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Raindrops keep fallin'

STANDARD PHOTO BY DENNIS YOUNG

According to the Old Farmer's Almanac Canadian Edition, the inch of rain that fell last Friday will bring May flowers and help our farmers with their crops this year. Spring prediction says we will likely be cooler and wetter than usual. But the rain didn't deter these folks from going about their daily routine of walking home from school. Alastair Redpath (11) and his sister Lavinia (8) stayed dry under an umbrella, while six-year-old Lily and her mother Hannah embraced the raindrops on their faces. Hannah's sister Charity (8) was more prepared with her umbrella.

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Indulge your tastebuds during Carman's Poutine Week

Vote for your favourite Canadian comfort food until May 11

By Ty Dilello

Feast your eyes and prepare your stomachs for the Carman and Area Chamber of Commerce annual Poutine of the Week contest.

The popular poutine experience is running with voting allowed until Saturday, May 11.

Seven restaurants in Carman have created a one-of-a-kind poutine, and diners can vote for their favourite at <https://www.surveymonkey.com/r/D5RWLLS>

The contenders for this year's Poutine Week are Boyne River Bistro's Nacho UR Poutine, Carman Golf Course's Philly Cheesesteak, Breakaway's Taco Poutine, Chicken Chef's Pickle Poutine, McGee's Pizza Deluxe Poutine, Scotswood Links Mac N' Cheese Poutine and Syl's PouTonne Poutine.



The Chamber of Commerce is encouraging folks to plan lunches with co-workers, dinners with your family or evening snacks with your friends and let the mouth watering commence.

After taste-testing each of the Poutines, people are encouraged to vote for their favourite so that a winner can be crowned. You can also snap a picture and share on Facebook or Instagram to vote, just be sure to tag the Chamber of Commerce in the post.



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Carman Active Living Centre showing off Stolen Time film on May 15



STANDARD PHOTO SUBMITTED

A compelling call for justice, the new film *Stolen Time* follows charismatic elder rights lawyer Melissa Miller as she takes on the corporate for-profit nursing-home industry—an industry notorious for its lack of transparency and accountability. *Stolen Time* can be viewed at the Carman Active Living Centre on May 15 at 2 p.m.

By Ty Dilello

Don't miss the opportunity to catch the screening of *Stolen Time*, a co-production by The National Film Board of Canada and Intuitive Pictures, presented by the Carman Active Living Centre on May 15 at 2 p.m. Tickets are available by donation.

Stolen Time is proudly sponsored by the Manitoba Association of Seniors

Community and the Carman Active Living Centre. Upon receiving an email about the chance for a complimentary screening, the Active Living Centre are excited to take advantage of this opportunity.

The film follows charismatic elder rights lawyer Melissa Miller as she takes on the corporate for-profit nursing home industry. Her adversar-

ies stand accused of neglecting their vulnerable charges as they reap huge profits.

As the legal battle unfolds, the film shows witness testimonies and images from families, researchers, advocates and frontline caregivers whose work is often undervalued but blamed for what goes wrong. *Stolen Time* is a rare inside look at a legal battle and an emerging elder justice movement with ramifications and an inspiration for us all.

Stolen Time is a powerful film that delivers a punch and exposes a brutal corporate crime in the long-term care industry.

The film is open to everyone and to all ages (not just seniors or members

of the Active Living Centre). Carman Handi-Van will also be available for free (round-trip) for anyone that needs it, compliments of the Boyne Regional Library.

"Our purpose in showing the film is to educate people and hopefully have them ask questions if they are admitting family members into nursing homes," said Carman Active Living Centre member Bob Kowalchuk. "The film shows what could happen in a for-profit long-term care industry. And this is a moving and compassionate story to see someone advocating for elderly residents in senior homes as it is very important to show compassion towards the most vulnerable."

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

Ty Dilello
1-204-250-6322
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The concept of anxiety

Is it tick season yet? It's already tick season, isn't it? Sigh. I need to find a way to enjoy things and reduce the instinct to be critical.

"Sure, it's spring and summer is coming, but will we have enough water? Is it going to be too hot? Are we headed for a drought? You know what comes after spring and summer? Fall and winter!"

I mean, take a deep breath and just relax, right?

It is a weird character attribute to ALWAYS be on the hunt for the negative. Personally, I'm not a huge fan of the drive because it exhausts people.

"Ugh. Those people with their 18 kids just set up a mere 21 meters from us."

"Can't you just enjoy the beach?"

Part of the issue rests with the fact that almost everything that enters my head immediately exits through my mouth.

"I cannot believe that guy didn't signal his turn ... what a moron."

I have improved over the years. I was a nightmare in high school and university. Thankfully something of a filter or firewall has developed that at least gives me a modicum of a delay so that I can think before launching immediately into a rant.

The weird thing is I am an optimist.

One would think that the high volume of critical content that flows almost ceaselessly from my mouth would be based on being a pessimist.

At least that would be a reasonable excuse. But no—I am very much the rose-coloured glasses wearing optimist.

This leads me to believe that it rests in an inherited family trait: anxiety.

Anxiety stems from a fear of the unknown. More specifically it grows out of an over-focus on the infinite number of ways things can unfold in the future, aka worry.

I come from a long line of professional worriers. I believe my mum would have been an NHL-level all-star worrier if such a classification existed. Let me put it this way: if worry could be harnessed and converted to energy, my mum could have powered all of Canada for at least a century.

I'm not near the professional level of my mum but I definitely have potential for the 2nd or 3rd round of the draft should there be any scouts reading this column.

I have learned that the key to reducing (if not eliminating) anxiety and

worry is mindfulness. Having the ability in the moment to stop and take a minute to consider what is going on in your brain and slowly back away from the conclusions you are trying to draw.

I ask myself: what is the worst that could happen? How likely is that?

What can I do to ensure that doesn't happen? These things lend perspective.

When the moment tends to be more critical and less logical (like loud beach families) it is even easier to deal with because typically the worst that could happen is I have to listen to the sheer joy of a family enjoying themselves—oh,

the horror.

Coming to such conclusions in my head instead of out loud is good for everyone and has the positive effect of not driving every friend and family member into the hills for a little peace.

"I ASK MYSELF:
WHAT IS THE
WORST THAT
COULD HAPPEN?
HOW LIKELY IS
THAT?"

Letter policy

The *Standard* welcomes letters from readers on local and regional issues and concerns.

Please keep your letters short (excessively long letters are less likely to be published), on-topic, and respectful.

The *Standard* reserves the right to edit, condense, or reject any submission.

Please include your full name, address, and phone number for verification purposes. Your name and city will be published with your letter. We do not print anonymous letters.

Send your letters to us by e-mail at news@carmanstandard.ca.

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Prime Minister Diefenbaker's wife had Roland roots

By Ty Dilello

Roland's Olive Diefenbaker lived a very interesting life being the wife of John Diefenbaker, who served as Canada's 13th prime minister from 1957 to 1963.

Olive Evangeline Freeman was born in Roland on April 14, 1902 to Dr. Reverend David Freeman and Angie Alicia (nee Eaton). Her family had relocated from Nova Scotia and she was one of five children.

