreation and Play Spaces by following their page on Facebook.

The Zen of Learning to Ride a Motorcycle shares liberating life lessons from the open road

By Kim Hornyak, Jenkins Group, Inc.

Her childhood was scarred by her mother's schizophrenia. But she still had fuel in the tank.

Leslie Reyes says she felt like a prisoner of trauma. At the tender age of 10, Reyes prevented her mother from committing suicide. Panic attacks soon followed, and Reyes ultimately realized that her mother's struggles with mental health had distracted her parents from teaching her the tools she needed to survive.

At age 50, Reyes decided to learn how to ride a motorcycle. Stunned by how many liberating life lessons lay within the open road, her years of living with stifling emotional pain gave way to the principle that broken things can invariably be fixed.

"I never thought a motorcycle would become the guru I needed in order to change my life habits, and learn to trust myself," Reyes writes in her new book, *The Zen of Learning to Ride a Motorcycle*.

In this raw and poignant memoir, Reyes bares her highest highs and lowest lows on the long highway of humanity. And by applying the wisdom she gained in learning to ride a motorbike to her lifelong quest to

conquer fear, she offers a guiding hand along the hills and valleys of an unpredictable life.

In *The Zen of Learning to Ride a Motorcycle*, readers will learn:

- The benefits of response over reaction
- How to respect your limitations so you can excel at your own pace
- Why breaking something is bad only if you don't learn how to fix it
- Ways to overcome the tunnel vision of target fixation so you always end up at your destination
- The power of mindfulness, the impact of enjoying the moment, and much, much more!

With humor to balance out the sometimes heavy subject matter, *The Zen of Learning to Ride a Motorcycle* shares Reyes' empowering, revved-up tale of overcoming her fears and learning to be "present" in her approach to everything in life.

"When I'm riding my motorcycle, I'm riding my motorcycle," she writes. "Practicing mindfulness, and responding instead of reacting, leads to peace of mind."

The book is available on Amazon: <https://www.amazon.com/dp/B09X4WCDK7/>



PHOTO SUBMITTED

At age 50, Leslie Reyes learned how to ride a motorcycle.

About the Author

Leslie Reyes, BSN, RN, is a psychiatric and chemical dependency nurse, yoga teacher and motorcycle enthusiast. She has seen mental illness up close, first as the daughter of a schizophrenic mother and later through her own personal mental health struggles. Reyes lives with her husband,

their five motorcycles and two dogs in Northern California.

She is currently working on her second book, *Drowning Under the Spectrum: How Women Can Save Themselves from Being Misdiagnosed, Overlooked, and Abandoned, and Learn to THRIVE*, a book that opens a conversation about the lack of autism research involving females.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Local skaters to compete at 2023 Canada Winter Games



By Ty Dilello

Jorja Best and Wyatt James will represent the Carman Skating Club at the upcoming 2023 Canada Winter Games in Charlottetown, Prince Edward Island.

Best and James have only been skating together since this October. But despite their relatively short time together as a team, they have already made a name for themselves in the skating world by qualifying for the prestigious Canada Games with Team Manitoba.

At the Skate Canada Manitoba Sectionals, held in Portage la Prairie in December, Best and James placed an impressive second in their event. Their high score qualified them for the Skate Canada Challenge.

The pair then travelled to Regina, SK, at the end of January, where the duo



Jorja Best and Wyatt James placed second at the Skate Canada Manitoba Sections in December.

had a fantastic short program, placing 14th. However, they faced some challenges in their long program and finished 18th place in Canada.

Despite the tough showing, the pair continue to train hard for their upcoming competition. They are now representing Manitoba at the Canada Games in Prince Edward Island from Feb. 18-March 5, where they will compete in figure skating as two of seven athletes representing their province.

At just ten years old, Jorja Best is the youngest athlete from Manitoba that will be competing at the Canada Games and representing her province along with 206 other athletes.

"Going to the 2023 Canada Games



STANDARD PHOTOS BY JOANNE BEST

Jorja Best and Wyatt James will be representing the Carman Skating Club at the 2023 Canada Winter Games in Charlottetown, Prince Edward Island.

is most likely going to be one of the biggest accomplishments of all time," said Best. "My pairs partner Wyatt and I are both incredibly lucky to be going together. I'm so grateful to have made it this far, and this is truly an incredible experience."

