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# Classic dreams: Owen's Beaumont shines at World of Wheels

By Lori Penner

When Ryan Owen rolled into the World of Wheels with his fully restored 1969 Pontiac Beaumont, he wasn't just showing off a car — he was unveiling nearly a decade of blood, sweat and chrome.

The 20-year-old from Carman turned heads and took home third place at the prestigious Piston Ring Winnipeg World of Wheels, proving that big dreams, vintage rides and father-son teamwork never go out of style.

Growing up, Owen was fascinated by classic cars.

"My dad would take me to car shows, and he taught me a lot about muscle cars over the years," he says. "My dream growing up was always to restore a classic car and have it accepted into World of Wheels."

That dream began in 2014, just a week before his high school graduation, when he found a '69 Pontiac Beaumont listed on Kijiji.

"My dad and I went into Winnipeg, purchased the car and drove it home," he recalls. "I was even able to put a permit on it and take it to my grad."

Owen drove the car for a couple of summers before committing to a full restoration.

"We started to tear it down to the



The 1969 Pontiac Beaumont before restoration.

frame and everything. We replaced 90 per cent of the sheet metal. The only original pieces left on the car are the roof and trunk lid," he says. The entire process took six years, and he got the car back on the road in 2023.

"We did most of the work at a relative's house just down the street from me. A relative helped me with the bodywork. And then me, my dad and a couple of friends assembled the bumpers, the interior, the glass—all of that."

Working on a classic car isn't just a weekend hobby — it requires time, patience and financial investment.

"I have approximately \$43,000 into it right now," Owen says. "It is time-consuming and not cheap. But we



STANDARD PHOTOS SUBMITTED

Ryan Owen stands proudly with his wife Shaylin, and infant son Kesen, next to his fully restored 1969 Pontiac Beaumont — the car that earned him third place at the Piston Rings Winnipeg World of Wheels.

all follow our passions in some way, right? When you're doing what you love, those things kind of fade."

The journey to World of Wheels was an exciting one. The event, held annually at the RBC Convention Centre in Winnipeg, attracts top-tier vehicles from across North America. Owen had to submit an application and photos for approval.

"I got the acceptance letter about a week or two before the show. It was a dream come true. I just couldn't believe I finally had a car in the show."

Getting his car show-ready involved some final touches.

"I got the car power polished and ceramic coated to make it really shine. Then I had to line up an enclosed trailer because, as you know, it's springtime and it's sloppy out there. Probably 80 per cent of the contenders trailered their cars in."

When the show opened on March 21, Owen could hardly believe his car was on display. But what came next was even more shocking.

"Saturday was the awards ceremony. I thought, there are a lot of really



Owen was awarded third at the Piston Ring Winnipeg World of Wheels.

nice cars here; I don't even know if I should go down. But I did, and there were about 250 to 300 people in the room. When they got to my class, they gave me third place for my Beaumont. I turned and looked at my dad and said, 'Oh wow, I can't believe this.' He said, 'Well, go get up and get your award!'"

Beaumonts are a rare sight today.

"They were Canadian-made, and they share the same body as a Chevelle but have unique grilles, headlight bezels and taillights. They quit making them after '69, so you don't see many around anymore. Fortunately, since the body is similar to a Chevelle, getting parts was actually pretty easy."

Owen credits his father for supporting him throughout the process.

"My dad is the manager of Piston Ring in Carman, so sourcing parts was quite handy. He's been in the business for over 30 years and has a strong knowledge of that."

His love for classic cars is something he hopes to pass down to his son, Kasen.

"We had a baby in December, so he's three and a half months old now. My goal is to take him to as many car

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Continued on page 6

# Carman Collegiate student making candles in support of Genesis House

By Becca Myskiw

A Carman Collegiate student is turning recycled wax into a symbol of hope for survivors of domestic violence.

Emmalee Chubaty, 17, has been handmaking candles for almost three years. But her creations aren't your typical wax-and-scent home goods — they're made entirely from recycled materials.

"She's always been very crafty and creative, and it was the next thing on the list I guess," said Shari Chubaty, Emmalee's mom. "But this one stuck."

Through trial and error, Google searches and YouTube videos, Emmalee taught herself how to make candles — even creating her own moulds. All the wax she uses is recycled: friends drop off bags of old wax at their home, she thrifts used candles from MCC Thrift and melts everything down in an old crockpot before pouring it into moulds to give the wax new life.

Some of the wax she receives is scented and some is not. Emmalee doesn't add any new fragrance, so the candles carry the scent of their previous use. Even the wicks are handmade — she dips cotton string into wax repeatedly until it's ready.

Shari said Emmalee has always loved thrifting and reusing items, and she prefers natural products. Emmalee had cancer at age two and still lives with long-term side effects, such as hearing loss, so she's careful about what she puts in and on her body. Her candle-making reflects that mindset.

Emmalee mostly sells her candles at school, of-

ten to staff members. Prices vary depending on the time and materials involved, with most selling for around \$2 and some as much as \$10. She recently sold candles to raise money for Genesis House, a cause close to her family's heart.

Genesis House provides emergency shelter and crisis services for people experiencing gender-based violence. The Chubaty family once lived there for two months after leaving a domestic violence situation.

Shari and Emmalee originally supported the organization by making and donating leather keychains for fundraising. While they continue that effort, Emmalee decided she wanted to contribute something of her own. She realized she could use her candle-making to help.

Emmalee experimented with mixing waxes to create a purple hue — the nationally recognized colour for domestic violence awareness. Her fundraiser raised nearly \$100 for Genesis House, and she didn't stop there. Now, every purple candle she sells supports the organization, with 100 per cent of the proceeds donated.

"It feels good that I'm not just sitting on the side waiting for change," she said. "Nothing will change if nobody does anything, and even though I'm one person, one person can make a lot of difference. And maybe other people might help out too if they see one person helping out."

Continued on page 6



**STANDARD PHOTOS SUBMITTED**  
Emmalee Chubaty makes candles from recycled wax. She recently created purple ones, which she sells in support of Genesis House.

# Carman Handi-Van hosts successful quiz night fundraiser



**STANDARD PHOTOS SUBMITTED**

On Friday, March 21, the Carman Handi-van held its annual Quiz Night in conjunction with the curling windup at the Carman Golf and Curling Club. The event saw a fantastic turnout, with twelve teams competing in a fun-filled evening of trivia and camaraderie. Congratulations to "Team Jeffers," who earned bragging rights—as and boxes of Smarties—as the Quiz Night champions for 2025. Thanks to the generosity and enthusiasm of the community, just over \$1,800 was raised to help keep this valuable transportation service running strong. It was a great night had by all, and we're already looking forward to next year!



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# getheard

EDITORIAL > VIEWPOINTS > LETTERS

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## PVLIP launches voter information campaign

By Ashleigh Viveiros

The Pembina Valley Immigration Partnership (PVLIP) is launching an information campaign to ensure everyone who has the right to vote in the upcoming federal election knows how to do so.

*Got Citizenship? Go Vote!* will ensure new voters or those who haven't voted in awhile don't feel the need to avoid the ballot box on Election Day (Monday, April 28) due to uncertainty surrounding the process, says PVLIP coordinator Elaine Burton Saindon.

"The intention is to help promote civic engagement with newcomers," she says. "Helping new Canadians who have just become citizens recognize that that brings them the opportunity to have their voice heard through the voting process. We hope new Canadians would exercise that

freedom."

While some immigrants come to Canada already familiar with the democratic process from voting in their native countries, for others this is the first time they've had the opportunity to cast a vote in a free and fair election.

But even if you've voted before in another country, it can still be a bit overwhelming to navigate things in a new place, Burton Saindon notes, so PVLIP is hoping to allay any uncertainty or fears people may have.

"We're not getting into the politics of it—we're not explaining who to vote for," she stresses. "It's more about understanding the process, understanding your rights and the benefits of voting and what it can mean for you and your community."

A page on their website (pvlip.ca/

govote) outlines who's eligible to vote, how to register to do so, what a voter's card is and what information is on it, how to find information about the candidates running in your district, where to go on voting day or how to vote by mail, and what you need to bring with you if voting in person.

"We want to do this for each election—federal, provincial, and municipal—going forward," Burton Saindon shares.

PVLIP is also teaming up with Elections Canada to host information sessions at community centres in Altona, Morden, and Winkler in the weeks ahead.

Details on those events were still being firmed up at press time, but head to the PVLIP website for dates and times as they become available.

## Manitoba minimum wage to rise to \$16 on Oct. 1

By Lana Meier

Manitoba's minimum wage will increase by 20 cents to \$16 per hour on Oct. 1, the province announced this week.

The adjustment is based on the province's 2024 inflation rate of 1.1 per cent, rounded to the nearest five cents.

Minimum wage increases are reviewed annually and regulated

through Manitoba's Employment Standards Code.

For more information on employment standards, visit [www.gov.mb.ca/labour/standards](http://www.gov.mb.ca/labour/standards).

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

By Dennis Young

**100 years ago, April 3, 1925...** Miami loses four businesses to fire; Carman Golf Club extends lease on Hiram Clark's land; Bradburn Store sells 5 Roses Flour; the \$3.58 bank balance deemed creditable for Carman Tennis Club; Hey: My wife doesn't understand me. Does yours? Hay: I don't think so. I've never heard her mention your name!

**75 years ago, 1950...** Don Doyle names President Game & Fish; Ed Tissot offers his land for trap shooting to Game & Fish; Hwy #3's condition a

concern to all habitats along it; CGIT Group reorganizes in United Church; Homewood Coop grows from 50 to 175 members in 22 years; Kinsmen throw full support behind Ball Club's lighting plans.