Both of Olive's parents were of United Empire Loyalist stock. She could trace her ancestry back to Massachusetts and the pilgrims who had landed at Plymouth Rock on the Mayflower.

The Reverend Freeman, a Baptist minister, served at various churches in western Canada. As a result, the family relocated numerous times - from Roland, where she spent her early years, to Moose Jaw, Prince Albert, and Saskatoon. In 1921, she was back in Manitoba when she moved to Brandon where she graduated from Brandon College in 1923.

In 1917, a young Olive Freeman crossed paths with John Diefenbaker in Saskatoon. It was at a church where her father was employed, and Diefenbaker had recently returned from serving in the First World War. At the time, he was pursuing law studies. Olive was only 15 years old, and he was 22, so there was no instant romance. Their eventual marriage would not even be a first for either of them.

Freeman and Diefenbaker were both widowed when they reconnected again later in life.

In the early 1950s, they met and after a short courtship, Diefenbaker asked for her hand in marriage in Paddockwood, Saskatchewan. Their wedding took place in 1953. While they did not have any biological children, they did raise her daughter from a prior marriage.

Prior to her marriage to Diefenbaker, Olive had been outspoken on such topics as education and women's suffrage, and she was a staunch supporter of the monarchy.

In 1964, she addressed a gathering of 600 members of the Progressive Conservative Women's Association, emphasizing the strength and importance of women in politics. Fluent in both French and English, she displayed a preference for her French grammar over her English skills, often choosing to speak to French-speaking voters in their native language. She was a very talented conversationalist.

After Diefenbaker took office as



Olive Evangeline Freeman was born in Roland on April 14, 1902.

prime minister, Olive started hosting tea for the wives of MPs. This tradition took place at the official residence for Canada's prime minister, located on 24 Sussex Drive in Ottawa. Some notable guests included British Prime Minister Winston Churchill and American President Dwight Eisenhower.

She also assisted with the writing of Diefenbaker's speeches and often travelled with him when he was on the campaign trail. John considered Olive an asset to his campaign team because of her ability with the voters and remembering names. She would write her husband notes during his speeches with advice on how to appeal to the voters.

For example, in 1963, while John was delivering a speech in Cape Breton, Nova Scotia, Olive wrote him a note to mention the painting they had hung over their fireplace back at home, which is a landscape of Cape Breton, to help appeal to his audience.

Together, the pair made a formidable team, with Diefenbaker widely recognized as one of Canada's greatest prime ministers of the 20th century.

In 1975, Olive suffered a stroke and in the following year, she was hospitalized for heart disease. Sadly, she passed away on Dec. 22, 1976 at the age of 74. John Diefenbaker passed away a few years later in 1979. The pair are interred together in Saskatoon.



STANDARD PHOTO SUBMITTED

Olive Diefenbaker (nee Freeman) was born and raised in Roland. She was the second wife of Canada's 13th prime minister John Diefenbaker, who served from 1957 to 1963.

Funding available to deter livestock predation

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Deadline for fence construction applications is June 14, 2024.

www.manitoba.ca/scap/resiliency/livestock.html

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Carman Beavers, Cubs, and Scouts clean up the pathways



STANDARD PHOTO SUBMITTED

The Carman Cubs, Beavers, and Scouts worked together last week to clean up the Carman pathways.

By Becca Myskiw

The Carman Beavers, Cubs, and Scouts hit the pathways last week to clean them up.

The local club members spent last week's meeting outside, picking up garbage along the Carman pathways. One of the Beavers, Cubs, and Scouts mandates is to give back to the community and care for the environment, so cleaning up the walking paths in town made perfect sense for the group.

The Carman group is made up of 19 members of varying

ages. The Beavers consist of children between the ages of five and seven, while the Cubs include those aged eight to 10 and the Scouts range from 11 to 14 years old. Additionally, there are Venturers for those aged 15 to 17, Rovers for individuals between the ages of 18 and 26, and volunteers who are at least 14 years old.

Carman's program season starts every fall in September, going until the end of June when every Beavers, Cubs, and Scouts organization across Manitoba (anywhere from 400 to 600 children) gets together at Birds Hill for a wind-up.

The group's main objective is to educate children on outdoor skills, foster a deep appreciation for nature, and

integrate them into the community. Lynne Melvin, the group commissioner, previously had her own children enrolled in the program during their formative years and is dedicated to maintaining its presence in Carman.

"It's so good for so many kids," she said. "We do all kinds of stuff. It's a great program for kids with an interest in the outdoors."

Children in the Carman Beavers, Cubs, and Scouts program learn and play when in the group. They learn to build fires, build a shelter, tie different kinds of knots, administer basic first aid, work as a team, prepare for a hike, and more. Scouts Canada has four key elements: youth-led, plan-do-review, adventure, and SPICES, with six program areas:

- Environment and outdoors
- Leadership
- Active and healthy living
- Citizenship
- Creative expression
- Beliefs and values

Last week, the group emerged from the bushes with over 10 full garbage bags during their litter pick-up. The next day, an empty cup was spotted on the paths and Melvin shared that the Beavers, Cubs, and Scouts were disheartened to hear this after all their efforts in cleaning up the area.

The Carman Beavers, Cubs, and Scouts meet weekly for 1.5 hours from September to June. They're always accepting registrations, which is \$250 for the entire year, and are always looking for leaders to help facilitate the program. For more information on how to get involved, go to www.carmanbcs.ca.

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The formal application is available from your local Manitoba Transportation and Infrastructure office. The deadline for these applications will be **no later than May 31, 2024**.

For more information, please contact one of the following Transportation and Infrastructure offices:

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A sweet success: bringing smiles to SCCR



STANDARD PHOTOS BY JACK PETHYBRIDGE

Early totals say it was an all-time highly successful Smile Cookie week at the Carman Tim Horton's location in support of the South Central Cancer Resource (SCCR). As of Sunday night, SCCR was the recipient of over \$10,000, with the exact dollar figure to be finalized later this week. This year's Smile Cookie easily surpassed last year's total of \$6,868 thanks to the incredible community support that Carman brings to the table. Left photo, SCCR board members Shannon Bergsma and Lawanda Friesen; Right photo, SCCR board members, CIBC volunteers and Tim Horton's Carman staff.



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DAS holding straw bale decorating contest at Carman Fair

By Ty Dilello

The Dufferin Agriculture Society (DAS) will host its first-ever Straw Bale Decorating Contest in conjunction with the 2024 Carman Fair. The event will be held July 11-13, and decorating will start on July 10 at 4 p.m.

It's a chance to unleash your creativity and showcase your skills and have a whole lot of fun. The contest is open to any individuals or groups with an artistic touch. No age restrictions. Amateurs and professionals are welcome.

The contest will have two sections. The first is an individual contest open to any individual or group that wants to showcase their skills and win some prize money. The second section is for non-profits or businesses that would like to collect donations for their non-profits or for a charity of their choosing.

The judging for the Straw Bale Decorating Contest (community section) will be a truly community-driven process. The general public will have the power to vote through a monetary voting system. Each decorated straw bale will have a designated donation box nearby. This way, spectators and visitors can actively show their support and appreciation for their favourite displays by dropping voting tickets into the respective donation box.