James, 17, has skated competitively for over ten years now. So qualifying to compete in the Canada Games is a major highlight for him in his career.

"I am thrilled to have the opportunity to attend the Canada Games to explore Prince Edward Island, meet new individuals, and aim for two successful performances," said Wyatt

James.

The Carman Skating Club would like to congratulate Jorja and Wyatt on their accomplishments so far and wishes them the best of luck in the Canada Winter Games.

"We are proud to have such talented athletes in our community and are excited to see what the future holds for them," said Jody James of the Carman Skating Club.

The Carman Skating Club's year-end carnival, "The Greatest Show," will be held March 10 at 6:30 p.m. at the Carman Dufferin Arena. Everyone is invited to watch all its skaters perform and showcase their talents.

Elm Creek having stellar basketball season

By Ty Dilello

The Elm Creek School varsity boys' basketball team is having a fantastic season, as they are currently undefeated on the year.

They are coached by community coach Brian Brewer, who has been working with both the junior varsity and varsity boys' teams for the past three seasons.

"The boys have been able to transition from junior varsity to varsity with Brian, which has been great for

growth and familiarity," said Elm Creek School's Phys Ed teacher Derek Tyler.

The varsity team finished Zone 4 play with a record of 4-0 and will host the "A" boys Zone 4 final on the afternoon of Feb. 21. Their wins this season have come against the Fisher River, Dufferin Christian and MCI. And they have a rematch against Dufferin Christian in the Zone 4 final.

The squad is ranked 5th in the MHSAA provincial Power Rankings and

hopes to qualify for provincials to win a banner.

The varsity team is well-balanced. However, an individual who has received special recognition is Grade 12 captain Shane Buhr, whose play has been extraordinary this season. Buhr was the recipient of the MHSAA Rural Athlete of the Week for Feb. 8.

"Shane is a positive player who leads by example with his work ethic," said coach Brian Brewer. "He is a tenacious rebounder and someone

we count on for points in the paint. He works hard, encourages others and always has a smile on his face. He is our defensive leader who sets the tone for our team at both ends of the court. He is an excellent basketball player who strives to get better each and every time he is on the court, and his enthusiasm rubs off on his teammates. He is a great ambassador for his school and a pleasure to coach."

Roland's sharp shooter to represent Canada at world event

By Ty Dilello

Roland's Scott Kyle is a competitive target shooter heading to South Africa in March to compete in his first-ever world event.

Kyle will participate individually and as part of Team Canada at the Rutland Cup. His team consists of seven competitors and four shooters.

The event will take place in Bloemfontein, a major city of over 500,000 people in South Africa, and will feature several hundred of the best shooters in the world.

Kyle has competed in the past at the American Southwest Nationals and the Western Canadian Championships but nothing at the world level.

Kyle is a member of the Manitoba Provincial Rifle Association (MPRA), which first began as a way to train the militia in 1872. After the militia disappeared, it evolved into a sporting organization. It changed from formal British-style target shooting into F-Class target shooting, a Canadian offshoot of the formal British system.

Even though he's only been compet-



Scott Kyle won the North Dakota long-range and mid-range state championships.

ing in F-Class target shooting since 2019, he's quickly moving his way up the ranks. Kyle's team took third in the U.S. Southwest Nationals and fourth in the U.S. Nationals in October.



STANDARD PHOTOS SUBMITTED

Roland's Scott Kyle is a competitive target shooter that will be heading to South Africa in March to compete in his first-ever world event.

Also competing as an individual, Kyle won the North Dakota long-range and mid-range state championships and had a great result coming in fourth in the Western Canadian Championships.

With all of his recent success, this upcoming world event in South Africa will be a great test to see where he and his team stacks up against the world's best shooters.

Polar Plunge moves to Lake Minnewasta this year

By Lorne Stelmach

People will once again be "freezin' for a reason" as the Polar Plunge fundraiser returns in support of Special Olympics Manitoba.

After a few years of virtual events, organizers are excited to be returning to an in-person plunge this year, though it will be done differently from past events.

The 2023 Polar Plunge in Morden takes place on Saturday, March 18 at 2 p.m. in conjunction with the Morden fire department's pond hockey tournament at Lake Minnewasta.