**50 years ago, 1975...** Chimo Lumber of Roseisle sells const. spruce \$1.69 M; Jim Burnett offers 10 1/2% investment on 5-year terms; Its Ladies Night at the Carman Motor Inn U Broil Steak Pit; Carman & Area Promotion Committee plan to distribute pamphlets re Town events and lifestyle; Safeway

sells sirloin steak at \$1.85/lb; Coming to Carman's Ron's Shell.

**25 years ago, 2000...** 150 sign up in Miami for rural gasification; Jason Van Wyck of Miami was chosen as part of Cadet Honor Band to play across Canada; RM of Dufferin anticipates spending \$1.752 million this year; Julie Wiebe of Elm Creek attends Forum for Young Canadians in Ottawa; Wilson Pro Staff clubs go for \$479 at Carman Sports Shop; Fern Kerr to open bed and breakfast in former Northlyn Nursing Home.

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# Miami Marlins win back-to-back championships

By Dennis Young

After finishing first overall and winning *The Dufferin Leader* Pennant Trophy, the Miami Marlins defeated the Carman Cougarettes to capture the Red River Co-op Zone 4 Basketball Championship for the third consecutive year. They completed the best-of-three series in just two games, winning 31-29 and 36-29.

To reach the finals, the team triumphed over the Lowe Farm Lancerettes with an impressive aggregate score of 127-49 in two games. Centre Judy Nordquist was named MVP, while Myrna Follet emerged as the league's top scorer with a total of 122 points over 10 games.

Jan Knox Moody reflected on the experience, saying: "It was quite an experience when the Miami Marlins girls' basketball team made it to the Zone 4 championships. We were very fortunate to have dedicated teachers like Glennis Scott coaching us and Betty Andrews serving as our team chaperone. Traveling to Winnipeg to compete against the big city teams was a significant opportunity for us. In Mr. Scott's eyes, we were just as talented as all the other teams."



STANDARD PHOTO SUBMITTED

Left to right, front row: Pam Webber, Myrna Follet, Judy Nordquist, Barbara Spencer, and Sally Dorval; back row, Lorne McMillan (student manager and statistician), Betty Andrews Manager, Janet Knox, Florence Spenst, Hilda Nickel, Barbara Lowry, Karen Roberts and Glennis Scott (coach).

## worship with us > FAITH

*O world of words  
and world of sin!*

*O world of words and world  
of truth and grace!*

*O world of words and  
world of human hearts,  
The exits of life and  
the root of life.*

### The consequences of our words

Our words are important! The schoolyard ditty that goes, "Sticks and stones may break my bones, but words can never hurt me," is a most untrue statement if ever there was one. Words can hurt deeply. Words can also soothe one's soul, "There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing" (Proverbs 12:18). No doubt, each one of us has experienced rash words that are like sword thrusts. Jesus said, "I tell you, on the day of judgment people will give account for every careless word they speak, for by your words you will be justified, and by your words you will be condemned" (Matthew 12: 36-37).

### Where our words originate

Where do those unsavory words come from? From our heart, "The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks" (Luke 6:45). I witnessed a demonstration vividly illustrating this truth. Filling a glass with water the demonstrator invited someone to join him on stage where they "accidentally" bumped elbows. Water spilled all over the stage. Thus, it is with our hearts when we "bump" into a circumstance. Our mouth spills our heart's content. We love to make all kinds of excuses for it, "I was tired," "I didn't mean it exactly the way I said it," and many more such excuses.

### God's Word

We need to be thinking about what we are treasuring in our heart. God's word is life-giving. His word is a lamp to our feet and a light to our path (Psalm 119:105). Let's be diligent in storing His Word in our hearts.

Len Lodder, Canadian Reformed Church Carman East.

# letter to the editor

Letters to the Editor: [news@carmanstandard.ca](mailto:news@carmanstandard.ca)

## Canada must stand strong

It is heartwarming to see how Canadians from coast to coast are pulling together in the face of threats of tariffs—and even annexation—from the Trump administration.

Boycotting U.S.-made products and businesses, particularly those with strong ties to Trump, avoiding travel to the United States, and expressing our utter disappointment with his policies are important actions that send a strong message to the bully south of the border.

Electing a prime minister who is able and willing to stand up to Trump is another critical message. Canadians are not interested in becoming the 51st state, and we definitely do not want a

prime minister who subscribes to, or is sympathetic to, Trump's ideology.

However, if all these measures fail and Trump remains determined to annex or otherwise dominate Canada, we as citizens must be ready.

The Second World War provides some important lessons.

When Nazi Germany occupied Western Europe, resistance groups such as the Maquis in France and the Ondergrondse in the Netherlands sprang up to fight against the German occupation. These groups played a significant role in the ultimate defeat of Germany in 1945. In the case of Holland, Canada played a key role in the liberation, and for that, the Dutch are eternally grateful.

At this stage, Canada should begin organizing resistance groups across the country to be ready to take action if—and when—Trump decides to oc-

cupy Canada.

I was born in the Netherlands during the Second World War, and I remember vividly the stories, experiences and sacrifices of my parents and grandparents who fought against the German occupation.

I am confident that many in my generation—and scores of younger people—will answer the call to defend our country.

I sincerely hope this letter not only generates interest in something like a "Canadian Defence League," but will in fact lead to the formation of such an organization. We have the Canadian Rangers in the North; we need something like that across the country—now.

Sincerely,

Frederik Veldink, Silver Harbour

## > CANDLES, FROM PG. 3

Rates of domestic violence have increased in recent years. Where one in four women globally used to experience it, that number is now one in three.

"Those numbers should be going down, not up," said Shari.

According to the Government of Canada, 44 per cent of women and girls who have been in an intimate partner relationship reported experiencing some form of abuse. Women and girls are significantly

more likely than men and boys to experience intimate partner violence.

Genesis House has been operating for 40 years. Its 24-hour crisis line is 1-877-977-0007. The local crisis line is 204-325-9800.

# New report calls for urgent action to save local news in Canada

By Andrew Phillips

A report released earlier this year by the Public Policy Forum (PPF) in partnership with the Rideau Hall Foundation (RHF) and the Michener Awards Foundation (MAF) highlights the critical state of local news in Canada and proposes urgent recommendations to revitalize a key industry that plays an outsized role in Canadian democracy.

The report, titled *The Lost Estate: How to put the local back in local news*, is supported by exclusive new Ipsos polling of Canadians living in smaller communities and cites a concerning decline in local news outlets, with repercussions that include increased alienation, a decline in trust and a negative impact on local businesses.

According to Toronto Metropolitan University's Local News Research Project, Canada has lost 252 net local news outlets across Canada since 2008, including 24 net closures over the last two years alone. The report emphasizes the importance of enabling local ownership to help rebuild this critical industry at the community level.

"Local news is an undervalued player in the media ecosystem," said Inez Jabalpurwala, PPF president and CEO. "It helps create civic spaces that are needed now more than ever, while also underpinning the very foundation of healthy democracies."

An Ipsos poll, conducted in January 2025 and commissioned as part of the report, found that 87 percent of Canadians believe local news is important to a well-functioning democracy, and they trust local newspapers and radio (85 percent) over national newspapers (71 percent) and international online news sites (55 percent). The poll was unusual in its focus on Canadians living in smaller communities — of 1,001 Canadians polled, about half were in communities with populations of less than 10,000, and half were in communities with populations of between 10,000 and 100,000.\*

Respondents agreed on a range of serious implications as local news diminishes. Sixty-one percent said less local news leads to less knowledge about the workings of local government, schools and hospitals; fifty-eight percent said it leads to fewer ties to the community, as well as decreased participation in local events (57 percent), a loss of a sense of caring for each other (54 percent) and less demand for local small businesses (36 percent).

The *Lost Estate* report, which stems from a recent national conference of local news publishers and broadcasters organized by the RHF and the MAF, highlights several factors contributing to the crisis in local news, including the failure of non-local corporate ownership models, a collapse of traditional

advertising revenues (between 2018 and 2022, ad revenues for Canadian community newspapers fell by 44 percent), as well as Meta's decision to block Canadian news on Facebook and Instagram.

But despite the challenges, the report also notes resilient green shoots, citing examples of local news organizations that are finding innovative ways to serve their communities, including employee-owned media, non-profits and startups.

"Journalism is an essential force in our democracy, and the precarious state of local news speaks to its fragility. I am encouraged, though, by the innovative approaches many small, local news organizations are taking across the country, some of which are highlighted in this report," said Teresa Marques, president and CEO of the Rideau Hall Foundation. "Now more than ever, it is critical that we find new ways to fuel the innovation needed to revitalize local news and small, community newsrooms."

The report emphasizes that public policy must not seek to preserve the media as we have traditionally known it but rather focus instead on innovations that will help sustain a flow of reliable information. It proposes a comprehensive set of recommendations for governments and philanthropists that include:

Creating a 'Report for Canada' non-profit organization, similar to a successful model in the United States, to fund reporters in local newsrooms for three-year terms. Local Journalism Initiative funds provided by the federal government would be matched by philanthropic donations and controlled by an independent board;

Driving local advertising with a tax credit for local businesses that spend ad dollars with independent, locally owned media;

Directing a portion of government advertising dollars to local publishers and broadcasters, as the Ontario government did recently by requiring that 25 percent of government ad budgets, including spending by four large provincial agencies, be directed to Ontario-based publishers;

Mandating a sales notice period to give communities an opportunity to rally support for news outlets that are threatened with closure by corporate owners; and

Stepping up community foundation involvement: There are more than 200 community foundations across Canada, as well as thousands of private foundations. They should be encouraged to support local news organizations as part of their wider missions to encourage social vitality, community health and local democracy.