At the end of the Carman Fair, staff

will tally up the donations, and the winners will be awarded based on the top three donations. The winners will receive an extra donation that will be determined closer to the fair date. Cheques will be made out to each Non-Profit/Charity a week after the Fair has wrapped up.

For an added bonus, have your team sign up for a volunteer time slots and for every two-hour time slot filled, your Non-Profit/Charity will receive \$10 added to your final cheque after the Fair.

The individual contest will be open to all individuals and groups, with prizes of \$500 for first place, \$300 for second place, and \$200 for third place. Any theme goes for the individual contest.

"We are really trying to get entries in sooner rather than later so that we can get the straw bales purchased and sorted out in good time," said Jacqueline Rudd of the Dufferin Agricultural Society.

The entry fee is \$50 and includes one round straw bale that DAS will provide for each entry. All entry forms must be returned to DAS or electronically through its website by July 3. For the complete rules and information, please visit www.carmancountryfair.ca or email agricultureed@dufferinagsociety.com.



STANDARD PHOTO BY DUFFERIN AGRICULTURAL SOCIETY

The Dufferin Agriculture Society (DAS) will be hosting its first-ever Straw Bale Decorating Contest at the 2024 Carman Fair from July 11-13. Entrants are encouraged to unleash their creativity and have some fun with the exciting contest.

SCRL book sale raises over \$17K for library system

By Lorne Stelmach

Its return to a large, full-scale book sale this past week paid off nicely for the South Central Regional Library.

Director of library services Cathy Ching estimated the sale held over three days at the Access Event Centre in Morden brought in about \$17,500 for the library network.

"It was so exciting to have it back. It felt good. It was good to have it back again," said Ching, who noted those proceeds are noteworthy given it came from selling bags of books for \$10 each. "That's a lot of bags of books. It's quite impressive when you think how many bags walked out the door."

The used books and other materials came not just from local donations but also a mountain of boxes leftover from a used book sale held in support of the Children's Hospital in Winnipeg earlier this spring.

As always, the sale's opening night last Thursday was especially busy, with a lineup that Ching estimated meant it took perhaps 10 minutes for people just to get into the arena.

She gave credit to Morden branch librarian Gail Hildebrand for overseeing it all as well as the Morden fire department for assisting.

"They did help us unload all those books, and then at the end of the sale they helped move them all out of there," said Ching, adding the fire department will get a portion of the proceeds for their efforts.

Continued on page 9



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Healthy Muslim Families opens office in Winkler

By Lorne Stelmach

An agency built around the vision that strong families are the foundation for a strong community celebrated the official opening of its Winkler location last week.

The new Healthy Muslim Families office aims to strengthen and empower families through education, workshops, and support services in line with Muslim values.

Healthy Muslim Families began in Winnipeg with volunteers who were working to help meet the needs of Muslim families there in 2010. The organization was incorporated in 2020 and is now a non-profit working to fill the gaps in services to support the growing Muslim community in Manitoba.

Their new Winkler office is in the same building as the mosque at 2-385 Mountain Ave., and program director Shaista Zahid Zehri says it will provide support and a variety of services to the over 200 Muslim families who are making their home in the Pembina Valley.

She sees her involvement as a great opportunity to be involved in providing a hub for collaboration, support and community engagement.

"They thought I've been in the community a long time, especially the local community and our Muslim community," she said. "I would love to work voluntarily with the different organizations ... like Regional Connections and Central Station. It's a good opportunity for me to serve more."

"I'm so glad I can do something better and good for whatever the people's needs are," Zehri said. "I love to work with the people ... I can do more work for the community ... it's good for me to connect with people and what the needs are, and I can try my best to help in a good way."

Zehri sees the office playing a vital role and filling a void in a range of areas such as family programs, women support, public education, financial and employment support, youth skills and leadership, and more.

"Some people, they need help, but



STANDARD PHOTO BY LORNE STELMACH

Healthy Muslim Families celebrated the grand opening of its Winkler location last week.

they hesitate to talk, to go out ... this is a good option," she suggested.

"They are doing youth skills and leadership. They're doing art and culture, which is exciting because my daughters they are really amazing at art and things. So, I thought it's a good opportunity for other kids. They can come and use their skills and stuff, especially they have maybe a couple summer programs.

"I love especially the women's support because women always are maybe hesitant to be open," Zehri added. "So many newcomers are coming ... they need help ... and it's a good thing to network with them. I like to be part of the team."

You can find more information online at www.healthymuslimfamilies.ca.

> BOOK SALE, FROM PG. 8



STANDARD PHOTO BY LORNE STELMACH

Bookworms came out in droves for the South Central Regional Library's giant book sale in Morden last week.

"Our volunteers, we couldn't have done this without them. They really stepped up for us," she added. "It was so nice to see the reception from the community, and it was people coming from all around."

Ching noted they have a few changes in mind already for next year.

"We learned a few things we want to do differently next year just to make it easier for people. Now that we know a bit better what we need to do, we can get it all sorted out a bit better."

One thing they will look at is having some books sorted according to language.

"We heard so many people speaking different languages," Ching said. "We had language collections in those boxes, but we've never had a sale where we've had so many people ask us for Spanish and German books. We've always had a small section. Next year we're going to focus on having a section set up just for the German and the Spanish and the French books."

They will also aim to better sort the non-fiction books into various categories.

"We need to be a little more specific with that," Ching said. "People had a little more work to do to find what they were looking for there."

Ching noted there have been some questions about what happens with all the leftover books.

"We got some books packed up for the prison libraries in Winnipeg and a few other community groups, but otherwise they went to recycling," she said. "If we did have more help and more volunteers, we could maybe make other projects happen ... but we just didn't have enough bodies and time."



Kairos Blanket Exercise happening in Carman May 29



By Becca Myskiw

This summer, residents will have a unique chance to gain insight into Indigenous culture and history like never before.

Coming to town this month is the Kairos Blanket Exercise, a method to build understanding of the shared history between Indigenous and non-Indigenous Peoples by walking through the history yourself. According to Kairos Canada, this exercise utilizes Indigenous methodologies to guide participants through different

eras, from pre-contact to colonization and resistance. Throughout the entire experience, everyone involved will step onto blankets symbolizing the land and take on the role of First Nations, Inuit, and Metis Peoples. Kairos Canada explains that by engaging both emotions and intellect, this exercise effectively educates and promotes empathy.

Monica Halbesma, Carman's public education safety coordinator, virtually took part in a Kairos Blanket Exercise. When she recognized the potential to offer it to the community of Carman, she eagerly seized it. Halbesma then applied for a Healthy Together Now grant from Southern Health-Sante Sud to bring this exercise to town with no charge for participants. Fortunately, her application was approved and the necessary funds were granted.

"It's part of reconciliation," she said. "Getting to know what happened in the past so we can heal from that and move forward."

On May 29, Braving the Healing will be leading the Kairos Blanket Exercise at the Carman Community Hall,

beginning at 10 a.m. The exercise itself takes approximately an hour, and is followed by an hour-long talking circle.

