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EDITION 10

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STANDARD PHOTO BY LORRAINE STEVENSON

Pumpkin Creek Ski Club executive members Robert Bryson of Carman (left), Danielle Dumesnil and Don Benedictson of Roseisle were thrilled with a turnout of 116 registered cross country skiers for Sunday's, Feb. 26, Mystery Tour. Mild winter weather, support from volunteers, and beautifully groomed trails combine to make this annual fundraiser event for the local ski club a big draw for those living in surrounding communities and Winnipeg.

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SCCR Fashion Show returns April 27

By Lorne Stelmach

The importance of its fundraising fashion show can't be overstated for South Central Cancer Resource.

Cancelled the last three years because of the pandemic, the annual event set for April 27 is a major fundraiser for the organization.

"It's significant. It certainly helps us considerably," said committee chairperson Dianne Mestdagh, who noted the last show in 2019 raised around \$37,000.

"It's the one major fundraising event that we as the board and the supportive committee put on," she added. "We have a number of organizations and families that arrange fundraising events on our behalf, but this is the one that we do ourselves.

The 2023 show takes place at the Access Event Centre in Morden on Thursday, April 27. Tickets go on sale for \$55 each March 17 at 9 a.m. online at sccr.mb.ca or in person at their Morden office.

The theme this year is "A Walk in the Park" and the show as always will not only feature fashions from several local businesses but models who are all cancer survivors, volunteers, or members of the community who have shared in a cancer journey

with a loved one

Mestdagh said it is always special to hear some of those stories throughout the evening.

"The models are, for the most part, clients who have been cancer patients, so it's also an opportunity to share some really good stories too, some success stories," she said. "It's a very rewarding opportunity I think for all of us who are involved."

South Central Cancer Resource is a community based non-profit providing education, hope, and support to individuals with cancer and their families. It is funded entirely through community donations.

With client registration numbers reaching record highs this past year and continuing to trend upwards, it is really counting on fundraising efforts to be a success in order to continue helping everyone in the region who need it, noted Mestdagh.

"This helps us gets the word out to the public even a little more about what we are and what we do," she said. "And I hope it helps the public realize how much support is out there, not even just from us, though we are a big factor for the people in our region in terms of support."



STANDARD FILE PHOTO

After a three-year break, the SCCR Fashion Show is back next month. Tickets go on sale March 17.



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Dufferin Museum working on sequel book

By Ty Dilello

The Dufferin Historical Museum is in the midst of creating a sequel to the Memorable Stories, Carman and Area book that was first created in 2017 for Canada's 150th birthday.

The book committee is looking for past and present stories about businesses, organizations, families or your own personal story from the town of Carman and the surrounding area.

If your story was in the first book and you have more to tell, please send them in Part Two. Tell your Who, What, Where, When and How you came to be or were a part of this community. The committee currently has over 50 stories to proofread and organize to date and is looking for many more.

In the fall of 2016, the Dufferin Historical Museum decided to compile a book of 150 memories about the Town of Carman and area in conjunction with the 150th celebration of Canada. The museum reached its goal in the spring of 2017 and had it printed lo-

cally by Toews Printing.

If you still need to purchase a copy of this book, there are about 60 copies still available for \$30 each at the Museum, RM of Dufferin office, or by contacting one of the committee members.

"At this time, there has never been a book published about the businesses in Carman," said Shirley Snider of the book committee. "As a follow-up to the 150 Memories book, another book is being developed with a focus on the businesses of Carman as well as family or personal stories. There were a few stories that came in after the 150 Memories book was published that are a start for this new book."

Research has been ongoing for the past several years. And now, the committee is asking owners of those currently in business and others who had businesses in the past, and families who currently live in town or in the past to submit their stories to the committee.

"We plan on having this ready for



STANDARD PHOTO SUBMITTED BY DUFFERIN HISTORICAL MUSEUM

The Dufferin Historical Museum is in the midst of creating a sequel to the Memorable Stories, Carman and Area book that was first created in 2017 for Canada's 150th birthday.

2024, so please submit your stories as soon as possible. It takes time to assemble, proofread and print. Stories can be submitted to the committee in Microsoft Word format or handwritten. Copy and paste into an email also works.

If you're interested in submitting a

story, please contact Shirley Snider (dksnider@mymts.net) or phone 204-828-3564 with questions. You can also email Lori Keith (lkeith126@gmail.com) or Jane Swanton (jswan@mymts.net) or leave a story with her at Newman Hand Agencies.

New driving range coming to Carman Golf Course



STANDARD PHOTO SUBMITTED

The Carman Golf and Country Club has reached a lease agreement with the Dufferin Agricultural Society (DAS) to use the vacated baseball diamonds west of the Carman Arena for a driving range.

By Ty Dilello

The Carman Golf and Country Club has reached a lease agreement with the Dufferin Agricultural Society (DAS) to use the vacated baseball diamonds west of the Carman Arena for a driving range.

General Manager Dean North of the Carman Golf and Country Club is hopeful that the new driving range will be operational by mid-May. And notes that the new driving range will be open to everyone, from members to the general public.

"One of the biggest drawbacks of

golfing in Carman over the years is not having a driving range," said Dean North, General Manager of the Carman Golf and Country Club. "This is a huge asset to our golf course. Golfers will be able to warm up properly before a round. We will be able to run junior clinics, school gym classes, adult classes, and hopefully, help everyone get better at the game of golf with the driving range."

It's an exciting time as the new driving range coming to Carman will make it much easier for new golfers to

start playing.

"It's great that new golfers can learn

to play now before they come to the actual golf course," said North.



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> Got news?

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Manitoba government sets stage for \$10-a-day child care

Submitted by Manitoba government

As part of the Manitoba government's ongoing efforts to be a national leader in affordable and accessible child care, Premier Heather Stefanson and Education and Early Childhood Learning Minister Wayne Ewasko announced today Manitoba has reached a historic milestone in which Manitoba families will pay a maximum of \$10 a day for children 12 years and under for regular hours of care, beginning April 2.

"Our government recognizes that access to affordable and high-quality child care is essential for Manitobans to participate in the workforce, support their families and play an active role in the growth of their communities and the economy," said Stefanson. "Today, I am proud to share that with the significant initiatives our government has implemented over the past few years to lower parent fees and build capacity in the child-care system, we have gone above and beyond our commitment by reducing all parent fees to \$10 a day for children 12 and under attending licensed, funded early learning and child-care centres and homes. Our government recognizes many Manitoba families are struggling to make ends meet and this partnership and our significant investments will save Manitoba families thousands of dollars a year in child-care fees."

Under the Canada-Manitoba Canada-Wide Early Learning and Child Care Agreement, the Manitoba government committed to decreasing parent fees and reaching an average of \$10 per day by 2026. Today, the Manitoba government announced it has surpassed its commitment and has done so three years ahead of schedule, the premier noted.

"Over the past several years, our government has been working diligently to strengthen and grow the early learning and child-care system to be able to effectively implement this significant fee reduction," said Ewasko. "We have been working collaboratively with the child-care

sector, municipalities, Indigenous communities, and the business community to create thousands of new spaces throughout our province. Additionally, we are supporting initiatives to build a strong workforce so Manitoba families can be confident their children are receiving the best care to support their needs."

As part of efforts to strengthen the workforce, the Manitoba government also announced today an expression of interest to expand post-secondary training options for early learning and child-care professionals, the minister noted.

"Our government continues making investments to attract, train, and retain child-care professionals," said Ewasko. "The expression of interest will support training expansion, as well as the development of additional on-site child-care spaces and expansion of existing facilities to create new learning labs and development sites that will allow students to put their in-class learning into practice."

The expression of interest invites post-secondary institutions to apply for funding to develop new programming to train child-care professionals and will help ensure there are an additional 1,000 child-care assistants and 2,000 early childhood educators by 2026, the minister said, adding that post-secondary institutions are also invited to submit proposals for the expansion of child-care services on campus to support students, employees and communities.

"Early childhood educators are the essential foundation of high-quality child-care services. Investing in the early learning and child-care workforce, both now, and planning for the future, is fundamental to successful system building for children, families and all," said Jodie Kehl, executive director, Manitoba Child Care Association Inc.

The expression of interest for training expansion closes today, while the expression of interest for child-care expansion and learning lab development closes March 31. The Manitoba

government will proceed with the selection process and the development of training programming in the coming weeks, Ewasko said, adding that funding for expanded training options will be provided through the Canada-Manitoba Canada-Wide Early Learning and Child Care Agreement.

Over the past two years, the Manitoba government has implemented a number of initiatives to support a high-quality, accessible, inclusive early learning child-care system in the province, Stefanson said, particularly in the following areas: spaces, workforce and affordability.

For quality child care to benefit Manitobans, spaces are needed in every community across the province and to achieve this the Manitoba government has:

- provided new, ongoing operating grants to support the creation of over 3,100 affordable child-care spaces;
- partnered with rural municipalities and First Nations communities to build 23 new child-care centres, creating an additional 1,670 spaces; and
- worked with community-based organizations, existing child-care providers, school divisions and other partners to advance the Manitoba government's overall commitment for 23,000 new child-care spaces by 2026.

The Manitoba government is committed to creating a qualified, motivated workforce of early childhood educators and child-care assistants by improving recruitment, retention and remuneration, and to support this goal has:

- allocated nearly \$37 million to implement a wage grid to support wage equity for the early childhood workforce, by providing a 12 per cent increase to revenue per space added to the operating grants;
- implemented the Early Childhood Educators Tuition Reimbursement, providing up to \$5,000 per student per academic year, which has already supported 380 students; and

Continued on page 11

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Carman Dufferin Standard

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Carman Elementary undergoes kitchen renovations

By Ty Dilello

Carman Elementary School has recently completed a major kitchen renovation that totalled around a cost of \$40,000.