So, yes, anyone game enough to take the plunge will be testing out the chilly waters of the lake this year instead of a giant tank of water.

The plan is to have the plunge site somewhere near where the dock is usually located at the lake, but it will be dependent on the conditions.

"The plan right now, if the weather co-operates, is to have a hole in the lake and do it into the lake water," said Morden Police Sgt. Scott Edwards, who spearheads the event. "So it's a little different from what we have done in the past ... but if we think it's unsafe then we still have other options with our tank."

Participants can register to take the plunge and collect pledges as an in-



STANDARD FILE PHOTO

Supporters of Special Olympics will be taking the Polar Plunge once again this year, though this time the event takes place at—and in—Lake Minnewasta, weather allowing.

dividual or a team. Details are available at plungemani-toba.com.

The Polar Plunge has proven quite a popular event for participants and specators alike over the years.

"Our first year was probably the biggest. I think we had close to 50 people, and then our last few years we were probably around 30," Edwards noted. "Our last in-person

event reached \$100,000 raised through five events.

"We're excited to get the in-person event back, and we hope we'll have a lot of people interested who have taken part in the past but also people who maybe haven't but want to be part of a cool event," he said. "The goal is to always try to make it bigger and better."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Hawks sweep Kenora in double-header

Will face Yellowhead Chiefs in first round of playoffs

By Lorne Stelmach

A weekend sweep of a doubleheader with Kenora clinched third place for the male U18 Pembina Valley Hawks.

Sebastian Hicks scored 3:49 into overtime Saturday to get the 3-2 victory for the Hawks in the first game of the weekend. Also scoring for the home team were Ryder Wolfe and then Marek Miller with four minutes remaining in regulation to tie the game.

Pembina Valley held a large margin in shots on goal at 57-39, with goalie Raiden LeGall earning the win with 37 saves.

Bryson Yaschyshyn then got the 32-save shutout in the second game Sunday, while Ty Love led the way with a pair of shorthanded goals and Hicks added a third period insurance marker. Pembina Valley held a 35-32 edge in shots on goal.

That put the team's record at 30-7-6 for 66 points, three points ahead of the Winnipeg Wild, who they face in their final regular season game Wednesday night.

The Hawks will then meet the Yellowhead Chiefs, who finish the sea-



STANDARD PHOTO BY RICK HIEBERT

Pembina Valley Hawks coach Dorian Miller was named the Manitoba U18 AAA league's Coach of the Year last weekend. Also honoured for their work this season was goalie Raiden LeGall and forward Sebastien Hicks, both of whom were named All-Stars. LeGall was also voted League MVP.

son sixth place, in the quarter-final. In the two teams' four games against each other this season, Pembina Valley won three times.

The league's other quarter-finals will be repeats of last year's first round matchups, with Brandon facing Southwest, the Winnipeg Bruins against Eastman, and the Winnipeg Wild against the Winnipeg Thrashers.

The playoff schedule was not avail-

able at press time, but the post season play is expected to get underway Feb. 28.

Awards

Three Hawks were honoured with awards at Saturday's game.

Raiden LeGall was named 1st Team All-Star and was also voted League MVP. LeGall has stood tall in net for Pembina Valley this season with a .941 save percentage and a 2.18 goals-

against average that has him among the top three goalies in the league.

Sebastien Hicks was selected as a 2nd Team All-Star in recognition of his 25 goals and 46 points. Six of his goals have been game-winners and four have been short-handed.

Finally coach Dorian Miller was named Coach of the Year for his work behind the bench.

The senior beavers look ahead to next season

By Ty Dilello

The Carman Beavers senior team has wrapped up their season after missing the playoffs. Playing in the revamped and now ten-team South Eastern Manitoba Hockey League (SEMHL), the Beavers finished the regular season in ninth place with a record of four wins and fourteen losses.

Despite the 4-14-0 record on the season, Carman's Fraser Mirrlees finished the regular season ninth in the league, scoring 30 points in 15 games. So although it was not a great season

by any stretch of the imagination, there are some positives for the Beavers.

"I saw us learning to work together as we build a new team," said Carman Beavers general manager Rex Klaasen. "It was kind of a team that came together all from scratch as we tried to do a full-scale change from last year. I saw some progress, and I think there are lots of good things that we saw this season."

