

The Carman-Dufferin STANDARD

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Plenty of veggies

STANDARD PHOTO BY BECCA MYSKIW

The Rook sisters, Carina, left, Bethany, middle, and Lauren were helping their mom sell tomatoes at the Carman Farmer's market last Friday. See story on pg. 3.

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Pool party brings fun in the sun at Boyne Lodge



With temperatures soaring last week into the low 30 degrees C. and everyone feeling the heat, residents and recreation staff at Boyne Lodge went outside for a pool party. Pools, floaties, water guns, Beach Boys music, bubbles and ice cream treats were some of the highlights on June 17. Smiles, laughter and fun were had by all. Left photo, Jan Graafland, left and staffer Jane MacDonald take aim at each other; top right, Rene Harms and Clair Beattie enjoyed the water fight.

STANDARD PHOTOS SUBMITTED



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COVID-19 precautions will be in place. Additional meeting will take place if capacity is exceeded.

Carman Farmer's Market off to a busy start

By Becca Myskiw

The first Carman Farmer's Market of the year set the bar high for the weeks to follow.

Market president Edith Rook said before the market even opened, there was a lineup of people waiting to get in.

"You should have seen the first 15 minutes," she said. "I thought an hour had gone by."

After the market had been open for only an hour, Rook said she wouldn't be surprised if 200 people had been in and out.

The Farmer's Market had four vendors on Friday. It was their first time holding the market at the fair grounds and Rook said they didn't know how it would look or what the turnout would be, so they wanted to keep it small.

Two of the vendors were selling baked goods and the other two sold

vegetables. One of the vegetable vendors was Dufferin Market Gardens, a local farm.

Vanessa Rook was at the market for the farm with her three daughters. They grow almost every kind of vegetable — tomatoes, cucumbers, zucchini, kale, leak, peppers, eggplant, and cabbage.

Dufferin Market Gardens sells most of their tomatoes and cucumbers locally, but a lot of their produce is grown for Peak of the Market.

The family moved to Manitoba a year and a half ago, and Vanessa Rook said they all enjoy being at the Carman Farmer's Market.

"It's fun to be part of the community this way," she said.

Edith Rook said abiding by COVID-19 restrictions took a long time to plan. They applied for a government grant — which they received — to buy

the extra materials they needed to keep the market safe and legal.

They bought a rope that went around the market to keep it in the designated area. They also bought a lot of hand sanitizer — something people had to use once they entered the farmer's market.

The Market's only source of income typically comes from the vendors paying for their spots. Edith Rook said getting the grant was an immense help so they could keep the market going.

The Carman Farmer's Market runs every Friday at the fair grounds from 4 p.m. until 6:30 p.m. throughout the summer.



STANDARD PHOTO SUBMITTED
The Two vendors were selling fresh baking at last week's market.

Upgrades for the hall



STANDARD PHOTO BY DENNIS YOUNG

Volunteers are busy building a permanent bar in the Community Hall while it is closed for certain functions. The Odds n Ends Hockey team have donated the material and Ted Sherritt of Flo Form Countertops has donated the laminate tops.

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Boyne Regional Library summer reading program takes off

By Becca Myskiw

Boyne Regional Library's summer reading program is off to a busy start amid COVID-19.

Library programmer Tina Cronin designed the whole program and put it together. She said in the first three weeks they had over 200 people signed up.

Because of the pandemic, the library has moved the program online to make it accessible for everyone while keeping them safe.

"We really do want to encourage reading but the libraries are changing so much right now that we need to show the community we're with them in every way," she said.

So, Cronin created a website where community members can register for the program and access all the materials that go along with it.

Along with recommended reading lists for all age groups, the website also has STEAM based activities. STEAM stands for Science, Technology, Engineering, Art, and Math. The main focus of STEAM based learning is to teach children to problem solve.

Boyne Regional Library's summer reading program also has videos, literacy games, and printouts.

The program is still available in person for those who don't have internet or printer access at home, said Cronin. The library is currently taking appointments for people to come in Tuesday to Friday in half hour increments.

They still offer curbside pickup for those who don't want to go into the library yet as well.

It's open to everyone but people from Kindergarten to Grade 12 have the chance to win prizes at the end of the summer.

There are 10 prizes of \$50 in chamber bucks and 25 prizes of \$20 in chamber bucks. Everyone in the eligible age group who registers gets their name put in the draw to win.

The program started on June 1 and goes until Aug. 25. The draw, Cronin said, will be on Aug. 26.

Once someone's registered, all materials that come with the program are available at all times for them as long as they have the URL: tcrnincarmanlibra.wixsite.com/summer2020.

Cronin said though the point of the summer reading program is to encourage reading, books aren't the only way to achieve that. She said she hopes the program can be something



STANDARD PHOTO BY BECCA MYSKIW

Tina Cronin made the suggested reading lists for the summer reading program. She's currently working on one for adults.

to look forward to on boring summer days.

"It's a great way to get the commu-

nity together without actually getting together," said Cronin.

Adaptable staff at Regional Connections weather the COVID storm

By Lorne Stelmach

The pandemic meant there were many changes to how things were done at Regional Connections in the past year, but the organization's staff have earned high praise for how they were able to adjust.

That was the key message from executive director Steve Reynolds as part of the annual general meeting held online via Zoom last Thursday.

Reynolds highlighted "the need to be adaptable and flexible, and our staff just responded amazingly and have been willing to do whatever needs to be done to support clients."

"They're people focused, and they're really passionate, and they're here to help. Working in the non-profit sector, they have to be adaptable, and they're really amazing."

Reynolds reflected on the diversity of programming and how many people are involved in the settlement, employment, and language services for newcomers living in south central Manitoba.

"It was a busy year ... all programs combined, there were over 4,000 unique clients who came through our various programs and activities," he noted.

Reynolds touched on a number of highlights for the agency, including being named the Non-Profit of the Year by the Winkler chamber.

"That was really great recognition, I think not only for what's happening here now but the history of the organization and the impact in the community that it has had over the years."

A significant program development saw Altona and Rhineland selected to be one of 11 national pilot sites for a new rural and northern immigration project that looks to increase local participation in the immigration process by giving community stakeholders a role in endorsing immigration applicants.

In addition, the agency partnered with the Morden Community Driven Immigration Initiative, which welcomed twice the typical number of newcomer families to Morden.

"It was a very busy year in Morden; lots of families arriving. Last summer, over a hundred families came," said Reynolds, who noted Winkler has also been working on a partnership with the province to recruit newcomers to help meet local employment needs.

He saw another key development in Regional Connections being chosen

as one of seven provincial service providers selected by Immigration and Economic Opportunities Manitoba to provide Manitoba-funded settlement services for clients including temporary foreign workers and Canadian citizens with settlement needs such as Low German Mennonites.

"We've been advocating for it for a few years. We have quite a few people with temporary work status or Canadian citizens, people with a Low German background, who have really been left out the last few years where settlement services are for permanent residents," he said, noting it allowed them to serve 956 of these clients. "So it has a huge impact for us on our region adding that service this year."

"All local residents are now able to come to Regional Connections for settlement program supports regardless of immigration status."

The various program reports presented as part of the annual meeting highlighted many of these successes and also included the statistics on the number of people assisted in the past year.

The settlement program served over 3,500 clients and was able to add two more workers.

The top 10 countries of origin were the Philippines, Kazakhstan, Germany, Ukraine, Russia, India, Mexico, Paraguay, Syria and Brazil, and the top 10 languages spoken were Tagalog, Low German, Russian, German, English, Ukrainian, Punjabi, Arabic, Spanish and Portuguese.

The Settlement Workers In Schools program that partners with Western School Division and Border Land School Division to support the orientation of newcomer students worked with over 1,000 clients, and the employment program helped 506 unique clients, with only 10 per cent still looking for work.

The language program worked with 699 clients who attended classes in Winkler, Morden, Altona, and Morris.

Meanwhile, with expanded space, the child care program had 98 children including 49 for preschool care, 34 for toddler care, eight for infant care and seven for short term care.

In the end, providing all of these programs and services involved over 300 volunteers who committed over 6,000 hours of service.

The Carman-Dufferin
STANDARD



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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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get informed

NEWS > VIEWS > CARMAN > RM OF DUFFERIN > SURROUNDING AREAS

MPI applies for largest rate decrease in 30 years

Submitted by MPI

Manitoba Public Insurance filed its General Rate Application with the Public Utilities Board (PUB) last week, requesting an overall rate decrease of 10.5 per cent. If approved, this will be the largest rate decrease in three decades.

The average passenger vehicle owner will pay about \$130 less in premiums per year. This will be the second year in a row Manitobans have received a rate decrease from its public auto insurer.

"This historic rate decrease reflects the strong recent performance and financial position of our Corporation," said Ben Graham, President and CEO, Manitoba Public Insurance. "While many private auto insurers across Canada are asking for double-digit rate increases, Manitobans are receiving the benefits of a well-executed public auto insurance model.

"This decrease was made possible with our multi-pronged strategy focusing on insurance fundamentals

such as fiscal prudence of managing claims and MPI expenses, changes made to our product suite, implementation of a better reinsurance strategy aimed at reducing volatility, enhanced investment management strategy and building an industry acceptable level of reserves to absorb rate shocks."

In May 2020, MPI customers benefited from a \$110 million rebate: \$58 million of which is directly attributed to fewer claims during this COVID period and \$52 million was through prudent company management from year-end financial results.

This year, MPI is modernizing its products to provide greater customer choice and protection through new coverage levels for Third Party Liability, Maximum Insured Value, and changes to the Basic Autopac deductible. Customers will have the option of reducing their premium by increasing their deductible.

"Our customers will have greater choice in selecting the coverage that best suits their needs," said Graham.

"These are all things that really demonstrate the strength, adaptability and customer-centric nature of public auto insurance in Manitoba.

"MPI will continue to execute its strategy aimed at maintaining stable and predictable rates which remain among the most affordable in Canada while providing exceptional coverage to Manitobans."

The PUB hearings typically begin in October, concluding later in the month. The board typically issues its order in December.

The proposed rates would be effective April 1, 2021, but because renewal dates are staggered, some vehicle owners won't pay their new rates until March 31, 2022.

- Requested Rate Changes by Class**
- Private passenger -11.0 per cent
 - Commercial -4.8 per cent
 - Public -6.1 per cent
 - Motorcycles 1.8 per cent
 - Trailers -11.4 per cent
 - Off-road vehicles 0 per cent
 - Overall (applied for) -10.5 per cent

Salem's "armchair fundraiser" brings in \$28K

By Ashleigh Viveiros

Salem Foundation had to shift gears this spring to transform its popular fellowship and song celebration into an "armchair fundraiser."

The physical distancing-friendly donation drive the foundation held throughout the month of May in lieu of their annual fropa was a big success, bringing in over \$28,000.

"We were very pleased, said executive coordinator Charmaine Harder. "When you do something new like this you're never quite sure how it will go or how well it will be received, but we were just blown away by the generosity of the community."

The funds are a good start on the approximately \$146,000 the care home needs to purchase new night stands

and dressers for 56 rooms in their Evergreen and Maple South units.

"This gets us nine rooms," Harder said. "So we're on our way."

The new furniture replaces items that have been in use at Salem for over 30 years and have certainly seen better days.

The updated pieces provide both a fresh, modern look and are also much more durable and easier to clean.

Salem Foundation's fundraising efforts for the project will continue with an event in October, COVID-19 restrictions allowing.

"We're monitoring the COVID-19 situation and the regulations very closely to see if we'll be able to still go forward with our plans," Harder said. "It remains to be seen."

If a large banquet is not possible, the foundation will come up with another way to raise the money, she noted.

