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Gift of flowers

STANDARD PHOTO BY BECCA MYSKIW

The Scott/Fortin family visited Vanderveen's last Friday to pick up some plants in honour of Eleanor's 3rd birthday. Left to right, Barb Scott, Eleanor Fortin, Cooper Fortin, and Janet Scott.

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Carman's newest business owner: 18-year-old dancer

Jillian Livingston is keeping dance in Carman with Liv Dance Company

By Becca Myskiw

Dance is staying in Carman thanks to a local 18-year-old entrepreneur.

Jillian Livingston danced at KidDance Physical Arts for five years and taught there for almost as many. She never planned on leaving the studio to go off on her own, but with the announcement of KidDance Physical Arts closing its doors this year, she decided she had to.

"I just wasn't really ready to let dance in Carman go," she said. "I think there's way too many kids who do it now and it would be really sad to let it go."

Livingston's new studio location is still undecided, but it will be called Liv Dance Company, a spoof off of her last name. Livingston said the dream was always to teach dance in her own studio, but she didn't think that dream would become reality at the ripe age of 18.

However, her age means nothing. She will have two instructors teaching alongside her and three junior

instructors. Between the six of them, she said, they have a lot of experience and expertise in the art of dance and teaching.

And behind Livingston is a whole other team backing her up. Livingston's mom and godparents have been heavily involved since she decided on becoming a business owner. Her mom works in finance, and all the books are in her hands. Her godparents are helping her find a building.

"I definitely could not do this by myself," she said. "It's me but there's so many other people behind the scenes. They're the ones who make it possible."

What they're making possible is more than just dance — it's dreams. Liv Dance Company will operate similar to how KidDance has, offering tap, jazz, lyrical, contemporary, ballet, hip hop, and preschool classes. Livingston is hoping they can have gymnastics, acrobatics, and adult classes as well, but that's still up in the air.

Dancers who are interested in com-



Jillian Livingston is starting her own dance company, Liv Dance Company. **STANDARD PHOTO BY BECCA MYSKIW**

petitive dance will have the opportunity. She said competing is a good experience for any dancer and she's going to make sure hers have the opportunity to do it.

"It's important to me because dance is my passion," she said. "Dance is my therapy and I want to share that. I see my students now and they grow so

much and they're so resilient...I feel like I owe it to them to keep it going. There are too many talented kids in our area that wouldn't get a chance to dance if it wasn't in Carman."

If restrictions roll out in favour of organized dance lessons, Liv Dance Company is set to open this fall for the upcoming season.

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Carman Bakery & Pastry Shop's secret ingredient is love

By Becca Myskiw

Breads, buns, and tarts, oh my! An experience like none other sits in the centre of Carman, producing mouth-watering goodness day in and day out — it's the Carman Bakery & Pastry Shop.

It was 2005 when Simon and Audrey Riedstra took over the business. They met years before when Simon was working on a dairy farm in the area, but it was soon time for him to go back home to the Netherlands. Audrey moved overseas a few years later and married Simon before having four kids.

The couple lived there for a while, coming back to Carman every few years to visit Audrey's family. However, on their trip home in 2005, the bakery that then sat at 8 1st Ave SW was up for sale.

"We took a look at it and ended up putting in an offer before we left," said Audrey. "That wasn't the plan."

But it turned into quite the adventure. That little shop now known as Crazy Lady's Cafeteria was the bakery's home for a number of years. They first purchased the store next to it and added a European grocery store,

then purchased the bakeries in Treherne and Pilot Mound, respectively and spent a while supplying product to the bakery in Morris.

After Audrey's parents (also their delivery drivers) passed away, they decided it was too much for the few hands they had. So, they let go of the Treherne and Pilot Mound businesses and in 2009, they bought the building they're currently in at 59A Main Street South, adding an addition a few years later.

For years, they baked and sold product out of that building while still delivering to larger businesses around them. But after COVID-19 hit, they decided to close the store to the public and baked only for their suppliers.



Hundreds of dozens of buns are baked daily.



Their pizza bread is also sold at De Luca's.

But after being closed for a little over a year, the couple opened their doors to the public once again and as of May 19, they are taking orders for curbside pickup three days a week.

On Wednesday, Thursday, and Friday afternoons, the bakery will be selling their goods to the community at wholesale prices. Simon said that's 40 per cent less than buying it in store.

The team of just six, is at the shop baking by 8:30 a.m. daily. They mix the bread ingredients, divide the dough, let it rest, roll it out, proof it, bake it, cool it, and pack it. Two people. Rolling, two people packing, and Simon and Audrey doing everything in between.

Their most popular product is perhaps their sweet cinnamon bread. It tells the story of the one-of-a-kind sweet and tasty creation on the back of the bag — Simon's parent's owned a bakery in the Netherlands and that is where it started.

"With meticulous care and hard work, he created delicious loaves of his traditional cinnamon bread," it says. "Following an ambitious dream to keep the family tradition alive, we are continuing on with his legacy."

Every loaf of the sweet cinnamon bread is crafted by Audrey and Simon themselves. At the front of the shop there's a board on the wall that says

the secret ingredient is always love. Audrey points to it when describing the sweet cinnamon bread.

"There's a whole lot of love and a whole lot of bickering, sometimes, but it works," said Audrey.

On any given day, they're producing 500 to 1,000 dozen buns. But that's not all for Carman — the Carman Bakery & Pastry Shop's products go to De Luca's, Giant Tigers across western Canada, different businesses in Morden and Winkler, and beyond.

Their first day open to the public was last Wednesday. Simon said they had three times more people than they used to get before the pandemic, which convinced them to open for three days of the week from now on. And they're happy to be selling everything at wholesale prices.

"If we can support the community for three days in a week and go with very low pricing then it is no different for us than selling to the wholesale accounts," said Simon.



STANDARD PHOTOS BY BECCA MYSKIW

Simon, left, and Audrey Riedstra own the Carman Bakery & Pastry Shop.



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Smoke and carbon monoxide detectors must be certified

By Nicole Brownlee

Officials urge Canadians to look for certified symbols when purchasing smoke and carbon monoxide detectors.

"Smoke and CO detectors in the home are critical," said Dennis Kim, consumer product safety officer for Health Canada. "They are life-saving devices."

COVID-19 restrictions have led to more Canadians shopping online, said Kim.

"With the emergence of these online shopping platforms, Health Canada takes action to advise consumers of

safety hazards with these types of products," said Kim.

When purchasing detectors, consumers should look for Health Canada's certification mark that shows the product meets design and safety requirements. Approved products will have CSA, cUL, ULC or cETL on both the product and the packaging.

"The main function of these alarms is to alert [residents] in their homes when an adverse event is happening, like a fire or a carbon monoxide leak," said Kim. "The major issue, of course, is by having an uncertified product in the home, they might fail or operate

incorrectly."

"Failure in this type of product with a certain adverse event going on could pose a major risk to the Canadians living there," said Kim.

All living residences such as homes, ice fishing shacks, cottages and campers must have detectors installed.

"We remind Canadians that whatever living space you have, that the manufacturer's instructions are followed for both hard-wired and battery-operated alarms," said Kim.

Building codes dictate where to place detectors throughout residences, and local fire departments can

help ensure the devices are properly installed and operating.

"Questions about any requirements, where they should be in a living space, can be directed to your fire departments," said Kim.

Residents should also note the life expectancy of the detector listed on the packaging, said Kim.

For more information, visit Health Canada's Consumer Product Safety page at <https://www.canada.ca/en/health-canada/services/consumer-product-safety.html> or contact your local fire department.

RCMP reminds public about bicycle safety

By Sydney Lockhart

As the weather warms up biking season arrives once more, and the RCMP are reminding everyone that taking a few steps towards basic bike safety can make your ride much more enjoyable.

"Safety [is] not for just themselves but for fellow pedestrians and drivers," said RCMP Constable David Wong.

One of the most important things cyclists can do is to wear helmets that are approved by the Canadian safety standards symbol, are bright coloured, fit snugly, are less than five years old and are buckled up properly.

"In my mind, because adults tend to be biking at a higher speed than the kid would be on the road. Larger risk factors are there so I would much prefer an adult to be wearing a bicycle helmet as well," said Wong.

The RCMP recommend that cyclists wear a helmet at all times, despite the law only requiring helmets for those 18 years of age and under.

"Your head is just as precious as a kid's head in my mind," said Wong.

Other bike safety rules recommended by the RCMP are using hand signals, obeying traffic rules, keeping to the right, shoulder checking, turn-

ing carefully, being cautious around parked and moving cars, knowing where to ride and making sure you are visible to others at all times.

"[Drivers] are looking for cars, listening for larger automobiles, [it's] the same with motorcyclists. They don't see something that's small, in their side view or rear-view mirror," said Wong.

He added that cyclists not being visible is a large problem when on the road results in many vehicle and bicycle collisions.

"The most important thing is just letting people know to wear their bike helmets, bright coloured clothing, or [to have] lighting on their bikes, because the number one thing, if they are biking on the road, is that people can see you," he said.

While many people bike on sidewalks Wong said adults should technically bike on the roadways.

"I can understand why they want a bike on the sidewalk. They feel it is safer because it's on the sidewalk, there's not going to be a car on the sidewalk. However, there are rules, you're supposed to be biking on a roadway," he said.

Wong added that they won't stop children from biking on sidewalks



STANDARD PHOTO BY BRETT MITCHELL

Connor and Lucas riding their bikes safely.

because it is safer for them, however, they will stop kids if they see them not wearing helmets.

"We don't want to come down hard and enforce tickets, that is not educational," said Wong.

He said instead of ticketing people under 18, they stop and talk to them about bike safety, and ask to speak to their parents about the importance of wearing a helmet.