"We have a young team and could benefit from some experience and some grit moving forward. We're go-

ing to look and see what's out there this offseason to augment what we have. That's the plan is to build on this year's experience and have more success next season."

It should also be noted that three of the Beavers' players were in the league's top ten scoring at the end of the year, so it shows that the team has some high-end players for the club.

"Ben Dalke, Tanner Mole, and Fraser Mirrlees definitely play at the level that we need to if we're going to win more games, so we'll build on this group and work our way up."

The plan is for Klaasen and his staff to take a couple of months off and recharge their batteries. He notes that having Mark Klaasen coaching the Beavers has been good, and he looks forward to continuing working with him.

"Probably in late spring, early summer, we'll start looking and planning for the fall camp and getting some players in to look at to have a solid team ready to play game one next season."

Cougars advance to high school hockey playoffs

By Ty Dilello

The Carman Cougars high school hockey team is into the Zone 4 playoffs, which began last week. After finishing the regular season in seventh place in the nine-team league with seven wins and seventeen losses, the Cougars find themselves up against the second-place Morden Thunder in the first round of the postseason.

"Morden is a very solid team with good chemistry in the offensive zone, and also, they make it very hard to get at their goalie," said Cougars' head coach Mike Heatherington. "That being said, when we're at our best, I think we have a chance."

Ryan Orchard finished the regular

season as the Cougars' leading scorer with 48 points, including a whopping 34 goals. Behind him was Ethan Wilde with 31 points and Josh Hiebert with 28 points.

Despite the losing record, Goaltender Maysen Mazurat, a Grade 11 student from St. Claude, put up some great numbers. He finished with a 6-12-2 record, and a 4.05 goals-against average and .911 save percentage.

On Feb. 15, Morden took it to Carman in Game 1 of the best-of-three quarterfinal series, winning 5-0. Mazurat made 56 saves in the loss.

"I think nerves and mental errors got the best of us, so we will be looking

to bounce back and keep our playoffs alive at home," said Heatherington. "Our shining moment was the effort from Ethan Wilde in Game 1 of the playoffs. He is a guy who hasn't taken a shift off all season, and he really brought it in that game. I'm hoping the rest of the team can bring it like he has. It will really give us a chance to even things up in the series."

Heatherington also quickly points out the strong play from his team's leading scorer Ryan Orchard and starting goaltender Maysen Mazurat.

"Ryan and Maysen have both had big impacts on our team this year. I stand by Maysen being the best goalie

in the league, in my opinion. He keeps us in games that we don't always deserve to be in. He also went 16 for 18 in shootout attempts against him this year, which is incredible. And Ryan Orchard has the ability to take over games when he wants to. He's got a cannon of a shot and a quick release, and the other team has to respect that. He's also got a good set of hands and a high hockey IQ. It all comes down to if he wants it. When he's hungry, he's hard to stop."

The Cougars are back in action for their next game in the series, with Morden on the road on Monday night. The puck drops at 8:00 pm.

End of the road for female Pembina Valley Hawks

By Lorne Stelmach

The 2022-23 season came to an end this past week for the female U18 Pembina Valley Hawks.

The sixth ranked Hawks gave the third place Winnipeg Avros a good test after Pembina Valley had dropped all four regular season matchups, but the Avros still prevailed in three straight.

After edging the Hawks 3-2 in overtime in game one Thursday, Winnipeg

completed the sweep with 1-0 and 2-0 shutouts Friday and Sunday.

In game one, the Hawks had taken a 1-0 lead in the second period, but the Avros outscored Pembina Valley 2-1 in the third before collecting the overtime winner.

Jessica Anderson and Mya Pearce scored for the Hawks while Kasia Rakowski made 30 saves off the 33 shots she faced. Her teammates sent 25 the

other way.

A lone third period goal was all the Avros needed in game two. Winnipeg's Jenna Goertzen got the 26-save shutout while Kaylee Franz stopped 26 of 27 shots for the Hawks.

It was then a 22-save shutout in game three for Madelynne Sylvestre, while Franz did her best to keep the Hawks in the game in stopping 40 of 42 shots on goal.

Elsewhere, Westman completed a three-game sweep of Central Plains. They await the winner of the quarterfinal between Yellowhead and Eastman to see who they'll play in the next round.

The Winnipeg Ice knocked Interlake out of the playoffs in three straight. They'll now face the Avros in the semi-finals.

