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## No one left behind

STANDARD PHOTO BY ASHLEY COOK

Elm Creek School's UNESCO committee members had an enjoyable day attending a provincial network meeting at the Canadian Museum of Human Rights in Winnipeg on March 7. Left to right, back row: Macy, Scarlett, Ms. Ashley Cook, Alexia; middle row, Kinsley and front row: Eden, Taylee and McKenna.

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# Elm Creek students attend UNESCO committee meeting

By Ty Dilello

On March 7, members of Elm Creek School's United Nations Educational, Scientific and Cultural Organization (UNESCO) committee attended a provincial network meeting at the Canadian Museum of Human Rights in Winnipeg. The purpose of these meetings is to further educate youth working towards UNESCO goals within their schools.

At this particular meeting, participants began by drawing a tree and labeling its components—roots, trunk, leaves, etc. Each part represented various ideals and values that individuals hold, all leading to their "North Star," or ultimate goal. The concept of the North Star was a recurring theme throughout the meeting.

Following this activity, the students listened to Sergio Rodriguez, a representative from CCUNESCO dedicated to educating youth across the country. The attendees were then divided into workshops, with Elm Creek School participating in a session led by a representative from Green Action Centre. The workshop focused on sustainable transportation, discussing different methods for commuting to school or

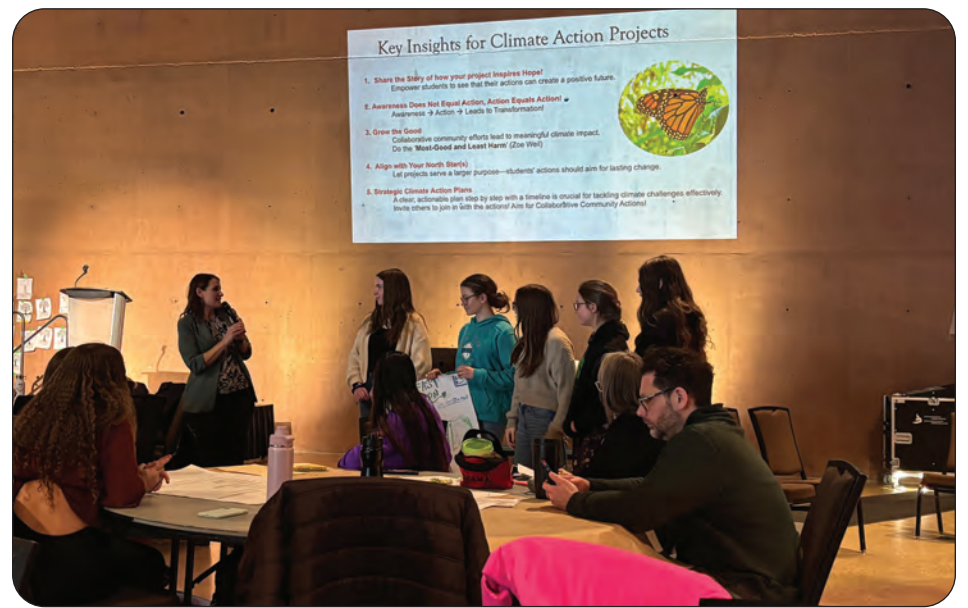
work, particularly in larger cities.

"It's hard to relate that for a group like our school because we live in such a rural area, but there are ways to do our part," said Elm Creek School student Scarlett Friesen. "We can take the time to carpool, walk or bike places when we can, even if that's not always an option. The workshop had a bike with a blender attached to it. We took turns riding it, blending up a smoothie that we all got to sample."

After the workshops, each student received a square of canvas to paint. Some canvases had pre-drawn lines, while others were blank. Each piece was numbered on the back, and students painted designs related to their North Star, which could represent a Sustainable Development Goal they are passionate about or a personal goal they are working towards.

"Once we all finished, all of the canvas pieces fit together to create a picture out of the preexisting lines and represent all the things that our UNESCO members stand for."

In the afternoon, Elm Creek students learned about various upcoming projects they could participate in, as well as time to plan their own action ini-



STANDARD PHOTO BY ASHLEY COOK

Elm Creek School's UNESCO committee members participating in a session focused on climate action projects including sustainable transportation.

tiatives. Recently, the UNESCO group attended a conference called Generating Momentum, which focused on fast fashion. As a result, the group developed an initiative called Fight Fast Fashion Week.

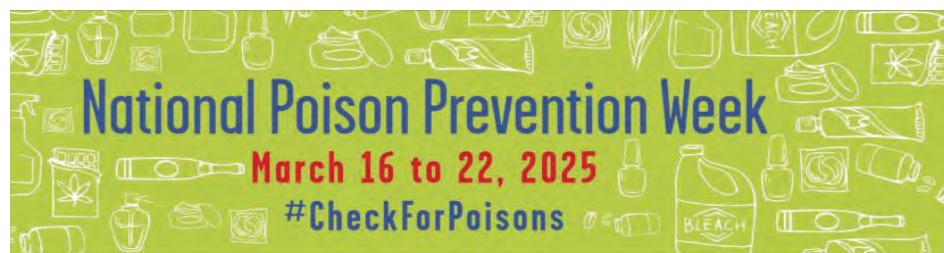
At the end of April, Elm Creek's

UNESCO committee plans to hold daily activities to promote and educate their peers about fast fashion and sustainable clothing choices.

"One of these events is going to be a clothing swap, where students can come second-hand clothing shopping for free at the school," said Friesen. "We are currently accepting donations for this event, so please contact Ms. Ashley Cook at our school if you have clothing that you would like to donate."

Elm Creek's students attend these UNESCO meetings every few months, and they are eagerly looking forward to the final meeting on May 22, which will feature an art show called the Being the Upstander Artivism Exhibit. This exhibit will allow students to express their values and beliefs through art.

"Our UNESCO crew looks forward to putting our action project together and working with UNESCO moving forward."



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# Notre Dame de Lourdes resident, Manitoba's newest millionaire

## \$1 million win for Manitoban LOTTO 6/49 subscriber

By Annaliese Meier

Dianne Hindle is celebrating a \$1 million win on LOTTO 6/49 through her lottery subscription!

Upon receiving a phone call from the Western Canada Lottery Corporation (WCLC) informing her of the major win, she was initially in shock. Living in Notre Dame de Lourdes, Hindle was cautious due to recent scam calls she had heard about. To confirm the authenticity of the call and email reporting her win, she contacted WCLC Player Care—and it was indeed real!

"I was surprised to get the phone call," she chuckled. "Ever since, I've been going through my head like, 'This isn't really happening!'"

Hindle began subscribing to her favorite lottery game during the COVID-19 pandemic and has continued ever since.

"I decided I didn't want to go into a store at that time—now, I do it for

six months at a time and it's great because I don't have to worry about checking tickets!" she smiled. "I always play LOTTO 6/49 and EXTRA every time!"

The new millionaire and her husband are thrilled to enjoy this prize together.

"We both keep checking the numbers online," she smiled. "We can't believe it!"

"We are talking about random things—maybe a trip!" she said. "We've been thinking of [going to] B.C. to visit our family. We also have a dog and a cat and a lot of grandkids to spoil," she added.

Hindle purchased her winning LOTTO 6/49 and EXTRA ticket through Subscription and won her prize by matching her selection in the March 8 GOLD BALL draw: 20837449-01, a white ball.



STANDARD PHOTO SUBMITTED  
Dianne Hindle of Notre Dame de Lourdes recently won \$1 million on Lotto 6/49.

# Yes I Can program open for nominations

By Lorne Stelmach

An annual initiative of the Nellie McClung Foundation that aims to inspire confidence and empowerment among girls is again in search of candidates to support.

The Yes I Can program highlights and celebrates achievements and accomplishments in a variety of fields like science, business, politics, and more. Nominations are open until April 30.

As one of the 2022 recipients, Divya Sharma is a testament to the impact it can have on a young woman like herself.

"The Nellie McClung Yes I Can video and leadership series strengthened my belief in the power of women em-

powering women," she shared. "It opened doors, connected me with inspiring leaders in the community and gave me the confidence to lead on a bigger stage."

"The mentorship, support and connection I received with women from all walks of life played a major role in shaping my path to becoming the youngest and 100th president of the University of Manitoba students' union."

The Yes I Can leadership awards celebrate five outstanding young women aged 16 to 25 by showcasing their achievements in a video profile series

It provides a platform to share their

Continued on page 9

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## Grace-St. Johns Church a pillar for the community that will be missed dearly

By Ty Dilello

The community is coming together to process the loss and determine the next steps for rebuilding following the devastating fire at Grace-St. John's Anglican Lutheran Church in Carman earlier this month.

The Church has been a cornerstone of the Carman community, uniting residents weekly in the congregation.

Walt Draper was 12 years old when the Church was consecrated in 1965.

"It was a momentous day," said Draper. "The Masons paraded and laid the cornerstone, and of course, the bishop was there and led the service."

St. John's parish was a part of the Anglican of the Anglican Diocese of Rupert's Land. Our Church was the first new Church built in the Diocese outside of Winnipeg.

The Church opened around the same time as a new elementary school in town.

"As a young boy, it was an exciting time in Carman to see this new construction," said Draper. "Looking back, the construction was part of the baby boomers creating the need for new and larger facilities. I attended a service in Grace-St. John's a number of years ago with the combined Lutheran and Anglican congregation,

and I felt at home with this new community. It was very difficult for me to see the damage to the Church. I share the shock and pain of the current day parishioners. My thoughts and prayers are with them as they come to terms with the future of the church building."

Walt's brother Tom Draper, who currently lives in Georgia, also feels the profound loss of Grace-St. John's Church.

"From a personal and family perspective, St. John's Anglican Church, and by extension the building that just burned, brings many fond family memories," said Tom Draper. "From my mother leading the choir to our dad being the lay priest at many services, to my brother Walt and I singing in the church choir, to being cross-bearers at many Sunday services, to Sunday school classes in the basement, to mowing the lawn, to helping with catering wedding receptions in the basement, the personal relationships with our fellow Anglicans, the list of what we did at our church is long, but at the same time, such a blessing."

Draper emphasized that the Church provided a solid foundation for his family, and he felt a deep sadness



STANDARD PHOTO SUBMITTED

The Grace-St. John's Anglican Lutheran Church in Carman is working to recover from the devastating fire that affected its congregation.

upon hearing the news of the fire.

"I can only hope and pray that the Church will continue, and everyone involved in Carman will support the restructure, the rebuilding, and the future building process.

The Grace-St. John's Anglican Lutheran Church is currently working with insurance providers and inspectors. Specific plans for the future have not yet been determined as this process takes time.

"I know that everyone wants to know 'what's next,' but it is more day-to-day," said Grace-St. John's Pastor Trudy Thorarinson. "The council/vestry will be meeting this week to discuss the what and where questions. We are thankful for all the support and care we have received from the community of Carman. We will continue to be Grace-St. John's."

## Pothole problem? Nominate a road for the CAA Worst Roads campaign

By E Antonio

The annual CAA Worst Roads campaign is back, and they are looking for your input in finding Manitoba's worst roads.

From now until April 11, you can nominate a road in your community that is in dire need of improvement.

"We do a lot of research here, and we have learned that 96 per cent of Manitobans are concerned or very concerned with the state of our roads," said Ewald Friesen, manager government relations at CAA Manitoba.

Now in its 14th year, CAA addresses the conditions of roads by releasing a top 10 list of worst roads, nominated by the public.

Through the campaign, you have the ability to nominate a road in poor condition either as a driver, a cyclist, or a pedestrian. If you can use the road, you have the opportunity for your voice to be heard.

Whether it is a plethora of potholes, or faulty crossing signals; CAA wants to hear it all.