"This is a time where everybody's is getting really creative with how they fundraise and do their different events," Harder said. "We'll figure something out."

Whatever they end up doing, Harder has faith the community will come through for Salem.

"Some people sent us notes of encouragement with their donations or if they called in with their donation ... the support people have for Salem Home is just great," she said. "We have an incredibly generous community and that support has been such an encouragement."

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Carman Dufferin Standard
Box 39, Stonewall, MB, R0C 2Z0

French fries feed farmers and support CancerCare Manitoba

By Becca Myskiw

Hundreds of Carman residents hit the fair grounds on Friday to get their share of McCain Foods fries.

Due to the Carberry potato truck pull being cancelled because of COVID-19, this was McCain Foods and the potato truck pull's way of getting together to raise awareness and funds.

The funds, as always, went to CancerCare Manitoba. The awareness is for Manitoban farmers who were left with an abundance of potatoes after restaurants shut down everywhere.

Eric Durand from McCain Foods said just buying a bag of fries helps a local farmer.

"We thought essentially we could help out those in need through these

charities," he said. "Especially with the potato truck pull — and also bring awareness to the potato surplus and that Manitobans understand that farmers are sitting on a huge crop."

To do just that, McCain contacted the truck pull and donated a semi load of potato product for them to give out in four towns in the province.

On Friday, they started in Winkler then came to Carman where residents drove through one of four contactless stations to get their fries. A volunteer dressed in PPE handed them their product and gave each fry recipient a chance to make a donation. Those that made large donations got more than the usual helping of fries.



STANDARD PHOTO BY BECCA MYSKIW

Volunteers wore proper PPE and did their best to social distance while giving residents their fries.

Manitoba extends provisions to protect tenants during COVID-19

Submitted by Manitoba government

Manitoba's Residential Tenancies Branch advises that two measures put in place to help protect tenants dur-

ing the COVID-19 pandemic will be extended until Sept. 30.

The current freeze on rent increases for residential tenants will continue.

Landlords can continue to give notice of their intention to increase rent, but the higher rate cannot be charged until after Sept. 30. Tenants are expected to continue paying rent in full and on time. If this is not possible, tenants and landlords should work together to develop a payment schedule and agree on any other necessary terms. Late fees continue to be prohibited for failure to pay rent during this time. Non-urgent eviction hearings will

continue to be postponed, and will not be scheduled until after Sept. 30. In the interim, residential landlords may only evict tenants for urgent health and safety reasons. Tenants cannot be evicted for non-payment of rent.

Both of these provisions were put in place on March 24 in response to COVID-19. For more information, landlords and tenants should visit www.manitoba.ca/covid19 or www.gov.mb.ca/rtb.

From swimming holes to water slide - the Carman pool history - Part 1



STANDARD PHOTO SUBMITTED

We are looking for stories, memories and photographs from the Kinsmen swimming holes.

By Dennis Young

Unless it was not your friend, we all have dunked ours or someone else's head under it to enjoy that great refreshing feeling only a body of water can offer. In this case I am referring to your local pools or more precise the Kinsmen swimming holes of the 40s and 50s, the Kin Pool of the 60s to 2000 and the current Carman Aquatic Centre. Over the next months I will

attempt to retell and revive those pool memories for our readers.

So for starters, if you have any interesting stories/memories/pictures that you wish to share about the two swimming holes please email me @ denjohnyoung@gmail.com by June 30.

As far as the Kin Pool and current Aquatic Centre forward the same any time prior to July 11.



Public Notice

You're Invited

to share your views about the proposed rate changes from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for an overall 10.5 per cent decrease to Basic Autopac vehicle insurance rates and premiums, effective April 1, 2021 through March 31, 2022.

For further details, please contact MPI at inquiries@mpi.mb.ca or visit the Board's website at www.pubmanitoba.ca.

An electronic-based virtual public hearing on the proposed decrease will be held beginning:

Monday, October 19, 2020
at 9:00 a.m.

Please view the hearing via the Board's website (www.pubmanitoba.ca)

If you are interested in learning more about this rate decrease, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christie at 204-945-2638 or toll-free 1-866-854-3698, no later than **October 1, 2020.**

For more information, visit www.pubmanitoba.ca.

Manitoba Public Utilities Board
400-330 Portage Avenue,
Winnipeg, Manitoba R3C 0C4
Phone: 204-945-2638
Email: publicutilities@gov.mb.ca

Where are they now? Catching up with Barry McKay

By Dennis Young

This feature will attempt to renew some acquaintances with former Carmanites. 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 was born there in 1950 and lived there for 20 years.

Q. Did you attend school here?

I got my grade 12 at Carman Collegiate.

Q. What did you do for a living here?

While growing up I worked at the bowling alley, Syl's and for George Bishop as an electrician helper. Once out of school I slaved away at the Dept. of Highways.

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

My Dad Jack owned and operated the Carman Barbershop and Beauty Salon for many years. When his health took a turn he purchased the Carman Flower Shop which Mom Lillian managed.

Q. What activities did you participate in?

I participated in most sports which included hockey, bowling, baseball, golf and the school sports too. I won the Manitoba Junior bowling championship in 1965 and was runner up in the Nationals. I got close in ball too when the 1969 Goldeyes won silver in Sarnia. That team was inducted into the Mb Baseball Hall of Fame.

Q. Did you meet your spouse here?

I did yes. I met Marcia Mogk of Sperling at high school in 1969. I remarried in 2009 and live with my wife Janice in Edmonton.

Q. Do you have family now?

Marcy and I had two children. Jodi, who lives in St. Albert, Alberta with three of her own, was born in



STANDARD PHOTO SUBMITTED

Barry and Janice McKay reside in Edmonton.

Winnipeg while Sandi was born in Edmonton and lives in Elk Point Alberta with two kids.

Q. What got you to leave Carman?

I left town to train for and join the Edmonton police service in 1970. I left that position after 26 years in 1996.

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

After retiring from the police service I became a civil enforcement bailiff for 15 years. It mainly involved repossessing vehicles from delinquent debtors.

Q. What do you do now? Retired?

Retirement got in the road around 2007 so yes I am retired. I worked a few small security jobs part time and at two golf courses before fully retiring in 2010.

Q. What passes your leisure time now? Hobbies?

Janice and I have spent 13 winters in Mesa enjoying pickle ball, golf and whatever other func-

tion Janice organizes. We are in good company of some Carmanites too. Bob and Ruth Johnston, Brian and Zenith Coates and Ken and Lee Coates are in the same park and the guys play softball together. Come summer we golf some more and I play slo-pitch in a league. I was on a National champion squad in 2014.

Q. Any future plans?

We had planned a bike and barge trip to Amsterdam and Belgium with a group of retired cops in 2021 but obviously on hold for now. Also been talking about a cruise so we will see what the future holds for everyone.

Q. Have you travelled and where?

Our travels have taken us to Mexico several times plus have spent some time in Hawaii too. There have been many trips B.C. and to Disneyland with grandchildren.

Q. Do you ever return to Carman?

I have been back almost every year since I left. My two sisters Cyndie Sutherland and Sherri Unger live there. My oldest sister Carol calls Winnipeg home while brother Jack is in Kelowna. Both my parents have passed but until then I was a constant visitor to them too.

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

Growing up in Carman I think I had everything a kid would want. We had facilities and opportunities for almost any sport and supportive parents to transport me around. There were many good athletes produced by Carman.

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

The Winnipeg Jets and Bombers are my 2nd choices to the Oilers and Eskimos sorry folks but with the Oilers turning the corner after 15 years of rebuilding my cheering will be vindicated..

Working Towards Parity speakers reflect on their pandemic experiences

By Ashleigh Viveiros

The local Working Towards Parity—Women Speaking Up speaker series held its final session last week.

The series wrapped things up with a discussion on the topic of "Adjust, Adapt, and Thrive."

Past guest speakers were invited back to share their thoughts on how they've weathered the past few months.

Tina Fehr Kehler noted that adapting requires first recognizing that change is needed.

"When we thrive, what we're doing is we're implementing suitable changes to the new situation that helps us live ... really live. Thriving means living, not just surviving."

Learning to adapt to a new reality—whether it be something created through a personal life-altering event or, as in the case of COVID-19, a global one—is about facing challenges head-on, Fehr Kehler stressed.

"Don't fight reality. Lean into it. Learn from it," she said. "Dig into yourself and face your demons.

"When the pandemic hit I'd already been prepared with the knowledge that I'm not really, and none of us are really, in control of many of the circumstances of our lives. We just aren't.

"It's about accepting what isn't and balancing what is within our own power to do."

Hannah Drudge reflected on how the recent anti-racism protests around the world have gotten her thinking about the adjustments she needs to make in her own life.

"Certainly none of these issues are new by any means," she said. "But I think for many white women, myself included, the recent Black Lives Matter protests have been a bit of a wake-up call to the fact that being truly anti-racist as opposed to just non-racist is something that takes a lot of work.

"White people created white supremacy, so we need to do the work to dismantle it in ourselves, our families, and our communities," Drudge noted.

"I don't think it's a coincidence that the most recent surge in the Black

Lives Matter movement has occurred during the pandemic," she continued. "The pandemic has laid bare the gaping inequalities which have always existed in our society.

"Right now, thriving for me means doing the work of reckoning with my place in a society of deep racial inequality and inequities," Drudge said. "Is it comfortable work? No. Does it make me feel good about myself? Definitely not. But places of comfortability and feeling good about oneself are rarely where real growth and learning come from. And I think that is a lot of what thriving is."

Karina Cardona noted that the past three months have sped by in a rush of learning to navigate the new normal.

"When it comes to situations like the pandemic, we're all in it together," she observed, noting she has leaned heavily on friends for support.

Still, adjusting to the isolation that the COVID-19 restrictions necessitated was a struggle for her, especially after an already long winter.

"The stress really hit me that I was going to be stuck inside even longer. ... how am I going to do this?" Cardona said, stressing it came down to simply "trying to own what I can and let go of what I can't.

"The momentum of life has changed," she noted, "and I think what has helped me through it has been to be aware of those things and to share those feelings in conversations with others."

Steph Klassen shared that the pandemic has "affected every possible area of my life.

"From my work to my home life, parenting, being at home with my husband ... it affected my health, my diabetes. But it also helped me discover a lot of new things about myself and about the world.

"I feel like I'm thriving most days now," Klassen said. "But then I have those days that sneak up on me out of nowhere ... and I feel like I'm back at square one.

Continued on page 9

Local author self publishes first children's book

By Sydney Lockhart

Shawn Jones, also known as Railin Morgan, has released her first children's book, complete with music and a family story.

Jones, who lives two miles west of Graysville, has published her first book after working for two years on it, it is now available for purchase.

"It's about a mother reminiscing about life with her son Max playing the piano. The relationship evolves and changes with the natural rhythm of life, she has to let him grow up and become his own man," said Jones.

The book is illustrated by painter Carol Timmers from the Netherlands, which are illustrations of photographs of her oil paintings.

Jones says she based the story off of her personal life experiences and stories that were passed down about her great uncle Max Magee, the main character's namesake.

"The stories I've heard passed down have really resonated with me. His life was a tragedy in the end, and he died so young. Of course, that wouldn't suit a children's book, so I imagined his life with his mother instead."

Jones says she struggled when her son moved away and felt like she was the only parent who was having such a difficult time.

The story line involving Max Magee growing up and moving out yet always having his mother as his biggest supporter reflects her own life experiences as a mother.

