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STANDARD PHOTO BY JULIE FEHR

Grade 3/4 students at Carman Elementary School spend time with their classroom-hatched Indian Runner ducklings during daily "duck time," building hands-on skills in care, responsibility and empathy. See full story pg. 3.

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Elaine Clerc brings nature to canvas during April GPAC exhibit

Artist reception April 11, 1-3 p.m.

By E. Antonio

To acrylic artist Elaine Clerc, art is meant to be shared with the world — including right here in Carman.

Clerc will showcase approximately 30 of her paintings at the Golden Prairie Arts Council (GPAC) this April. The Winnipeg-based artist is excited to return to the gallery after previously exhibiting there in 2022.

“I look at each painting as a challenge, and when my eyes tell me they are happy, I am happy,” she said. “I get a lot of satisfaction out of this.”

Much of Clerc’s inspiration comes from close to home. Using reference photos she takes herself, she captures skylines, natural scenery and landscapes, often focusing on one eye-catching element that she then brings to life on canvas.

“These things just speak to me,” she added. “And that’s why I love to do what I do.”

Clerc’s passion for art began at a young age. Her parents often gifted her art books, and she always looked

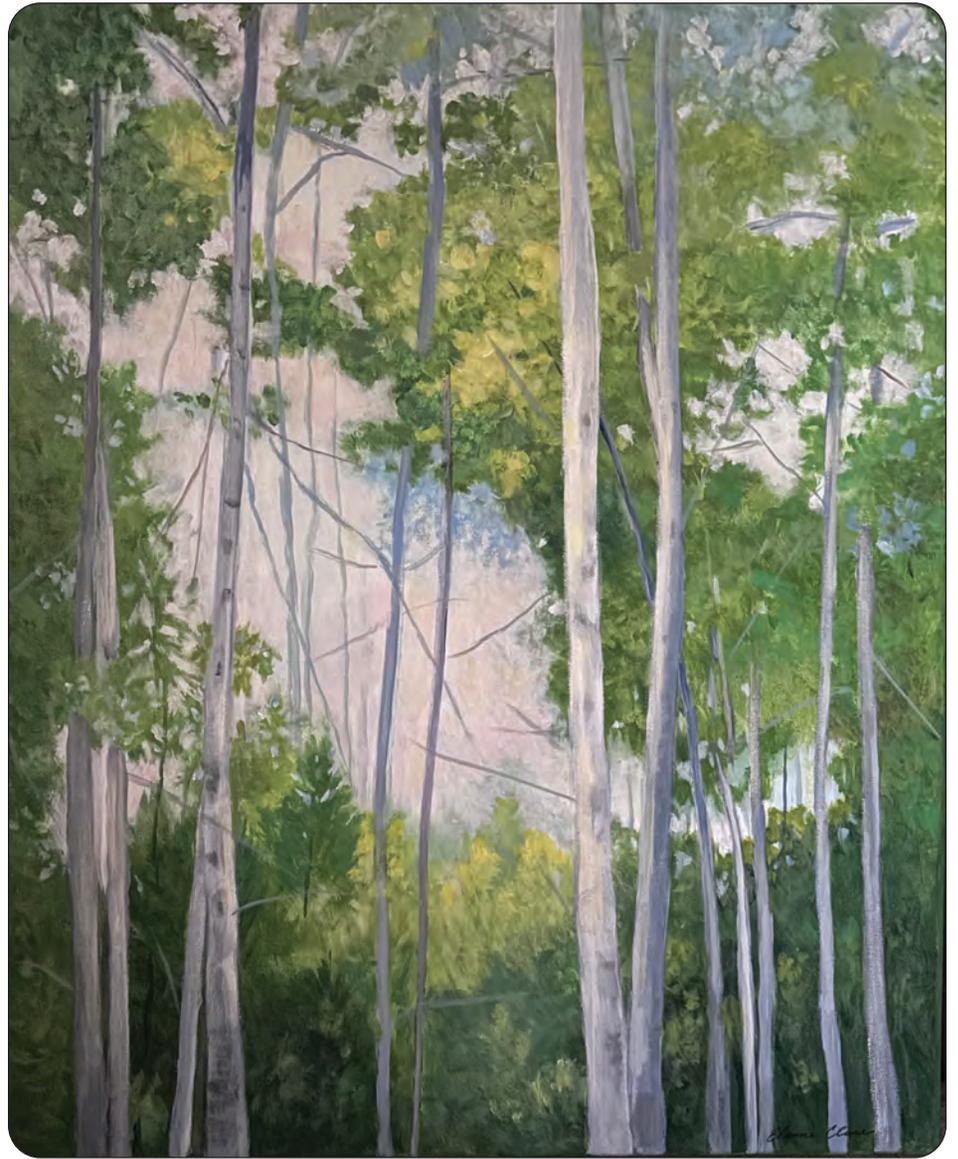


Acrylic artist Elaine Clerc will display approximately 30 paintings during her April exhibit at the Golden Prairie Arts Council in Carman.

forward to art classes in school. As she grew older, however, she drifted away from painting while focusing on other responsibilities in adulthood.

About 10 years ago, she found herself with extra time and decided to return to the hobby.

While visiting art galleries with her husband, she remembers telling him, “This is what I want to do.” From there, her artistic journey began to



STANDARD PHOTOS SUBMITTED

Clerc often focuses on nature, landscapes and skylines in her paintings. These two pieces were created using reference photos she took while travelling across Canada.

grow.

Since then, Clerc has taken part in several community and virtual art classes and joined a number of art groups. Still, she says her greatest teacher has been herself, learning through “practice, practice and more practice.”

Often, she aims to replicate her reference photos as closely as possible, matching colour to colour. Other times, she adds her own creative touch by experimenting with different colour palettes.

The process behind each painting — from priming the canvas and sketching the image to applying the final layers of paint — can take anywhere from a few hours to several weeks.

When she finds herself stuck on a difficult section, Clerc has learned the value of stepping away.

“You just put it away for a couple of weeks and come back with fresh eyes,” she said. “Your eyes will tell you what is wrong.”

She acknowledges that no painting is ever truly perfect and that working

through challenges can sometimes be frustrating.

“But it’s important to trust yourself and trust the process,” she added.

When her work is on display in an exhibit, Clerc especially enjoys the opportunity to connect with the people who purchase her paintings. She often finds herself curious about what drew them to a particular piece.

Through those conversations, she’s noticed that buyers frequently mention the same detail she loved most while creating the painting.

“If they say something else — even better,” she said. “Their comments are always appreciated. They are valuable to me as an artist.”

Clerc’s exhibit will be on display at the Golden Prairie Arts Council, located at 38 Centre Ave. W. in Carman, from April 7 to 30 during gallery hours, 11 a.m. to 4 p.m. Tuesday through Saturday.

Visitors are also invited to attend a welcome reception with the artist on Saturday, April 11, from 1 to 3 p.m.

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Bell Aura marks 12 years with open house, new menu preview

By Lana Meier

Bell Aura is celebrating 12 years in the community with an anniversary open house on April 7, offering guests a first look at a refined new menu and updated culinary direction.

The event will run from 2 to 5 p.m. and feature a selection of hors d'oeuvres designed to showcase the restaurant's evolving approach under Chef Brody Tkachyk.

Guests attending can expect noticeable changes, with a stronger focus on intention and refinement throughout the menu.

"Dishes are no longer just comforting — they're composed," Tkachyk said. "There's a clear focus on balance, technique and presentation, with elevated plating, tighter flavour profiles, and a more curated progression from starters through dessert."

He said the shift emphasizes treating ingredients with greater respect.

"Less clutter, more purpose, allowing each component to speak," he said. "The goal is a true dining experience rather than simply a meal, where every plate feels deliberate, elegant and memorable."

Tkachyk said the new direction is shaped by his personal and professional journey, blending discipline, resilience and a renewed passion for the craft.

"The vision for Bell Aura is to create something rare in the region — a space where fine dining meets authenticity," he said. "The goal isn't to imitate big-city restaurants, but to bring that level of care, precision and pride into a local, community-driven setting."

The open house will also preview upcoming offerings, including a planned Prime Rib Night, which Tkachyk said will focus on both quality and consistency.

"Guests can expect more than just a dinner — they can expect an experience," he said. "Each visit is designed to build trust, so when people walk through the door, they know they're stepping into something intentional, polished and worth coming back for."

Owner Barbara Alarie said community support has been central to the restaurant's success over the past 12 years.

"It's that ongoing connection with the community that keeps the doors open and the atmosphere alive — it's not just about business, it's about being part of people's lives in a meaningful way," she said.

Alarie said reaching the 12-year milestone reflects more than longevity.

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STANDARD PHOTO SUBMITTED

Chef Brody Tkachyk (left) and owner Barbara Alarie stand outside Bell Aura in Carman ahead of the restaurant's 12th anniversary open house on April 7, which will preview a refined new menu and updated culinary direction.

When you laugh over lunch

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EDITORIAL > VIEWPOINTS > LETTERS

The power of showing up

By Harvey Max Chochinov

For many families, visiting a loved one who is aging or seriously ill can feel surprisingly difficult. We may love them deeply, yet hesitate before walking into a hospital room, nursing home or hospice. Often, that hesitation stems from a sense of helplessness.

When someone we care about is unwell, our instinct is to fix what is wrong. If we cannot make them better, we may feel what we offer is inadequate — or that our presence only highlights our powerlessness. Yet families matter enormously in the lives of people who are ill.

What if the issue is not that families have too little to offer, but that we misunderstand what truly helps?

Presence eases suffering

Palliative care research points to an approach called Intensive Caring, which reframes caregiving not as fixing, but as being with. Though developed for health-care professionals, its lessons apply equally to families.

At its core is a simple idea, expressed by hospice pioneer Dame Cicely Saunders: “You matter because you are you, and you matter to the last moment of your life.”

For families who feel “it just doesn’t feel like enough,” this offers reassurance — presence itself eases suffering.