"We can't change our roadways without your help," said Friesen. He

particularity addressed the concern in rural communities. "If you cannot access your road, you are going to be in a lot of trouble," he explained.

In the previous two campaigns, rural roads were voted as Manitoba's worst roads. 18th Street in Brandon and Highway 74 near Morris both reached the top spot. Within months of the list being released, the government took action and made commitments to fixing both roads.

"The government is responding to our lists. Every nomination submitted drives home the message to our government leaders: safer roads, better infrastructure, and attentive governance matter to us all."

You can nominate the worst road in your community once a day, until April 11. Voting takes place at [www.caaworstroads.com](http://www.caaworstroads.com), and every nomination you cast enters you into a draw to win free gas for a year.

CAA will release the roads with the most nominations in May, where they will also share regional lists to ensure that everyone's voices are heard.



STANDARD PHOTO BY LANA MEIER

Nominations are open for the CAA Worst Roads campaign. Have your voice be heard and nominate the worst road in your community for a chance to win free gas for a year.



# Border security meeting addresses community concerns

By Lori Penner

A packed house at the Altona Senior Centre on March 15 underscored the level of concern among area residents regarding border security.

Organized by Portage-Lisgar MP Branden Leslie, the town hall meeting aimed to address pressing questions about illegal border crossings, the role of the RCMP and Canadian Border Services Agency (CBSA), and what individuals should do if they encounter a migrant on their property.

The event featured presentations by Leslie, legislative assistant Drew Ostash, and Sgt. Darcy Thiessen, operations supervisor for the Pembina Valley RCMP.

The discussion focused on clarifying the laws surrounding the Canada-U.S. border and updates on recent policy changes impacting both Canadian and American border enforcement efforts.

The meeting provided an opportunity for residents to voice their concerns, receive factual information, and better understand the complexities of border security, as officials hope to maintain both community safety and a fair approach to immigration.

The number of people walking across the border to claim asylum in Canada spiked in 2017, reaching a peak of 31,519 in 2023. However, a significant decline followed in 2024, with only 1,018 people apprehended nationwide. Manitoba saw 75 border apprehensions in 2023, increasing slightly to 85 by October 2024.

Ostash attributed much of the decline to the expansion of the Safe Third Country Agreement, which now applies across the entire land border, including waterways.

"This means if you cross the border to make an asylum claim and don't meet one of the agreement's exceptions, you'll be returned to the U.S.," he explained.

On the flip side, U.S. Customs and Border Protection reported a dramatic increase in migrants moving south, with 19,498 encounters between border posts on the northern border between October 2023 and July 2024.

Sgt. Thiessen acknowledged the concerns of residents living near the border.

"There are a lot of issues, and I totally understand," he said. "My purpose here was to inform people about what's going on and what the RCMP is doing to bolster security along the border."

He emphasized that while media and social media can sometimes paint a chaotic picture, the reality is much

different.

"The numbers of individuals crossing the border illegally are much lower than many might think," he said. "We're averaging about 12 people intercepted per month. That's definitely surprising. I live in the area, too, and I didn't know what to expect."

Thiessen also stressed that despite fears of an increase in crime linked to border crossings, there have been no documented incidents of violence from migrants.

"They are genuinely trying to find a better life. Unfortunately, it's through illegal means, and that's not something we can support, but we also need to recognize their humanity."

Thiessen encouraged attendees to reach out to the RCMP with their concerns, promising transparency.

"We work for the people here. If you have questions, we'll do our best to answer them. And if I don't have the answer, I'll try to find it."

Leslie explained that his office has received an increasing number of calls about border security in recent months, prompting the need for the town hall meeting.

"This issue has really ramped up, and it's a very political debate at times. We wanted to give the RCMP an opportunity to provide an update on their work and investments in securing our border."

One of the main concerns raised by residents was what to do if they encounter a migrant on their property. Leslie stressed the importance of handling the situation safely, both for the property owner and the migrant.

"People need to know what to do, how to go about it, and who to contact. I really appreciated the RCMP's recommendations and willingness to answer a wide range of questions."

Acknowledging the growing fear fueled by social media, Leslie urged residents to focus on verified information.

"We watch CNN, we see sensationalized reports, and we succumb to fear. But the reality is often different."

Leslie also highlighted a recent shift: more individuals are now crossing into the U.S. from Canada due to economic struggles.

"Some people who initially immigrated to Canada are now heading south because they see better job opportunities. The American economy is doing better, and there are more cash jobs. It's shocking to see the number of people illegally walking into the U.S. from Canada."

As the town hall wrapped up, Leslie assured attendees that his office



STANDARD PHOTO BY LORI PENNER


Saturday's town hall meeting at the Altona Senior Centre drew a full house, with many eager to share their experiences and ask questions about border security.

would continue engaging with law enforcement and CBSA to address concerns and push for policies that prioritize both security and economic stability.

"Some of these decisions aren't the RCMP's to make. That's our job as politicians. We need to put the rights of law-abiding citizens ahead of those who break the law."

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# getheard

EDITORIAL > VIEWPOINTS > LETTERS

Ty Dilello  
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## Provincial government unveils 2025 budget

By Lorne Stelmach

A financial plan for the province billed as “Trump-proofing” Manitoba was introduced by the Manitoba government last week.

Finance Minister Adrien Sala hailed the \$3.7 billion capital spending program as the largest ever to help spur economic growth and create jobs in the face of such uncertainty.

The budget includes a forecast for a baseline deficit of \$794 million, but it could increase to nearly \$1.9 billion in the event of U.S. and Chinese tariffs.

The budget includes two financial plans—one without tariffs and one if U.S. President Donald Trump imposes sweeping 25 per cent tariffs April 2.

A \$1.1 billion tariff relief plan would include up to \$200 million to help businesses, up to \$100 million for farmers and \$100 million for families. It also includes \$85 million to train workers or students, and the province had already announced payroll and retail sales tax deferrals for businesses.

“This budget is ready to take on the big challenges and build the services Manitobans depend on,” Sala said in a news conference following the release of the budget last Thursday.

“We didn’t start this fight, but we are not backing down. We are building up our province ... we’re ‘Trump proofing’ our economy and our country with a historic \$3.7 billion investment

in capital projects like schools, hospitals in every part of Manitoba,” said Sala. “This is the largest capital spend in Manitoba’s history. We’re doing it to put Manitobans to work and protect our economy.

“From the moment Trump threatened his tariff tax, our government has been responding,” he continued. “We took these threats seriously, and we delivered a response that was measured but strong ... this budget is a clear examination of the impact Trump’s unjustified tariffs may have on our economy, our revenues, and our communities.

“We’re going to keep communities thriving with our historic new funding model,” Sala continued. “Our One Manitoba Growth Fund gives municipalities four per cent of our gas tax revenue to build hockey rinks, playgrounds and community centres ... to rebuild hometown pride all across our province.”

Sala emphasized the NDP government’s commitment to grow the economy, protect jobs, rebuild health care, and lower costs for Manitobans.

The \$3.7 billion in capital projects include new schools, emergency rooms and personal care homes and other critical infrastructure.

A strong economy needs a strong health care system, stressed Sala, and

he suggested the budget continues to make progress on improving access for Manitobans. It includes putting shovels in the ground this year on the new emergency room and mature women’s centre at Victoria Hospital and a new health-care centre of excellence in downtown Winnipeg as well as renovations at the Health Sciences Centre children’s hospital emergency room.

“We’re continuing to rebuild rural health care ... today, there are 1,255 new health care workers on the front lines of Manitoba’s health care system,” said Sala, citing the need to not only have more physicians and more nurses, but also boost training with more spaces for nurses and paramedics.

He went on to also cite an 11 per cent increase in spending for roads, highways, and infrastructure with a budget of more than \$800 million.

“Our budget helps rural communities be more climate resilient with funding for big flood mitigation projects,” said Sala, noting as well the \$881 million committed for Manitoba Hydro upgrades and improvements to help keep rates low across the province. “We’re making a generational change in hydro to keep rates low by eliminating the capital tax and cut-

Continued on page 7

## This week, the way it was through the years

By Dennis Young

**100 years ago, March 27, 1925...** Miami loses S. Gareau Confectionary, Cambell & Egertons’s Hardware, Bond’s Barber Shop & R. Henderson’s warehouse in a fire; Carman Golf Club renews lease of land from Hiram Clark; Top price at Annual stock sale went to George Gray of Graysville for \$190; Carman Tennis Club sets rates at \$5/men, \$3/ladies and \$2.50 schoolers.

**75 years ago, 1950...** Don Doyle named President of Game & Fish and

approves new trap shooting equipment; Mb Dept Hwys says #3 no more than a market road and #3 will go east of Morden to #75; Carman Auto Body/Bill Pethybridge offers full paint jobs for \$34.50; Homewood Co-op holds annual oyster dinner prior to meeting with proceeds to Red Cross;

**50 years ago, 1975...** Linda Galbraith named Queen of the Carman Ice Show; Town receives complaints about sidewalk snow clearing; Mid-

land reduces staff in Sperling, Roland, Miami & Carman by 1; Bobby Hull is the guest at Minor Hockey Day in Carman and hands out golden pucks;

**25 years ago, 2000...** Agrometeorological Centre of Excellence opens in Carman; of 300 graduating nurses, only 9 took jobs in Central Region; Cindy Takvam organizes door-to-door Cancer canvassing; J.P. Vigier of Notre Dame signs NHL contract with Atlanta; Midland advertises School of Choice transfers;

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## > MANITOBA BUDGET 2025, FROM PG. 6

ting their debt guarantee fees. These are big changes that will allow Hydro to keep Manitoban's bills affordable while building and repairing the infrastructure we need into the future."

The budget aims to lower costs for families and businesses with an increase to the homeowners affordability tax credit, more access to free birth control, a reduction in payroll taxes, an extension of \$10-a-day child care into the summer, a new business security rebate program and making provincial park entry free for an entire year.

It also includes a contingency with hundreds of millions of dollars in support to help businesses pivot to new markets, help workers skill up and find good jobs, and support Manitoba's canola farmers and pork producers facing tariff threats from the U.S. and China, noted the finance minister.

"Budget 2025 includes strategic investments in the things we need to strengthen our trade corridors and protect northern sovereignty," Sala said. "Budget 2025 delivers lower costs for working families where they need it most—permanent gas tax relief, a hydro rate freeze, and more savings on child care fees.

"And as uncertainty impacts Manitoba's farmers and producers, our budget offers direct supports with over \$140 million in business risk management programming," he noted. "Budget 2025 helps small and medium businesses grow and compete by reducing the payroll tax."

### BUDGET REACTIONS

The Progressive Conservatives slammed the NDP for having such a tax-and-spend budget, noting Manitobans are struggling to pay their bills and worrying about job losses.

"The premier and his finance minister have had months to get this right and prepare a budget that gives Manitobans immediate and substantial relief," said interim leader Wayne Ewasako. "Instead, they brought forward a reckless plan that raises income taxes, expands the PST and slaps double-digit increases on education property taxes."

The Tories cited a few examples of how the budget hits Manitobans hard, including \$182 million more in education property taxes, \$82 million more in income taxes by freezing inflation indexing, and \$16 million more from a new PST on software subscriptions and cloud storage.

All told, the government will rake in over \$1 billion more in taxes and other revenues from Manitoba families and businesses in 2025, Ewasako said. This

comes, he added, as budget projections show new U.S. and Chinese tariffs, along with retaliatory tariffs, will slash Manitoba's GDP by \$3.6 billion, reduce incomes by \$1,420 per capita, and cause a recession comparable to 2009.

Midland MLA Lauren Stone, PC critic for finance, added that the budget contains no actions to remove inter-provincial trade barriers, no comprehensive strategy to expand trade, and no meaningful relief for Manitobans during these uncertain times.

