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STANDARD PHOTO BY BECCA MYSKIW

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# Local family wins over \$20K on Family Feud Canada

By Becca Myskiw

A local family recently won big on Family Feud Canada.

The Van Den Bussche family, comprised of Kevin Van Den Bussche, Deanna Ricard, Colleen Van Den Bussche, Amanda Rheault, and Darrel Van Den Bussche went on the show representing Holland, Manitoba. Their first episode aired last Monday, Nov. 29, followed by another one on Nov. 30, and a third on Dec. 1.

Family Feud Canada is a game show hosted by comedian Gerry Dee. They survey 100 Canadians on specific questions, and the contestants have to guess their top six or so answers.

It started a year ago when the province was in another lockdown, and Darrel Van Den Bussche set up family game nights to keep everyone entertained.

"We're pretty competitive, so when we do get together, we always play cards or whatever game it might be," said Rheault. "There's always something happening."

During that time, he saw an advertisement on the TV calling for families to audition for Family Feud Canada. Unfortunately, his wife and children said they wouldn't join the team, so

Darrel Van Den Bussche called up Rheault and asked her if she'd be on his team.

"I said, 'for what?'" said Rheault. "And he just said, 'are you on my team?' and I said, 'yeah Darryl I'm on your team for life.'"

He then hung up the phone. She didn't hear anything about that conversation until a few weeks later when he sent her the audition tape he made, introducing them with a hillbilly theme song and letting her know the producers wanted to do a virtual interview with the team.

So, Rheault went to the drama closet at Carman Collegiate, where she worked and borrowed a hillbilly outfit. Soon enough, they had a follow-up interview, then a practice round of the game with a family from Alberta — which they won. Soon enough, Family Feud Canada called team Van Den Bussche and said they wanted them on the show.

So, the five team members got an all-expenses-paid trip to Toronto in September to film. Their flights and accommodations were covered and each of them got some spending money too.

"So, we were like, well if we lose, at



STANDARD PHOTO SUBMITTED

The Van Den Bussche family recently won over \$20,000 on Family Feud Canada. Pictured left to right, Kevin Van Den Bussche, Deanna Ricard, Colleen Van Den Bussche, Amanda Rheault and Darrel Van Den Bussche.

least we can have a good time," said Rheault.

On the day of filming, they walked from their hotel room in downtown Toronto in their hillbilly outfits to the CBC building, where they went up

to the Family Feud Canada set. Each team then got its own green room. A passerby of the Van Den Bussche room would hear their pump-up playlist

Continued on page 4



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# Boyne Lodge named EDAM's Project of the Year



STANDARD PHOTO SUBMITTED

Tyler King, middle, accepting the award for Boyne Lodge winning Project of the Year at the Economic Development Association of Manitoba's 2021 Economic Development Awards in November.

By Becca Myskiw

It's official — the Boyne Lodge personal care home (PCH) is Manitoba's Project of the Year.

The Economic Development Association of Manitoba (EDAM) held the 2021 Manitoba Economic Development Awards ceremony for Project of the Year, Rising Star, Marketing Excellence, and the Award of Distinction in late November. The Boyne Lodge was one of seven projects nominated in its category.

The St. Adolphe Friendship Trail in St. Adolphe, the Treasures of the Dawson Trail in Richer, the rural municipality (RM) of Pipestone skate park in Reston, the Uptown Emporium in Flin

Flon, the Side Hustle Microgrant Program in Grandview and the EDP COVID Support-19 Funding in the province were also nominated for EDAM's Project of the Year.

The award recognizes a municipality, CDC, town, group, or committee that undertook a long-term economic

effect. The nominated projects had to have been done in the last 18 months, could be replicated elsewhere in the province, community-driven or focused, and economically impact the region.

Director of economic development for the Town of Carman and the rural municipality (RM) of Dufferin Tyler King said the Boyne Lodge PCH falls into each of those categories. It's new, community-driven, community-focused, a regional project including the five municipalities in partnership. It has created many jobs, provides excellent care to residents, and can be replicated elsewhere in the province.

"All of the municipal partners were very pleased that the project was selected as the winner," he said. "There were lots of worthy ones nominated.

This shows the time and effort put into it has been recognized by others, and they see it as a significant project for the region. It's a really important one for the community as well. People notice it and notice Carman for the good things we do and the region for what we do and how we try to grow our communities."

The new PCH was occupied as of Aug. 17, and King said the residents have settled in nicely. The next step in the Boyne Lodge project is renovating the older lodge into the new one. He said construction started a few weeks ago and will continue for the foreseeable future. He expects the renovation to take some time as the roof needs replacing, the interior needs improvements, and upgrades have to be made as it's an old building.