Families often feel like bystanders as doctors, nurses and institutions manage care. Compared with medical interventions, what they offer can seem small.

An old family friend once put it this way while his wife was in hospice: “All I do is hold her hand and try to feed her a little. We often fall asleep in front of the TV. It just doesn’t feel like enough.”

Yet these moments are not only enough — they are essential.

Showing up is the most fundamental act. Presence can mean the difference between feeling cared for and feeling abandoned. For someone whose world has narrowed because of illness, knowing a familiar face will return again and again is profoundly comforting.

Dignity-affirming presence

Families often worry about not knowing what to say, but tone matters more than words.

Holding a hand, making eye contact or sitting quietly together conveys care and respect. Even silence, when grounded in genuine presence, can be



Harvey Chochinov

deeply affirming.

Being attentive, calm and emotionally available signals that the person matters. By contrast, distraction or discomfort can unintentionally suggest the opposite.

Taking a n interest

Illness can reduce a person to a diagnosis or a list of limitations. Families are uniquely positioned to counter this by taking an interest in who their loved one is beyond their illness.

That may mean talking about books, family news, hobbies or memories,

Continued on page 5

Free fishing, park entry offered for spring break

By Haley Cvar

Manitobans are being encouraged to get outdoors this spring break with free fishing and free entry to provincial parks from March 27 to April 5.

Ian Bushie said the initiative is aimed at making outdoor recreation more accessible for families across the province.

“Affordability matters, and we want to ensure every Manitoban can enjoy the incredible lakes, forests and landscapes our province is known for,” Bushie said in a release. “Free fishing and free park access open the door for more families to explore the outdoors

together this spring break.”

During the promotion, anglers can fish without a provincial licence. However, all existing regulations remain in place, including possession limits, size restrictions and rules specific to certain bodies of water. Federal angling licences are still required in national parks.

The province is also reminding anglers to use caution on late-season ice and check conditions before heading out.

In addition to free fishing, entry to all provincial parks will be waived

during the spring break period, with free park access continuing throughout April.

“Spring break is a perfect time to enjoy Manitoba’s outdoors and removing the cost barrier helps more people do just that,” Bushie said. “I encourage Manitobans to explore our parks, try fishing and enjoy the beauty of our province while always staying safe and checking ice conditions.”

More information on angling regulations is available through the province, while details on park access can be found on Manitoba Parks’ website.

OUR SISTER PUBLICATIONS



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The way it was this week in April 2:

By Dennis Young

100 Years Ago, 1926 — Measles and mumps prevalent; UGG buys Home-wood elevator to replace it with an up-to-date model; Minister of Agriculture cuts DAS funding from \$2,200 to \$1,500; four inches of snow set back spring; hemp growing gets trial runs in the area; Betty McInnis stars in a three-act play at Carman High School in Memorial Hall; South Central Amateur Baseball League formed with Roland, Elm Creek, Miami and Carman — Les Bennett president.

75 Years Ago, 1951 — St. John's Anglican observes its 60th anniversary; Carman Baseball Club to add 800 reserved seats this summer at \$32 for 32 games; Lee Smallwood (Carman) and Jake Rhymer (Mollard Siding) named Canwest Feed representatives; City

Lights shows at the Boyne Theatre; Boyne Consumers' Cooperative Ltd. moves opposite Shamrock Tea Gardens from the Montgomery Building; Park's Hatchery encourages early chick orders; Safeway smoked pork shoulder priced at \$0.63 per pound.

50 Years Ago, 1976 — "When you think seed, call Swantons" at Northern Sales; 1970 flood levels predicted; RM and town at odds over curling club rental fees; Diane Wilton and Barry Dracass win senior Carman inter-district speak-offs; Parkway Motors offers 12-month, 12,000-mile warranties; Altona Aces defeat the Cougars in the final; Parkland Floor sells shag carpet at \$14.95 per sq. yd., installed; mini tractor pulling becomes a craze thanks to Gary McEachern; Ken Hiebert operates Hiebert Construc-

tion in Winnipeg; Rhonda Van Wyck named Ice Carnival Queen.

25 Years Ago, 2001 — Bob McKenzie named to RHA board; TG Promotions sells Bic pens at \$56 per 500; Riverwalk Café hosts Mexican Nights; Dennis Rinn and Barry Rose vie for Midland trustee; Valley Leader continues home delivery; Wee Care Child Centre marks 20 years; high-speed internet coming to Carman via Elite Communication (Don Bargaen); town floats \$150,000 line of credit for new pool committee; Carman Goldeyes granted a senior baseball franchise; SEMHL 50th held in Morden with Beaver teams attending; Jeff McGill named to Student Advisory Council at Bemidji State University; some Carman merchants begin late Thursday openings and early Friday closures.

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The Empty Tomb

On Easter Sunday we celebrate the fact that Jesus Christ rose from the dead. This is not something which his disciples were expecting. They were completely devastated by his death on the cross. They thought that Jesus' mission had ended in failure. Two of his followers took away Jesus' dead body, wrapped it in linen clothes with spices and placed his body in a new tomb in a garden.

Then on the first day of the week, very early in the morning, Mary Magdalene came to the tomb and was very surprised to see that the stone in front of the tomb had been taken away. In her fright and panic, she didn't actually look into the tomb but ran to tell the disciples, Peter and John.

They ran to the tomb and entered it. They saw the linen cloths laying there, as well as the cloth that would have covered Jesus' face. The cloths were neatly folded up. There was no body. Gradually the implications of what they were seeing dawned on them. They saw that Jesus had risen from the dead! He was no longer dead, wrapped in his burial clothes but he had risen. He is alive again!

We read in John 20:8 that John "saw and believed." Over the course of the next few weeks, Jesus was seen by over 500 people (1 Corinthians 15:6). Later Jesus said to his disciples, "Blessed are those who have not seen and yet have believed" (John 20:29).

We have not seen Jesus alive on this earth, and yet by faith, we believe that he lives in heaven, in his human flesh, in his incorruptible body. He is the first fruits of the new life which God is bringing about. Believe in Jesus Christ, the risen Saviour! The empty tomb shows that he no longer belongs to the dead but has risen! His resurrection means eternal life for all those who believe in him.

Rev. Carl Van Dam, minister of Carman East Canadian Reformed Church

Phishing scam impersonates Manitoba RCMP

By Lana Meier

Manitoba RCMP are warning the public about an elaborate online phishing scam in which fraudsters are impersonating police officers.

Police say the scam begins with a random text message or email sent to an unsuspecting individual. The message includes a link directing the recipient to join a video conference call with someone claiming to be a police officer.

If the link is clicked, the fraudster attempts to convince the individual they could be arrested unless they assist police by sending gift cards or bitcoin. In some cases, the caller claims there is a warrant for the person's arrest that can be removed if payment is made.

Over the past two weeks, dozens of individuals have reported being giv-

ing the Manitoba RCMP's general line phone number by scammers in an effort to appear legitimate.

Police stress the messages are fraudulent.

The RCMP will never send unsolicited texts or links asking the public to click on them. Anyone who receives such a message is advised not to click the link and to delete the text immediately.

Those who have clicked on the link or provided personal information during a fraudulent online meeting should contact their financial institution immediately and report the incident to their local police service and the Canadian Anti-Fraud Centre.

RCMP are also reminding the public to take precautions to avoid falling victim to online scams. Residents should avoid clicking on links or

downloading attachments in unsolicited messages, never send personal or banking information in response to unexpected communications, and verify the source of any message before responding.

Police emphasize they will never ask members of the public to transfer money or make payments using cash, credit cards, gift cards or bitcoin; provide remote access to a computer; or share personal information such as date of birth, address or banking details by text message.

Anyone who suspects they have been a victim of fraud or cybercrime is encouraged to report it to their local police service and to the Canadian Anti-Fraud Centre at 1-888-495-8501 or online at reportcyberandfraud.canada.ca.

> SHOWING UP, FROM PG. 4

or simply spending time together listening to music or watching a favourite program. Reminiscence can be especially powerful, affirming that a person's life and experiences still matter.

Families also play an important advocacy role. By reminding health-care providers who the patient is as a person — their values, preferences and life story — they help ensure care remains respectful and person-centred.

Even when a cure is not possible, there is still meaningful work to be done. Near the end of life, hope

often shifts from recovery to comfort, meaning and peace — and families help sustain that hope.

Letting go of fixing

The hardest shift for families is letting go of the need to fix. In everyday life, problems are often solvable. Illness, especially in later life, does not always follow that pattern.

When families cling to outcomes that are beyond reach, they may feel they have failed. Letting go of fixing allows space for something else: comfort, connection and presence.

It means recognizing that while suffering cannot always be re-

moved, it can be eased through attention, affirmation and love.

For families, this shift can be liberating. Caregiving becomes not a series of failed repairs, but an act of accompaniment — walking alongside someone through one of life's most vulnerable moments.

If you can and want to visit someone who is aging or ill, remember this: showing up matters. Being present matters. Taking an interest matters.

In the quiet economy of human connection, these acts are not small at all. They are enough.

Carman residents raise water, tax concerns with MLA

By E. Antonio

Carman Chamber of Commerce and business members raised concerns about worsening water management and rising education property taxes during a community coffee chat with Midland MLA Lauren Stone on March 20.

Stone hosts the public sessions to give constituents an opportunity to have their voices heard.

"I want to be here for the region and find out the best ways I can advocate for others and advocate for solutions on their behalf," Stone said. "I need to understand the issues and challenges my constituents are facing — that is how we ensure different communities across the province are properly represented at a provincial level."

She said she takes every issue to heart and strives to address concerns by working with local and provincial governments while pushing for necessary solutions.

"It can be a slow process, but we need to make sure we are staying on top of it," she added. "I love what I do and we have such an incredible community. Now we need to make sure we do everything we can to ensure success."

According to Stone, a recurring issue is long-term water management, particularly during drought years. She said local growers are calling for sustainable solutions to remain viable in the agriculture industry.

"You can't grow if you don't have water," Stone said. "Without water, growers can't sustain or expand their operations, so this is increasingly becoming a concern for the area."