In this touching, melodic book, a mother remi-



STANDARD PHOTO SUBMITTED
Shawn Jones, AKA Railin Morgan with her first children's book.

nisces on her son's life as a pianist. As a child, he practices before running out to play, and as he ages, he inherits his father's grand piano. As a young

man, his devotion to music grows, and he eventually becomes a concert pianist. Although adored by his audience, Max Magee knows his most cherished fan remains his mother, and through his music he is able to express his love for her. Max Magee offers the poignant experience of a mother's love: encouraging, celebrating, and, ultimately, letting go.

Jones says the book was a surprise to her parents who were very excited about the project.

"My dad was just very proud of me," said Jones, "They never really realized I had an artistic side, my brother was the musician and the performer."

Her father would play the piano for her growing up and one of her favourite songs she asked her father to relearn and record for her, is used in the audio version of the book.

The audio version of the book was created to go along with it so that children could hear the music they were reading about.

The voice of the audio book was recorded by Canadian actress Dinah Christie, a family friend.

Jones says her brother helped out with the recording of the audio book making it even more special.

"It's a fun book to read with your child it has more to offer than just the story, it's for encouraging young kids in music. They need to just pursue their dreams and become a performer on stage."

To purchase Max Magee, go to Railinmorgan.com, FriesenPress.com, Amazon.com, Amazon.ca, or BarnesAndNoble.com.

The Ebook is available for \$4.99, the paperback \$13.99 and the hardcover \$27.99.

> WORKING TOWARD PARITY SPEAKERS, FROM PG. 8

"To bring myself out of those days I've realized that I need to focus on what's best for me," she said, noting regular exercise has proven to be a balm for her both physically and mentally, as has rediscovering her love of reading and spending more quality time with her kids. "There have been tons of little blessings that have come during this time that I honestly didn't think would happen.

"I've felt myself becoming stronger in who I want to be as a human, what I want to stand for. I've been able to see things more clearly. I've developed more patience, which is something that I really needed.

"All these things have just helped me thrive in this moment."

As the world returns to normal, Lexie Elias hopes people will be mindful of some of the lessons learned during this time, including the fact that sometimes personal sacrifices (self-isolation, for example) are needed to protect others.

"We're all so caught up in our own lives and how busy we are, we forget about other people sometimes," she said. "I really do feel like through this experience maybe people will ... keep in account other people's scenarios,

[that] other people need help, need to be protected."

SERIES MAY CONTINUE

Event organizer Ang Braun from Genesis House noted the series was created to provide a platform to women in our community on a variety of topics.

"It was really a couple of us having a picnic lunch in the park and talking, between friends, about how do we get women's voices heard and whose voices are we not hearing?" she said. "That was the impetus for starting this, trying to figure out what challenges are facing young women today, what challenges are facing newcomer women, and what challenges are facing women with a disability?"

Town of Carman EcoSummer is BACK!



One Drop of Used Oil Makes a Difference. Everyone in Manitoba has done an exceptional job of recycling used motor oil (88% recovery), oil filters (69%) and oil containers (69%). However, when you consider that a single litre of used oil can contaminate a million litres of ground water, more needs to be done!

Do your part and take your used oil, filters, antifreeze, and containers to Carman Eco Centre (located at the Carman Transfer Station) during the months of June and July and you will receive the opportunity to win prizes during the EcoSummer program. (Some conditions apply.)

For more information on the EcoSummer program contact the Town of Carman office or www.usedoilrecycling.com.

Speakers addressed all these issues and more through a series of talks that started as in-person lunch-and-learns and then shifted to virtual webinars that attracted attendees from across the province.

Braun says the organizing committee hopes to host more speakers in the future.

"There is some conversation happening about the potential for this to carry on," she said, urging people to stay tuned to the Working Towards Parity Facebook and Instagram pages for updates.

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

Province releases final plan for third phase of restoring services safely

Efforts of 'Team Manitoba' enable further re-opening of businesses, communities on June 21

Submitted by Manitoba government

Following feedback from the public, the Manitoba government is releasing its plan to further ease public health restrictions and continue safely restoring services, effective June 21, Premier Brian Pallister announced last week.

"Thanks to the efforts of all Manitobans and based on advice from our public health officials, I pleased to announce that we are in a position to move forward once again in our phased approach of restarting our economy," said Pallister. "Thousands of Manitobans provided their input and feedback on numerous proposed measures for Phase Three of Restoring Safe Services, and their support for our plan to further ease public health restrictions is reflected in the next steps of our economic recovery roadmap."

The premier noted more than 25,000 Manitobans participated in a public telephone town hall to ask questions, voice their concerns, support and feedback on the draft plan of Phase Three of Restoring Safe Services: Manitoba's Pandemic and Economic Roadmap for Recovery. As well, the province has received nearly 5,100 online submissions to <https://EngageMB> and over 32,000 responses on the school restart survey from parents and students.

The final plan being released last

week is based on public health advice, consultation with key sectors and feedback from the public, the premier added.

Key changes made following public feedback include:

- removing the maximum capacity of 300 people at any site provided the gathering can be physically divided into sub-groups of 50 or fewer indoors or 100 or fewer outdoors, to a maximum 30 per cent of usual capacity;
- allowing people from British Columbia, Alberta, Saskatchewan, Yukon, Northwest Territories and Nunavut, and people living in the area of the northwestern Ontario (west of Terrace Bay) to visit Manitoba without having to self-isolate for 14 days;
- ensuring those travelling to northern Manitoba must continue to respect any restrictions that have been put in place by local communities and First Nations;
- lifting self-isolation requirements on a case-by-case basis where sectors propose and provide satisfactory plans to address public health requirements for necessary travel; and
- lifting capacity limits for restaurants, bars, beverage rooms, brew pubs, microbreweries and distilleries, as long as tables and seating are arranged so there is a temporary or physical barrier, or two metres of separation between people sitting at different tables.

Detailed information on the plan for Phase Three, including service restoration, measures the public can take to reduce their risk of COVID-19 exposure or spreading the virus, and workplace guidance for businesses, can be found at www.manitoba.ca/restoringsafeservices.

"Current indicators show the risk of community transmission of the virus in Manitoba is low at this time, so we are now able to further ease restrictions while ensuring Manitobans still practice the fundamentals that got us to this stage," said Dr. Brent Rousin, Manitoba's chief provincial public health officer. "As businesses and communities expand the services they offer, all Manitobans must continue to practise physical distancing with others outside their households, wash their hands often and stay home when they are sick to further reduce the risk of spreading the virus."

The province continues to encourage businesses to take steps to help staff, customers and visitors stay safe including:

- ensuring people are able to reasonably maintain two metres of distance;
- only conducting necessary and brief exchanges within two metres of others;
- applying enhanced cleaning protocols, especially in common areas like washrooms;
- maintaining physical distancing and food-handling protocols in workplace areas including lunch and common areas;
- ensuring staff stay home when

feeling sick; and

- following personal risk reduction measures.

Since May 21, Manitobans have engaged over 124,000 times through online surveys and telephone town halls to provide feedback on the Restoring Safe Services roadmap and restarting schools.

The premier also noted the province is developing a rapid response system to guide future decisions and any additional reopening steps that may be considered. Each level will include a risk assessment and a range of measures that may be in place at that level. As work continues to monitor the spread of the virus, the province may move up or down the rapid response/'stoplight' scale as indicators change.

"While we can take pride in the progress we've made and the additional steps we are announcing today, we must remain vigilant," said Pallister. "If public health results deteriorate or guidelines are not sufficient, Phase Three measures may be paused and previous measures may be reintroduced. I'm confident that we will continue to be successful if we keep working together as a team."

The survey for the third phase and the plan to restart Manitoba schools will be open until June 21. Manitobans are encouraged to visit <https://EngageMB> to share their views.

A comprehensive list of Manitoba government COVID-19 measures can be found at:

<https://manitoba.ca/bg/2020/04/covid19.html>.

This week in review over the past..... 100 years

(This feature will inform readers of a condensed version of events that were in print in the Dufferin Leaders of 1920, 1945 and 1970)

July 1, 1920 edition

Some of the advertisements that were featured are:

A.F. Higgins Co's Carman Store on the front page. They sold ladies and men's clothing; white bedspreads, white cotton, bleached and unbleached, and groceries.

J.H. Cochran—jeweller and Optometrist.

Single stone Diamond in 14K Tiffany setting \$25.00

3 stone Diamonds in 14K white Gold setting \$100.00

Frank Bridge—Hardware and Implements

J.G. McCowan & Co.—sold clothing and Hosiery

silk hose \$2.00-\$2.25, Lisle hose 60

cents to \$1.00

Business Directory of 1920

Physicians & Surgeons: Dr. F.L. Jamieson M.D. ; Dr. H.C. Cunningham, Surgeon; Dr. A.E. McGavin, M.D. C.M.

Dentist: Dr. A.L. McLachlan

Legal: Robison & Greer in the McKinney Block on Villard Ave. (west side of Main Street)

F.J. Butcher on Villard Ave. (east side of Main Street now)

R.H.B. North on Maple Street (now 1st Street SW.)

Veterinary : Dr. W.H. Smith at the Palace Stables (north side of Boyne River on Main Street)

Private Home Nursing: E.S. Rockey ; Mrs. T.H. Miller

July 5, 1945 edition

Five men from the services have returned home. Allan Park, son of Mr.

& Mrs Herb Park; Orville Skelton, brother of Floyd and Roy Skelton; Joe Young; Ralph Dietrich and G.S. Maltery .

Premier Stuart Garson officially opened Carman Fair last Friday. Hon. D.L. Campbell—Minister of Agriculture attended the Fair last Saturday.

Boyne theatre is showing MUSIC FOR MILLIONS starring Margaret O'Brien and Jimmy Durante on July 5, 6, & 7.

Revised subscription rates effective August 1, 1945. Subscription price will be \$3.00 per year, payable in advance. Subscriptions renewed during July will only pay \$2.00 per year—last year's rate.

July 2, 1970 edition

Roland Centennial Fair was held, Saturday June 27. There were 30 entries in the parade. 700 enjoyed the

delicious supper and this was followed by a street dance held on Main Street.

Roseisle Centennial Picnic will be held on Saturday July 4 at the school ground with ball games, races, picnic supper and evening entertainment.

Elizabeth (Betty) Simpson, daughter of Mr. & Mrs. Harold Simpson and Judith Sprott, daughter of Mr. & Mrs. Walter Sprott, both of Miami, graduated from the Grace Hospital School of Nursing.

Coming events: Mr. & Mrs. D.D. Klassen of Homewood will celebrate their Golden Anniversary in the First Mennonite Church in Winnipeg on July 12.

Mr. & Mrs. John Toews will celebrate their Golden Anniversary on July 25 in the Homewood Mennonite Church

Local camps offering modified seasons

By Lorne Stelmach

The region's two Bible camps are aiming to remain optimistic while preparing for a season like no other in recent history.

Still limited in how much they can operate while remaining under some COVID-19 restrictions, they are nevertheless working to make the best they can of a difficult situation.

"We realize the value and the impact that camp has on teenagers as they're developing and going through life," said Chris Harms, executive director of the Pembina Valley Bible Camp. "When you bring a community of teenagers together, it's an incredible opportunity to build relationships and build their character. If we have to do that through modified programming, we'll do that."

"We're working hard at doing what we can do ... and using our funds very wisely," noted Dale Wiebe, executive director of the Winkler Bible Camp.

WBC were recently processing refunds for about a thousand families for their popular summer programming that might normally draw over 1,600 children.

"That's not a fun thing to do when you're processing all that money backwards," said Wiebe.

"While we're doing this, we're trying to develop something we can do online as a program. We'll hopefully have that ready by first week of July for a summer program to connect with the kids."

They had earlier been restricted to just a day camp for leadership development that involves older youth because it could be done with more limited numbers.

