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## Hands-on learning

STANDARD PHOTO BY ROSANNE MASSINON

A team of five Grade 12 students from Carman Collegiate won the 2024 Manitoba Envirothon provincial competition from May 23-25 at the International Peace Garden. Pictured left to right, Rosanne Massinon (teacher advisor), Ryan Penner, Wrenly Crampton, Sara Gross, Griffin Carnelley and Wynelle Dueck.

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# Community groups opening doors at Boyne Lodge

By Ty Dilello

The Boyne Lodge in Carman now boasts some automatic door openers that the Boyne Lodge Campus Charity recently donated.

Now that spring is here, the residents of Boyne Lodge can enjoy the great outdoors more easily thanks to automatic door openers on the doors leading out to the balconies and patios of each Lodge house.

The installation of the door openers was made possible by the collective efforts of the Boyne Lodge Campus Charity, the Carman Area Foundation, and the Carman Health Auxiliary, all of whom are integral parts of our community.

"There is a wealth of research pointing to the benefits for seniors in long-term care settings in getting outside to enjoy nature," said Kelly Seward, Chair of the Boyne Lodge Campus Charity Inc. "We are particularly blessed by the beautiful setting of the Lodge alongside the Boyne River and close to King's Park and the Golf Course, all of which provide abundant green space to enjoy."

Helen Hoepfner, Manager of Health Services at Boyne Lodge, points to some additional benefits, "The auto-

matic door openers have been a wonderful addition to the resident homes. They allow the residents to be more independent in gaining access to the outdoor patios, where many residents enjoy sitting now that we are seeing warmer weather. The door openers also have assisted staff in transporting residents in and out of these areas with ease. We are very thankful to Boyne Lodge Campus Charity for designating donated funds to this project."

The door openers have been installed in all eight houses in the new Boyne Lodge, as well as the two renovated houses on the top floor of the original Boyne Lodge.

"This was a significant investment on the part of the Boyne Lodge Campus Charity," said Seward. "Funds came from the estate of Cecil Jordan through a generous donation to BLCC from Cecil Jordan's family to enhance the lives of the residents of Boyne Lodge. We were grateful to get extra support from the Carman Area Foundation and the Carman Health Auxiliary. All three of our organizations rely on community donations to continue our efforts of supporting projects like this one."



STANDARD PHOTO BY LINDA MACNAIR

Residents in Lake House, at the Boyne Lodge in Carman, now have easy access directly into the central courtyard with new automatic door openers. All of the homes in the new and renovated facilities have specific names including Wild Rose, Woodland, Sunflower, Crocus, Beach, Tiger Lily, and Prairie House.

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# Carman students win Envirothon provincials

By Ty Dilello

From May 23 to 25, two teams of five students from Carman Collegiate participated in the Manitoba Envirothon Provincial Competition, which was held at the International Peace Garden near Boissevain.

This annual hands-on environmental education competition for high school students includes an outdoor field test and an oral competition. This year, the Grade 12 team from Carman Collegiate (Ryan Penner, Wrenly Crampton, Sara Gross, Griffin Carnelley, Wynelle Dueck) placed first for their overall best score on the field test and oral competition to win the provincials.

The students battled some snow and the elements over the weekend at the International Peace Garden during the course of the Envirothon.

"It was a very fun experience, but it was very different with the snow," said Dueck. "There were a few changes to the competition, and we had to do the field test inside. For me, it was a bit of a shock to win, as it was my first time this year doing Envirothon, and we only had one experienced member, as the rest were also new to this. It was very cool to win, and a great achievement. I made many fun memories with my team, and enjoyed the opportunity to try something new."

"It was different than anything I've done before and a fun way to learning new things," added Gross. "It was neat to stay overnight, and I enjoyed getting to really immerse in the studies as well as team building. I didn't think too much into winning beforehand, but the team worked hard and really well together to really understand and share our knowledge."

The Envirothon is designed to encourage teamwork, problem-solving, and public speaking while fostering an appreciation for current environmental issues. Envirothon, a unique blend of team competition, environmental learning, and hands-on activities, is not just a competition but a platform for students to develop crucial skills.

This approach to environmental education equips students with the necessary tools to tackle environmental issues, fostering collaboration, critical thinking, and public debate skills. It's an inspiring journey of growth and learning.

"As a new teacher, I had heard about it at a Professional Development event and thought it sounded like an interesting extracurricular activity to offer to my students," said Carman Collegiate teacher Rosanne Massinon. "Not only has the program



STANDARD PHOTOS BY ROSANNE MASSINON

The other Carman team that participated at the Envirothon provincials consisted of, left to right, Jacob Florell, Mackenzie Dyck, Daniel Beichter, Lochlan Murray and Ezra Doell.

been a great experience for my students, but it has allowed me to connect and network with other science teachers and led to the implementation of other school programs like our garden and river water monitoring."

Massinon was very impressed with the winning team and the work ethic that they had showed which had helped make them successful at the provincial competition.

"The field test is very difficult and requires studying materials that are above and beyond the regular science curriculum," said Massinon. "We are competing against much larger schools, so I don't usually put much pressure on the students to study. I want them to have fun and enjoy the experience. This year's team took it upon themselves to spend extra time studying the material, and they still had a lot of fun."

After the Grade 12 team won, they decided to take the scholarship money prize instead of going on to compete at an international event in Geneva, New York, in July. Since they are all

graduating and going off to different universities in the fall, they have decided to each take the \$1,000 scholarship prize.

The Envirothon continues to grow every year, so if any high school students are interested in taking part next year, let your school know.

"I think the highlights for the students are the 'camp' atmosphere and the hands-on opportunities to apply what they learn in the classroom to real-life scenarios. There are also fun opportunities to meet students from other schools during activities like the trading post and trivia night."



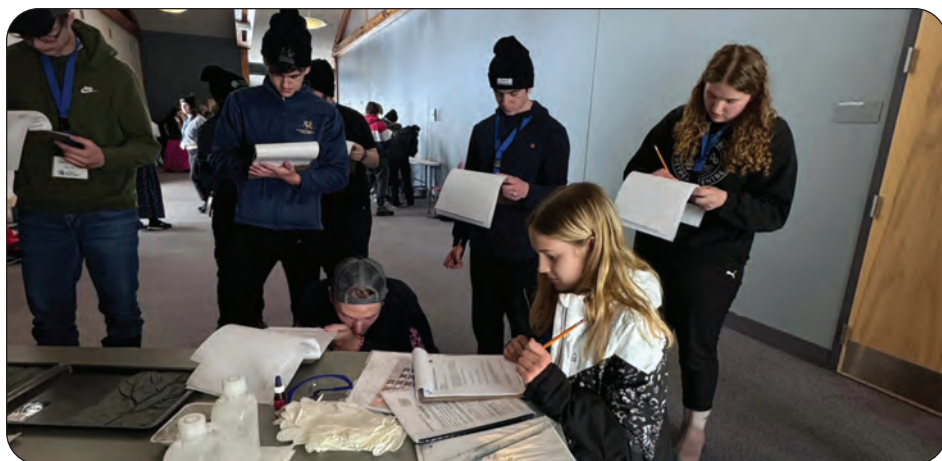
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The winning team from Carman going through one of the exercises during the final day of the 2024 Manitoba Envirothon provincial competition.