"At a time when government needs to be making life more affordable, the NDP are hiking taxes across the board, making life more expensive for everyone," Stone said. "Instead of giving back to Manitobans, the NDP are taking more, spending more, and giving themselves raises. Our province is going to be poorer for it."

Other reactions to the budget offered mixed reviews.

The Canadian Federation of Independent Business (CFIB) welcomed Manitoba's commitment to business growth but suggested more may be needed to help increase business confidence during these turbulent times.

"Small business owners in Manitoba are feeling extremely pessimistic about their future. Ongoing trade uncertainty, rising costs and lack of demand make it nearly impossible to plan for the months ahead," said Tyler

Slobogian, CFIB's senior policy analyst for the prairies and the north. "No one knows when the tariff war will end, and businesses are deeply concerned that the worst is yet to come.

"We are pleased to see the Manitoba government recognize the challenges that small businesses are facing, especially in light of ongoing trade disputes and significant economic uncertainty," Slobogian added. "But further tax cuts may be necessary to promote growth and expansion and to help small businesses remain competitive should we find ourselves in a prolonged trade war."

The Canadian Taxpayers Federation criticized the government for hiking taxes by bringing back bracket creep. They pointed out that the government will stop indexing income tax brackets and the basic personal amount by inflation—a sneaky way, they said, of increasing taxes. Because of bracket creep, inflation can automatically bump taxpayers into a higher tax bracket and raise their taxes even though they can't actually afford to buy more because prices have gone up.

"The government shouldn't be punishing taxpayers with a tax hike just for getting a cost-of-living pay raise," said prairie director Gage Haubrich. "Failing to adjust tax brackets to inflation is a stealth tax hike on Manitobans that will increase their tax bills every single year."

## School band recognition in 1975



STANDARD PHOTO SUBMITTED

Carman School band members, left to right, Terry Wiebe, Mary-Jane Dunbar, Diane Wilton and Allison Abbott, received recognition in 1975. The Carman Collegiate Band gave a strong performance at the Winkler Music Festival in 1975. The Band in the high school division received a mark of 90 for Stage Band, 86 for Woodward Choir and 76 for Brass Choir. In this picture, the Carman quartet captured the Abe B. Wiebe Trophy for the Clarinet competition. Also, Brenda Goertzen finished 2nd in Trumpet. Others competing were Kathy Knowles, Bill McEachern, Scott Winning, Don Wiebe and Brenda Goertzen in Brass, Beth Rodgers, Diane Wilton, Beth Allison and Faye Alder in Clarinet and Patti Findlay and Lorriane Fields in Flute. Ed Manteufel was the music and band director.

## worship

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*"Here is the Church, here is the Steeple,  
Open the doors and see all the people."*

So goes the rhyme. But what is the church?

Last week it became more real that the church is not the building, it is not the steeple.

Rather, the church IS the people.

The church is the people gathered wherever that may be.

The church is people sitting with someone who need a listening ear.

The church is people holding the hand of one who are lonely or scared.

The church is the people sitting at the bedside of someone who is dying offering the ministry of presence and perhaps just holding a hand.

The church is the people donating food to the local food pantry to help feed the hungry.

The church is the people gathered as they play games with seniors.

The church is the people who extend a helping hand when there is a need.

The church is the first responders who work long hours to ensure the safety of all.

The church is so, so much more than the building.

In the words of Bishop Geoff Woodcroft; 'Within the fabric of the building we can imagine and even perceive the prayers, joys and sorrows past through the ages. Something sacred has touched our souls, and we are left with healing memories of what has been. **Yet we are the resurrection people for every tomorrow.**'

Here is the church, here is the steeple. Open the doors and where are all the people, they are in the community as God works through them to do amazing work. Thank you to all of you for being the church, for being the eyes, ears and hands of God in this community and beyond.

May God bless you as you continue to be the church in and where you live.

Pastor Trudy Thorarinson  
Grace-St. John's Anglican/  
Lutheran Church.



# Provincial government unanimously backs bail reform

By Jennifer McFee

Provincial politicians banded together to unanimously pass a motion demanding bail reform after a much-loved woman died in a collision that involved a repeat offender.

In the morning of Jan. 15, 28-year-old Kellie Verwey was killed in a three-vehicle collision on Highway 26, about three kilometres east of Portage la Prairie.

A stolen pickup truck veered over the centre line, causing another truck to swerve into an SUV driven by Verwey. She died at the scene.

Headingley RCMP arrested 24-year-old James Lorne Hilton from the RM of St. Andrews. He was charged with multiple offences including dangerous operation of a motor vehicle causing death, operation while impaired and failure to stop after an accident resulting in death. At the time, had a warrant out for his arrest.

On Monday, March 10, Progressive Conservative MLA Jeff Bereza introduced a motion calling for the provincial government to enhance bail enforcement and protect Manitobans from people who violate the conditions of their release. Lakeside MLA Trevor King supported the motion, which is close to his heart through a

personal connection with Verwey.

"Kellie meant so much to so many that on March 10 on what would have been Kellie's 29th birthday, her family, friends and communities gathered in the gallery of the legislature with a shared hope to push for change in our justice system so that no other family has to endure such a tragic and preventable loss," he said.

**"NO FAMILY SHOULD HAVE TO EXPERIENCE WHAT THE VERWEYS HAVE GONE THROUGH."**

"May Kellie's memory serve as a call to action, inspiring us to fight for a system that truly protects the innocent. Kellie attended high school with our oldest son Colton. We had the opportunity to learn what a remarkable young woman that she was and what she would have been.

She most definitely made her mark on our communities and many lives, and she will be sadly missed."

King said the catch-and-release justice system needs to be reformed, and he plans to continue working every day to make that happen.

"No family should have to experience what the Verweys have gone through," King said.

"In Kellie's memory, we brought forward a motion in the legislature demanding immediate action to crack down on repeat offenders, keep them behind bars and enforce bail before



STANDARD PHOTO SUBMITTED

Lakeside MLA Trevor King, Kellie Verwey's mom, Meechele Best and MLA Portage la Prairie Jeff Bereza at the Manitoba Legislative Building on March 10..

more innocent lives are lost. The system failed Kellie, and it's failing too many other Manitobans."

Sharilyn Knox, mayor of the City of Portage la Prairie, spoke out on the need for bail reform, calling on leaders to step up and make meaningful changes.

"I'm pleased to see the Manitoba legislature unanimously pass a motion to advance bail reform in our province. The province recently announced their five-point bail reform plan, and this is another step in ad-

ressing the concerns of communities across Manitoba," Knox said.

"Our communities' call for bail reform has been loud and clear, and while this progress is encouraging, the focus must now shift to the federal government to take meaningful action. Community safety should not be a partisan issue — this is about protecting Manitobans and all Canadians, and all levels of government must work together to ensure a justice system that prioritizes safety while ensuring accountability."

## Federal Carbon Charge on natural gas customers ends after March

Submitted by Manitoba Hydro

Manitoba Hydro natural gas customers will soon see a significant change on their bills.

There will be no Federal Carbon Charge on natural gas used by Manitoba Hydro customers on or after April 1st.

The federal government announced the change earlier this month. The Public Utilities Board later authorized removing the charge from Manitoba Hydro customers' gas use.

The Federal Carbon Charge was levied by the federal government starting in 2019 and increased in increments. The amounts were set by the federal government and collected on its behalf by Manitoba Hydro. In 2024, a typical Manitoba household paid about \$338 in Federal Carbon Charge on natural gas for the year.

Federal Carbon Charges still apply to any gas customers use before April 1st and will show up during the next billing cycle.

With a paper bill, some customers may receive our Energy Matters Newsletter that details the Federal Carbon Charge increase that was scheduled for April 1. This is outdated information and should be disregarded.

Manitoba Hydro has about 298,000 natural gas customers.



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- Park Maintenance Workers: labourers, equipment operators, trades helpers, plumbers, mechanics, and carpenters.
- Green Team Youth Employment: for students ages 16-29.

Supervisor roles may also be available and advancement opportunities for long-term employment.

► Visit [manitobaparks.com](http://manitobaparks.com) to find job opportunities or visit your local Environment and Climate Change office.



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# MPI and 'Professor Popsicle' talk ice road safety as spring thaw begins

By Tara Seel, MPI

Driving the ice roads in Manitoba's north, hopping in your vehicle to head out to your ice fishing shack, or driving a well-known route on a frozen lake all carry a risk of going through the ice. With warmer weather on the way, that risk only increases as ice begins to soften and melt.

Manitoba Public Insurance (MPI) received 22 claims in 2024 for vehicles that went through the ice, and there have been four claims reported so far in 2025. Going through the ice into cold water is potentially fatal as it can lead to hypothermia or drowning. In fact, one third of all drownings in Manitoba occur during the winter months – between October and April.

Recommended ice thickness for walking is 10 centimetres; to support one ATV or snowmobile, the ice should be 12 centimetres thick; for a car, the ice should be 20-30 centimetres thick; and for a truck, it should be 30-38 centimetres thick. How-

ever, even thick ice has the potential to be weak and crack. Temperatures can also vary widely throughout the province and while ice may be thick enough to travel on in one area, it could be extremely dangerous elsewhere.

"Drivers need to consider whether it is reasonable and safe to head out onto the ice," said Maria Campos, Vice President & Chief Customer and Product Officer. "Understand the rules when traveling on ice roads and be prepared in case an emergency occurs. Manitobans should take special care when driving on surfaces that are slippery and can change without warning."

Preparation is the key to keeping safe on ice roads – whether those are maintained ice roads in Manitoba's north or a worn path on a local lake.



STANDARD PHOTO SUBMITTED

Pictured left to right, Lynne Stefanchuk, Executive Director of Lifesaving Society Manitoba, Maria Campos, Vice President & Chief Customer and Product Officer, MPI, Winnipeg Police Service River Patrol, Manitoba RCMP Marine Unit.

## > YES I CAN, FROM PG. 3

unique personal and professional stories and celebrate their journey toward becoming future leaders.

Now in its fourth year, the program has featured remarkable women who have excelled in areas including sports, culture, education, arts, science, community, entrepreneurship, and other professional environments.

Their compelling narratives, captured on video, have not only celebrated personal success but also inspired countless girls across Manitoba to pursue their dreams with confidence, said Myrna Driedger, founder of the Nellie McClung Foundation and Yes I Can program.

"Programs like Yes I Can are essential in helping girls confidently navigate the challenges of their teen years," said Driedger, who emphasized the transformative impact of the program. "By showcasing these stories, we empower girls and young women to embrace their potential and confidently become leaders at any age."

Ibukun Okunnu, who is a spokesperson for the program, said being part of it has given her an incredible opportunity not only to inspire young women and girls but also to be inspired by them.

"Year after year, I am in awe of the remarkable young women in Manitoba who are quietly paving the way for themselves and others," she said.

"I have grown in ways I never imagined—learning to be confident, to turn my ideas into action and to embrace the power of saying Yes I Can. This mindset has made me bolder, more daring and more confident, and I hope that through this program, even more young women and girls will feel empowered to embrace their own potential"

For more information and to submit nominations, head online to [www.nelliemclclungfoundation.com/nomination-form](http://www.nelliemclclungfoundation.com/nomination-form).

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# Boyne River Voices ready for spring performance April 2

By E Antonio

The Boyne River Voices choir is excited to share their passion for music with the community during their Spring Variety Program on April 2. The performance will take place at 1:30 p.m. at Carman's Active Living Centre, where 30 choir members will harmonize for their end-of-year concert.

Audrey Myers, the choir conductor and director is looking forward to their annual spring program as she enjoys getting to share her passion of music with others.

"We all enjoy singing and sharing with other people," she said. "Music is a way to connect with the community, and music is good for one's health too."

The Boyne River Voices meet for one hour every Wednesday during a ten-week program from September to December and again from January to March. The singers have been practicing a variety of songs that appeal to both young and older audiences.