Viola Plett, the lead facilitator for this event, is a survivor of the 60's Scoop. As the oldest of four children, Plett and her siblings were taken from their parents in January 1962. Despite the hardships she has faced, Plett has reclaimed her Indigenous identity and is actively rediscovering her language and culture. Additionally, she serves as a board member for The Attachment Network and shares her Indigenous stories with students in her local school district.

At the upcoming Kairos Blanket Exercise in Carman, Carolyn Moar will serve as the Elder. With over 25 years of traditional walking experience and 30 years of community work, she is a highly respected figure. Her expertise in leading Kairos Blanket Exercises has made her a sought-after educator for groups such as the City of Winnipeg, River East School Division, and many others. Through her teachings, Moar powerfully conveys the enduring strength, love, and welcoming na-

ture of Indigenous peoples both historically and in present times.

The exercise's co-facilitator, Mat Pilgrim, is a valued member of the 2SLGBTQ+ community and has faced discrimination while living in rural Manitoba. His diverse life experiences allow him to bring empathy and insight to his work. In addition, he has extensive experience in theater and administrative roles, and as a fourth-generation descendant of a Mennonite colonizer, Pilgrim places great significance on truth and reconciliation.

The Kairos Blanket Exercise is open to everyone at no cost, although registration is necessary through the Carman Dufferin website. All individuals, regardless of background, are invited to join. A minimum of 20 participants is required for the exercise, with a maximum capacity of 40 people.

"It really puts in perspective all the things Indigenous people have gone through and how they've had to heal," said Halbesma.

4 interesting facts about the nursing profession in Canada



The nursing profession in Canada is a diverse field offering unique opportunities and challenges. Here are four fascinating facts about nursing in Canada:

1. Nurses help people in many ways. Canadian nurses possess a broad scope of practice, including specialties

such as mental health nursing, pediatric nursing and community health nursing. They play a crucial role in addressing the holistic healthcare needs of individuals across their lifetimes.

2. Nurses work globally. Canadian nurses are actively involved in international humanitarian efforts, volunteering their skills and expertise to provide healthcare assistance in crises and underserved communities worldwide. Canadian nurses help global health initiatives by responding to natural disasters or participating in medical missions.

3. Nurses work with Indigenous communities. Nurses in Canada are vital in advocating for Indigenous health rights and addressing healthcare disparities in Indigenous communities. Many nurses work collaboratively with Indigenous leaders and healthcare providers to promote culturally sensitive care and improve access to essential health services for Indigenous peoples.

4. Nurses never stop learning. Nursing in Canada emphasizes lifelong learning and pro-

fessional development. Nurses often pursue further education and certifications to enhance their skills and stay up to date on advancements in healthcare. Many continuing education programs and professional development opportunities are available to support nurses in career advancement.

National Nursing Week takes place from May 6 to 12. It's a perfect time to recognize and celebrate nurses' diverse roles in promoting the well-being of individuals and communities nationwide.

We recognize and celebrate the Nurses who dedicate their lives providing quality care for us and our loved ones!

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We thank all the Nurses for their constant care and expertise in caring for us and our families!



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Central Energy kicks off MPSL softball season

By Ty Dilello

The Manitoba Premier Softball League (MPSL) regular season kicked off on Sunday May 5 with all three Central Energy clubs in action.

On May 5, the U17 Central Energy team earned a split on the opening day of the Manitoba Premier Softball League.

The Central Energy softball club has been preparing for the season all the way back in mid-September with tryouts for the 2024 season. Since then, teams have been busy practicing throughout the winter, getting into full swing after spring break. This year Central Energy boasts three teams (U17, U15, U13) that have representation from all over the Central region of the province.

The U17 Central Energy squad is more than ready for the MPSL season as the girls had recently travelled to Nebraska in April for a tournament to kick off their season and get some dirt on their cleats.

Central Energy bested Winnipeg Lightning 5-4 in the first game of the doubleheader after taking the lead late in the game. The game was tied at four in the top of the fifth when a passed ball scored one run, which won them the game.

In the rubber match, Winnipeg Lightning got the best of Central Energy by a 14-9 score. Central Energy was up 9-8 in the final inning when Winnipeg scored five unanswered runs to get the win.

"It was a good start to the season as the hitting got progressively better as the games went on and the players settled into their roles," said U17 Central Energy coach Cam Zacharias. "A couple of in-the-park home runs and

some other extra base hits showed a lot of potential power in the lineup."

Zacharias notes that his team had great pitching using four of its six pitchers on the afternoon to get them their first pitches of the regular season.

"The team is looking very strong with a lot of good hitting, pitching and defence," said Zacharias. "The big thing right now is just getting enough reps to get our consistency where we want it for the season."

U17 Central Energy will return to the diamond on May 18 with a doubleheader starting at noon against the Smitty's Terminators

The U15 Central Energy team was also in action on May 5 and split its doubleheader with an 8-1 win over the Winnipeg Lightning and a 5-4 loss to the Westman Magic.

Central Energy scored in multiple innings to take down the Winnipeg Lightning 8-1 in their season opener in Brandon on Sunday. Kennedy Funk earned the win for Central. The righty allowed four hits and one run over six innings, striking out six and walking six. Central piled up 10 hits in the game. Rory Perrin went 3 for 3 at the plate to lead the Energy in hits. Mya Richard, Perrin, and Shyanne Goertzen each drove in one run for Central. Bree Pearce collected two hits in three at bats.

Game 2 of the day saw Central at rivals Westman Magic. Even though the Energy club collected five hits to Westman Magic's two, they still fell 5-4. Goertzen led the Energy with two hits and two RBIs. Central Energy opened the scoring in the first after Goertzen singled, scoring one run. The club added two runs in the



STANDARD PHOTO BY RICK HIEBERT

Central Energy's Heide Reimer (of the RM of Stanley) dives back in safely to second base, beating the tag of Lightning's Camry Wilkes.

second when Funk singled after a 6-pitch at-bat, making the score 3-0. They scored another run in the top of the third on a home run by Goertzen on the seventh pitch of the at-bat. Taylor Wall went the distance in the circle for Central Energy. She surrendered two hits and five runs (one earned) over six innings, striking out nine and walking four. Some fielding errors helped the Magic claw back into the game and eventually get the win.

Central Energy's next game will be on May 12, when they play a doubleheader against Smitty's Terminators. Game time is noon and 2 p.m. at Mof-fat Diamond 2 in Winnipeg.

The U13 Central Energy also split its season opening doubleheader on May 5, dropping the first game 7-1 to the Manitoba Angels, while defeating them 11-7 in the rematch.

Bianca Lanthier led things off in the circle for Energy. She allowed three hits and two runs (zero earned) over three innings, striking out eight and walking none. Beaudry English was

ready at the plate going 1 for 2. Lindsay French also pitched three innings, allowing 2 hits, and whiffing 6.