# STANDARD



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# getheard

EDITORIAL > VIEWPOINTS > LETTERS

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## Remembering...Carman's Dr. Bob Tjaden

By Dennis Young

Bob Tjaden was raised and educated in Sperling, while living on the family farm alongside his parents Anna and John Tjaden, his brothers Jim, Ken, and Bill and sisters Helen and Mona. He graduated from Sperling High in 1952 and headed to Winnipeg.

He attended the University of Manitoba from 1952-56 securing a degree in agriculture. With that, Tjaden travelled as a feed rep for two years before returning to university to study medicine in '58.

While attending the Manitoba Medical College, he spent two summers taking a research course on diabetes mellitus. That course credited Dr. Tjaden with a Bachelor of Science degree and after two years of internship at Winnipeg General, he graduated with his medical degree in 1962.

He was well known for his curling and football expertise playing junior for the Western Wildcats while attending U of M. In high school, he won the Travis North Memorial Trophy for sports excellence in 1952. The Carman Beavers Hockey Club named him President in 1964-65.

Keenly interested in surgery Dr. Bob took options during his years of study favoring surgical work. He won the Sara Meltzer prize and gold medal for the best all-round record in the total course in medicine. He also received the Ayerst prize as one of three stu-

dents having the best essays on drug therapy in some clinical conditions.

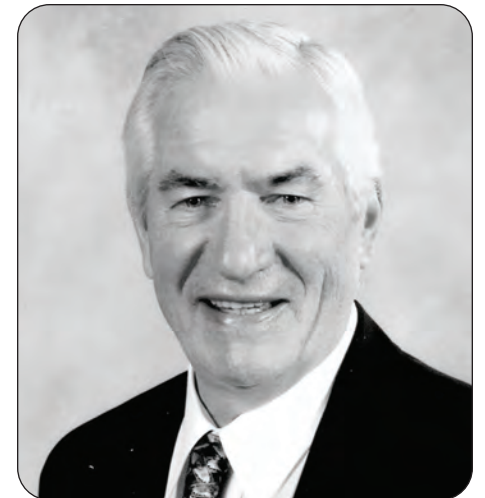
Tjaden moved to 144 College Ave. (3rd Street SE) and joined the Carman Medical Group. Ken Cunningham and Clint North had merged their professions in 1963 and renovated the Villiard Avenue (Main St.) office (vacant Adult Ed building) of Cunningham's.

He continued his studies at McGill University, however, graduating in diagnostic radiology in 1969. Tjaden moved on and continued his medical career briefly in Vancouver, and then in Kelowna as a radiologist during which time he spent time in Nigeria training doctors and technicians in that field.

He practiced there from 1970 until retirement in the early 80s then returned to his roots taking up egg farming for over 20 years in Armstrong B.C., on the family farm with his daughter Joanne. One of Bob's favourite past-times was selling eggs every weekend at the Farmer's Market. Customers would line up to buy fresh eggs from him.... hoping for double yokers!

In 1979, Tjaden was named the President of the B.C. Division of the Canadian Combined Training Association for equestrian.

"I got involved primarily for my daughter Janice," he said then. "My job as President will be one of basical-



STANDARD PHOTO SUBMITTED

Dr. Bob Tjaden practised in Carman from 1963-1969.

ly co-ordination and assuring funds are in place to travel."

After retiring from the egg farm, Tjaden travelled and spent time with his kids and four grandchildren. He most recently settled in Salmon Arm. However, due to knee and hip issues likely caused by his football and sports career, Bob started to suffer mobility issues in his later years but "remained alert and could talk your ear off like his mother Anna," said his son Ted.

Tjaden passed away on June 13, 2023, at the age of 88. Sadly, he was pre-deceased by his daughter Joanne in 2021 but is survived by his wife Marguerite, daughter Janice and son Ted. On the 2023 Labor Day, Bob was fondly remembered at a Tjaden Reunion held at the family farm and curling rink.

## Farmers invited to free mental health workshop

By E. Antonio

Don't miss out on this complimentary workshop focusing on mental health in agriculture.

The Do More Agriculture Foundation is offering a free mental health workshop, Talk, Ask, Listen in Carman to agriculture workers who are 15 years of age or older.

The Talk, Ask, Listen workshop is a free half-day interactive workshop facilitated by The Stress Expert founder, Louise Sanders.

The Talk, Ask, Listen workshop will be held on Wednesday, June 19 at the Carman Legion Auxiliary Hall from 9

a.m. to 1 p.m.

Coffee and muffins will be available to attendees before the workshop and soup and sandwiches will be provided for lunch.

Carman Wellness Connections has partnered with The Stress Experts to help promote the workshop.

Anyone in the agriculture industry can register to attend the Talk, Ask, Listen workshop.

If you or someone you know struggles with mental health, this workshop is for you. Sanders wants attendees to have "the skills to conquer stress and live a happier, healthier life."

Topics such as having difficult conversations, maintaining mental health wellness and learning the signs and symptoms of mental illnesses will be discussed.

Register for the Talk, Ask, Listen workshop if you want to gain mental health knowledge, bring home new self-care strategies and support your own or other's mental wellness.

Advanced registration is required and closes June 14. Register online at [www.domore.ag/events](http://www.domore.ag/events).

Visit [www.domore.ag](http://www.domore.ag) for more information about the Talk, Ask, Listen workshop.

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# Miami United Church to close, building transformed into arts centre

By Lorne Stelmach

A centre for faith in Miami is getting a second lease on life as a home for the arts.

The Miami United Church shuts down at the end of June, but the Miami Arts Association takes possession of the historic building as of July 1.

While it is unfortunate to see an end to worship there, the arts association is glad to be able to step in, as it had been searching for a place to call home.

"We're just happy that these two things coincided ... it seemed like it was meant to be," said arts association chairperson Heather Imrie. "It is an absolutely perfect fit for us."

"It's good to acknowledge that there will be new life in the building because it's been really rather sad ... but we just knew it was time to gracefully let go," said Audrey Douglas, a church member and volunteer.

The Miami United church was built in 1889 originally as Chalmers Presbyterian Church. In 1924, its congregation amalgamated with that of the local Methodist church to form Miami United Church, using the former Presbyterian building.

In recent years, the congregation had been declining, and a retired minister

who had been providing services was no longer going to be available, so the time had come.