The renovation included the following:

- The replacement of the existing countertops with steel countertops.
- The replacement of all the appliances (refrigerator, stove and dishwasher).
- The purchase of a new range vent.
- Replacing all of the cupboard doors and drawers.
- Cleaning, repairing and repainting of all cupboard surfaces.
- Replacing the sink.
- Purchase of all new cooking paraphernalia such as pans, pots, utensils and a stand mixer.

At the same time, the Prairie Rose School Division replaced the flooring, lighting and repainted the interior of the facility.

"The renovation of the kitchen and the introduction of the lunch pro-

gram has been a great benefit to the students and staff at Ecole Carman Elementary," said Cecile Affleck, principal of Carman Elementary School. "We were very fortunate to have hired Helen Klassen to run the meal program, as she has been a great addition to the staff and has a great rapport our kids. A nutritious meal is a key part of success in the classroom, and we are really happy to have this service available in our school."

Carman Elementary School funded the \$40,000 cost from grants and donations from local companies, churches and the private community members. They also ran fundraisers through the Advisory Council for School Leadership (ACSL) last year, including a pizza fundraiser and a class photograph fundraiser.

For the students and school staff, the new lunch program at Carman Elementary School is providing a five-day-a-week nutritional meal program that parents can participate in. The program has been operational since October and has been averaging between 70 and 100 meals per day.

"The kitchen project was a major undertaking of the ACSL, and we are thrilled to get the kitchen renovated, and the lunch program started in less than a year," said Sonia Picton, Chair of the ACSL. "We are so thankful to all of the donors to the project. I can't name them all, but I want to especially recognize Sperling Industries for the steel countertops, Carman Area Foundation for the donation that kicked off the project and Homestead Co-op for making us one of their Fuel Good Day recipients. Also, the project wouldn't have come together without the support of the Prairie Rose School Division and the skill and patience of our contractor Blake Phillips."



STANDARD PHOTO BY KYLE MACNAIR

Carman Elementary School has recently completed a major kitchen renovation that totalled around a cost of \$40,000. Here is a list of the donors that made the renovation possible.

Carman Food Pantry helping out community

By Ty Dilello

The Carman and Area Food Pantry has had a tremendous response from both volunteers and clients since its inception back in November. The Food Pantry operates under the umbrella of Carman Wellness Connections and with a lot of support from Harvest Manitoba.

Since starting up in November, the Pantry has gone from 20 registered clients for its first Food Pantry to over 60 clients this week. The Food Pantry opens every fourth Thursday from 4:00-7:30 pm at the Carman Mennonite Church.

"You don't want to have this need in your community, but we have it, and are addressing it as best as we can," said Evelyn Rempel Petkau of the Carman and Area Food Pantry.

There had been discussions about having a food bank in Carman over the last couple of years, and some of the challenges were just trying to get it going, finding a place for it and where to begin.

"Back in the summer, a few of us started talking more about it and talking about what the need was and how we could respond," said Rempel Petkau. "I phoned Harvest Manitoba in Winnipeg, and they were delighted as we are in a 'dead zone,' meaning there's no food bank in our area at all. So people were driving from our area to Winnipeg with the high cost of gas to feed their family."

Since its inception, Harvest Manitoba has been very helpful and has helped supply the Carman and Area Food Pantry with food every four weeks.

"We try to be less dependent on them, so we're always looking for local support and resources. Those are some of our next steps."

The phone number for the Carman and Area Food Pantry is 204-745-6013. Anyone interested in receiving a food hamper, volunteering or making a donation can leave a message at that number.



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Flashback...Strachan Seed Company

By Dennis Young

John and Margaret Strachan, with their son Alfred, moved to Carman in 1925. John was an agricultural agent for the CNR but was also fully engaged in farming, growing registered grain, potatoes, and gladiolas.

In 1933 they and 17-year-old Alf formed the Strachan Seed Company to sell seeds for vegetables, potatoes and grain. Their first seed list comprised 100 hardy variety items suited for prairie conditions, all grown in Carman. Their seeds met with such wide favour the following year they issued an annual printed catalogue until 1963.

As business became more widespread, it was necessary to add items which could not be successfully grown each year here so finally, patrons could choose a complete line of veggies, flowers and field seeds. For six weeks each spring, they would rent space at 59 Main Street S (Grier Block, then BSI now) to provide more accessible service to clients.

At one time, the company grew 15 acres of gladiolas practicing rigid selections of corms (an underground plant stem that serves as a storage organ so plants can survive winter) and new varieties de-

veloped. These found a steady market not only in Winnipeg but across Canada.

John and Alf put to work the very first potato harvester in Western Canada on their 35 acres developing eyes for seed and shipment.

"We would use a scoop or spoon contraption to remove the eyes, and you could do about 1000/hour if you really worked at it," Neil Strachan recalls working as a youngster. He and his older sisters Bonnie and Della, along with farm help from Dutch, German and Japanese families, put the eyes in cardboard boxes, added lime to keep them dry, and shipped them via train or mail to waiting customers.

Prices in the 1941 catalogue listed 25 eyes for \$.30, 50 for \$.50, 100 for \$.90, 200 for \$1.50 and 500 for \$3.50.

"A cheap way of getting started in the fresh seed of potatoes at a very small cost," their catalogue proclaimed. Over 300,000 eyes were shipped in 1965 alone and Brett Young and Lindenberg Seeds (both active today) were just two of the largest retailers purchasing from this company in small-town Carman.



In 1963 John was presented with a scroll for the Robertson Memorial Award, the top award given by the Canadian Seed Growers Association. For years John, Alf and later a young Neil would show corn, grain or vegetables at fairs and exhibitions, winning numerous awards. Alf would win a prize for his corn at a Chicago International Show.

John passed away in 1964, Margaret in 1974 and Alf in 1978. Neil lives on the homestead, while his sisters Della and Bonnie built homes on the original acreage just off 4th Street SW.

Winner announced for Chamber Surviving February challenge

By Autumn Fehr

Returning for its second year by popular demand, the Surviving February challenge was a hit.

With 49 teams participating this year, Carman businesses felt the love, as teams purchased \$25 gift cards to enter the contest and support their community.

Jodi Winkler, executive director at the Chamber, said the businesses she spoke to were grateful for the challenge and overwhelmed by the number of gift cards they sold.

The Carman and Community Chamber of Commerce introduced the challenge last year to boost businesses in the community coming back

from COVID-19. February is typically a slower month for sales, so the challenge would also help with that, bringing awareness to small businesses in the community.

"We feel that it boosts business for a typically slow month and brings awareness to some of our smaller businesses. In addition, winners often receive gift cards for a business that they do not normally patronize, so this gets them in the door and gives them the opportunity to see what other businesses have to offer," said Winkler.

Draws started on Feb. 13 and continued until Feb. 27. There were no draws on Sunday, Feb. 19 or 26.

The number of names drawn daily and the overall prize pot depended on how many teams registered for the challenge.

At noon on Feb. 28 through Facebook live, the Chamber drew the winner on location at Golden Prairie Arts Council (GPAC).

The Golden Girls, team #30 out of 49, won this year's challenge.

"We were so excited when we found out that our team had won... We have much to celebrate!" said O'Brien, one of the team members.

Together, O'Brien, Trish Middleton, Leanne Bartley, Donna Bruce, and Jenna Bruce took home 92 \$25 gift cards for a whopping \$2,300.

Middleton put the team together and entered the Golden Girls in the challenge, said O'Brien.

"She's always a champion for local events and fundraisers," she said.

Whether you are a member, O'Brien said the Chamber is an excellent resource for all businesses in town.

"Executive director Jodi Winkler and the Chamber board do a fantastic job of providing events like this one to give people the opportunity to support the chamber throughout the year," she said.

Next year, Winkler said the Chamber will encourage even more teams to enter and support the local businesses in their community.

Hearing aid grant program created for seniors with hearing loss

Submitted by Manitoba government

The Manitoba government is creating a new \$12.6-million grant program that will assist eligible older Manitobans experiencing hearing loss to cover the expense of testing, fitting and purchasing new hearing aids. Seniors and Long-term Care Minister Scott Johnston announced Thursday.

"Our government recognizes hearing loss as priority concern for seniors and with this grant more Manitoba seniors who require hearing aids will have the financial means to access them regardless of income level," said Johnston. "Hearing aids provide valuable benefits to improve quality of life in a number of important ways such as fully participating with family, friends and co-workers, while also

avoiding the isolation that can be associated with hearing loss."

According to Department of Health statistics, nearly 4,000 seniors over the age of 65 reported hearing loss during a physician visit in 2021 and roughly 25 per cent of seniors have hearing loss at a level that would benefit from hearing aid use.

The hearing aid grant of up to \$2,000 is available to all Manitobans who meet the following eligibility criteria:

- age 65 or over;
 - family income below \$80,000 in the previous year;
 - have documented hearing loss; and
 - have been prescribed hearing aids by an audiologist or otolaryngologist.
- "For those who are hearing impaired something as simple as a hear-

ing aid can make all the difference in quality of life," said Susan Sader, executive director, Good Neighbours Active Living Centre. "The Manitoba government is to be commended for listening to Manitobans who struggle with hearing loss and for providing a program that will help many stay active and engaged in the community."

Untreated hearing loss is linked with decreased word recognition, difficulty communicating, increased risk of falls, social isolation, cognitive decline and dementia.

"We have received many heart-breaking emails and phone calls from seniors or their caregivers asking for help because they need hearing aids but could not afford them," said Joanne Jones, president, Canadian Hard

of Hearing Association Manitoba Chapter. "This new grant is a great step in ensuring many more Manitoba seniors will have the hearing aids they need and better healthier lifestyles as a result."

The Manitoba government will begin accepting applications later this spring.

The new program aligns with strategic priorities including financial security and safe, inclusive and accessible communities, which are highlighted in Manitoba, A Great Place to Age: Provincial Seniors Strategy.