This year the pandemic put the annual RCMP bike rodeo on pause that

they run for grade three students to teach bike safety but Wong says that they plan to bring it back when it is safe to do so.

"Once COVID stops, we'll be back in schools to try to do those bike rodeos where we can educate kids on the importance of a helmet, especially younger kids that are newer to biking," he said, "We go through bike safety bike rules hand signals like the basics of bicycling with on the road."

Manitoba government to increase minimum wage this October

Submitted by Manitoba government

Manitoba Finance is advising Manitobans the provincial minimum wage will increase by five cents to \$11.95 as of Oct. 1.

By law, Manitoba's minimum wage is tied to the Consumer Price Index. This adjustment is based on Manitoba's 2020 inflation rate of 0.5 per cent, rounding up to the nearest five cents. Indexing Manitoba's minimum wage to inflation provides predictability for

businesses in terms of wage costs and ensures the purchasing power of the minimum wage is maintained on an ongoing basis.

Budget 2021 continues to make life affordable for Manitobans through the \$2,020 Tax Rollback Guarantee, such as the new education property tax rebate that will return nearly \$250 million to the owners of approximately 658,000 properties in Manitoba. The 2021-22 budget also removes the

retail sales tax on personal services like haircuts and salon services, and reduces vehicle registration fees another 10 per cent.

Manitobans continue to benefit from the indexation of the Basic Personal Amount and the provincial income tax brackets to the rate of inflation. This has saved Manitobans more than \$145 million since indexation began in 2017 and removed an estimated 12,500 Manitobans from the tax rolls includ-

ing an additional 1,500 individuals who will not have to pay provincial income tax for the 2021 tax year. In addition, Manitobans and businesses continue to benefit from the reduced retail sales tax rate of seven per cent, providing another \$325 million in annual tax savings.

Information on Manitoba's minimum wage and other employment standards is available at www.gov.mb.ca/labour/standards/.

Outdoor learning an increasing educational trend

By Becca Myskiw

Learning outdoors has various mental and physical benefits and more and more teachers are adopting the outdoor classroom.

Jackie de Vries teaches Grade 7 and Grades 7-9 art at Elm Creek School. She began teaching in the breeze last fall as a way to create her own flexible classroom.

On a typical year, de Vries' classroom is full of standing tables, round tables, desks, yoga balls and such to give her students the flexibility they need to learn. A flexible classroom gives the children freedom in terms of where they learn to help their focus. de Vries said that type of classroom is extremely important to have available.

"The more breaks you can incorporate, it helps their focus," she said. "Because every student is different so what works for some may not work for others."

But with COVID-19 restrictions and classroom guidelines, her students have to sit in regular desks spaced apart accordingly. She felt the need to get flexibility back, so de Vries decided to take advantage of what every

school already has: a schoolyard.

Elm Creek School has a designated outdoor classroom, but de Vries isn't the only teacher taking the pencils outside, so it's usually in use.

Luckily, the Grade 7 classroom at Elm Creek School is on the front of the building and has a beautiful green space along the parking lot. The area offers sun, shade, and green grass for the students. de Vries lets her students bring folding lawn chairs, blankets or towels to sit on, but most like sitting on the green.

"It's just a great spot," she said.

Every morning, the Grade 7s meet in their classroom and go over the plan for the day. And almost every morning, someone asks de Vries if they'll be learning outside. When the answer is yes, they grab their clipboards and whiteboards if needed and head to their spot to do math or English language arts. de Vries tries to keep the learning practical and hands-on. For math, they'll take chalk and string to the tennis court and draw a circle, then measure its circumference and diameter. The other day they were learning mean, median, and mode, so she had them do activities and the



STANDARD PHOTO SUBMITTED

Jackie de Vries' Grade 7 class loves learning outside. They say it's had a positive affect on their mental health.

math calculations during them.

"When they can relate to it, it helps their learning," she said.

And she's right. Outdoor learning is more than soaking in the sun. According to outdoorclassrooms.com, student performance increases in terms

of attendance, attention, behaviour, attitude, and test scores when learning in the trees. It also promotes physical activity, reduces childhood obesity, decreases symptoms of ADHD, and lowers stress levels in students and teachers.

Big Willy's takes home Chamber Poutine Week title

By Becca Myskiw

Big Willy's has been crowned Carman Chamber's favourite king of potatoes and curds after winning the public's choice award.

Big Willy's Itza Poutine took top spot with seasoned crinkle cut fries topped with smoked gravy and cheese curds, baked in the oven.

Restaurant owner Chad Lubkiwski said he wanted something that would appeal to everyone.

"I didn't want to eliminate other people who didn't like some things in the poutine," he said.

His game plan of hitting as many customers as he could worked out, for him business-wise and title-wise. Big Willy's sold over 400 poutine during the week and received the most votes from the community to take home the Poutine Week winner title.

"The community wins when we do these things," he said. "For me, it shows community support."

Though Lubkiwski won both Burger Week and Poutine Week, he said it's the business and support during the events that proves the community is a good one.

Poutine Week was hosted from May 10-16 by the Carman and Community Chamber of Commerce and wrapped up last Sunday after nine businesses competed with their own creations.

Roseisle Co-op's take on the week included sweet treats rather than salty. They offered a s'mores desert poutine that was vanilla ice cream topped with marshmallows, graham crackers, and chocolate.

Crazy Lady's Cafeteria had two different kinds of cheese, homemade spätzle, and gravy over fries. Homestead Co-op had a



PHOTO SUBMITTED

Big Willy's took a traditional take on Poutine Week.

homestyle poutine with golden fries, Bothwell's cheese curds, gravy, bacon bits, honey dill, green onions, and chicken tenders.

Other restaurants involved in the local competition included Breakaway's, the Carman Golf and Curling Club, Chicken Chef, McGee's and Syl's.

Jodi Winkler, executive director of the chamber, said she saw a lot of selfies throughout the week of people with their poutine, making the week a success for everyone involved.

"It's one of those things it catches on," she said. "It gets the buzz going around town and it maybe got some people in a door that maybe they haven't been in a while."

The Chamber is working on Burger Week



STANDARD PHOTO BY BECCA MYSKIW

Chad Lubkiwski, owner of Big Willy's, won Carman's Poutine Week.

for this fall, said Winkler, and Lubkiwski is already planning his sandwich for then, trying to come up with something new.

Blaine Pedersen
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Our commitment to you: we want to help build stronger communities through articles that both inform and entertain you about what's going on throughout the Pembina Valley. This is your community newspaper—let us know what you want to see in it.

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letter to the editor

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Celebrating Pride month

June is Pride month in the Pembina Valley and in many other places around the world. Pride is a time when members of the Rainbow Community (Two Spirit, Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual, Non-Binary and other individuals) stand together to publicly assert our right to be who we are with support from our allies.

Pride started as a protest against the oppression of our community, and in many places it still is. In others, where such protests have helped achieve a measure of freedom from oppression, it has become a celebration as well.

For members of the Rainbow Community in Southern Manitoba, celebrating Pride in our home communities is a relatively recent achievement. For years, we have had to travel to Winnipeg for Pride, and many of us have had to leave our communities permanently in order to live our lives openly and in rela-

tive safety. That began to change with the advent of Steinbach Pride and continued to change when a Pride march was held in Morden in 2019.

Being 2SLGBTQIANB+ in the Pembina Valley has long been a lonely, isolating, and sometimes dangerous experience.

Some of us are minors, and are dependent on others. We have to deny or hide who we are so that we don't lose our homes and supports. Some of us deny or hide who we are because we don't want to give up our family and friends. Some of us deny or hide who we are because we've been taught to hate a major part of ourselves. We've been taught that there is something wrong, evil, or disordered about being ourselves. Some of us deny or hide who we are because it is not safe to let anyone around us know. There are those in the area who think it's funny to "joke" about killing or torturing us.

Many of us thought that we were alone in our communities. We were

not, and are not, a fact that local Pride events have made abundantly clear. Not only are there many Rainbow Folk in the Pembina Valley, but there are also many allies of our community here.

From its start as Morden Pride, Pembina Valley Pride has brought together and supported members of the Rainbow Community from all over the Pembina Valley.

People who are interested in finding out more can access our webpage at www.pembinavalleypride.ca as well as connecting with us through Facebook and Instagram.

In order to demonstrate our mutual support and care for each other, our Pride events this year, just like many other Pride events around the world, will be virtual.

For our Rainbow siblings across the Valley, we see you. You are valid, you are loved, and you have a community right here.

- Keely O'Reilly-Towle and Peter Wohlgemut on behalf of Pembina Valley Pride

Education property tax rebate cheques being mailed to Manitobans

Nearly \$250 million in rebates will provide tax relief to owners of more than 600,000 properties

Submitted by Manitoba government

The Manitoba government will begin mailing education property tax rebate cheques in the next week to the owners of residential, farm and commercial properties in Manitoba, Finance Minister Scott Fielding announced Thursday.

"Our government promised to start phasing out the education property tax in 2021, which will return nearly \$250 million this year to Manitobans who own homes, farms and businesses," said Fielding. "The education property tax phase-out represents the largest tax savings in Manitoba history and protects Manitobans' hard-earned incomes by offering much-needed tax relief."

Budget 2021: Protecting Manitobans, Advancing Manitoba committed \$248 million in education property tax rebates to the owners of approximately 658,000 eligible properties, based on municipal assessment information. Depending on the municipality, owners of multiple properties may receive

one combined bill.

To provide property owners their rebate as soon as possible, the government has passed new legislation and will begin the printing and mailing process in the week ahead. Manitobans do not need to apply for the rebate, as the province will calculate the amount and automatically mail cheques before the municipal property tax due date.