In Game 2, Central Energy got on the board in the top of the first inning after French singled, scoring two runs, and a passed ball scored one run. They added to their early lead in the top of the third inning after a double and two singles, each scoring one run. Collins Vrooman stepped in the circle first for Central. She gave up four hits and five runs over three innings, striking out six and walking six. Cassandra Lanthier appeared in relief, allowing 1 hit, and getting 9 strikeouts in 3 innings. Central Energy amassed 11 hits in the game, led by Vrooman who went 2 for 2. English and French were tough to manage back-to-back in the lineup, as each drove in two runs for the 13U club. Central Energy also had a strong eye at the plate, totaling nine walks for the game.

The U13 squad is back in action with a doubleheader on May 10 against the Westman Magic.

Curling Canada introduces new stream to its scholarship program

By Lana Meier

Curling Canada is pleased to announce the addition of a new stream to its scholarship program, providing equal support for both upcoming champions and those who contribute to the sport's growth.

Increasing the number of curling scholarships equates to greater prospects for aspiring young curlers and

future leaders. This is precisely why Curling Canada has decided to nearly double the amount of scholarship opportunities available to student-athletes this year.

Along with the For the Love of Curling scholarships, which have been given out each year since 2014 to talented young athletes, Curling Canada will be introducing a fresh set of

scholarships this year to assist aspiring leaders in their pursuit of higher education.

The Fran Todd All Heart Award, introduced two years prior, aims to support young curlers in developing inclusive initiatives and programming at their respective facilities. As it enters its third year, the award is evolving into a scholarship that will aid in

furthering the education of aspiring leaders in the curling community.

"Many young curlers grow up with dreams and aspirations of reaching the podium. Others wish to use the values and qualities of fair play and sportsmanship they learned through curling to bring change to their communities. They are all leaders of the

Continued on page 12

Twisters present MMJHL year-end awards



PHOTOS BY MERLIN HEPPNER

Derek Wiebe was presented the Most Valuable Player award by head coach Braeden Beernaerts and assistant coach Riley Wise.

By Ty Dilello

On the evening of May 5, the Pembina Valley Twisters handed out its team awards to cap off an incredible 2023-24 season that saw them reach the MMJHL's championship final before ultimately succumbing in five games to the St. James Jr. Canucks.

"It was a great chance to see everybody and hand out some hardware for the terrific season we had," said Twisters' head coach Braeden Beernaerts.

The complete list of Pem-

bina Valley Twisters team awards is as follows:

Coaches Award - Jonathan Dyck

Rookie of the Year - Alex Vandeynze

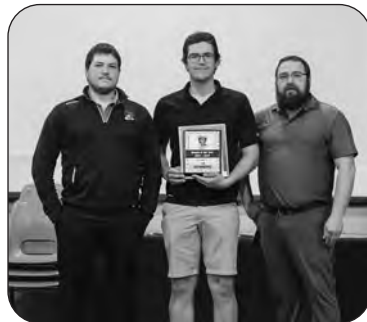
Defenceman of the Year - Mike Heppner

Mike Hesford (Grittiest Player) Award - Cody Clark

Pat O'Brien (Hard Work and Perseverance) Award - Mark Plett

Dale Remple (Heart) Award - Cody Clark

Most Valuable Player (MVP) Award - Derek Wiebe



Alex Vandeynze
Rookie of the Year



Jonathan Dyck
Coaches award



Cody Clark
Dale Remple Heart Award



Mark Plett
Pat O'Brien Award



Mike Heppner
Top Defence Award



Zander Carels
Mike Hesford Award

As the 2024-25 season approaches, the Twisters must say goodbye to a group of senior players who have reached the end of their junior hockey careers. This includes forwards Merek DeGraeve, Riley Goertzen, Brett Bergman, Derek Wiebe, and Cody Clark; as well as defencemen Jacob Carels, Caelan Russell, and Kyle Vandeynze.

"Losing eight guys, there are

definitely holes to be filled," said Beernaerts, "but we are confident in the remaining leadership and prospects coming up that we will be able to reload and come back ready to take another stab at the Jack McKenzie Trophy and win a league championship."

When it comes to restocking the cupboards, so to speak, on an MMJHL team, there is no

leaguewide draft, so anyone under the age of 18 is available whether they are from your region or not. There is a 50-man protection list in place for anyone over 18.

"We'll be fine for next season. We will find some players and get them playing Twisters hockey, and I anticipate another strong season for our club."

> CURLING SCHOLARSHIPS, FROM PG. 11

sport in their own rights and deserve our support," said Brodie Bazinet,

Curling Canada's philanthropic program manager. "This is a major opportunity for broader representation of young curlers across the country. Thanks to the generous support of donors, Curling Canada can now invest equally in our sport's future builders and champions."

The Curling Canada Scholarship Program now has two streams, with 10 scholarships to be awarded in each. The 20 scholarships are worth \$2,500 each, totalling a \$50,000 investment in the future of the sport this year.

There are 10 For the Love of Curling Scholarships for young curling student-athletes who best demonstrate athletic and academic prowess and strong community leadership. The aim is to give talented young curlers the support they need to pursue their academic and curling dreams.

Ten Fran Todd All Heart Scholarships are open to curling student-athletes who exemplify a strong commitment to volunteerism and community

leadership in using sports as a vehicle for positive societal change. This scholarship aims to recognize and assist empathetic young curlers in pursuing their academic and volunteer ambitions.

This year, The Governor General's Curling Club, an honorary society under the patronage of the Governor General of Canada since 1874, will award two scholarships. These scholarships are made possible by generous donations from members of the club.

Potential scholarship recipients will use the same application to apply for both scholarship streams. Applicants will write a personal essay reflecting on their vision for the future of curling in Canada and what influences they and their generation of curlers can have on the development of the sport and the community.

Applicants must be 22 or younger as of Dec. 31. Students who have received the For the Love of Curling Scholarship are still eligible for the Fran Todd All Heart Scholarship.

The selection panel consists of Curling Canada staff, board members, former scholars and other leaders in the curling community, including: Nolan Thiessen (Curling Canada CEO), Helen Radford (Curling Canada Manager, Youth Programs and NextGEN), Bobby Ray (Curling Canada Manager, Club Development), Brodie Bazinet (Curling Canada Manager, Philanthropic Program), Michael Szajewski (Curling Canada Board of Governors Chair), Jennifer Howard (Curling Canada Board of Governor), Donna Krotz (leadership representative), Wil Robertson (previous scholar), Sophie Blades (previous scholar) and Wil Thurlow (Governor General's Curling Club).

The application must be submitted by June 9, at 11:59 p.m. ET, after which Curling Canada will reveal the chosen recipients in September of that year.

For more information and to apply, visit Curling Canada's Philanthropic website.

ATTENTION STUDENTS:



TWO \$500 BURSARIES

Carman Legion Ladies Auxiliary #18 is offering two bursaries of \$500 each to a child, grandchild or great grandchild of a Veteran, Carman Legion Branch or Auxiliary member, leaving High School this year to further their education. The Bursary must be used within one year from the day it is awarded.

Application forms are available at Carman Collegiate, Elm Creek Collegiate, Miami Collegiate, Dufferin Christian School or by contacting the Auxiliary Secretary directly at (204) 745-8222.