To read the strategy, visit https://gov.mb.ca/seniors/docs/seniors_strategy_2023.pdf.

Low to moderate risk of flooding this spring: province

By Ashleigh Viveiros

After a year of drought followed by a year of flooding, dare we hope 2023 will be the year local waterways give us a break?

According to the province's spring flood outlook, we just might be that lucky, depending, of course, on what Mother Nature has in store for us in the weeks ahead.

In its February flood outlook released last week, Manitoba Infrastructure and Transportation's Hydrologic Forecast Centre reported low to moderate risk of flooding in most Manitoba basins.

The centre is predicting a moderate risk of flooding along the Red and Assiniboine rivers and in the Interlake region along the Fisher and Icelandic rivers, and a low risk of flooding along rivers such as the Souris, Roseau, Rat, and Pembina.

Water levels are expected to remain below community flood protection levels, the province says.

There is also a low risk of flooding for most other Manitoba basins including the Saskatchewan River, Whiteshell lakes area, and northern Manitoba. With the exceptions of

Dauphin Lake and Lake St. Martin, most Manitoba lakes, including Lake Winnipeg and Lake Manitoba, are projected to remain within operating ranges after the spring run-off, the release said.

The report notes that soil moisture conditions at freeze-up play a major roll in the likelihood of flooding come spring.

"Due to normal to below normal summer and fall precipitation, the soil moisture at freeze-up is normal to below normal for most Manitoba basins," it says. "Some localized areas in central Manitoba and in the Interlake region have above normal soil moisture."

"The soil moisture is normal to below normal for the Red and Souris River basins (including the U.S. portions of the basin), the Assiniboine River, Qu'Appelle River, Saskatchewan River, Winnipeg River and northern Manitoba basins."

Winter precipitation has also been generally below normal in much of central and southern Manitoba, save for southeastern Manitoba which saw near-normal levels. The northern part of the province saw normal to above



STANDARD FILE PHOTO

If Mother Nature cooperates, we may avoid sights like this come spring thaw. Last year much of the Pembina Valley was under water due to overland flooding, but right now the flood risk is low to moderate, according to the province's latest flood outlook.

normal levels, as did the U.S. portions of the Red River and Souris River basins.

"The magnitude of the spring runoff on Manitoba's rivers is still very dependent on weather conditions from now until the spring melt and during the spring melt period," the report stresses.

Too much precipitation, the frost depth at the time of runoff, and the timing and rate of spring thaw and peak flows in Manitoba, the United States, Saskatchewan, and Ontario could all paint a very different picture over the next few weeks.

"A late thaw and spring rainstorms could result in a rapid snow melt that increases overland flooding and flows

on tributary streams and larger rivers," the report says.

The province is already taking flood mitigation steps, including conducting normal spring ice cutting and breaking work along the Red and Icelandic rivers over the next few weeks to reduce ice jam related flooding.

The Red River Floodway is expected to be activated this spring under unfavourable future weather conditions to reduce water levels within the city of Winnipeg. Some operation of the Portage Diversion is also anticipated to prevent ice jamming on the Assiniboine River.

Another flood outlook is expected later this month.

Applications now open for \$10,000 grant through Hensall Co-op

Submitted

Hensall Co-op, along with the staff and Board of Directors, are excited to announce another year of the Strong Communities Initiative. The Hensall Co-op Strong Communities Initiative provides a one-time grant to projects that fill a strong need in the community and priority is given to projects that are focused on Community Health and Healthy Living. A \$10,000 grant is awarded to the project(s) that are completed by a not-for-profit entity, registered with the CRA as a charity, and have been operating for over 12 months.

The key criteria are as follows:

- Applications are accepted from Canadian Community-based not-for-profit organizations in the Hensall Co-op trading area that support the broader community
- Funding of a project that will have a long-term impact on the community (i.e., not for normal operations)
- Project has a clear and measurable benefit to the community

- The project fills a strong need in the community; not for the benefit of a single individual

- The organization has demonstrated that they can sustain the initiative to the end of the project

- Priority will be given to organizations that have not received a large-scale sponsorship/donation in the past five years

- Our employees have identified that Community Health and Healthy living are important to them, therefore, we will give priority to projects in the area of Health and Healthy living

- The organization must also be registered with Canada Revenue Agency as a charity, have a bank account in its own name and have been operating for over 12 months More details related to eligibility criteria are outlined in the application form which is available here <https://hensallco-op.ca/blog/strong-communities-initiative-2023>.

Application Deadline: May 31st, 2023



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Glen and Pat Lowry honoured with RBWD Watershed Award

By Lorne Stelmach

It has always been important to Glen Lowry to make his Darlingford area farm a sustainable operation.

It is vital to him to be environmental conscious with what is a fourth generation family operation that consists of 320 acres of rolling topography with bush and sensitive wetlands as well as airable farmland.

In recognition of the outstanding contributions and the impact that he and his wife Pam have had and are continuing to have on the landscape, the Redboine Watershed District have presented the Lowrys with the 2023 RBWD Watershed Award. They will be recognized at the Manitoba Association of Watersheds Annual Conference in Brandon in December.

"It's quite an honour to be recognized," said Lowry, who was also awarded the 2023 Manitoba Beef Producers Environmental Stewardship Award. "I know there's lots of people doing lots of good things out there ... so it's very humbling.

"What motivates me is to improve the land and make the cows healthier and the land healthier. If the cows are healthy, and the land is healthy, hopefully we can pay the bills and make some profit and leave the land in better condition."

After he took over the family farm in 1984, it became evident they enjoyed the cattle more than the grain farming. As a result, all the farm acres were committed to grasslands for grazing the cattle. Currently the Lowrys have a commercial 80 cow-calf pair operation, calving on grass from May to June.

In trying to stay in tune with nature, the Lowrys took a holistic farm management course and implemented those practices. They use an intensive rotational grazing system, often moving the cattle daily. The cows are never confined and are typically on grass throughout the entire year. Their winter feeding consists of bale grazing or, depending on availability, hay feeding cows on the paddocks.

They have seen great improvement in their grasslands with natural fertilizer, and this in turn results in increased production, increased grass pounds per acre and healthier cattle and healthier soil.

"Our intention was simply to produce more grass on our land and make the land itself healthier," said Lowry. "When you can produce a large amount of grass by a little bit of management, it's very rewarding to myself ... we're just doing our own thing, and it's good for the environment as well."

Through collaboration with Manitoba Habitat Heritage, the Lowrys have also constructed five water retention sites for off-site solar watering systems that will be installed this year. These systems will provide fresh water for the cattle energy-free, with the bonus of keeping the livestock out of the sensitive wetlands.

In 2019 they teamed up with Dr. Aaron Glenn from Agriculture and Agri-Food Canada to research carbon sequestration, methane and CO2 emissions from the cattle, and this is one of three sites in all of Canada that is conducting this research.

Thus far, the results are showing the



STANDARD PHOTO SUBMITTED

From left: Redboine Watershed District Watershed Award winners Pam and Glen Lowry with RBWD board chair Marshall Piper.

carbon sequestration benefits from the grazing strategies outweigh the negative effects from methane emissions from the cattle.

"As part of the AAFC Living Lab Eastern Prairies project I am thrilled to be working with Glen and Pam Lowry studying the carbon fluxes of their innovative rotational grazing system," said Glenn.

"Being early adopters of this beneficial management practice, the Lowrys are excellent stewards of the land and positive role models in the cattle ranching community. We hope the data collected during our time there

will help them document and highlight the benefits they are having on the air, soil, water and biodiversity on their farm."

"We will continue working to improve the land, water, grasslands, environment and watershed," said Lowry, who is a member on the RBWD Tobacco-Shannon Creek sub-district.

"I would like all cattle producers to just have a look at their own operation and see if they can make improvements themselves because it's good for their own operation, it's good for the bottom line and for the environment as well."

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Spring break classes for kids at Golden Prairie Arts Council

By Autumn Fehr

Kids, your spring break just got better!

This year's school break, from March 28 to 31, the Golden Prairie Arts Council (GPAC) will host art classes for elementary school kids.

GPAC has an evolving vision of enlightening the community through the creative arts.

There will be three workshops to choose from this year: pottery hand-building, tie-dye, and paint your own garden stone.

The pottery hand-building workshop will be on March 28, 29, and 31 from 10:30 a.m. to noon. The class accommodates ages seven to 12. Regis-

tration fees are \$75 a person.

The tie-dye class will be held on March 29, and 30 from 1:30 to 3 p.m. Ages six to 12 are welcome to sign-up for this one. Registration fees are \$25 a person.

The paint your own garden stone workshop will occur on March 28 from 2 to 3 p.m. It also accommodates ages six to 12. Stone painting is \$10 a person.

If you want your kids to experience all three workshops and you are looking for a deal, GPAC offers a bundle price of \$100.

The deadline to register is March 17. All supplies for workshops are included in the price.

Carman Collegiate presents Charles Dickens's Oliver Twist

By Autumn Fehr

This weekend, kick your feet back and enjoy a classic on stage at Carman Collegiate.

On March 10 at 7 p.m., Carman Collegiate will kick off its production of Charles Dickens's *Oliver Twist*, adapted by Mickey Coburn. The matinee will be on March 11 at 1 p.m.

Oliver Twist tells the tale of an orphan boy who runs into the wrong crowd of juvenile pickpockets called Fagin's gang. The story follows his life as he reconnects with the family he still has.

Students from the drama class and some students taking it as an extra-curricular will be the show's stars, on stage and behind the scenes.

Dawson Cummer is in charge of lighting and sound. It is his first time being a part of a major production.

He is excited to see how everyone works together through the hard work and dedication they've all been putting into the production so far.

Not all students from the drama

class will be starring in the production, but instead, they will be involved in helping out with behind-the-scenes aspects of the show, such as making props and painting backdrops.