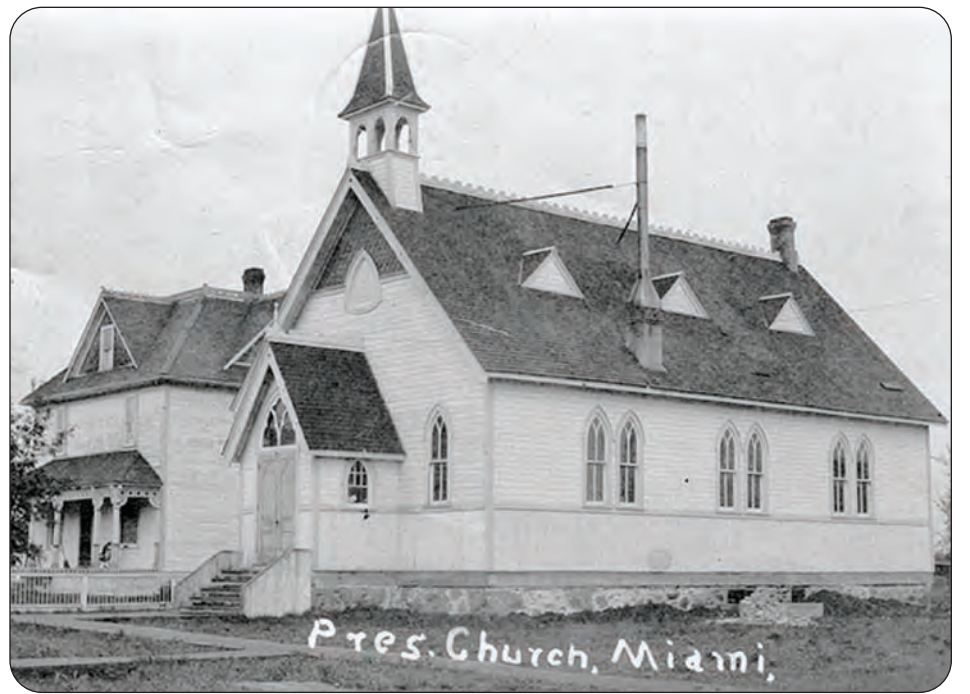
"It's been a gathering place for community functions for about a hundred years. It's been a gathering place for not only members of the church but also members of the community who have shared events with us," said Douglas.

"It's been a place that has brought people together for worship, for community functions, for celebrations ... so it's the close of an era," she said. "But we are thrilled that the arts association is hopefully going to keep it as a vibrant part of our community."

"We were all very, very excited when we were facing the possibility of closure, and this group approached us," said Douglas. "They said we're really sad this may be happening for you, but we are very interested in purchasing this building."

It is an exciting step for the arts association, which only formed in January 2023. It had actually been renting space in the church for its programming, so to some degree it already felt like home, said Imrie.

"It's kind of sad now that our church is going to close because it's been a part of the community life for a hun-



MANITOBA HISTORICAL SOCIETY PHOTO

The Miami United Church was built in 1889 as Chalmers Presbyterian Church. It became a United congregation in 1924. Next month that congregation disbands and the building will become the new home of the Miami Arts Association.

dred years," she said. "We do feel it's a great opportunity for our association. We're a new association, but this is absolutely everything we've ever conceived of doing one day. We could do it all there, and in fact it's the only building in town that really would be

able to host everything.

"Another tremendous advantage is the fact that it's still going to remain a public building in town that people can still go to ... we won't really have lost that," she added. "It's going to continue to be maintained, and we're

Continued on page 6

## Flashback...1965 top athletes



STANDARD PHOTO SUBMITTED

In 1965 these Grade 9-12 students received their Carman Collegiate Cs. The 'C' was the school letter which could be sewn to their Collegiate sweater or jacket. It was awarded at year end to students who excelled in both academics and sports. There was a point system for marks achieved and sports team participation with only a few awarded each year. Pictured back: Valerie Doyle G11, Bob Billing G10 and Merle Cutting G9; Front row: Nola Smith G12 and David Rothwell G12.

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# Free garden seeds available at Boyne Regional Library

By Ty Dilello

Attention all Carman Community Gardeners! Take note that the Boyne Grows Seed Library, housed within the Boyne Regional Library in Carman, currently has an abundance of complimentary seeds waiting to be claimed. Don't miss out on this opportunity!

If you're not familiar with what a seed library is, you can find all of the information on the Boyne Regional Library website.

A library membership is not required to join in. Instead, a "Seed Library Membership" form must be completed and the seeds you take home should be noted. While it's recommended to save seeds in autumn (or learn how), there is no obligation to do so.

There is a wide variety of food seeds, such as carrot, beet, bean, pea, corn, melons, squash and others.

In addition to a variety of

flowers such as marigolds, zinnias, and native options like milkweed and Joe Pye, there are also mixes of edible flowers like nasturtium. As for herbs, there are plenty to choose from including parsley, dill, cilantro, and even edible calendula.

In addition, the Library hosts a variety of events centered on gardening and the outdoors. There are also new additions scheduled to take place in the upcoming weeks and months.



STANDARD PHOTO SUBMITTED

The Boyne Regional Library in Carman has a free seed library where gardeners can come to check out and pick up some seeds.

## > CHURCH, FROM PG. 5

not going to lose that beautiful facility."

Imrie added a section of the space will be dedicated to the history and legacy of the church.

"Part of our gallery will be committed to a permanent exhibition to honour the United Church in Miami," she said. "It's a way we can preserve all of the pictures and preserve the life of the church in our community."

Once they take possession of the building, they will be able to continue holding meetings and hosting classes there. Imrie anticipates

they will do a grand opening sometime this summer or early fall.

"We feel really good about it," she said. "They really made it possible for us to run with this, and we are just really grateful to the church board for the faith that they've shown in us and allowing us to take over the building."

"Some of these old buildings, they just sit in decline and ruin, and somebody buys them and they have a plan but maybe it doesn't come to fruition," said Douglas. "We're happy that this is still going to be a productive part of the community."

# Philippines Independence Day celebration in Morden June 15

By Lorne Stelmach

On the 126th anniversary of their homeland's independence from Spain, the Filipino community is inviting the community to celebrate with them in Morden.

Independence Day is a national holiday in the Philippines observed annually June 12. Since 1978, it has marked the nation's independence from Spanish colonial rule on that date in 1898.

The growing Filipino community in Morden-Winkler hopes to move their celebrations outside this year, weather permitting.

"I think it will be more energetic," said Jewel Miralles White, who is one of the organizers. "We're so proud of our culture, we want to show it to the community. That's why we decided to do it outdoors."

"It's also a time for us to honour the courage of our ancestors and celebrate our culture and heritage."

The party is planned for the Suncatch Pla-

za next week Saturday, June 15, from noon to 9 p.m.

Food vendors will be on site starting at noon. The official program takes place at 5 p.m.

The day will feature cultural performances, traditional Filipino cuisine, arts and crafts exhibits and family-friendly activities.

"There will be traditional food, all Filipino food that is quite common on the streets of the Philippines. The event is free. Everyone is welcome," said Miralles White, noting the only thing people will need is to buy their food and bring lawn chairs.

She said it is an important event given the increasing size of the Filipino community here.

"I guess I was one of the first Filipinos in Morden," she said. "Over the last few years, the community has grown significantly ... part of the reason is the Morden immigration program has brought a lot of Filipinos here."

"The last time I checked, I think it was about 400 families," she estimated. "I'm not sure if they are all still around, but it has grown significantly."

Miralles White also stressed they would very much like to see a diverse audience of not only Filipino expatriates



STANDARD PHOTO SUBMITTED

The local Filipino community marks its Independence Day June 15 with an afternoon celebration in Morden's Suncatch Plaza, featuring food, cultural performances, and other fun activities.

but other local residents and individuals from neighboring communities as well to come together to share in the spirit of unity and patriotism.