The public is invited to attend this hour-long



STANDARD PHOTO BY BEV MCLEAN

The Boyne River Voices choir will be holding their annual Spring Variety Program on April 2 at 1:30 p.m. at Carman's Active Living Centre. Donations will be accepted at the door. Refreshments, cookies and tea or coffee, to follow.

Spring Variety Program, and donations will be collected at the door to help support the choir's costs.

"We are looking forward to sharing our music with the community. Our performance will show-

case what we have been learning and working on over the last couple of months."

Following the performance, cookies, tea, and coffee will be available for patrons.

# Host a musician in your community as part of the Home Routes tour

By Emily Antonio

Welcome a musician into your home or community as a volunteer host for the Canada-wide Home Routes concert tours.

Home Routes is a non-profit organization that connects rising folk artists from around the world with rural communities through a shared passion for music. During each Home Routes tour, artists perform in various rural communities across Canada, with each show hosted by a local community member.

"It is about enriching your life with culture and sharing it with your community," said Leonard Podolak, Home Routes executive director.

Home Routes is currently seeking Manitobans to host a tour for the upcoming season starting in September. The last full tour in Manitoba took place in 2019 before being interrupted



STANDARD PHOTO SUBMITTED

Home Routes tour is looking for hosts for the upcoming season starting in September to welcome six different artists into our home or community.

by the pandemic.

As a host, you will welcome six

different artists into your home or community, providing them with

a performance venue, overnight accommodations, and breakfast. The venue can be your home or a communal space such as a church or arena, as long as it can accommodate at least

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> HOME ROUTES, FROM PG. 10

30 audience members.

"You are contributing to the development of an artist's career," said Podolak. "It is an amazing opportunity to get together and share and uncover Canadian culture."

Shows are scheduled once a month in September, October, November, March, April, and May, featuring different performers each time. As a host, you will need to promote the concert in your community by creat-

ing posters and engaging the public. You will also be responsible for selling concert tickets and presenting the ticket proceeds to the artists.

Previous hosts from across the country have expressed the benefits of participating in the tour.

"We have had the privilege of meeting interesting and highly skilled musicians through Home Routes. Learning about how these musicians live and make a living is humbling.

The beauty of music pulls us together as Canadians and as lovers of music across the globe," said a host from Baldur.

Podolak encourages you to collaborate with others in the community if you wish to host only one artist. As long as a concert stop can be maintained, multiple hosts are welcome to participate.

"It is an exciting experience being a host because you are meeting some-

body who has travelled around the world. So, take this opportunity to get involved and shape the face of a musician's career."

Applying to become a host is simple—just fill out a form online at [www.homeroutes.ca](http://www.homeroutes.ca), and a member of the Home Routes team will contact you.

# See how we're doing good together, Manitoba!

Every day, the people at Manitoba Liquor & Lotteries strive to make positive contributions to Manitoba's economic, environmental, and social well-being. Read how we're doing in our recently published **2023-24 Environmental, Social, and Governance Progress Report** by scanning the QR code below or visiting [MBLLGoodTogether.ca](http://MBLLGoodTogether.ca).



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# Kids' corner



## Fun science project: make a barometer!

Have you ever heard of atmospheric pressure? Atmospheric pressure is the pressure in the air, and it varies depending on where you are on Earth. As you go higher into the sky where the air is thinner, the pressure decreases. Air pressure is measured using a device called a barometer. Here's how you can make one at home.

### MATERIALS

- Scissors
- 1 birthday balloon
- 1 glass jar (Mason jar)
- 1 rubber band
- 1 straw
- Tape
- 1 sheet of paper
- Pencil



7. Draw a horizontal line on the sheet at the same height as the straw.

### EXPLANATION

The line you've just drawn will tell you whether the air pressure is high or low. When the air pressure rises, the straw will rise above the line. When the pressure falls, the tip of the straw will fall.

Typically, the pressure is high when the sun is shining outside. When the air pressure is low, you'll probably see clouds or rain.

In Canada, atmospheric pressure is measured in kilopascals (kPa). The normal value, at sea level, is 101.3 kPa.



### ASSEMBLY

Here's how to put your barometer together:

1. Cut out the end of the balloon (the part you blow into).
2. Stretch the large piece of balloon over the opening of the jar and pull it tight.
3. Use the rubber band to secure the balloon to the jar.
4. Cut the straw to a length of about 10 centimetres and cut one end into a point.
5. Tape the straw horizontally to the balloon. It should stick out several centimetres, and the pointed end should be on the outside.
6. Stick the sheet of paper to the wall in front of the point of the straw.

## The beaver: a unique rodent!

You may know the beaver from its image on the Canadian nickel. This extraordinary creature certainly deserves recognition. Learn more about this fascinating animal.

As North America's largest rodent, beavers can weigh up to 35 kilograms. These remarkable creatures can transform their environment in unique ways. Beavers use their iron-rich, orange-brown teeth to gnaw on branches and construct sturdy dams.

They use mud, grass, twigs and various other materials to fill in the gaps between the branches. Beavers are impressive builders and can create safe, cozy shelters. They may live in these structures, known as lodges, alone or with their families.

### PHYSICAL CHARACTERISTICS

Beavers are semi-aquatic and herbivorous. They live near streams, lakes and marshes. They're also primarily nocturnal, which means they're most active at night. Adapted for swimming underwater, beavers have webbed hind feet and a flat tail that acts as a rudder. They also have a special pair of eyelids that protect their eyes while allowing them to see clearly underwater.

The beaver's nostrils and ears automatically close when they dive into the water. With its powerful lungs, it can hold its breath for 15 minutes or longer while underwater.

### SOUGHT-AFTER ANIMALS

For many years, beavers have been hunted for their exquisite fur and a substance called castoreum. Beavers produce this substance to mark their territory and waterproof their fur. Historically, it has been used in perfumes and as a flavour enhancer due to its vanilla-like scent. While much less common today, it's still used as an ingredient in some products.

Want to learn more about beavers or other wildlife? Visit your local bookstore or library.

## All about hair!

Do you love learning amazing things about the human body? If so, you should know that human hair is fascinating! Here are some facts to make you more hair-aware:

- You have between 100,000 and 150,000 hairs on your head.
- You lose between 50 and 100 hairs a day.
- A single hair can support up to 100 grams. This means that a full head of hair can support more than 10,000 kilograms!

- Hair is like a little sponge, which is why it's used to absorb pollutants in the ocean.
- Hair lives an average of 5 years before falling out.
- Your hair grows about 12 centimetres in a year.
- Hair is 95 per cent keratin, the same substance that makes up your fingernails, animal horns and bird feathers!

Interesting, isn't it?



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## 3 easy recipes featuring eggs Perfect for Easter brunch

Do you love cooking? Do you like eating eggs? Try preparing these delicious recipes to treat your whole family this Easter.

### 1. FRENCH TOAST

In a bowl, whisk together eggs, a splash of milk and a few drops of vanilla extract. Soak a few slices of bread in the mixture. Cook the soaked slices in a buttered frying pan until they're golden brown—don't forget to flip them. Drizzle the French toast with maple syrup or top it with your favourite berries, like raspberries, blueberries or strawberries, right before serving.



### 2. BANANA PANCAKES

Use as many bananas as you like and double the number of eggs. For example, you could use two bananas and four eggs. Puree the mixture in a blender to create pancake batter. Cook the small pancakes in a well-oiled frying pan over medium heat. Serve them with your choice of toppings. Chocolate-hazelnut spread pairs perfectly with bananas.

### 3. SCRAMBLED EGGS

Whisk a few eggs in a bowl with a splash of cream or milk. Pour the mixture into a buttered

frying pan over low heat. Using a wooden spoon or spatula, gently scrape the bottom of the pan to create coarse lumps as the eggs cook. For added flavour, stir in a large handful of grated cheese once the eggs are almost fully cooked.

Bon appetit!

Never use the stove without adult supervision.

## Teeth quiz

You brush your teeth daily, but how well do you really know them? Answer these questions to find out.

- How many teeth does the average adult have?
  - 20
  - 32
  - 38
- What is tooth enamel made of?
  - Keratin
  - Collagen
  - Calcium phosphate
- The mouth contains four types of teeth. What are they?
  - Incisors, canines, premolars and molars
  - Paddles, points, grinders and cutters
  - Crowns, dentin, temporary and permanent
- Why do wisdom teeth sometimes need to be removed?
  - Because they can grow into other teeth and misalign them
  - Because removing them makes brushing easier and less time-consuming
  - Because their colour and shape are unattractive
- When should you go to the dentist to have your teeth checked?
  - Only when there is a noticeable problem, like severe pain or a broken tooth
  - At least once a year
  - Every five years

## Teamwork is great!

You've probably already worked as part of a team in school. Whether you prefer to work alone or with others, working in pairs or small groups can be a ton of fun and help you learn a lot.

Firstly, when you work on a team, you can share your ideas and listen to those of others. Together, you're likely to find solutions more easily. You may also discover interesting perspectives that can inspire you.

Collaborating in a team also improves your communication skills. You'll learn how to explain your ideas clearly and respect the viewpoints of others, even if they differ from your own.

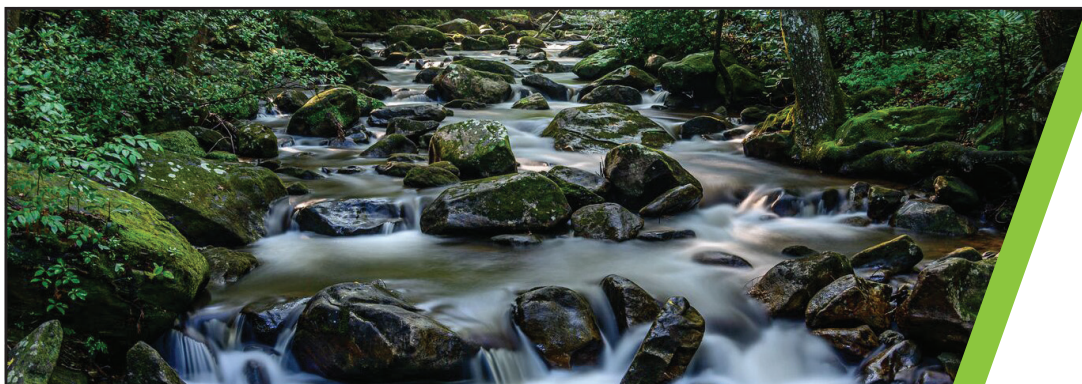
Teamwork in the classroom is helpful for school projects, and it's also useful in your extracurricular activities and even in preparing for the future. Whether it's playing on a sports team or later when you have a job, you'll eventually need to work with others.

By combining your strengths with those of your classmates, you can tackle projects that would be too lengthy or complicated to handle alone. Teamwork is so rewarding; when the work is finished, everyone can celebrate their shared success.

Finally, team projects can help you form lifelong friendships. The next time your teacher announces a group project, think of all the benefits that come with it!

**ANSWERS**

1. b) Young children usually have around 20 teeth, known as baby teeth.
2. c) Enamel is made of calcium phosphate, which is very strong and helps protect the more sensitive parts of the tooth, like the nerves and pulp.
3. a) Premolars are also called "bicuspid" in late adolescence or early adulthood, and they're not necessary; you can live without them!
5. b) It's best to visit the dentist at least once a year, but you may need more frequent appointments depending on the condition of your teeth. It's always best to follow the recommendations of a dental professional.



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# 35th Annual Carman Gun and Hobby Show Set for April 5

By Ty Dilello

The Carman Gun and Hobby Show is set to return for its 35th year on April 5 from 9 a.m. to 3 p.m. at Carman Hall (60 1st St NW). Admission is \$7 for the day, and children 12 and under are free.