Sierra Orchard is the stage manager of the production. Like Cummer, it is her first time being a part of a major production. Orchard ensures everyone knows what they are doing, helps them if needed, and keeps things organized, like make-up and costumes. On production day, her job is to ensure everyone knows what is happening.

Rylie Cox plays Nancy, a member of Fagin's gang. This is Cox's first rodeo in the world of theatre. Before COVID-19, she participated in the school's production of *A Christmas Carol* a few years ago.

"I'm excited to see it all come together on stage with the set and all the props because we haven't had our set on the actual stage yet," said Cox.

Kim Deamel, Brandon Kipe, and Jaylyn Sigurdson are the teachers overseeing the production. Deamel

and Sigurdson are the drama class teachers for Grades 9 and 10 at the Collegiate, but Sigurdson has since moved positions in February but will still be assisting with the production. The vice principal, Evan Williams, is also helping out with lighting and sound.

The main director, Mr. Kipe, chose *Oliver Twist* as the production.

"We haven't done a classical drama production in a couple of years, especially because of COVID, so it's why we chose this theme," said Sigurdson.

Right before winter break, students had auditions. Then, on Jan. 5, when students came back to school from the break, they started to practice for the big show. Students have been running their lines during lunch on Mondays, Wednesdays, Fridays, and Saturday mornings.

Dress rehearsal is March 10 in the afternoon in front of the school.


Tickets are \$10 each and are available in advance at the Collegiate office or the door on the day of the productions.

Carman Collegiate Presents

Charles Dickens

Oliver Twist

Adapted By Mickey Coburn



At the Carman Community Theatre

March 10th @ 7:00 PM
March 11th Matinee @ 1:00 PM

Tickets \$10

Tickets available in advance at the Collegiate office
Or at the door

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Miami School Celebrates I Love to Read Month

By Ty Dillelo

Over the course of the month of February, Miami School's K-8 students celebrated I Love to Read Month. It was a very busy month filled with plenty of activities for the students to promote and encourage reading.

I Love To Read Month started off with a kick-off assembly, which explained the fun activities planned for students and the prizes available. The first guest reader to the kids was Vice Principal Mr. Doell, who read "All Are Welcome," reinforcing this year's theme, "Stories Connect Us: We Are More Alike Than Different."

All students received a checklist of activities that they strived to accomplish. Some of these activities included reading in a comfortable chair, visit a local library, complete three random acts of kindness, play a board games, and cooking a family recipe.

"Students placed their names in classroom draw boxes each time they completed a task," said Angela McCullough, Grade 5 teacher at Miami School. "If they completed the entire list, their name was placed into a draw box in the library for another opportunity to receive a prize."

Dress-up days and multi-grade activities were also included for I Love To Read Month. One theme was "Read Under The Stars," where students brought flashlights and read in the gym, along with the theme reading keeps you warm as the kids wore toques and sweaters. Other events were "Wild About Reading," where students wore animal print. "Surfs up for Reading Day," where students read on towels with Hawaiian attire. Another event was "Snuggle up and Read Day," and for that one, students wore their pyjamas, brought a stuffy, and blanket to read.



Guest Reader, Brittney Mikolayanko, from Manitoba Advocate: Stand Up for Children and Youth

Throughout the month, Miami School had guest readers visit the school or read virtually. A few sports guest readers were Denton Mateychuk, Kate Heppner, Reid Dyck and Owen Pickering. Nancy Swain from Access Credit Union and Brittney Mikolayanko from Manitoba Advocate: Stand Up for Children and Youth, provided students with insight into their career and their importance within the community.

At the K-6 windup, Miami School's principal, Mrs. Chevalier, was the guest reader and helped do the draws for prizes that ranged from books and school items.

The Middle Years (5-8) students had an additional incentive to participate in I Love To Read Month activities. Throughout the month, students received a ballet each time they completed a checklist task, and then names were drawn throughout the month of February.

"These students then chose a marble from a selection of ones that were various colours with unique names;



STANDARD PHOTO BY ANGELA MCCULLOUGH

Over the course of February, Miami School's K-8 students celebrated I Love to Read Month. It was a very busy month filled with plenty of activities for the students to promote and encourage reading. "Surfs up For Reading Day" – Beach Towels and Hawaiian Attire

Dragon Egg, Poseidon's Revenge, Windex, and Speedy Sage were a few marble names," said McCullough. "At our windup, students' names that had been drawn throughout the month raced their marbles on a runway. The winner of the race received a prize."

As you can probably see, Miami School's students and staff enjoyed I Love To Read Month just about as much as they possibly could. The month was all about celebrating and promoting reading, and Miami School did a smashing job for 2023.



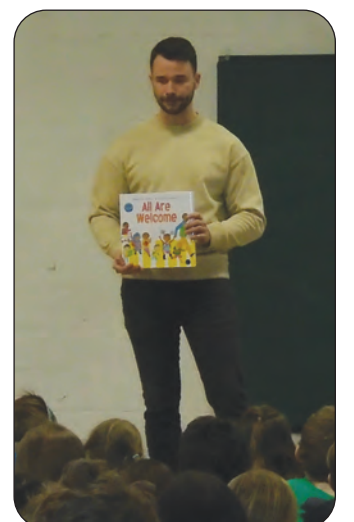
Guest Reader, Nancy Swain, Access Credit Union



"Read Under The Stars" and "Reading Keeps You Warm"



I Love To Read Wind-Up, Miami School Principal, Mrs. Chevalier, read Perfectly Norman by Tom Percival



Kick-off Assembly, Vice Principal, Mr. Doell, read "All Are Welcome", by Alexandra Penfold and Suzanne Kaufman.

Nominations now open for Canada Volunteer Awards

By Jennifer McFee

Do you know a volunteer, business, social enterprise or not-for-profit that is making a difference in your community?

If so, perhaps you'll consider nominating this worthy person for a Canada Volunteer Award.

The Canada Volunteer Awards celebrate Canadians who make a difference, explained Brenda Martinussen, a representative for the Prairies on the National Advisory Board.

"They recognize the outstanding contributions of volunteers, businesses and innovative not-for-profit organizations in improving the well-being of people and communities," she said.

"Volunteers support services and organizations who have a direct impact on the lives of Canadians across a wide range of fields — education, arts and culture, sports, health care, the environment, animal care — the list goes on. They dedicate their time, energy and resources to make a difference, to have a positive impact and to address social challenges."

Martinussen draws attention to a 2018 Statistics Canada's general social survey on giving, volunteering and participating. According to the survey, 79 per cent of Canadians aged 15 and older reported volunteering in 2018, and they dedicated about 5 billion hours to their volunteer activities.

"Many not-for-profits would be unable to function or do all the work they do without volunteers. So many community initiatives are rooted in the work of volunteers. If we stop to think of all the things that would not be done without volunteers, we start to see the impact of their efforts," she said.

"Volunteers do not volunteer for recognition. However, I think that whenever possible, it is important to recognize and show appreciation for individuals who are taking time out of their lives to help improve the life of someone else. Volunteers make our communities better places. Even the smallest tasks can make a big difference in the lives of others."

When you nominate someone, it's a way to thank them for their involvement in the community, she added.

"Rural Manitoba has some incredible communities with incredible volunteers supporting them," she said.

"As a Prairie representative, I love seeing volunteers from rural areas nominated. Just because we are from small communities does not mean our work does not have a great impact."

Martinussen challenges all readers to think of someone in their community who could be nominated.

"Maybe there is someone who is known as the go-to person to get things done in their area. Maybe this is more formally through their support of a seniors' organization, a hall board, 4-H, a community club or their local library. Or maybe it is informally — they are always there to help in a emergency to start a food or clothing drive for a family in need, they lead sandbagging when a flood is threatening, or they deliver groceries to their elderly neighbours on a regular basis," she said.

"Often, you find people who do both. Our volunteers are worthy of being recognized. Nominating someone shows them that their efforts and time are appreciated and that the value in the work they are doing is noted."

Similarly, nominating a business or organization can provide much-appreciated boost.

"At a local level, being nominated can help raise the profile of a not-for-profit, social enterprise or business. Aside from this increased visibility, award recipients will be asked to identify a not-for-profit organization in Canada to receive a grant of \$5,000 for the regional awards and \$10,000 for the national award," Martinussen said.

"Individuals and organizations will be recognized at a national ceremony. They receive a certificate signed by the prime minister as well as a label pin. They also take part in a session for sharing best practices in volunteering."



For Martinussen, she knows firsthand the importance of volunteering, which is why she's happy to serve as a Prairie representative for the National Advisory Board.

"I was raised to appreciate the value of giving back to others. I personally try to volunteer in a role that is meaningful to me at each a local, provincial and national level. After my other provincial and national volunteer commitments came to an end, I was looking for another way to make an impact. When this opportunity came up, it seemed like a great fit," she said.

"I have always been a firm believer in volunteering and supporting one's community, and I also believe in recognizing and appreciating the work of others. With this appointment, I was able to be a part of showing appreciation and recognition for people and organizations who are really making an impact in their communities."

NOMINATION CATEGORIES

Nominations will be accepted until April 26 in four regional categories as well as one national category.

The national Thérèse Casgrain Lifelong Achievement Award recognizes dedicated individuals who have volunteered for at least 20 years and have inspired other volunteers, led volunteer groups or made other exceptional achievements through volunteering.

