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Intergenerational Day

STANDARD PHOTO BY LORRAINE STEVENSON

Carman Collegiate Grade 6 student Austin Reimer (right) sets up a shot during a game of Crokinole at Inter-generational Day on Feb. 23. Active Living Centre (ALC) members including Gustine Wilton (centre), and students Chelsey Wiebe and Noah Peters wait their turn.. The ALC was a lively spot with staff and students from Carman Collegiate and Dufferin Christian School playing the drums, table tennis, pickle ball and carpet bowl. Storytelling and pizza lunch were enjoyed by everyone. The ALC hosts the annual event with support from a Manitoba Association of Senior Communities grant.

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Alzheimer Society welcomes new regional coordinator

By Ashleigh Viveiros

Rebecca Atkinson is the new regional coordinator for the Alzheimer Society of Manitoba's south central office.

Atkinson, who started a few weeks ago, comes to the job with a background in physiotherapy and a keen interest in helping make life better for people living with dementia.

"I had my first experiences working with people living with dementia as a student in 2002," she says. "I was shocked at how limited our health system was in supporting these families and knew I wanted to help."

Atkinson today is a practicing physiotherapist with experience working in personal care homes, the acute and rehabilitative units at Boundary Trails Health Centre, and also in the community through Morden Physiotherapy.

Throughout her career, she has focused on helping people suffering from dementia or brain injuries live their fullest lives by facilitating an environment that supports and nurtures them.

"The environment becomes so important, the people around them become so critical, and then those

engagements with the person with dementia can make all the difference," she says.

Atkinson also comes to the job with a personal view on the impact a dementia diagnosis can have on a family. Her grandmother suffered from Alzheimer's disease, she shares, so she's able to "relate to clients on that level."

The Alzheimer Society's south central office, which is located in the Buhler Active Living Centre in Winkler, offers programs and supports to patients, caregivers, and families across southern Manitoba.

"We are here to give direct client support," Atkinson says. "It's supportive counselling,—we're going to hear your story, we're going to validate what you're going through, and then we're going to work with you on accessing the resources that are out there."

Atkinson urges people to give her a call or stop by if they'd like to learn more about what supports are available. She's in the office Mondays, Wednesdays, and Fridays.

She also hopes to empower and educate the community at large.



STANDARD PHOTO BY ASHLEIGH VIVEIRO

Rebecca Atkinson has joined the Alzheimer Society of Manitoba team as the new south central regional coordinator based out of Winkler.

"You might not come into the office with dementia or be touched by it, but maybe you're like, 'Hey, I run a restaurant here and we know our main clientele is seniors. How do we do better at being dementia-friendly?'"

Along those lines, Atkinson is available to give presentations to any

group or business interested in learning more about making the community one that actively works to integrate people living with the disease into society, allowing them to continue doing the things they love for as long as possible.

Continued on page 5



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Registration deadline nears for Pembina Valley Studio Tour

Early-bird pricing ends Friday; final deadline is March 27

By Lorne Stelmach

Artists are again being encouraged to be part of an annual fall showcase of the arts across the region.

The Pembina Valley Studio Tour will be held for its 19th year the weekend of Sept. 9-10, and organizers are making a final push for artists, studios, and galleries to sign up.

"It's to bring awareness to this region. We've got lots to offer arts-wise," said artist Susan Pharaoh, who is also part of the organizing committee for the tour.

"Part of the idea is to encourage artists to show their work ... we want local artists to have the chance to share what they do," she said. "We want people to feel like they can be part of a bigger arts group, and we can support it."

Artists have until Friday, March 3 to take advantage of early bird discount-

ed registration rate of \$65. The final deadline for registration is March 27 with a cost of \$75. Anyone interested can register online at pembinavalleystudiotour.com.

The organizers are hoping to bring together a variety of galleries and artists from across the Pembina Valley region to open their spaces for visitors to experience and see their work.

There are always familiar faces and places featured on the tour, but they also aim each year to vary it a bit with some new participants.

The self-guided tour covers an area from Altona in the east to Carman in the north and west to La Riviere.

Pharaoh feels the tour has become a good chance for artists to be able to showcase their work and their creative spaces. It attracted 28 artists last year.

"Everyone we talked with had nothing but good things to say," said Pharaoh. "People were not only coming but sales for the artists were up. Almost everyone was absolutely positive about it."

And the region for the tour is continuing to spread out a bit.



STANDARD FILE PHOTO

Artists from across the region are invited to open up their home studios and workspaces to art-lovers by being a stop on the 2023 Pembina Valley Studio Tour.

"We've got people from Pilot Mound, so it's kind of moving west and then also moving east to Emerson this year," said Pharaoh. "We feel like it's important to support as many artists as possible with the tour who are interested in showing their work and interested in showing their vision. We give our audience then that much more choice."

"And I think we've got so many newcomers in this area ... people have

arts and crafts that they have brought with them from their country of origin ... so we would love it if they were interested in showing their stuff."

Pharaoh also noted the studio tour committee is looking for energetic people from across the region who have a few hours to volunteer to join the event's organizing committee.

If you want more information, e-mail pvstudiotour@gmail.com or head to pembinavalleystudiotour.com.

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

> Got news?

Ty Dilello
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Election campaign has begun

By Cam Dahl, General Manager, Manitoba Pork Council

Sometime before Oct. 24, Manitobans will go to the polls to elect the next provincial government. While we don't know the election date, the campaign has already begun, or at least, it should have started for farmers if we want to see agriculture's needs reflected in the parties' policies.

The political parties are all getting prepared for the campaign to come. All are drafting their election platforms. All are setting up candidate briefings on key election issues. But, will the aspirations and concerns of the province's farmers matter to the drafters of the party platforms? Will agriculture policies be based on the science that supports modern agriculture or be influenced by some of the misinformation floating about on social media? The answers to these questions largely depend on farmers and farm organizations.

Manitoba's agriculture community must engage with political parties now to ensure we see our needs reflected in every election platform. We also need to provide our input while policies are being drafted because reacting after the election is called or after the policy platforms are published is too late.

What is on the policy wish list for Manitoba's hog farmers? Right at the top is the need for recognition of the pork sector's role in driving the provincial economy and developing communities in every part of Manitoba. Rural communities like Neepawa, Roblin, Killarney, Steinbach, and Notre Dame de Lourdes, are socially thriving and becoming more diverse because of investments in hog farming and pork processing. Our large urban centers like Brandon and Winnipeg are adding jobs and seeing economic growth because of the pork sector. Also, 14,000 Manitobans from across the province depend on the hog sector for a well-paying, high-quality job. We want to see the party platforms take pride in these

developments and commit to policies supporting this ongoing growth and development.