"It's a little easier to maintain all the laws regarding COVID with older kids," Wiebe said.

The camp had been faced with not being able to run overnight camps until at least July 1 as part of the Manitoba Restoring Safe Services plan, but directors felt they needed to make a call before that date to allow them time to make

alternative plans.

That led to the idea of a virtual summer camp, which will offer a mix of weekly online videos, submitted content, and physical interactions.

Day camps are also an option they are exploring, but working with the restriction of 16 campers per group with everyone being socially distanced is very different from how they would normally run camp.

"It's very challenging because everything we do at camp here flies against social distancing quite a bit. So everything we do, even though they say you can have 24 people in for a day camp, it's very difficult for us to run ... and try to abide by the laws," explained Wiebe.

"We're working hard at keeping the site developed and ready and getting that all back," he continued. "We have about 10 per cent of the staff we would normally have here at this time of year ... as we would normally have over a hundred staff."

The resulting impact financially will be a challenge for the camp.

"By the time spring, summer and fall is done, that will be close to three quarters of a million dollars revenue. A huge portion of our self-earned revenue is what we do with school groups in spring, all of the rentals, all of the picnics, all of the events that we do.

"That is not good for us financially," Wiebe said, noting the federal government wage subsidy program is supposed to end in August.

"We already have groups cancelling for fall," he added, estimating that overall means "80 per cent of our annual revenue is gone, so that's a big chunk.

"Part of our budget is also donations, so hopefully that will stay strong this year."

Pembina Valley Bible Camp is also trying to deal with a major drop in revenue, as COVID-19 put a big dent in spring rentals.

"Even with summer camp registrations, we're down about 23 per cent," said Harms. "With our



WINKLER BIBLE CAMP PHOTO

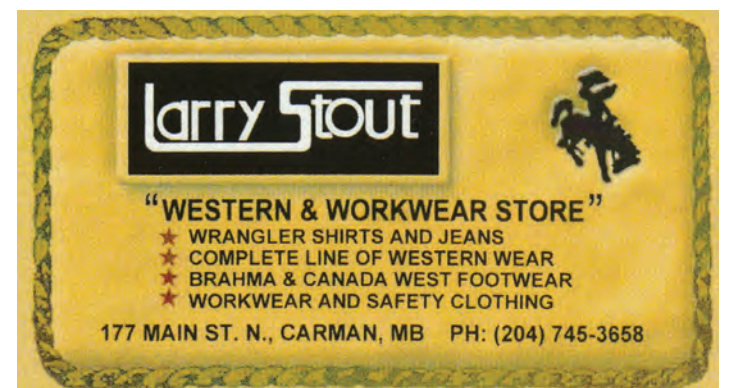
The local summer camps are coming up with new ways to provide kids with a fun camp experience this summer.

donations, we've definitely noticed a decrease there ... I think we're down about 27 per cent in donations."

They are focusing now on how to offer day camp based programming this season.

"We've got some approvals now from the government on ways that we can do programming for the summer, so we're still going to run a summer program, it will just look

Continued on page 20



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Breakaway Family Restaurant a flavourful experience

By Becca Myskiw

At the corner of Highway 3 and 13 sits Breakaway Family Restaurant — a break away from typical fast food.

You can sit in the dining room and eat stuffed salmon from the coast while the coffee crew sits in the room next to you eating double decker burgers and the night crew plays the VLTs upstairs.

Their coffee is made from freshly ground coffee beans every day — and you can taste that in each sip. It's not sour or old, it's rich, smooth and warms your throat.

Since February the over 100-year-old business has been renovating. They painted the diner side with peach and



The stuffed salmon was served with a side of mashed potatoes, carrots and beets while the angel food cake with fresh berries and whipped cream.

STANDARD PHOTOS BY BECCA MYSKIW



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orange to give it a Mediterranean look and the dining room is now a light sky blue with a wooden trim. 10 chandeliers hang from the ceiling above the tables that are adorned in black tablecloths with cutlery laid out to perfection. A brick fireplace sits at main wall of each room.

The walls aren't the only thing that have seen changes, though. Breakaway Family Restaurant's menu now has flavours for every taste bud, offering west coast salmon, prairie beef barley soup, and East Asian edamame.

The plating at Breakaway is something that belongs in a cookbook. Greens and chives accompany the edges of the plate and add a new kind of spice to mashed potatoes. Strawberries sit fanned out next to icing sugar with a perfect dollop of whipped cream. It's so simple yet tasteful for the eyes and the taste buds.

Their beef barley soup is salty enough to be flavourful but not enough to make you down your water. It comes loaded with chunks of beef and vegetables — you can taste the fresh tomatoes in every spoonful.

The edamame is incredible. It comes topped with the perfect amount of salt and sesame seeds so when you bite the bean out of its shell, there's flavour each time.

Then there's the salmon. It was flaky and soft, stuffed with a cream sauce and shrimp. If fish could melt in your

mouth, this one does. It comes paired with fluffy mashed potatoes made with cream cheese, something that makes an old classic taste fresh and new.

Their angel food cake is paired perfectly with the sweet whipped cream and strawberries, making the perfect mix of sweet and fruity.


The whole experience is not what you would expect from a historic restaurant. The staff is friendly, and the atmosphere is welcoming. Everything is made from scratch to near perfection. Breakaway Family Restaurant is fine dining in a rural town — something out of the ordinary and new in an old place.



The edamame topped with sesame seeds and salt.

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† FOR CANADIAN CONSUMERS ONLY: Terms of offer: Quantities are limited. Offer valid for qualifying purchases made January 1, 2020 - December 31, 2020 (the "promotion period") or while supplies last. Product must be registered by calling 1-800-807-8777 on or before December 31, 2021 in order to be eligible. Offer valid only in Canada for registration of KitchenAid® induction range and cooktop models YKFD500ESS, KSIB900ESS, KICU500XBL, KICU500XBL, KICU500XSS, KICU569XBL, KICU569XSS, KICIG704FBL, KICIG550JBL, KICIG550JSS, KICIG950JBL, KICIG950JSS, KICIG956JBL and KICIG956JSS purchased at authorized Canadian retailers. Bonus cookware set offer is limited to one redemption per household during the promotional period. Qualifying consumer will receive an eligible KitchenAid® 11-piece cookware set (Model KC3H1S11BE) valued at \$879 (Cdn.) MSRP, by courier to a Canadian address. Allow 4-6 weeks for delivery. Whirlpool Canada LP reserves the right to substitute with an alternate cookware set of equal or greater value. No substitutions by consumers are permitted. LATE SUBMISSIONS WILL NOT BE ACCEPTED. Offer good only in Canada. Purchases of refurbished or previously sold models do not qualify for the promotion. Offer is not transferable. Omission of any required information will delay processing or disqualify your request. All submissions become the property of Whirlpool Canada LP. ALL CLAIMS SUBJECT TO AUDIT.

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- 500 CFM (Performance varies based on installation)

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MAYTAG

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JUNE 25 - JULY 15, 2020

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SEE IN-STORE SALES ASSOCIATE FOR INSTANT SAVINGS DETAILS AND LIST OF AVAILABLE QUALIFYING MODELS.

* In-store instant savings on retail purchase price (after taxes) valid on purchase of qualifying Maytag® major appliances will be deducted at the time of purchase. Receive instant savings of \$100 (after taxes) when you purchase two (2) eligible Maytag® laundry appliances (washer and dryer); instant savings of \$100 (after taxes) when you purchase two (2) qualifying Maytag® kitchen appliances or instant savings of \$300 (after taxes) when you purchase three (3) or more qualifying Maytag® kitchen appliances, consisting of one model only per appliance sub-category. Multiple purchases must be made at the same time from the same participating authorized Canadian Maytag dealer. GST/HST/QST and provincial sales tax (where applicable) are included in the instant savings amount. Qualifying purchases must be made between June 25 - July 15, 2020. Open to Canadian residents only. Offer cannot be combined with any other Maytag® appliance offer. Offer is not available to second channel, dealers, builders or contractors. All models may not be available at all dealers. No substitute models qualify. Dealer prices may vary. Dealer alone has sole discretion to set retail prices. Offer excludes discontinued models.

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Dufferin Agricultural Society

Fireworks

Wednesday, July 1st, 2020

Dusk - Approximately 11 pm

Fireworks to be displayed from the Northwest corner of the Carman Fair Grounds

Spectators are asked to respect social distance guidelines.

All bleachers and grandstands will be closed for viewing.



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Local woman making cards in support of palliative care

By Becca Myskiw

Diane Davies has spent the last three years of her time in Carman making cards for all occasions — with all proceeds going to palliative care in town.

Davies moved to the town 11 years ago from North Devon in the United Kingdom. Twenty three years ago, she was fighting breast cancer.

During her time in North Devon, a new local shop wanted to sell cards, but they couldn't because they didn't have the funds. She compares that shop to the Carman MCC Thrift Shop.

"I sort of felt I wanted to give something back," she said. So, she got the idea of recycling old cards and making them new.

Then Davies moved to Carman and got involved with the palliative care board. She said they were always throwing around fundraising ideas and when she brought up that she used to make recycled cards, the board decided to give it a go.

Now, they sell the cards for \$1 each and community members continue to bring in old cards for Davies to repurpose.

She starts by looking at the cards

she has available, then decides which pieces would look together. One card she used as an example was a bouquet of roses she pasted to the front of one card with a butterfly next to them — all pieces from separate cards that look like one.

"My plan isn't that I just cut the card and stick it on," she said. "I like to cut all the little bits out."

Whenever she has free time, Davies goes to the table she has in a bedroom and takes her time placing each piece down.

Most of the materials she uses come from community members — she has lace, embossments, and of course, old cards from them. Some come from Michaels, too.

The only thing Davies said she consistently has to buy is the cardstock she makes the new cards from. Even the envelopes she puts them in are recycled.

Davies said she doesn't know how much money is generated from card sales each year, but she knows she made over 200 cards last Christmas and every single one was sold.

Money from them goes into pallia-



STANDARD PHOTOS BY BECCA MYSKIW

Diane Davies has shoe boxes upon shoe boxes in her house of cards right now as they aren't being sold during COVID-19.

tive care's general fund to buy things that keep people comfortable like gel mattresses and furnishing and decorating hospital rooms.

The money, Davies said, is not what's most important though. On the back

of each card is a sticker saying the proceeds will go to palliative care.

"It just gets out into the community," said Davies. "So, it's as much making awareness of palliative care as it is selling [the cards]."



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MEMBER VOTE: JUNE 23, 24, 25

How to vote:

- 1** Online: www.accessvotes.ca
8:30 am CDT on June 23 to 6:00 pm CDT on June 25
- 2** At any Access Credit Union branch
June 23, 24 and 25 during branch operating hours

Vote results announced on June 25 at 7:00 pm at a preregistered Meeting of Members Teleconference. Voting will end in advance of the meeting with results prior to adjournment.

If you have **questions** or to **preregister** to attend the Meeting of Members Teleconference, connect with us:

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Province to install outdoor shelters for care home visits

By Lorne Stelmach

The province moved to allow limited indoor visits in personal care homes this week while also announcing a plan for semi-permanent, all season shelters that could provide another alternative for visits by family or caregivers.

The measures come because allowing personal care home residents to safely maintain connections during the COVID-19 pandemic is central to their ongoing health and well-being, said Health, Seniors and Active Living Minister Cameron Friesen.

The Morden-Winkler MLA stressed the idea of finding a safe balance and taking gradual steps to reconnect residents with their families. In-person, outdoor visits were recently allowed once again after being suspended in mid-March due to the pandemic.