"From media to government, and from the charitable sector to individual citizens, we all have a role to play in the success of local news. Democracy flows uphill and this report offers a roadmap to safeguard the future of local journalism and, by extension, to help safeguard our democracy," says Paul MacNeill, MAF executive member and Prince Edward Island community newspaper publisher. "For the first time, Canadians can see the vital role local news plays in this country. Too many communities have been hurt by media closures. The time to act on these recommendations is now, before it is well and truly too late."

The report is authored by Andrew Phillips, former editor-in-chief of the *Montreal Gazette* and the *Victoria Times Colonist*; Edward Greenspon, PPF fellow and former editor-in-chief of the *Globe and Mail*; and Alison Uncles, PPF vice-president and former editor-in-chief of *Maclean's* magazine.

\* The survey was conducted online by Ipsos among Canadian residents aged 18+ within communities with less than 10,000 population and communities with a population between 10,000 to less than 100,000 residents. Results are considered accurate to within +/- 3.5 percentage points of what the results would have been had every Canadian resident aged 18+ been polled.

## > WORLD OF WHEELS, FROM PG. 2

shows as I can, like my dad did with me. One day, I plan on passing my car down to him."

Owen plans to continue showing his Beaumont at events across Manitoba.

"I plan on attending as many shows around my home as possible — Altona's Sunflower Festival, the Corn and Apple Festival, and the Carman car show in June."

For those interested in restoring classic cars,

Owen has some advice:

"If that's what you're into, absolutely put your heart and soul into it. It's a pretty neat experience attending a big show like that. But it's a fading interest — when I go to car shows, most attendees are 50 years old or older. You don't really see the younger generation anymore. The cost and time probably have a lot to do with that."

Despite the long hours and financial investment, Owen wouldn't trade the experience for anything. "The strong bonding time, working together

with my dad and close friends, figuring things out and seeing the finished product — those are memories that will last a lifetime."

While his Beaumont will have to wait two years before it can be entered in World of Wheels again, Owen is already thinking about the future.

"Maybe when my son is older, we'll enter it together. That would be pretty special."

For now, though, he's simply enjoying the ride.

# Stanley Soil Association plants over 40,000 trees, battles noxious weed

By Lorne Stelmach

The past year was another busy one for the Stanley Soil Management Association.

From selling and planting trees to dealing with a notorious noxious weed, the association continues to be busy and see continued growth and interest.

"There's important work being done, and it's a lot of interesting work," said technician Richard Warkentin following the association's annual meeting last Friday.

One of their most significant ventures each year is tree planting as well as their maintenance and care.

"We planted 19 miles of trees, and we planted eight miles of trees in gaps," Warkentin said, estimating over 18,000 trees were planted across the region.

"One of the biggest projects that we did was we also participated in a project at Swan Lake First Nation. We were involved in the planting of over 22,000 trees on a 60 acres piece of property," he said, noting they were mostly planted by machine but some had to be done by hand.

"It was a time consuming project. It was a major plantation that we were involved with there," Warkentin said, noting it also involved both the Pembina Valley and Redboine watershed districts.

In addition, there were various other planting projects across a large area of southern Manitoba with over a dozen sites involved.

"The biggest one was about five miles of trees that we planted at a site near Letellier."

In addition, tree sales involved almost 40,000 trees being sold to over 60 customers. About 45 per cent of these trees were planted at Pembina Valley Watershed District sites.

"One of their big programs is the shelterbelt planting," shared Warkentin. "We have become more of a tree supplier, and last year we actually sold approximately 40,000 trees, and almost 18,000 of those trees were supplied to Pembina Valley Watershed District projects."

Meanwhile, another significant ongoing project revolves around diffuse knapweed, which is rated as a tier one noxious weed and is located in a particular area of the RM of Stanley.

"And it's the only place in all of Manitoba where this noxious weed is found, and tier one means if you see it, you have to destroy it," Warkentin said. "It's got the potential of becoming a real problem ... we try to contain it."

"We spent basically one day doing some cursory scouting, and we found so many plants," he added. "It's concerning that this diffuse knapweed seems to be increasing, and we'll have to raise more awareness. The landowner is the biggest part and needs to be aware of it."

"This year was worse. I've never really seen as much in all the years that I've been monitoring it. We have to be more diligent in getting it."

Finally, Warkentin said some of his time is also devoted to raising awareness, particularly with youth.

"We got some funding through the Two Billion Tree Program to make school presentations," he said, noting



STANLEY SOIL MANAGEMENT ASSOCIATION PHOTO

Stanley Soil Management Association staffers were kept busy this past year across the region.

they also have a presence at various festivals and events such as Arbor Day in Morden. "I did quite a few school presentations on the value of trees. That was kind of fun to do ... and we handed out some trees."

At the AGM, guest speaker David Scott of Swan Lake First Nations

touched on a youth environmental training program. The goal is to bring aboriginal and non-aboriginal youth together in land-based environmental training through both Ojibwe teachings and western science.

## Test for radon in your home, free with the Boyne River Library

By E Antonio, with files from Jen McFee

A family in Carman, who wish to remain anonymous, discovered that their home had a radon level of 2,000 becquerels per cubic meter (Bq/m<sup>3</sup>), which is ten times higher than the recommended limit of 200 Bq/m<sup>3</sup>.

As a result, they are aiming to raise awareness to others living in Carman about the potential dangers you might find in your own home.

Radon is a colourless, odourless radioactive gas found naturally in the environment. It comes from the natural breakdown of uranium in soil, rock and water.

"Radon gas escapes from the ground into the air outside. When radon mixes with the air outside, it's not a problem: the air outside dilutes the concentration of radon in the atmosphere," explained Adam Ander-

son, government relations officer and health program analyst for the Manitoba Lung Association.

"But when radon seeps into a closed-in space like a house, it can be harmful. The radon gas can become trapped inside."

Since radon is a gas, it can move through the soil to enter the air we breathe. Radon can enter a home through cracks or gaps in the foundation and walls. In general, radon levels are highest in the basement.

Over time, long-term radon exposure in a home or building may increase the risk of developing lung cancer. Radon is the second leading cause of lung cancer behind smoking — and for non-smokers, it's the No. 1 leading cause of lung cancer.

According to the Cross-Canada

Survey on Radon Concentration in Homes' final report, Health Canada estimated that about seven per cent of Canadians and about 19 per cent of Manitobans are living in homes above the radon guideline of 200 becquerels per cubic metre. Since radon levels can vary depending on the season — or even the day — this guideline reflects the average level over a year of monitoring.

"In Manitoba, like other areas of Canada and the rest of the world, the natural radioactivity of the soil varies from region to region. Radon levels may also vary within one region," Anderson said.

"Historically, Manitoba has had higher radon values in buildings than national averages."

To reduce your risk of exposure to

radon, Anderson said the first step is to test.

"You don't know if you are at risk until you test, and you want to test for a minimum of 90 days to get an accurate long-term average level of exposure. People can order a 90-day test kit from the Manitoba Lung Association at mb.lung.ca. They are easy to use and ship directly to your home from the lab and include return postage back," he said.

"The second step, if you find levels are above the 200 becquerels, you will want to contact a C-NRPP (Canadian National Radon Proficiency Program) professional to have your home mitigated."

Fortunately, the Carman family de-

# BTHC expansion progressing on schedule

By Lorne Stelmach

The expansion of Boundary Trails Health Centre continues to move along, and officials are pleased with where the project is at now.

"Everything is on track, everything's timing out well ... progress is going well, and everybody's really excited," said Kyle MacNair, who is the implementation lead for clinical programming with Southern Health-Santé Sud.

"I think people are excited to see things coming together," he added. "And we're also going heavy duty into recruitment now as well."

What had been estimated to be a \$100 million project is being completed in phases and will include 24 additional acute care inpatient beds, an expanded emergency department, new state-of-the-art operating room, expansion of the cancer care unit, dedicated space for palliative care services, and a level two nursery designed to provide services to premature newborns with complex feeding needs.

The new community services building will enable existing community services to be relocated from the current hospital building. Those services in the new building will include public health, midwifery, home care services, children and youth rehabilitation services, and a centre for hope healing garden and healing courtyard.

Then, once all of that has been ac-

complished, work will begin on the renovation of the existing hospital space.

"The first part of the project that doesn't get a lot of attention but is very critical is the energy centre," noted MacNair. "That's the backup generators and the building systems, and it's a separate building ... and it's coming online in April."

As part of what he called the commissioning stage, MacNair said they are basically going to make sure all the lights turn on and the water runs.

"It is pretty integral. 'It's the backup power system for the hospital,' he said.

The next building to be completed will be the in-patient unit with the 24 medicine and palliative beds

"We've basically got what's called the mock-up room finished in there," MacNair shared. "We had one of the clinical teams in, and we've had other clinical teams in over the last couple weeks just checking out the areas, making sure that everything is exactly the way that we want ... find any problems.

"One problem we found when we did the mock up was one of the shower hose connections is too close to one of the hand rails, so we've just got to adjust that," he said. "These are the important small details that you might not catch in the design phase until you see it."

They will then basically replicate



STANDARD PHOTOS SUBMITTED

Work on the Boundary Trails Health Centre expansion is on schedule, the RHA says.

that room 22 times, but there will be two specialized rooms for bariatric and isolation cases.

"We'll be taking the teams through those rooms then as well as they are completed," said MacNair.