Her next steps include working alongside the Pembina Valley Water Co-op, as well as provincial and fed-

eral governments, to develop future solutions.

Another pressing issue is the rise in education property taxes. As the Progressive Conservative finance critic, Stone said finding ways for Manitobans to keep more money in their pockets is a priority. She said that since the NDP formed government, it has "removed all guard rails protecting homeowners and landowners" from increasing school taxes.

Those guardrails, she said, included the removal of the 50 per cent education property tax rebate, the elimination of the two per cent cap on increases and insufficient funding for school divisions relative to inflation.

Describing the situation as "skyrocketing to unsustainable levels," she said some school divisions across the province have imposed increases of up to 43 per cent in the past year.

"This is not sustainable," she added. "Not only for homeowners, but for farmers and landowners who continue to bear the brunt of increasing school taxes."

Stone and the Progressive Conservatives have proposed increasing the Basic Personal Exemption to \$30,000, making the first \$30,000 of income tax-free for residents.

She said this could save Manitobans up to \$1,525 for individuals and more than \$3,000 for dual-income families.

"We believe in letting Manitobans keep more money in their pockets," Stone said. "So they have more money to spend on themselves, their families and their households where it matters most."

Stone said hearing directly from constituents helps guide her day-to-day work. Through these interactions, she gains first-hand insight into



STANDARD PHOTO SUBMITTED

Carman Chamber of Commerce and business members meet with Midland MLA Lauren Stone during a coffee chat on March 20.

the challenges businesses face and aims to remain as accessible as possible while working collaboratively with the community and all levels of government.

She added she believes rural communities have been "largely ignored" by the NDP government, particularly following recent budget announcements.

"There was nothing about agriculture or manufacturing — the two largest economic drivers not just for southern Manitoba but for all Manitobans," she said. "The government is not recognizing their importance, and agriculture and manufacturing industries have faced significant challenges over the past year and a half due to trade with the U.S. and China, and they are still dealing with those challenges."

Stone said she wants residents to know she is available to listen and advocate for solutions.

"There's always more that can be done to support a community," she said. "I am here, I am accessible, and I am ready to meet the community where they are."

Stone's MLA office is located in Carman at 195 Main St. S. She is available for in-person meetings, phone calls or emails, and encourages residents to connect by visiting her office Monday through Friday, emailing laurenstonemidland@gmail.com or calling 431-323-2968. She also hosts several coffee chats and open houses throughout the year and encourages constituents to check her social media pages for updates.

"I can advocate for better solutions," she added. "I am ready to listen to what you would like to see the government do and how we can advocate to move forward."

Dufferin advances waterline bylaw, approves tenders and sewer project

By Haley Cvar

Council for the Rural Municipality of Dufferin declined a request to lift a library ban while advancing several infrastructure and governance decisions during meetings held Feb. 17 and March 10.

During the Feb. 17 regular meeting, council heard from Darcy Redekopp, who appeared as an unscheduled delegation seeking to have a ban from the Boyne Regional Library lifted. After discussion, council indicated it would not support removing the restriction.

Council approved \$145,585.95 in

accounts and made several appointments, including naming Michelle Nicolajsen to a two-year term on the Boyne Regional Library board. A previous resolution was also amended to appoint Richard Dyck to a two-year term on the Boundary Trails Health Centre Foundation from April 2026 to March 2028.

Council approved a partnership agreement with Forest Green tied to a Pembina Valley RCMP initiative.

On the public works side, council approved the purchase of spray truck equipment and authorized multiple 2026 tenders, including

chemical supply, dust control, gravel sourcing and hauling. A joint mowing tender with the Town of Carman will also proceed through the recreation department.

Council agreed to extend its residential waste, recycling and compost collection contract with MWM for one year, covering April 2026 through March 2027.

At a special meeting March 10, council approved its financial statements for the year ending Dec. 31, 2025.

Council also gave second and third readings to bylaw No. 2043, autho-

rizing borrowing and expenditures for 2025 waterline connections as a local improvement, and passed the bylaw. A related amending bylaw, No. 2045, received first reading.

In support of future infrastructure development, council approved a \$25,571 contract with Samson Developments to prepare a tender package for the PTH 3 sewer extension project.

Additional approvals included the purchase of ditching software through Lewis Instruments Ltd.

Flashback... Remembering Ken and Irene Draper

By Dennis Young with family notes

The story of Irene and Ken Draper, who called Carman home for more than half a century, is unique and memorable. Although their backgrounds were quite different — both in distance and life experience — they came together as partners in marriage and eventually became influential supporters within the Carman community.

Irene, the youngest of five in the Tom Wilton family, grew up on her family's farm between Roland and Carman, homesteaded in the 1860s by her grandparents. She attended the Pomeroy one-room schoolhouse by Tobacco Creek, often riding her horse "Jigs" to class. After graduating from Roland High School, she took a job at the Royal Bank of Canada in Carman, later relocating to Winnipeg to live with her sister Dorothy while continuing to work at the bank's downtown branch.

Ken was born to English immigrant parents who settled in Winnipeg's North End before the First World War. Growing up among various immigrant communities trying to preserve their traditions, Ken attended St. John's College, where he excelled in sports. He played for the St. John's Roamers Junior Football Club, winning the Western Canadian Football Championship in 1937, later joining the Winnipeg Blue Bombers and helping secure the Grey Cup in 1941.

Ken also worked at the Royal Bank at the Union Stockyards, but his career was interrupted by Second World War service with the Royal Winnipeg Rifles. After nearly three years in the military, he returned to both football and banking, playing with the Bombers during non-working hours, as it was an unpaid position.

Irene met Ken while working at the same Royal Bank branch, and the two



Irene and Ken Draper fell in love with all that was fair — and the fair fell in love with them.

married in 1948. They made a pivotal decision to start farming in 1951 after Ken earned a diploma in agriculture. With help from Irene's family and the federal government's Veterans' Land Act, they purchased a farm in the Ostrander district.

Farm life presented many challenges, especially as their family grew with two sons, Walter and Tom. Ken sought additional work and income, joining Berkeley Newman Agencies and later the Carman Co-op, where he worked as an accountant and bookkeeper for local businesses. The farming career ended in 1971, leaving even more time for volunteer work.

The two invested heavily in their community and in St. John's Anglican Church. Irene led the choir as director, participated in the women's group, and was a member of the Boyne Lodge, Christmas Cheer and United Way boards. For many years she was also a loyal supporter and active campaign worker for the Liberal Party. In 1980, Irene was named Citizen of the Year.

Ken served his church on the vestry



STANDARD PHOTOS SUBMITTED

Carman Fair secretary-manager Ken Draper checks in with his fair staff in 1974. From left: Janet Woods, Irene Draper and Marg Nelson.

as treasurer and lay minister. He also chaired the elementary school board, served as chairman of the La Vérendrye Trail Boy Scouts of Canada, and was district grand master of the Masonic Lodge.

The Drapers will perhaps be best remembered as the tandem secretary-managers of the Carman Fair, serving a combined 13 years before resigning in 1980.

"She was always involved," Ken said at the time. "Irene kept everything coordinated."

Even though the roles often felt like full-time jobs, the positions were strictly volunteer, with only a small honorarium.

Their interest in fairs expanded to involvement with provincial and western fair associations.

"Our lives were gradually submerged in fairs," Irene once confessed. Ken held the secretary and first vice-president positions with the Western Canada and Manitoba A and B boards, as well as serving as a director of the South Central association. Irene often accompanied him, and her

contributions were welcomed.

"We were able to attend conventions across the country, learned so much and met some wonderful fair people," Irene said. "The highlight of our career, however, was being part of the 1979 Centennial Carman Fair. It was the epitome of participation."

Irene continued her involvement with the fair until Ken's death in 1983 at age 64, remaining on the farm and tending to the garden and yard until 1996. After moving into town, she continued her volunteer work until her passing in 1999 at age 76.

Together, Irene and Ken Draper formed a partnership that enriched their church, strengthened community ties and built a lasting family legacy — a story well worth remembering.

Walter Draper retired from Indian and Northern Affairs and lives in New Brunswick.

Tom Draper retired from the farm equipment business and lives in Atlanta, Georgia.

RM of Thompson allocates surplus to reserves, advances bylaws and tax sale process

By Haley Cvar

The Rural Municipality of Thompson is directing its 2025 operating surplus into a range of reserve funds while continuing work on infrastructure, taxation and community services following its March 11 regular meeting.

Council unanimously approved transferring portions of the municipality's unaudited 2025 year-end surplus into several reserves, including \$125,000 to the bridge reserve and \$50,000 each to the replacement reserve and waste disposal grounds reserve. Additional allocations target

fire services, economic development and recreation, lagoon upgrades, cemetery needs and emergency preparedness. The transfers remain subject to adjustment pending audited financial statements.

Council also moved forward with the tax sale process for several properties with outstanding 2024 taxes, approving six rolls to be submitted to Taxservice. A separate resolution authorized a tax arrears payment agreement for another property.

In other property-related business, council accepted a verbal offer for the

sale of two municipal land parcels, authorizing administration to proceed once a formal legal agreement is received.

Two bylaws received first reading during the meeting. Details were not outlined in the minutes.

Public works updates included repairs to utilities and equipment, spring runoff preparation, Bridge 11 rehabilitation and workplace health and safety, along with street repairs and utility inspections. Council also approved time-off requests for two municipal employees.

Chief administrative officer Melissa Brunel reported on efforts to enhance services at the local medical clinic, including the potential addition of phlebotomy services, and provided information on a proposed 911 service agreement. Additional updates included a 4-H cleanup initiative, a gravel hauling tender and a review requested by the Miami Community Hall board.