Economically and environmentally sustainable agriculture growth depends upon science-based policies and regulations. This sounds straightforward and uncomplicated, but often political discourse can be influenced by misinformation on modern agriculture that is spread through social media and even picked up by mainstream broadcasting and print publications. How do we prevent misinformation from becoming a party's policy and eventually legislation and regulation? The most important way is to have every party commit to effective and meaningful consultations with farmers and their associations before implementing a change in policy direction. Commitment to science-based policies and promises of effective consultation are key elements we all need to see in election platforms.

Every party will have policies related to greenhouse gas reductions and sustainability. Most Manitobans expect this, and candidates will need to address these issues if they expect to be elected. Like all of Manitoba's agricultural producers, hog farmers need to see environmental and animal care policies which acknowledge the fact that modern agriculture provides the roadmap for achieving society's sustainability objectives. Reverting back to the farm practices of Ol' McDonald is not an ecological solution but an unsustainable path that will lead to reduced efficiency, increasing environmental footprint, and the rural poverty of days gone by. Building upon modern agriculture's research and technological advances will ensure the sector is economically and environmentally sustainable for generations to come.

What can individual farmers do to advance these policy objectives? The answer is simple but requires a time commitment to carry out. We need farmer engagement if we are going to



Cam Dahl, General Manager
Manitoba Pork Council

see political platforms that reflect the needs of our sector. Most candidates for the upcoming election have been nominated. The agriculture community needs to get out and meet with them. I would like to see every pork producer adopt two candidates, one in rural Manitoba and one in a major urban center. Ask to meet with candidates with differing political perspectives (you don't need to convince someone who agrees with you). Discuss with them the key request from the sector and do this before they are committed to a particular policy platform.

We also need to listen to candidates. Listening is just as critical as delivering a set of requests. Listen to any concerns they may have about agriculture and commit to getting responses back to them. Provide this feedback to your farm organizations like Manitoba Pork and Keystone Agricultural Producers. Getting answers back to candidates is one way in which farm organizations like Manitoba Pork will help deliver common messages to all parties and candidates.

Political activists often say that "public policy is set by those who show up." What does this mean? It means that if we don't engage politicians, our voices will not be heard, and our needs will not be reflected in party platforms. Now is the best time for individual producers to influence policy. Now is the time for farmers to actively participate in the political process.

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Funding announced to support quality, inclusive and sustainable child care

By the Manitoba government

Manitoba early learning and child-care providers will be able to make targeted investments in infrastructure, diversity and inclusion, and in workforce recruitment and retention strategies to better position facilities for the future, federal Minister of Northern Affairs Dan Vandal, minister responsible for the Canadian Northern Economic Development Agency and the Prairies Economic Development Agency of Canada, on behalf of federal Minister of Families, Children and Social Development Karina Gould, and Manitoba Education and Early Childhood Learning

Minister Wayne Ewasko announced last Thursday.

"Today's funding announcement means increased support to Manitoba's early learning and child-care providers, children and families," said Vandal. "Our government will continue to make progress with partners toward a better, more inclusive and affordable early learning and child-care system for families in Manitoba and across Canada."

The governments of Canada and Manitoba are providing \$45.9 million in one-time funding under the Canada-Manitoba Canada-Wide Early Learning and Child-Care Agreement

to support the implementation of quality enhancement grants to fund programming for children under the age of seven. The Manitoba government is contributing an additional \$14 million to ensure equitable support is available for school-aged programming within the sector that serves children ages seven to 12.

"Our government is committed to making quality child-care more accessible for Manitoba families," said Ewasko. "These grants will help early learning and child-care providers make immediate investments into facilities and staff to support high-quality learning for children across

the province and a stronger, more responsive early learning and child-care system for Manitoba families."

There are three streams of grant funding:

Quality Early Learning and Environments Grant: \$33.8 million to help improve aging infrastructure, equipment and materials;

Enhancing Diversity and Inclusion Grant: \$18.7 million to ensure children of all backgrounds and abilities feel a sense of belonging and have the ability to participate in programming

Continued on page 9

letter to the editor

Letters to the Editor: letters@carmanstandard.ca

Manitoba government's lease policies cripple family farms

Well, the Manitoba Government held it's second Crownland Lease Auction last week.

What a travesty!!!!

They are going to spin the auction as a success, because of a few high priced parcels.

But, because of their outlandish changes to Crownland policy, (one being , the total removal of the AUM cap) they opened the door to the sale of the vast majority of leases to 3 large businesses !!!

One company took 20 parcels, one took 17 (every acre of Crownland that was up for auction in the Ste.

Rose/Eddystone/Rejavik area!!) and the Southern Chiefs purchased over 10,000 acres.

Is this good for the Manitoba cattle industry? Absolutely not!

Family farms are the backbone of rural Manitoba and the cattle industry. Leaseland pasture has always been an intregal part of Ranching in the "North"

Four young producers in our area, wanting to expand, were outbid by a Corporation! Investors might have deep pockets but, they are not cattlemen.

Brian Pallister, Ralph Eichler, Blaine

Peterson and the countless bureaucrats that bull headedly took Manitoba down this terrible path....there will be blood on your hands.

The money brought in by this auction was "stolen" from Manitoba ranchers who in good faith had been stewarding the land, some for generations. (by disallowing the unit transfer!!)

It is a pittance, compared to the damages done to the people and the ranching industry in this province.

Shame on you!

- Shelley Dyck
Ste Rose du Lac

> ALZHEIMER DIRECTOR, FROM PG. 2

LOTS ON THE SCHEDULE

A few weeks into the job and Atkinson certainly already has a lot on her plate.

Coming up, the south central office is hosting a Dementia Friendly Communities workshop from 1:30-3:30 p.m. at the Morden Activity Centre March 15. The event is open to the general public, care partners, people living with dementia, and service workers.

Minds in Motion sessions are also slated to get underway in both Winkler and Altona next month.

The eight-week program is designed for people with early to moderate signs of dementia to attend with a family member or friend. Each session features gentle chair fitness exercises, other engaging activities, and coffee and conversations.

"It's a place to have fun," says At-

kinson. "Everyone there is in the same boat, so there's a lot of understanding there ... it's safe space."

Learn more at alzheimer.mb.ca/mindsinmotion.

Also in April, Atkinson is teaming up with the Buhler Active Living Centre and the Winkler Senior Centre to host the Navigating Care Options expo. More details are expected to be released soon for the April 15 event.

Finally, there is an in-person support group for care partners that meets in Carman monthly.