Winkler Flyers stumble against Terriers, Stampeders

By Ashleigh Viveiros

The Winkler Flyers added two losses to their record last week in coming up against the top-ranked Portage Terriers and the Swan Valley Stampeders.

The Terriers, who are in first place in the MGEU East Division, blanked Winkler 3-0 on Saturday.

Malachi Klassen made 25 saves off the 27 shots on net he faced (the Terriers' last goal came on an empty net in the final minutes of the game).

Across the rink, Portage's Bailey Monteith got the shutout with 30 saves.

Playing at home the next night, Winkler didn't fare any better against the Swan Valley Stampeders, who are in third place right now in the league's West Division behind

OCN and Waywayseecappo.

Despite firing 47 shots on goal, the Flyers just couldn't crack past the defenses of Swan Valley netminder Kobe Grant.

Winkler goalie Aidan Comeau stopped 25 of the 28 shots he faced.

The Flyers remain in third place in the East Division with a record of 28-13-5-1 for 62

points. Ahead of them are the Terriers (74 points) and the Pistons (68), who have both earned their seat at the playoffs. Well behind the Flyers in fourth and fifth place are the Niverville Nighthawks (46 points) and the Selkirk Steelers (45 points). The Winnipeg teams are in sixth and seventh (the Blues with 39 points and

the Freeze with just nine).

Coming up, Winkler hosts the Winnipeg Freeze Wednesday night and then hits the road to play in OCN Friday and Swan Valley on Saturday.

The Flyers then kick off March with a home-and-away against Selkirk that starts in Winkler next week Wednesday night.

Twisters clinch a playoff spot

By Lorne Stelmach

A pair of victories last week-end clinched the Pembina Valley Twisters a playoff spot in the MMJHL.

The team downed Transcona 2-1 Friday and then battled Fort Garry Fort Rouge to a 3-2 overtime win on Sunday.

The first win came in dramatic fashion with Slade Sotheran putting home the winning goal with just one second remaining in regulation.

Riley Goertzen had given the Twisters a 1-0 lead in the second period with his team-leading 23rd goal of the season.

Logan Enns made 44 saves as Transcona outshot the Twisters 45-31.

On Sunday, Derek Wiebe got the game-winner 3:32 into overtime.

Also scoring was Goertzen and Caelan Russell. Enns made 31 saves in net as Pem-

bina Valley outshot the Twins 40-31.

The wins improved Pembina Valley's record to 17-13-3-3 for 40 points, which has them in sixth place. They are six ahead of Transcona while just one and three points behind Charleswood and Fort Garry Fort Rouge.

This weekend the Twisters play at home in Morris against Stonewall Friday and then St. James Saturday.

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Lana Meier
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RURAL MUNICIPALITY OF GREY

The Rural Municipality of Grey has been advised of wholesale water purchase rate increases from Pembina Valley Water Co-operative.

The revised rates for the **St. Claude** Utility customers are as follows:

	Current Rates	January 1, 2023
Quarterly Service Charge	\$32.52	\$32.52
Water (per 1,000 gallons)	\$16.34	\$16.55
Wastewater (per 1,000 gallons)	\$6.40	\$6.40
Minimum Quarterly Charge*	\$100.74	\$101.37

* Based on 3,000 gallons water and wastewater consumption

For more information, the full Public Utilities Board Order No. 138/22 may be found online at www.rmofgrey.ca or you may contact the municipal office at (204) 436-2014.

Rural Municipality of Grey



PUBLIC NOTICE REGARDING THE 2023 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the Town of Carman intends to present its financial plan for the fiscal year 2023 at a public hearing to be held:

Thursday, March 9, 2023
at 7:00 p.m.

In the Council Chambers – Memorial Hall
12-2nd Avenue SW, Carman

Council will hear any person who wishes to make a presentation, ask questions, or register an objection to the financial plan, as provided.

Copies of the financial plan are available for review by contacting the Town of Carman office during the regular office hours (204-745-2443).

Cheryl Young CMMA
Chief Administrative Officer
Town of Carman

RURAL MUNICIPALITY OF GREY

The Rural Municipality of Grey has been advised of wholesale water purchase rate increases from Pembina Valley Water Co-operative and Cartier Regional Water Co-operative.