"It had a real and undeniable effect on residents, on their caregivers, on their families and friends who quite suddenly found themselves without that ability to go into the home and to visit that individual," Friesen said at a news conference Monday. "Virtual visits, video conferences, telephone calls and window visits only go so far ... Manitobans are getting back to see those loved ones in person."

The government will ask for feedback on conceptual designs for the personal care home shelters in the

near future, but Friesen stressed the outdoor structures must be accessible, protected from the elements, easily cleaned, and provide a space for quality connections. Feedback can be provided at EngageMB.ca.

Friesen's hope is to see work underway by August and for the shelters to be in place for use by September.

As for allowing limited in-person visits, the minister said it will be for a limited number of designated caregivers or family members, and the facilities will ensure they create the acceptable conditions for visits.

"We believe it is a calculated risk, but we believe that it's a balanced risk," he said. "We're taking this step because the evidence supports it. If we see that the numbers are rising, we may curtail those right across the province or we could take a more localized approach, a site-by-site approach."

"Our numbers are good in Manitoba. They are some of the best numbers in all of North America. I think along with those low transmission numbers, there can come a sense of lethargy, you can relax your guard," said Friesen. "We've seen in other jurisdictions how quickly the situation can turn. Our continued success depends on our willingness to do the right things."

"This is not a return to normal," emphasized Lanette Siragusa, chief nursing officer with Shared Health,

speaking later that day as part of the province's COVID-19 update.

She noted care facilities have had a refresher course in personal protective equipment and have also reviewed protocols for cleaning and outbreak procedures. The indoor visits will be for a minimal number of people, Siragusa stressed, and will follow an approved plan setting out such conditions as the duration and timing of the visits.

"There was a lot of work behind the scenes to make sure that we made this safe, as safe as possible," she said. "This is a high risk population, and we do want to find a balance between making sure that people can visit their loved ones and stay safe."

COVID-19 cases hit 314

Two new cases of COVID-19 were announced over the weekend as well as one new case on Monday, bringing the total number of lab-confirmed positive and probable positive cases in Manitoba to 314.

There are currently 14 active cases, none of which required hospitalization at the start of the week. A total of 293 people have recovered from COVID-19. Seven people have died.

Three cases last Friday included a male truck driver in his 40s from Winnipeg and a male and a female from the Southern Health region. Those

cases were linked to travel and a previously known case.

In one instance, it was found a person attended JT's Store and Diner in Blumenort June 10 at 6 p.m. despite showing symptoms, though public health officials say the risk was mitigated by the business having social distancing measures in place.

Two cases reported Saturday involved a male truck driver in his 30s and a female in her 20s from Winnipeg.

The case reported Monday involved a male truck driver in his 40s from the Southern Health region.

"COVID-19 is not going away. We've still seen this virus, and as we continue to reopen, we'll continue to see this virus," stressed Dr. Brent Roussin, chief provincial public health officer. "We need to learn to live with the virus because we know that we need to deal with this virus in one shape or another for the foreseeable future."

Phase 3 of the province's reopening plan began on Monday, lifting or easing restrictions on countless businesses and also upping the cap on group gatherings to 50 people indoors and 100 outdoors, with flexibility for more if subgroups are kept separate from one another.

Details of the plan are available at gov.mb.ca/covid19.

Show Manitobans some love this summer - staycation

By Ashleigh Viveiros

As COVID-19 restrictions begin to relax, Travel Manitoba is reminding people that "home is where the heart is."

The provincial travel association launched a tourism campaign last week encouraging Manitobans to re-discover what's available right in our own backyards.

"[Now is] the perfect opportunity for Manitobans to see what the province

has to offer and at the same time support local businesses and local tourism operators by doing a bit of a staycation and seeing their own province," says Linda Whitfield, vice-president of marketing and communications.

Manitobans are certainly no strangers to exploring the province. Pre-pandemic, tourism contributed \$1.6 billion to Manitoba's economy, with 85 per cent of visitation and 58 per cent of expenditures coming from

Manitobans.

"So we already do a pretty good job of that," says Whitfield, "but we really want to encourage Winnipeggers to get outside the city and we'd love to invite rural folks come to see something in Winnipeg."

Northern Manitoba is opening up again as well, Whitfield notes, and there are countless attractions and experiences sprinkled through the province to explore.

Those kind of cross-community trips have never been more important. Estimates indicate that tourism spending will decrease between 25-60 per cent in 2020, and between 6,800 to 11,600 jobs could be lost.

"People don't realize just what an economic driver tourism is in the province," Whitfield says, pointing out the ripple effect a family's visit to a tourism destination can have in a community as they spend money on lodging, food, and other entertainment in the area. "Visitors bring dollars to all parts of a destination: to the restaurants, to the gas stations, to the things they buy retail. So it's a very important sector in Manitoba."

To further spur on local tourism, Travel Manitoba in partnership with Destination Canada has launched a contest that asks people to share how they're showing Manitoba some love.

Entrants are asked to detail where in the province they are travelling this summer and how they'll share their experiences on social media. Winners could receive up to \$500 to offset travel costs.

"One of the best sources of people's inspiration is often word of mouth and what they see other people doing," says Whitfield. "What we ask is what a lot of people are doing anyway, which is to share pictures, share your stories, share your enthusiasm ... and you may be rewarded for it."

The contest is open until June 26. Details are available at travelmanitoba.com.

Manitobans are reminded to explore their own province while being COVID careful: maintain physical distancing, stay home when sick, wash hands frequently, and opt for pick-up services when visiting local restaurants and businesses.

> SUMMER CAMPS, FROM PG. 11

quite different," said Harms. "We aren't able to run any overnight programming, so that's a substantial change for kids who are looking for a summer camp experience."

Day camps will be something new for them, he said, noting their shortest programs in past years have been three nights.

Now they're looking at transporting kids to and from Morden for camp sessions that would run from 9 a.m. to 8 p.m.

"The biggest change is you won't have the full evening and night here," Harms said. "They'll still come for a week, but it will just be one day at a time, so a lot of our programming side of it will look very similar through the day."

"We're in the process of finalizing some of those details," he said, adding his faith that the camp will pull through this all. "We're just trusting that God will provide a way."

PVPCC directors walk and jump their way to \$10K in donations

By Lorne Stelmach

Jumping jacks outside in rubber boots is not part of a usual exercise routine, but the Get Moving Challenge was not your ordinary fitness regimen.

The unique fundraising effort of the Pembina Valley Pregnancy Care Centre saw their board of directors get active in support of the organization.

For every \$1 donation PVPCC received over a two week period, directors pledged to do one jumping jack. A \$10 donation got them walking or jogging kilometre.

In the end, the more than \$10,000 that came in had chairperson Davis Wieler and board members Andy Schmidt, Glenda Schwarz, and Hugh Froese covering over 350 kms on foot and doing nearly 6,000 jumping jacks.

"I've never done so many jumping jacks in my life, that's for sure," said Wieler.

"It was neat to be involved in this way," he said. "The community support is always amazing, and it was again. We didn't know what to expect dollarwise, but we always appreciate the support."

Executive director Linda Marek said the campaign came about because the centre has had to cancel many events this spring due to pandemic restrictions.

"We were in the COVID close down period when I brainstormed the idea and pitched it to them," she said. "They were all in."

"It was something we hadn't done before, and it's something healthy, something positive, and something



STANDARD PHOTOS SUBMITTED

PVPCC directors Andy Schmidt (above), Davis Wieler (right, top), Glenda Schwarz (right), and Hugh Froese (not shown) ran, walked, and jumped in response to their Get Moving Challenge, raising \$10,000 for the agency.

we thought would be a good fit to try when everything is being cancelled.

"We've got a great board," Marek added, noting the challenge also presented a way to engage the community by posting regular updates on their social media pages. "Hopefully that encouraged people that they could literally see the board doing their part."

Wieler agreed it was a fun alternative for them when most of the usual options for fundraisers and community events were not possible.

"It is a challenge to hold any kind of event like we normally would, so it's thinking outside the box, and this was a neat idea to try out."

The agency remains hopeful that things change soon, though, so that they can consider moving forward with a planned benefit concert featuring musician Steve Bell this September.



Southern Health communities doing their part to fight COVID-19

By Lorne Stelmach

The region's top health official offered both praise and gratitude to local residents last week as COVID-19 restrictions continue to ease up.

The leveling off of Manitoba's active caseload has only been possible because people have remained vigilant and committed to abiding by public health orders to limit the spread of COVID-19, said Jane Curtis, CEO of Southern Health-Santé Sud.

"We have had to significantly change the way we live ... and the residents of Southern Health-Santé Sud did these changes," she said. "They were tough, not seeing your family or attending religious services, cancelling special occasions."

"It was big sacrifices, but the communities came through, and because of that, it's made a huge difference in reducing the spread of COVID-19

and flattening that curve. Those efforts have been the whole difference in where we are today."

These uncertain times have brought out the best in people, Curtis said, pointing to the overwhelming show of support health care workers have received.

There have been endless gestures of encouragement ranging from snowmen built outside of residents' windows at a personal care home to donations of specialized bands to relieve the impact caused by extended wear of face masks.

Health care workers have also gratefully received donations of insoles to help soften their steps as they walk many kilometres throughout their work day, as well as numerous gifts of food and beverages.

These donations are multi-faceted and spread across the region, noted

Curtis, and the simple acts of kindness have often served to brighten someone's day.

"It was incredible. Every week we would have a whole list of things that communities were doing, whether it was just putting posters up of thanks or doing a car parade around our hospital or delivering some food," she said. "It was just incredible to see the community show their support ... they kept asking what can we do?"

The reward now is having the opportunity to start opening up facilities again to visitors.

"Our staff were really excited when we were able to change our visitor restrictions," said Curtis. "They saw how much it means to our patients and their families and friends ... it was great that over the last couple of weeks now we've been able to have visiting occur, but still in a safe way."

Even with that, though, Curtis reiterated that there still needs to be a degree of vigilance, and she appreciates that many people are still being very cautious.

"We know that this virus has hit our elderly population particularly hard, and so we still have to be extra vigilant about that and ensure we're still protecting them as much as we can," she said. "It's a balance because visits from family and friends also contribute to their well-being, so we just have to find that healthy balance."

"We're kind of talking about a new normal ... we wash our hands more regularly; when we're not feeling well, we stay home ... and it's just being very conscious about the group sizes," Curtis said. "I see it all the time, and I really do see people being thoughtful about what they are doing in their communities."

Danny's Whole Hog turning up the heat on "buy local" movement

By Patricia Barrett

A popular Stonewall-area catering and food service company that's famous for its pulled meat products is putting some extra muscle into the "buy locally" movement in the Interlake as COVID-19 continues to flatten markets and restrict large gatherings.

Danny Kleinsasser of Danny's Whole Hog BBQ & Smokehouse said it's not only local businesses that are buying from other businesses during these uncertain economic times, but also consumers who are shopping locally after realizing the virus could result in long-term economic consequences for their communities.

"People support the local products. They're supporting me. And not only me as a local family, they're supporting the families that work for me," said Kleinsasser as he took the Express on a tour last week of his Highway 67 facility. "People from the local community are coming here and the city people have been wonderful."

That support is going a long way to helping his company stay afloat and keeping 10 of his staff (he had two layoffs) on the job. To help ease consumers' financial pressures, Kleinsasser said he's created new products, such as family-sized Meals for 4, offered free delivery and lowered some prices as "people have less money to spend."

His never-give-up philosophy and openness to change has helped the business survive in the face of COVID's challenges.

"I'm a positive thinker. I will not put my head in the sand," said Kleinsasser. "I've got employees with families and they've got mortgages to pay. I've got mortgages to pay. I've never been a quitter."