Council reviewed financial materials from the Golden Prairie Arts Council, including 2025 draft financial statements and a 2026 budget request.



get inspired

> MEAL IDEA

Lime-Rubbed Chicken Avocado Tacos with Corn Guacamole

Recipe courtesy of Pati Jinich on behalf of Avocados From Mexico
 Servings: 8
Chicken:
 1 tablespoon fresh-squeezed lime juice
 1 tablespoon olive oil
 1/2 teaspoon salt
 1/4 teaspoon freshly ground black pepper, or to taste
 1 tablespoon chopped fresh rosemary, or 1/4 teaspoon dried

1 pound boneless, skinless chicken breasts
 corn or safflower oil
Corn Guacamole:
 1 jalapeno chile, roasted and chopped, or to taste
 2 garlic cloves, skin on
 2 large ripe Avocados From Mexico, halved, pitted and diced
 3/4 cup corn kernels shaved from corn, or cooked from thawed

3/4 cup cherry or grape tomatoes, halved or chopped
 1 tablespoon fresh-squeezed lime juice
 3/4 teaspoon kosher or sea salt, or to taste



Tacos:
 16 corn tortillas
 To make chicken: In bowl, mix lime juice with olive oil, salt, ground pepper and rosemary. Pour on top of chicken in container. Cover and refrigerate 30 minutes or up to 12 hours.

Heat medium-sized saute or grill pan over medium-high heat. Add corn or safflower oil; once hot but not smoking, add chicken. Saute until golden brown and cooked through, about 5 minutes per side. Remove from pan; place on chopping board to cool. When cool enough to handle, slice into diagonal strips about 1/2-inch wide.

To make corn guacamole: Place jalapeno and garlic cloves in small baking dish under broiler 6-9 minutes, or until completely cooked through, soft and skin is charred. Once cool enough to handle, peel garlic and mince along with chiles.

Place diced avocado in mixing bowl. Add charred and minced garlic and jalapenos, gently tossing together. Incorporate corn and tomatoes. Squeeze lime juice on top and sprinkle with salt. Mix together.

To assemble tacos: In hot skillet or comal set over medium-low heat, heat tortillas about 1 minute per side.

Place tortillas in tortilla warmer or wrap in clean kitchen towel or cloth napkin. Serve with guacamole and chicken.

> BELLA AURA, FROM PG. 3

"It represents resilience, consistency, and a deep-rooted presence in the community," she said. "It's not just about surviving — it's about feeling accepted and appreciated, and knowing there's a real place and purpose here."

She added that maintaining a welcoming environment remains just as important as the food itself.

"Creating a comfortable, inviting experience is a top priority, and that level of hospitality is just as important as what's on the plate," she said. "It's that balance of warmth and excellence that will continue to define every event at Bell Aura."

The anniversary event is intended as both a thank-you to the community and an introduction to what organizers describe as the restaurant's next chapter.

Community members are encouraged to attend and experience the changes firsthand.

HE HAS RISEN

Hallelujah

Matthew 28:6

HAPPY EASTER!

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Manitoba the first province intending to end “predatory” grocery/retailer pricing practices

By Patricia Barrett

The provincial NDP government announced last week that it intends to enact legislation to end what it calls “predatory pricing” in grocery and other retail stores in Manitoba.

Consumers can pay different prices for the same product based on their personal profile, which can include what postal code they reside in (i.e., a wealthy or poorer neighbourhood), their unwillingness to switch brands, and other data collected through loyalty or rewards cards and apps.

The practice is called algorithmic pricing or dynamic pricing, and it can lead to hidden price changes and have an impact on food affordability.

The province’s public service delivery minister, Mintu Sandhu (Maples MLA), introduced Bill 49, the *Business Practices Amendment Act*, to ban retailers from using consumers’ data to increase the price of groceries and other goods.

The proposed legislation also applies to online retailers and online distributors.

“Protecting Manitobans from unfair pricing practices is essential to keeping life affordable,” said Sandhu in a March 17 news release. “These are first of their kind amendments and take aim at the misuse of personal data to

inflate prices and ensure consumers are treated fairly whether they shop at the grocery store or other retailers. By strengthening these protections, the Manitoba government is reinforcing its broader commitment to lowering everyday costs for families.”

The bill was given first reading in the legislature on March 12.

Grocers and other retailers can employ algorithmic pricing based on the consumer data they feed into artificial intelligence and other technological systems. But Bill 49 states that an “unfair business practice” may occur when grocers/retailers use machine learning or artificial intelligence systems to analyze and target consumers.

Personalized algorithmic pricing is defined in the bill as “pricing that’s based on the use of an algorithm or automated processing to set, recommend or vary a price offered to a specific consumer as a result of data about the consumer collected, analyzed or processed with or without the consumer’s consent, knowledge or involvement....”

If there was any doubt that consumers are being intensely scrutinized by grocers and other retailers, Bill 49 puts that to rest.

It says the data that grocers/retailers

collect include consumers’ personal information, browsing behaviour, purchasing history, spending patterns, the profiles on consumers’ electronic devices that are used to browse or purchase items, their “inferred willingness” to enter into a transaction, socio-economic status that includes their income level, their employment pay period, their financial assistance payment schedule, credit history, location that includes their address, and their medical history or health status.

The data are collected when people sign up for rewards or loyalty cards, use loyalty apps to browse online, and through in-store tracking.

It’s unclear how a grocer/retailer will be identified and prosecuted under the proposed legislation. And the bill has a two-year time limit on prosecutions for an offence.

Bill 49 is part of a suite of measures the NDP is taking to help lower grocery prices for Manitobans. Those measures include a price freeze on milk (1 litre), removing property controls on grocery store locations to encourage grocery competition, permanently eliminating the gas tax, and increasing the provincial property tax credit so that people have more money for groceries.



STANDARD PHOTO SUBMITTED
Cereal is shown on a grocery store's shelves in 2022 when food prices alarmingly spiked during the COVID-19 pandemic. Grocers employ personalized pricing based on a consumer's profile and charge a price unique to them for some items. The Manitoba NDP government is intending to ban that “predatory” practice with Bill 49, the Business Practices Amendment Act. Uptur sandi simpem atusame



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PRSD announces 2026-2027 school year budget

By E. Antonio

PRSD announces 2026-2027 school year budget

Property owners will be seeing a mill rate increase of 16.71 per cent on their property tax bills this year as Prairie Rose School Division (PRSD) combats at \$500,000 deficit for the 2026-2027 school year.

As announced at its public budget presentation on March 23, PRSD outlined their key priorities and financial pressures for the next school year.

With a planned \$500,000 deficit, PRSD has implemented increased taxation rates to offset the decline of provincial funding.

The 2026 special levy will rise by 17.74 per cent compared to 2025, while the mill rate will increase by

16.71 per cent, this comes after 2025's increase of only 2 per cent.

For farmland, a \$100,000 quarter section will be taxed at \$309.57, an increase of \$44.32.

The Home Affordability Tax Credit (HATC) continues in 2026, with a maximum value of \$1,600. Under the new rates, homes assessed at \$300,000 are expected to pay \$7.39 in net school taxes, while homes assessed at \$400,000 will pay \$543.19 and those assessed at \$500,000 will pay \$1,078.99. Homes assessed at or below \$297,957.66 will not pay school taxes, as the full amount is covered by the HATC.

Present at the meeting were PRSD

Continued on page 11

2025 Assessed Home Value	\$288,076.00	\$300,000.00	\$400,000.00	\$500,000.00
2025 Mill Rate	10.20	10.20	10.20	10.20
Gross School Taxes	\$1,322.27	\$1,377.00	\$1,836.00	\$2,295.00
Home Affordability Tax Credit	-\$1,500.00	-\$1,500.00	-\$1,500.00	-\$1,500.00
Net School Tax	0	0	\$336.00	\$795.00
Increase/Decrease 2024 to 2025	-\$298.17	-\$325.00	-\$214.00	\$20.00

2026 Assessed Home Value	\$297,957.66	\$300,000.00	\$400,000.00	\$500,000.00
2026 Mill Rate	11.9066	11.9066	11.9066	11.9066
Gross School Taxes	\$1,596.45	\$1,607.39	\$2,143.19	\$2,678.99
Home Affordability Tax Credit	-\$1,600.00	-\$1,600.00	-\$1,600.00	-\$1,600.00
Net School Tax	0	\$7.39	\$543.19	\$1,078.99
Increase/Decrease 2025 to 2026	0	\$7.39	\$207.19	\$283.99

Increase/Decrease from 24 to 26	-\$298.17	-\$317.61	-\$6.81	\$303.99
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STANDARD PHOTOS SUBMITTED

PRSD taxation changes for 2026.

Carman Gun Show returns April 4 with sold-out tables

By Lana Meier

It's a sign of spring in the community as the Carman Gun Show returns April 4, with organizers reporting all vendor tables are sold out once again.

The show runs from 9 a.m. to 3 p.m. at the Carman Community Hall, featuring a mix of returning and new vendors. Admission is \$8 at the door, with children 12 and under admitted free.

Displays will include firearms, ammunition and reload-

ing supplies, along with two knife makers. An on-site vendor will also offer sharpening services for knives, axes and chainsaw chains throughout the show.

Now in its 12th year, the spring event is typically the most well-attended, as residents look forward to getting out following the winter months.

Proceeds from this year's raffle will support the Carman-Dufferin Fire Training Centre. Funds raised from the fall show raffle were previously donated to the local handi-van.

Attendees can also take part in door



STANDARD PHOTO SUBMITTED

Handi-van driver Mike Hecht, board member Kathie Findlay and Carman Gun Show organizer Bruce Reid are shown following a recent donation presentation. Proceeds from the fall show raffle supported the local handi-van; the amount and presentation date were not confirmed.

prize draws, with Tim Hortons gift cards among the giveaways, along with hats and pens.

Food will once again be provided by Crazy Lady Catering, a popular feature at past events.

Organizer Bruce Reid said the future of the show will depend on continued strong attendance, along with the health and availability of the organizing team.

**April 3-5
2026**

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Welcome**

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SUNDAY 10AM

SUPPER PROVIDED
FRIDAY AND SATURDAY
LUNCH PROVIDED
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Jesus is Risen!