For the regional awards, one award will be given in each region (Atlantic,

Quebec, Ontario, Prairies, and British Columbia and the North) for each of the following categories:

- **Community Leader** – recognizes outstanding individual volunteers or groups of volunteers who have taken a lead role in developing solutions to social challenges in communities. This category does not include not-for-profit organizations or registered charities.
- **Emerging Leader** – recognizes volunteers between the ages of 18 and 30 who have demonstrated leadership and helped to build stronger communities.
- **Business Leader** – recognizes businesses that demonstrate social responsibility in their practices, including promoting and facilitating volunteerism locally, regionally and nationally, as well as for-profit or not-for-profit social enterprises dedicated to creating social, cultural or environmental benefits for their communities.
- **Social Innovator** – recognizes the contributions of not-for-profit organizations, including not-for-profit social enterprises, that find and use innovative approaches that address social challenges in their communities.

For more information or to submit a nomination, visit www.canada.ca/en/employment-social-development/programs/volunteer-awards.html.

> \$10-A-DAY CHILD CARE, FROM PG. 4

- provided \$60 million in quality enhancement grants to child-care facilities to support infrastructure improvements, curriculum development and workforce retention.

Affordable child care provides choices for individuals and families. A provincewide early learning and child-care plan means ensuring all families have access to quality, professional and affordable child care in

their community and to meet this need the Manitoba government has:

- provided a further \$1 million to almost \$140 million in annual provincial funding to support affordable child care for families, with the additional funding ensuring the \$10-a-day child care covers a regular day of care for school-aged children;

expanded net household income thresholds for the Child Care Sub-

sidy Program by 45 per cent in 2022, allowing more families to have child-care fees reduced; and

provided a \$72-million parent fee advance to reduce parent fees through child-care centres.

"Our government is working diligently to ensure every Manitoba child and family can access high-quality, affordable, inclusive early learning and child care across the province. We look forward to continuing our work to establish Manitoba's child-

care system as one of the most affordable in the country," said Stefanson.

For more information about early learning and child care in Manitoba, visit: www.manitoba.ca/childcare.

For more information about the Canada-Manitoba Canada-Wide Early Learning and Child Care Agreement, visit: www.canada.ca/en/early-learning-child-care-agreement/agreements-provinces-territories/manitoba-canada-wide-2021.html.

get inspired

> MEAL IDEAS



Vegan Brownies

1 1/2 cups all-purpose flour
1 tablespoon baking powder
1/4 cup cocoa powder
2 teaspoons vanilla extract
flaky sea salt, for garnish

To make prune puree: In blender, combine prunes and water. Pulse to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary.

Store puree in airtight container in fridge up to 4 weeks.

To make brownies: Preheat oven to 350 F. Line 9-by-9-inch baking pan with parchment paper then lightly grease with nonstick cooking spray.

Using double boiler, melt chocolate and olive oil. Whisk in sugar and prune puree; mix until dissolved.

Into large bowl, sift flour, baking powder and cocoa powder. Gently fold in chocolate and prune mixture then add vanilla.

Spread batter in prepared pan, sprinkle with flaky sea salt and bake 20-25 minutes, or until top starts to look dry and brownies are just beginning to pull away from sides of pan.

Cool in pan. Remove then cut brownies into 3-inch squares.

Prep time: 10 minutes
Cook time: 25 minutes
Servings: 9
Prune Puree:
16 ounces pitted California prunes
1/2 cup hot water
Brownies:
nonstick cooking spray
6 ounces unsweetened chocolate
1/2 cup California extra-virgin olive oil
2 cups light brown sugar
10 ounces California prune puree



Protein Packed Sausage Breakfast Muffins

1 cup protein pancake mix
Preheat oven to 350 F. Spray 12-cup muffin pan with nonstick cooking spray. Set aside.

In skillet over medium heat, cook sweet onion until translucent. Add turkey sausage and cook until no longer pink. Remove from heat.

In large mixing bowl, lightly beat eggs. Add shredded cheese, pancake mix and cooked sausage; mix well.

Fill prepared muffin cups about 3/4 full with mixture. Bake 18-20 minutes, or until golden brown on top.

Recipe courtesy of Healthy Family Project
Nonstick cooking spray
1 sweet onion, diced
1 pound turkey sausage
4 eggs
1/2 cup shredded cheddar cheese



A St. Patrick's Day Sandwich
(Culinary.net)

In honor of the day when everyone is Irish, welcome family and friends to a traditional St. Patrick's Day lunch with this Reuben Sandwich recipe.

Find more seasonal recipes at Culinary.net.

Reuben Sandwich

Servings: 2
2 tablespoons butter, softened
4 slices rye and pumpernickel swirl bread
4 slices Swiss cheese
6 ounces corned beef
2 tablespoons, plus 2 teaspoons, Thousand Island Dressing, divided
4 tablespoons sauerkraut
Heat nonstick skillet over medium heat.
Spread 1 tablespoon butter on one side of two

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

A monkey attacked my face with his claws. (Metaphor. I live nowhere near monkeys.) My lips stuck out like a duck; all tensed up. (Simile. I am not a duck. I just looked like one.) I had a toothache in a cluster of my teeth that was both unbearable and unfamiliar. Sometimes the top teeth, sometimes the bottom. Mostly the right side, but the left was not immune. What to do?

Pay attention.

They'd ask me to describe the pain if I needed a dentist or doctor. Sharp? Dull? Throbbing? Constant? Or ebb and flow? Does anything make it better or worse? Position? Heat? Cold? etc.)

Here are more questions they often ask: Did it come on suddenly,

or was it more gradual? Does it radiate? On a scale of 1 – 10, 10 being the worst pain you've ever felt, how would you rate it? Does a cuddle from your puppy help? (Just kidding. That always helps.)

Make some notes on your phone or even with a pen and paper. (If you can find a pen and paper. Technology is taking over the world. But hey, there's always eyeliner and loo roll, right?) Take your notes with you when you go to your appointment. You might think you'll remember it all, but if your memory is anything like mine, you won't.

Going to the doctor with your answers preprepared saves time (giving the doctor more time to help you solve the mystery) and helps them gain respect for you as a patient. They'll better trust that you have a good sense of your body and the problem. This will help them take you seriously.

So...did you know that fibromyalgia can settle in your face? Also, I need a mouthguard because my overthinking and stressing about life and, well, monkeys, are rubbing my teeth raw.

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss_stress, and at www.lesshealthstress.com where you can sign up for Convoos with Carlos – 1 Care, 1 Quote, 1 Question to get weekly support to your inbox.



Savory English Muffins

1 tablespoon light cream cheese
1 tablespoon crumbled turkey sausage, sauteed
1 egg
1 tablespoon basil, finely chopped
1 tablespoon balsamic glaze
Toast English muffins and top with desired combinations of toppings, such as: guacamole, tomatoes and cilantro; cream cheese, tomatoes and turkey sausage; or egg, tomatoes, basil and balsamic glaze.

Recipe courtesy of Healthy Family Project
English muffins
guacamole
cherry tomatoes
1 tablespoon cilantro, finely chopped

bread slices. Place buttered side down in heated skillet. Add two slices cheese to each bread slice. Spread 2 tablespoons dressing over cheese slices. Add 3 ounces corned beef to each bread slice.

Spread 2 teaspoons dressing over corned beef. Spread 2 tablespoons sauerkraut over corned beef.

Spread remaining butter on one side of remaining bread slices. Place buttered side up on top of sauerkraut.

Cook 4-7 minutes each side, flipping once, until golden brown and cheese is melted.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Carman athletes compete at Simplot Games

By Ty Dilello

Carman Collegiate students Sara Gross (Grade 11) and Nate Phillips (Grade 10) recently participated in an international track meet, the Simplot Games, in Pocatello, Idaho.

Gross and Phillips were chosen as two of ten athletes from Manitoba to compete in the 43rd Simplot Games at Idaho State University's Holt Arena.

"We are both a part of Carman's track club, Last Mile Athletics Club, where we train every morning with our coach Lyle Myers," said Gross. "This trip was unlike any race I've ever been to. The sheer size and diversity that was at Simplot was incredible, as there were over 2,000 athletes that competed in the games."

The annual J.R. Simplot Company-sponsored event has become one of the United States' premier high school indoor track and field events since it was first held in 1979.

Although the 2,000 athletes from 20 different states, Canada, New Zealand and Australia, who travel to Pocatello come to shine under Holt Arena's bright lights, the Simplot Games weekend itself is about more than just standing atop a podium.

The Simplot Games is unique because it is an open meet, which means athletes do not need a certain qualifying time or distance to be able to compete. Everyone is welcome at the Games, which allows high school athletes from all over North America to compete and have fun.

Gross' race at the Simplot Games was 1,600 metres, and it was her first time racing this distance, as it is typically 1,500 metres in Canada. She ended up placing 72nd out of 158 runners. Nate Phillips raced in the 3,200-metre event and placed 36 out of 80 with a time of 10:19.

"We raced on a temporary wooden track inside the Holt Arena, which is an indoor football stadium," said Gross. "The track had intense banks causing steep angles and a drop off into the inside of the track. Both the track and the fact that Pocatello had an elevation of 4462 feet made conditions challenging."

Gross noted that Simplot puts an immense amount of work into organizing this annual event. They ensured the races started on time and provided plenty of seating and good film coverage. Pocatello is surrounded by



STANDARD PHOTOS SUBMITTED

Carman Collegiate students Sara Gross (back row, fifth from the left) and Nate Phillips (front row, middle) recently participated at Simplot Games in Pocatello, Idaho.



Gross in fourth place.