Applications must be clearly marked Legion Ladies' Auxiliary Bursary and must be received by the Auxiliary Secretary, PO Box 98, Carman, MB. R0G 0J0 no later than Friday, June 7, 2024.

Flashback... Memories of Sperling school in the 70s, 80s

By Dennis Young

School life in Sperling began in 1898 when the Waddell School was built one mile north on the Mogens Neilson farm — still occupied today by Fran Neilson.

By 1910, the school age population outgrew it (it eventually became the Senior Drop-In Centre), so the Consolidated School District, consisting of 47 sections of land including Tremont, Mariposa and Bates, was formed and a four-roomed school was erected on the south side of the village.

On May 23rd, 1924, that school was destroyed by fire after a spontaneous combustion of coal in the basement. The only items saved were the large bell from the tower (later used as downtown fire alarm), a mirror and a piano. Classes were quickly moved to Orange Hall, the Methodist Church and the rink while plans were being made to reconstruct.

Students who attended the school in the 70s and 80s sat down with the *Standard* to share fond memories of their days in the schoolhouse.

Bill Peckover in 1987: "All the books and records went with it. I recall I told a teacher one of my schoolbooks was in that fire. She reprimanded me because I was to have taken that book home to study."

Mrs. Evelyn Ferris Nichol in 1987: "I cried when I heard the school burnt but was sure happy to see the new one."

Brownie Hooper & Mrs. Edna Parker MacLean in 1987: "We were just in grades 5 & 6, so we shouted, 'Hooray, no school.'"

Within 5 months, on November 1st, 126 students moved into a new four-room, one-storey brick building on a Tyndall limestone foundation.

The trustees included an auditorium which would serve Sperling as a hall for dances, card parties, showers, banquets, concerts, shows and meetings.

Four teachers taught there until 1950 when a fifth was hired to add grade 12 to the curriculum. That year, the high school had the outstanding achievement of having every student pass the June departmental exams.

As well as attaining excellence in academics, Sperling set record performances in track and field, and collected trophies in curling, softball and hockey.

Enrollment reached a peak of 152 along with seven staff by 1959-60, forcing two classes in a divided auditorium and grades 1 and 2 to a two-room school (Mason building).

In 1962-63, the last year before grade 12 moved to Carman, the student council consisted of: president Glenn Peckover, vice president Lyall Wilson, secretary Sandra Mogk, treasurer Larry Holmes.

The various class representatives included: Lorraine Duvenaud, Grade 9; Sheila Killeen and Del Fewster, Grade 10; Noreen Bell and Abe Rempel, Grade 11; Sandra Young and Ken Tjaden, Grade 12.

Sandra Young Howland 1950-1962: "Every year every class would contribute to the Christmas concert, and it was so much fun being part of it. That stage seemed so large, and the auditorium was overflowing with parents. Our school was so small but the teachers so knowledgeable we didn't lack for anything. Oh, and the live bands playing in the basement for our dances. I took my youngest brother Dennis, who I was to be babysitting, as I did not want to miss it. We lived in the country so had to be



STANDARD PHOTO SUBMITTED

2024 marks the 100th anniversary of the year the ol' brick schoolhouse was built in Sperling. By 1962 Sperling School numbers were swelling and grade 12 moved onto Carman the next year. Here's the last Grade 12 Grad class at Sperling Collegiate: Left to right, front row, Lois Hooper, Sandra Young, Lynda Waddell, Mac Taylor (principal); back row, Ken Tjaden, Larry Holmes, Glenn Peckover and Harold Hiebert.

transported to school, at times by a caboose heated by pot belly stove and pulled by tractor, with no seat belts yet. One of the best things about a small school: everyone got to be on a committee too."

Lorraine Duvenaud Hand 1953-1963: "Those dreaded June exams, written in hot stuffy classrooms, then the report card to be brought home with the inevitable 'she needs to pay attention and work harder.' Elaine Penner and I were standing outside the school at recess peering into the boy's washroom window when the principal came out of one of the stalls. He hauled us into the office and gave us both the strap and told our parents why. I remember Remembrance Day when we colored poppies and crosses and felt the solemnity and pride at the services that were deeply meaningful."

Glenn Peckover 1950-1962: "I walked home every day for lunch envying the 'country kids' who brought their lunch, ate at their desks and the first to the baseball positions. Our time after school was always referred to as 'after four.' I recall our flag football had a fierce rivalry with the Carman and Graysville teams. Christmas concerts were an annual highlight but one year I got the plum job of working the curtains, and in my last year, I was Santa Claus. Our black and white school jackets were a big deal with 'Sperling Collegiate' on the crest. That was unofficial, but it sounded more sophisticated than high school."

Sheila Killeen Kaminsky 1953-1963: "I recall the teachers prepared us for the outside world. The older guys dreamed of dating the beautiful Miss Pulfer and tiny Miss Patterson who wore stiletto heels so she could be taller than us. Miss Pogson valiantly trying to teach our class to square dance when we were at the age when nobody wanted to be touching the opposite sex. Recess was my favorite subject but 'the bell' directed our days, signalling to let us in and out of school. We would all line up by grade outside by the front door wishing it was not time to go inside. Back at my desk I loved our teacher taking roll call and reading a chapter of a book to get us settled down. Some special days we got to listen and participate in an art class broadcast by the CBC to rural areas."

Noreen Bell 1951-1961: "And remember playing games in the girl's space by the washrooms. The smell of the oiled floors in the classrooms and the rows of desks that changed in size as we grew older. During the winter the smell of wooden mittens laying on the radiators after we had dug wonderful creative snow tunnels. And who can forget 'dog and deer' in the expanse of white that was the huge school yard. Remembrance Day and card parties and dances in the evenings (not many people got babysitters on those days)."

Part 2 coming soon. Memories of Sperling School in the 70s & 80s.

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Don't miss the big annual Spring Junk Wagon Antiques & Collectibles Sale. Everything from old toys, vintage clothing, comics, records, jewelry, rustic, retro, glassware, old advertising, old signs, upcycled and so much more. Saturday, May 11, 2024. Doors open 9 a.m. - 4 p.m. 980 Winakwa Rd. in Winnipeg. \$5.00 per person.

UPCOMING EVENTS

Annual meeting of the Graysville Riverside Cemetery Board is scheduled for Thursday, May 16, 2024 at 7 p.m. at Wes' Tire Shop. Everyone welcome.

UPCOMING EVENTS

JOIN THE FIGHT AGAINST PROSTATE CANCER. RIDE DAY - SATURDAY MAY 25, 2024. 10 a.m. start - Earls Polo Park (Winnipeg). Visit: ridefordad.ca/manitoba to register or make a pledge.