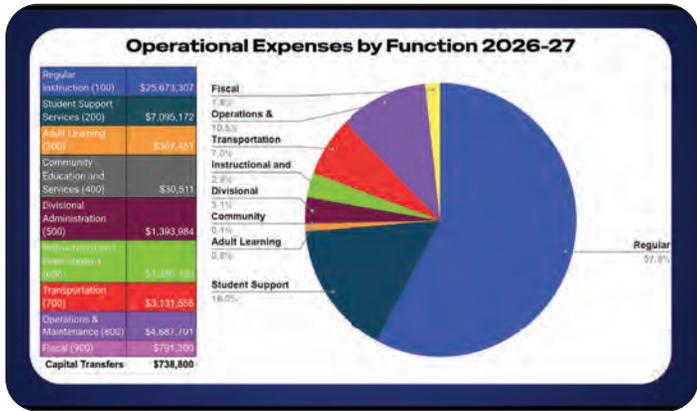
Happy Easter

**IRONMEN
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BUDS**
CANNABIS SHOP

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> PRSD, FROM PG. 11



board members, trustees, administration, staff and community members.

PRSD serves approximately 2,300 students across nine community schools and 13 colony schools. The division offers both English and French programming, with French immersion accounting for about 15 per cent of total programming. It spans 3,500 square kilometres from Miami to St. Laurent and operates 38 daily bus routes, covering 3,800 kilometres each day.

The PRSD Board of Trustees engaged with community members, parents, advisory councils, Hutterian colonies, staff and students during budget consultations held between November 2025 and February 2026. These discussions focused on divisional priorities such as access to services, maintenance, class sizes, programming and transportation, with superintendent Kevin Clace describing stakeholder engagement as “critical.”

When setting the budget, the board considered several fixed and largely uncontrollable costs, including the harmonization of teacher salaries, salary accruals, insurance and liability increases, rising utility rates, higher transportation costs and growing maintenance and facility expenses.

The most significant impact comes from teacher salary harmonization. Beginning July 1, 2026, all teachers in Manitoba will be paid according to a single salary grid established by Manitoba Teachers’ Society guidelines.

“Although there are significant costs for the Prairie Rose School Division due to this compensation change, the province is only funding a portion of those costs through what is called the harmonization grant,” Clace explained. “The remaining costs are borne by the school division.”

In addition, divisions must account for potential increases tied to the provincial teachers’ collective agreement, which expires June 30, 2026, and may result in salary costs beyond harmonization.

“School divisions across Manitoba saw their insurance costs rise substantially over the past year,” Clace added, citing inflating construction costs and the provincial wildfire situation. Insurance and liability costs have increased by 30 per cent over the past 18 months.

Despite these pressures, the board remains committed to maintaining small class sizes from kindergarten to Grade 6, sustaining current full-time teaching staff and preserving educational assistant supports. Investments have also been made in technology and security upgrades, project-based learning for Grades 9 to 12, financial software replacement, and the purchase of two new buses and one fleet vehicle.

Regular instruction accounts for 57.8 per cent of the budget, or \$25,673,307—an increase of nearly \$4 million from the previous year. Other major expenditures include student support services (\$7,095,172), operations and maintenance (\$4,687,701), transportation (\$3,131,555), divisional administration (\$1,393,984), instructional and pupil support (\$1,280,103), fiscal services (\$791,300), capital transfers (\$738,800), adult learning (\$367,461) and community education and services (\$30,511). All areas have increased compared to the 2025–2026 budget.

Total expenditures are projected at \$45,189,894, covering salaries and benefits, services, supplies, materials, minor equipment and transfers.

On the revenue side, PRSD expects \$16,401,903 from provincial funding, \$27,770,521 from the special requirement—funds raised through municipal taxation—and \$517,470 from other sources, for a total of \$44,689,894. A transfer of \$500,000 from surplus reserves will be used to balance the

budget, along with property tax rate increases.

Provincial funding has declined as a share of total revenue, now accounting for 36.1 per cent, down from 42.4 per cent in 2023–2024, 41.2 per cent in 2024–2025 and 36.6 per cent in 2025–2026.

“These additional costs of 5.7 per cent have been directly transferred to admissible taxpayers,” added PRSD secretary-treasurer and chief financial officer David Gudmundson.

Midland MLA Lauren Stone says these increases have “gone out of control” by the NDP government by removing all guardrails such as eliminating the 50 per cent education property tax rebate, removing the 2 per cent cap on education tax increases and providing insufficient funding to meet inflation rates.

“The government needs to stop putting the brunt on homeowners and develop a sustainable and long-term funding model at a provincial level for school divisions across Manitoba because the tax increases that families are seeing is not sustainable for the future,” Stone said. “When the NDP removes these guardrails it only creates a storm for homeowners and the rising property tax rates.”

Overall, the increases will be felt most by property owners above the HATC threshold, however, the budget reflects the importance of school programming, supports and maintenance.

PRSD board chair Ashley Lachance said trustees continue to advocate for capital improvements through long-term planning.

“The board’s ongoing advocacy with the province has successfully seen an additional \$10,042,290 of capital investment into PRSD buildings that is outside of the provincial funding provided by the province,” she explained. “This is important work for the board as our ongoing advocacy ensures that your tax dollars are put to work, directly supporting PRSD students.”

Key projects for the coming year include roof repairs at Carman Collegiate, a boiler repair at St. Laurent School, an HVAC upgrade at St. François Xavier, a science lab upgrade in Elm Creek and a kitchen upgrade in St. Laurent.

Public feedback on the budget will be accepted until Thursday, April 2. Submissions can be made online at www.g.prsdmb.ca/board/financebudget, by email to prsd@g.prsdmb.ca, or by mail to the Prairie Rose School Division office in Carman. Budget presentation slides and a recording of the meeting are also available online.



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 JUST AS HE SAID.

MATTHEW 28:6

Ducklings hatch big lessons in Carman classroom

By Lana Meier

What began as a simple offer to incubate a few eggs has grown into one of the most memorable classroom experiences of the year at Carman Elementary School.

In Julie Fehr's Grade 3/4 classroom, five Indian Runner ducklings have not only hatched — they've transformed the way students learn, connect and care.

The opportunity came when educational assistant Mrs. Swain, who keeps Indian Runner ducks on her rural property, found herself with eggs that their mother would not sit on — something that is common for the breed. She brought them to the class with a question: would the students like to try incubating them?

The answer, it turns out, was an enthusiastic yes.

From the start, the project became a hands-on science lesson. Students researched each stage of the incubation and hatching process and used candling techniques to observe development inside the eggs. Fehr said it was also important to prepare students for the realities of life cycles.

"We talked quite a bit about life stages," she said, noting the class even leaned into the theme by listening to "The Circle of Life."

That preparation proved meaningful when not every egg hatched successfully. While several ducklings emerged during class time, others hatched overnight and were watched later through a livestream Fehr set up for families. One egg did not hatch, and another required assistance — an uncertain moment that ultimately ended in success.

The experience, she said, brought a mix of emotions.

Students described feeling "shocked, excited, surprised and happy" as the ducklings began to emerge.

Beyond the excitement, the lessons

have been lasting. For some students, the experience deepened their understanding of care and empathy.

Amari reflected that animals are "a big deal" and need to be cared for, while Lucy noted that all animals eventually die, making it important to appreciate the time spent with them.

Fehr said the impact on classroom engagement has been remarkable.

"Students are by far more engaged in our classroom, excited to come to school, ready to help in any way possible, and are very proud that we got to do this in our class," she said. "The empathy that this experience has built is far better than any other lesson I've taught."

Caring for the ducklings quickly became part of the daily routine. Students help feed and water them several times a day, clean their enclosure and even assist with weekly baths. Each afternoon, the class sets aside dedicated "duck time," giving students a chance to interact with the animals while learning how to handle them gently.

The ducklings themselves have become classroom personalities.

"Wild Billie," the first to hatch, lives up to the name with high energy. "Lucky" and "Daisy," known as the twins, are the most vocal. "Eileen," who needed help hatching, has a distinctive lean to the left, while "Donald," the only all-yellow duckling, is the calmest — and the rarest in colour.

The class voted together to choose the names, further strengthening their sense of ownership and connection.

Students have also discovered plenty of unique facts about their new feathered friends. Indian Runner ducks, unlike most ducks, are known for their upright posture and ability to run quickly. They do not fly, but they are excellent foragers, often used on farms to eat insects such as wood-ticks. They are also prolific layers,



STANDARD PHOTOS BY JULIE FEHR

Carman Elementary Grade 3/4 students take part in daily "duck time," learning to gently handle and care for the Indian Runner ducklings they hatched in class as part of a hands-on science project.

producing eggs with higher protein content than chicken eggs.

The project has extended well beyond science.

Fehr has incorporated the ducklings into multiple subject areas, from writing and art projects to hands-on testing in their materials and structures unit — even using the ducks' weight to test student-built bridges.

The excitement has spread throughout the school.

Classes, staff and families have all made visits to the classroom, turning it into a hub of activity. Fehr said even students who are sometimes reluctant to attend school have found extra motivation in the chance to spend time with the ducklings.

"They really bring sunshine to everyone's day," she said, adding that the experience has also helped her connect with families she might not

otherwise meet.

As the project wraps up, the ducklings are heading to new homes, with three families from the class volunteering to care for them.

Still, the learning won't stop there. Encouraged by the success of the project, the school has supported the class with a larger incubator through a sustainability grant, and Fehr plans to hatch another dozen eggs after spring break.

Looking back, she admits the project wasn't originally part of her plan — but it's one she wouldn't change.

"I didn't truly think this activity through initially," she said. "But it has by far been the highlight of the year."

For her students, the lessons will likely last well beyond the classroom — a reminder of the fragility of life, the importance of care, and the joy that can come from learning by doing.



Abigail holds one of the Indian Runner ducklings



Lenox and Noah spend time with one of the Indian Runner ducklings



Mrs. Swain, Noah, Landyn, Nash and Chasen gather with "Donald," the class's rare all-yellow Indian Runner duckling

Volunteer fair aims to reconnect community in Carman

By Annaliese Meier

A province-wide effort to rebuild volunteerism is coming to Carman, where residents will have a chance to connect with local organizations and discover ways to give back at an upcoming volunteer fair.