"We're looking forward to having the local community join in and enjoy it," she said. "I'm hoping a lot of Filipinos will show up but also especially a lot of other local people. We are hoping a lot of people will show up."

# Flying enthusiasts to celebrate Carman's Airport Day on June 8

By Ty Dilello

On June 8, Carman's Airport Day activities will return to the Carman (South) Airport. The two main attractions of this special day are the brunch from 8 a.m. to 11 a.m. and the opportunity to view the aircraft coming and going.

Carman (South) Airport is located beside Hwy #3, south of the Carman traffic light by two kilometres.

The Carman Airport is kept up to date by a group of dedicated and energetic aviation enthusiasts, the Carman Flyers' Group, using support from the Town of Carman and Dufferin Municipality. This group dedicates much time to the day-to-day opera-

tion of the Airport.

"The Carman Airport does not belong to the Flyers," said John Carley of the Carman Flyers' Group. "It belongs to the surrounding region and is there to serve the region's aviation needs. The Carman Airport aims to provide a safe and efficient airport for our region."

Besides the brunch and the opportunity to visit, activities are planned for the airport's younger folks.

"Come on out, bring the family, have a visit and see for yourself the first-class aviation facility that we have in Carman."



STANDARD PHOTO BY JOHN CARLEY

This year's Carman Airport Day will be held on June 8. Commercial aircraft as well as private aircraft arrived at last year's Carman Airport Day from all across Manitoba. Come see what shows up this year.

# Miami Museum raising funds for a new roof

By Lorne Stelmach

The Miami Museum officially kicked off the season this past weekend with a fundraising effort for a new roof for a section of the historic building.

The project involves installing a metal roof on the former Anglican Church portion of the museum, which serves as its main entrance and office and houses the military and church-related exhibits.

The roof to be replaced was built over 110 years ago, so, like other parts of the original structure, it has been showing its age, said president Joe Brown.

"The roof had deteriorated, so we are putting a metal roof on it to make it more stable," he said, estimating the cost to be about \$12,500.

The museum has pursued a provincial grant, but much of the cost will need to be covered through fundraising.

Brown noted they have had some successful fundraising campaigns in recent years that raised in excess of \$20,000. One was for the mosasaur fossil exhibit, including replacing the roof on the former Albert School portion of the museum that houses the fossil, and another one was to purchase new computer equipment to digitize the collection of over 2,500 artifacts, books and photographs.

"We've been successful in the past ... we replaced the roof on the other part of the building, which was the old school," he said. "It comes on heels of two other projects ... so we've faced about \$30,000 in capital costs in the

last six years, but we've been successful in raising money.

"The museum's been in place just over 50 years. We've had good ongoing support. We've been able to renew the exhibits, been able to maintain the buildings," said Brown, who suggested the museum is very important not only to the local community but also the greater region.

"We've got a very good story here," he said, noting the wide array of items ranging from pioneer, military, and Indigenous artifacts to prehistoric fossils.

"People are a bit taken aback when they come through," Brown said. "They don't realize how big it is, firstly—it's about 2,500 square feet, which I think is bigger than your average home."

"It's jam-packed. We've got about 2,500 artifacts here," he said. "The history represented here is quite comprehensive, which I think is unusual for a museum like this here."

The Miami Museum is a non-profit and will issue a tax donation receipt for all donations of \$10 or more. For this campaign, they will add names to a new plaque recognizing bronze (\$50), silver (\$100), gold (\$500), and platinum (\$1,000) donors.

You can send donations to the Miami Museum at Box 153, Miami, Mb., R0G 1H0. For more information, you can call Brown at 204-435-2888, Jim Pankiw at 204-435-2370, or Nedra Burnett at 204-435-2191.



STANDARD PHOTOS BY LORNE STELMACH

From left: Miami Museum's Joe Brown, Jim Pankiw, and Nedra Burnett cut the ribbon Saturday on its fundraising efforts for a new roof for the former Anglican Church portion of its facility (below).



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It's normal to occasionally experience symptoms of anxiety or depression, like difficulty concentrating and low energy.

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# Miikawaadad Bridge named in ceremony organized by BRK

By Raegan Hedley

The walking bridge behind Legacy Estates over the Boyne River has a new name: Mikaawadad Bridge. The Boyne River Keepers (BRK), a group of citizens who work to promote, restore and protect the Boyne River and its watershed, held a Métis bridge naming ceremony on May 23.

"We did it on May 23, which is World Turtle Day and was the day of the full Flower Moon," said Chris Larsen, the Boyne River Keepers chair. "This was a Métis history-making moment where knowledge sharing leads to healing."

New signage was recently posted on several local pathway bridges in Carman, including Mikaawadad Bridge. A few years ago, Carman Elementary School students submitted the name as part of a contest to name the local bridges. Mikaawadad means "beautiful" in Ojibway.

Larsen said the Boyne River Keepers hoped to highlight the river's history with the naming.

"We wanted it to be an Indigenous name. The Métis people settled around the Boyne River before the settlers came," said Larsen.

Denise Strange is a grade one teacher at Carman Elementary School. Her grade one class participated in the bridge naming contest the BRK put out a few years ago. They researched and came up with the winning name, but they're no longer her students.



STANDARD PHOTOS SUBMITTED

Denise Strange and her grade one class on the Mikaawadad Bridge listening to Métis elder Dolorès Gosselin drum.

Instead, Strange said she decided to take her current grade one class to participate in the drum, water and tobacco ceremony led by Métis elder Dolorès Gosselin from Stuartburn. Gosselin also told a story about how the river was precious to all of life.

"The naming ceremony was an awesome learning experience. The students were able to listen to a Métis el-

der who spoke about the importance of water and its role in the Indigenous and Métis culture, then the kids participated fully in the ceremony," said Strange. "They had a water ritual they took part in, then they each took a piece of ceremonial tobacco and put it in the river to thank the river for all it gives us, and they were able to do a drumming piece."

Larsen described the water teachings as a way of learning to protect and care for the river and explained that tobacco is one of the sacred medicines for gratitude.

"We had a small vessel made from earth filled with living water. The kids had to pass it to each other without spilling... it was to show them how water is precious and remind them to be grateful for water as the giver of life," said Larsen. "It was so beautiful when they were doing it...they were so careful. I could see it in their faces."

Strange said Gosselin made it understandable for her students and was a hands-on way of learning about Métis and Indigenous cultures and traditions.

"It was very unique, especially being that they're so young...a lot of them have never been a part of something like that," said Strange. "It's a fun, interactive way to learn."

Larsen is a Métis artist and art therapist who operates River's Edge Studio in Carman, which is by the Boyne River. A couple of years after the group formed, she was approached to join the BRK and felt that it would be an honour to do so.



Grade one students intently focused on passing water without spilling as part of a water teaching during the Mikaawadad Bridge Métis naming ceremony.

"In Métis and Indigenous culture, they say that women are the water protectors. I live by the river, and it's always been important to me," said Larsen. "We have an amazing group of people who make things happen."