In 2021, home and farm owners will receive a 25 per cent rebate, which will increase to 50 per cent in 2022. Other property owners will see a 10 per cent rebate this year. The average rebate will be an estimated \$1,140 per property over the next two years.

Continued on page 7

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Fair process and fewer appeals: Op-Ed

By Jeff Bereza

There has been much discussion around Bill 37 - The Planning Amendment and City of Winnipeg Charter Amendment Act - in recent weeks.

This legislation sets out a solid framework for economic growth by creating a mechanism for ensuring development decisions are timely and consistent across Manitoba.

Critics have suggested this legislation will erode the democratic process in local municipalities by overriding decisions and creating a backlog of frivolous appeals. Yet history has shown that undertaking a fair, open and transparent appeal process results in fewer appeals and a more accountable planning system overall.

Planning appeals are already heard by the Municipal Board of Manitoba. Part of the recent discussion has focused on the fact municipal board members are appointed and therefore unaccountable. This is not only untrue but wholly inaccurate.

The Manitoba Municipal Board has been in place since the late 1950s. Its purpose is to make decisions or recommendations about various matters under the Municipal Board Act, Municipal Assessment Act, Planning Act and various other acts. While its members are appointed, as a quasi-judicial tribunal, the board is independent and not subject to direction by any minister, Member of the Legislative Assembly or government official.

The current board has over 70 years of combined experience in municipal governance, and all members have a clear understanding of the planning act. Board members are made up of professionals from all across urban and rural Manitoba and include lawyers, engineers and planners as well as former municipal councillors, mayors and CAOs. These individuals have been selected based on their experi-

ence, knowledge and background.

Municipal board hearings are transparent. All Manitoba planning hearings are open to the public and, in most cases, are held in the community where the matters have arisen, ensuring the public has the opportunity to attend.

Parties appearing before the Municipal Board include the applicable planning authority and appellant as well as members of the public who may wish to make a representation on matters to be considered by the board. All municipal board hearings are recorded and written minutes of the hearing are retained.

Municipal board hearings are *de novo*, which means the board hears a matter fresh for the first time and must make its decision based only on the information that is presented to it during the hearing. And once a hearing concludes, after thoughtful deliberation, board members must come to a unified written decision with supportive analysis within time limits specified in the legislation.

Where the board is the final decision-maker, the written decision is presented to all parties involved, and all board decisions dating back to 1975 are available for inspection and copying.

Rather than overriding local decisions and creating a backlog of appeals, as some have suggested, the new legislation will streamline the planning and approval process. It complements existing authority of Manitoba municipalities to create, administer and enforce their own development plans, zoning and other bylaws respecting land use and development in their municipality.

This means if municipalities undertake effective and timely decision-making processes, with up-to-date development plans and zoning bylaws, fewer appeals could result.

However, if local decision-making is not transparent, development plans and zoning bylaws unclear or municipal officials are unable or unwilling to explain their outcomes to applicants, then there is a process in place to ensure a fair and unbiased decision is made. This is the core of Bill 37.

No one can argue democratically elected municipal officials know their communities best. However, in the absence of clear bylaws and local planning, partiality can result.

Applicants expect and deserve a clear explanation of why their application is being denied. In the absence of this, the appeals process comes into play, and the municipal board will assess the decision based on all of the information available.

It is critical for the municipality to be able to reference their local planning policies and bylaws in support of their decision. Handing down a 'denied' decision without any explanation not only is often the catalyst for an appeal but can have a negative impact on how long a hearing or decision can take.

Another concern raised has been there will suddenly be a flood of thou-

sands of appeals. Coincidentally, in 2018, there existed just that scenario, when the current municipal board inherited a nine-year backlog of assessment appeals on taxes. Property owners were frustrated, and municipalities were liable for interest owed on back taxes.

The municipal board developed a 'made in Manitoba' framework for the assessment appeals process. Using case management, a mediation-driven process in which the parties come together and try to find resolution to the issues without going to a hearing, most of the backlog has been eliminated, and municipalities will no longer be paying interest on business assessments almost a decade old.

The municipal board's outstanding work over the past three years is an excellent example of eliminating red tape and saving money and time for municipalities and their ratepayers. This is the very reason it is the appropriate body to ensure there is a transparent, timely, and consistent appeals process in Manitoba.

- Jeff Bereza is chair of the Manitoba Municipal Board and a former councillor for the City of Portage la Prairie.

> TAX REBATE, FROM PG. 6

The province will also reduce various related credits and rebates to ensure all property owners are paying 25 per cent less on residential and farm properties, regardless of whether they qualify for existing credits and rebates.

"By keeping our promise to begin phasing out the education property tax this year, we are fulfilling our \$2,020 Tax Rollback Guarantee one full year ahead of schedule," said Fielding. "We are modernizing Manitoba's tax structure and this rebate will be paid for entirely by government so it will not affect funding to schools."

The minister noted Manitoba is the only province that uses school property taxes, which are set locally by each different municipality, to fund the education system. The rebate will not impact the amount of school taxes that fund local school divisions.

The legislation also makes a change to the Residential Tenancies Act to freeze the rent increase guideline at zero per cent in 2022 and 2023.

For more information about Manitoba's education property tax rebate, visit www.manitoba.ca/eduproptery-tax or call Manitoba Government Inquiry at 1-866-626-4862.

PAID FORWARD

It was this week in the Morris Tim Horton's drive thru that I was the recipient of a Pay It Forward kindness. My lunch was paid in full. The kind man in the forest green Jeep with a dealer plate, drove off before I could honk or make some gesture of gratefulness. It is fun to respond back and do those things which put a smile on our face and others. One of my sons paid it forward recently with the large van behind him being \$83.00 fuller than he thought. It's fun when it is \$10 or even \$20. Would we do it less if every payment forward were over \$50? In 2007, International **Pay it Forward Day** was started and has spread to over 70 countries. The initial goal was that these good deeds should accomplish something that the other person **cannot accomplish on their own**. Now to do that might take real giving. I can only think of one gift that universally fits the great need of all people; It is **SALVATION - GOD'S GIFT TO MAN**. This is such great news because none of us deserve God's love and forgiveness. We could never earn it by being good enough or rich enough to pay for it. The fact is we all deserve Hell (that's eternal separation from God), but God loved us so much that he died on a cross to pay the penalty for our sins that you and I deserved. "When we were without strength (could not help ourselves), in due time Christ died for the ungodly." (Rom 5:6). This was a debt that none of us had the ability to pay on our own. The good news is that He did not stay dead; He rose again and has returned to Heaven where He wants you to be forever with Him. The Bible tells us that we must receive this **Free Gift** that God has to offer. This is man's greatest need. A Saviour who would take away our sin and guilt before a Holy God and provide a perfect atoning sacrifice on a cruel cross. It was on the Cross where this gift was Paid Forward. So, it's true that "God so loved the world that He **GAVE** his only begotten Son that whoever believes in Him should not perish, but have everlasting life" (John 3:16). That is why the greatest gift ever given is the "Gift of God which is Eternal Life through Jesus Christ our Lord." (Rom 6:23). If it were a gift we worked for, it would no longer be a gift. **We receive this gift by faith**. Have you ever wondered where your soul will be for eternity? God offers this gift of eternal life today. "Believe on the Lord Jesus Christ and thou shalt be saved" (Acts 16:31). The Gospel is urgent. "Behold, now is the accepted time, behold now is the day of Salvation" (2 Cor 6:12).

Ron and Nancy Burley www.sermon4u.com

Paid Advertisement

Carman residents asked to conserve water in preparation of drought

By Becca Myskiw

The Town of Carman is asking residents to be mindful of their water consumption during the drought.

Last week, the town posted on their social media pages a document on drought education. Director of public works Joe Richardson said the best way to prepare for a drought is to conserve water.

The town gets its water from the Boyne River, which gets a lot of its water from rainfall. Richardson said though the town isn't low on water yet, they could be if things don't turn around.

"If people don't conserve water now," he said. "There could be problems."

Those problems could include a low river, making the water harder to treat, and a lack of water completely. To prevent that from happening, the town has given residents some tips.

For indoors:

- Don't pour water down the drain if there's another use for it (watering plants, etc.)
- Fix dripping faucets and plumbing leaks
- Install an instant hot water tank on the sink, aerators with flow restrictors on all faucets, and a water softening system
- Use energy efficient appliances

es

- Purchase a low-volume toilet
- Use an ultra-flow shower head
- Don't use the garbage disposal

For outdoors:

- Check the well pump often
- Plant drought-tolerant grasses, shrubs, trees, etc. for less watering
- Don't use water toys that require constant water stream
- Don't use ornamental water features
- Harvest rainwater if possible
- Don't water the lawn if not necessary
- Use a water-efficient irrigation system for watering shrubs, trees, and garden
- Use a water-saving pool filter

The town has also created a list of water-saving tips during a drought:

For indoors:

- Don't flush the toilet if unnecessary
- Take short showers and avoid baths
- Don't let the water run when brushing teeth
- Only use the dishwasher when full
- Re-use water wherever possible



STANDARD PHOTO SUBMITTED

The Town of Carman is asking residents to be mindful of their water consumption in case of drought.

sible

- Don't wait for water to heat up
- Only wash clothes when the washer is full
- Use a commercial car wash that recycles water
- Water plants in several short sessions
- Don't leave sprinklers unattended
- Allow lawns to die in favour


of shrubs and trees

There are no drought warnings in effect in the community yet, but with the dry conditions, the town is hoping people will prepare for one and prevent the worst. To view the full document, go to <https://www.carmanmanitoba.ca/wp-content/uploads/2020/11/Drought-Education-for-Residents.pdf?fbclid=IwAR1Q8kz8PgjmmY9xRCCmGKrVcyCdXYQ9FOIzn-jIazBEUsFIO5oJ4Ye2-Y>.