"The target is still early fall to have the building construction completed and then working on getting everything set up to take patients either very late this calendar year or early next calendar year."

Their attention will then turn to the community services building, which is still very much in the early stages.

"That building isn't really set to be completed until the first quarter of

2026," said MacNair.

The final step will be renovation of the area that currently houses offices for services like public health, home care, and administrative staff. It will be renovated into new cancer care and ambulatory care space, followed by an expansion of the emergency department along with a new operating room on the second floor and some administrative spaces as well.

"We're just in the process of sorting out the renovation schedule," said MacNair. "We've gone through a first phase of design, and we got a costing for it, and it's not insignificant ... and then we'll get the timelines set out."

## Canadians head to polls for federal Election April 28, 2025

By Lana Meier

Prime Minister Mark Carney has called a snap federal election for April 28, 2025. This decision comes amid escalating trade tensions and sovereignty threats from U.S. President Donald Trump, which have significantly impacted Canada's political landscape. Carney, who succeeded Justin Trudeau as the leader of the Liberal Party and Prime Minister earlier this month, seeks a strong mandate to address these challenges.

The election will determine the composition of the 343-seat House of Commons, with key political figures including:

Mark Carney: Leader of the Liberal Party and current Prime

Minister, known for his financial expertise as a former central banker.

Pierre Poilievre: Leader of the Conservative Party, a career politician advocating for a "Canada first" approach.

Jagmeet Singh: Leader of the New Democratic Party, focusing on social democratic policies.

Yves-François Blanchet: Leader of the Bloc Québécois, promoting Quebec's interests and sovereignty.

The campaign is expected to center on Canada's response to U.S. trade actions and threats to national sovereignty, with voters evaluating which leader is best equipped to navigate these complex issues.

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It is with mixed emotions we announce that after 48 years of practicing law, Tom Mooney will be retiring effective March 31, 2025.

Tom has been an integral part of our team, joining Bob McCulloch back in 2004. Tom's contributions to MMJS are significant, and he has made a lasting impact on our communities, clients and employees. Tom is a valued member of our team, we will miss his knowledge, expertise and wonderful sense of humor. He plans to travel and spend some quality time with his wife Susan, family and friends. Please join us in congratulating Tom on his retirement and thanking him for his many years of dedicated service. Tom, we will miss you, and we wish you all the happiness and joy that retirement has to offer.



# A Chord of Friendship: Seniors and Students Jam at Ukulele Day

By Ty Dilello

On March 25, Carman Elementary School hosted an intergenerational ukulele afternoon.

Nancy McFarlane from the Carman Seniors Resource Centre reached out to Grade 4-5 teacher Lisa Pinkerton with the idea of bringing together students and members of the community's adult ukulele group.

"I thought it would be a great opportunity to not only have our stu-

dents play with new people, but also show them that music can be enjoyed outside of school long after graduation," said Pinkerton.

The school's music teacher, Lori Neufeld, had been working on three ukulele songs in class. When the community group joined in, students from three different classes were able to play the songs together with the visiting musicians.



**STANDARD PHOTOS BY LISA PINKERTON**  
On March 25, Carman Elementary School held an intergenerational ukulele day at the school as they had members of the Carman Seniors Resource Centre come out and play the ukulele with several classes over the course of the afternoon.

# Pembina Valley Humane Society marks 20 years

By Lorne Stelmach

The past year was one of increased need for the services of the Pembina Valley Humane Society, yet the organization was able to meet that demand and even show a surplus.

That level of success was celebrated last Tuesday at the humane society's annual meeting, where board chairperson Audrey Wiebe also noted the organization was marking 20 years.

"How far we have come," said Wiebe, who recalled its start in 2005 in a small donated space in an incubator mall, where it was run solely by volunteers. Today, since moving to their new building in 2010, the agency employs three full-time staff and has multiple community outreach programs.

"This past year has been one of significant progress in our mission to create a more humane community for animals, particularly through our continued focus on proactive measures," said Wiebe. "The overpopulation crisis is one that we need to take seriously ... we firmly believe that prevention is the most effective way to address animal overpopulation and reduce the suffering of countless

animals."

She highlighted the success of its pilot trap-neuter-return (TNR) program last fall where the goal was to trap and sterilize 10 community /stray cats.

"We were blown away with trapping and sterilizing 41 cats," Wiebe noted. "We returned 18 and rehomed 23 cats in total, preventing the birth of countless kittens and improving the lives of those already living on the streets."

She also noted the annual low-cost spay and neuter program and annual spay day also saw an increase of 40 per cent more surgeries.

"We recognize the financial burden that unplanned litters can place on families, and we are committed to our partnership with the Morden and Winkler vet clinics to support these families to do their part in the pet overpopulation crisis," Wiebe said.

"Looking ahead, we are committed to expanding our TNR efforts, increasing access to low-cost spay/neuter services and strengthening our community outreach programs," she added. "We will continue to prioritize proactive solutions that address the root causes of animal overpopulation

and promote responsible pet ownership."

Last year saw animal intakes soar to 275, which represented a 72 per cent increase.

"If you were to see our waiting list right now and compare it to ... this time last year, it is so much better because we are able to take in and help so many more animals. It's been amazing," noted shelter manager Jennifer Young.

In 2024, the humane society successfully placed 251 animals into new homes, which represented a 56 per cent increase from 161 adoptions in 2023.

Cat adoptions increased by 67 per cent from 84 in 2023 to 140 in 2024, while dog adoptions rose by 44 per cent from 77 in 2023 to 111 in 2024.

And Young further noted the foster program had also been a success with a total of 215 animals fostered for a period of time among 143 dedicated individuals and families. And even better is that they had 70 "foster fails" where the foster homes decided they couldn't let the animal go.

"I think that is a very good number for everybody to know ... we know

they are getting a good home," said Young.

Financially, the humane society had revenue of \$348,329 and expenses of \$325,458, so the organization was left with a surplus of \$22,871.

Treasurer Tyler Froebe noted total revenue was boosted by record setting numbers from fundraisers.

"It was a record year in a number of ways ... our revenue out performed our budget by 27 per cent, so that's a huge number there. Our fundraisers were a big part of that," he noted.

"We added a lot of new revenue streams this year ... so there's a lot diversity in our revenue stream, which is good for us over the long term."

Wiebe expressed appreciation for all of their staff, volunteers, and supporters as well as the financial support that comes from a number of area municipalities.

"RM funding and city funding, be it from Morden or Winkler, are very very important to us," she said. "I know we're also looking for additional RM funding or additional funding for a potential spay clinic that would be open to the public."



## End bullying in schools

Over the years, concerns have been growing about finding effective ways to end bullying in schools. The key is to adopt a unified and proactive approach. Here are some ways to do this:

- Promote a school culture that doesn't tolerate bullying
- Provide tools to help students develop empathy and social skills
- Create communication campaigns to encourage reporting
- Intervene quickly and consistently in bullying situations
- Establish clear sanctions for bullies, like restorative action, detention, suspension or expulsion
- Involve parents, students, school staff and management in developing prevention strategies
- Rigorously follow up on actions taken to ensure their effectiveness



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## Alan Campbell elected president of MSBA



Alan Campbell

By Jennifer McFee

Alan Campbell has been elected as the president of the Manitoba School Boards Association — for the second time.

Campbell served his first term as president from October 2018 to March 2023. After that, he served as past-president from March 2023 to March 2025.

Now he has been elected as president once again for the 2024-2026 term, and he also continues to serve as president of the Canadian School Boards Association since 2022 and a trustee for the Interlake School Division since 2010.

Campbell said his first term as president was largely monopolized by fighting the former provincial government's attempts to eliminate school boards through Bill 64.

"There is a sense of cautious optimism as we move forward in collaboration with the current provincial government, who has publicly stated a strong willingness to respect the autonomy of locally elected boards in the spirit of partnership, for the good of our public schools and the communities they serve," he said.

"In a world where there is so much instability right now, school boards are focused on ensuring that local public schools remain a source of safety and stability for all students, staff and families."

### > RADON, FROM PG. 7

decided to have their home tested after hearing reports that certain areas of the town had elevated radon levels. Out of curiosity, they conducted a test in mid-March.

"We didn't know if the test was right or not," said one member of the household. He was shocked that their rating was so high.

"Manitoba is considered a radon hotspot," said Anderson. He noted that approximately 20 percent of homes in Manitoba register above the acceptable limit, urging all residents to test for their own exposure levels.

There is an increased risk in winter months when people tend to spend more time indoors in enclosed spaces.

"Outdoors, radon is able to get diluted by the atmosphere. Once we go indoors, the gas gets trapped and can rise to dangerous levels," Anderson explained.

You can live a long and healthy life with limited exposure to radon. But, if you are exposed to high levels over an extended period of time, this can cause life-threatening health issues.

At this time, the Carman family has remained healthy.

"We are very lucky. We do not know how long it has been high for, and we know we could have been very sick," said the homeowner.

Carman Mayor Brent Owen acknowledges the concern regarding

radon exposure and encourages all residents to test their homes and take action if their results are high.

Testing for radon is easy for Carman residents. You can pick up a free radon testing kit from the Boyne Regional Library. All you have to do is reserve a testing kit with the library, and turn it on. The battery powered device will give you a continuous digital rating of the radon levels in your home over a short-term basis.

The short-term tests available at the library are useful for determining whether you should invest in a 90-day continuous radon monitor, providing a general estimate of your exposure.

If your radon level exceeds the acceptable limit, it is advised that you take steps to mitigate your home. Mitigation systems are typically installed in the ground slab of the house and work by depressurizing the air using a fan and pipe system to move radon out through Active Soil Depressurization (ASD). A study published by Health Canada in 2016 indicated that homes with an ASD system had an average radon reduction of 90.7 percent.