For their next project, Larsen said the BRK have been fundraising to build an accessible dock.

For more information about the work of the BRKs, visit [boyneriver-keepers.ca](http://boyneriver-keepers.ca).

## Understanding and healing



STANDARD PHOTO BY MONICA HALBESMA

On May 29, the Kairos Blanket Exercise "Braving the Healing" in Carman was well attended with 25 participants. Southern Health's Healthy Together Now Grant provided the funds to help put this empathic learning educational event on. A big thank you goes out to Indigenous Knowledge Carrier Viola Plett, Elder Carolyn Moar, and co-facilitator Mat Pilgrim for sharing their knowledge at the event.

# 90s Trivia Night raises funds for Carman School programs

By Ty Dilello

The Carman Collegiate Parent Advisory Council (PAC) hosted a 90's Trivia Night at the Boyne River Bistro on May 9 to raise funds for the school's music and drama program.

The Trivia Night saw the involvement of 12 teams, each comprising four members. These teams engaged in nine rounds of quizzes centered around the 1990s era, while also competing for top-notch costumes prizes.

The competition was intense, requiring two tie breaking questions to determine the victorious team consisting of Christian Froese, Lisa Pinkerton-Baschuk, Derek Baschuk and Jodi Gaultier.

The school's Parent Advisory Council raised \$950 after expenses, which made for a successful evening of fun.

The Parent Advisory Council would like to thank the following local businesses and individuals for donating prizes for its Trivia Night: Janzen's GM, Federated Coop Propane, McGees, Carman Golf and Curling Club, Home Hardware, Tom and Susan Mooney, Cut of Class, Klos Realty - Tamera Bell, BB Woodcraft, Aubin's Richardson Pioneer, Hometown Carwash, Carman Concrete, Hilltop Meats, Birch and Honey, Carman Pharmacy/Benefits RX, Kate Froese Pottery, The Prices Rite, Access Credit Union, Baker's Coven, Knockabouts, BSI, Carman Floristas, Doyle's Funeral Home, Toews Printing, BSI, and Diamond Hair Salon.



STANDARD PHOTO BY LISA PINKERTON-BASCHUK

Pictured, Lisa Pinkerton-Baschuk, Derek Baschuk, Jodi Gaultier, and Christian Froese won the Carman Collegiate PAC 90s Trivia Night fundraiser on May 9.

# Pride events returning to Pembina Valley this summer

By Ty Dilello

With the calendar turning to June, it is officially Pride Month in the Pembina Valley. Mark your calendars for a flurry of Pride events over the next month.

On June 7 at 6:30 p.m., a short ceremony will take place in Altona to raise the Pride flag outside of the Civic Centre. The flag will remain raised until the end of June 8. Pride Day will then be held on June 8 in Altona.

"We've been very lucky to work with the Town of Altona. They have been supportive and helpful in the logistics of planning this event."

A Rainbow Church service will be held at 10:30 a.m. at the Altona United Church. It will host an affirming church service led by Rev. Erika Enns Rodine and Jaime Friesen-Pankratz.

"We will not be having religious speakers at our main event as we've heard this is triggering for some members of our community."

The Rainbow Makers Market will open at noon. Vendors and food trucks will open before the march and rally begin in Altona's Centennial Park.

The march and rally will be from 1 p.m. to 4 p.m.

"This year, we'll be starting with the impactful speeches from community members, followed by the march and a drag show once we return to the park," said Emerson-Froebe. "Those who would prefer not to march are welcome to stay in the park with Pembina Valley Pride board members and volunteers."

Everyone is welcome to come to Carman for a



STANDARD PHOTO SUBMITTED

June is Pride Month in the Pembina Valley. To celebrate, there will be several events in Altona, Carman, Morden and more over the next few weeks.

family-friendly evening after Pride hosted by Zamarah Dee with special guests at Carman 5 Pin Bowl from 8 - 11 p.m. (doors open at 7 p.m.). There will be drag, music, food, and free bowling. Admission is free, but please RSVP in advance.

On June 15, there will be an Open Mic Night at Finer Spirit in Morden at 7 p.m. Songs written by

or performed by Rainbow artists are encouraged, but all are welcome to perform. Snacks and non-alcoholic beverages will be available. There is no cover charge, but donations are welcome.

Carman will also be hosting a Games Night at Paul's Place on June 16 from 7 - 9 p.m.

"Pride events are a wonderful opportunity to get together and praise the people who had the courage to stand up and fight for equality and freedom. They are an occasion for the Rainbow community to feel proud and walk tall. It's also about remembering those who have paved the way through hard work, dedication, and commitment to the cause."

Pride events celebrate the past, present and also the future, a future with no discrimination or violence or hate towards the Rainbow community. These events are organized to serve as a reminder that the Rainbow community includes your neighbours, classmates, co-workers, family members. And that one should not be marginalized because of their sexuality or gender identity.

"So many Rainbow people have moved away from the area. They don't feel comfortable staying in the Pembina Valley because they don't feel that they can be their true selves. We want the Rainbow community to know that they are not alone, they are accepted for who they are, and they do have a community."

For the most up-to-date information about our Pride Month events, please visit the website: [www.pembinavalleypride.ca](http://www.pembinavalleypride.ca).

# get inspired

> MEAL IDEAS



## Cellentani Caprese Pasta Salad

4 tablespoons lemon juice  
8 basil leaves, julienned  
2 cups small mozzarella cheese balls, halved  
salt, to taste  
black pepper, to taste

Bring large pot of water to boil. Cook pasta according to package directions and drain. Drizzle pasta with 1 tablespoon olive oil and place on sheet tray to cool. Set aside.

In large bowl, combine tomatoes, lemon juice, basil, remaining olive oil and cheese. Season with salt and pepper, to taste. Add pasta and stir.

Prep time: 10 minutes  
Cook time: 15 minutes  
Servings: 7

1 box Barilla Protein+ Cellentani pasta  
4 tablespoons extra-virgin olive oil, divided  
2 pints grape tomatoes, mixed color, halved



## Linguine with Zucchini Carbonara

1 box Barilla Linguine  
1 tablespoon fresh mint, chopped  
black pepper, to taste

Bring large pot of water to boil. In bowl, mix egg yolks, 1/3 cup Pecorino Romano cheese and milk. Season with salt, to taste. Set aside.

In large skillet, heat olive oil and cook zucchini.

Cook pasta according to package directions. Reserve 1/2 cup cooking water.

Mix pasta in pan with zucchini. Add egg yolk mixture and 2 tablespoons cooking water. Combine well.

Add remaining cheese and mint; mix. Season with salt and pepper, to taste.

Prep time: 5 minutes  
Cook time: 10 minutes  
Servings: 8

5 egg yolks  
1 cup Pecorino Romano cheese, grated, divided  
1/2 cup milk  
salt, to taste  
1 tablespoon extra-virgin olive oil  
1 medium zucchini, julienned



## Heart-Healthy Pita Pizzas

cooked  
2 tablespoons grated Parmesan cheese  
1 tablespoon fresh basil, rinsed, dried and chopped (or 1 teaspoon dried)

Preheat oven or toaster oven to 450 F.