Hosted by Volunteer Manitoba, the Carman Volunteer Fair will take place April 8 from 4:30 p.m. to 6:30 p.m. at Carman Collegiate. The free event is open to the public and will feature more than a dozen local non-profits and community groups.

Kamillah El-Giadaa, training and development manager with Volunteer Manitoba, said the organization plays a key role in strengthening volunteerism across the province.

“Volunteer Manitoba is the only volunteer centre in the province. We help connect people with meaningful volunteer opportunities, support non-profits in recruiting and engaging volunteers, and provide overall capacity-building support to the non-profit sector,” she said.

In her role, El-Giadaa focuses on training, volunteer engagement strategies and outreach efforts designed to encourage more Manitobans to get involved in their communities.

The idea to bring a volunteer fair to Carman came from local leaders who recognized an opportunity to showcase the many organizations already making a difference in the area.

“This event was inspired by some incredible community leaders in Carman, Sandy Cameron, Lisa Lehmann and Linda Sylvester, who saw an opportunity to bring local organizations together and help raise awareness about the many amazing non-profits and community groups in the area,” El-Giadaa said.

“They asked an important question: how do we help people learn about the organizations that make such a difference in this community? That is exactly the kind of work Volunteer Manitoba is passionate about.”

Attendees can expect an interactive and welcoming environment, with participating organizations set up at tables throughout the venue. Each group will share information about its work, the services it provides and the various ways people can get involved.

“It is a great opportunity to meet organizations face-to-face, ask questions and discover ways to give back locally,” El-Giadaa said.

More than 12 organizations are expected to take part, representing a wide cross-section of the community. These include health-care organizations, arts groups and social service agencies, offering a diverse range of volunteer opportunities.

“There will be a wide range of causes and opportunities represented, so there is truly something for everyone,” she said.

The timing of the event reflects a broader challenge facing communities across Manitoba and Canada — rebuilding volunteer participation after a significant decline in recent years.

According to Statistics Canada, 41 per cent of Canadians reported volunteering in 2018. That number dropped to 32 per cent in 2023, highlighting a growing need to reconnect people with their communities.

“Volunteering is incredibly important right now



STANDARD PHOTO SUBMITTED

Residents are invited to attend the Carman Volunteer Fair on April 8 from 4:30 to 6:30 p.m. at Carman Collegiate, where more than a dozen local organizations will be on hand to share information and connect community members with volunteer opportunities.

because communities and non-profits are still working to rebuild after a significant decline in volunteer participation,” El-Giadaa said.

Nationally, Volunteer Canada has identified this as a critical moment for the voluntary sector, with renewed efforts underway to encourage Canadians to re-engage.

In Manitoba, that work has been supported through provincial funding aimed at strengthening grassroots initiatives.

“Here in Manitoba, we have been fortunate to receive support through the From the Ground Up funding from the Province, which has helped us bring events like this into communities and encourage people to get involved in ways that strengthen and support local organizations,” El-Giadaa said.

Organizers emphasize that the fair is designed for everyone, from longtime residents to newcomers, students and families.

“Whether you are new to the community, looking to get involved, exploring opportunities for a student or family member, or simply curious about what organizations are active in the area, this event is for you,” she said.

While registration is not required, attendees can sign up online in advance to receive reminders and additional event details.

Beyond simply filling volunteer roles, El-Giadaa hopes the event leaves a lasting impression on those who attend.

“I hope people leave knowing that there is a volunteer role for everyone. No matter your age, experience, schedule, or how new you are to the community, there is a place for you to contribute,” she said.

She added that volunteering can take many forms and does not require a long-term commitment to make an impact.

“Volunteering does not look just one way. There are so many meaningful ways to get involved, and I hope attendees leave feeling inspired and empowered to find a role that fits them.”

For those unsure where to begin, El-Giadaa encourages starting with personal interests.

“Think about the causes you care about, the skills you would like to share, or even the kinds of activities that bring you joy,” she said. “Volunteering can be a wonderful way to connect with others, build confidence and make a real difference in your community.”

With a range of organizations under one roof, the April 8 fair aims to make that first step easier — and help rebuild the culture of volunteerism that communities rely on.

“Join us on April 8, meet organizations in person and explore what feels like the right fit,” El-Giadaa said. “There truly is a place for everyone.”

MEET LOCAL NON-PROFITS

VOLUNTEER FAIR  **CARMAN MB**



- **Wed. April 8th**
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- **Carman Collegiate, 121 4 Ave**



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Stronger Together: new mental health counselling program launches in Carman

By E. Antonio

Residents of Carman and the surrounding rural area will soon have improved access to mental health support close to home, thanks to a new initiative from Carman Wellness Connections (CWC).

The program, titled Stronger Together: Mental Health for All, aims to expand access to professional counselling services in a region where barriers such as distance, cost, transportation and stigma often make seeking help difficult.

Funded through Bell Let's Talk, the program is currently supported through October 2026, with hopes of continuing beyond that timeline. The funding allows CWC to bring additional mental health resources directly into the community — an important part of its mission.

"Mental health is a key part of overall health, and by offering counselling locally, we are helping ensure individuals and families have the support they need to live healthy, connected lives," said CWC co-ordinator Lisa Lehmann. "We want the community to know that support is available, confidential and accessible — no one has to navigate challenges alone."

Accessing mental health care in rural communities has long been a challenge. For many residents, travelling to larger centres is not always practi-

cal, while long wait lists and financial constraints can further delay care. CWC developed the program to help remove these barriers and improve access.

"Offering services locally is incredibly important," Lehmann added. "Local services make support more accessible, reduce stress and help people stay connected to their community while receiving care."

After identifying a strong local need, a team of professionals was brought together through CWC to propose the program for funding through Bell Let's Talk. Once approved, that same team guided implementation to ensure the program met community needs. Lehmann said funding is essential, allowing them to offer affordable, professional mental health services, and CWC plans to explore further funding options once support from Bell Let's Talk ends in October.

Stronger Together offers flexible, client-centred services focused on meeting individuals where they are, whether they are experiencing ongoing mental health challenges or navigating difficult life transitions. Supports include one-on-one counselling, group therapy sessions, crisis support within scope and assistance navigating additional community resources.

Most sessions are 50 to 60 minutes long, though this may vary depend-

Bell Let's Talk & CWC Presents

Stronger Together: Mental Health For All

A new community mental health counseling program is expanding access to professional support for residents of Carman and the surrounding area.

Funded by Bell Let's Talk, the program helps reduce barriers and connect people with compassionate, local mental health care.

For more information or to access this service, please call: (204) 750-8214 or email carmanwellnessconnections@gmail.com



Gaylene Dueck, MAC, APC, CCC

MLA honours Dewit's 35 years of service



STANDARD PHOTOS SUBMITTED

Midland MLA Lauren Stone recognized retired Carman-Dufferin Fire Department member Martin Dewit on March 17, honouring his 35 years of service during a Private Members' Statement. Dewit, who spent much of his time as the department's public education officer, was presented with a certificate in appreciation of his dedication and impact on the community. Pictured with Dewit are MLA Stone and Carman-Dufferin deputy fire chief Joey McElroy. McElroy also presented district coins to Stone.

ing on the client. Participants can expect a safe and welcoming space to express concerns, develop coping strategies and set goals.

Leading the program is Gaylene Dueck, a certified counsellor with a Master of Arts in counselling. She is registered with both the Canadian Counselling and Psychotherapy Association and the Professional Association of Christian Counsellors and Psychotherapists. Dueck brings experience working with children, teens and adults facing challenges such as anxiety, depression, grief, trauma and relationship concerns.

She uses a combination of therapeutic methods, including cognitive behavioural therapy, emotion-focused therapy and somatic practices. She emphasizes creating a safe, non-judgmental space where clients feel heard and supported, and is passionate about making counselling more accessible in rural communities.

Individual counselling sessions are trauma-informed and focused on emotional well-being, coping skills and recovery. While assessments may be used to guide care, the program does not provide formal diagnoses, instead emphasizing support and practical strategies. Group therapy sessions will be developed based on emerging community needs, allowing the program to adapt and respond to local demand.

Lehmann said, for CWC, success looks like more people accessing the program.

"We hope to see reduced barriers, increased awareness and positive outcomes like stronger coping skills and improved well-being," she added. "Building trust in local supports is another key measure of success."

Beyond individual care, the program is expected to strengthen the community's overall mental health capacity by reducing stigma, encouraging early support-seeking and fostering stronger connections among residents. Community members can support the program by raising awareness, reducing mental health stigma and encouraging others to seek support.

"This program is here to meet people where they are," Lehmann said. "And reaching out is a strong and positive first step."

All services are delivered in accordance with Manitoba legislation, including strict confidentiality under the Personal Health Information Act and the Mental Health Act. With client consent, collaboration with families and other service providers may also be part of the care process to ensure continuity of support. Appointments are scheduled based on individual needs, offering flexibility that is often lacking in traditional systems.

For more information or to access services, individuals can contact Carman Wellness Connections by phone or text at 204-750-8214 or by email at carmanwellnessconnections@gmail.com

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Swarm capture HTJHL title in overtime thriller

By Lana Meier

The Macdonald Swarm capped off a dominant season in style, defeating the Springfield Xtreme 5-4 in overtime on March 27 to capture the Hanover Tache Junior Hockey League championship in five games.

Macdonald, which finished the regular season with a near-perfect 29-1 record, lived up to its top billing throughout the series, winning four of five games to secure the title.

The championship-clinching victory at Sanford Arena required extra time, as the Swarm erased a late deficit before sealing the win just 1:47 into overtime. Affiliate player Cooper Rodewald played the hero, scoring his second goal of the game on a setup from Talon Weselak and Jeremy Wuerch to send the home crowd into celebration.