For details on all these events and programs, call 204-325-5634 or email ratkinson@alzheimer.mb.ca.

Atkinson also encourages people to contact her if they'd like to talk about offering more in their area.

"If you're wanting resources in your community or you feel like you could host something, please reach out."



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Local family shares cautionary tale about Lyme disease

By Jennifer McFee

A Marquette family cautions others in the area to be vigilant about ticks after their young daughter contracted Lyme disease.

It all started in September when Krysta and Keith Prevost noticed their four-year-old daughter Leighton started getting large red rashes and complaining about sore legs.

"For about an eight-day stretch, she had these rashes all over her body. They were red rings with a clear centre and her knees hurt so bad that she could barely walk," Krysta said.

"We took her to three doctors and they all diagnosed it as a virus that just had to run its course."

However, over the next month or so, she continued to experience on-and-off pain in her knees, along with flare-ups of the rash.

"She also pulled or pinched a nerve in her neck and jarred her hip, which both lasted for about five days of being in pain. We took her back to the doctor and explained what has been going on and she agreed that it wasn't normal," Krysta said.

"She then ordered blood tests, and that's when it was discovered that she had inflammation in her body. She was referred to a rheumatologist at the Children's Hospital and another

set of blood tests were ordered, including the Lyme disease test."

At the end of January, the Lyme disease test came back positive.

"Now she is on a heavy dose of antibiotics for four weeks and is expected to be symptom-free afterwards," Krysta told the *Tribune* in mid-February.

"Since starting the antibiotics, she hasn't had any symptoms of the disease."

Although they don't know for certain where Leighton contracted Lyme disease, the Prevosts think a tick likely bit her in September in the Marquette area where they live.

"We don't recall taking one off of her, but she could have scratched or taken it off herself. Some Google searching on the symptoms she was experiencing was what convinced us it may be Lyme disease. We also have an influx of deer ticks in our area in the fall, with dogs that carry them in," Krysta said.

"I think that because she didn't have the classic bull's-eye rash that people associate Lyme disease, it wasn't seen as a possibility that it could be it. She was referred to numerous doctors before they figured out what it was."

Krysta suggests that everyone become familiar with symptoms of



PHOTO SUBMITTED

"Four-year-old Leighton is recovering from Lyme disease, which she might have contracted in September near her family's Marquette-area home.

Lyme disease, such as circle rashes, fever, arthritis or pain in joints, meningitis and more.

"If you check off multiple symptoms on the list, ask to be tested for it," she said.

"If you live in an area with a high tick population, let your doctor know that whatever may be going on with you or your kids could be Lyme disease."

Now that Leighton is being treated

for Lyme disease, she is on the road to recovery.

"She's doing great, back to her typical four-year-old self," Krysta said.

"She is on antibiotics for four weeks and has been symptom-free since starting it."

For more information about Lyme disease, visit <https://www.gov.mb.ca/health/publichealth/diseases/lyme.html>.

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I Love To Read Month at Roland School

By Ty Dilello

I Love To Read Month has been a smashing hit at Roland School.

Roland School's theme for this February's I Love To Read Month is "Reading Builds Imagination."

Younger students at the school are keeping track of the number of books they read, and older students are keeping track of the number of chapters read, with the goal being to reach 2,100 chapters/books in February.

"The Roland Raccoons are more than halfway to their goal," said Melissa Benner, Principal of Roland School. "We had a pyjama day to celebrate the halfway mark. There will be a big celebration at the end if we reach our goal."

Roland School has had several guest readers throughout the month come to read to the kids. They've had Mike Svenson and Sully Ross from the Winkler Flyers, Janessa Davis from the Roland Fire Department, Jodie Gauthier (Reeve of Roland), Ronny Gunther from The Eagle, along with Andrea Klassen from Friesens Printing.

Throughout February, the Roland Raccoons have also been trying their hand at becoming authors and creat-

ing their very own book. Each student has written and illustrated their own pages for a new school book.

"Everyone's hard work will be published in a book by our student treasurers," said Benner. "We can't wait to see the finished product and display it in our school library. Many families have already ordered their own copy as a keepsake."



STANDARD PHOTOS BY MELISSA BENNER

I Love To Read Month has been a smashing hit at Roland School. The school's theme for this February's I Love To Read Month was "Reading Builds Imagination." Roland School has had several guest readers this month including Mike Svenson and Sully Ross from the Winkler Flyers, Janessa Davis from the Roland Fire Department, Jodie Gauthier (Reeve of Roland), Ronny Gunther from The Eagle, along with Andrea Klassen from Friesens Printing.



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Cottage Country's Lake and Cabin Show on March 17-19

By Autumn Fehr

In just a few weeks, the number one event in Manitoba for cabin-goers will return to the Red River Exhibition Park.

The 14th annual Cottage Country's Lake & Cabin Show will be held from March 17 to 19, at the Red River Exhibition Place at 3977 Portage Ave., Winnipeg.

If you are a cottage owner, buyer, or plan on to building or renovating your dream staycation spot, this event is the perfect one-stop shop. Everything you need for your cottage project, will be in one place. Meet top local companies to help you build, renovate, upgrade, decorate and enjoy your Manitoba cottage retreat.

And a few familiar faces from Oak Bluff and Petersfield will be there to help you along the way.

Arctic Spas in Oak Bluff has participated in the cottage show for a number of years and is looking forward to this year's show.

The business provides high-quality, efficient, easy-to-maintain hot tubs

and arctic spas for all of Manitoba, perfect for any cottage lover.

Arctic Spas have spent about 27 years caring for Manitoba's cottage country.

"Virtually everything that a person needs for their cottage or is thinking about for their cottage under one roof. It gives you a different idea for whatever you are doing, whether it's on the water or in the home. We add a bit of that outdoor accent to create a bit of that different experience at the cottage," said Dustin Last, sales manager at Arctic Spas.

Horizon Storage Sheds from Petersfield will also be at the event to help you with your cabin storage needs.

The business builds storage and garden sheds in various building styles to fit the needs of any cottage or home owner, or prospective buyer.

They have nine standard styles to choose from: the Ranch Style, Big Ranch, Low Barn Style, High Barn Style, Cottage Style, Platinum Style, Urban Style, Workshops, and Greenhouses. In addition, each style has a



PHOTO SUBMITTED

Arctic Spas will have a booth at the 14th annual Cottage Country's Lake & Cabin Show March 17-19.

variety of customizable options.

The show's hours are Friday, March 17, from 2 to 9 p.m., Saturday, March 18, from 10 a.m. to 8 p.m., and Sunday, March 19, from 11 a.m. to 5 p.m.