Kleinsasser started Danny's Whole Hog 20 years ago and is guided by the values he grew up with, including integrity, treating others with respect, charitable giving to food banks and Siloam Mission and showing that a "little love can go a long, long way."

His industrial-sized stainless steel kitchen and packaging facility, situated on his family farm, has meat smokers that can do "1,000 pounds of pork a night," sausage-making machines, a huge walk-in freezer and cooler and a public store that he said saw an increase in walk-in traffic during the COVID shutdown as people were "afraid" of crowds in large stores.

Kleinsasser is a stalwart believer in supporting local and Manitoba businesses. He buys dinner rolls and buns from Upper Crust Bakery in Selkirk, pork from Manitoba producers, beef from Canadian producers, saskatoon berries for his wife's homemade pies and crumbles from a Warren farmer



STANDARD PHOTO BY PATRICIA BARRETT

From left Isaiah Kleinsasser, Danny Kleinsasser and Sharon Skinner.

and ice cream from Prairie West Ice Cream in Stonewall.

"We're all helping each other. It's great what Manitoba is doing to support local small businesses. I try to buy from a lot of small businesses to support them," said Kleinsasser. "If they don't have it, then I reach out a little bit farther."

Kleinsasser's catering service took a massive hit when COVID began to rapidly spread in the province and public health orders meant gatherings such as weddings and business functions had to be cancelled. He would cater 15-25 events each weekend including about 12 weddings. He also had food kiosks at Blue Bomber and Goldeyes' games and supplied the Jets with pulled meat products.

"We do a lot of catering for businesses and people all over Manitoba. All the families that work for me depend on that," said Kleinsasser. "Within two weeks, we had a couple hundred thousand dollars' worth of business cancelled."

He said he and his wife and kids and his staff went back to the drawing board to figure out how to compensate for that loss. They came up with new products and services.

"It was remarkable how quickly we could turn it around and start another cash flow," said Kleinsasser. "Since COVID, we've doubled our product offerings."

Kleinsasser created several new products during the pandemic to add to his popular product line, which includes pulled pork, beef and turkey products, gourmet BBQ sauces (the majority gluten free) and smokehouse favourites such as garlic sausage, pepperoni sticks and slab or sliced bacon.

People are destined to eat well with a new summer sausage, homestyle beef stew with life-sized vegetables that's ready to cook in a bag, meat pies

(pork, beef, turkey-vegetable), a do-it-yourself marinated whole hog, marinated roasts "for a great experience," marinated meats for smaller gatherings, saskatoon pies made with (he quipped) "local hand-rolled dough" and Meals for 4.

He's also offering free delivery within a 30-mile radius (orders of \$50 or more). That includes Stonewall, Selkirk and Teulon as well as Winnipeg.

"We established Meals for 4 and we began delivering literally right to people's driveways in Winnipeg. I started that because I don't want to lay off my employees. I went from no cash flow because of catering cancellations to delivering a lot of meals to the city," said Kleinsasser.

Then Lundar called, Eriksdale called, Ashern called: could he possibly deliver up Highway 6? Yes, he could.

"On Mother's Day, we loaded the van with 200 Meals for 4. That's 800 people. We started in Ashern and delivered all the way down the highway, Oak Point and St. Laurent," said Kleinsasser. "I went along just to say thank you to the people. I was so overwhelmed. I said, 'Thank you for the local support' and every person that came to get a meal, I gave them a free saskatoon pie."

The new products and services are helping the company weather COVID's impact, which may have long-term consequences should a second wave, which health experts are predicting, hit. They're also catching the eye of new customers that may be looking at changing the way they shop as the pandemic continues.

"We want to provide good service to the customer and make them happy because they're dealing with their own set of issues during COVID," said Mark Skinner, who oversees the company's delivery service. "We want to provide something consistent and

reliable."

Kleinsasser earned a niche in retail stores, including Red River Co-op stores, Safeway/Sobeys and Save on Foods, plus mom and pop shops, after becoming certified for retail. But he took it to a new level when he teamed up with De Luca's Specialty Food Store in Winnipeg. De Luca acts as a distributor, getting locally made products into outlets across the province.

"In one year, De Luca grew my [presence in] 25 stores to 90 stores in Manitoba," he said. "That's amazing retail growth."

Kleinsasser launched an online store from his website. Customers can now place orders for frozen and ready-to-eat meats and meals, desserts and other items, and receive free delivery.

He said he continues to work closely with area businesses such as Harvester Outdoors and World of Water, both in Selkirk, holding combined sales-food truck lunch events to support each other. They talk on a regular basis and encourage each other to stay strong.

Kleinsasser said he's always considering adding new product lines to his business.

"I'm working with a local pheasant grower to smoke pheasants. I may have them available in the store. It would be an addition to my smoked meats," said Kleinsasser, who showed the *Standard* the birds hanging in one of the meat smokers.

The most important thing businesses and consumers can do as we move through the pandemic, he said, is to continue to buy locally.

"I tell you the Interlake should be proud. Winnipeg and Manitoba should be proud of how they've supported local businesses like myself. The communities here supported us through all this. There's many a day," Kleinsasser paused, tears welling up in his eyes, "I think how the community came together to help us with the new ideas we had."

"I believe 100 per cent Manitobans have got to shop local. I've got to see where I can buy from local stores. This is about business owners' survival. When I support them, they support me back."

Visit Danny's Whole Hog at dannyswholehog.com. To access the online store directly, visit dannyswholehog.ca/shop. Danny's is also on Facebook and Instagram. Customers can call the store at (204) 344-5675 or text (431) 997-BBQS (2277). The store is located on Highway 67 (south side), three miles east of Highway 7. Look for the Danny's Whole Hog sign on the verge.

New designation for local heavy equipment training program

By Lorne Stelmach

A local consulting service specializing in heavy equipment operator training is going a step further with its services by establishing a private vocational institute.

Shelly Plett of Safety with Shelly Consulting Services is a training and safety consulting firm that was first formed in 2004 and incorporated in 2018.

With a background that includes working in the heavy construction industry for over 25 years and in the safety and health profession for 20 years, Plett as well as her instructors are approved with Manitoba Economic Development and Training and Workplace Safety and Health.

Plett made the move recently to become designated as an educational facility because many of the students who might benefit from this training need to get it through a private vocational institute in order to access funding support.

"What we came across the last couple years was that our students, when they want to take our program, they need to be able to get funding

from somewhere," she said, noting the switch has been in the works for about a year now.

She sees the students coming to the institute varying in terms of their backgrounds and future goals.

"What we normally find is the people that come to see us are people who want a change in career ... they want to do something different," Plett suggested.

"We also have people who have been in the industry, maybe working as laborers ... and they say they want to be an operator, and they haven't had a chance.

"I would say the next group then is just people who want to enhance their experience and training," she added.

Where there may be a need for a program and service like this is that heavy equipment operator training is very specialized, with only a couple different training options available in Manitoba.

"The challenge with heavy equipment training is that there is no apprenticeship opportunity," said Plett. "We want to be in the forefront ... we want to be well established by the



STANDARD PHOTO SUBMITTED

Safety with Shelly Consulting Services' heavy equipment operator training program in Morden has been named a private vocational institute by the Province of Manitoba.

time that happens so that our school just rolls right into it."

Their next course is set to begin Aug 11 and run for five or six weeks for a total of 240 hours.

"It's a short duration, but it's very intense, fast-paced and hands-on," Plett said, noting the location was still being finalized although the practical component would be done in a local gravel pit. "We're hoping to be able to run the course a minimum of a few times a year."

For more information, head to safetyshelly.com.

Manitoba Major Soccer League set to start season in July

Staff

The Manitoba Major Soccer League has announced a target date for their season to begin July 6.

Teams have been asked to prepare for this date to be the tentative season opener.

If the league is not yet approved to play on July 6, the start date will then become July 13.

Last Wednesday was the first day that groups of 10 people - coaches and players - could return to the pitch while using physical distancing measures.

The MMSL outdoor registration opened on June 12. An email went out to managers to register their team with the Manitoba Soccer Association.

tion.

The league expects to play a full MMSL outdoor season schedule of 16 to 18 games based on the number of teams in each division. The two divisions with 10 teams will play an 18-game season.

The MMSL will, once again, have promotion/relegation if a full season of games is completed. There will not, however, be any league playoffs or Bison Cup this summer.

"Please be advised that if there is a second wave of Covid-19, both the province and MSA can stop/cancel the season mid-season," read a statement on the MMSL website. "This is a change from what the league was communicating earlier."

New to the league this year is a safety protocol officer. Each team will have a designated person - player or team official - who will be in charge of adhering to new health and safety rules.

For example, the individual would be responsible for wiping benches before and after the game, cleaning up all trash on the playing field, sanitizing game balls, and ensuring physical distancing on the bench. This person can not be the coach.

As well, teams should arrive ready to play and proceed through the designated entry points to the fields. At the conclusion of the game, players must leave the field and bench areas immediately and depart through the

designated exit gates.

The disinfecting of benches will take place between games and washrooms will be cleaned frequently. Hand sanitizers will also be available at points around the facility, including at the washrooms, but players should also bring their own for personal use.

The league said it is important to move people through the facilities quickly to decrease clustering and close contact while continuing to physical distance as much as possible.

Fans, meanwhile, will be permitted and are encouraged to attend but they must abide by the same physical distancing guidelines for each facility/pitch.

Manitoba Baseball Hall of Fame induction ceremony postponed to 2021

Staff

The Manitoba Baseball Hall of Fame induction ceremony scheduled for this fall has been postponed to 2021.

"At a board of directors meeting on June 10, it was decided that the Oct. 3, 2020 date for the induction ceremonies and banquet was surrounded by too many uncertainties and the event needed to be postponed until June, 2021," read a statement on Baseball Manitoba's website.

"The board extends their apologies for any inconveniences that this postponement may cause."

Presently, June 19, 2021 is the suggested date for the induction ceremony of this year's Inductees.

"Please note that only those scheduled for 2020 induction will be inducted at that time. Updates will follow as more information becomes available."

Future inductees

Even though COVID-19 has affected us in many ways our organization is committed to continuing

to honour deserving people via induction. Please take note of the following announcement:

Nomination Committee Announcement

The Manitoba Baseball Hall of Fame is inviting nominations for inductions for 2022. Categories for induction include individuals, major club teams, minor club teams and a special category for teams or individuals. Details of induction criteria can be found on the Manitoba Baseball Hall of Fame website or by contacting Murray Zuk at murzuk@mts.net.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Carman Cardinals ready to fly

By Jack Pethybridge

Following a couple of great workouts, the Carman Cardinals baseball team is getting ready for their third season slated to open in just over a week.

A combination of returning players, plus a few additions, will provide an exciting and very competitive team.

The team will be playing in the East Division with a home and home versus Altona, Winkler, and Morden. There will also be a two-game crossover with the West Division for a to-

tal of 10 regular-season games. Playoffs will begin mid August and the Cardinals will host at least one playoff game.

The league schedule will be out this week and, once again, we will have game programs available along with a game announcer. There is already a great deal of buzz in the community to get out and see some baseball after spending so much time living with restrictions over the past few months.

See you at the ballpark.



STANDARD PHOTO BY DENNIS YOUNG

Cardinals' Sam Bryson throws a pitch to Kevin Dunn.

Bruce North wins championship flight of Carman Men's Open

Staff

Bruce North fired a 70 for a one-stroke victory over Derrick Fleury in the championship flight of the 2020 Carman Men's Open last weekend.

Rounding out the top five in the championship flight with 72s were Bobby McNair, Ryan Baker, and Avery Livingston.