The event is organized by Bruce Reid, who can be contacted at carmangunshow@gmail.com.

"This year, we have 80 tables with guns, ammo, knives and hunting-related items for sale," said Bruce Reid. "Back for another show, there will be food served by Crazy Lady's Cafeteria, which is always a big hit. It's all amazing as when I first started the spring show in Carman, I wasn't too sure how it would work out. Well it worked out as it's now the biggest one-day show in the province. This is possible due to the great attendance

every show and I have a great crew which makes this easier to put together."

The Gun Show features a special charity component, where an item is raffled off and 100% of the proceeds are donated to a different charity each year. This year, the proceeds will benefit the palliative care unit at the Carman Hospital.

Reid is excited to see how many people will come out on Oct. 26 to the Carman Hall. The canteen will also be open all day for people to come and get a bite to eat.

"Every show, I try and change it up to make it more interesting," Reid said. "It sounds like my regular crew of volunteers will be returning for another which I couldn't do the show without them. There are some new



STANDARD FILE PHOTO SUBMITTED

The Carman Gun and Hobby Show will return for its 35th edition on April 5, from 9 a.m. to 3 p.m. at the Carman Hall. Over 80 vendors will have tables set up with guns, ammunition, knives, and a variety of supplies.

vendors which adds to the show, with several door prizes and the usual raffle. The interest from guys and gals in

the sport seems to have really grown over the years."

## Access Credit Union introduces new \$250,000 Focused Funding Grant

By Annaliese Meier

Access Credit Union is excited to announce the launch of its new Focused Funding Grant, with a special emphasis in 2025 on supporting school nutrition and wellness programs across Manitoba. This initiative highlights Access Credit Union's commitment to fostering healthy communities and ensuring that students have the resources they need to thrive.

In 2025, the Focused Funding Grant will provide a total of \$250,000 in financial support to K-12 public schools throughout Manitoba. Ten schools will be selected to receive \$25,000 each, with the aim of enhancing nutrition and wellness programming. This year's grant will prioritize projects that improve kitchen facilities, ensuring there is adequate space and

equipment for food storage, preparation, and serving. By addressing these needs, Access Credit Union seeks to improve access to nutritious meals, which are vital for students' academic and personal development.

Key Details of the 2025 Focused Funding Grant:

- Eligibility: Open to all K-12

public schools in Manitoba.

- Application Period: Applications open on March 1, 2025 and close June 1, 2025

- Project Focus: Priority will be given to kitchen enhancement projects that support meal and snack programs.

- Support: Projects must be pre-approved by the respective school division and include a letter of support from the school principal or vice principal.

"Access is excited to provide this new grant opportunity to our communities. For the inaugural year, we are looking forward to seeing the impact this grant has on our local schools. These students are our future, and we believe that investing in our schools is an investment in our future," said Curt Letkeman, Board Chair of Access Credit Union. "By supporting nutrition and wellness programs, we are helping to create a healthier, more vibrant community."

Schools interested in applying for the Focused Funding Grant can find more information and submit their applications on the Access Credit Union website at <https://www.accesscu.ca/en/about/community/focused-funding-grant>. The grant applications open March 1, 2025, and close June 1, 2025. Successful schools will be contacted in the fall, followed by a public announcement.

The Focused Funding Grant will have a different focus each year, allowing us to address specific areas of need. By rotating the focus annually, Access Credit Union can respond dynamically to the evolving priorities of our communities.

## RH Battery has got what you need



Randy and Heather Friesen of RH Battery offer steep discounts on all kinds of batteries.

On the hunt for a battery? RH Battery Store has got you covered.

The Winkler store has been offering a vast inventory of batteries and installation services at great prices for three years now.

"You name it, we've got it," says Randy Friesen, who runs the shop alongside wife Heather. "All kinds of batteries—tool batteries, SLA batteries, golf cart batteries, industrial, auto batteries."

And if they don't have the battery you need, chances are pretty good they can find it for you or perhaps renew your existing battery.

"Sometimes, like for a Snap-on tool, they don't even make them anymore," Friesen says. "So we send it in and get it rebuilt."

The same holds true for everything from electric bicycles to lawn care equipment where replacement

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batteries might be hard or impossible to track down.

"Bring it to me, we'll put new cells in and you're good to go," Friesen says.

RH Battery is Friesen's retirement passion. He worked as a mechanic and, later, a trucker, and was looking for a new challenge. When the opportunity to open a battery store in Winkler came up, he jumped at it.

"It is a niche market. You can specialize, and I

did that and it's taken off," Friesen says, noting semi-truck batteries are by far their biggest seller.

It's their prices that keep people coming back.

"We do a lot of volume," Friesen says, explaining they're able to pass the savings onto their customers. "We have good pricing year-round."

The store has its spring sale on now. Stop by at 1-545 Commander Dr. to check out the deals.

*Paid Advertorial*



# St. Claude Health Centre excited for upcoming MJHL playoffs

By Ty Dilello

Residents of the St. Claude Health Centre are thrilled to support the upcoming Manitoba Junior Hockey League (MJHL) playoffs with their homemade crafts.

On March 4, the residents began creating playoff crafts featuring the logo of each team within a circular border in the team's colors, designed to represent each team's puck. The pucks were then displayed in order of their standings by division. The residents will also update a chart on the wall to show which teams are playing each week.

The following week, on March 18, the residents gathered for a group photo, each holding the logo of the team they will be cheering for in the playoffs. One resident even displayed a photo of her favorite Junior A hockey player, Tristan Gravenor, who plays for the Portage Terriers, on her door.

The first round of the 2024-25 MJHL playoffs, a best-of-seven series, began on March 21, featuring games between the Winkler Flyers and the Niverville Nighthawks, the Steinbach Pistons versus the Portage Terriers, the Neepawa Titans against the Northern Manitoba Blizzard, and the Waywayseecappo Wolverines facing off against the Dauphin Kings.



STANDARD PHOTOS BY KASEY KELL

The residents of the St. Claude Health Centre are excited to support the upcoming MJHL playoffs and cheer on their favorite teams while showcasing their creative crafts. The woman holding the Portage Terriers logo is Irene, the woman with the Northern Manitoba Blizzard logo is Lyla, the man with the Dauphin Kings logo is Neil, and the woman holding the MJHL logo is Yvonne.



## Allied health workers represented by MAHCP union ratify new collective agreements

By Patricia Barrett

Allied health workers represented by the Manitoba Association of Health Care Professionals (MAHCP) ratified new four-year collective agreements with the provincial government and public health-care employers last week after going nearly a year without contracts.

Tentative agreements were reached a few weeks ago, and allied health workers voted on those agreements over the course of two days last week. In January MAHCP members had voted 96 per cent in favour of a strike mandate.

"This contract was achieved through the resolve of frontline allied health professionals and their bargaining committee, who were willing to go on strike to demand change," said MAHCP president Jason Linklater in a news release. "It is my hope that the

new contract represents the first step in finally addressing chronic shortages of specialized staff and improving health care for Manitobans."

The new agreements are with employers provincial Shared Health, the Winnipeg-Churchill health region and the Northern health region.

Workers will receive a general wage increase of 12.25 per cent over four years, retroactive to 2024 with a 2.5 per cent increase. They'll subsequently see wages rise this year by 2.75 per cent, 3.0 per cent in 2026 and 3.0 per cent in 2027, plus a 1.0 per cent market adjustment.

The wage increases are "consistent with other recent health-care agreements, along with several improvements intended to enhance work-life balance and address workload and health and safety concerns," says MACHP.

The contract also includes a \$3 per hour step adjustment for most classifications, new rural and northern wage differentials, and wage parity for MAHCP paramedics with the City of Winnipeg paramedic services.

MAHCP says retention is a top priority as there are over 1,000 vacant allied health positions, and most positions require years of training because of their high degree of specialization.

Manitoba experienced a net loss of allied health staff represented by MAHCP in both January and February 2025 in Shared Health and the Winnipeg-Churchill and the northern health regions, says the news release. And this was the first "two-month streak of net loss since August 2023, under the previous government."

Although the contract doesn't address "significant issues" affecting retention and recruitment, it neverthe-

less is expected to help stem the loss of allied health workers from Manitoba and provide potential recruits with information about wages and working conditions – information allied health professionals assess when looking for a job.

"The new contract is the starting point to stop the bleed and keep more allied health professionals on the job while Manitoba trains and recruits more to fill the thousand vacancies that have built up in recent years," said Linklater. "Employers must prioritize implementing the contract as quickly as possible before Manitoba loses more specialized allied health staff."

The Manitoba Association of Health Care Professionals represents over 7,000 allied health members working 45-plus disciplines.



# Where are they now? Catching up with Sue (Malcolmson) Peever

By Dennis Young

This feature will attempt to renew some acquaintances with those who called Carman and the area home at one time or another. I have randomly selected people to answer questions about their past and present so the readers can get up to speed on their lives.

**Q. Firstly, let's get familiar with you again. When did you live in Carman?**

I was born and raised in Carman... a third-generation Carmanite, and attended all four of its schools.

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

My father, Harry, lived his whole life in Carman and was a pharmacist. He also gave back to his community as a Fire Chief, an Ambulance Driver, and a Town Council member. My mother, Phyllis, worked at home, raising us five children, and only later in life worked in retail.

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

At an early age, I was a Candy Striper at the Carman Hospital, delivering supper trays to patients. My high school days involved part-time work in the Catholic Church office

and helping out at my dad's stores... Carman Pharmacy and Co-op Drugs.

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

Great memories centered mostly around sporting activities. I was part of the Cougarettes basketball program, participated in track and field events and was kept busy in the winter months curling. I was also part of the Student Council throughout my high school years.

**Q. What was your career path after school?**

I did some accounting at Manitoba Hydro and at the Banff Springs Hotel before moving to Dryden where a new career opportunity opened. The local radio station - CKDR, was looking for a Receptionist/Bookkeeper and thus started my involvement in broadcasting. I transitioned from front office to being "on-air" host at a time when very few women did that work in the country. A bit of a learning curve, but so much fun! I was fortunate to land a job at CJOB/CHMM-FM as a Broadcast Journalist and was privileged to work with some legends like Peter Warren, Cactus Jack Wells, Ken Friar Nicolson, Bob Irving and more!

**Q. Where did you meet your spouse and what does he do?**

I met Barry in Winnipeg and then ventured away in 1980 to open our own business in Thunder Bay. The nature of the business has always been that of a gaming equipment supplier servicing charitable organizations across Canada with various products for fundraising. We are also a large wholesaler of food-related items to ice cream shops, convenience stores and more across Northwestern Ontario, as well as to many First Nation Communities throughout the far north. I stepped away from the business to be a stay-at-home Mom but returned as an accountant in 2002.

**Q. Did you raise any children?**

We raised Jenny, Casey, and Daniel, who all call Thunder Bay home. Jenny is a Social Worker who works for a Care Group that provides Mental Health and Addiction services. Casey is a Housing Manager for a local Indigenous Group and helps to provide transitional housing to clients. Daniel is employed at our business as a Manager. We also have one grandson, 5-year-old Wyatt, and a stepgrandson, 9-year-old Jayden.

**Q. What do you do now? Retired?**

Daniel has allowed Barry to retire but I still enjoy coming to work and



STANDARD PHOTO SUBMITTED

Susan (Malcolmson) Peever is a trailblazer for women in the on-air radio broadcast world.

haven't set a retirement date yet!

**Q. What passes your leisure time?**

In my spare time, I have always tried to give back to my community in some capacity. I have been part of numerous committees over the years working to support educational initiatives and continue to sit

Continued on page 19



## Gala Fundraiser

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# Miami Arts Association bustling with lots on the go

By Ty Dilello

The Miami Arts Association is thriving, and a variety of events are scheduled for the remainder of 2025 at its new location, the Miami Centre for the Arts (102 Blight Street).