Tickets at the door can be purchased

for \$12 for adults, \$10 for seniors, and kids 13 and under are free.

There is free parking available on location.

This year's event is presented by Aviva Insurance Canada.

PVLIP unveils its new 'Welcoming and Inclusive Communities' toolkit

By Lorne Stelmach

The hope is that a new resource officially launched last week as part of the Connecting Cultures and Communities event will be a valuable tool in many ways for many users in the region.

The Pembina Valley Local Immigration Partnership (PVLIP) sees its Welcoming and Inclusive Communities toolkit as being key to helping promote diversity, equity, and inclusion and enable community leaders and employers to implement best practices within their organizations.

"It's kind of a buffet of information in the toolkit. It's very broad," PVLIP executive director Elaine Burton Saindon said at the Feb. 23 event in Winkler. "It is a lot of information, but you can pick and choose what works for you."

The project includes not only the resource book but also a series of diversity and inclusion videos for workplace training.

"There's some resources and content in there specific to employers to help them with understanding a multicultural workplace," Burton Saindon said. "There's a management perspective but also employees can see maybe these are things they need to be aware of as they work together."

The toolkit addresses diversity and how communities can take steps to be more welcoming to immigrants



ABOVE PHOTO BY LORNE STELMACH

PVLIP's Elaine Burton Saindon hopes the new Connecting Cultures and Communities toolkit will have a wide reach across the region.

and offers links for newcomers to connect them with local resources and information as they settle into their new home.

"There's also a lot of good general information that anyone can access, whether you're a student in high school or a senior in a home," Burton Saindon said.

It's been estimated this proj-



ect could help PVLIP reach 2,200 newcomers and 100 stakeholders across south central Manitoba, so they're certainly grateful for the federal funding that made it possible.

"It allowed us to create this guide and toolkit and video series on how to be more welcoming in our communities, how do we understand cultures, how do we communicate with different cultures and a multitude of content

Continued on page 9

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PEMBINA FUEL TEAM

PVLIP brings community together to celebrate diversity

By Lorne Stelmach

There was extra cause for celebration last Thursday at the Connecting Cultures and Communities event in Winkler.

The night served as a launch party of sorts for the Welcoming and Inclusive Communities toolkit, but it was also extra special as the first time the Pembina Valley Local Immigration Partnership (PVLIP) has been able to hold the annual celebration of diversity in person.

The evening featured the live music of DEJAVU along with cultural appetizers, trivia, and discussion, and it takes the place of a regular annual meeting, said executive director Elaine Burton Saindon.

"We use this as an opportunity to bring information to the public about the work that PVLIP does and has done in the past year and announce our plans for what we are working on next year," she said.

"At the same time, it's an opportunity to get the bigger picture of the goals that we have and to engage the public to see if anyone is interested in joining some of our initiatives," Burton Saindon said. "And this is our third annual event but the first time in person, so coming together like this is exciting."

"It's celebrating the cultures in our region and talking about how we can work together to make this home for everyone."

The event ties into the PVLIP aim to identify and reduce barriers facing newcomers in the region and to create communities where everyone can feel welcome and that they belong.

That continues to be an important goal, given that over 130 different countries of origin are represented in the region as well as 35 different first languages.

There is much opportunity to meet with local leaders and talk about the challenges and barriers as well as share knowledge about things that are positive and working well, said Burton Saindon, and she sees PVLIP as playing an important liaison role with the communities across the region.

"We have seen such momentum," she suggested. "Helping educate our community leaders and helping them feel supported is one way that we can help them bridge that gap in terms of how they can better serve their newcomer population."

"I hope this draws them into a better understanding and maybe they will learn something they didn't realize before on how cultures interact with one another," she continued. "And maybe some of the challenges you may find in communicating isn't even really a personality thing but a cultural or traditional way of handling conflict."

"It's a way of hopefully drawing some attention to these nuances that



STANDARD PHOTO BY LORNE STELMACH

It was a full house in Winkler Feb. 23 as the Pembina Valley Local Immigration Partnership hosted its third annual Connecting Cultures and Communities event. It's the first time the gathering has been able to be held in person.

we are seeing more and more of as our communities grow and expand."

Burton Saindon is optimistic about where PVLIP can go from here now that they have pretty much accomplished their original goals.

"It's really exciting ... it's almost five years when we met in this building to determine our strategic plan," she noted. "Here we are five years later with this incredible dream coming true and providing this resource to our communities."

"It's kind of come full circle, and we are really excited to see this happening and where we can go from

here. Since we have actually kind of completed our work, we will be looking forward to strategic planning again this fall.

"We'll be doing a lot of consultations and some interviews with stakeholders and community leaders in the next six months, and we'll use some of that content to help us look at what are the next steps for PVLIP, how do we want to move forward and what kind of impact do we want to bring to our communities in the next five years."

> SUSTAINABLE CHILD CARE, FROM PG. 5

through enriched curricula, space adaptations and staff-development opportunities; and

Innovative Recruitment and Retention Grant: \$7.4 million to implement creative and innovative strategies to recruit, retain and support a high-quality workforce and meet the demands of a rapidly growing sector. This includes a Registered Retirement Savings Plan (RRSP) top-up of \$500 per child-care space to provide recognition for the dedication of home-based providers to the child-care sector.

Funding is available to all licensed non-profit child-care centres (including infant, pre-school, nursery, and school-aged programs) and home-based providers, that must opt-in to the grant program before March 13. Quality enhance-

ment grants support the principles of quality, inclusive and accessible child care and fund eligible expenses from April 1, 2022, to March 31, 2024.

With the exception of the Retirement Enhancement and Retention Benefit, eligible facilities will be required to accept or decline each funding stream through their weekly reporting update in Manitoba Child Care Search between Feb. 27 and March 13. The RRSP contribution is topped up automatically for any provider that contributes to RRSPs.

For more information about the Canada-Manitoba Canada-Wide Early Learning and Child-Care Agreement and the quality enhancement grants, visit www.manitoba.ca/childcare.

> CONNECTING CULTURES AND COMMUNITIES, FROM PG. 8

related to understanding diversity," Burton Saindon said. "We have a part two now where we will be developing workshops that are then going to be implementing the toolkit content in our communities."

"Our priorities have been focused on welcoming and inclusive communities, communication, and mental health. This resource kind of

combines all of those into one resource or one way of accessing that information," she concluded. "We are going to be making the effort to bring this into other communities within our region that maybe don't have a lot of newcomers, so this could be a way of helping them prepare for immigration that they may be expecting."