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Find out more at localvoices.ca and contact your MLA with your ideas on Bill 64 because **YOUR VOICE MATTERS.**

Province, Xplornet teaming up to improve broadband, cell service

By Ashleigh Viveiros

The Manitoba government is teaming up with Xplornet Communications Inc. to connect Manitobans in northern and rural communities with reliable, high-speed internet.

Premier Brian Pallister last Thursday announced the signing of a memorandum of understanding with the company.

The agreement will provide broadband services to nearly 30 First Nations and approximately 270 rural and northern communities. It will also provide 350 communities with cell-phone access.

The pandemic has made it clear that access to reliable internet isn't a luxury but a necessity in today's world.

Continued on page 13



Nursing exams cancelled, causing strain on health system

By Becca Myskiw

Cancelled exams for aspiring nurses is causing a strain on the healthcare system, according to a local student.

Skylar Hardy, originally from Elm Creek and now living in Brandon, is in her last year of nursing school. She started at Brandon University in 2014 with the hopes of becoming a registered nurse (RN) as soon as possible.

"For as long as I can remember, I have had the desire to help people," she said. "And becoming a nurse was the clearest path I knew to create a life for myself which does exactly that."

Hardy is taking a Bachelor of Nursing degree, which can be completed in four years, but she's doing hers in six. For the past six years, she's had an exhausting and heavy course load, studying sciences, arts, humanities, clinical nursing application processes and skills, along with completing eight practicums throughout her degree.

"I have not met a nursing student who thinks, 'nursing school was easy,'" she said. "In fact, many of my peers and coworkers would tell you that while the nursing profession is rewarding, if they had to redo the years, they spent in nursing school, they would rather opt for another career."

Now that she's reached the light at the end of the tunnel, it's time for Hardy and her peers for take their NCLEX-RN exam. That's the approved exam in Manitoba for nurse registration, something every student has to take to become an RN.

Hardy's is tentatively scheduled for June 2 of this year, but it has yet to be confirmed, she said. Due to the fluctuating number of COVID-19 cases and

the ever-changing restrictions, many previous and upcoming exams have been cancelled, leaving her and her peers in limbo.

Some nursing students, she said, were successful in rebooking their exams for June and July, but others weren't able to put their pen to the paper until September 2021, so they're going to write in Saskatchewan next month. She doesn't think that's the end.

"This news was already devastating for a number of grads," said Hardy. "And with the third wave of COVID-19 not yet at its peak and the province facing tighter restrictions, we could see more problems arise for an increased number of grads with exam delays."

She said it's imperative nurses are able to complete these exams now because healthcare facilities are currently facing a nursing shortage. That shortage is putting a strain on the RNs, making them require more time off for illness, forcing them to face unsafe patient to nurse ratios, and qualified nurses are not being utilized.

Some facilities have already hired nursing students, Hardy said, in anticipation for them becoming an RN in the coming weeks. Without that title, they don't become licensed, and can't perform the duties they were hired for. In Hardy's case, that means she can't help keep the emergency department running.

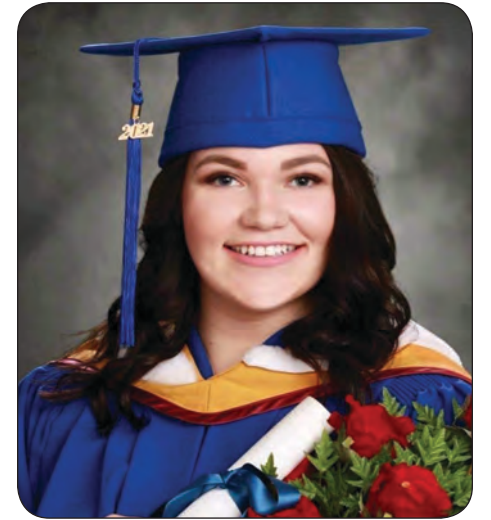
On top of that, postponing and cancelling these exams is putting unnecessary stress on the students, said Hardy. They still have to attend work while studying for an exam that may never happen — many will start staying home to do so or to wait out

their RN application process.

"The list of detrimental effects on these professionals is too long to list," she said. "You have a population of nurses right now who are more than qualified to hold positions, but postponed exams are keeping said positions vacant. Nurses, along with a number of other healthcare professionals are our backbones in acute care settings right now."

So, to get those positions filled and to take the stress of the RNs, healthcare system, and the students, Hardy has created a petition. She said the gaps in the system will only get bigger if people can't complete their exams soon and she wants her peers' efforts in school to be rewarded with a nursing license. She's hoping it reaches parliament.

"I also want safe nurse-patient ratios which means having qualified staff available for heavy workloads, sick calls, etc.," she said. "I want my coworkers to avoid burnout and allowing us (new grads) to write the NCLEX as scheduled, is a strategy that can help overcome some of those obstacles. midst a nursing shortage during a global pandemic, you would anticipate that the government would be the ones BEGGING nurses to go



Skylar Hardy

to work, but here we are, May 2021, nurses BEGGING the government."

To sign the petition, go to https://www.change.org/p/manitoba-government-let-the-nurses-write?recruiter=408382855&utm_source=share_petition&utm_medium=facebook&utm_campaign=share_petition&utm_term=petition_published_onboarding_0&recruited_by_id=974e1c20-77b6-11e5-af01-d74311a86f49&utm_content=fht-28883359-en-ca%3A2.

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Manitoba's first crop pest report warns of flea beetles

By Becca Myskiw

The provincial government has released its first crop pest update and in it, producers are warned of an unwanted number of flea beetles.

The crop pest update is put out weekly throughout the summer. It's a compilation of observations from agronomists, farmers, and the team on what they're currently seeing in fields across the province. It covers insects, pathogens, and weeds.

Entomologist John Gavloski is a part of the team behind the report. He said each week it summarizes pests active in the crops and provides farmers with guidance on how to look for them, how to identify them, and how many pests are too many.

"We try not to rewrite the fact sheets we already got," said Gavloski. "These

reports are supposed to be more... here's what's happening in the field, here's how you need to be checking for it."

The main pest they've currently found in fields is the flea beetle. Two species of the insect feed on canola, and though they're very small, large groups of them can be detrimental to the plant. Once on the plant, the tiny bugs chew on the seedlings and create a feeding pit. When an abundance of them, Gavloski said, the canola plant will start to shrivel up and die in the worst-case scenario.

Luckily, all canola comes with a seed treatment on it that contains an insecticide. That protects the plant for three to four weeks after seeding, but after that, it's on its own.

The May 12 crop pest update says

canola yield is reduced most when the plants are damaged during the seedling to second true leaf stage. Once it reaches the three to four leaf stage, the canola plant should be able to withstand damage.

Gavloski said if the flea beetles become too much too soon, the farmer will have to use a specific insecticide to get rid of the pests and save the crop.

As for pathogens and weeds, Gavloski said there isn't much to report on that front due to the dry conditions and little crop growing.

The report also says traps for diamondback moths and armyworms have been set up across the prairies and so far, only one of each has been found in their respective traps in Manitoba.



STANDARD PHOTO SUBMITTED
Flea beetles and their feeding pits.

Manitoba Pork launches "Manitoba's Best Teacher" contest

Submitted by Joey Dearborn

Throughout the COVID-19 pandemic, teachers have proven their dedication to educating and inspiring the next generation of outstanding Manitobans. Manitoba Pork has launched "Manitoba's Best Teacher", a contest to acknowledge and celebrate four teachers across the province who deserve special acknowledgement, and who have gone above and beyond in keeping our schools safe and classrooms functioning this past year.

"Teachers have been challenged throughout the COVID-19 pandemic, but their commitment to educating students across our province has been unwavering," Manitoba Pork community engagement coordinator Laurel Lyons said. "Manitoba Pork is proud to recognize deserving teachers with a special gift and prizes for their school staff as a token of appreciation from Manitoba's hog farmers."

As part of the campaign, Manitoba Pork is asking students, parents, and educators to submit nominations for deserving teachers who have gone above and beyond in their dedication to their students. The winning teachers will receive a \$500 Visa gift card and a pork-based lunch for their entire school staff.

Nominations can be submitted at manitobapork.com/teacher. Nominators are asked to include the name of the teacher, the school's name and location, as well as a brief paragraph explaining why their teacher deserves this special recognition. Nominations are open from May 19 to June 9 and can come from anyone, including Manitoba teachers, school staff, parents and students. Manitoba Pork will work with the winning teachers to organize lunch deliveries before the end of the school year and in accordance with provincial COVID-19 protocols.



STANDARD PHOTO SUBMITTED
Enter a deserving teacher who has gone above and beyond to win \$500 and a pork-based lunch for their school.



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Summer science club offers virtual programming for kids

Students interested in STEM can register for WISE Kid-netic Energy

By Tyler Searle

The University of Manitoba is inviting students between grades three to eight to participate in virtual science summer clubs hosted by Women in Science and Engineering (WISE) Kid-Netic Energy this summer.

The week-long summer clubs feature various experiments and activities that teach kids about ecology, engineering, medical science, chemistry, and coding.

“(The summer clubs) provide an opportunity for any kid to step out of their comfort zone and learn about the concepts in a very fun, hands-on way,” said WISE Summer Logistics Lead Alora Anis.

The university developed WISE to get kids excited about careers in science, technology, engineering, and medicine (STEM). The outreach program began focusses on reaching youth with social, economic, and geographic barriers to STEM education.

In a typical year, WISE instructors provide in-person workshops to students across the province—even travelling to Thompson and other more remote communities.

This year, the program is transitioning to a digital format, and kids will attend the STEM-themed summer clubs online.

“The year has been very strange, but we are hoping that this will provide our students and undergrads students an opportunity to learn,” Anis said.