The year 2024 was bustling for the association, which hosted numerous junior and adult art classes, including pencil and pastel sketching, acrylic painting, and macramé. In the spring, they also offered two sessions for painting garden stepping stones.

The Miami Arts Association capped off the year with a Christmas Variety Concert. Additionally, the Christian Life Centre in Morden provided a Christmas Worship Service for the Miami community through the Miami Centre for the Arts. Many local families took advantage of the multipurpose room and kitchen for their holiday gatherings.

"Last year was very exciting for us at the Miami Arts Association," said board member Heather Imrie. "We were very pleased to be able to purchase the former United Church in Miami after the unfortunate occasion of the Church closure. We are dedicated to preserving this beautiful historic building, and to repurpose it as an artistic centre that will continue to serve our community for many more years."

As of January 1, 2025, memberships were up for renewal. The costs are

\$20 for students, \$25 for adults, \$60 for families, and \$100 for corporate memberships.

"As in other years, your membership benefits include a discounted price for most classes or performances, the ability to permanently display and sell your artwork in our centre for a 20 percent commission, and you are able to have a table at our annual Members Art Exhibition and Sale at no cost."

All community members are welcome to display their art at the Pembina Valley Artist Studio Tour, held every September at no cost.

Membership renewals can be made via e-transfer to [miamiarts.association@gmail.com](mailto:miamiarts.association@gmail.com). Cash or cheque payments are also accepted. Members of the Miami Arts Association enjoy a 20 percent discount on purchases at the Artist's Emporium on Roseberry Street in Winnipeg.

The association has two seats available on its Board of Directors.

"Building our organization over the past two years has been a very rewarding experience, and we have been able to offer a great variety of art experience to our community," said Imrie. "We are looking for two more members to join our board, and we specifically would like to hear from anyone who would be interested in taking on the role of treasurer. Our treasurer position will benefit from

the assistance provided by a chartered accountant, who has agreed to help our board and offer their best advice for maintaining our financial affairs."

The Miami Arts Association is once again offering a junior art program consisting of four after-school sessions from January to April, sponsored by the Miami School Youth in Philanthropy Program.

Upcoming events include a workshop on March 19, where Gisele Rondeau will teach the basics of weaving using an inkle loom. Participants will create several projects, including key rings, lanyards, bookmarks, bandanas, and one long sash.

On April 26, Jenaya Wiebe from Prairie Penny Designs will demonstrate how to weave a wall tapestry. There will also be a pottery class this spring, with dates to be determined.

Additionally, on May 2 from 7-10 p.m., there will be an Art Exhibition honouring the life of the Miami United Church. This exhibition, showcasing artwork from local artists both past and present, will be the first event hosted at the Miami Centre for the Arts.

Patrons will have the chance to meet local artists and enjoy refreshments, including wine, cheese, and non-alcoholic beverages.



PHOTO BY HEATHER IMRIE

On March 19, Gisele Rondeau will teach the basics of weaving using an inkle loom at the Miami Centre for the Arts.

"We are very appreciative of the trust that was shown by the Miami United Church Board towards the Miami Arts Association when making it possible for us to acquire the building. We are also very pleased that the building, which has been such an important part of the life of our community since 1885, will continue to serve the public for many more years as an art institution."

For more information about upcoming activities at the Miami Arts Association, visit their profiles on Instagram and Facebook, or direct inquiries to [miamiarts.association@gmail.com](mailto:miamiarts.association@gmail.com).

# A silver milestone



STANDARD PHOTO BY JO-ANN BEAVINGTON

On the morning of March 16, residents at Heritage Manor Elm Creek celebrated Reverend Harold Kenyon of Crossroads United Pastoral Charge for his 25 years of service in Elm Creek and the surrounding area.

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# PVWC celebrates milestones and prepares for growth

By Lori Penner

At their annual general meeting last week, the Pembina Valley Water Cooperative (PVWC) reflected on a year of progress, expansion, and growth.

Co-chairs Don Wiebe and Pete Froese noted that 2024 was a pivotal year in the history of the organization.

"The 14 member municipalities made a unique capital contribution of \$15 million over a 10-year period. This contribution will be used to reduce our debt and also leverage government funding to provide an adequate supply of potable water for our region," Froese noted. "The economy of our region is expanding and current capacity to provide potable water needs to expand. We are optimistic that this regional commitment and provincial support will be able to increase the production of an additional supply of drinking water and also provide some measure of drought protection."

"We are quite pleased that the new reservoir in Letellier is now operational, and that the construction of the new river intake is currently underway," Wiebe said. "With this new intake we will be able to fill the oxbow even when the water flow in the Red River is quite low."

Guest speaker Sacha Janzen, director for the Office of Drinking Water for Manitoba Environment and Climate Change, reflected on the growth and accomplishments of the PVWC.

"As most here know, the Pembina Valley Water Cooperative was the result of multiple municipalities coming together in the early 1990s to develop a regional approach to supply the area with high-quality potable water that meets all Canadian drinking water standards. Now covering a service area of around nine-thousand square kilometers and serving a population base of approximately sixty-five thousand people, the Pembina Valley Water Cooperative supplies some of the fastest-growing communities in Canada."

Janzen recognized some key strengths of the organization, including their commitment to succession planning, their dedication to training and development, their consistent and reliable potable water delivery, their collaboration with neighboring co-ops, and their commitment to Indigenous consultation.

She also noted several notable milestones achieved by the PVWC over the last year, including the Red River Regional Reservoir upgrade.

"Your new intake project has made significant progress, and we look forward to seeing construction progress over the summer months."

The membrane plant expansion project at the Letellier site, expected to be complete in 2028, officially kicked off in January 2025 and marks a step forward in building capacity for future demands. Booster stations



STANDARD PHOTO BY LORI PENNER

Representatives from across the region gathered in Plum Coulee last week for the Pembina Valley Water Cooperative's annual general meeting.

along Highway 23 are now partially operational, improving water delivery infrastructure and preparing for increased future demand.

"These accomplishments reflect the PVWC's proactive approach to address community needs such as fire protection and water quality improvements like THM removal," Janzen said. "Your projects align with Manitoba's Water Strategy and support climate resiliency and water conservation efforts. They demonstrate adaptability to environmental challenges, ensure a reliable water supply remains available for future generations, and contribute towards community economic development providing a reliable and affordable water supply for new business development within your region."

PVWC CEO Dale Toews said it was certainly a busy year for the agency.

"The biggest thing was the commitment from the 14 municipalities to support us financially. That really helped us kick off our capital work. We're not done seeking funds from the federal and provincial government, also, to move forward."

Toews added that it was also a good year for water sales.

"We overcame quite a few operational challenges. It's been a good year for the co-op and we're looking forward to another one. We're moving forward on a lot of our capital projects. The Letellier reservoir is commissioned, our new intake for the Letellier system is under construction, and we have a number of other operational projects that are on the way."

## Taking the plunge for Special Olympics

By Lorne Stelmach

A record number of people braved the cold waters of Lake Minnewasta Saturday for the Polar Plunge in support of the Law Enforcement Torch Run and Special Olympics Manitoba.

There were 52 participants who collectively raised over \$22,500, and lead local organizer Sgt. Scott Edwards was very pleased with the response.

"We've been doing this now, including our two virtual years, for 10 years here in Morden, and that 50 mark has always been our goal," he said. "To have it work out as well as it did, with this being our third time plunging into the lake and getting the numbers that we did, we're very happy with the outcome."

The Morden event is closing in on having raised \$200,000 over the past decade.

The top team this year was police chiefs Brad Neduzak of Morden and

Ryan Hunt of Winkler, who jointly brought in \$4,700—with Neduzak just barely edging out Hunt in their personal challenge.

"It was nice to see some new teams, some new faces, and it's also nice to see the familiar faces and familiar teams," noted Edwards. "There's been a lot of people who have done it with us now every year."

"It's kind of doing something uncomfortable but for a great cause ... it's something out of the norm ... it's something different but exciting at the same time," he added. "I think we've got big plans as well now for next year."

Daniela Morales was participating for the second time with the Access Credit Union team.

"This year was better. It wasn't too cold ... it was exciting," she said. "We are happy to be here."

"This is crazy ... but it's a good

cause," added teammate Marge Friesen, who was plunging for the first time. "Find a group of friends; go with a team. That makes it special."

Adell Gauthier, director of fund development for Special Olympics Manitoba, was very pleased to see the response and support.

"It's fantastic to see how the city of Morden shows up to support this event," she said. "Celebrating 10 years is no small feat, and seeing how it continues to grow, we are exceptionally grateful."

"The funds are extremely important to create life-changing opportunities for athletes with intellectual disabilities," Gauthier added, citing the example of how nine Manitobans are on Team Canada in Turin, Italy right now for the Special Olympics World Winter Games.

"Those kinds of opportunities are made possible by events like this and



PHOTO BY LORNE STELMACH

The 10th annual Polar Plunge in Morden last weekend raised over \$22,500 for Special Olympics.

the support of the donors, the sponsors and the plungers. It's a true example of what community is and what a community can do."



# Men's Shed MB expanding

By Ashleigh Viveiros

A program designed to give men a welcoming space to gather to share skills, learn, and support one another is hoping to come to a community near you.

Men's Sheds Manitoba already has branches in Winnipeg, Beausejour, Howden, Minnedosa, Neepawa, and Dauphin, and they're hoping to see even more community hubs pop up across the province.

"We are looking to grow," says Fred Bobrowski, provincial chair of the organization.

A Men's Shed is a group of men who come together on a regular basis to enjoy a range of activities.

"It's a casual place for men to connect and socialize and get together to work on projects that benefit themselves and the community," explains Bobrowski.

Some sheds revolve around wood or metalworking, others gardening, technology, card games, or any other interest (or multiple interests) that resonate with the group.

Bobrowski's group in Winnipeg started out making walking sticks and canes, though the activity itself is really secondary to the camaraderie.

"Any sort of thing where guys are sitting shoulder to shoulder doing their stuff and talking," he says. "It's a bottoms-up organization. It's whatever the guys want with respect to the

activities."

Educational workshops and presentations are a staple of many Men's Sheds, welcoming guest speakers on a host of topics, including health, finances, and technology. Many also partner with local non-profits to tackle community projects.

"The aspect of giving back is key," says Bobrowski. "When we know we're helping our community, we really feel that sense of purpose that can be lost after retirement."

Bobrowski's involvement with the program began several years ago, when he was a member of the Transcona Council for Seniors.

The council welcomed Doug Mackey, the man who brought Men's Sheds to Canada in the early 2000s, as a guest speaker. By that point, Men's Sheds, which began in Australia in the '90s, had spread to more than 15 countries around the world. Today there are 150 sheds in Canada alone.

"He came and talked to a few men in our community about it and it really struck a nerve with me," Bobrowski recalls. "I know that there are many men who, when they retire, don't plan for it, or it may come unexpectedly to them. So they have too much time on their hands and not enough things to do."

Men's Sheds give guys a place to get out of the house and together with other men of all ages (though seniors



SUPPLIED PHOTO

There are 10 Men's Shed groups across Manitoba right now, providing a welcoming space for men to come together to share skills, tackle projects, and enjoy a cup of coffee and a chat.

make up the bulk of the membership, sheds are not exclusive to that age group—any male 18+ is welcome to get involved).

"Being part of a shed provides a vital sense of belonging," says Bobrowski. "We often hear from shed members how their shed community has helped them feel valued, supported, and less lonely."

Anyone can start up a Men's Shed chapter—you'll just need to recruit a few members and find an affordable space in which to meet.

Men's Sheds Manitoba and Men's Sheds Canada have support for new sheds by way of startup funds and

advice on how to get a one up and running successfully.

Bobrowski urges anyone interested in the idea to reach out to learn more.