On each pita, spread 1/4 cup tomato sauce and top with 1/4 cup chicken, 1/4 cup broccoli, 1/2 tablespoon Parmesan cheese and 1/4 tablespoon chopped basil.

Place pitas on nonstick baking sheet and bake 5-8 minutes until pitas are golden brown and chicken is heated through.

Prep time: 10 minutes  
Cook time: 8 minutes  
Servings: 4  
4 whole-wheat pitas (6 1/2 inches each)  
1 cup chunky tomato sauce  
1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)  
1 cup broccoli, rinsed, chopped and

# Ask the money lady

Dear Money Lady Readers,

Today's column came from a conversation with one of my ATML Partners, Ana Cruz in Burlington, Ontario. Ana is a mortgage agent in Halton and shared a story about a good friend of hers who was able to reduce her mortgage and shed years off her amortization. Something we should all consider doing, especially due to the higher lending rates.

Here's what Ana said: "In 2019, I reworked a mortgage for a friend who was buying out her partner with a new mortgage of \$380,000. Let's call this friend, Karen (not her real name and she did give me permission to share this story). In order to qualify, Karen would have to take a 30-year mortgage with monthly payments at \$1,597. For the first year of Karen's five-year mortgage term, she didn't do very much other than move to accelerate biweekly payments. Now, you may think accelerated biweekly payments are a small change, but let me explain, this small move from \$1,597 monthly to \$798 biweekly means Karen could shave off 3 years of her mortgage and saved close to \$9,000. The next year Karen increased her payments by 15%, (\$120 bi-weekly) and made lumps sum payments of \$3,000 every quarter towards her mortgage. After 5 years, upon her mortgage renewal, Karen's mortgage balance was \$312,575 with an amortization of 11.8 years. If she had only made her monthly payments on her original 30-year mortgage, she would have had a renewal balance of \$337,668, and her amortization would be 25 years. Instead, by making a few simple changes and extra lump sum payments she had saved thousands of dollars in interest and reduced her overall amortization by 13 years."

This is a great success story and one we can all do so simply. Often times we stick with the payment structure our banker or broker give us when we sign a new mortgage. We fit this payment into our lifestyle and don't think about it anymore. Of course, this is to the benefit of the lender, not the borrower. Canadian mortgages are calculated "semi-annually, not in advance," which means they are broken into two interest calculations with all banks working on a calendar year. So as of January 1, your interest



Christine Ibbotson

is calculated based on the payment selection you chose, and interest is laid down over the first 6 months. On July 1, the mortgage balance is reviewed again, and interest is calculated on the remaining balance, based on your payment selection, until December 31. This is a basic analogy but demonstrates how Canadian banks calculate interest semi-annually. Obviously, the best payment selection to reduce the amount of overall mortgage interest would be accelerated weekly, and the best time to do your lump sum payments would be in November-December or May-June. Most banks provide online mortgage calculators for you to work out different payment options. At the very least, try to line up your amortization on your mortgage with the year you plan to retire since you want to make sure you are debt-free at retirement. For example, if you are 45 years old and want to retire at 60, then your mortgage amortization should be no more than 15 years. If you are able to manage the payments with an amortization to match your retirement, then push it a little more and go with accelerated weekly payments. After a while this payment should fit into your new monthly budget but be careful not to stretch your cashflow too much. Paying off debt, especially a big mortgage, is a tremendous accomplishment, one that we should all strive for sooner rather than later.

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6 syndicated across Canada. Send your questions through her website at askthemoneylady.ca

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## U13 Central Energy split weekend MPSL games

By Ty Dilello

The U13 Central Energy squad split a pair of games last Saturday to improve to 2-6 on the season in the Manitoba Premier Softball League (MPSL).

It came down to the wire on Saturday at Stonewall's Quarry Park, as U13 Central Energy snatched the victory in walk-off fashion, 13-12, over the Smitty's Terminators. The game was tied at 12 in the bottom of the sixth when Cassandra Lanthier tripled, driving in the winning run.

Both offences were strong at the plate as the Energy collected five hits and Terminators 12 in the high-scoring affair. Bianca Lanthier pitched three innings in relief for Central. The reliever surrendered one hit and one run (zero earned) while striking out four and walking one.

Collins Vrooman began the game, allowing nine hits and ten runs (eight earned) over one and one-third innings, striking out two and walking one. Brady Wiebe also pitched one inning, allowing two hits and fanning one batter.

Central Energy couldn't keep up with Interlake Phillies and fell 13-3 in Central's second game of the day. Brady Wiebe stepped in the circle first for Central. The righty gave up six hits and eight runs (two earned) over two



Brady Wiebe from Osterwick pitched against the Phillies.

innings, striking out two and walking one. Cassandra Lanthier pitched one inning, allowing five hits, and striking out two. Kylie Wiebe went 2-for-2 at the plate to lead Central Energy in hits. She also was quick on her feet, stealing two bases in the game.

Next up for the U13 Central Energy team is a doubleheader against the Winnipeg Lightning at Riel Park in Winnipeg on June 9. The game times



STANDARD PHOTOS BY HALEY CVAR  
Central Energy's Brielle Friesen keeps her eye on the ball Saturday against the Phillies. The Interlake Phillies won the game 13-3.

are 12 p.m. and 2 p.m.

The U15 Central Energy squad enjoyed an off weekend and are gearing up for the Wheat City Classic tournament in Brandon this upcoming weekend. U15 Central Energy is then back in MPSL action with a doubleheader on June 15 against the Smitty's Terminators and Interlake Phillies at Stonewall's Quarry Park. The game

times are 2 p.m. and 4 p.m.

Finally, the U17 Central Energy club had its scheduled doubleheader on Sunday postponed due to rain. The U17 squad is back in action on June 22 with a doubleheader against the Eastman Wildcats at Friedensfeld Community Centre. The game times are 12 p.m. and 2 p.m.

## Carman athletes on track for provincials



STANDARD PHOTOS BY ASHLEIGH VIVIEROS

Carman Collegiate's Nate Phillips, left photo, ran the last leg of the 4x100 relay at the Zone 4 track and field meet in Winkler on May 28-29. Phillips had a banner day bringing home first place in the boys' varsity 800m, 1500m and 3000m, while Sara Gross, middle photo, won first in the girls varsity 1500m and 3000m. Right photo, Ahmad Aldarwish passes the baton to Griffin Carnelley in the varsity boys relay. Carnelley finished first and Aldarwish second in the boys' varsity javelin throw event.

## Mateychuk's Warriors finish third at Memorial Cup



Moose Jaw Warriors' captain  
Denton Mateychuk

By Kieran Reimer

The Moose Jaw Warriors incredible season has come to an end in Saginaw.

The Warriors fell 7-1 in the Memorial Cup semi-finals on Friday at the hands of the host Saginaw Spirit.

The Warriors were one of the top junior hockey teams all season long, winning their first Western Hockey League championship and falling only two wins short of winning the Memorial Cup.

The Memorial Cup was the toughest challenge the Warriors faced all season as they played the winners from each of the major junior leagues in Canada along with Saginaw who were one of the best teams in the Ontario Hockey League this year.