Additional information, including details about Manitoba radon programs and services, is available through the Province of Manitoba at <https://www.gov.mb.ca/health/publichealth/environmentalhealth/radon.html>.

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# Alzheimer Society of Manitoba hosting events across the region

By Ty Dilello

The Alzheimer Society of Manitoba is hosting a number of upcoming events in the region, aimed at supporting people living with dementia and those who care for them.

Notre Dame de Lourdes will host an in-person education session, ABC's of Dementia, on April 25 at 1:30 p.m. at Club D'Âge d'Or, located at 172 Notre Dame Ave.

The session is open to anyone interested in learning how to better support someone living with dementia. It's also intended to serve rural residents and health-care workers, offering an opportunity to engage with Alzheimer Society staff and others in similar situations. Coffee and light snacks will be provided. No registration is required.

Topics to be addressed at the presentation include:

- Recognizing signs of brain changes
- Approaching difficult conversations, including driving concerns
- Wandering prevention and

quality of life support

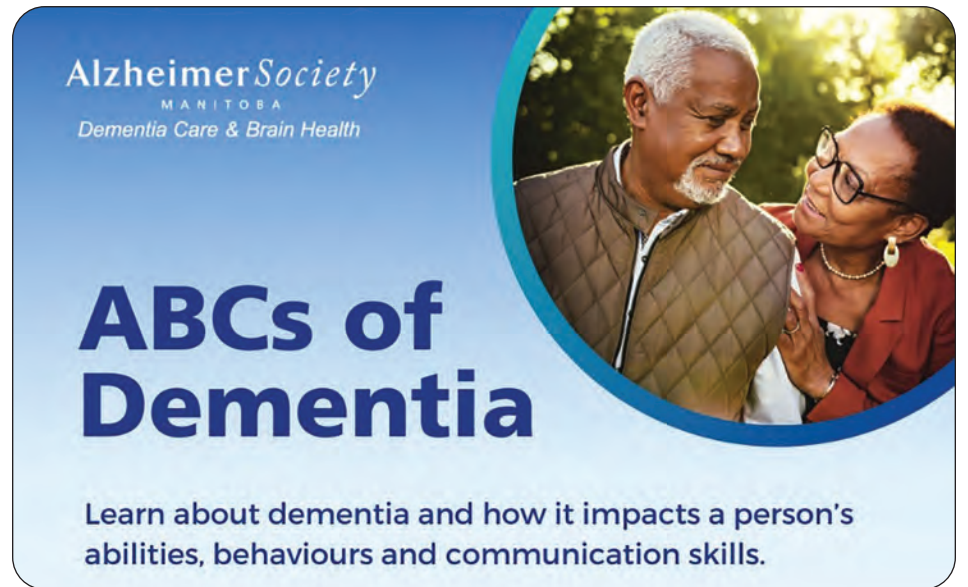
- Emergency preparedness, including locating devices and ID
- Audience Q&A
- Building dementia-friendly communities
- Available supportive resources

For those unable to attend in person, the Alzheimer Society offers ongoing online education. Interested participants can register for virtual sessions at: <https://alzheimer.mb.ca/we-can-help/education>.

The annual Walk for Alzheimer's in Darlingford is also set for June 21 at Darlingford Memorial Park. Registration begins at 10 a.m., with the walk starting at 10:30 a.m.

The event raises funds for provincial dementia research and support services. Local organizer Terry Klein can be reached at [tj-klein@hotmail.com](mailto:tj-klein@hotmail.com) or 204-823-0453.

"The Walk is usually the same weekend as the Trapper's Rendezvous in Darlingford, so we would encourage people to walk and then support the



**Alzheimer Society**  
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## ABCs of Dementia

Learn about dementia and how it impacts a person's abilities, behaviours and communication skills.

STANDARD PHOTO SUBMITTED

The Alzheimer Society of Manitoba is hosting an ABC's of Dementia in-person education session in Notre Dame de Lourdes on April 25 at 1:30 p.m.

Rendezvous and buy or enjoy lunch and experiences there," said Rebecca Atkinson, South Central regional coordinator for the Alzheimer Society of Manitoba.

Additionally, an eight-week Minds

in Motion session begins April 30 at 10:30 a.m. at the Morden Activity Centre. Registration is available by calling 204-822-3555 or visiting the Alzheimer Society website.

# Sonatrice Singers set to share 'The World We Call Home'

By Lana Meier

The Sonatrice Singers will present their annual spring concert, *The World We Call Home*, on Thursday, April 24 and Friday, April 25 at 7:30 p.m. at Carman United Church.

This year's theme promises a joyful evening of music meant to uplift the spirit and provide a welcome escape from daily cares. The program includes a blend of familiar tunes and fresh repertoire, spanning folk, pop and musical theatre.

Audiences can expect to tap their toes to classics like *Banjo Pickin' Girl* and *Fields of Gold*, while also enjoying new selections such as Enya's *Orinoco Flow* and *Holding Out for a Hero*, famously featured in the film *Footloose*.

Returning to the stage by popular demand are Robert Marginet on bass guitar and Dan Deurbrouck on percussion. Their accompaniment will



STANDARD PHOTOS SUBMITTED

Members of the Sonatrice Singers rehearse for their upcoming spring concert, *The World We Call Home*, set for April 24 and 25 at Carman United Church.

enhance songs including *Shine* from Billy Elliot and Freddie Mercury's *Crazy Little Thing Called Love*.

In their 52nd year, the Sonatrice cho-

rists continue to evolve. While the group once memorized all words, music and choreography, this year some of the movement will be per-

formed by members of the Carman Liv Dance Company, founded by Jilian Livingston.

The ensemble, made up of more than 20 dedicated singers, rehearses Monday evenings from September through April under the direction of Blenda Doell, with Audrey Myers at the piano. New members are always welcome, especially sopranos and altos.

Come Thursday night—and you might just be back Friday for an encore. And as the lyrics of Lennon's *Imagine* remind us: "Imagine all the people sharing all the world ... and the world will be as one."



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# Rogue 101 Taekwondo students excel at Winnipeg tournament

By Ty Dilello

March has been a busy month for students at Rogue 101 Taekwondo in Carman.

On March 15, five students competed at the Victory Cup Invitational tournament in Winnipeg, taking on participants from 14 clubs across the province — including one from Saskatchewan. Rogue 101 athletes competed in sparring, board breaking and patterns, also known as forms.

“We had five students attending in different capacities, and I wanted to make sure that everybody was well prepared,” said Rogue 101 Taekwondo master Evelyn Hoogerdijk. “Competition is extremely stressful and requires a huge amount of focus and preparation. A competitor is literally standing up in front of hundreds of people, and it’s one thing to control the nerves, but it’s another thing to represent well with skill. In our Taekwondo club, it is stressed that medals are not the end-all and be-all, but that manner and solid representation as martial artists is of utmost importance.”

That said, the club’s students were highly successful at the tournament.

Nicolas Kerr earned a personal best and was praised for his excellent conduct. Asher Vanderzwaag took home two gold medals — one in sparring and one in board breaking. Phoenix Vanderzwaag and Rose Kuizenga each won silver medals in board breaking, while Allan Fox earned a bronze medal in sparring and Kuizenga added another bronze in patterns.

Of the five competitors, four were participating in their first tournament.

“I was tremendously proud of all our students and would like to extend thanks to Mr. Isaiah Hofer, who acted as a coach as well,” said Hoogerdijk.

Rogue 101 Taekwondo also held additional classes this month to prepare for its promotion test on March 22. A



Rose Kuizenga (left), silver medallist in board breaking.



Phoenix Vanderzwaag (centre), silver medallist in board breaking.

total of 27 students arrived ready to push themselves and demonstrate their best.

“Family and friends are always welcome to attend tests, as testing is more than just showing personal stamina,” said Hoogerdijk. “Testing involves integrity, indomitable spirit, perseverance, courtesy and self-control, not to mention humility. Our students worked tremendously hard and supported each other during this time when they were pushed to their limit. This is what club mentality is all about: being able to not only pursue personal excellence but also to support those around us.”

Families cheered as students demonstrated pattern work, contact sparring, a variety of kicks, kick pad drills and board breaking for higher belt levels.

“We celebrate all ages and abilities here. Taekwondo is more than just self-defence or for the athletically gifted. I am very pleased with the work that is being done in the middle of a very busy time. Promotion and board breaking was celebrated on March 26. Following promotion, our students will have the opportunity to prove themselves at the next level.”

The next tournament for Rogue 101 Taekwondo will be held in June, and Master Hoogerdijk is eager to see her



STANDARD PHOTOS BY EVELYN HOOGERDIJK

On March 15, five students from the Rogue 101 Taekwondo Club in Carman competed against athletes from 14 clubs at the Victory Cup Invitational tournament in Winnipeg. The students took part in sparring, board breaking and patterns, and earned several medals throughout the day.



Coach Mr. Isaiah Hofer with Allan Fox, sparring competition.



Asher Vanderzwaag (centre), gold medallist in board breaking.



Warm up for Rogue 101 Color Belt test on March 22, led by Master Evelyn Hoogerdijk



Allan Fox (right), bronze medallist in sparring

students apply their new skills.

“The club is now fired up and looking at a higher registration of students as competitors,” she said. “This is a

great opportunity to learn, network with other clubs and bond with each other. I’m excited for the possibilities.”