"I think the impact you'll find of Men's Sheds to the men and to their families and by default to the community is probably quite profound," he says. "Friendships are made, skills are taught, skills are learned, and guys have a place to come that's safe, non-judgemental. Everyone's accepted."

For more information on starting a Men's Shed in your community, head to [mensshedmanitoba.ca](http://mensshedmanitoba.ca) or [mensshedsCanada.ca](http://mensshedsCanada.ca) or send an email to [mensshedmanitoba@gmail.com](mailto:mensshedmanitoba@gmail.com).

## > TRAILBLAZER, FROM PG. 16

as a Board Member of the Lakehead Public Schools Foundation. I helped organize the distribution of the Toys for Tots for the local Christmas Cheer more years than I can remember.

**Q. Have you travelled for leisure and where?**

I have been fortunate to enjoy travelling to many parts of the world. Canada, United States, Caribbean Is-

lands, Australia, South Korea, China, England, France and Scotland. For many years, Barry and I have enjoyed spending the winter months in Palm Springs. Barry is the golfer – not me.... but the desert warmth is nice!

**Q Do you ever return to Carman?**

I still return to Carman, just not as often since there is no immediate fam-

ily there now. But... those who are like family after close to 70 years of friendship are indeed worth visiting! This past August I took my five-year-old grandson so he could experience the sights. He loved so many places we stopped at and especially enjoyed Syl's and being able to sit in the car and eat lunch! He's anxious to return and get a better score on the mini putt!

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

It's difficult to choose a favourite memory of Carman, but I will always consider it to be home and that's what matters.

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

I read this newspaper online every week and enjoy hearing about new happenings around town and seeing old familiar faces. My thanks to everyone involved in producing the paper—jobs well done!



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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Ste. Anne Aces win third SEMHL championship

By Ashleigh Viveiros

The Ste. Anne Aces are the South Eastern Manitoba Hockey League champions.

Ste. Anne downed the Springfield Winterhawks 6-5 in overtime Sunday afternoon to take the series four games to three.

The Aces and the Winterhawks finished the regular season at the top of the standings—Ste. Anne in first with a 16-2 record and Springfield right on their heels in second with 14 wins, four losses to their names.

The championship series was a back and forth affair, Ste. Anne taking games one and two 5-2 and 4-3 and then Springfield clawing its way back into it with wins in games four and five 6-4 and 3-1.

Game five March 19 needed overtime for a decision, tied at 4-4 after

regulation. The winning goal gave Ste. Anne the series lead 3-2, but Ste. Anne tied it back up again with an 8-6 victory Friday night.

That set the stage for game seven Sunday in Ste. Anne. The score was tied 1-1 after 20 minutes. Springfield pulled ahead 4-3 after 40.

The lead was short-lived, with the Aces' Caleb Paisley scoring in the third period's second minute. The scoreboard remained steady for several minutes after that, until Springfield's Riley Thomsen lit it up at 14:16 to retake the lead. Four minutes later, Brenden Walker scored for Ste. Anne, forcing overtime.

There, Cody Fowlie managed the game-winner for the Aces two minutes in, giving Ste. Anne their third league championship in a row.

## Chasing Canadian Junior title



STANDARD PHOTO BY DARCY HAYWARD

Carman's Shaela Hayward, Grace Beaudry, Keira Krahn and Emily Ostrowsky of Team Hayward gather for their send-off party at the Carman Golf and Curling Club on Tuesday, March 19, 2025. The team will represent Manitoba at the 2025 Canadian Junior Curling Championships in Summerside, P.E.I., beginning this week.

## Banner Season for Elm Creek



STANDARD PHOTO BY BARB FORTIN

The Elm Creek Lightning hockey team recently won the Pembina Valley 2024/2025 U11 Gold "AA" B-side champions banner after defeating MacGregor and Red River. The Lightning also competed at the U11 Rural C provincials in Boissevain (Feb. 28 - March 2) and finished in fourth place after losing the bronze medal game 5-4 score to the Teulon Tigers. Pictured in no specific order, Brooke Banman, Oliver Sisson, Brock Enns, Darcie Voeselek, Cooper Frost, Drew McIntyre, Malcolm Sisson, Lincoln Melnic, Dany Williams, Jack Jones, Juliana Veldhuis, Byron Lepp, Berlynn Tkachyk and Liam Fortin.

## Cougars winning ways



STANDARD PHOTO SUBMITTED

The Carman Cougars U15 'A' team won the Pembina Valley Minor Hockey League championship banner for the 2024/2025 season. The team had an impressive record of 40 wins, five losses, and two ties during regular season play. They achieved back-to-back tournament victories in Morden and Grunthal before facing elimination in the quarterfinals of the Tournament of Champions in Souris, where they lost in double overtime. Additionally, the Cougars secured bronze medals at the Hockey Manitoba Rural 'A' Provincials in Dauphin, concluding a remarkable year for this dedicated team of hardworking and talented kids, along with their coaches and parents.



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## RURAL MUNICIPALITY OF ROLAND UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any persons who wish to make them in respect to the following matter:

### R.M. OF ROLAND BY-LAW 2025-02 BEING AN AMENDMENT TO THE R.M. OF ROLAND ZONING BY-LAW 6-2001, AS AMENDED.

**DATE & TIME:** Tuesday, April 8th, 2025 at 9:00 am  
**LOCATION:** Council Chambers at Municipal Office, Roland Memorial Hall 45 3rd Street, Roland, Manitoba.

**GENERAL INTENT of BY-LAW 2025-02** To amend Table 4-4 and 4-5 to allow for inclusion of 'Planned Use Development' as a conditional use in the "RG" and "M/C" zones.

**FOR INFORMATION CONTACT:** Taya O'Brien, Chief Administrative Officer  
45 3rd St, Roland, MB  
P.O. Box 119  
Ph: (204) 343-2061  
Email: caormofroland@gmail.com

A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request.  
March 10, 2025

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### NOTICE OF DIRECTOR ELECTIONS ELECTRONIC VOTING AND ANNUAL GENERAL MEETING (the "AGM") MEMBERS OF ACCESS CREDIT UNION LIMITED (the "Credit Union") TO: ALL MEMBERS OF THE CREDIT UNION

#### VOTING FOR BOARD OF DIRECTORS

TAKE NOTICE THAT voting for the Board of Directors is open to all members who have a share at any Credit Union branch. Voting will be done by electronic ballot and will be tallied electronically by a third-party provider. Voting will be open from 9:00 a.m. CDT on Thursday, the 3rd day of April, 2025 until 5:00 p.m. CDT on Wednesday, the 9th of April, 2025. Members of the Credit Union are invited to vote online at [www.accessvotes.ca](http://www.accessvotes.ca). Each member may vote on a personal electronic device or should any member prefer, devices for the purpose of voting will be available at all branches of the Credit Union during operating hours.

#### ANNUAL GENERAL MEETING

TAKE NOTICE THAT the AGM of the members of the Credit Union will be held on Wednesday, April 16, 2025 at 7:00 p.m. CDT via virtual means, for the following purposes:

1. 2024 Audited Financial Statements and Auditor's Report
2. Board of Directors Report
3. Appointment of Auditors
4. Announcement of Member Rewards
5. Director Elections Voting Results

All eligible members wishing to participate in the AGM are required to register online at [www.accesscu.ca](http://www.accesscu.ca) prior to April 16, 2025 at 4:00 p.m. CDT. Instructions for voting processes and how to ask questions will be displayed on the screen commencing at 6:45 p.m. CDT. These instructions will also be reviewed at the opening of the meeting.

More information can be found at: [www.accesscu.ca](http://www.accesscu.ca).

DATED this 27th day of March, 2025  
ACCESS CREDIT UNION LIMITED  
By Order of the Board of Directors



**Prairie Rose School Division**  
[www.prsdmb.ca](http://www.prsdmb.ca)  
[prsd@g.prsdmb.ca](mailto:prsd@g.prsdmb.ca)

### Budget 2025-2026 Presentation

Each year, Prairie Rose School Division's (PRSD) Board of Trustees presents the annual operational budget for the following school year. This year, PRSD is hosting the Budget 25-26 Public Presentation at **Roland School on Monday, March 24, 2025, at 7:00 p.m.** Stakeholders have the option to attend in-person or virtually via Google Meet. The Google Meet link will be sent via e-mail to those who pre-register. To register use the link or QR code below:



<https://tinyurl.com/4pch92s8>

Following the meeting, we will post the recorded presentation and the budget presentation feedback form. The feedback form will accept responses until Thursday, April 3, 2025, at 3:30 p.m.



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# take a break > GAMES

## SUDOKU

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

Level: Intermediate

**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!

**Sudoku Answer**

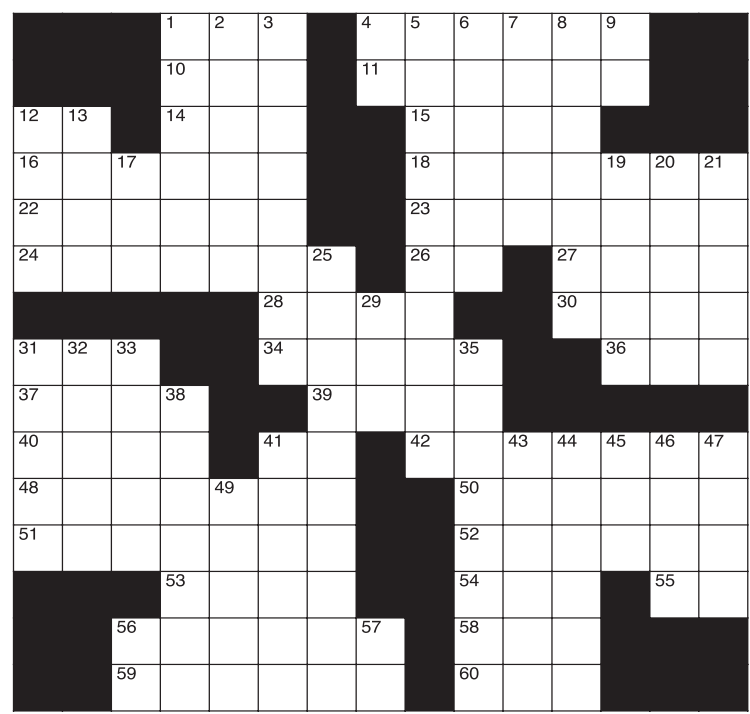
4	9	7	5	3	8	6	2	1
3	9	8	2	9	6	7	4	1
7	6	2	4	1	8	5	3	9
2	9	7	8	5	1	6	9	4
5	7	3	2	9	4	8	1	6
8	4	1	9	6	3	2	7	5
6	8	9	3	7	4	2	5	1
1	3	7	9	6	8	4	2	5
8	7	9	1	3	5	6	4	2
9	6	9	4	5	6	8	1	7

**Crossword Answer**

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

# X CROSSWORD

- CLUES ACROSS**
- State in southwestern India
  - Pashto
  - Corpuscle count (abbr.)
  - Supervised release from prison
  - Greeting
  - Type of drug
  - \_\_\_ Sagan, astronomer
  - Every year
  - Nasal cavities
  - Nova \_\_\_, province
  - In an inactive way
  - Cream-colored root
  - Nervous system disease
  - Guitarist Clapton
  - Three came to see Baby Jesus
  - Lebowski's nickname
  - Play a role
  - Not fresh
  - Where golfers begin
  - Negatives
  - Wild goat
  - Releasing hormone
  - Makes up
  - Fastens
  - Exists in large numbers
  - A connecting word
  - A phase of the heartbeat
  - Northern Ireland county
  - An independent ruler or chieftain
  - Pacific sea bream
  - Commercial
  - Azure
  - Doctor of Education
  - Protected oneself against loss
  - Car mechanics group



- CLUES DOWN**
- Pastes for filling crevices
  - Acquire
  - Heralds
  - News group
  - Exact copies
  - Particles
  - Noted 20th C. performer Lena
  - Tempted
  - Midway between north and east
  - Slotted, hinged metal plate
  - South American hummingbird
  - Neither
  - Walk with confidence
  - Omit when speaking
  - Imperial Chinese currency
  - A bakery specializing in French pastry
  - Talk incessantly
  - Ethnic group of Nigeria
  - Longtime NY Times film critic
  - Beginners
  - Makes a trade
  - Sleep
  - Not moving
  - Popular drink: Pina \_\_\_
  - Potential benefits
  - A place you can get stuck in
  - Ancient Greek City
  - Chalcedony
  - Rover
  - Digraph
  - Investment vehicle



# Announcements Classifieds

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### CARD OF THANKS

The family of Juliette Des Lauriers would like to say thank you for all expressions of sympathy through flowers, messages and calls. Thanks to Bob Pauls and Doyle's Funeral Home for the compassion shown to us during this difficult time. A special thanks is extended to the staff at the Foyer Notre Dame for the excellent care that mom received during her time there

### CARD OF THANKS

Grace St. John's would like to extend a heartfelt thank you to all who reached out to help during our devastating church fire. The Carman Fire Department, Paramedics and the RCMP worked tirelessly to ensure everyone's safety. Thank you, friends, for the numerous offers of outreach and prayers for our church. A special thank you to Bell Aura for hosting our "Farewell Service" on March 16th. We will continue to be Grace St. John's, just in an alternate location.