The Warriors went 1-3 in the tournament play which included a 5-3 win over the Drummondville Voltigeurs that eliminated them from the tournament.

Dominion City's Denton Mateychuk was one of three Manitobans at the tournament.

The Columbus first-round draft pick had three goals and four assists in the tournament which was the most of any player at the time they were eliminated.

His incredible season saw him win the WHL's Bill Hunter Trophy as the league's top defenceman as well as WHL Playoff MVP.

He also represented Canada at the World Junior Hockey Championship where he had four assists in five games.

The game against Saginaw was likely Mateychuk's last in junior as the defenceman is expected to join the Blue Jackets organization next season.

## Flyers add nine players in MJHL Bantam Draft

Staff

The Winkler Flyers added nine new players to their roster at the Manitoba Junior Hockey League Bantam Draft on Sunday.

Winkler had the opening pick in the first round of the draft, and they used it to add Layne Schofield.

"After seeing the recent success of Trent Penner and Dalton Andrew moving on to NCAA Division 1 and the familiarities with his size and game, we anticipate Layne to be hungry for a similar development plan to follow in their footsteps," Flyers coach and general manager Justin Falk said of the choice.

The La Salle forward played with

the RINK Hockey Academy Winnipeg U17 team last season, contributing eight goals and 15 assists in 29 games.

The Flyers also secured fellow RINK player and forward Aiden Jacobson as the 12th pick of the opening round. Jacobson had 13 goals and 17 assists last season.

Other draft picks for the Flyers included Southwest Cougars defenceman Jack Swaenepoel and Pembina Valley Hawks goalie and Carman native Ryler Gates in round two, forward Noah Stott from the Eastman Selects in round three, forward Ethan Stanley from the Brandon Wheat Kings and Winnipeg Wild de-

fenceman Connor Zuk in round four, RINK Hockey Academy forward Zachary Lansard in round five, and forward Colter Martens from the Eastman Selects in round five. The Flyers passed in the sixth and seventh rounds of the draft.

Prior to Sunday's draft, the Flyers selected forwards Tegan Fehr of Reinfeld and Carson Hiebert of Winkler as their two auto-protect list players.

Fehr had 28 goals and 14 assists in 36 games with the Central Plains Capitals U17 AAA team while Hiebert recorded 11 goals and 10 assists in 32 games with the Notre Dame Hounds U17 Prep 2 team.

## High-octane fun with Rumble in the Valley

By Sean Conway

Manitoba's largest and loudest truck and tractor pull takes over the Morris Stampede ground this weekend.

The Valley Agricultural Society offers two days of high-octane fun this Friday and Saturday with its Rumble in the Valley.

"We are excited to have pulling teams from across the prairies and the U.S. attending Rumble in the Valley, including teams like Supertrax Motorsports out of Saskatchewan," shares ag. society president Brian Wiebe.

Rumble in the Valley began in 2017 and has continued

to grow as a family friendly event.

This year's fun kicks off on Friday with the opening of the food trucks and beer gardens at 4 p.m.

The motor pits will be available for spectators to get up close to the vehicles and driver to take pictures and talk to drivers. Monster truck rides will be touring the event and, new this year, is a kids pedal pull.

Just like the big kids in their trucks and tractors, youngsters can sign up to pull a weight transfer sled with a tractor being driven by their pedal power. The kid who pulls the sled

the farthest is the winner. The event is open to children 10 and under.

During happy hour from 4-6 p.m., country crooners Prairieline will deliver '90s tunes with edge and energy.

Finally, the truck and tractor pull itself gets underway at 7 p.m.

Following the pull at 9:30 p.m., Prairieline will again take to the stage and entertain fans into the evening.

Saturday at noon, the beer garden throw their doors open for refreshments.

For those wishing to show off their personal ride, registration will be available for the event's car, truck & bike show.

At 1 p.m., concessions and the pits open for fans to have a nosh and get a look under the hood of their favourite truck or tractor and talk to the drivers. Monster truck rides and the kids pedal pull event will also be available.

From 2-5 p.m., fans can take in Manitoba's Strongest Man and Woman competition, featuring six events showcasing the athletes' agility and herculean abilities.

Starting at six, the Charlie's Place liquor service open followed an hour later by the truck and tractor pulling festivities at 7 p.m.

Last November, the Valley Ag Society's won the 2023 Event of the Year at Manitoba Country Music Awards for The Manitoba Stampede and Exhibition.

Keeping with that standard of excellence, five-time Manitoba Country Music Association nominee country/rock performers JR Charron will take stage this Saturday at 10 p.m.

With a commanding voice and high-intensity show, JR Charron will power through the night, captivating the audience with old and new school country influences powered by gritty rock vocals.

Two-day passes for Rumble in the Valley are \$45 for those 13 and older. Children 7-12 are \$30. Admission for children under six is free.

Single-day tickets are \$30 for ages 13 and up and \$20 for children 7-12.

Visit the Valley Agricultural Society website, valleyag.ca, to get your tickets.

## Beach volleyball athletes



STANDARD PHOTO SUBMITTED

The Elm Creek Cobras' varsity boys team of, Quin, Taylor and Reid placed third in the Volleyball Manitoba beach volleyball tournament. The varsity girls team of Olivia, Marleen and Larysa made it to the semi finals on the consolation side.

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www.mcna.com

# ANNUAL GENERAL MEETING

for Central Manitoba Tourism  
on June 12 at Boyne Bistro  
120 - 4 Avenue,  
Carman, MB  
at 12 noon



Carman-Dufferin Airport Day  
Saturday, June 8, 2024  
Carman South Airport (CJS7)

Pancake/Sausage Breakfast 8:00 - 11:00 am  
Adults \$10.00; Kids 5-16 \$5; under 5 - free  
More info at: www.carmansouthairport.com

Airport beside Hwy #3  
south of traffic light 1.5 miles

## Carman Collegiate Class of '84

# 40th Reunion July 5 - 7, 2024

<https://sites.google.com/view/carmancollegiateclassof84/home>

Carman Collegiate Class of '84 on Facebook  
carmancollegiateclassof84@gmail.com

## Carman Wellness Connections

# Annual General Meeting

June 12, 2024

King's Park Picnic  
Shelter

Activities 5:00

Free BBQ 6:00

Meeting 7:00

All welcome

SUPPORT LOCAL BUSINESSES



Carman Wellness Connections

Position Title: Carman Wellness  
Connections (CWC) Coordinator

**Purpose:** This position provides leadership and supports to the community and CWC members in generating connections and opportunities towards creating a community where everyone can flourish. The CWC Coordinator/Community Navigator commits to building relationships with community members, all levels of government, and other organizations to effectively achieve CWC vision and values.

**Hours of work:** FTE 0.5 Part-time Term (minimum 3 years), flexible hours as determined by the board. Occasional evenings/ weekends may be required.