The student will spend an hour-and-a-half each day in a virtual classroom playing games, watching science demos, and interacting with their peers. Then, WISE instructors will leave them with a task or experiment to complete on their own.

Some of the projects are completely independent, while others are collaborative, said WISE instructor Calleigh Gingras.

In the Codemakers club, students use tiny, pocket-

sized computers called Micro:bits to learn how to code.

A Micro:bit is an exposed computer chip roughly the size of a credit card with two buttons, speakers, and a cluster of tiny lights on its face. Students program the lights to flash in sequence to form letters and shapes, create music, or play simple games like Pong.

“By far, in everything we’ve done, it’s always coding that kids really, really like,” Gingras said.

In addition to the assorted STEM-themed clubs, WISE is also offering a Space Farm club. Kids who register for the space farm will learn how technology and agriculture work together in space.

Participating in the summer clubs is an opportunity to expose kids to science terminology and concepts they are likely to encounter later in their academic careers, Gingras said.

“I’ve had emails from parents thanking me, saying their children had kind of lost interest in STEM subjects at school, but seeing more real-life applications and doing these experiments really kind of brought them back to having an interest again,” Gingras said.

WISE is offering the clubs every week beginning July 1 and ending Aug. 20. Registration costs \$100 for the themed clubs and \$125 for the Space Farm club. To register or find out more, visit www.wisekidneticenergy.ca/summer-clubs.



STANDARD PHOTO SUBMITTED

WISE Kid-netic Energy has been teaching kids about STEM using fun experiments and activities since 1990.



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Shining a light on local essential workers

By Becca Myskiw

It's been one year and two months since COVID-19 closed the globe. That means it's been one year and two months since a certain group of people have been working overtime to keep the world spinning — it's time to thank essential workers.

There is an extremely large number of jobs defined as essential. One that has often been overlooked is the educator. Mary Reimer, vice principal at Carman Collegiate, said the past year and a bit has been all about the students, not the staff.

They've been following the rules as best they can, trying to teach the students to be OK without being in close proximity to each other. Reimer said to do that, the staff at the high school has been focusing on mental wellbeing for the 2020-21 school year.

"It's about keeping them close in unconventional ways," she said. "Helping them to find connections that weren't perhaps there before. So, our focus has absolutely been mental health and making sure students have the tools to navigate these turbulent waters."

They have a very tired guidance counsellor, she said. They have made sure there are external supports for the students, virtual school groups, and opportunities for connection. Helping the students to learn self-care, express their emotions, and



Dee-Ann McCullough, grade 7 teacher at Carman Collegiate, showing off a fort that one of the students constructed.

they're validating each students' experiences have been a priority.

But putting all that effort on someone else isn't easy. Though the students show up to Carman Collegiate every day, the classrooms are far from normal.

"One of the greatest teaching moments for a teacher is when you have kids working in a group," said Reimer. "And you can hear noise and you can hear that it's productive noise, and



STANDARD PHOTOS SUBMITTED
Homestead Co-op staff, left to right, Ashley, Cierra, and Ruth have been working throughout the pandemic.

that it's learning taking place."

But that is no longer allowed, so teachers are having to find joyful moments in other parts of their days. Along with keeping their work fun and looking out for their students, the teachers still have a job to do: educate for the future amid the uncertainty, and that is no easy feat.

Grocery store staff are also considered essential workers.

Ruth Dyke, front end manager at the Carman Food Store, knows all about uncertainty. She started with Homestead Co-op at the beginning of the pandemic and has been there. Even though it has been a tough year, she said knowing her job makes a difference, makes it easier. She and her team know the community relies on them to get their groceries. At one point, the store's phone system went down, and the employee in charge of grocery orders used her personal cell phone to reach out to the older population and let them know what was

going on.

When there was a height of grocery orders, staff members from different departments got together to fill them, too. Dyke said there's been a lot of teamwork during the pandemic.

On top of that, she's worked hard on being a leader and motivating her team by leaving inspirational quotes on the board and being as cheery as can be. When one front end employee went to another department, they all got them flowers and a card to show they're valued.

"I think if we have that community and that positivity even when we have that stress, we can see that light at the end of the tunnel," she said.

Throughout the year and two months, employees have been yelled at and have taken the heat from customers about things out of their control like having to wear a mask. Dyke said it's tough, but they just have to show that they're human too and continue to stay positive.



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Thank You Essential Workers

Keeping safe on the water this fishing season

By Katelyn Boulanger

With fishing season starting on May 15 this year, and bringing more people to the water the Lifesaving Society of Manitoba is reminding residents to make boating safety a priority before they leave the dock.

“One thing that everybody needs to know is they have to check their specific craft because the required safety equipment does vary depending upon the exact type and length of your craft,” said Manitoba Lifesaving Society’s Water Smart Coordinator Dr. Christopher Love.

Love says that even though you’ll need different equipment for a Jet Ski than you would for a fishing skiff or a yacht there are some basic pieces of safety equipment that everyone should be aware of.

“Common things that everybody’s going to need is they are going to need an approved life jacket, for each person who is going to be in the boat. By law, you just have to have it, it has to be the appropriate size, and it has to be in the boat when someone is in the boat. Our recommendation is that they actually need to be wearing that life jacket,” said Love.

Lifejackets are the number one thing that he recommends, saying that they should be put on even before you get on the dock and not taken off until after you are safely off the dock. However, he says that one thing that people may not know about lifejackets is that they need to be either Transport Canada approved, or Canada Coast Guard approved which means that if a fisher grabbed a lifejacket on a trip to the US, prior to COVID, that jacket might not meet Canadian standards.

Another item that is required on many crafts is a sound signaling device such as an air horn or a whistle



STANDARD PHOTO BY BRETT MITCHELL

Chris, Kim and Kaiden Yap enjoyed a day on the water on May 15.

which can be used to avoid collisions when you are in reduced visibility but also helps if you fall overboard as your voice will eventually give out but a whistle can make noise for much longer.

“We recommend with those two things that I’ve already mentioned, the life jackets and the sound signaling device, you actually combine those, you put a whistle on every single lifejacket that’s in your boat so that when somebody is wearing [their lifejacket], they automatically have the sound signaling device on them,” said Love.

Some other common items that you will need are a heaving line, which is essentially a rope that floats and can be used for rescues, an anchor, a manual propelling device like paddles, a fire extinguisher if you are cooking or have a fire hazard on the boat and lights if you operate outside of daylight hours.

For larger crafts a reboarding device may also be necessary and should you be taking your boat on a larger body of water where you may not be able to see land at all times, a radar reflector could be necessary.

“A radar reflector is essentially a device that you affix to the highest point of your craft or you affix to a pole so that it gets some height above your craft and it’s to make you visible to other crafts that are using radar as part of their navigation methods.

It’s also used if you are ever reported missing, and search and rescue are out looking for you,” said Love.

Some things that may not be required but that he recommends you consider when taking the boat out are a toolkit of basic mechanical repair supplies and a basic first aid kit.

“I’ve heard plenty of stories of incidents where fish hooks have gone in the wrong direction or into the wrong place. I’ve heard stories about fillet

knives on a rocking boat. I’ve heard stories simply. I mean some of the fish that we have in Manitoba, they bite or they’ve got really rough scales and so having those basic first aid supplies — you don’t have to have the world — but having some basic antiseptic, some band-aids a little bit of gauze that can be a big difference between dealing with something easily and immediately or it becoming worse,” said Love.

He also suggests, especially at this time of year, to prepare for changing weather conditions. It may be colder on the water than it is on the shore and water temperatures at this time of year are still very cold as the water hasn’t had time to heat up yet.

Additionally, let someone know where you are going and when you plan to get back just in case.

COVID-19, of course, also comes into play this year as you need to adhere to provincial safety regulations even if you are out on the water.

Also, as always you will require your craft operator card and boat license.

“By doing this planning ahead, by preparing ahead, you can avoid a whole lot of problems and you can have a really, really enjoyable time out on the water,” said Love.

Love recommends anyone wanting to head out whether it be on the lake or the river check out the Canadian Safe Boating Council’s Boat Notes App, which is available on both the Google Play Store and Apple’s App Store and breaks down all the items that you need for your particular boating situation. You can also get additional information on the Manitoba Lifesaving Society’s website at lifesaving.mb.ca or the Canadian Safe Boating Council’s website at csbc.ca.

> XPLORNET, FROM PG. 8

“We’ve met virtually, we’ve shopped virtually, we’ve exercised virtually, we’ve marked the holidays virtually,” Pallister said. “You name it, we’ve gone virtual.

“Being connected and living virtually are no longer choices. They’re necessities. They’re a way of life in 2021.”

But not all Manitobans have equal access to that way of life. It’s time, the premier stressed, to change that.

“Too many Manitobans, more than in any other part of the country, are deprived of the opportunity of reliable internet and cell service,” he said. “We’ll advance as a province only when we advance our knowledge infrastructure that allows everyone to join in that progress.”

Through Manitoba Hydro, the province owns thousands of kilometres of fibre-optic cable across Manitoba, however much of the network is surplus, unused capacity. The network was created to communicate with northern hydroelectric facilities and transmit data.

Xplornet will make use of this surplus capacity to connect more than 125,000 unserved or underserved Manitobans to its broadband and cell phone services as early as this fall.

“Xplornet looks forward to collaborating with the government of Manitoba and accelerating our facilities-based network investment plans to deliver improved speeds and unlimited data plans at affordable prices

to rural Manitoban homes and businesses,” said company president and CEO Allison Lenahan.

Communities across the Pembina Valley are on the list to receive increased broadband and/or cellular service under this project.

The Manitoba government, Manito-

ba Hydro and Manitoba Hydro Telecom are collaborating to finalize the contract in the coming weeks.