Dave Klowak's 70 gave him a one-

stroke win over Richie Vanderveen in the first flight while Billy North (74), Kevin Graham (75), Bill North (77) and Mike Berney (77) had the top six scores in the group.

In the second flight, Gerald Dequier, Trevor Carnelley, Josh McCharles, Ken Fargey, Mel Montgomery, and Ian Bergsma each carded rounds of 88.

The third flight saw all eight golfers

- Terry Dyck, Tyler Friesen, Drew Keating, Cliff Holliston, Dennis Young, Richard Sohor, Ivan Repolles, and Norm Allen - shoot a 92.

In the fourth flight, rounds of 101 were carded by Terry Holliston, Eric Zipman, Gil Grenier, Wes Labossiere, Scott Owen and Darryl Sylvester.

The top five golfers in the members flight (net) included Richie

Vanderveen (60), Ivan Repolles (66), Dustin Last (66), Norm Allen (69), Marlin Metcalf (70).

Drize prize winners from Saturday were Randy Goertzen and Paul Stepein while Tyler North and Dave Derksen were draw prize winners on Sunday.

Golf Canada cancels all amateur championships in 2020

From Golf Canada's website

Due to continued health concerns as well as government restrictions on travel and group gatherings during the COVID-19 pandemic, Golf Canada has cancelled all of its amateur golf competitions for the duration of the 2020 season.

The National Sport Federation had previously announced the cancellation or postponement of a number of its junior and amateur competitions scheduled through mid-June.

"National amateur competitions have been a proud focus throughout our 125-year history and while we share in the disappointment of competitors, our host clubs and event volunteers, the most important consideration is the health and safety of the people who come together at our championships," said Golf Canada CEO Laurence Applebaum. "Ongoing travel restrictions - both international and across some provincial borders -

in addition to continued restrictions on larger group gatherings and limitations on player training were significant contributors to this decision. We are also sensitive to the needs of our host clubs to ensure a safe and healthy environment for their staff and members."

The 107th Canadian Women's Amateur Championship, one of the top-ranked women's amateur events in the world that attracts many international athletes, was scheduled to begin in five weeks at The Royal Montreal Golf Club from July 21-24. In addition, the 116th Canadian Men's Amateur which features a 264-player field was scheduled to take place at The Glencoe Golf & Country Club in Calgary, Alta. from August 3-6 - marking the 125th anniversary of this storied championship. The cancellations will mark the first time since the second World War where these two national championships will not be conducted.

Golf Canada has also announced that the National Orders of Merit will not be awarded in 2020. The purpose of the points-based rankings is to identify and give recognition to top-performing male and female amateur and junior golfers across Canada who have achieved success in the golf season. The decision to not award the Orders of Merit was made recognizing the varying access Canadian golfers will have to domestic and international competitions, and the resulting difficulty in running an equitable ranking system. Golf Canada will look to resume the Orders of Merit on Sept. 1, 2020 for the 2021 rankings.

Golf Canada and Golf Ontario previously announced the cancellation of the seventh annual World Junior Girls Championship, scheduled for Sept. 30 to Oct. 3, 2020 at Angus Glen Golf Club in Markham, Ont.

Golf Canada annually conducts more than 20 championships nation-

wide which play host to more than 3,000 domestic and international athletes from all corners of the world. In partnership with our host clubs, thousands of volunteers, provincial golf associations and our proud sponsors, Golf Canada is dedicated to supporting player development through world-class competition since our inception in 1895. Officiated by certified Canadian Rules of Golf referees, Golf Canada's amateur competitions are fully compliant with golf's international governing bodies and include marquee events such as the Canadian Men's and Women's Amateur Championships as well as the Canadian Junior Girls and Junior Boys Championships. Golf Canada's amateur championships are proudly supported by RBC, Canadian Pacific, Sport Canada, Levelwear, Titleist and FootJoy. For more information and scheduling visit www.golfcanada.ca/competitions.

Morden athlete showcased in new NFB movie

By Lorne Stelmach

It doesn't seem like a little bit of fame will be going to the head of a Morden boy who has a role in a National Film Board production making its debut earlier this month.

Evan Hesom is part of a Winnipeg-based sledge hockey team whose experiences at a major competition across the border have been documented in the short film *The Tournament*.

Director Sam Vint, whose son Isaac also plays on The Sledgehammers, and his film crew followed them on and off the ice over the course of a weekend tournament that pitted teams from the U.S. and Canada against one another.

"It was actually quite surprising," said Hesom, who joined his parents last week in seeing a screening of the film.

The Grade 7 student said he wasn't distracted by all the extra attention during the tournament.

"When we were on the ice and we were playing, and in the locker room and stuff, we didn't even notice the guys were there. We were just having fun and hanging out, doing what we do."

"He's just a very sports-minded, energetic young man. He loves sledge hockey, loves golf, loves baseball," said Connie, Evan's mom.

"He keeps going, no matter what's in his way; he keeps fighting through and keeps going with it," she said. "We're very proud of that, very proud of his determination and he's very blessed that he has the abilities that he does have to pursue his dreams."

An adaptation of ice hockey, sledge hockey is designed for players who have a physical challenge, but that's about the only difference. All the other fundamentals of the sport—passing, shooting, checking, teamwork—are the same.

The sleds to kids use to get around on the ice have two blades on the bottom and their sticks include metal picks to help them steer.

In most respects though, it is just like regular hockey, with even some "crash and bash."



STANDARD PHOTO SUBMITTED

Morden's Evan Hesom, left, and his team The Sledgehammers star in a new short film called *The Tournament*, which was released by the National Film Board earlier this month.

"They literally hit like crazy," said Evan. "I got hit once and it hurt."

Vint set out to capture the end-to-end action of the game, as well as the quieter moments with parents, coaches, and fellow players to provide a glimpse into this little-seen world.

Over the course of the weekend of competition (which took place in Minnesota in February 2018), the people with challenges outnumbered the able-bodied, and the kids got the chance to just be athletes.

"When you go to that tournament, the locker rooms are full of wheelchairs, crutches, prosthetic legs," observed Connie. "There, it is the normal."

"This isn't a film about disability but rather a film about adaptability, mindset, attitude, being resilient, using teamwork, competitive spirit and determination. It's a great example of diversity and inclusion," Vint said in an online discussion about the project.

The spirit and determination on display is no surprise to Connie, who has seen it in her son right from the age of four when he was first diagnosed. Evan was born with spina bifida and hydracephalus and also has a chromosome disorder and epilepsy.

"We've had many, many surgeries in Winnipeg, and we started going to Montreal to the Shriners Hospital now," Connie said. "He really enjoys the care he gets there. The Shriners Hospital only works with kids with disabilities."

"He missed his appointment in March because of the coronavirus, so he's desperately waiting to get back there."

Evan also can't wait to get back on the ice, which usually involves the family going into Winnipeg weekends from April to October. That is where the idea for the film took shape.

"They said we have to get something going so the world can see how kids with disabilities can be on a team,

they can be part of something and be like any average normal child," said Connie.

Approximately three years in the making, the film covers all aspects of the experience, with Connie noting a camera operator on the ice was even outfitted on a sledge.

"They mic'd some parents just to get the reaction from that angle as well," she said. "So we've been very anxious to see it."

"In the stands, parents are helping each other with advice, we compare doctors, treatments, the services we receive as well as how to travel and so on," observed Vint.

"The kids are from all over the map," he noted. "Syrian refugees, families with money, others without, athletic kids, non-sports families, and they all need each other. They have an appreciation for every participant since there aren't many to choose from; they need each other to make this work."

Connie sees the film potentially doing a lot to help raise awareness in a number of ways.

"I hope it opens up a whole world of opportunities for kids with disabilities in any area," she suggested. "On Evan's hockey team now in Winnipeg, there's kids coming from Selkirk ... we come from Morden, and there's a young man who lives in Langdon, North Dakota."

"I just hope it helps open up so many more sports opportunities for kids in rural areas," she said. "They are fully capable of doing it; they just do it in a different way. They have the same passions for the sport as able bodied children do, so I'm hoping it will open people's eyes and they will see this can be done."

"What I have learned about para sports is that they live up to the ideal of sports more than able-bodied sports," said Vint. "I have coached and played sports for decades, and I was immediately impressed by the inclusive nature of para sports. No one is left behind. The athletes are pulling for their teammates with more severe challenges than them."

The Tournament is available online at nfb.ca.

Match Play Golf Championships decided on Sunday

Staff

Brandon's Austin Dobrescu won his second straight men's Match Play Golf Championship on Sunday.

Dobrescu, a 23 year old who plays out of Shilo, defeated Elmhurst's Jack Werhun 4 and 2 in the final.

On Saturday, Dobrescu beat Sel-

kirk's Wesley Hoydalo 4 and 3 while Werhun knocked off Breezy Bend's Justin MacDonald 5 and 4 in a pair of semifinal matchups.

On the senior side, Elmhurst's Carl Lechman, who beat top-ranked Garth Collings of Matlock in Saturday's semifinal 3 and 1, then downed

Southwood's Gordon Hudson 6 and 5 on Sunday.

In the other semifinal, Hudson defeated Quarry Oaks' Al Kehler 5 and 4.

The women's championship was won by Shilo's Bobbi Uhl, who beat St. Charles' Hannah Diamond 5 and 4

on Sunday.

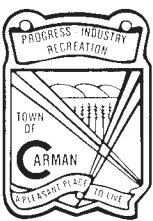
Uhl earned a bye into the final after Pine Ridge's Marissa Naylor withdrew from their semifinal match.

In the other semifinal, Diamond defeated former Selkirk Royals' golf star Mikyla Albert 2 up.

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The Carman-Dufferin
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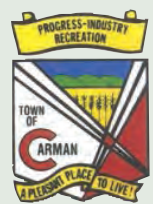


TOWN OF CARMAN PUBLIC NOTICE

REGARDING AUDITOR'S REPORT

Pursuant to Section 194 of *The Municipal Act*, notice is given that the financial statements and auditor's report for the Town of Carman for the year 2019 are available for inspection by any person at the Town of Carman office during regular office hours or on the Town's website www.carmanmanitoba.ca.

Dated at the Town of Carman, this 12th day of June 2020.
Cheryl Young CMMA
Chief Administrative Officer
Town of Carman



TOWN OF CARMAN PUBLIC NOTICE

The Town of Carman Transfer Station will remain on **WINTER HOURS** until further notice.

The hours of operation will be
Monday – Wednesday – Friday - 1 to 4 p.m.
Tuesday – Thursday - Closed
Saturday – 11 a.m. to 4 p.m.

To ensure social distancing occurs on site, vehicles will be held at the gate and directed when to enter the Transfer Station.

This policy has been implemented to protect the public and the Town employees. Please expect your trip to the Transfer Station to take longer as we all try to find ways to move forward safely through this pandemic. Your patience and understanding are appreciated
– *We are all in this together!*

Remember Your Loved Ones with an Announcement in the **STANDARD** 204-467-5836



TOWN OF CARMAN NOTICE TO PROPERTY OWNERS

All 2020 Property Tax Statements have been mailed.

Any property owner who has not received a Tax Statement from the Town of Carman should contact the Town Office or telephone 204-745-2443. New property owners are reminded that they are responsible for payment of the 2020 taxes whether they received a tax notice in their name. The Province of Manitoba has requested that penalty be suspended on property taxes for the month of September.

Current taxes are payable at par on or before **September 30, 2020**. Postdated cheques may be left at the Town office and will be held for processing. Other payment options include monthly or annual pre-authorized payments, payment in person with cash, cheque, or debit card.

Please contact the Town of Carman office for any further information.

Cheryl Young CMMA, Chief Administrative Officer
Town of Carman

HOUSE FOR RENT

House for rent – 1 bdrm. house on 93-3rd Ave. NW with yard in Carman, \$600/month plus utilities. Phone 204-745-6819.