# Elm Creek celebrates Paint the Ice Night ahead of arena upgrade



STANDARD PHOTO BY KAYLEE GOERZEN

The Elm Creek Skating Rink hosted its Paint the Ice Night on March 21, marking what the community hopes will be the final season of natural ice at the facility. A strong turnout of families and children took part in the event, covering the ice with colourful artwork in celebration. The town is anticipating the installation of a new ice plant, expected to be completed by fall. Residents say they're excited for the upgrade and are already looking forward to next season.

# Southern Chiefs Organization responds to 2025 Manitoba Budget

Submitted by SCO

Friday, the Southern Chiefs' Organization (SCO) is responding to the latest provincial budget, tabled March 20, 2025. The "Building One Manitoba" budget includes a record \$3.7 billion in spending for capital projects, including investments in critical infrastructure that will directly impact several of our Nations and the work of SCO.

"While I understand and even empathize with the provincial government given the current economic strains the Trump administration's tariff threats are putting on their fiscal bottom line, that in no way excuses them from meeting their obligations to the first peoples of this land," stated SCO Grand Chief Jerry Daniels. "Together we can emerge from this existential threat to the economy of Manitoba. By engaging in respectful and productive dialogue, we can ensure that First Nations are not left behind at this critical time."

The creation of affordable housing continues to be a priority for SCO, and we are heartened to see a budget line that will see the building of over 600 affordable housing units along

with a \$7 million commitment to end chronic homelessness.

SCO also welcomes a \$4 million for the creation of the Health Care Centre of Excellence as part of the redevelopment of Portage Place in downtown Winnipeg.

"Along with our transformative Wehwehneh Bahgahkinahgoohn project in the former Hudson's Bay building, this investment will further our promise to revitalize downtown Winnipeg," said Grand Chief Daniels. "First Nations are at the forefront of so many critical projects in Manitoba's capital city, and I am pleased to see our provincial partners recognizing that indisputable fact."

Finance Minister Adrien Sala also revealed that work will now commence on the Lake St. Martin and Lake Manitoba outlet channels. These projects are long overdue and critical to protecting our impacted Nations from repeated and devastating floods.

"I applaud the province for committing to protecting our Interlake Nations from future catastrophic flooding," added Grand Chief Daniels. "However, I cannot overstate how vital it is to include them in the final consultations and plans for these channels and to listen to them when it comes to the potential impacts these projects could have on fish habitat and water quality. To do anything less can only be seen as a betrayal of trust."

**"WE ARE AT A CRITICAL TIME IN MANITOBA'S ECONOMIC HISTORY AND FIRST NATIONS ARE POISED TO PLAY A PIVOTAL ROLE."**

SCO is pleased to see in this budget a commitment to increasing reconciliation within the education system. We are heartened to learn of investments in land-based curriculums and Treaty education, along with bringing in language revitalization and a \$2.2 million annual investment to create an Elders and Knowledge Keepers Program for schools.

As SCO Nations continue to face ongoing safety issues, the investment of \$11.9 million for the Manitoba First Nations Police Service Program and the First Nations Safety Officer Program is essential.

SCO also calls on the Kinew government to follow up on important areas of meaningful reconciliation, including investment in First Nation-led economic projects, along with loan guarantee programs and resource-sharing for wind power and resource development.

We will continue to ensure important issues such as Treaty entitlements, consultations on a critical mineral strategy, health, housing, and other fiduciary responsibilities are met by our provincial Treaty partner.

"We are in a unique and potentially remarkable time in our history when it comes to our relationship with the province," concluded Grand Chief Daniels. "Having an Anishinaabe Premier who is also the Minister responsible for Indigenous Reconciliation gives us a direct voice at the table. I am confident that this will result in positive outcomes for our Nations and peoples."

# get inspired

> MEAL IDEAS



## Italian Easter Cookies

Cream together butter and sugars until smooth and fluffy. This can take up to 3-4 minutes.

Step 2 - Add eggs, vanilla extract and almond extract and mix with a wooden spoon until well combined.

Step 3 - In a separate bowl, sift flour, baking soda, and salt together. Add flour mixture to the butter mixture and mix until combined. Check the consistency here, it's ok for it to be sticky but it should hold its shape when scooped. This can vary with elevation and humidity. If needed, add a little flour a tablespoon at a time until it reaches more of a soft dough consistency.

Step 4 - Using a cookie scoop, drop dough onto a parchment-lined baking sheet so the cookies are 1-2 inches apart. Chill for at least an hour or even overnight. If chilling overnight, cover with plastic wrap so the cookies don't dry out.

Step 5 - Bake cookies in the preheated oven for 10-12 minutes or until cooked through and the bottom of the cookies are lightly browned.

Cool cookies completely (you don't want them warm at all).

Step 6 - Whisk together powdered sugar, 1 tablespoon milk, vanilla extract, and almond extract. Add milk 1/2 tablespoon at a time until you reach your desired consistency.

You want the icing to be quite thick so don't thin it much if you an help it. Separate into separate bowls (however many colors you want to do) and add food coloring a little bit at a time until you get the color you like. Be careful with this, it is easier to add color than to take it away.

Step 7 - Dip the tops of the cookies into the icing or spoon the icing over the top.

Step 8 - Add nonpareils or sprinkles over the tops before the icing dries onto the cookies.

### Family Favorite Recipes

These buttery soft Italian Easter Cookies are perfect for Easter, tea parties, or anytime you want a sweet treat! Decorate them with colorful icing and festive sprinkles for a beautiful and delicious Easter dessert.

### Italian Easter Cookies

These buttery soft Italian Easter Cookies are perfect for Easter, tea parties, or anytime you want a sweet treat! Decorate them with colorful icing and festive sprinkles for a beautiful and delicious Easter dessert.

Prep Time 15minutes mins

Cook Time 12minutes mins

Chilling Time 1hour hr

Total Time 1hour hr 27minutes mins

Servings 20 cookies

Equipment stand mixer or electric mixer

### Ingredients

- 1/2 cup butter (softened)
- 1/2 cup sugar
- 3 large eggs (lightly beaten)
- 2 teaspoons vanilla extract
- 1/2 teaspoon almond extract
- 2 cups flour
- 2 teaspoons baking powder
- 1/8 teaspoon salt

### For the Frosting

- 3 cups powdered sugar
- 1 1/2 teaspoons vanilla extract
- 1/4 teaspoon almond extract
- gel food coloring (pastel colors)
- 2-4 tablespoons milk
- nonpareils or sprinkles (for garnish)

### Instructions

Step 1 - Preheat oven to 350 degrees F

## Expert patient here to help!



Susie Schwartz

### By Susie Schwartz

Don and I are embarking on a massive European/UK trip with his brother and family this month. It's so exciting! But also, I slip into stress mode when I think about it. Ninety-eight percent of the days have at least one significant activity planned. With my laundry list of health challenges, I know this schedule is way too aggressive for me. I can push through a lot, but miles of walking and early mornings with late nights aren't doable for me. And when I push my boundaries, I pay a debilitating price: body-wide agony, extreme muscle fatigue, brain fog, and absolute exhaustion. My body gets tangled in trauma like a baby lamb stuck in Hawthorne hedges.

With my average of three or four productive hours on a good day, I obviously won't be able to do everything others do. Does that sound like I'm focusing on the negative? Maybe I am. Or perhaps I'm being realistic. All I can say is that my history of being bedridden in hotel rooms while friends or family frolic out in the world without me has

been a regular occurrence.

But aside from this pathetic sympathy-grab (ha!), I do have a point. I can go into these travels worried about my health and feeling FOMO (which doesn't change a thing), or I can get excited about the smaller, slower moments I'm sure to have with the fam. Maybe my niece, nephew, and I will eat ice cream by the sea in Wales. Or maybe Caius and I will write some hilarious Mad Lib stories in the car as we drive from one place to the next. Perhaps I can take Megan to my favourite coffee shop where I am writing this column now. I know. Or maybe I can even rent a mobility scooter, follow them around the amusement park, and take pictures of them on the rides with their hands in the air. I know for sure, I'll receive cuddles from my niece regularly.

This is what I'm learning: although my health steals many choices from me, it doesn't hold all the power, especially when it comes to attitude. I get to decide to revel in the ability I still possess. My skin house doesn't get to dictate how my spirit behaves. Here's a confession, though. Living in gratitude for those small, quieter ice cream and cuddles moments is a goal, not an achievement. Sometimes, I get there, and sometimes, I wail in self-pity under the duvet, feeling all alone. (And I do think some grief is valid under the circumstance, yes?)

Wanna join me in looking for the joy in the shrubbery?

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz, and at [www.lesshealthstress.com](http://www.lesshealthstress.com). (Email: [info@lesshealthstress.com](mailto:info@lesshealthstress.com)) If you like her writing, find more on her Substack page: *The Quest For Less Health Stress*



## Cheesy Meatball Bombs

try then cut into 12 squares.

Place one meatball in each square with cheese. Close pastries around cheese and meatballs. For visible meatballs, leave hole on top of pastries. Place each ball in hole of muffin tin.

Bake 10-15 minutes. Pastry should be golden brown. Remove from pan and serve with marinara, Buffalo and barbecue dipping sauces.

Tip: Recipe can be doubled or tripled, as needed.

Recipe courtesy of "Cookin' Savvy"  
Servings: 4

- 1 puff pastry sheet
  - 12 thawed meatballs
  - 1 package (8 ounces) shredded mozzarella cheese
  - marinara sauce, for serving
  - Buffalo sauce, for serving
  - barbecue sauce, for serving
- Heat oven to 425 F.  
Use rolling pin to thin out puff pas-

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Hayward finishes misses playoffs at U20 junior curling nationals

By Ty Dilello

Carman's Shaela Hayward (Grace Beaudry, Keira Krahn, Emily Ostrowsky) stumbled out of the gate and wrapped up a disappointing week at the 2025 New Holland Canadian Under-20 Curling Championships, held March 23-30 in Summerside, P.E.I.