### OBITUARY

#### Dennis Lloyd Rinn

Our precious gardener has crossed the Rainbow Bridge, reunited with Ace, Tia, Duke and Butch. Left to mourn is Molly. Dennis was born December 25th, 1943. He often remarked that he was the best Christmas present his mother ever received. Maybe he missed out on some presents, but he always got a birthday cake on Christmas Eve. His childhood was spent on the farm at Snowflake and with cousins from across the valley. It is one of the reasons that family was so very important to him.

Predeceased by his parents Alden and Kathleen, brothers-in-law Albert and Brian, brothers Morley, Don, Jimmy and sister Reta, he is survived by his wife Lana, brother-in-law Clarke Burnett (Ruth), sister-in-law Enid Burnett, brothers Lyle (Sue), Bob (Rae) and sister Gladys Wymer. Also left to mourn are his beloved nieces and nephews: Charlene Currie (Mike), Karen Milljour (Brad), Michelle Large (Greg), Vicki Stechkewich (Paul),



Tom Rinn (Kristen), Dennis Rinn (the younger), Carol Howard (Richard), Reg Sheen (Karen), Shelley Jones (Mike), Tracy Derksen (Bill), Royce Burnett (Glenda), Megan Burnett (Barry), Paul Burnett (Suji) and a whole slew of "great" nieces and nephews.

His accomplishments were varied: Free Press Trophy winner of the School Boys Bonsel in 1960, Provincial Champion Juvenile baseball in 1961, President of the Fort Garry Teachers' Association; awarded a life membership in the Association in the 80's, trophy for best Garden in Fort Garry in the 90's and Wednesday night Golf Champion.

His career in education spanned more than 30 years with stops in Red Lake and several schools in Fort Garry. Many Friday evening meals were spent debriefing with Lana, also a teacher. Their marriage of more than 56 years was based on love and respect. They were each other's best friend. After retirement in 1999, Dennis and Lana moved to an acreage near Carman and built their dream home. He planted over 1000 trees, established an orchard and cultivated three different garden patches.

His interests included hunting, New Years Eves, skiing and golfing but his true passion was gardening. His flower garden was a wonder to behold, and the veggie garden was spectacular. 2 lb tomatoes, 1 1/2 lb peppers were plentiful. When challenged, he could provide proof. The happiest days of his life were spent working in the yard from early morning until dark with his dog supervising and helping??

We are grateful to live in a caring community with so many supportive friends and family, special thanks to Dale. Our gratitude to the wonderful staff, doctors and nurses at Carman Memorial Hospital. The care he received was exceptional and deeply appreciated. Thanks also to Dr. Kruk, Dr. Woelk and Craig at Doyles. Rest in Peace, Den.

Memorial donations may be made to the Pembina Valley Humane Society, or to the South Central Cancer Resource.

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

### IN MEMORIAM



In Loving Memory of  
My beautiful wife Laura

It has now been a year since you have been called by our Blessed Lord and Saviour into his eternal kingdom. There is not a day or even a moment that I do not still think of you, miss you, love you and cherish our wonderful life together. I forever pledge my undying love to you today and forever. I so miss you and your beautiful smile. Your charismatic spirit lives on in my heart and soul every day and will for all eternity. I am so grateful for all the years of living, loving and life we shared together over our 62+ years together. I miss you so very deeply and will always continue to honor and treasure our time together. You are and will always be my wife, my partner, my confidant, my angel, and my true LOVE! Thank you so very much for being my loving wife! I love you DEAR!

-Your Ever Loving  
Husband and Soulmate, Don

### IN MEMORIAM



Dave Zacharias  
1933 - 2020

Your unwavering devotion to faith, family and farming  
Embedded the very essence of a life well lived  
So treasure him Lord in your garden of rest  
Years roll on but memories last

-Loving remembered by  
Shirley and all your family

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1 - 1 year Simmental Percentage	2 - Speckle Park Heifers
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# get inspired

> MEAL IDEAS



## Individual Sweetpotato Breakfast Pizzas

Recipe courtesy of the North Carolina Sweetpotato Commission

Servings: 4  
 4 medium North Carolina sweetpotatoes (about 2 pounds), divided  
 1 tablespoon, plus 1 teaspoon, olive oil, divided  
 1/4 teaspoon garlic powder  
 1/4 teaspoon onion powder  
 1/4 teaspoon paprika  
 1/8 teaspoon cayenne pepper  
 kosher salt, to taste  
 freshly ground black pepper, to taste  
 all-purpose flour, for rolling out dough  
 1 pound whole-wheat pizza dough at room temperature, divided into four equal portions (4 ounces each)  
 1 cup freshly shredded Gouda cheese  
 4 large eggs  
 1/4 cup diced chives  
 Preheat oven to 400 F. Place 1 pound sweetpotatoes directly on rack and bake until soft, about 1 hour. Remove from oven and let cool 5-10 minutes. Peel and puree flesh until smooth; reserve 1 cup.  
 Increase oven heat to 450 F. Peel remaining sweetpotatoes and dice into 1/2-inch pieces. Toss 2 cups diced

sweetpotatoes with 1 tablespoon olive oil, garlic powder, onion powder, paprika, cayenne and salt and pepper, to taste; place in even layer on baking sheet. Roast until softened but not crisp, 15-20 minutes, stirring halfway. Remove from oven.

Lightly flour clean, flat work surface. Roll each ball of dough out to about 1/4-inch thickness (about 7 inches diameter).

With remaining oil, lightly coat rimless baking sheet. Transfer rolled out dough to baking sheet.

Spread pureed sweetpotato over surface of each dough round, about 1/4 cup each, leaving about 1/2-inch border. Top each with 1/4 cup shredded Gouda. Add 1/2 cup roasted sweetpotato cubes, leaving open space in center of pizzas.

Carefully crack one egg into center of each pizza; bake 15 minutes until crusts are golden brown on bottom, cheese is melted and egg whites are fully set. Carefully remove pizzas from oven.

Season with salt and pepper, to taste. Top each pizza with 1 tablespoon diced chives.



## Puerto Nuevo-Style Lobster

Recipe courtesy of Marisel Salazar, on behalf of the Maine Lobster Marketing Collaborative

Seafood seasoning, to taste  
 1 bottle Mexican beer  
 2 Maine Lobsters (about 3 pounds)  
 black pepper, to taste  
 2/3 cup lard, vegetable shortening or olive oil  
 1/4 cup unsalted butter  
 flour or corn tortillas  
 2 cups red rice  
 1 cup refried black or pinto beans

1 cup pico de gallo  
 1 cup salsa verde  
 6 lemon wedges  
 Bring large pot of water to boil. Season with seafood seasoning, to taste, and a few splashes of Mexican beer. Boil lobsters 3 minutes.

Remove and split lobsters in half down middle. Thoroughly rinse shell and lobster meat, discarding green intestines and black vein running down center of tail.

Lightly season lobster halves with seafood seasoning and black pepper, to taste.

In deep-frying pan, heat lard. Fry each lobster half 5 minutes on each side. Set aside to drain on paper towel-lined plate.

To serve, scoop lobster meat onto tortilla with rice, beans, pico de gallo, salsa verde and squeeze of lemon.

# Losing dangerous belly fat

By Fitness Expert Julie Germaine Coram

While aesthetic reasons are often behind one's goal to lose excess fat from around the midsection, leaning up in this area is critical for optimal health. Belly fat is a precursor for many serious conditions, including cardiovascular disease and diabetes. So, though I do very much agree that washboard abs are cute and all, it's more important to focus on avoiding obesity and reducing the risk of developing health complications that are associated with it.

Where your body carries excess weight has a huge impact on your health. You may not even have to be overweight to be included in those at risk for high blood pressure and high cholesterol – if your waist measures over 35 inches (for females) and exceeding 40 inches (for males), your doctor would likely warn you of these elevated risks and encourage you to make some lifestyle changes to reduce that stored adipose tissue.

Don't feel badly—as we age, it's natural to gain weight around our bellies. Research is still being conducted on the link between waist circumference and heart conditions and the speed at which your body processes blood sugars. But the physical changes are often to blame on hormonal fluctuations and can cause increased inflammation throughout the body, which can lead to cardiovascular disease down the road.

The good news is that when you take up a new exercise program and make small adjustments to your diet over time, belly and lower back fat often melt away first! As spring



Fitness Expert Julie Germaine Coram

blooms here in Manitoba, it's a great opportunity to get outside and go for walks in your neighbourhood or hikes in a park, to start building that 'summer body' while you're covered up for warmth and have the nice cool breeze to help you be comfortable. If it's still a bit icy out there for you, try enrolling in a yoga class, or a spin class to kickstart your fitness routine and blast away belly fat surrounded with some friends.

Would you like to discuss your individual nutrition questions, health goals or fitness struggles with me? Schedule a free online consultation by visiting: [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

*Coach Julie Germaine Coram is dedicated to long-life health! She is an active mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fitness Specialist. She has helped many thousands of people worldwide improve their health since 2005.*



## Lobster Ceviche

saltines, tortilla chips or plantain chips, for serving

Bring large pot of salted water to boil. In large bowl, prepare ice bath with 2 quarts water and lots of ice.

If using whole lobster, split lobster in half and use dish towel to twist off claws and tail. Discard body.

Boil tail and claws 1 1/2 minutes. Remove tail from water and place in ice bath. Allow claws to boil 1 1/2 minutes longer. Remove and place in ice bath.

On chopping board, shell lobster tail and claws. Discard shells. Roughly chop into pieces.

In medium bowl, toss lobster and lime juice. Refrigerate 1 hour.

When ready to serve, add onion, cilantro and jalapeno to bowl with lobster; toss to combine. Arrange on plate or in serving glass. Drizzle with oil and top with flaky sea salt, to taste. Serve with saltines, tortilla chips or plantain chips.

Recipe courtesy of Marisel Salazar, on behalf of the Maine Lobster Marketing Collaborative

1 Maine Lobster (about 1 1/2 pounds)  
 1 1/2 tablespoons fresh lime juice  
 1 small red or white onion, minced or sliced  
 2 tablespoons fresh cilantro, chopped  
 1 tablespoon jalapeno, seeded and minced  
 1-2 tablespoons extra-virgin olive oil or avocado oil  
 flaky sea salt, to taste