2023 Giant Pumpkin Growers Seminar

The Manitoba Giant Growers Association (MGGA) invite all giant pumpkin growers to a seminar about the intricacies of growing giant pumpkins.

Date: 1:00 P.M. till 3:00 P.M., March 25, 2023.
Incase of inclement weather, it will be postponed till April 1, 2023.

Location: Carman Legion Hall
28 First St. N.W.
Carman, Mb.

The first part of the program will be a presentation by **Milan Lukes**, two time winner of the **Roland Pumpkin Fair**.

Secondly, **Laverne Wojciechowski**, Western Canada representative for the **Great Pumpkin Commonwealth**, will report about the GPC convention held in Danvers, Massachusetts.

Thirdly, the **MGGA** will open a discussion about the patch tour, GPC rules, and any other questions the growers may have.

Mr. Don Crews of Lloydminster, Alberta has kindly donated four of his **2537 lb.** Seeds grown in 2022 for door prizes.

Since the **MGGA** hasn't charged a membership since 2017, it will be necessary to charge in 2023 to pay for the cost of holding the seminar. Memberships are \$10.00 per person, or \$15.00 per family. **(Cash Only)**

This is an excellent opportunity for new growers to learn the many challenges of growing giant pumpkins. Good seeds will be available for anyone new to the hobby.

Coffee and snacks are included.

For further information contact:
Art Cameron 204-343-2314
artcam@mymts.net



Kenyon wins Skate With Us national contest

By Ty Dilello

Elizabeth Kenyon, a former member of the Carman Skating Club, has recently won the Skate Canada's Skate With Us national contest for \$5,000 after submitting a professionally-shot skating video.

Kenyon first started her skating journey doing CanSkate lessons at the Carman Dufferin Arena as a youngster.

"I skated throughout elementary and high school at both the Carman and Morden Skating Clubs," said Kenyon. "I was also skating at this time with the Pembina Pizazz synchronized skating teams."

Some of the highlights of Kenyon's skating career were competing at the Canadian Synchronized Skating Nationals in Windsor, Ontario, in 2012. She also won the provincial gold medal at the Senior Silver level in 2013. Kenyon now skates once a week for fun and fitness.

Kenyon found out about the Skate With Us contest through browsing on Skate Canada's Instagram page.

"I have enjoyed making videos for many years. I started making short videos for my family about our vaca-



Elizabeth Kenyon

tions. During the pandemic, I started creating videos poking fun at the day of the life of a software developer on TikTok, which were watched millions of times. In my job, I create educational YouTube videos teaching other software developers how to integrate with Shopify's software."

When she heard about the contest, it



STANDARD PHOTO SUBMITTED

Elizabeth Kenyon, a former member of the Carman Skating Club, recently won \$5,000 for her video submission in Canada's Skate With Us national contest.

sounded like a fun challenge with her background in video-making.

"It was nice to reflect on all of my skating journey, and find old photos and videos. Skating was a huge part of my life, so it has been great to share the video with everyone who has been a part of my skating journey."

On Feb. 18, Skate Canada announced the winners of its Skate With Us National Contest. For the contest, they had over one hundred individuals,

clubs and schools submitting videos. Skate Canada was overwhelmed with the thoughtfulness and storytelling of all the entries and saw over 16,900 votes placed for the finalists.

Kenyon won first place in the Skate With Us contest and earned a \$5,000 prize for her video submission, which can be viewed here: <https://www.youtube.com/watch?v=RGt4QqGWT4Q>.

Kenyon was very pleased to hear that she had won first place and the \$5,000 prize that went with it.

"I had a very dedicated group of friends and family voting for me each day. I got my skates in 2011, so I will definitely be using some of the winnings to buy a new pair!"

2023 Carman Visitor's Guide

Don't miss your chance to showcase or promote your businesses in Carman's 2023 Tourism and Information Guide. This is your chance to make sure visitor's or summer residents know about your business.

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The Carman-Dufferin Standard connects people through stories to build stronger communities. Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

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

The Carman-Dufferin
STANDARD

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Hayward team wins MHSAA curling provincials

By Ty Dilello

Carman's Shaela Hayward and her team of Keira Krahn, Rylie Cox, and India Young, have captured the recent Manitoba High School Provincial Curling Championships (Feb 9-11) in The Pas.

The team of all Grade 11 Carman Collegiate students have won the High School Provincials for the second straight year as they went an undefeated 6-0 on the weekend.

"This was definitely one of our best-played events all year," said Shaela Hayward. "We put in a lot of work this year, and it really showed at provincials. We ended up going undefeated and played the Carberry Cougars in both the A and B finals to clinch it. We had some tough losses this year, so it was nice to finish the year with this win, and it was pretty special to win back-to-back High School Provincials.

I am really proud of the team and how well they played during the event."

Winning another championship and coming home a winner definitely made the long 13-hour roundtrip drive from Carman to The Pas worth it for Team Hayward.

"It was a big drive to The Pas, but we enjoyed every minute of it, and the organizers put on a great show. If you ever make it up to The Pas, make sure you go to Good Thymes as we were there quite a bit. They have great food and great service."

Team Hayward has now wrapped up their 2022-23 curling season and have started to put some plans together for next year.

"The team is staying together for our Grade 12 year and are hoping to make some more finals and hopefully wear that buffalo on our backs finally."



STANDARD PHOTO SUBMITTED

Carman's Shaela Hayward and her team of Keira Krahn, Rylie Cox, and India Young, have captured the recent Manitoba High School Provincial Curling Championships (Feb 9-11) in The Pas.

Female Hawks made great strides this season: coach

By Lorne Stelmach

The season may have been disappointing in some respects for the female U18 Pembina Valley Hawks, but coach Addie Miles is looking on the bright side.

Despite having finished sixth and then bowing out in the quarter-finals, the Hawks were always competitive and showed great growth throughout the campaign, she suggested last week.

"At the end of the day ... my message to the girls was that I'm a proud coach," said Miles, who cited how they were throughout "really putting an emphasis on their skill development, their work ethic ... this is a completely different group from the start of the year."

The Hawks finished the regular season in sixth at 9-18-1 for 19 points, which put them up against the third-place Winnipeg Avros,

who were 21-6-1 for 43 points.

Pembina Valley had dropped all four of their regular season games against the Avros, but they made them work for it in the playoffs, narrowly losing 3-2 in overtime in game one and then 1-0 and 2-0 in games two and three.

One thing that likely stands out in reviewing the season was a struggle to simply score more, which could have turned the tide in so many of their close losses.

Still, Miles is pleased with the marked improvement she saw in the team.