The revised rates for the Grey Utility customers are as follows:

	Current Rates	April 1, 2023
Quarterly Service Charge	\$29.87	\$29.87
Water (per 1,000 gallons)	\$17.30	\$17.57
Wastewater (per 1,000 gallons)	\$6.43	\$6.43
Minimum Quarterly Charge*	\$101.06	\$101.87

* Based on 3,000 gallons water and wastewater consumption

For more information, the full Public Utilities Board Order No. 138/22 and notice from Cartier Regional Water Co-operative may be found online at www.rmofgrey.ca or you may contact the municipal office at (204) 436-2014.

Rural Municipality of Grey



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OBITUARY

Ivey Geraldine McNeill (nee Graham)

Peacefully on February 9, 2023 at the Stonewall Hospital, Ivey passed away at the age of 91 years.

Graveside service will be held at a later date in the Elm Creek Cemetery.

Memorial donations may be made to #1. Stonewall and Area Mobility Service, Box 250, Stonewall, MB R0C 2Z0; #2. IERHA, specifically earmarked to STAY in Stonewall for A. Stonewall Paramedic Service B. Stonewall and District Hospital; #3. Stonewall & District Lions Manor; #4. United Church of Canada or #5. charity of your choice but Ivey was especially interested in charities re: First Nations Education Funding.

The family would like to thank the following: all the drivers with SAMS, Stonewall Paramedic Service, Stonewall and District Hospital especially Erin, Kelty, Dr. Graham and Dr. Zahiri, Stonewall and District Lions Manor and all her many friends made over the years here, way too many to name individually.

Full obituary will follow at a later date.

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Sudoku Answer

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OBITUARY



Yvonne Marie Gaultier
(née Gosseye)
1932 - 2023

Yvonne passed away in her sleep during the early morning hours of February 13, 2023. She was 90 years old.

Left to mourn her passing are her children: Raymond, Monique Duval (Doug), Céline Weber, Michel (Cheri), Éliette Allec (Roger), Marielle Gaultier Dow (Edward), Guy (Kitty), Denis (Lourdes), Anne Christianson (Tod), Suzanne (Daniel Muruvé), Philippe (Dominique), Amélie (Morris Hykaway) as well as 33 grandchildren and numerous great-grandchildren. She is also survived by her sister Eva Henderson, brothers René (Alice) and Marcel Gosseye.

Maman was predeceased by her parents Marie and Amédé Gosseye, her husband of 45 years Eugène (1994), infant son Michel (1951), daughter Gisèle Martel (2012), sister Rhéa Poirier

(2017), and son-in-law Abby Weber (2019).

The eldest of five children Maman was born in St. Lupicin, Manitoba. She attended elementary school in St. Lupicin and Altamont, and secondary school at the Ursuline Convent in Bruxelles where her lifelong love of learning was ignited. Maman was a strait "A" student, a fact she never shared until her report cards were found among her mementos. She was recruited at the tender age of 16 to teach under permit at École Bernier in St. Ambroise. She often spoke fondly of her students, some of whom were similar in age and size to her.

Maman met the love of her life Eugène at a turkey shoot. He was handsome and charming as well as an excellent marksman. He captured her heart, and they were married in 1949. Together they carved a homestead out of the bush and established their farm near Notre Dame de Lourdes. He was the dreamer and visionary while she was pragmatic and filled with ambition. Theirs was a deep and abiding love which sustained them throughout life's many ups and downs.

The mother of 14 spirited children, Maman somehow maintained a household that ran like clockwork. Education was paramount and she spent countless hours surrounded by her children at the kitchen table supervising homework and ensuring assignments were properly completed. Yvonne stressed that talent was secondary to hard work and determination and that failure was life's best teacher. It was important to try and when you failed you brushed yourself off and tried again.

Maman loved gardening and growing anything and everything. She took what the ground gave her and created minor culinary miracles. Her bread and buns were legendary.

Maman's later years were spent travelling the world including Peru, Costa Rica, Europe and Alaska. Her most cherished trips however were those she spent with her children and grandchildren. In her final years she left her beloved farm and relocated to the Westhaven in Winnipeg due to mobility issues and to be closer to family. She enjoyed the many friendships she made and always appreciated the support and care she received. Maman despised being a burden to others and was hesitant to ask for help but she never failed to say "thank you" when she received it. That is just who she was.