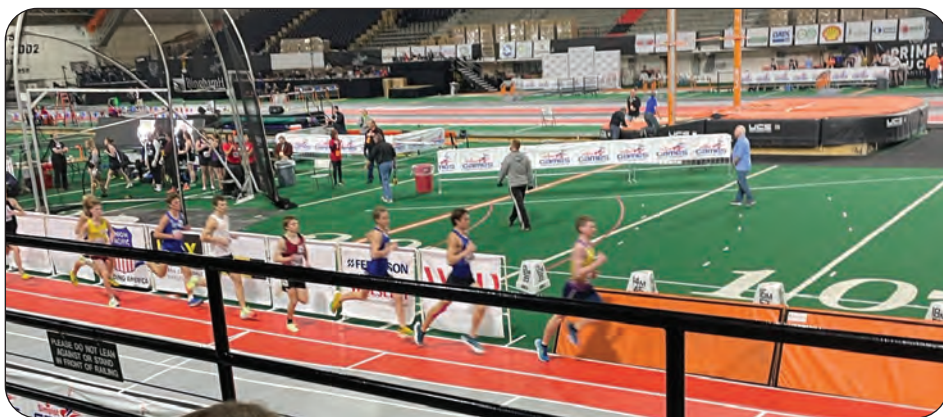
mountains, which provided a different scenery than rural Manitoba.

"It was a long trip to fly into Salt Lake City and then bus to Pocatello. After a couple of hours of waiting for missing luggage to be found, we were finally able to start the nearly three-hour bus ride to Pocatello. Once we arrived, we stayed at hotels not far from the track."

The variety of bus rides and multiple flights made for quite the adven-

ture for Gross and Phillips. Throughout the trip, they got to bond with our other Manitoban teammates and socialize with athletes from all over North America.

"Nate and I can both agree that we had a lot of fun on this trip, and we hope to be able to compete at the Simplot Games again next year. It provided an amazing athletic experience for the two of us."



Phillips in the lead.

Twisters fall to Victorias, beat Royal Knights

By Lorne Stelmach

The Pembina Valley Twisters had their winning streak halted at four games but then rebounded this past week in MMJHL action.

The sixth place Twisters were outplayed in an 8-3 loss to third place St. Vital Thursday before edging second place River East 2-1 Sunday.

Things came apart in the final frame

against St. Vital as the Victorias scored five times in the third period after leading 3-1 after 40 minutes.

Brett Bergman, Nico Vigier, and Ry-lan Thomas scored for the Twisters, while Matt Grysiuk made 33 saves with St. Vital holding a 41-25 edge in shots on goal.

Kyle VanDenyze scored the winner on a powerplay at 13:41 of the third

period to help the Twisters edge River East.

Riley Goertzen scored his team-leading 26th of the season earlier in the third period to tie it up, and Logan Enns made 36 saves as Pembina Valley was outshot 37-31.

The Twisters have a playoff spot secured as they sit in sixth place at 20-15-3-3 for 46 points. They are a full 10

points ahead of Transcona and three back of Fort Garry Fort Rouge and five behind Charleswood, who welcome Pembina Valley for a key game this Friday before the Twisters then visit St. Boniface Sunday afternoon.

Pembina Valley will wrap up the regular season against Transcona March 17 and the Raiders March 19.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Hawks advance to semi-finals against Bruins

By Lorne Stelmach

A three game sweep of their quarter-final series now has the male Pembina Valley Hawks in the Manitoba U18 semi-finals starting this weekend.

The Hawks knocked the Yellowhead Chiefs out of the running with a 5-3 victory in game one last Tuesday, a 5-2 win in game two Thursday, and then a 4-1 victory to wrap it up Saturday.

Two goals, including a shorthanded marker in just over a minute in the latter half of the third period by Ty Love, got the win for the Hawks in game one of the series in Morden.

Also scoring twice was Marek Miller, while Sam Delaquis contributed a single.

Raiden LeGall got 37 saves as Pembina Valley held a slight 41-40 edge in shots on goal.

The Hawks then scored three unanswered first period goals and went 2 for 7 on the powerplay in Shoal Lake to win game two 5-2.

Carter Campbell led the way with a hat trick, with Marek Miller and Sebastian Hicks also scoring for the Hawks, while Bryson Yaschyshyn made 35 saves as the Chiefs outshot Pembina Valley 37-30.

In game three in Morden Saturday, the Hawks were clinging to a 2-1 lead when they scored twice in 21 seconds



PHOTO BY RICK HIEBERT

Pembina Valley Hawks captain Carter Campbell celebrates another goal in the third period last week Tuesday in game one of the quarter-final series, which the Hawks won 5-3. They went on to take games two and three as well to knock the Chiefs out of the playoffs.

within the last two minutes to close it out.

Kam Thomas scored twice and Carter Campbell and Cedrik Robidoux each scored once that night. LeGall made 34 saves on 35 shots on net. His teammates fired 33 the other way.

The third ranked Hawks now take on the second place Winnipeg Bruins,

and this semi-final could be a close, hard-fought match-up.

The two teams faced each other four times in the regular season, each skating away with two close wins.

On one side is regular season scoring champion Hayden Moore of the Bruins, while on the other end is MVP and top goaltender LeGall backstop-

ping the Hawks.

The series kicks off in Winnipeg Friday and then comes to Morden for game two on Sunday

The league's other semi-final series has the Brandon Wheat Kings up against the Winnipeg Wild.

Team 'Toba brings home 19 Games medals

Staff

Team Manitoba brought home 19 medals from the 2023 Canada Winter Games.

After two weeks of competition in Prince Edward Island, Manitoba's athletes returned home this week with six gold, six silver, and seven bronze medals.

Winnipeg speed skater Sofia Bieber contributed a trio of first-place finishes and one silver medal to that tally.

Also winning gold were archers Chyler Brynn Sanders and Ryder Wilson and figure skating team Keith Lau and Julia Xiao.

Winning silver was the Manitoba table tennis female doubles team, the female team pursuit team in speed skating long track, the team mix in archery recurve, Cheryl Cheung in épée fencing, and Khloé Lessard-Kulchyski in sabre fencing.

Bronze medal winners included Jesse Bachinsky in cross country skiing, Avery Pampolina in judo, Matias Enciso in épée fencing, Daniel Ekosky in judo, Ryan Cherniak in archery, Emily Love in archery, and the team mix in archery compound.

Athletes representing our area at the Games included:

- Cross country skiing: Isaiah Vanden Berg (RM of Stanley) William

Vanden Berg (Winkler) Hezekiah Hoepfner (Thornhill), Kate Sawatsky (Altona), Gideon Hoepfner (Stanley), Mia Sawatsky (Altona), Naomi Wiens (Morden), and Benjamin Wiens (Morden).

- Curling: Altona's Gillian Hildebrand, Piper Stoesz, Dayna Wahl, Anna Ginters, and coach Keith Stoesz.

- Figure skating: Alison Convery (Morden) and Jorja Best (Carman).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Dunstone representing Manitoba at Tim Horton's Brier

By Ty Dilello

The 2023 Tim Horton's Brier is being held this week in London, Ontario, at the Budweiser Centre, from Mar 3-12. The games will all be shown on TSN throughout the week.

Fort Rouge's Matt Dunstone (featuring Gimli's B.J. Neufeld and Colton Lott) will be playing as Team Manitoba, while Reid Carruthers of the Morris Curling Club will be entered at Team Wild Card #2.

Carruthers is just returning from coaching Gimli's Kerri Einarson to her fourth straight Scotties win, but is prepared for another long grind of a week.

"The Brier is one of those events that you can always get up for," said Carruthers. "We know it's going to be a long week, and hopefully, that's a good thing because it means that we'll be winning some games and are in the hunt."

Skip Brad Gushue and his Newfoundland team won the 2022 edition and will represent Team Canada at the event. This year's Brier will follow the same format as the past two editions that includes Team Canada, the fourteen Canadian curling member associations and three Wild Card teams that will be the top three teams that did not qualify from their provincial playdowns based on CTRS standings.

Other teams in the field are Alberta's Kevin Koe, Newfoundland and Labrador's Nathan Young, Northern Ontario's Darren Moulding, Northwest Territories Jamie Koe, Nova Scotia's Matthew Manuel, Nunavut's Jake

Higgs, Saskatchewan's Kelly Knapp, British Columbia's Jacques Gauthier, New Brunswick's Scott Jones, Ontario's Mike McEwen, Prince Edward Island's Tyler Smith, Quebec's Felix Asselein, Yukon's Thomas Scoffin, Wild Card #1's Brendan Bottcher, and Wild Card #3's Karsten Sturmay.

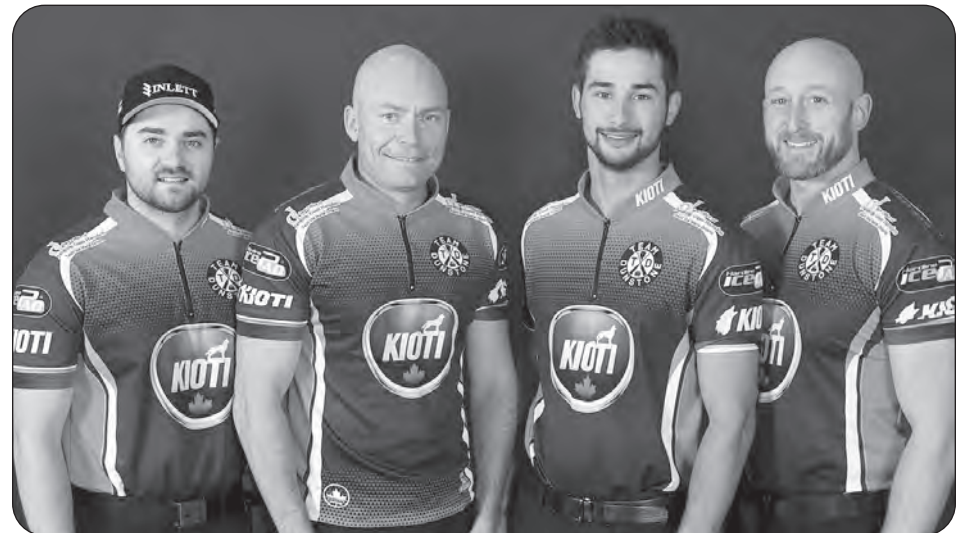
East St. Paul's Kyle Doering throws second stones for Team Wild Card #3's Karsten Sturmay and is looking forward to competing in his first Brier.