"I think about where we started at the beginning of the year to where we ended off ... we pushed one of the best teams in the league into very, very close games. We were in a position to possibly being able to win every single night against them, so for me, it's just the prog-

ress I've seen throughout the year with the girls.

"We pretty much had a season of barn burners. It was a lot of one goal games, two goal games very consistently throughout the year," Miles continued. "For us, we always just seemed to be just on the wrong side of it.

"Normally, it's you get a couple bounces here and there ... we talked about it as a group, we had to work for everything. We weren't going to get anything handed to us."

Miles was particularly proud of her core of players who are now graduating after this season: Caitlin Anderson, Gracie Carels, Emily Foster, Mya Pearce, Eric Fijala, Kaylee Franz, and Marissa Fehr.

"They put in so much work and showed such dedication," she said. "They took this team by the reins and put everybody on their shoul-

ders and just went after it. We had rookies coming in who had never played at this level before, and our leaders just brought them under their wings."

Miles believes there are good prospects for next season between players eligible to return and younger talent that is ready to take the next step.

"There's a couple key players we're seeing at the U15 level. I know a lot of girls are looking to make that jump to the U18 level, which is fantastic.

"We're going to be running a spring program allowing those U15 girls to come skate with the U18 girls so they can start to understand the expectation of what it takes to compete at the U18 level," she concluded. "I would say there's three or four really good girls coming up from that U15 team."

Carman Cougars having strong basketball season

By Ty Dilello

The Carman Collegiate Cougars varsity girls' basketball team is having a strong 2022-23 campaign to date. They are currently 10-6 on the season and are ranked #6 in the MH-SAA ranking for AA schools.

"This is a veteran group with nine Grade 12 students, and they've been working hard since the beginning of practices in November," said Carman Cougars basketball coach James Ballantyne. "Their efforts are paying off with a number of successful results this season."

These successful results include finishing third at their home tournament,

second in the Elm Creek tournament and third in the recent Warren tournament. Individually, the girls have been led in scoring by Sydney Last and in rebounding by Randie Doell.

Unfortunately, the girls' varsity squad lost their Zone 4 final game on Feb 21 to Rosenort by a score of 58-49. However, they still have a chance to qualify for provincials at the regional tournament on Mar 4.

"It's been a great season so far," said Ballantyne. "And I hope the girls' team can cap it off by qualifying for the provincial championship."

Cougars swept by Morden to end season in first round

By Ty Dilello

The Carman Cougars high school hockey team lost to the Morden Thunder in the first round of the Zone 4 playoffs, which ends their 2022-23 season.

"I had a great time getting to know a bunch of new players and am hoping they enjoyed the year and the mini successes we had throughout the season," said Carman Cougars' head coach Mike Heatherington. "I hope that as many players return as possible so we can get back to work and build off of this year."

After finishing the regular season in seventh place in the nine-team league with seven wins and seventeen losses, the Cougars found themselves up against the second-place Morden Thunder in the quarterfinals.

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.

Goaltender Maysen Mazurat, a Grade 11 student from St. Claude, put up some great numbers despite having a losing record. 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 for his side in a losing effort.

With their backs up against the wall in Game 2 on Feb. 18, the Cougars

had to come out with more than just a good effort. Unfortunately they weren't able to capitalize on any of their shots, and they lost 9-0 to end their season.

"Ultimately, I think it came down to Morden wanting it more," said Heatherington. "We had a select few players giving it their all, but that's not nearly enough. I know we were the underdogs going in, but we had some close games with them in the regular season, and if we played our best, we, as a coaching staff, thought our guys could give them a run for their money. Unfortunately, I do not think we were anywhere near our best hockey. I think nerves and added pressure had a lot to do with it."

The Cougars are a very new team this year with a lot of players in the younger grades, and so this season, they had a lot of learning and development to work on.

"I'm very proud of how the kids played at times this season. We showed that when we were at our best, we could compete with some of the top teams in the league. We saw a lot of overall growth and are hoping that that continues to carry over next season. I'm hoping we can also learn from our playoffs this year, that we really need to think about what we can all do individually and as a team to be successful. You need every player to be chipping in to be successful, as this league is too good for players not to show up night in and night out."



STANDARD PHOTOS BY LANA MEIER

The Carman Collegiate Cougars varsity girls' basketball team is having a strong 2022-23 campaign. They are currently 10-6 on the season and ranked #6 in the MHSAA ranking for AA schools. The girl in the photo dribbling is Sydney Last.

Hawks-Chiefs quarter-final series begins Wednesday

By Lorne Stelmach

The male U18 Pembina Valley Hawks kicked off their quarter-final series with the Yellowhead Chiefs this week.

Game one between the third ranked Hawks and sixth place Chiefs took place Tuesday in Morden. The result was not available at press time.

The best-of-five series was set to continue Thursday in Shoal Lake and then return to Morden for game three Saturday. If it goes the limit, game four is in Shoal Lake Monday and game five is in Morden next Wednesday.

Pembina Valley finished the regular season at 30-7-7 for 67 points, while Yellowhead ended up at 22-16-6 for 50 points.

The Hawks won three of the four games the two teams played against each other this season. They swept a home doubleheader last October by scores of 4-2

and 9-3 then split a February road doubleheader, winning 3-2 then losing 4-3.

Pembina Valley ended their regular season run last week Wednesday with a 6-5 overtime loss to the Winnipeg Wild.

The Hawks fought their way back in this one after falling behind 4-1 in the first 20 minutes, closing the gap to 4-3 after two periods and then even leading 5-4 briefly in the third period. The Wild ended it 3:47 into overtime on a powerplay.

Ryder Wolfe, Beau Bannerman, Sebastien Hicks, Liam Goertzen, and Marek Miller all scored for the Hawks, who were outshot 35-25. Goalie Bryson Yaschyshyn made 29 saves.

The other quarterfinal matchups have Brandon against Southwest, the Winnipeg Bruins against Eastman, and the Wild against Winnipeg Thrashers.