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# Southern Health explains the movement of acute care patients

By Becca Myskiw

As hospitals prepare for the next COVID-19 wave, their current patients are being moved to other hospitals to create more free beds.

Patients have moved three hours further from where they started in some cases, leaving them alone in their darkest times. A statement from Southern Health-Santé Sud said patient movement within the health region is a long-standing concept, and it's required to ensure everyone gets access to the proper care at the right time in the right place.

Within Southern Health, there is a policy to ensure acute care beds aren't occupied with high numbers of patients waiting for placements. Un-

fortunately, that would potentially impact the availability of beds for acutely ill patients, including those fighting COVID-19.

Essentially, patients who "no longer require more intense resources" or those "awaiting placement to a personal care home" are transitioned to a different facility that can still meet their needs. That frees up acute care beds in larger hospitals for those who need them when the time comes.

"All patients are advised of the potential for transport upon intake," said the statement from Southern Health. "Every attempt is made to find an interim bed in a community as close to home as possible."

The pandemic, however, is every-

where, and other health regions don't necessarily have the space they need to create the number of free acute-care beds necessary. So, in-region bed resource meetings happen every day, said Southern Health, where different health regions collaborate at a provincial level and share their outcomes.

Southern Health said these meetings allow organizations to work closely while "keeping a pulse on the bed capacity where the demands are greatest."

"Since early October, there have been 13 patients transferred from outside the region to Southern Health-Santé Sud," the statement said.

They don't accept those patients unless they know they have the room,

and they ensure that by having their care teams review transfer requests.

"To provide even more capacity, innovative initiatives such as VCOP have recently expanded to the Bethesda Regional Health Centre (Steinbach) and the Portage District General Hospital where mild to moderately ill patients safely recover at home while staying connected with their health care providers."

Southern Health encourages all Manitobans to get vaccinated to decrease the strain on the healthcare system as the fourth wave approaches. They say vaccines are safe and do more than protect people and others from the virus — they help protect the healthcare system's capacity.

# Remembering Jimmy McFarlane from the Ryall Hotel

By Dennis Young

Who was that little man behind the Ryall bar through six decades that took prisoners? Could serve five tables at a time and not miss a beat. Would open every morning and stay until closing. Train seven or more new owners each time the hotel sold. His name... Jimmy McFarlane.

McFarlane was born in St. Claude and lived above the hotel with his parents. "I was destined to work in a hotel" says McFarlane in a *Dufferin Leader* 1971 article. "Except for a few years on the farm, the majority of my life has been spent in hotels."

He moved to Carman while still a youth attending Central School, Carman School prior to taking employment at Ed Ryall's Hotel in 1934. His first job was to manage the pool room. There were six snooker and one Bos-

ton table that Ed received 60 per cent of the take and Jim the rest.

"I was working the pool hall when Ed asked me to take over for the sick regular bartender. I had never done any bartending before but Ed assured me - you'll learn. Before long he was "moving up" as head bartender in the beverage room. "Only draft beer back then. No bottles."

For a time uniforms were part of the job. It consisted of a jacket, a bow tie and pants with a stripe down the leg. "So you couldn't wear them to church on Sunday."

There have been many changes since his first years.

"The first hours we kept were 11 a.m. to 10 p.m. six days a week. During the War, times were 2-10 p.m. with beer rationed."

The Ryall would receive its quota for

the month and remain open regular hours until all was sold. The beverage room would then close until another quota arrived.

"The changes in the Liquor Act re mixed drinks outlets, serving liquor and beer and allowing women in contributed to an improved atmosphere and working conditions compared to the 30s & 40s." To accommodate, the bar area was renovated many times and Jimmy witnessed most of them. "It grew from a small stand up bar to this spacious room we have now."

Gone were the brass rails and brass spittoons and soon Jimmy was gone too. He retired in 1980 but subbed off and on until 1984 eventually dropping in just for a coffee. Patrons could be seen walking over to him saying, "Hey remember me Jimmy?" Of course he did but most importantly, they all re-



Jimmy McFarlane

membered him!

In 1971 he was presented with a Charter membership of the Loyalty Award, being just one of three recipients at the annual Manitoba Hotel Keepers Association. Our bartender and friend passed away in 2002 at 89 years of age.

## > FAMILY FEUD, FROM PG. 2

with all the hits like Eye of the Tiger.

They were one of the first teams chosen to play, so by 9 a.m. they were on set and answering questions.

"We played our game, and it wasn't going so swell for us, then we managed to have a turning point in the fourth round," said Rheault. "What surprised me is the amount of times

they say, 'we're going to do that intro again. You can't redo a question right, but they make you redo high-fives and x's."