The family wishes to acknowledge and thank the staff at the Westhaven Assisted Living and at Brightwater Harbour Unit. Most of all we wish to thank the many Health Care Aides and Nurses from the Home Care Program who provided exemplary care.

Maman was a remarkable woman who lived a remarkable life. She will be sorely missed.

"Honour her for all her hands have done." Proverbs 31:31

Funeral Services will be held on April 19, 2023 at the Notre Dame de Lourdes Catholic Church. Memorial Services will begin at 1:30 p.m. followed by Mass at 2:00 p.m.

Memorial donations may be made to the Canadian Diabetes Association or to CancerCare Manitoba.

To view the service details and leave condolences, please visit www.afh.ca

Adam's Funeral Home
of Notre Dame de Lourdes, Manitoba
in care of arrangements
Phone 204-248-2201.

OBITUARY



Peter Defer

Peacefully at the Notre Dame Foyer on Saturday, February 11, 2023, Pete Defer passed away at the age of 78 years.

He leaves to mourn his loving wife of 54 years, Noreen Defer (née Lecoq) and their children, Steven (Nancy) Defer, Russell (Shannon) Defer, Marnie (Dan) Brost, Brenda Defer (Alan) and his grandchildren and one great-grandchild. He also leaves to mourn his brother Henry Defer, sisters Edna Tippet, Ericka Martin, Anne Meckling and his in-laws, Victor Warkentin, Nancy Defer, Lucille (Joe) Lesage, Evelyn (Andy) Rheault as well as numerous nieces, nephews, relatives and friends.

Pete was predeceased by his parents, Henry and Margaret Defer; his brother Ernie Defer; sisters Frieda (Jake) Dickson, Helen Warkentin and his in-laws Joseph Martin and Gerald Meckling.

Funeral Service will be held on Saturday, February 25, 2023 at Our Lady of Mount Carmel Catholic Church in Carman, Manitoba. Music and Rosary at 1:00 p.m. followed by Mass at 1:30 p.m. with Fr. Mario and Deacon Steven Defer officiating. Interment in the Notre Dame Parish Cemetery.

The service will be available to view via Live Streaming. If you would like your name to appear in the guestbook, please email your name to office@afh.ca re: Peter Defer

Flowers are gratefully declined. Memorial donations can be made to a charity of one's choice.

To view the service details and leave condolences, please visit www.afh.ca

Adam's Funeral Home
of Notre Dame de Lourdes, Manitoba
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get inspired

> MEAL IDEAS



Salmon Chili Bites

1 teaspoon toasted sesame oil
2 bell peppers, cored and cut into 2-inch squares

1 green onion, thinly sliced
minced cilantro
black sesame seeds

In bowl, combine salmon, chili crisp, vinegar and sesame oil.

To serve, top each bell pepper square with some salmon, green onion, cilantro and sesame seeds. If leftover pieces of bell pepper remain, chop and add as additional garnish.

Note: If serving with cheese plate, place salmon mixture in small bowl and garnish with green onion and sesame seeds.

Prep time: 15 minutes
Servings: 2
2 pouches (2.5 ounces each) Chicken of the Sea Low Sodium Wild-Caught Alaska Pink Salmon
1 tablespoon chili crisp
2 teaspoons rice wine vinegar



Mediterranean Tuna Salad

Chunk Light Tuna, drained
1 cup halved cherry tomatoes
1/3 cup sliced Kalamata olives
1 cup chopped English cucumber (about 1/2 cucumber)
1/4 cup feta

1 tablespoon minced parsley
pita chips (optional)
crackers (optional)

To make dressing: In large bowl, whisk lemon juice, olive oil and oregano.

To make salad: In dressing bowl, add tuna, tomatoes, olives and cucumber. Gently toss to cover salad with dressing then top with feta and parsley.

Serve with pita chips or crackers, if desired.

Prep time: 20 minutes
Servings: 1-2
Dressing:
2 tablespoons lemon juice
1 tablespoon extra-virgin olive oil
1/4 teaspoon dried oregano
Salad:
1 can (5 ounces) Chicken of the Sea



Kale and Kimchi "Fried" Rice

1/4 cup kimchi, chopped
1 teaspoon soy sauce
1 egg, lightly beaten

Heat rice according to package directions.