Macdonald built an early 2-0 lead in Game 5 on goals from Slade Sotheran and Austin Spicer, but Springfield battled back with three unanswered goals across the second and third periods to take a 4-3 lead. The Swarm responded midway through the third when Brock Wood capitalized on the power play to tie the game, setting the stage for Rodewald's overtime winner.

Rodewald finished the finale with

two goals and an assist, while Weselak added three helpers in a standout performance. Spicer chipped in a goal and an assist, and goaltender Jack Martin turned aside 22 shots to earn the win.

Macdonald seized control of the series early with a pair of road and home victories, defeating Springfield 4-1 in the opener on March 18 before earning a 3-1 win on March 22.

Springfield responded in Game 3 on March 24 with a 3-1 victory on home ice, led by goals from David Hazlitt, Connor Eggerman and Chase Janas. Carter Campbell scored the lone goal for Macdonald, while Springfield netminder Josh Rach made 37 saves in the win.

The Swarm answered emphatically in Game 4 on March 26, rolling to a 6-2 victory behind a dominant special teams performance. Macdonald converted four of 10 power-play opportunities, with Rodewald scoring twice and Kayden Robertson adding a pair of goals. Baylen Dilk and Austin Spicer also found the back of the net, while Martin made 19 saves.

Across the series, Macdonald's depth and special teams proved decisive, combining timely scoring with strong goaltending to fend off a resilient Springfield squad.



STANDARD PHOTO BY ICEWAVE MEDIA

Macdonald Swarm captain and assistant captains accept the HTJHL championship trophy following their overtime victory over the Springfield Xtreme in Game 5 of the league final on March 27 at Sanford Arena.

The championship run caps a remarkable season for the Swarm, who led the league in both offence and defence, scoring 221 goals while allowing just 64 during the regular season. Their consistency carried into the playoffs, where they finished the job

with a composed and balanced effort from top to bottom.

For a team that set the standard all year, the final result was fitting — a championship earned through dominance, resilience and a flair for the dramatic when it mattered most.

Flashback... Miami marksmen earn titles at national event

By Dennis Young

For years, the Miami Junior Rifle Club — formed in 1959 — hosted provincials and attended provincials, westerns and nationals, winning many championships at various levels along the way. In 1982, the provincial body was looking to send shooters to nationals again, as it had in 1981 in Edmonton. Jason Vanstone, Kevin Brown, Fred Parkinson and Barry Bartley — the latter two being instructors in Miami — represented the club at the national competition in Granby, Ont.

"There was no qualifying event as they didn't fill their allotment of shooters. Provincially, we shot at 25 yards indoors. For the nationals, it was 50 yards outdoors," Jason explained. "Our old range was in the basement of the school, so we practised summers at Fred's farm to get used to dealing with wind variables."

"It was a very exciting trip, both from the standpoint of the match itself and the travel, as I had never been farther east than Kenora, lol. I went with Barry in his camper, Kevin rode out on his motorcycle and Fred came with his family. We all funded the trip ourselves."



STANDARD PHOTO SUBMITTED

(Left to right) Jason Vanstone, Kevin Brown, Fred Parkinson and Barry Bartley represented the Miami Junior Rifle Club at the 1982 Canadian Rifle Championships in Granby, Que.

The team competed over five days in three categories: prone, kneeling and standing.

"Jason was our biggest winner," Fred said. "He was the Canadian junior sporting rifle champion!" The other three competed in adult classes.

"I found my groove and, as a junior, I was outshooting some who were on the Olympic team,"

Jason said. He would go on to win the top overall title as well as all three individual categories. Jason returned home with 12 trophies.

His success caught the attention of provincial leaders, and he received sponsorship support, including an air rifle to help with higher-level training. It was less expensive to shoot and could be used at home in his basement.

"I trained hard over the next two years. I competed in the nationals again in Calgary and came in third. Then the same year, I competed in the air rifle nationals in Regina and again came in third."

After nearly five years of intense rifle competition, Jason eventually burned out — but continues to hunt.

Kevin continued shooting around Manitoba, doing well at events, including a win at the provincial three-position sporting rifle competition. Today he focuses on shotgun and clay target shooting throughout the province at registered competitions. He is also an active member of the Pembina Triangle Trap Club south of Jordan.

Fred is no longer shooting but tried a bit of trap shooting in Mesa for fun.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Capitals capture MFHL championship in four

By Annaliese Meier

The Central Plains Capitals are champions.

Central Plains capped a dominant season by defeating the Eastman Selects 3-0 in Game 4 on March 23 at Landmark Arena, securing the Manitoba Female Hockey League U15 AAA championship in four games.

Head coach Ian Lepp said the team entered the deciding game with confidence despite the Game 3 setback.

"The team seemed to have a real good energy before Game 4," Lepp said. "We didn't seem too discouraged about the Game 3 loss but more excited to go out and show what we could do."

Backstopped by a stellar performance from goaltender Calleigh Duchart, who turned aside all 29 shots she faced, the Capitals delivered a clinical effort to close out the best-of-five final.

Lepp said Duchart's performance was consistent with what the team has relied on all season.

"Calleigh has been impressive all season," he said. "She led the league with a .936 save percentage and quite often faced 30 to 50 shots a game, so this was just another day in the office for her."

Hailey Terrick led the way offensively with two first-period goals, including the game-winner, giving Central Plains early control of the deciding contest. Lexi Philippe added an insurance marker late in the third period, while also picking up an assist, and Kinley Legault, Brynnae Willsey and Emma Shantz each contributed helpers.

Despite being outshot 29-14, the Capitals capitalized on their chances and relied on Duchart's steady presence in net to keep Eastman off the scoreboard.

The championship-clinching win capped a tightly contested series between the league's top two teams. Central Plains opened the final with a 3-2 victory in Game 1 before taking a 2-0 series lead with a 3-1 win in Game 2. Eastman responded in Game 3, edging the Capitals 5-4 in overtime to extend the series.

In that Game 3 setback, Central Plains rallied from a 3-1 third-period deficit with goals from Terrick and Philippe, but Eastman's Alexa Coulter scored the overtime winner just 52 seconds into the extra frame.

Lepp said that late push in Game 3 helped shape the team's approach heading into the final game.

"It gave us something to build off of going into Game 4 and the team didn't disappoint," he said.

The Capitals regrouped for Game 4 and delivered their most complete performance of the series, shutting down a high-powered Eastman offence that had generated 39 shots in the previous game.

Terrick finished the final series as a key offensive driver for Central Plains, factoring in multiple goals across all four games, while Philippe and Legault provided consistent secondary scoring.

Central Plains entered the playoffs as one of the league's top teams, finishing near the top of the



STANDARD PHOTOS SUBMITTED

Members of the Central Plains Capitals celebrate after defeating the Eastman Selects to capture the Manitoba Female Hockey League U15 AAA championship on March 23 at Landmark Arena.

regular-season standings with 23 wins and 48 points, and carried that momentum through to a championship finish.

Lepp said the group's success was rooted in both talent and growth over the season.

"We had a very talented team that wanted to work hard and were willing to learn," he said. "We had some tough losses along the way that we learned from and kept working towards getting better to try to put ourselves in a position to win the final game of the season."

The championship roster also featured strong local representation, with Elm Creek's Eden Lepp and Kinsley Friesen contributing throughout the playoff run, while Ian Lepp was part of the Capitals' coaching staff. St. Claude's Lexi Philippe played a key offensive role in the final, scoring in the championship-clinching Game 4 victory and adding an assist.

Lepp said it was meaningful to see local players share in the success.

"It's been great being able to watch Eden and Kinsley experience the successful season together," he said. "They have grown up playing hockey together, so it was fun to see them compete and grow as players."

For Eden Lepp, the championship was a reward for the team's commitment throughout the year.

"It meant a lot to win a championship with this team," she said. "Everyone worked so hard throughout the year. We really worked to keep the positivity up and have everyone working as a team."

She said the difference in Game 4 came from a stronger mindset and start.

"Our goal was to have a really strong start and keep the energy up all game," Eden said. "I felt a lot more confident and focused in Game 4, which made a big difference."

In the final minutes, she said the team stayed focused on the task at hand.

"I was taking everything shift by shift and trying not to think about the end result too much," she said. "But I definitely was su-



Elm Creek's Eden Lepp and Kinsley Friesen celebrate as part of the U15 AAA championship-winning roster at the Hockey Manitoba provincials.

per excited when the game was over."

With the victory, the Capitals solidified their place as the top U15 AAA female team in the province, combining timely scoring, disciplined team play and standout goaltending when it mattered most.

Swarm capture HTJHL title in overtime thriller

By Lana Meier

The Macdonald Swarm capped off a dominant season in dramatic fashion, defeating the Springfield Xtreme 5-4 in overtime on March 27 to capture the Hanover Tache Junior Hockey League championship in five games.

Macdonald, which posted a remarkable 29-1 record during the regular season, carried that momentum into the playoffs and proved why it was the league's top team, winning the best-of-seven final 4-1.

The championship-clinching win at Sanford Arena had all the elements of a classic. The Swarm jumped out to a 2-0 first-period lead on goals from Slade Sotheran and Austin Spicer, with Spicer's marker coming off a crisp passing play involving Talon Weselak and Cooper Rodewald.

Springfield responded in the second period, scoring twice to tie the game before the teams traded goals late in the frame. Rodewald restored Macdonald's lead at 3-2 with just under a minute remaining, but the Xtreme answered 33 seconds later to send the game into the third period tied 3-3.

The visitors then grabbed their first

lead of the night early in the third, as Eastan Crane scored to make it 4-3. With the championship within reach but slipping away, Macdonald leaned on its special teams. Brock Wood delivered the equalizer on the power play midway through the period, blasting home the tying goal to bring the Swarm back level.

From there, both teams tightened defensively, forcing overtime in front of a charged crowd.

It did not take long for Macdonald to finish the job. Just 1:47 into overtime, Rodewald struck again, burying the game-winning goal off a setup from Weselak and Jeremy Wuerch to seal the championship and spark a celebration on home ice.