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SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

W	T	V	S	P	S	I	S	D	T	I	S	
E	N	T	U	R	U	T	B	R	E	V	T	V
T	I	R	V	S	E	T	V	P	N	O	O	D
Y	S	A	B	E	K	E	O	J	S	O	V	D
	S	V	R	R	A	V	A	R	S	T	A	E
V	M	S	F	V	A	O	R	E	R	S		
P	V	N	S	W	Y	N	O	D	E	S	P	
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R	E	B	V	S	S	E	D	V	N	E	R	S
V	N	I	W	S	K	V	O	S	S	V	T	P
N	O	B	E	I	T	V	M	D	V	T	V	S
I	A	B	R	D	E	B	M	H	A	V	L	A

Crossword Answer

CROSSWORD

- CLUES ACROSS**
- It wakes you up
 - A place to sleep
 - Czech village
 - Appetizer
 - African country
 - Dark brown or black
 - Parent-teacher groups
 - Saturates
 - ESPN personality Kimes
 - Songs to a lover
 - Cavalry-sword
 - Begat
 - Patriotic women
 - Famed Princess
 - One who does not conform
 - Neither
 - Nigerian monetary unit
 - Body parts
 - Hit Dave Matthews Band song
 - Depicts with pencil
 - Make into leather without tannin
 - Plants grow from them
 - Alias
 - Fingers do it
 - More dried-up
 - Clod
 - Senior officer
 - A way to listen to music
 - The bill in a restaurant
 - Historic center of Artois region
 - Cyprinid fishes
 - Poisonous perennial plant
 - Scottish Loch
 - Heads
 - Extra seed-covering
 - Wings
 - Britpop band
 - Forearm bones
 - Small immature herring
 - Female sibling
 - Hymn
- CLUES DOWN**

1	2	3	4	5	6	7	8	9	10	11	12	
13					14				15			
16				17					18			
19				20				21				
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25	26	27		28			29			30		
31			32		33		34				35	
36				37		38			39		40	
	41				42			43		44		
		45					46		47		48	
49	50		51			52			53			
54		55				56				57	58	59
60					61					62		
63					64				65			
66					67				68			

- Vipers
- Not on time
- Resembling a wing or wings
- Tears down
- Professional designation
- Noise a sheep made
- Type of lodge
- Speak poorly of
- Ties the knot again
- Apron
- Studied intensively
- City in Finland
- One who monitors
- 18-year astronomical period
- Trent Reznor's band
- Takes to the sea
- Split pulses
- Valentine's Day color
- Wyatt
- Type of rail
- One from the Big Apple

- Asteroids
- Made more sugary
- Change in skin pigment
- Mild yellow Dutch cheese
- Koran chapters
- A place to relax
- Young woman ready for society life
- Female horses
- Half of Milli Vanilli
- Icelandic poems
- Indiana town
- Golden peas
- Closes tightly
- It's mined in mountains
- Cliff (Hawaii)
- Ribosomal ribonucleic acid
- Monetary unit
- Primordial matter
- TV station
- Rise

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CARD OF THANKS

Thanks to all the doctors, nurses, hospital staff, homecare staff (especially the nurses), In Good Hands staff, Boyne Lodge staff, friends and family who helped us care for Donna-Rae over the many years of her battle with MS. Thank you also to Doyle's and those involved in her beautiful service. There are simply too many of you who went above and beyond to name names for fear of leaving someone out. We could not possibly have managed without everyone's help, and your care and compassion will always be fondly remembered. One of the blessings to be found amongst her struggles is the wonderful people we encountered along the way. Please continue on, the world needs more of you!

-John and family

CARD OF THANKS

Thank you for all the hugs, cards, phone calls and visits following the loss of my daughter, Donna-Rae Bargaen. Your thoughtfulness was much appreciated at this difficult time.

-Betty Forster and family

BRIDAL SHOWER



Bridal Shower for Bree Van Nieuw Amerongen
Bride Elect of Mark Klassen
 Sunday, June 2, 2024
 2:00 to 4:00 p.m.
 Carman Legion Auxiliary Hall
 Everyone Welcome

<https://www.myregistry.com/wedding-registry/bree-van-nieuw-amerongen-and-mark-klassen-la-salle-mb/4166150>

OBITUARY

John Robert Beckett

In the early morning of Sunday, April 28, 2024 John passed away peacefully at the age of 75 with family at his side in his family home.

He leaves to mourn his wife of 53 years Eunice. His four children, Sheila (Barry) Desrochers, John (Elizabeth) Beckett, Stacy (Thor) Bahl and Candace (Craig) Phillips. He also leaves his grandchildren, Kyle (Katie) Cowper, Chad (Brandi) Cowper, Sydney (Brent) Pritchard, Lauren Dixon, Jonathan Beckett, Kaitlyn Beckett, Gracie Beckett, Sharissa (Trevor) Buchanan, Justice Bahl, Riley (Lauren Kraus Van Dyck) Bahl, Pierse (Janelle Spek) Bahl, Ty Bahl, Scott Fehr, Tristen Fehr, Alex Fehr and Zachary Phillips. He was also blessed to have great-grandchildren whom he also leaves to mourn Maddie, Livvy, Jayden, Orianna, Paisley, Liam, Lincoln, Phoenix and Libbii. John is survived by his sister



Rosamary Antonio, in-laws, Bill Clouston, Jim Clouston, Joe (Susan) Lambert, Bob (Pat) Lambert, Shirley Hares, Jean (Larry) Barstad, Fred (Karen) Dennison, Heather Dennison along with many nieces and nephews.

He is predeceased by his parents, Walter and Ada Beckett. Siblings, Muriel (Wilf) Patten, Lillian (Ed) Davis, Nellie (Tom) Glendenning, Raymond (Isabel) Beckett, Violet (Bob) Nolan, James (Lenore) Beckett and Lora (Bill) Elliot. In-laws, Campbell and Elsie Clouston, sister-in-law, Mary Clouston, brother-in-law, Ken Hares, son-in-law, Keith Cowper and granddaughter, Payton Beckett.

John was born on November 1, 1948 in Carman, MB and at the age of 12 the family moved to Winnipeg. As he grew up, he did odd jobs until he found his true calling, carpentry. He worked in the city during the week, coming out to the country on weekends to visit family. This is where he met the love of his life, Eunice. They lived in Roseisle with their kids until they lost their home to fire. They then moved to Brandon and after 10 years there they made their last move out to Roseisle. John could always be found out camping with his family or fishing with his close friend, Ken Moore. In his later years he was in his shop working on some project Eunice would have for him. After retiring he tried his hand at beekeeping with his son John until his passing. You could always count on John to be available to give a helping hand to family, friends or his community.

Should friends so desire, donations may be made to Carman Palliative Care, Box 610, Carman, MB, R0G 0J0.

Funeral Service was held on Tuesday, May 7, 2024 at 2:00 p.m. from the Roseisle Evangelical Mennonite Church with interment in the Roseisle Cemetery.

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

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(lots will start to close slowly and each bid adds time to the clock, to bid again) Tractors, Farm Equipment, Truck, SUV, Antiques, 5th Wheel Camper, Motorhome, Household items & more...