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History... 100 years ago today

Submitted

(This feature will inform readers of a condensed version of events that were in print in the Dufferin Leader from 1921, 1946 and 1971)

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Work Gauntlets & Gloves—Reduced to \$1.65
Ladies White Skirts--\$3.00-\$6.50 all sizes
Silk Hair Ribbons—5 inches wide---30 cents a yard
Overalls, dresses and Playall suits for Kiddies ---90 cents each
Peoples Store—operated by McClure and McCullough
Men's Suits \$23-- \$30
Felt Hats : \$2.50--\$6.00
Fine Dress Shirts \$2.00--\$4.50
Work Shirts \$2.00- \$3.75
South End General Store---D.R. Kerr
4 lb. pail of Strawberry Jam \$1.00
Prunes 10 lbs. for \$1.00
All canned vegetables 5 tins for \$1.00
Splendid Broom, 4 string, painted handle 75 cents.

May 24, 1951

Chartered Bus Service for Carman
Buster's Bus Service started by H.E. (Buster) Course is a 34 passenger bus that is open for charter by any group or organization and will also carry Grey Goose overload on Saturday or holidays providing it is not in use.
A special contract has been arranged to carry the Carman Cardinals baseball team to all their out of town games for the season. The team will take 15 players so the rest of the seats will be available for fans who wish to follow the team.
Mr. & Mrs. David and Laura Lawson celebrated their Golden Wedding An-

niversary on May 15 at their home. 152 family and friends signed the guest book. All of the family, 7 sons and 3 daughters, were home for the occasion. Also present were David's brother, Robert who was best man and Mrs. W. Bulmer and Mrs. R. Garnett. Laura's sisters who were bridesmaids.

A four day school of instruction was opened in the Memorial Hall for enumerators who will do the census in the district. 17 men are being trained. C.W. Orchard is in charge.

May 27, 1971

The 1971 Canadian Census will be conducted on June 1 in the local area, R.M.'s of Dufferin, Roland and Thompson by 20 people. Forms will be dropped off between May 24 to May 28. Householders will complete these forms on June 1 and have them ready for pickup in early June. Farmers will also be left forms to fill out regarding farming operations. Census workers are to have them collected and paper work completed before June 18.

Note the difference between 1951 for Census Collection and 1971. Now in 2021 you were sent a code number and expected to fill them in online if possible. Paper copies were only sent by request to those without computers.

Paul Froebe is planting 13 acres of strawberry plants this spring. His plans for the future are to keep 80 acres of strawberries under a crop rotation. By operating a Customer U-Pick, it will help to cut down on cost. He hopes to put in irrigation next year.

34 district farmers put in a neighbor's crop on May 25. Jim Howie was unable to perform any of his spring work due to a prolonged illness. Albert Mutcher, Murray Maddison, Stan Graham and Bob McIntyre organized the one day event.

There were 30 tractors in service during the day, each with a specific job and other men doing whatever else was needed. The wives of the farmers each brought a certain amount of home cooked food for the large gathering of workers at noon.

160 acres was completed seeded by noon and the rest was finished in the afternoon.

Celiac Association Virtual Walk-a-thon

Submitted

The Canadian Celiac Association Manitoba Chapter would like to invite everyone to participate in our Annual Virtual Walk-a-thon. The event will be starting June 5 to the end of June to raise funds to support those requiring gluten free food through Harvest Manitoba. Pledge

sheets will be sent out to supporters but the general public is invited to join in.

Go to www.manitobaceliac.com to download a pledge sheet and start seeking donations today. This will be a virtual event so be creative as to how the walkathon could be work for you!

Amputee's story highlights importance of farm safety



STANDARD PHOTO SUBMITTED

Merrill Loeppky lost his right arm in a grain auger accident as a child and today warns of the dangers on the farm.

By Martine Lepine

With farming season here, Merrill Loeppky, a War Amps Regional Representative, is reminding parents to pass on an essential and possibly life-saving lesson to their children – PLAYSAFE!

Merrill grew up on a farm in Manitoba, and at 3 years old, his curiosity led him to get too close to a grain auger, resulting in the loss of his right arm. "Accidents can happen in a split second," says Merrill. "I hope my story will prevent even just one child from being injured."

The War Amps PLAYSAFE Program aims to make children more aware of the dangers in their play environment and believes that no one is better qualified to deliver the message than amputees, many of whom have lost limbs in accidents while at play, like Merrill.

"It's important that families and educators help make kids aware of the dangers on the farm," says Merrill. "Kids should never be near grain augers, tractors, lawn mowers or other 'mean machines.'"

The public can access valuable safety resources, including PLAYSAFE: Don't Let It Happen to You, a video featuring young amputees who share their stories about how they lost their limbs in accidents, visit waramps.ca/playsafe.

What's *Your* story?

We want to hear from you.

The Carman-Dufferin Standard connects people through stories to build stronger communities. Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out? Please share your story ideas with **Dennis Young** at denjohnyoung@gmail.com or **Lana Meier** at news@carmanstandard.ca or call 204-467-5836.

The Carman-Dufferin
STANDARD

Homebound seniors connect with new app

By Nicole Brownlee

A B.C.-based app offers convenient entertainment and helpful services for seniors with an age-friendly design.

Co-founder Barry Jones launched Stayhome-living in Jan. after recognizing the harsh impact COVID-19 restrictions had on seniors' social lives.

"For most people our age, it's doable but very inconvenient. For the seniors, it was a much harder experience for them," said Jones.

Seniors rely on social circles to stay engaged and connected with their community, and because of COVID-19 restrictions, they become isolated, said Jones.

"Many of us have the luxury of having to work from home and keep connections up through technology," said Jones. "I saw this firsthand through my parents in their late 80s, very social people suddenly all of their social angles, their weekly get-togethers for potluck dinners, cocktail parties... all of that just fell away dramatically."

Jones wanted to create a free resource for seniors to help them regain some connection to their friends and family. With the help of his business partner Carolyn Glazier, and Glazier's father Tom,

the team built the Stayhome app last summer.

"We did a survey of about 150 seniors in the community and sort of asked them what they would like and what they would find useful in it, and it sort of grew organically from those roots," said Jones.

The app looks like a house. Portals for entertainment, healthcare services, local resources and social media apps are located in windows and doors.

Videos walk the user through setting up the app, like joining their Facebook or email to the "connect" page or showing users how to book a medical appointment online.

"People have really enjoyed [the instructional videos], you know, they can ask 10 times, and they're not embarrassed, and nobody's losing their patience if they have to pause it and go back and watch again," said Glazier.

As users become proficient with the app, they can access different features like playing online games, ordering food from delivery services and arranging transportation depending on their region.

"It's just a wonderful mentality that this age group has," said Jones. "They have a 'give it a go' mentality, and it's refreshing."

"YOU SEE AND HEAR OF NEW APPS BEING LAUNCHED, BUT REALLY NONE OF THEM HAVE SENIORS IN MIND."



PHOTO SUBMITTED

Barry Jones said he wanted to create an app that would help seniors like his parents reconnect with their friends and family during the COVID-19 pandemic.

First launched in Surrey, B.C., the team hopes to expand its reach across Canada and continue adding new services to the app.

"You see and hear of new apps being launched, but really none of them have seniors in mind," said Jones.

To learn more about the free app and access instructional videos on how to install it, visit <https://www.stayhome-living.com/>.

Writer draws on family's connection to Morden

By Lorne Stelmach

A short time spent in Morden during his growing up years has had a long lasting impact on a Winnipeg writer.

James Scoles sees some of the southern Manitoba community's influence in his writing, which has seen him recently release his poetry collection The Trailer featuring his award winning piece with that title.

"It's amazing how our family and that town have always been connected," Scoles said in an interview last week.

"A lot of the poems in the collection are country poems and farm poems," he noted. "It's a humorous and poetic look at what it's like to sort of live on the edge of a city ... a number of poems in the collection sort of touch on getting out to the family farm, getting out on the country roads and feeling that freedom again."

Scoles was born and raised in northern Manitoba, but the family lived in Morden for just under four years, and he attended elementary school here and played hockey and baseball.

The family connection in the region goes further with his father having been born in the Miami area, where there is still a family farm, so there are still many visits here with both family and friends.

"I think of all the connections we

made and the friendships we sort of maintained over the years that sort of have meant more and more to me," he said. "I really still identify with Morden and all the friendships and the connections that we made. We've always had these connections with Morden that are going on and on, and they were built from that short amount of time we spent there."

Scoles now lives in Winnipeg, where he teaches creative writing and literature at the University of Winnipeg. He holds degrees from Arizona State, North Dakota and Southern Illinois universities, and he has lived, traveled and worked in over 90 countries.

He gained attention in 2013 when his piece The Trailer won the 2013 CBC Poetry Prize, and his short stories are featured in Coming Attractions 13 (Oberon Press) while his writing has been nominated for The Journey Prize, Pushcart Prize and both the Western and National Magazine Awards.

Recently, in conjunction with National Poetry Month, Signature Editions launched his debut poetry collection, The Trailer. In this collection, Scoles takes you to the city's outskirts, where everything moves just a little slower than the rest of the world and where all the beauty, joy and humour of life can be found within four tin trailer walls.



STANDARD PHOTOS SUBMITTED

Recently, in conjunction with National Poetry Month, Signature Editions launched James Scoles' debut poetry collection The Trailer.

"The Trailer is sort of representative and metaphoric of a relationship ... it's also the idea of coming through that and everything that influences a relationship," said Scoles.

"It sort of came together from that, the exploration of a relationship and a place and trying to blend the two together in a metaphor of what it's like to sort of live on the edge, be on the edge and find that stability within that realm."