Rodewald led the way in the deciding game with two goals and an assist, while Weselak had a standout night with three assists. Spicer added a goal and an assist, and goaltender Jack Martin made 22 saves to earn the victory.

Macdonald set the tone in the series early, opening with a 4-1 win on March 18 at Sanford Arena before following up with a 3-1 road victory on



STANDARD PHOTO BY ICEWAVE MEDIA

Macdonald Swarm captain and assistant captains accept the HTJHL championship trophy following their overtime victory over the Springfield Xtreme in Game 5 of the league final on March 27 at Sanford Arena.

March 22 at the Southeast Event Centre.

Springfield pushed back in Game 3 on March 24, earning a 3-1 win

behind a strong performance from goaltender Josh Rach, who stopped 37 shots. David Hazlitt and Connor Eggerman scored early to give the Xtreme control, while Chase Janas added another in the second period. Carter Campbell replied for the Swarm, but it was not enough to prevent Springfield from cutting into the series.

Macdonald responded decisively in Game 4 on March 26, delivering a 6-2 win fuelled by a dominant power play. The Swarm went 4-for-10 with the man advantage, with Rodewald scoring twice and Kayden Robertson netting a pair of goals. Baylen Dilk and Spicer also scored, while Martin turned aside 19 shots.

Special teams played a pivotal role throughout the series, particularly in Game 4 and the deciding game, where Macdonald capitalized on key opportunities to regain momentum.

Depth scoring also proved critical, with contributions coming from throughout the lineup, while the Swarm's defensive structure and goaltending limited Springfield's chances at key moments.

The championship run capped one of the most impressive seasons in recent league history. Macdonald led the HTJHL in both offence and defence during the regular season, scoring 221 goals while allowing just 64, and carried that balanced dominance into the postseason.

Hawks capture rural provincial title



STANDARD PHOTO SUBMITTED

The Notre Dame Hawks U15A female team, representing players from Carman, Elm Creek, Morden and Notre Dame de Lourdes, are the 2025-26 Hockey Manitoba Girls Under-15 Rural Provincial champions. The Hawks secured the title with a 4-2 victory over the Southwest Stars in the championship final held in Altona on March 15. Teams at the tournament were closely matched, with most games decided by a two-goal margin. The Hawks advanced to the final after tying the host Altona Maroons 2-2 in semifinal action. Earlier in the tournament Notre Dame dropped a 2-0 decision to the Southwest Stars following a 2-0 win over the Rock Lake Rebels. Pictured left to right, back row: Hailey Unger (assistant coach), Mellissa Durand (head coach), Aria Hildebrand, Taylor Dupasquier, Nikala Roach, Catainya Inman, Katlyn Knox, Rosalie Walters, Helene Comte, Stef Dupasquier (assistant coach), Dale Knox (assistant coach) and Ryan McKnight (asst. coach). Front row, Grace Robidoux, Makenzie Bartlett, Madeline Prejet, Lainey Rimer, Jessica Hague, Camryn Armstrong and Carla McKnight. Goaltender Holly Voesenek. Missing Jada Stafford).

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Spotting nutrition deficiencies

By Fitness Expert Julie Germaine Coram

Scientists have long focused on longevity and often report that nutritional deficiencies can have a significant impact on ongoing performance and overall health. Thankfully, there are symptoms you can watch for to slow the signs of aging — and help you keep up with your children or grandchildren for many years to come.

Often, my clients come to me with concerns about chronic pain, such as bone or muscle aches, and even flu-like symptoms that hold them back from living life to the fullest. My first thought is always vitamin D. When your intake of this essential vitamin is lacking (less than 1,000 IU per day), you not only risk poor bone health, but may also be more likely to fall ill due to a weakened immune system. Adequate intake is also important for wound healing and mood regulation, helping reduce the risk of developing depression.

How can you increase your intake? Eat more fatty fish and fortified dairy products or cereals. Supplements can also help boost your levels if needed.

Another sign to be aware of is feeling tired, unmotivated or weak during your workouts, especially if you follow a vegetarian diet or do not consume animal products regularly. You may also experience memory problems in this scenario. The vitamin of concern here

is B12.

Maintaining bone strength is a major concern as we age, as fractures from falls are a significant risk in older adults. Consuming adequate amounts of calcium is crucial to keeping teeth and bones healthy. This relates closely to vitamin D intake, as the two work together in the body for maximum absorption. It is best to obtain calcium through your diet — such as dairy products or canned salmon with bones — although supplementation can help prevent bone loss if necessary.

There are also other important nutrients to support skin health (biotin), the immune system (vitamin C) and energy levels (magnesium). Eating a balanced diet with a variety of protein sources, along with plenty of fruits and vegetables, is key. Adding a daily multivitamin can also help prevent deficiencies.

To discuss your health goals or fitness challenges, schedule a free online consultation at www.calendly.com/juliegermaine or email julie@juliegermaine.com.

Coach Julie Germaine Coram is dedicated to lifelong health. She is an active mom, registered personal trainer, two-time pro fitness champion, certified nutrition expert and fitness specialist. She has helped thousands worldwide improve their health since 2005.

Carman Joins the Chorus: Pembina Valley Schools Echo a Message of Inclusion for International Day of Pink

International Day of Pink

STOP BULLYING

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On April 8, 2026, a familiar and vibrant hue will wash over Carman and the surrounding Pembina Valley as students, educators, and community members wear pink to mark the International Day of Pink. While the “sea of pink” has become a staple of the spring season, this year’s observance in Carman carries a specific, resonant call to action: “ECHO.”

The 2026 theme, ECHO, shifts the focus from simply wearing a colour to actively listening to the voices of 2SLGBTQ+ individuals. In Carman, where community ties run deep and local pride defines the town’s

spirit, this day serves as a reminder that the province’s Safe and Inclusive Schools Act provides a vital framework for dignity, respect, and protection for every student.

The movement’s roots trace back to 2007 in Nova Scotia, when two high school students organized a “sea of pink” to support a peer harassed for his clothing choice. Since then, the initiative has become a cornerstone of the Safe and Caring Schools strategy across Manitoba. In Carman, this message of solidarity has evolved into a year-round commitment to ensuring no student feels

isolated or unsafe.

Local residents are noticing a shift in the community atmosphere. “It’s different now; there’s more attention and a real sense of awareness,” notes a long-time resident, reflecting on the progress made since their own school days. “I would hope that bystander kids in Carman now feel empowered to step in and say, ‘Hey, hold on, that’s not right.’”

From the hallways of the Collegiate to the elementary classrooms, students are leading the charge. Activities planned for April 8 include peer-led assemblies and “pink shirt cutouts,” where students record specific acts of kindness to create massive community murals.

Local businesses along Carman’s main strip and law enforcement are also expected to participate, wearing pink pins or ribbons as a visible sign of support. This year’s “ECHO” theme also commemorates the 25th anniversary of pivotal legal victories for 2SLGBTQ+ rights in Canada, highlighting that today’s local inclusion was built on a national foundation of courage.

As Carman residents prepare their pink attire, the goal is for the message of kindness to echo through the Pembina Valley long after the shirts are put away.

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<https://www.EngGeoMB.ca/News.html#675>



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RURAL MUNICIPALITY OF THOMPSON PUBLIC NOTICE 2026 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to Subsection 162(2) of the Municipal Act that Council for the Rural Municipality of Thompson intends to present its Financial Plan for the fiscal year 2026 at a public hearing located at:

Miami Civic Centre - Council Chambers
530 Norton Avenue, Miami, MB
Friday April 24, 2026, at 10:00 a.m.

Council will hear any person who wishes to make representation, ask questions or register an objection to the Financial Plan. Copies of the Financial Plan will be made available for review and may be examined by any person during the regular office hours of the Municipal Office at 530 Norton Avenue, Miami, MB.

Melissa Brunel, CMMMA
Chief Administrative Officer
R.M. of Thompson

info@rmofthompson.com
204-435-2114

take a break

> GAMES

SUDOKU

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

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Sudoku Answer

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

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Time: 9AM to 3PM

Place: Carman Hall

PARKINSON'S AWARENESS MONTH

#PAM2026 SHAKEITUP



Carman Steps Up: Raising Awareness for Parkinson's Along the Boyne

CARMAN, MB – This April, as the ice thaws along the Boyne River, the town of Carman is turning its attention to a different kind of movement. Parkinson's Awareness Month 2026 is officially underway, with local residents joining a nationwide effort to support those living with the fastest-growing neurological condition in the world.

For the many families in Carman and the surrounding R.M. of Dufferin impacted by the disease, this month is about more than just a calendar date—it is a lifeline of connection. With over 6,500 Manitobans currently diagnosed, local advocates are working to ensure that the rural community has the same access to education and support as those in larger urban centres.

"In a community like ours, we look out for one another," says a local volunteer. "Whether it's a neighbor at the post office or a friend at the golf course, Parkinson's affects people we see every day. This month, we want to make sure they know Carman stands with them."

The month's activities reach a peak on April 11, World Parkinson's Day. Local participants are taking on the 50 km Walk Challenge, logging their kilometres along Carman's scenic pathway system to raise funds for Parkinson Canada – Manitoba. Additionally, residents are encouraged to participate in the global "Sit to Stand" challenge, a simple functional exercise that highlights the importance of movement in managing Parkinson's symptoms like balance and rigidity.

Locally, the Red Tulip—the international symbol of Parkinson's—is appearing in storefront windows, and the community is being invited to "Spark" a conversation. This year's theme, #MoreThanATremor, aims to educate the public on "invisible" symptoms such as sleep disorders, anxiety, and speech changes that are often misunderstood.

As Carman prepares for the spring season, including upcoming events like the Fore Parkinson's Golf Tournament held nearby, the message of the month is one of resilience. By wearing a silver ribbon or participating in a local support group, Carman residents are proving that no one in the Boyne Valley has to face a Parkinson's diagnosis alone.

This feature brought to you by these community-minded businesses. Please show them your support.

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