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**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

**Classified booking deadline is Monday at 4 p.m. prior to
Thursday's publication Please Call 204-467-5836**



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

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

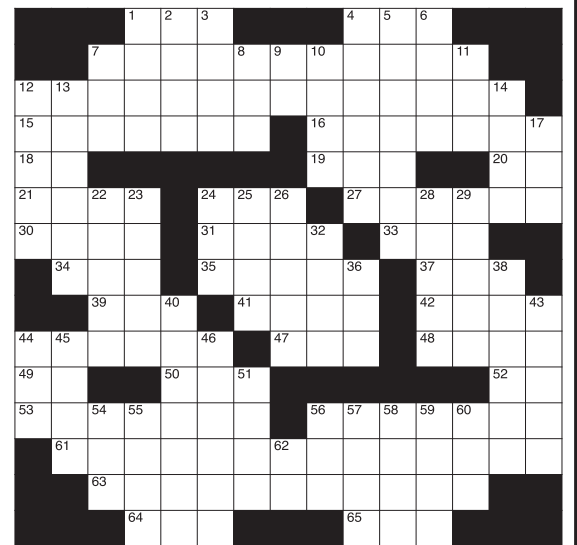
	S	I	D		G	E	I	
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Y	N				S	I		E
G	E	W	H	V	T	V	S	E
S	E	I	L	I	O	I	R	L
H	E	B	W	O	C	H	O	V
M	O	S			V			S

Crossword Answer

CLUES ACROSS

1. Relaxing place
 4. Plant by scattering
 7. A type of explorer
 12. Unique traits
 15. Lady
 16. Dismayed
 18. Railway
 19. Type of whale
 20. Sodium
 21. Manning and Lilly are two
 24. Where golfers begin
 27. Entrapped
 30. Influential punk artist
 31. Hebrew calendar month
 33. Car mechanics group
 34. Undesirable rodent
 35. Minneapolis suburb
 37. Witch
 39. Get free of
 41. A written proposal or reminder
 42. British School
 44. Country on west coast of Africa
 47. Cool!
 48. Information
 49. ___ route
 50. Jim Nantz's network
 52. Something to register (abbr.)
 53. Give cards incorrectly
 56. One who's learning on the job
 61. Stevenson adventure novel
 63. Taking careful notice
 64. CNN's founder
 65. Speak badly of
- CLUES DOWN**
1. A person with unusual powers of foresight
 2. Single sheet of glass

CROSSWORD



3. Portrays a character
4. Expresses happiness
5. Acquires
6. "The Martian" author
7. Degree
8. 60-minute intervals
9. A detective's pal
10. Group of nations (abbr.)
11. Popular Georgia rockers
12. Fencing swords
13. Basement
14. Samoan monetary unit
17. Male parent
22. Finnish lake
23. A smooth fabric
24. Arctic explorers (abbr.)
25. Mild yellow Dutch cheese
26. Very willing
28. Expressed pleasure
29. Lasso
32. Hindu model of ideal man
36. Move your head in approval
38. III-___: gained illegally
40. Die
43. Accused publicly
44. Precious stone
45. Individual thing or person
46. Behaved in a way that degraded
51. Derogatory term
54. No seats available
55. Liability
56. Popular beverage
57. Tough outer skin of fruit
58. ___ Spumante (Italian wine)
59. Troubles
62. Camper

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Sealed tenders in writing for the PURCHASE or LEASE of the property described below will be received by March 31, 2023 to the attention of Mr. Paul Eberling, 297 McLean Street, Winnipeg, MB R3R 0V8. Located in the Municipality of GREY, the property is described as:

PARCEL I: S ½ OF SE 1/4 SECTION 31-8-5 WPM

- Approximately 80 acres open tillable
- Proximity (1 mile) to Provincial Trunk Highway

PARCEL II: NW 1/4 OF SECTION 21-9-6 WPM
(Approx. 120 acres open tillable)

PARCEL III: SW 1/4 OF SECTION 21-9-6 WPM
(Approx. 150 acres open tillable)

PARCEL IV: N ½ of NE 1/4 OF SECTION 21-9-6 WPM
(Approx. 60 acres open tillable)

- Approximately 330 acres open tillable in total PARCEL II, III, IV. Remaining is pasture. Perimeter fence.
- Water (dugouts) located on PARCEL II, III, IV titles
- Yard site on PARCEL III is currently vacant (no buildings) but with access to MB Hydro and dugout. Perfect site to build on.

PUBLIC NOTICE

Public Notice is hereby given that the Carman Golf and Curling Club intends to conduct the following Pesticide Control Programs during 2023:

1. To control weeds on the Golf Course property. The projected dates of application will be from May 1, 2023 to November 15, 2023. The herbicides to be used include:

- Premium 3-Way XP
- Start Up

2. To control disease and growth on the Golf Course greens. The projected dates of application will be from May 1, 2023 to November 15, 2023. The fungicides to be used include:

- Instrata
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- T-Nex
- Maxtima
- Secure
- Honor
- Affirm
- Dedicate
- Pendant
- Mirage Stressguard

3. To control insect pests including: cutworms, cinch bugs, ants, and sod webworms. The projected dates of application will be from May 1, 2023 to November 15, 2023. The insecticide to be used is:

- Delta guard SC

The public may send written submissions or objections within 15 days of the publication of this notice to the department below:

**Environmental Approvals Branch
Manitoba Conservation & Climate
1007 Century Street
Winnipeg, MB R3H 0W4**

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SHOP LOCAL

Drainage/Water Management Committee

The Rural Municipality of Grey is currently seeking applications from property owners/residents in the RM of Grey to serve on a drainage/water management committee.

For anyone interested in learning more about this opportunity or to obtain an application form, please visit our website or contact our office.

Application deadline will be March 30, 2023 by 4:30 p.m.

Thank you,
RM of Grey

Box 99
27 Church Avenue East
Elm Creek, Manitoba
R0G 0N0
1-204-436-2014 (phone)
www.rmofgrey.ca (website)
kim@rmofgrey.ca (email)



EMPLOYMENT OPPORTUNITIES

Walinga Inc. in Carman, Manitoba is looking for a flexible, enthusiastic, reliable, team player to fill the following position:



Service Administrator

- Greeting customers and scheduling service appointments
- Creating Job Orders based on input from the customer; including detailed descriptions of the problems and repairs
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- Back up parts sales representative when necessary
- Willing to train the right candidate.

Walinga offers modern machinery, competitive wages, full health benefits, company pension, and a great work environment.

If you are looking for a rewarding career in this area or would like to share a resume please contact Ray Beukema at 204-745-2951 (ext 440) or email him at ray.beukema@walinga.com

We thank all applicants for their interest, but only those considered for an interview will be contacted.

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To apply online, visit cargill.ca/careers and select "Production Jobs".