"I hope readers get the humour and they get the varied look, the poetic look. I use a variety of different forms,

whether it's a sonnet, whether it's a short sort of meditative poem," he noted.

"I try to take a look at life from the humorous perspective and also sort of give people the idea what it's like to sort of live on the edge of a city and to experience love and a relationship in this place."

He sees parallels between the precariousness and instability of it all with the current circumstances but also sees the need to be "finding hope amidst all of this, hope and humour," he concluded.

Where are they now? Catching up with Blake and Racille (Hodgson) North

By Dennis Young

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

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

I lived in Carman from March of 1953 until 1971. Racille was a Roland girl, but went to school in Carman from Grade 9 to 11.

Q. Did you attend school here?

All of my public schooling from grade 1 to 12 was done in Carman. Racille attended Roland School from grade 1 to grade 8, did grade 9 to 11 in Carman, and finished grade 12 in Winnipeg.

Q. What did you do for a living here?

We did the typical summer jobs. I delivered papers, worked at the golf course and flower shop, and did other odd jobs around town. Racille worked as a waitress.

Q. What did your family do for a living here?

Dad was a doctor who served Carman from the end of the war until his death in 1980. Mom, with a family of six children and a variety of "strays" that lived with us off and on, was a full time stay at home mom!

Q. What activities did you participate in?

I was active in many sports. These included hockey, golf, volleyball, swimming, basketball, soccer, hunting, fishing, football, and anything else I could get into. I also loved playing the piano and guitar. Racille dabbled in some sports but her passions were more in the artistic and musical areas. She played piano, sang, painted, sewed, and crafted.

Q. Did you meet your spouse here?

Racille and I met after she came to Carman for her grade 9 year, I was too busy with life to notice her but she

noticed me and promptly set about changing that! The rest, as they say, is history.

Q. What got you to leave Carman?

We both left Carman for Brandon to pursue our post secondary education.

Q. Did you move around lots once you left Carman?

I started in Brandon University in 1971 and completed my BSc in 74. After an additional year of science courses in 75, I took a year of education and started teaching a term position in Pilot Mound in the spring of 1976. Over these five years my time was split between Brandon, Carman, Reed Lake, and Winnipeg as I pursued various jobs between my studies. After completing her grade 12, Racille moved to Brandon to become a registered nurse. She graduated in 1974 and took immediate employment as an operating nurse at Brandon General Hospital.

Q. Do you have family now?

Our children, Tyler and Lachelle, were born long after our Carman years. Tyler currently lives in St. Norbert with his wife Lisa and their children, Lennon (7), Sadie (5), and Nixon (3). Lachelle lives in south St. Vital with her husband Ryan and their 3 children Sophie (12), Chase (10) and Mya (7). Tyler and Lachelle are both teachers, Tyler in Steinbach and Lachelle in Winnipeg. Ryan works in administration with Maple Leaf Foods and Lisa is an engineer with Manitoba Hydro. Racille was an only child, but I have five siblings who either live(d) in or visit town frequently.

Q. What else have you done, where and how long?

My casual jobs while going to university included working as a joe boy and occasional fishing guide at Grass River Lodge, a soil science research assistant out of the U of M, a painter of buildings, and a golf course laborer. During these years Racille had summer jobs as a cosmetics consultant

at Simpsons Sears and a cashier at Scrase's Store in Clear Lake.

Q. What do you do now? Retired?

After university I began living and teaching in Wawanessa in 1976. Racille and I were married in 1979 and we have lived there ever since. In 2011, 35 years later, I retired. Racille worked in the Brandon OR for about 10 years, then she worked in Glenboro, Wawanessa and Souris hospitals coordinating a rural OR program and doing general duty nursing. In the 90's she switched over to the Red Cross and Canadian Blood Services where she worked until her retirement in 2014.

Q. What passes your leisure time now? Hobbies?

Racille and I love to spend time with our kids, grandkids and family. When this is not happening I spend my time walking, reading, playing golf, piano, guitar, or hunting and fishing. Racille enjoys reading, crafting and working with her plants.

Q. Any future plans?

We have no major plans other than to survive these challenging times and to try to get more exercise and healthy habits.

Q. Have you travelled and where?

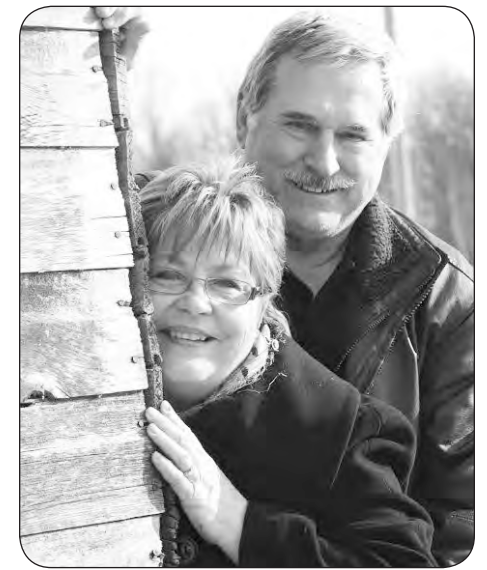
We have been fortunate to have enjoyed trips to Cuba, Hawaii, Nevada and the East Coast since our retirements. Prior to that we had seen most of Canada but we had not travelled abroad very much.

Q. Do you ever return to Carman?

We do get back to Carman occasionally but not as much since Mom passed away a few years ago. I love my brothers and sisters and family and friends, but apart from the odd golf outing or special event our car automatically seems to steer towards Winnipeg and the grandkids!

Q. What are some of your fond memories of Carman days?

My memories of Carman are all fond ones! Some are bittersweet but they are precious nonetheless. The Car-



Blake and Racille (Hodgson) North

man Fair -the Rex Cafe at closing time on Saturday night -the Boyne Theatre on Saturday afternoon with my grandmother -shooting pool at "Fogeyland" at the back of the Ryall Hotel or at the pool hall -opening of Syl's -going to "Sleepy" Shilson's store -coffee with Dad and the business men at the York Café -ice cream cones at Humphrey's drug store -bugging "Lefty Doolan" at the old golf club house -building of Stephenfield Lake -the grain elevator fires -North-Enders, South-Enders, and the Hammond Avenue gang -Charlie Red Star!! Those are just a tip of my memory iceberg lol! Apart from the family experiences, the wealth of friends and acquaintances I grew up with is astounding. I feel like I grew up in a John Steinbeck novel.

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

In closing I would paraphrase that "you can take the boy out of Carman, but you cannot take the Carman out of the boy". I think about you often, but the road carries on. If you wish to reach this former Carmanite please send an email to denjohnyoung@gmail.com and Dennis will forward it to them for further contact.

Tips for wildfire readiness from the Canadian Red Cross

Submitted by the Canadian Red Cross

With dry conditions across the province, the Canadian Red Cross has some tips for keeping your home safe and your loved ones prepared for wildfires:

- Know the risks in your community as conditions can change quickly. The Government of Canada has a fire management information system that monitors fire danger conditions across the country at Canadian Wildland Fire Information System.

- Take steps to keep your house and surrounding area clear. Regularly

clean roofs and gutters, and remove dried out branches, leaves, and debris. It is good practice to maintain a 1.5 metre non-combustible zone around the home by raking down to soil, rock, or concrete.

- In case of wildfires, keep a small household item like a rake or shovel handy to tamp down small fires before emergency responders arrive. Ensure that driveway entrances and house numbers are clearly visible for identification ease for firefighters.

- Keep an emergency kit on hand in case of evacuation. A basic kit should

include supplies for 72 hours after an evacuation and include non-perishable food, cash, a first aid kit, keys, medication, a change of clothes, water, and important documents, such as home insurance information.

Update your kit regularly to discard expired medication and food. Include items to avoid the spread of COVID-19 including masks, hand sanitizer, sanitizer wipes, and gloves.

Go to redcross.ca/ready to learn more about assembling an emergency preparedness kit.

- If an evacuation is imminent, back

your car into the driveway with the windows closed and valuables packed. If you have pets, keep them close and under control. Close all windows and doors in the house to reduce smoke and debris from entering your home. Move all combustibles away from the house, including barbecues, firewood, and lawn furniture.

- Be certain to listen closely for updates on TV and radio including road closures and evacuation routes. Follow instructions from emergency officials and stay safe.

get inspired

> MEAL IDEAS



Grilled Pineapple Burgers with Honey Garlic Barbecue Sauce

Total time: 30 minutes
Serving: 2

- 2 rings freshly cored pineapple
 - 2 Lightlife Plant-Based Burger patties
 - salt, to taste
 - pepper, to taste
 - 2 sesame seed burger buns, lightly toasted
 - 1 cup baby arugula
 - 1/4 cup crispy fried onions
 - 2 tablespoons honey garlic barbecue sauce
- Heat grill to medium. Grill pineapple

slices 4-5 minutes per side until grill-marked and slightly caramelized. Cut slices in half and set aside. Wipe down grill.

Season burger patties with salt and pepper, to taste. To grill burgers from refrigerator, grill 4-5 minutes per side until evenly browned with internal temperature of 165 F.

To assemble burgers, layer toasted bottom buns with arugula then top each with burger patty and two slices grilled pineapple. Sprinkle with crispy fried onions and drizzle with barbecue sauce. Top each with top bun.



Avocado Toast Dogs

- 4 Lightlife Smart Dogs
- 4 hot dog buns
- 1/2 teaspoon everything bagel seasoning
- sriracha

Lightly coat grill grates with oil and preheat to medium heat.

In small bowl, mash avocados, lemon juice, salt and pepper. Cover and rest in refrigerator.

Grill dogs 6-7 minutes, turning frequently.

While dogs are grilling, lightly toast buns.

Spread avocado mixture on one side of toasted buns. Sprinkle each with everything bagel seasoning. Add dogs and drizzle with sriracha.