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NOTICES

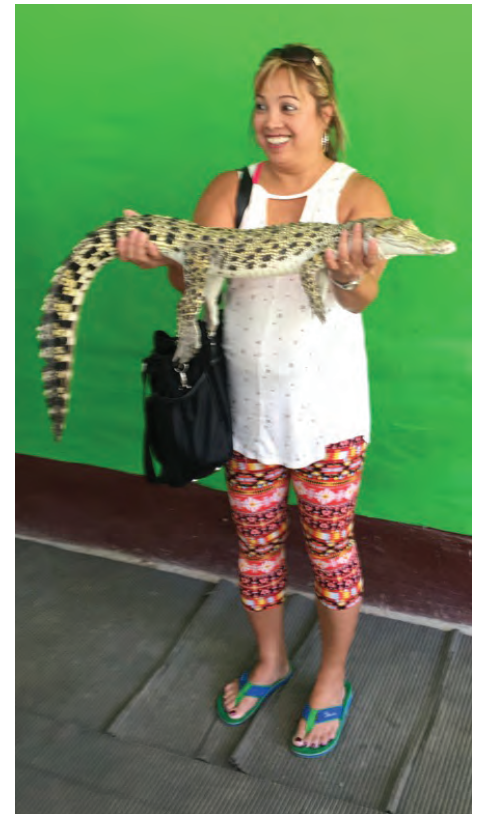
Do you have a Press Release/Media Advisory that needs to go out? Let us help you with that! Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information, or email classified@mcna.com for details. www.mcna.com

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BIRTHDAY



It has been a while Since you were holding that crocodile And instead of isolating You should be celebrating Because, is it not nifty This lady soon will be sixty And I have been told That is not yet very old. Happy Birthday Chi -Love, that husband of yours

UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a **PUBLIC HEARING** will be held to receive representations from any persons who wish to make them in respect to the following matter:

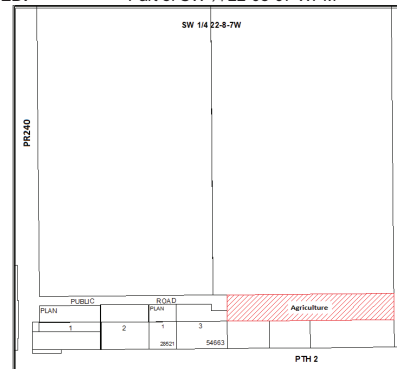
THE RURAL MUNICIPALITY OF GREY BY-LAW NO. 02-2020 being an AMENDMENT to the GREY-ST. CLAUDE PLANNING DISTRICT DEVELOPMENT PLAN BY-LAW NO. 2/99, as amended.

HEARING LOCATION: RM of Grey Municipal Office
27 Church Avenue East, Elm Creek, MB

DATE AND TIME: July 2nd, 2020 at 8:10 p.m.

GENERAL INTENT: To re-designate portions of the land from "Agriculture" to "Industrial"

AREA AFFECTED: Part of SW ¼ 22-08-07 WPM



FOR INFORMATION CONTACT:
Chantel Savage
Secretary-Treasurer
12 2nd Ave SW- 3rd Floor, Carman
204-745-2443

A copy of the above proposal and supporting material may be inspected at the location noted above during the normal office hours, Monday to Friday. Copies may be made, and extracts taken therefrom, upon request.



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get inspired

> MEAL IDEA



Recipe courtesy of Sylvia Melendez-Klinger, MS, RD, on behalf of the Grain Foods Foundation
 Prep time: 15 minutes
 Servings: 4
 6 Roma tomatoes, diced
 1/2 medium onion, finely chopped
 1 clove garlic, finely minced
 2 serrano or jalapeno peppers, finely chopped

3 tablespoons fresh cilantro, chopped
 1 lime, juice only
 1/8 teaspoon oregano, finely crushed
 1/8 teaspoon salt (optional)
 1/8 teaspoon pepper
 1/2 Hass avocado, diced
 4bolillos (6 inches) or large Kaiser rolls, sliced in half lengthwise
 1 can (16 ounces) seasoned low-fat refried black beans
 2 cups shredded Chihuahua or mozzarella cheese

Heat oven to 350 F.
 In medium mixing bowl, combine tomatoes; onion; garlic; peppers; cilantro; lime juice; oregano; salt, if desired; pepper; and avocado; set aside.
 On medium platter, split rolls. With medium spatula, spread refried beans onto each bread half; sprinkle cheese among bread.
 Bake 5-8 minutes, or until cheese is melted and hot.

take a break

> GAMES

SUDOKU

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

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!

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

Sudoku Answer

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

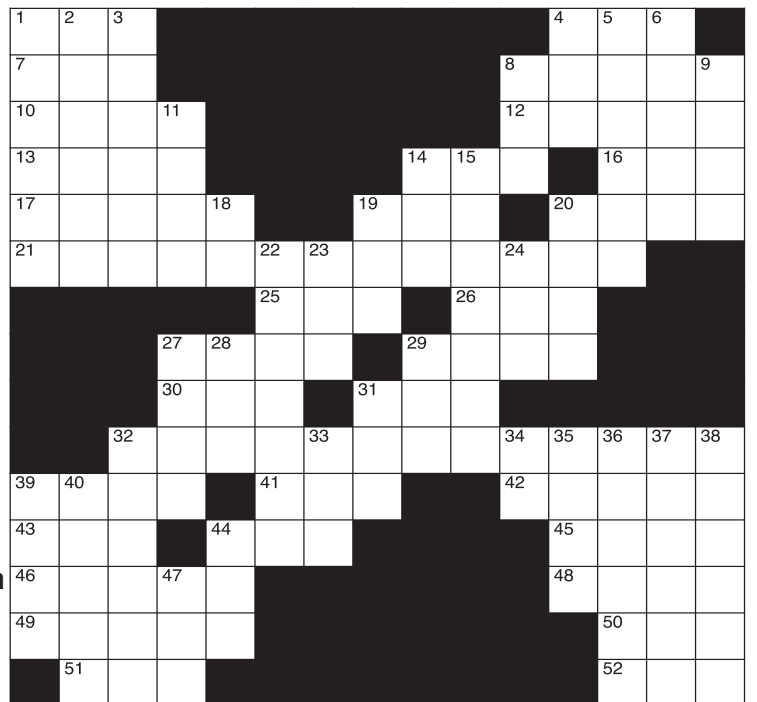
Crossword Answer

CROSSWORD

CLUES ACROSS

- Protects from weather
- Superhigh frequency
- Southern constellation
- Swines
- Self-righteously moralistic person
- United Arab Emirates city
- Surinam toad
- Sign language
- Tattoo (slang)
- Makes level
- Sun up in New York
- It must be scratched
- Where people live
- Swiss river
- Buddy
- One of two equal parts of a divisible whole
- Shrek is one
- Egyptian unit of weight
- Fiddler crabs
- Carroll O'Connor's TV wife
- No longer having life
- Former OSS
- A way to emit sound
- Mandela's party
- Adult female chicken
- U. of Miami's mascot
- Southeastern Chinese people
- Casino game
- Amos Alonzo ___, US football coach
- Joint connecting two pipes at right angles
- Will Ferrell film
- River in NE Scotland

CLUES DOWN



- Occur
- Show up
- Capital of Taiwan
- Former French coin
- Some are bad
- Monetary unit
- Package (abbr.)
- Indian religious person
- Crew
- Antidiuretic hormone
- Makeshift
- Baseball box score stat
- Make a mistake
- Not moving
- Even distribution of weight
- Clumsy person
- Paddle
- Worked the soil
- Alias
- Plant cultivated in Peru
- Side-blotched lizards genus
- Wild dog
- Immoral act
- Pound
- Manning and Lilly are two
- Put on the shelf for now
- Baltimore ballplayer
- Cuddle
- Dashes
- Related on the mother's side
- Witch
- Kilogram force (abbr.)



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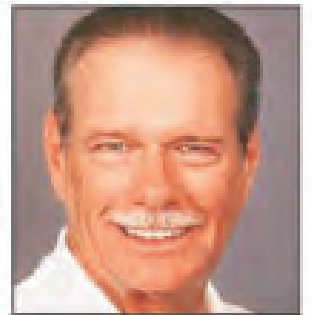
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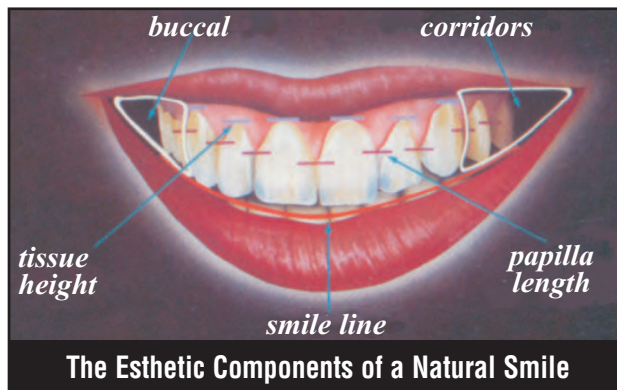
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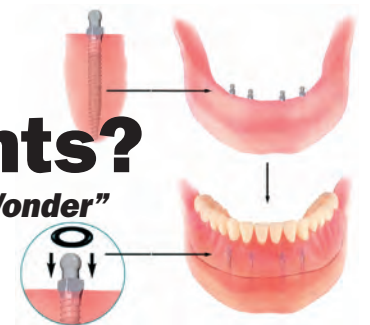
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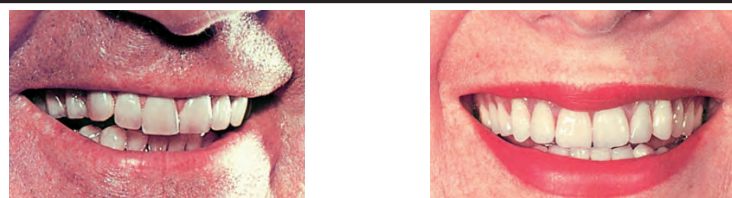
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The MDI System consists of a miniature titanium implant that acts like the root of your tooth and a retaining fixture that is incorporated into the base of your denture. The head of the implant is shaped like a ball, and the retaining fixture acts like a socket that contains a rubber O-ring. The O-ring snaps over the ball when the denture is seated and holds the denture at a predetermined level of force. When seated, the denture gently rests on the gum tissue. The implant fixtures allow for micro-mobility while withstanding natural lifting forces.



IN ALL OF NATURE NO TWO THINGS ARE EVER ALIKE.

...neither snowflakes, nor fingerprints, nor faces. Everyone is an individual, and the function of a cosmetic denture is to preserve and complement this natural individuality. Just as no two people look alike, neither should two dentures. In the creation of an individualized denture, a careful evaluation is made of the physical character of the face - including its size, shape and contours, as well as any slight differences between the left and right sides. Age and the basic coloration of the hair, eye and complexion are also noted. Then, all these factors are compared so that the final design of the denture is attractive and individually natural. Professional cosmetic denturology brings together the fields of dental science and art. And as we see from the illustrations above, dentures can look completely natural.



MEMBER



Mr. L. P. Parent, L.D. - F.C.A.D. (denturist)

Mr. Parent has been in practice in Manitoba with Oraltru since 1964, and received his training in Toronto and Ottawa.

Mr. Parent has had extensive training in aesthetics, phonetics, and function in removable denture prosthetics. He is experienced in applying Swissdent teeth and techniques to achieve natural aesthetics and for long-lasting comfort, making sure all details of your natural facial features are complemented by harmonizing tooth size, form and color.

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