Hayward finished sixth in their nine-team pool with a 3-5 record. The top three teams from each pool advanced to the playoffs.

"It wasn't our best week, but it sometimes goes like that," said Hayward. "It was definitely a disappointing week, but it was also such an amazing experience here in Prince Edward Island. I had never been to the East Coast before, so it was so cool to be here, and Summerside was an amazing host for us."

The team struggled early, dropping

its first two games to Nova Scotia and Ontario. They rebounded with key wins over Northern Ontario, Northwest Territories and the host P.E.I. team. But the week ended at 3-5 following losses to British Columbia, Alberta and Quebec.

"The field was very tough this year, and we just couldn't quite capitalize against these tough teams."

Despite the tough end to the season, Hayward said she's proud of her team's overall performance and is already looking forward to returning to the ice in the fall.

"Overall, I'd say it's been a pretty good year," said Hayward. "It was so exciting to win provincials with this team and to win my fourth Buffalo. As for next year, there will be some changes to the team lineup, but nothing has been decided yet."



STANDARD PHOTO SUBMITTED

Carman's Shaela Hayward finished with a disappointing 3-5 record and missed the playoffs at last week's 2025 New Holland Canadian Under-20 Curling Championships in Summerside, Prince Edward Island. From left to right, Shaela Hayward, Grace Beaudry, Keira Krahn, Emily Ostrowsky and coach Ron Westcott.

## Carman U11 co-ed team builds skills, memories on the ice

By Ty Dilello

The Carman U11 co-ed hockey team hit the ice this winter in the Pembina Valley Minor Hockey Association's U11 Silver Division.

While the team posted a 2-14 record in league play, many of the games were close, and the players showed strong improvement and determination throughout the season.

Team members included Danielle Wiebe, Deacon McIntosh, Esme O'Connor, Evan McGill, Easton Coulombe, Lihan De Lange, Oaklan Nakonechny, Ashton Wytlick, Barret Styan, Berkley Tournier, Blake Russell, Bradley Strange, Carter Bryson, Charlotte McCutcheon and Colby Dyck.

"We were a very young team, with a majority of our players being mi-

nor U11 age," said Carman U11 co-ed coach Warren McCutcheon. "We had more success and fun in exhibition games and tournaments."

Among the season highlights was a hard-fought three-on-three overtime loss in the gold medal game of the McCreary Tournament. Later in the season, the team bounced back with a double-overtime victory in the first round of playoffs against St. Eustache.

"It was a huge learning year for the kids," said McCutcheon. "For the minor-age players, it's their first year of full-ice hockey with offsides, icing, line changes, etc. It was also a challenge for the major-aged kids to take on a bigger role and be leaders on the team and on the ice. They are a fantastic group of kids and parents, which makes coaching enjoyable."



STANDARD PHOTO BY WARREN MCCUTCHEON

The Carman U11 co-ed hockey team enjoyed a fun and competitive season, learning valuable skills and growing as players throughout the winter.



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# McCutcheon reflects on NHL draft day and hockey journey

By Ty Dilello

Carman's Warren McCutcheon holds the rare distinction of being one of the few local hockey players to be selected in the NHL Draft.

McCutcheon began playing hockey at age six through the Carman minor hockey program and remained in the community system throughout his youth. He suited up for the Carman Cougars high school team in Grade 10 before joining the Pembina Valley Hawks U18 AAA squad the following year. After that, he made the jump to the Western Hockey League.

The late Rick Blight, an NHL alumnus from Portage la Prairie, was an early mentor.

"He had played with the Vancouver Canucks and then was living in town here and running the Case IH dealership and coached his son's hockey team that was a few years older than me," said McCutcheon. "He was a good friend of my dad's, and they would quite often travel out to catch some of my WHL games. Rick knew a lot of the coaches in the league at that time from his playing days. He used to do a lot of reffing in town as well, and I can remember complaining to him about getting whacked and hooked in minor hockey. Rick's response was basically to suck it up and get used to it, as it's not going to get easier. A good life lesson."

After his first WHL season with the Lethbridge Hurricanes in 1999–2000, McCutcheon received an unexpected call at the 2000 NHL Entry Draft — the New Jersey Devils had selected him in the eighth round, 257th overall.

"I was quite shocked to be drafted in 2000, to be honest. I did not have a great year for the Lethbridge Hurricanes as a rookie in the WHL with limited playing time. I had my first fight and goal in the first game of the season, and I don't think I scored again until Christmas," he said. "At the end of the season, I ended on the final Central Scouting Rankings, but the first real hint I had was prior to the draft in June when the New Jersey Devils flew me out to Calgary for interviews and fitness tests. I flew home and did not attend the draft as the best-case scenario was being a late-round pick."

Draft day in 2000 was a different experience compared to today's livestreamed spectacle. McCutcheon followed along online at home — but with dial-up internet on the farm, he had to keep logging off in case a phone call came in.

Sure enough, when the Devils selected him, general manager Lou Lamoriello called to introduce him-

self and welcome McCutcheon to the organization.

Coincidentally, McCutcheon's graduation from Carman Collegiate was the very next day.

He attended training camp with the Devils for the next two years. At the time, the team didn't run a separate rookie camp, so McCutcheon found himself skating alongside players from the defending Stanley Cup champions.

"To say it was eye-opening would be an understatement," he said. "It was a tough task to try and compete with veteran NHL players who basically had their spots locked up after just winning a championship the previous spring."

A few names stood out.

"Alexander Mogilny made everyone else on the ice look like they were in slow motion. Martin Brodeur was almost impossible to get the puck past, and his competitiveness to never let a goal in, even in practice, was incredible. Scott Niedermayer was the most impressive player I've ever seen as he made everything he did on the ice look effortless and never made a mistake."

McCutcheon's second camp was a very different experience.

"On the ice, I felt more comfortable, and like I really belonged to be out there after a much more productive season in the WHL," he said. "I had early success in the intrasquad games and even scored our team's lone goal in the game we faced off against Brodeur's team. It might have been on a perfect pass from Jason Arnott, but we'll pretend it was an extraordinary individual effort."

He and other young players also participated in AHL exhibition games against affiliates of the Boston Bruins, Philadelphia Flyers and Pittsburgh Penguins.

But the most memorable moment from that camp had nothing to do with hockey.

McCutcheon and a teammate arrived in New York late on Sept. 10, 2001. The next morning, they watched in shock as planes struck the World Trade Center — just across the river from the Devils' practice facility in New Jersey.

"For people all over the world, it was hard to comprehend what we had just witnessed, but for us to be that close was overwhelming," said McCutcheon. "It seemed everyone at training camp had a connection to someone that worked in downtown New York City, and we realized how incredibly difficult it must have been for so many families as many of their loved ones never returned home from



STANDARD PHOTO SUBMITTED

Local farmer Warren McCutcheon is one of the few Carman hockey players to be selected in the NHL Entry Draft. The New Jersey Devils picked him in 2000 — a distinction not even Carman hockey legend Ed Belfour holds.

work on that fateful day."

The first major sporting event in New York after the attacks was a game between the Devils and New York Rangers at Madison Square Garden. Though only veteran players dressed, McCutcheon and the other young players attended.

"We were still able to experience the start of that game from the press box when all the victims were honoured. It was an incredibly emotional moment for everyone involved."

After a strong finish to the 2000–01 WHL season, McCutcheon hoped for a new NHL contract, but none was offered that made sense financially — especially considering the Canadian university scholarship funding he'd earned through the WHL.

His 2001–02 season with the Medicine Hat Tigers proved inconsistent, and when it ended, the Devils did not extend a contract. With his NHL window closing, McCutcheon shifted focus to university hockey.

He enrolled in the Faculty of Agriculture at the University of Manitoba and played three seasons with the Bisons, becoming one of the team's top scorers.

In 2006, McCutcheon joined the AHL's Manitoba Moose for training camp and went on to play the season with their ECHL affiliate, the Victoria Salmon Kings. He spent one final season of pro hockey with the CHL's Tulsa Oilers, where he was named the league's Top Power Forward and team MVP.

After that, he stepped away from the game.

"It was becoming too difficult being away from the farm during the busiest seasons in fall and spring," said McCutcheon.

Now, McCutcheon has been farming near Carman for nearly 20 years. He grows corn, pinto beans, soybeans, wheat and canola.

"After one season of playing senior hockey for the Carman Beavers, I felt burned out from hockey and completely stepped away from the game for almost 10 years," he said. "Once my wife, Meghan, and I had kids and our oldest daughter Charlotte started learning to skate and play hockey, that passion and fire for the game has returned, and I've been back on the ice a bit as a player, but mostly as a coach now."

Looking back, McCutcheon appreciates his hockey journey more now than he did while living it.

"It wasn't always easy when you are in the midst of the long season and dealing with the pressure to perform and the gruelling travel schedule. The ups and downs of playing time, slumps, injuries and trades, just to name a few, can really take a toll.

"However, the opportunity to play in front of packed arenas with thousands of fans and to bring them to their feet with a goal, a big hit or a fight — what an incredible experience. It's hard to believe, actually. For me, there was always a split-second moment when you shoot, and you

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**OBITUARY**



**William Ralph (Bill) Stewart**  
May 12, 1940 – March 21, 2025

A celebration of Life is being planned for Saturday, May 31, 2025 at 2:00 p.m. the Carman Legion Ladies Auxiliary Hall.  
In lieu of flowers, donations can be made to the ALS Society of Manitoba.