"It's something I've always dreamed of playing, so, of course, I'm very excited at being in the Brier," said Kyle Doering. "I would have liked to qualify the traditional way of winning an actual province for my first time, but we'll certainly take the Wild Card. I can't wait for the event to get going."

On a sad note, this will be the final Brier where Tim Hortons will be the primary sponsor of the event. The winning team from the Brier will represent Canada at the 2023 World Men's Curling Championship on home soil at TD Place Arena in Ottawa, Ontario.

As of Monday night, Team Dunstone had defeated Saskatchewan 9-3, Nunavut 14-2 and Northwest Territories 10-4.

Meanwhile, Wildcard #2 (Carruthers) lost their first one to Northern Ontario 4-6, but rebounded with an 11-7 win over Northwest Territories and 7-6 over Newfoundland and Labrador. Unfortunately the lost to Alberta 7-9 Monday morning before facing off against Dunstone Monday night. No score was available as of press time.



PHOTOS BY CURLING MANITOBA

The 2023 Tim Horton's Brier kicked off at the Budweiser Centre in London, Ontario last Friday. Fort Rouge's Matt Dunstone (featuring Gimli's B.J. Neufeld and Colton Lott) are playing as Team Manitoba. Left to right, Matt Dunstone (skip), B.J. Neufeld (third), Colton Lott (second) and Ryan Harnden (lead).



Reid Carruthers of the Morris Curling Club is entered as Team Wild Card #2. Left to right, Rob Gordon (lead), Reid Carruthers (skip), Derek Samagalski (third) and Connor Njegovan (second).

Bombers to face Ste. Anne Aces in semi-finals

By Ashleigh Viveiros

The Morden Bombers came out on top in their best-of-five semi-final series against the Warren Mercs last week.

Morden bounced back from Warren's game two overtime win to retake the series lead 2-1 with a 4-3 win on March 1.

The Bombers were up 3-2 after 20 minutes thanks to a pair of goals from Adam Hughesman and a single from

Mike Rey.

Warren tied it up with the lone goal of the second period and then Jaden Townsend scored what ended up being the game-winner midway through the third.

Reed Peters made 30 saves in goal for the Bombers as Morden outshot Warren 47-33.

The Mercs had their backs up against the all in game four Friday night, needing a victory to make it to

game five.

They didn't get it.

Three goals from Rey and singles from Hughesman, Cole Penner, and Steve Mullin drowned out the two the Mercs managed to take the game 6-2 and the series 3-1.

That means Morden will now face the Ste. Anne Aces, who swept their semi-final series against the regular season champion Portage Islanders 3-0 a week earlier.

The Aces finished the SEMHL regular season in fourth place to Morden's third-place finish.

The two teams only faced each other twice this season. The Aces won the first game 12-5 while the Bombers took the second 6-4.

The best-of-seven series starts in Morden Friday night. Game two is in Ste Anne on Sunday. Game three is back in Morden next week Wednesday.

Flyers sweep home-and-away versus Steelers

By Ashleigh Viveiros

The Winkler Flyers added two more to the win column in MJHL action last week.

Last Wednesday night saw the junior team double up on the visiting Selkirk Steelers 2-1.

Selkirk had a 1-0 lead with the game's first goal eight minutes into the second period. The visitors looked poised to win it before Trent Penner managed to tie things up with just 19 seconds left on the clock in the third.

In the resulting overtime, Dalton Andrew scored the game winner at 1:42.

Malachi Klassen stood tall in net for Winkler, making 34 as his teammates outshot the Steelers 52-35.

The rematch a couple nights later in Selkirk saw a high score but a similar result for Winkler.

This time they got the win 4-2. Brody Beauchemin scored two of those, opening Winkler's scoring at the top of the second and then scoring the final goal of the game in the last minute. In between, Zachary Brault and Jayce Legaarden also scored goals in the win.

Aidan Comeau was in net for the Flyers this game. he made 36 saves as Selkirk outshot Winkler 38-26.



STANDARD PHOTO BY RICK HIEBERT

Selkirk goalie Hunter Tarves stops Winkler's Trent Sambrook in close during the overtime period last Wednesday night. Dalton Andrew managed to get the game-winning goal a shot while later to give the Flyers the win 2-1. The Flyers also won the rematch in Selkirk two nights later, this time by a score of 4-2.

Winkler remains in third place in the MGEU East Division standings with a record of 32-13-6-1 for 71 points. Ahead of them are the Portage Terri-

ers in first (84 points) and the Steinbach Pistons in second (78 points). Well back in fourth place are the Niverville Nighthawks (52 points).

This week the team heads to Portage Wednesday night and then hosts Neepawa on Saturday.

The 35th anniversary of Gehring's Paralympic silver medal

By Ty Dilello

It has been 35 years since Sperling's Bernard Gehring won a silver medal at the 1988 Summer Paralympics.

In his late 20s, Gehring was a local farmer in Sperling when he fell victim to a horrible snowmobile accident during a poker derby in Ste. Agathe.

After spending six months in the hospital, he returned to his farm in a wheelchair.

"I was just looking for something to do and was wound up in rehab for six months after my accident," said Gehring. "I met a guy in there that was an avid shooter that had a club going, which was the Manitoba Paralympic Shooting Club, so I thought id give it a shot."

Gehring had done a lot of shooting as a kid, so he kind of fell into it as a hobby later on as an adult.

"We were a small club, so we just had some competitions in Petersfield, and then we had to go to nationals and qualify there for the National Team, and every year for the four or five years I was in the club."

Gehring moved up the ranks quickly, and before long, he was headed to the 1988 Summer Paralympics in

Seoul, South Korea. Going into the Paralympics that year, Gehring was rated the number one pistol shooter in all of Canada.

Gehring competed for Canada in the mixed Air pistol team open event with Heather Kuttai and Richard Schell. The trio claimed the silver medal, just behind the gold medal-winning team from Austria.

"All of the people I went with to the Paralympics on Team Canada were very good," said Gehring. "Everyone from the coaches to shooters was all great people to get along with. Going there, you never expect to medal, but you hope for it. We were a pretty good team that had competed against the world before and did well, so it was nice to perform well when it mattered and win the silver."

Gehring dropped out of competing in shooting the next year as it was taking up too much time away from his family and farming.

In 1990, Gehring lit the torch at the opening ceremonies for the 1990 Manitoba Winter Games at the Carman Dufferin Arena.

"I was just home from the 1988 Olympics, so hence why I was se-



Bernard Gehring

lected for the 1990 Manitoba Winter Games torch lighting. We had a small torch made by Sperling Industries, so I could lean out of my wheelchair to light the large torch."

Retired from farming now, the 77-year-old Gehring has quieted down and doesn't have many hobbies. However, he has nothing but fond memories from his competitive



PHOTO SUBMITTED

Bernard Gehring lit the torch to officially open the Winter Games. 2023 marks the 35th anniversary of Sperling's Bernard Gehring silver medal at the 1988 Summer Paralympics.

shooting days.

"I didn't even know that I could shoot a pistol that well, but it obviously worked out okay."

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PUBLIC NOTICE

PUBLIC NOTICE IS HERBY GIVEN THAT the Dufferin Weed Control District intends to conduct the following Pesticide Control Program during 2023:

1. To control noxious weeds on road allowances and drains within the Rural Municipality of Dufferin.
2. To control grasshoppers.

The projected dates of application will be from May 1st, 2023 to October 31st, 2023 and the following herbicides and pesticides may be used:

2-4-D Amine, Oracle, Amitrol 240, Milestone, Tordon 22K, Diflufenzopyr (Overdrive), Aminocycloprachlor / Chlorosulfuron (Perspective), Aminocyclopyrachlor / Metsulfuron (Navius), Roundup, Startup, Chlorpyrifos (Pyrinex, Warhawk, Lorsban), LI 700, Gateway, Esplanade SC, Habitat Aqua, Arsenal Powerline, Hasten NT Ultra.

Any person wishing to complain against the proposed program may send a written submission within 15 days of this publication to the department below:

Environmental Approvals Branch
Manitoba Sustainable Development
1007 Century Street
Winnipeg, MB R3H 0W4



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2023 Gravel Hauling Tender

The R.M. of Dufferin is requesting that anyone interested in hauling gravel for the R.M. of Dufferin in the 2023 construction season contact the office as listed below for a tender package.

The R.M. of Dufferin will have the right to engage the services of any gravel hauler who has submitted a hauling quotation, which is considered in the best interest of the municipality as far as efficiency and economy. All gravel haulers must adhere to the rules established by the Council of the RM of Dufferin in the Gravel Policy and submit their sealed tender no later than March 31st, 2023 at 1:00 pm.

The municipality reserves the right to reject any and all tenders at its sole discretion; and that the lowest or any tender may not necessarily be accepted. The R.M. of Dufferin would like to thank you for your cooperation in this matter.

Sharla Murray, CMMA
Box 100, 12-2nd Ave SW
Carman, MB R0G 0J0
204-745-2301
cao@rmofdufferin.com
March 4th, 2023



Application for Tender for R.M. of Dufferin Water Pipeline Extensions 2023 & 2024.

The supply and installation of pressure pipeline, service connections, and related appurtenances all located in the Rural Municipality of Dufferin, including engineered mainline as required for the 2023 and 2024 installation years.

Tenders will be received until 2:00 p.m. on Monday, March 27th, 2023. Applications must be marked "Tender for R.M. of Dufferin Water Pipeline Extensions 2023 & 2024" and mailed to PO Box 100, Carman, MB R0G 0J0, or delivered to the Municipal office at 12 -2nd Ave SW., Carman. Tender Packages may be picked up at the RM of Dufferin Office or received via e-mail, further information may be obtained by calling the undersigned at 745-2301 or via e-mail at utility@rmofdufferin.com.