Total time: 15 minutes
Servings: 4

- Oil
- 2 medium avocados
- 1/2 lemon, juice only
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Do you have a Health or Wellness Business?

Call The Carman-Dufferin Standard at 204-467-5836 to advertise



Four tasty proteins for optimal health

Submitted by Julie Germaine

When it comes to losing weight and developing a healthy body, protein is of the utmost importance. It is used for muscle repair and recovery, and plays a major role in maintaining a healthy metabolism.

There are many different foods that contain quality proteins, and I am going to highlight some of my favourites for you, to make it easier to incorporate adequate protein into your daily diet.

It is an easy choice to start with eggs – especially since this is an ideal breakfast! Eggs contains all nine essential amino acids, making them an excellent source of complete protein. If you wake up and enjoy a healthy, 3-egg omelette, you've already consumed about 18 grams of protein. Your goal should be to nearly match your weight in grams of protein per day, so a 140 lb woman would try to consume about 25 grams of protein in each meal and snack she eats each day.

Snacking mid-morning or in the afternoon doesn't have to be carb-heavy and unhealthy. Try Greek yogurt with some fruit, sliced almonds, and crushed walnuts to add over 30 grams of protein to your tally, including valuable BCAAs (branched-chain amino acids), a must for those of you who frequently exercise.

Chicken is a popular meat protein because it is affordable, can be cooked in so many ways, is lean (low in fat) and contains about 31 grams of protein per breast. Bonus: this is another complete protein, so your body will be able to use every bite effectively.



Health and Wellness Fitness expert Julie Germaine

Pair your chicken with lentils, or use them as the main dish, and you're receiving more than 18 grams of protein per cup! Eating mindfully is crucial for vegetarians, as plant-based proteins are often not complete proteins, however varying your food choices throughout the day should ensure you are easily meeting your nutritional needs and keeping your body super healthy.

I am passionate about helping men and women achieve their fitness goals! Please visit my website for information on my virtual personal training and nutrition programs, including my 30 Day VIP Fat Loss Challenge and one-on-one live video workouts! www.juliegermaine.com

Julie Germaine is a 2x Pro Fitness Champion, Certified Nutrition Expert and Specialized Weight Loss Coach. She has help thousands of men and women achieve inspiring body transformations through her virtual coaching since 2005.



Oh-So-Berry Cobbler

- 1 1/2 cups brown sugar
- 2 teaspoons vanilla extract
- nonstick cooking spray
- ice cream

Heat oven to 350 F.

In large bowl, mix strawberries, blackberries and blueberries then add lemon juice and cornstarch; mix to combine. Refrigerate 20 minutes.

In medium bowl, whisk flour, baking powder and salt. Set aside.

In bowl of stand mixer, beat butter, brown sugar and vanilla extract on medium speed until blended. Gradually add flour mixture until crumbles form.

Spray 9-by-13-inch baking dish with nonstick cooking spray.

Pour berries into bottom of dish. Top berries with crumbles.

Bake 30-40 minutes, or until lightly browned.

Serve with ice cream.

Servings: 8

- 2 cups strawberries, sliced
- 2 cups blackberries
- 2 cups blueberries
- 2 tablespoons lemon juice
- 3 tablespoons cornstarch
- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 cup butter, softened

Classifieds

The Carman-Dufferin
STANDARD

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MISCELLANEOUS

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2. streets of businesses
3. business owners

These are not for publication but for documentation purposes!

Please have a look and contact me (204) 745-8811 or denjohnyoung@gmail.com

The Carman-Dufferin
STANDARD

Calling all ROADMASTERS / TRAIN MASTERS!

Great Plains Rail is hiring now!
Call 204-633-0135 to apply!

TOWN OF CARMAN PUBLIC NOTICE

TRANSFER STATION HOURS

Monday, Wednesday, Friday – 1:00 p.m. to 4:00 p.m.

Tuesday and Thursday CLOSED

Saturday 11:00 a.m. to 4:00 p.m.

TOWN OF CARMAN PUBLIC NOTICE

To streamline recycling efforts, the Town of Carman announces that effective **June 1st, 2021**, the **RECYCLING DEPOT** located by the Public Works Shop on 1st Avenue NE will be **RELOCATED** to the Carman Transfer Station (located south of Carman).

All recycling materials will be accepted at the Carman Transfer Station during regular hours of operation. Thank you for your cooperation in this matter.

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Vern & Linda Siemens

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BIRTHDAY



Joyce VanKoughnet is turning 90 this month! Happy Birthday Mom! -Love from your family

BIRTHDAY



If you see this guy on the 30th of May, Wish him a Happy 70th birthday. Happy Birthday Papa Ken -XOXO Ellie, Parker, Braxton and Rogan

BIRTHDAY



On May 26th Rogan turns one, It's been a crazy year of many firsts, Filled with adventures and tons of fun!



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

Sudoku Answer

take a break > GAME

SUDOKU

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

Level: Intermediate

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!

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!

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The joys of spring AT HOME

Tips for gardening in a shady yard

Even if your yard doesn't get much sunlight, it's still possible to grow a beautiful garden. The key is to select shade-tolerant species. Here are some suggestions.

PERENNIALS

In addition to hostas, which thrive in shady conditions, many perennials don't require much sunlight. Consider planting:

- Leopard plants, whose yellow flowers are sure to brighten dim spaces
- Coral bells, which are great for lining the edges of a flower bed

- Undergrowth ferns such as ostrich, lady and wood ferns
- Bugbane, which has spikes of wispy white flowers on tall stems
- Forget-me-nots, which have beautiful blue springtime blooms here are also a number of ground cover plants that are well-suited for shady conditions such as bugleweed, lily of the valley and creeping dogwood.

SHRUBS

There are several types of ornamental shrubs that can add height and texture to a shady garden, including:

- Holly
- Dogwood
- Squirrel corn
- Rhododendrons
- Some hydrangeas

In addition to looking for shade-tolerant species, be sure to consider the hardiness zone you live in when selecting plants for your garden.

Make your yard a paradise for pollinators

Habitat loss is one of the main causes of decline in the population of bumblebees and other pollinators. If you want to help protect these vital species, consider growing nectar plants in your yard. This will provide a food source for the insects and birds that pollinate your community's gardens, orchards and fields.

CHOOSING PLANTS

There are many kinds of flowering species that can beautify your yard while also creating an inviting space for pollinators. Sunflowers, anemones, goldenrods, echinacea and hydrangeas are all great picks. Pollinators are attracted to a number of annuals as well, including borage, centaury and cosmos.

If you prefer to grow food in your garden, consider planting aromatic herbs like oregano, sage and thyme. Fruit trees and plants, such as apple, blueberry and strawberry are a good source of nectar in spring.

ADDITIONAL ADVICE

If you want to attract pollinators to your yard, be sure to:

- Grow nectar plants in areas that are sheltered from the wind
 - Include white flowers in your garden to attract nocturnal pollinators
 - Provide a source of water such as a small fountain or birdbath
 - Avoid weeding dandelions, clovers and ivy; they're rich in nectar
 - Plant species with varied bloom times so you have flowers from spring to fall
- By following these tips, you're sure to create a welcoming environment for all kinds of pollinators.



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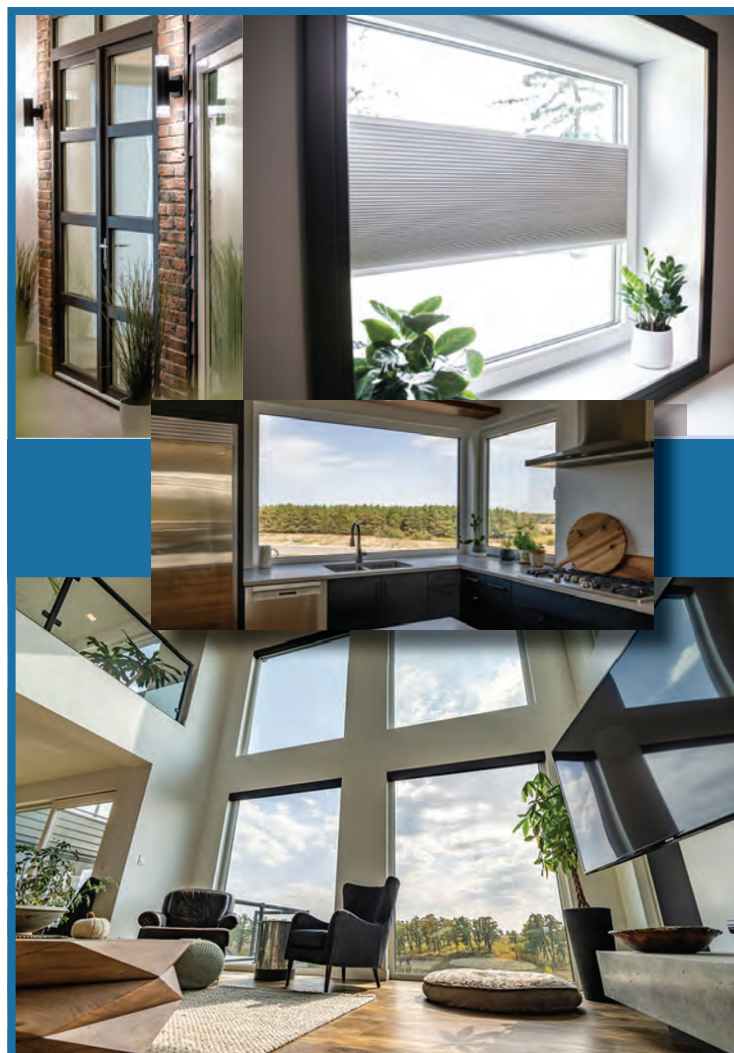
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