Doyle's Funeral Home  
in care of arrangements  
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**OBITUARY**



**James Albert (Jim) Mackenzie**

It is with great sadness that we announce the passing of our father on Friday, March 21, 2025 in Carman, Manitoba.

Jim was born on May 1, 1950 in Carman, MB and will be lovingly remembered by his daughters, Sherri (Paul) and Carla (Donnell).

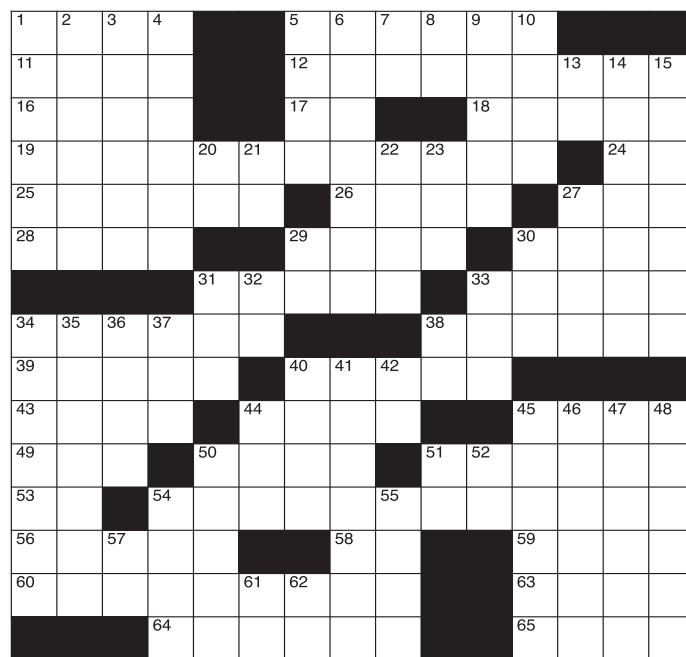
Jim was predeceased by his wife Francis Dale (Downs). He was the youngest of two children, born to Robert John (Jack) and Annie Margaret Iona (Howie). Jim was predeceased by his sister, Elizabeth Ann.

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- 1. Narrow piece of wood
- 5. African desert
- 11. Waxy covering on birds' beaks
- 12. Sour
- 16. Infrequent
- 17. Former AL MVP Vaughn
- 18. Policemen wear one
- 19. Out of the question
- 24. Used to chop
- 25. Symptoms
- 26. Not moving
- 27. Folk singer DiFranco
- 28. Comedian Armisen
- 29. Quantitative fact
- 30. Incline from vertical
- 31. Scottish musician
- 33. Rooney and Kate are two
- 34. Positioned
- 38. A very short time
- 39. Tropical American shrubs
- 40. Yemen capital
- 43. Spanish municipality
- 44. Medical professionals
- 45. Fibrous material
- 49. Confined condition (abbr.)
- 50. Without covering
- 51. "Mad Men" honcho Don
- 53. Hockey position
- 54. Taste property
- 56. Fertile spots in a desert
- 58. They precede C
- 59. "Requiem for a Dream" actor Jared
- 60. Try a criminal case
- 63. Liberal rights organization
- 64. Spoke
- 65. Insect repellent

- 5. Ancient Greek city
- 6. Poisonous plant
- 7. Hello
- 8. College sports official
- 9. Monetary unit of Russia
- 10. Wings
- 13. Take too much of a substance
- 14. A citizen of Uganda
- 15. Most appealing
- 20. Atomic #18
- 21. Global investment bank (abbr.)
- 22. Jewish calendar month
- 23. Popular sandwich
- 27. Swiss river
- 29. Incorrect letters
- 30. Popular entree
- 31. Foot (Latin)
- 32. A driver's license is one form
- 33. Extinct flightless bird
- 34. Appetizer
- 35. After battles
- 36. It neutralizes alkalis
- 37. Beverage container
- 38. Partner to "Pa"
- 40. Gray American rail
- 41. Salt of acetic acid
- 42. Canadian province
- 44. Dish made with lentils
- 45. Narrative poem of popular origin
- 46. For each one
- 47. Come to terms
- 48. Test
- 50. More dishonorable
- 51. Unit of loudness
- 52. The Ocean State
- 54. Monetary unit in Mexico
- 55. Lying down
- 57. Thus
- 61. Where LA is located
- 62. Western State

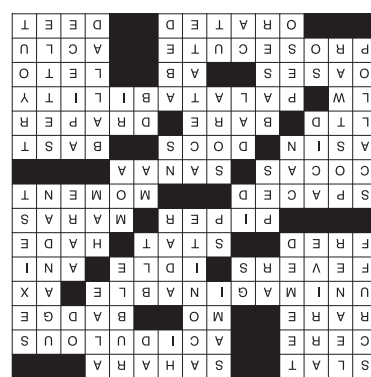
### THANK YOU

Following my recent retirement from Newman Hand Insurance I would like to say Thank You! To all of our clients over the years for your continued support; many of you have become personal friends. To Scott & Marg Hand who introduced me to the world of Insurance, and their continued encouragement to further my education and make it my career. To Brad, Doug & Merlin at Friesen't Insurance in Winkler who allowed us at Newman Hand to remain there and hold the reins, and to Robert Bryson who allowed me to continue working along side my "work family". To all of my co-workers: it was my pleasure. To my most recent "Work Family" for listening to my stories, letting me share my experiences and any advice you really didn't need (work or life related), and letting me call you "My Kids". I'm certain you will think of me on the 25th day of every month.

*Congratulations* to the new Team of Owners at Newman Hand, I wish you every success!

Best Regards,

*Jane (Janey) Swanton*



**Crossword Answer**

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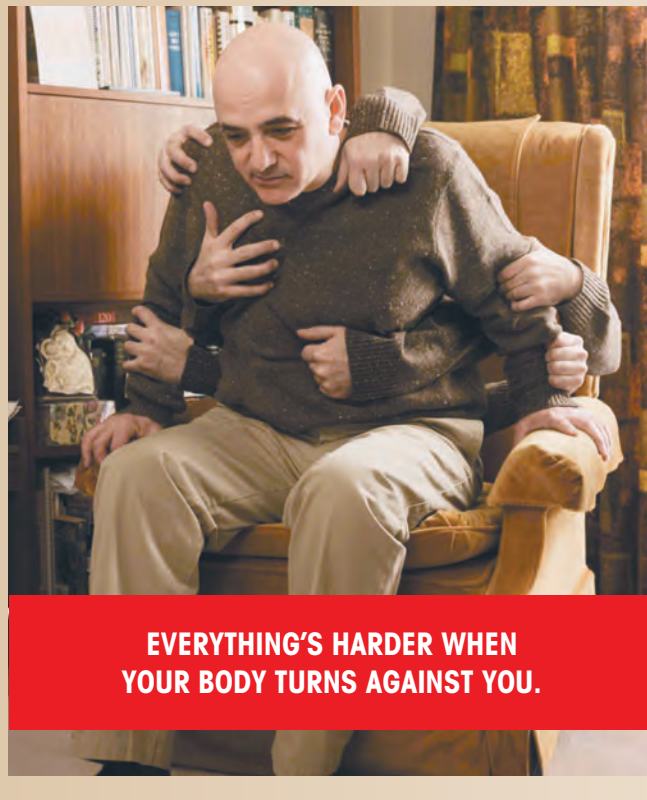
# April is Parkinson's Awareness Month

Parkinson Society Canada (PSC) was founded in 1965 to enhance the lives of Canadians living with the disease. It is a national, non-profit, volunteer-based organization with regional partners and chapters and support groups across the country. Parkinson Society Canada

has given itself the mission of easing the burden and finding a cure for Parkinson's disease through research, education, advocacy, and support services. PSC is committed to finding the cause of and a cure for Parkinson's.

Although Canadian investigators are among the world's best in the field of Parkinson's science and while researchers continue to develop improved treatment and therapies, key questions still remain

unanswered and most specifically, questions about cause and cure. Scientists and clinicians alike believe that Parkinson's is caused by a combination of genetic and environmental factors. PSC is intensifying its efforts, increasing its commitment and working harder than ever to create a brighter future for Canadians with Parkinson's today, and a world without Parkinson's tomorrow.



**EVERYTHING'S HARDER WHEN YOUR BODY TURNS AGAINST YOU.**



## Ease the symptoms of Parkinson's disease with exercise

Exercise is a common recommendation for patients diagnosed with Parkinson's disease. Here's why staying active can help you manage the condition.

for seniors and people with motor issues.

### WHAT IS PARKINSON'S DISEASE?

Parkinson's disease is a long-term degenerative condition that affects the central nervous system in general and motor functions in particular.

Common symptoms include tremors, slow movement, rigidity and postural instability. As the disease progresses and more areas of the brain become involved, symptoms such as sleep problems, mood disorders and digestive issues can also develop.

### HOW DOES PHYSICAL ACTIVITY HELP?

Performing a variety of physical exercises early in the course of the disease contributes to the formation of new neural connections, which could slow the progression of symptoms.

Studies show that two and a half hours of exercise per week is enough to delay disease progression, especially with regards to symptoms that impact quality of life such as mood issues and loss of energy.

### WHAT'S THE BEST KIND OF EXERCISE?

The best type of exercise to do if you have Parkinson's disease is the one you're most willing to partake in regularly. Pick something you enjoy doing so you'll stay motivated.

While even a simple walk will benefit you, keep in mind that many sports organizations, municipalities and kinesiologists offer activities specifically designed

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