Jeanne Holmberg
Utility Supervisor
Rural Municipality of Dufferin



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

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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
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linear@lineargrain.com

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All inquiries will be kept in strict confidence.

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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.

RURAL MUNICIPALITY OF THOMPSON PUBLIC NOTICE 2023 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to Subsection 162(2) of the Municipal Act that Council for the Rural Municipality of Thompson intends to present its Financial Plan for the fiscal year 2023 at a public hearing located at:

Miami Civic Centre
530 Norton Avenue, Miami, MB
Thursday April 27, 2023, at 10:00 a.m.

Council will hear any person who wishes to make representation, ask questions or register an objection to the Financial Plan. Copies of the Financial Plan will be made available for upon request, via e-mail or telephone.

Dallas Braun, CMMA
Chief Administrative Officer
RM of Thompson
info@rmofthompson.com
204-435-2114



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OBITUARY



William Glenn Curdt
July 25, 1935 - February 4, 2023

Glenn, aged 87 years of Sperling, Manitoba passed away February 4, 2023 at Carman Memorial Hospital.

He is survived by his brother Jim; sisters Eileen and Pat and many nieces and nephews.

He was predeceased by brothers-in-law Lowell Winters and Andy Lecuyer.

Glenn was very active in the Sperling Community all his life. He served on the Council of the RM of Morris for 13 years and was on the Board of the Carman Memorial Hospital for 17 years. He served as Secretary of the Sperling Co-op for many years, and was also a member of the Sperling Volunteer Fire Department.

Glenn also enjoyed hunting, fishing and golf and socializing with his friends, especially Steve and Tom.

Glenn was also an avid gardener and would have many varieties of tomatoes etc. In the fall the whole garden would be red and green. The only thing he really regretted about moving to town was that the garden was not as fertile as the one at the farm.

Many thanks to neighbours Don and his wife Val for all their support and friendship.

He will be sadly missed by all who knew him especially Jim, Eileen, Pat and all the nieces and nephews, he was loved.

Rest in Peace, Glenn

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

OBITUARY



Heather Joe-Anne Touchette Obituary
January 23, 1958 - March 01, 2023

Heather was born and raised in the quiet community of Elm Creek, to parents Alice and Lawrence Nowakiewicz (Novak). She had two siblings, April and Mitchell.

Living in Elm Creek, Michel Touchette and Heather's love flourished, and somehow Michel convinced her to get married in 1980. Together they raised four children: Danielle (Garth), Eugene (Charlee), Nicole (Kevin), and Pierre-Andre (Justine). The family lived in Carman, Winnipeg, La Salle, and Erin (Ontario) before putting down roots in their acreage just outside Portage La Prairie in 1996. That's when Heather's passion for plants began to blossom. In a few short years, the property was transformed with many beautiful gardens. Of course, the next logical step was to open a greenhouse sharing her passion with others. Opening in 2000, Heather's Hideaway Greenhouse served her fellow plant lovers for many years, adding colour to their lives and growing lifelong friendships. Nothing was too difficult for Heather to create, like her custom pots of colour, which became part of many wedding celebrations.

Plants quickly took second place when Heather became a grandmother, and Michel took third place. Her grandchildren were her pride and joy, evidenced by the thousands and thousands of photos she took and shared with anyone she could. Grandma T. loved all her grandchildren: Jasper, Tayte, Logan, and Morley. She was (im)patiently awaiting her first grandson in June 2023. In recent years, Heather valued the time she spent traveling to see her grandchildren on Vancouver Island and Australia. Her love extended to her family pets - too many to list.

Heather was kind, caring and above all, selfless. She avoided the spotlight and preferred to elevate those around her. Her primary focus was always family. She was known for her Christmas Village, homemade wine and special family dinners. She had a special love for Canada's East Coast.

As per Heather's wishes, there will be no service. Please celebrate the way Heather would want by adding a flower pot for your deck. Love it, and every time you walk by, let it remind you of Heather and how much she enjoyed her plants. Heather will be smiling down on you, and remind you to water it.

As expressions of sympathy, donations may be made in Heather's name to Assiniboine Zoo Polar Bear Rescue and Care Team at: assiniboinepark.ca/support/donate/polar-bear-rescue-and-care-team.

A tree will be planted and cared for by McKenzies Portage Funeral Chapel.
www.mckenzieportagefuneralchapel.com

CORRECTION

The following is a correction to the Access Credit Union legal notice which was published on February 27, 2023:

NOTICE OF ANNUAL GENERAL MEETING MEMBERS OF ACCESS CREDIT UNION LIMITED (the "Credit Union")

TO: ALL MEMBERS OF THE CREDIT UNION ANNUAL GENERAL MEETING

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 Annual 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 Annual General Meeting can be found at: www.accesscu.ca.

DATED this 9th day of March 2023
ACCESS CREDIT UNION LIMITED
By Order of the Board of Directors



Your memory will live forever Engraved within our hearts

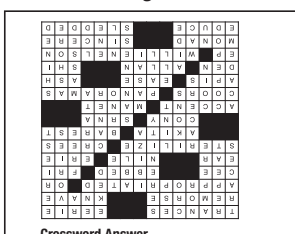
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CROSSWORD

CLUES ACROSS

1. Half-conscious states
8. Unnatural
13. Deep regret
14. Rogue
15. Taken without permission
19. An alternative
20. After B
21. Partner to flowed
22. Weekday
23. Body part
24. World's longest river



Crossword Answer

25. One of the Greats

26. Make clean

30. C. Canada indigenous peoples

31. Japanese seaport

32. Most unclothed

33. Small grouper fish

34. Soluble ribonucleic acid

35. Distinguishing sound

38. French realist painter

39. Popular beer brand

40. Views

44. God depicted as a bull

45. Relieve

46. Residue after burning

47. Habitation

48. Poe's middle name

49. Japanese title

50. TV series installation (abbr.)

51. Beloved country singer

55. Single unit

57. Genuine

58. Develop

59. Traveled through the snow

CLUES DOWN

1. Clues

2. Do again

3. Current unit

4. Neither

5. Corporate exec (abbr.)

6. Second sight

7. The absence of mental stress

8. Supplemented with difficulty

9. Stop for good

10. College dorm worker

11. Bones

12. Most supernatural

16. Spanish island

17. Unlimited

18. Where golfers begin

22. No charge

25. Print errors

27. Professional drivers

28. Kiss box set

29. Short, fine fibers

30. Administers punishment

32. Czech city

34. Normal or sound powers of mind

35. The academic world

36. Crustacean

37. Currency

38. Pastoral people of Tanzania or Kenya

40. Cloth spread over a coffin

41. Grouped together

42. On land

43. Glistened

45. A type of extension

48. One who assists

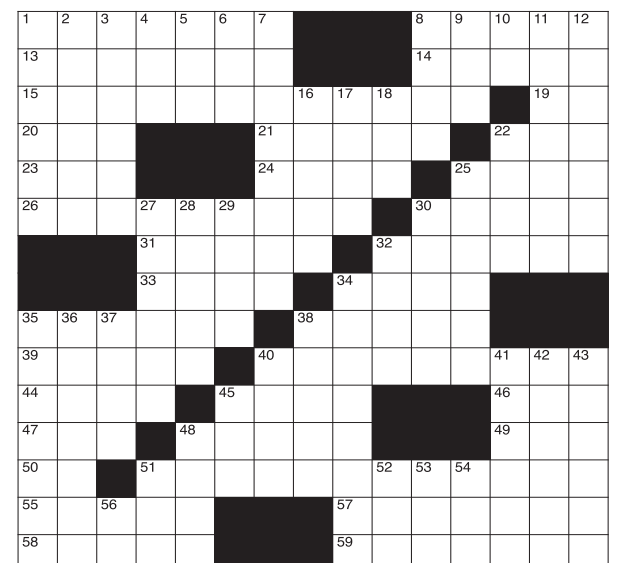
51. College sports conference

52. Zero

53. Midway between northeast and east

54. Type of screen

56. The 13th letter of the Greek alphabet



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MS Awareness Week: March 12-19



MS Awareness — Whatever It Takes

Nationally and globally, there is growing awareness about multiple sclerosis, people living with the disease and the MS movement. Together, we are working to cure MS while empowering people affected by MS to live their best lives. There is always more that can be done to spread the word, to share knowledge about research and progress in treatments, and to support those affected by MS. We can all play an important role in continuing this work. Designated national and international MS awareness campaigns are a great way to get involved, but remember that you can make a difference every day!

MS Awareness Week

Stories of life with MS are often portrayed through the everyday moments that people with MS experience. Sometimes these moments and feelings can be hard to explain in words, so people with MS often share them in the abstract. They might describe their sense that time is standing still as they wait in their doctor's office to hear the words "you have MS." Or they might share the experience of waking up in the morning and feeling as though their legs are encased in cement. Bringing these moments to life and sharing them with the world allows the stories of living with MS to be seen and understood like never before.

The National MS Society amplifies the stories of people living with MS to raise awareness every day and during MS Awareness Week. We won't stop until the moment we've all been hoping for and working to

ward — when we cure MS for every person living with this disease. Mark your calendar and join the fight. Share your story or connect with a person affected by MS. Add your voice to help raise awareness.

Follow the Society's social media channels and share with your networks to help ensure that more people understand what life with MS can be like and engage with them to take action.

Taking the first steps

If you or a loved one have recently been diagnosed with multiple sclerosis, you may not even know where to begin. Chances are you've never heard of MS and don't know what this means for the rest of your life. You're probably feeling overwhelmed, and even a little scared. You might also be relieved to finally know what's causing all the strange symptoms you've been experiencing.

The good news is, no one has to face MS alone. The National Multiple Sclerosis Society is here to provide the support, resources and information you need to move your life forward. Many people find it helpful to start by gathering the facts. Learning as much as you can about MS can help you feel confident and in control of your health.



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