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with an EMPLOYMENT/CAREERS AD in

The Carman-Dufferin
STANDARD

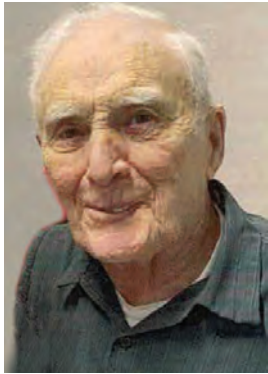
Call 204-467-5836

Announcements Classifieds

The Carman-Dufferin
STANDARD

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

OBITUARY



Ross Gordon Johnston
July 3, 1935 to February 19, 2023

Ross Gordon Johnston was born to the family of Ashley, Letitia, Eva, Earl, and Dorothy Johnston on July 3, 1935. He resided on the farm near Haywood. He attended the Columbine School near the farm. He married Donna Wendt in 1972. They worked the farm and garden until 2009, when they upgraded their lifestyle in Carman. Donna deceased on June 6, 2018, leaving Ross in a very lonely position. On December of 2021 he moved to the Manitou Health Centre, where the care was phenomenal, and he was happy until his death.

Family and friends that are left with the many memories are: Mary and Cliff Nichols and their children Tanya, and Dale; Madelene, Greg, and Doug Fraser; Donna's many brothers and sisters; the McInnes family - Jim, Elaine, Ken, Anne, Dave, Jackie, Barb, and

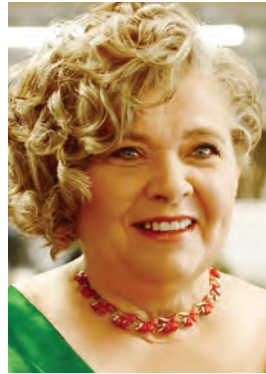
spouses; friends that worked with him, neighbors, and more.

Interment will be at a later date.

Thank you to Doyle's Funeral Home.

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

OBITUARY



Deborah Saunders-Pickunyk
June 7, 1960 - January 29, 2023

Debbie passed away at the Fort Saskatchewan Hospital, Alberta on January 29th, 2023 having lost her courageous battle with cancer.

She is survived by her husband Stewart; son Stacy; daughters Chelsea and Shakera; sons-in-law Eric and Matt; granddaughter Lexy and grandson August; her mother Tina; siblings Judy, Carol, Gary, Michael and Kelvin.

She was predeceased by her father Lorne and her daughter Stephanie and Godson Kyle.

She passed away with Stewart by her side.

A traditional service was held on February 1, 2023 at Glenwood Funeral Home in Sherwood Park, Alberta.

Remember Your Loved Ones
with an Announcement in the
STANDARD Call 204-467-5836

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Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
Email: news@stonewallteulontribune.ca

The Carman-Dufferin
STANDARD

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NOTICE OF DIRECTOR ELECTIONS ELECTRONIC VOTING

MEMBERS OF ACCESS CREDIT UNION LIMITED (the "Credit Union")

TO: ALL MEMBERS OF THE CREDIT UNION

VOTING FOR BOARD OF DIRECTORS

TAKE NOTICE THAT the Annual General Meeting of the members of Access Credit Union will be held on Tuesday, April 18, 2023, at 7:00 p.m. CDT via virtual means, for the following purposes:

1. 2022 Financial Statements
2. Board of Directors Report
3. Appointment of Auditors
4. Announcement of Patronage Allocation and Cash Redemptions
5. Director Elections

All eligible members wishing to participate in the General Meeting are required to register online at www.accesscu.ca prior to April 18, 2023, at 4:00 P.M. CDT. More information about the virtual General Meeting can be found at: www.accesscu.ca.

DATED this 2nd day of March 2023
ACCESS CREDIT UNION LIMITED
By Order of the Board of Directors



The Carman-Dufferin
STANDARD
Call 467-5836



E.F. Moon is a well-established Heavy Construction Company founded in 1962 and located in Portage la Prairie, MB.

We are currently seeking experienced, goal oriented individuals for employment in a number of areas: **Class 1 & 3 Drivers, Foremen, Skilled Laborers, Sewer & Water Personnel, Directional Drill Personnel, Excavator, Dozer, Grader, Rock Truck, Loader, Vac Truck and Packer Operators.**

We offer competitive wages, comprehensive benefits plan, safety training and a safe work environment.

Requirements are: Minimum class 5 driver's license, positive work attitude, reliable, able to work well with a team or alone, safety oriented, able to work extended hours.

If you are interested in joining a well-established and growing company with room for advancement, please visit us at 1200 Lorne Ave. E. in Portage la Prairie, MB to fill out an application, apply online at www.efmoon.ca or email a resume to jackiek@efmoon.ca

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March is PHARMACY Appreciation Month

Debunking 4 myths about pharmacists

Are you considering a career as a pharmacist? A typical day in the life of a pharmacist involves many different duties. Here's an overview of some of the tasks they perform.

- Fill, dispense and package medications. Pharmacists must ensure their patients have the correct prescription by determining the right brand, strength, form and quantity.
- Update and maintain patient records. Pharmacists review patient records to check for potentially dangerous drug interactions, order medications and keep in touch with physicians to discuss prescriptions.
- Give advice about over-the-counter medications. Pharmacists answer patient questions and recommend over-the-counter drugs to best treat their symptoms.

- Conduct medication consultations. Patients can speak with a pharmacist to determine how to take their medications. They can also find out if specific prescriptions need to be stopped or modified and if any will lead to unintended drug interactions.
- Provide vaccines. Pharmacists are qualified to administer various vaccines, including flu shots, COVID-19 boosters and travel injections that help protect people from hepatitis A and B, cholera, yellow fever and more.

Most pharmacists in pharmacies and drugstores work 40 hours per week, covering evening shifts, weekends and holidays. If you're interested in becoming a pharmacist, look for training opportunities in your area.

It's Pharmacy Appreciation Month and Homestead Co-op is celebrating with a giveaway! Visit the Co-op Pharmacies in-store in Carman or Portage la Prairie and enter to win a pharmacy prize pack valued at over \$70!

Homestead Co-op Pharmacy services include:

- Free prescription deliveries
- Medication reviews
- Minor ailments prescribing
- Vaccinations and injections
- Free blister packaging
- Smoking cessation prescribing

And did you know that with the Co-op Pharmacy App, you can get private and confidential access to your prescription profile on demand. Information available includes the name and dose of each medication, directions for use, last fill dates of each prescription, number of refills remaining, and expiry date of each prescription. The size, shape, and colour of each medication is also provided which helps make it easy for you to identify which medication is which.

Our Pharmacy Teams help make the switch over to Co-op easy and effortless. And best of all, Homestead Co-op members earn equity and cash back with every prescription purchase.

Pharmacy Appreciation Month

Homestead Co-op Pharmacy
@Carman | 204-745-3602
@Portage | 204-239-0458

Visit in-store and enter to win a Pharmacy prize pack at each of our locations valued at over \$70.



Homestead