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Please join us for an Evening Ascension Day Service

Thursday, May 9, 2024

Carman East - 7:30 pm Rev. C VanDam
 Carman West - 7:30 pm Rev. J. Slaa
 Elm Creek - 7:30 pm - Rev. D Pleiter

Carman East Canadian Reformed Church
 112 4 Ave SE, Carman
 Sunday Services: 9:30 am/2:30 pm

Carman West Canadian Reformed Church
 210-4th Ave. NW Carman
 Sunday Services: 10:00 am/2:30 pm

Elm Creek Canadian Reformed Church
 101 Church Ave, Elm Creek
 Sunday Services: 10:00 am/2:30 pm

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> MEAL IDEAS



Garlic-Parmesan Chicken Tenders with Green Beans and Honey Mustard Dip

Recipe courtesy of Albertsons
 Total time: 30 minutes
 Servings: 4
 2 tablespoons extra-virgin olive oil, divided
 1/4 cup mayonnaise
 1 teaspoon garlic powder
 1 teaspoon salt, divided
 2/3 cup Parmesan cheese, shredded
 1/2 cup panko breadcrumbs
 1/2 teaspoon paprika
 1 1/2 pounds boneless, skinless chicken breasts
 1 1/2 pounds green beans
 1/2 cup honey mustard dressing
 Preheat oven to 450 F. Coat baking sheet with 2 teaspoons oil.
 In medium bowl, stir mayo, garlic powder and 1/2 teaspoon salt to combine.
 In separate medium bowl, stir Parmesan, breadcrumbs and paprika to com-

bine.
 Pat chicken dry with paper towels and slice into 3/4-inch tenders. Add to bowl with mayo mixture and toss to coat.
 Working in batches, dredge tenders in breadcrumb coating, pressing to adhere. Transfer to baking sheet.
 Bake until tenders start to turn golden, about 10 minutes.
 On clean cutting board, wash, dry and trim green beans. Set aside.
 When chicken is golden, flip and bake until cooked through, 6-8 minutes. Remove from oven.
 Preheat large skillet over medium-high heat.
 Add remaining oil and swirl to coat bottom. Add green beans and remaining salt; cook, stirring occasionally, until tender-crisp, 4-5 minutes. Remove from heat.
 Divide chicken tenders and green beans between plates. Serve with dressing for dipping.



Pierogy Burrito Bowls

Prep time: 10 minutes
 Cook time: 10 minutes
 Servings: 4
 Burrito Bowls:
 1 tablespoon avocado oil
 1 bag (2 pounds) Mrs. T's 4 Cheese Medley Pierogies
 1 cup cherry tomatoes, halved
 1 cup fresh or frozen corn, lightly roasted
 1 ripe avocado, pitted and thinly sliced
 1 cup pickled red onions

3/4 cup Cotija cheese
 fresh chopped cilantro, for garnish
 Avocado Mayo Crema:
 1/2 cup mayo
 1 ripe avocado, pitted and roughly chopped
 1/2 lime, juice only
 To make burrito bowls: In medium skillet over medium heat, add avocado oil. Saute pierogies in batches, approximately 8 minutes on both sides, until golden brown. Remove from heat and set aside.
 Divide pierogies, cherry tomatoes, corn, avocado, pickled red onions and Cotija cheese evenly among serving bowls. Garnish with cilantro.
 To make avocado mayo crema: In food processor, process mayo, avocado and lime juice until smooth.
 Drizzle avocado mayo crema over bowls, as desired.

Coffee and weight management

By Julie Germaine Coram

Up front, I fully accept that this article will not change the habits of a true coffee addict, and that's ok! Now enjoy your java and please do read on...

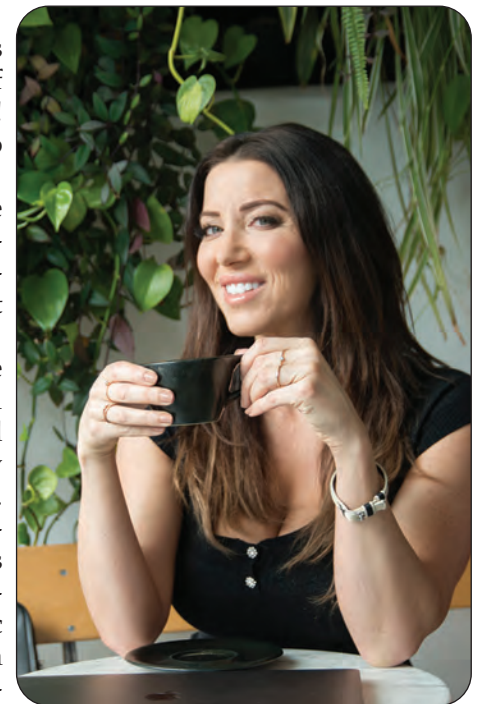
Like other stimulants, the caffeine found in coffee (and tea!) has a significant impact on certain physiological processes, some good, some not so good.

I am a big advocate for starting the day with a healthy, protein-packed breakfast, however many adults still opt to skip the first meal of the day and substitute it with a cappuccino. This works because caffeine is an appetite suppressant, a feature that is admittedly beneficial if you are trying to reduce your overall caloric intake for weight loss. Just keep in mind that long periods without eating can actually lead to a reduction in your metabolism, essentially making it harder to lose weight because the foods you do eat are immediately stored by your body for energy as adipose tissue – aka fat!

On the bright side, caffeine has been proven to increase one's resting metabolic rate, so you burn more calories at rest. This may help in maintaining a healthy weight in the right conditions (ie: you are eating less calories than your body needs throughout the day). Caffeine may also improve fat oxidation and thermogenesis, particularly during aerobic exercise like running, walking or biking, which refers to your system's ability to break down fat cells and utilize them for energy, and how your body produces heat, respectively. Both processes can enhance success in achieving weight loss goals.

Athletes often rely on caffeine for its energy-boosting effects to enable them to train harder and longer.

However it's important to note that too much caffeine, or drinking coffee/tea too late in the day, can negatively affect your sleep patterns, increase cortisol production, irritate



Julie Germaine Coram

your bladder, and even cause anxiety.

Moderation, so often the answer, can help you reap the benefits of caffeine without suffering ill effects. Having one to two cups daily is a good guideline, along with consuming a balanced diet. Discussing your intake with your doctor is never a bad idea if you have specific concerns, and if you would like additional weight-loss advice, I'm here for you!

Do you want to discuss your individual nutrition questions, fitness goals and struggles with me? Check out my website www.juliegermaine.com or go ahead and schedule a FREE 15 minute DIET CONSULT by visiting: www.calendly.com/juliegermaine

Coach Julie Germaine Coram is dedicated to long-life health! She is a fit mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fat Loss Specialist. She has helped thousands of men and women in Manitoba and worldwide improve their health since 2005.



Kielbasa and Veggie Kebabs

Prep time: 30 minutes
 Cook time: 20 minutes
 Servings: 4
 4 wooden skewers
 1 red onion
 2 bell peppers
 2 ears of corn, cut crosswise into

2-inch rounds
 1 package Coleman Natural Polish Kielbasa, sliced thick
 12 whole mushrooms
 12 cherry tomatoes
 Soak skewers in water 30 minutes to prevent burning. Preheat grill to 300 F.
 Cut red onion, peppers and corn into bite-sized chunks.
 Alternate placing kielbasa slices, onion, peppers, corn, mushrooms and tomatoes on skewers.
 Grill, rotating every few minutes until veggies are tender, about 20 minutes.