In medium microwave-safe bowl, combine kale, kimchi and soy sauce. Cover and microwave 1 minute.

Add rice and egg; mix well to combine. Cover and microwave 30 seconds. Stir and serve.

Serving Suggestions: Drizzle with sesame oil. Add cooked shrimp.

Prep time: 2 minutes
Cook time: 3 minutes
Servings: 1
1 Minute Jasmine Rice and Red Quinoa Cup
1 cup kale, chopped



Mexican Breakfast Scramble

1 Minute Jalapeno Rice Cup
1 egg, lightly beaten
2 tablespoons salsa
2 tablespoons queso fresco

Heat rice according to package directions.

In small microwave-safe dish, combine egg, salsa and rice.

Microwave 1 minute. Stir in cheese; microwave 30 seconds.

Serving Suggestion: For meal to go, wrap scramble in warm tortilla.

Prep time: 2 minutes
Cook time: 2 minutes
Servings: 1

Ask the Money Lady

Dear Money Lady: I am planning to buy a home with my new partner, and I have the money for the down payment or more. My boyfriend Mike has no savings but has the income to get the mortgage. I am currently working part-time, but I don't make enough to pay the mortgage payment. We each have adult kids from previous marriages. Can you tell me what is the best thing to do? Maryanne.

Dear Maryanne, I am so glad to share your question with our Canadian readers because this is a common event with older couples, especially those divorced and now wanting to start a new life with someone else. I have seen this before where one partner may be asset rich – meaning they have the savings, but they do not earn much, and the other partner may not have the savings but earn a larger income. When you go into the banks, they are only interested in facilitating the transaction of setting up a new mortgage, however without a clear division of the asset, if you were to split in the future, there are a lot of grey areas. Also, the partner who makes more money most likely would end up paying more towards the monthly expenses which could be a problem over time.

The other reason I would want you to clearly define your new asset together is in the event of a death. What happens if the adult children of the deceased force the sale of the home to capture their inheritance? And, if you were to separate, would you sell the property and split the proceeds equally? What if one partner wants to stay and the other wants to sell? The best solution is a collateral charge. Let me explain why you want this type of product instead of a standard mortgage.

With a collateral charge you can capture 100% of the value of the residence, (I know you don't require that much equity, but stay with me and I will explain why you want it). A collateral charge also has no term or renewal so once you get approved for it you can keep it for the next thirty years if you like, even with a zero balance; always available to you in the future if needed. The other reason I would recommend this product is that you can clearly define the percentage of ownership and if needed, a collateral charge can be split into multiple segments to be used for investments, business loans, helping family, etc., (with most segments being setup as tax write offs on the interest of individual segments).

In your situation Maryanne, I would suggest you split the cost of the purchase 50/50. You put down as much as you can on your 50% ownership



Christine Ibbotson

and then setup a segment for you remaining amount owing. If you have enough for the full 50% ownership, then I would suggest you put it all down, so you do not have a loan payment. Mike would have a segment for the remaining 50% and have a monthly payment that he would be responsible for. Each segment will be labelled with your names and clearly defined; however, title will be registered equally under the full collateral charge. If Maryanne were to put down the full 50%, she could not have the 50% available credit in the equity of the collateral charge should she need this in the future. I would suggest Mike take out separate life and disability insurance on his loan so that if he were to die, the debt would be paid out. Better still, it is best if you both have additional life insurance naming each as beneficiaries. By doing this, you will eliminate a forced sale if one were to die, allowing the surviving partner enough funds to pay out half of the value of the property to their partner's estate and continue living in the property debt free. With the collateral charge now free and clear with no debt, the surviving spouse does not have to worry about qualifying for a future loan and can have access to credit should an emergency arise. Remember, the collateral charge has no term or renewal and is not a mortgage. Once you get it setup you are free to use it as you please changing segments, paying it off drawing it down again or leaving it for years with a zero balance. You can even switch it to interest only payments if needed. For more information on how a collateral charge works and how you can qualify, watch my YouTube video: "What is a Collateral Charge/Ask the Money Lady."

Good Luck and Best Wishes,
Money Lady

Written by Christine Ibbotson, National Radio Host, YouTuber, and Author of: Canadian. Send your questions through the contact page at www.askthemoneylady.ca