### Qualifications:

#### Education

1. Undergraduate/graduate degree in Social Work or Health Science, or equivalent combination of experience and education

#### Experience

2. Working with diverse populations from a community-based perspective; paid or volunteer
3. Previous experience with non-profit organizations
4. Project management and administration experience an asset

#### Personal

1. Values required to align with the vision and common values of CWC
2. Demonstrate strong communication and interpersonal skills
3. Required to maintain and respect confidentiality in all CWC matters
4. Proven leadership skills
5. Self-motivated, able to work well with limited supervision

#### Other Qualifications

1. Clear adult and child abuse registry and criminal record checks are required of all CWC employees.
2. Valid Manitoba Class 5 Driver's license and access to an all-purpose insured vehicle
3. Demonstrate effective collaboration, negotiation and conflict resolution skills
4. Proficiency in Microsoft Office programs an asset

Applications must be received by 4:00PM on the 10th of June 2024 to carmanwellnessconnections@gmail.com.

We are thankful to all applicants for your interest, however only applications leading to interviews will be acknowledged.

Accessibility resources will be provided upon request.

Full job description available at [www.carmanwellnessconnections.ca](http://www.carmanwellnessconnections.ca)

# Announcements Classifieds

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### BRIDAL SHOWER

**Come and Go Bridal Shower**  
 Friday, June 14th, 7 p.m. – 9 p.m.  
 In honour of Camille Beauchamp  
 Bride elect of Brent Buchanan  
 at the home of Kendra Vanbeselaere  
 1820 McCreary Rd., Winnipeg  
 If the weather co-operates it will be held  
 outdoors in the pool area  
 In lieu of normal bridal gifts, if you choose,  
 a contribution towards outdoor furniture,  
 of their choosing, could be made.

**Classified booking deadline is Monday**  
 at 4 p.m. prior to Thursday's publication  
 Please Call 204-467-5836

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### SUDOKU

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

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!

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

Sudoku Answer

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

Crossword Answer

## CROSSWORD

- CLUES ACROSS**
- Breezed through
  - Supervises interstate commerce
  - Unruly group
  - Backs away from
  - Expression of understanding
  - Have concern for
  - Monetary units
  - Congressman (abbr.)
  - Iranian city
  - Eating houses
  - 2,000 lbs.
  - Grandmother
  - They include North, South and Central
  - In an early way
  - Foes
  - Shuttered British entertainment magazine
  - One who unloads cages
  - Another term for sesame
  - Formally forbid
  - Make clear
  - Inaccessible
  - Get through
  - Ancient kingdom near Dead Sea
  - Decameter
  - Type of sword
  - Actor Idris
  - Affirmative (slang)
  - Afflicted
  - One point north of northeast
  - Born of
  - Arabic name
  - Traditional Hong Kong street food: \_\_ pai dong
  - Termination point
  - Email function

- CLUES DOWN**
- Sign language
  - In style
  - Helsinki neighborhood
  - Unable to hear
  - More rapid
  - An idea accepted as a demonstrable truth
  - In a cagy way
  - Kate and Rooney are two
  - Algerian port
  - Community in Ladakh
  - Midway between south and southeast
  - Town in Galilee
  - Satisfy
  - Italian impressionist painter
  - Brass instrument
  - Chest muscle (slang)
  - Transmits genetic information from DNA to the cytoplasm
  - Records electric currents generated by the brain
  - Woman (French)
  - Aircraft designed to carry lots of passengers
  - Baseball stat
  - Pointed end of a pen
  - Popular sports league
  - Body part
  - Unlikely to provoke dissent
  - Yellowish cotton cloth
  - Domesticated house pet
  - Untruths
  - Set out to attract
  - Spiritual leader
  - Abba \_\_, Israeli politician
  - Repair
  - Genus of flowering plants
  - Swiss river
  - Prejudice
  - River in central Europe
  - Harness
  - Father

1	2	3	4		5	6	7		8	9	10		
11				12		13			14				
15						16			17				
	18				19		20			21			
					22	23			24				
25	26	27	28	29									
30							31						
32									33	34	35	36	37
					38	39	40		41	42			
					43				44				
			45	46									
47	48								50	51	52	53	54
55						56				57			58
59						60				61			
62						63						64	

# You may now KISS THE BRIDE



## Delicious alternatives to traditional wedding cake

If fruitcake isn't your idea of the perfect wedding cake, have you considered serving something more reflective of your tastes? From flourless confections to savoury takes on the traditional, there are plenty of ways to create a wedding cake to remember.

### Savoury cakes

Imagine cheese wheels set on pillars in the style of a traditional wedding cake garnished with grapes, figs and nuts. Another savoury option is a tiered meat pie.

### Individual treats

Rather than one large cake, why not have a showpiece of bite-sized confections? Macarons make elegant and delicious treats. Pull out all the stops with decadent single-serving wedding cakes, individually decorated with marzipan and fondant.

### Gluten-free cake

A Scandinavian favourite, the *kransekake* — Norwegian for "wreath cake" — is made with almonds, confectioners' sugar and egg whites. It's baked in moulds and then stacked to create a tower of many thin layers.

### Designer biscuits

A designer biscuit shop can bake and decorate bespoke cookies with messages or images tailor-made for the bride and groom. Imagine edible surfboards commemorating your first date or little bride- and groom-shaped treats. Make it extra special with personalized place marker biscuits.

Your local bakeshops may offer sampling sessions. Contact them early to ensure they're available for your big day.

## 4 tips for a winning marriage proposal

Has the subject of marriage come up in conversations with your sweetheart? Does it feel like the right time to pop the big question? Here are four tips to help you make your proposal unique and unforgettable.

### 1. Think about your personalities

If you or your partner are shy, a public proposal with lots of people watching might not be the best idea. Instead, choose



an intimate moment. For example, in the comfort of your home, while taking a walk or during a romantic picnic. If you don't want it to be entirely private, consider including a few of your closest friends to make it meaningful.

### 2. Plan your proposal

Ideally, choose a moment when you won't be too pressed for time to avoid needless stress. While it may seem there's never an ideal time to propose, it's in your best interest not to rush it.

### 3. Pay attention to your presentation

Even if an engagement ring isn't essential to you, the moment of presentation is the heart and soul of the marriage proposal. Choose the ring carefully, subtly taking note of your partner's tastes while passing a jewelry shop window, for example.

### 4. Consider the element of surprise

Even if you and your partner frequently talk about marriage, the element of surprise is key to a memorable proposal. Make your plans discreetly, and be sure that the loved ones you enlist help keep the secret safe.

Start exploring your area to find the perfect ring and plan the perfect place and time for your marriage proposal.

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## Why you should hire a professional wedding planner for your big day

Here are a few ways a pro can make your wedding day perfect for you and enjoyable for your loved ones.

- **Schedule and budget.** Wedding planners have timetables and finances down to a science. They'll relieve you of all uncertainty, from timing your invitations to ordering the cake.
- **Insider knowledge.** A pro knows which vendors best suit your preferences and needs. Moreover, since your planner brings them steady business, you may get better deals.

- **Personality management.** You need someone to advocate for you when interpersonal conflicts arise. Be it the guest list, the seating plan or a problematic relative, your wedding planner will handle uncomfortable conversations for you.
- **Quality control.** A pro ensures nothing gets overlooked. They may also have unique and fun ideas you may not have thought of.

Investing in a professional may save you money on your overall wedding costs.

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