It was easy for team Van Den Bussche to be peppy on screen because they're a bunch of teachers used to being energetic early in the morning. Their first opposition team, however, took a little more convincing.

That first episode aired on Nov. 29 and as viewers saw — the Van Den Bussche's won. So, right after that, they went on to film the next game that aired on Nov. 30 — and they won again.

Kicking off their second game was Darryl Van Den Bussche when he hit the buzzer before the opposing team for the question, "Name a reason why your last relationship was a lot like riding a toboggan." His answer got a big "X" and so did the opposition's, so Colleen Van Den Bussche got the ball rolling with her answer, "It went downhill." That was the top answer, getting the team 47 points off the bat.

Their third episode aired on Dec. 1, and they didn't win, but the team still managed to walk away with some money from that one.

"And then you're beating yourself up like, 'why didn't I say that? It's obvious,'" said Rheault.

Because they surpassed 200 points in the first two games, they won \$10,000 each time. Rheault can't remember their total in game three. The

whole team on set was even cheering for them in the third game because no one had done as well as they had yet, which made the entire experience that much more fun.

"It was honestly just a blast," she said. "There was no part of that trip that wasn't fun."

The Van Den Bussche team wasn't allowed to tell anyone how they did on the show until they saw it for themselves on TV. So, up until last week, even their spouses didn't know they had come home \$20,000 richer. For Rheault, that made it more exciting, even though it was hard to keep it a secret. If you couldn't catch the three episodes of Family Feud Canada the Van Den Bussche team was on, go to <https://gem.cbc.ca/media/family-feud-canada/s03> and watch episodes 37, 38, and 39.

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## Empty Grain Bags and Used Baler Twine Can Still be Recycled in Manitoba

### Submitted

If Manitoba farmers have empty grain bags or used baler twine around the farm, there is still time to tidy up and recycle them before the full onset of winter, Cleanfarms says.

"It doesn't matter if the grain bags were purchased this year, or if they were left over from previous years," says Cleanfarms Executive Director Barry Friesen. "As long as farmers take steps to make sure they are free of grain and debris and rolled, we'll take them at our collection sites for recycling."

Directions for preparing grain bags and twine for recycling are included on [cleanfarms.ca](http://cleanfarms.ca)

Cleanfarms, a non-profit industry stewardship organization that has developed similar recycling programs for used ag plastics across Canada, has operated a multi-location pilot recycling collection program for used empty grain bags in Manitoba since 2013. It also developed and operates the successful small and large pesticide and fertilizer container recycling programs.

In 2020, Manitoba Conservation and Climate asked Cleanfarms to transition the grain bag and twine pilot to a province-wide permanent recycling program that will give Manitoba farmers broader access to recycling for these used ag plastics year-over-year. Under the regulation, responsibility for the permanent program now rests with the companies that supply grain bags and baler twine into the province.

Beginning on Dec. 1, the regulated program includes a non-refundable environmental handling fee (EHF) that helps cover the cost of recycling. It is applied to grain bag and baler twine sales at the time of purchase, which usually begins in early summer. For grain bags the EHF will be 25 cents per kilogram; for baler twine of all sizes it will be 33 cents per kilogram.

A similar program that includes an EHF has been in place for the past three years on the sale of grain bags under the provincially-regulated program in Saskatchewan. During this

time, Saskatchewan farmers there have consistently surpassed year-over-year recycling rates. The Manitoba-regulated program will help to harmonize the recycling programs across the two Prairie provinces.

Cleanfarms has set up 35 recycling collection sites across Manitoba. Details about the location and hours of operation of each recycling collection site, along with instructions on how to prepare the materials for recycling can be found at [cleanfarms.ca/what-to-recycle](http://cleanfarms.ca/what-to-recycle) and where. Recycling collection centers are located in the following municipalities:

RM of Armstrong - Chatfield Transfer Station

RM of Armstrong - Inwood Transfer Station

RM of Armstrong - Meleb Waste Disposal Grounds

RM of Coldwell Eriksdale - Waste Disposal Grounds

RM of Grey - R-Way AG Ltd.

RM of Grey Landfill

RM of Norfolk-Treherne, Rathwell Transfer Station

RM of Norfolk-Treherne, Treherne Transfer Station

RM of Portage la Prairie, The Portage la Prairie Landfill

RM of Westinterlake - Ashern

RM of Westinterlake - Oakview Waste Transfer Station

Recycled grain bags are used to make new products such as plastic construction sheet products and industrial garbage bags. Recycled baler twine is made into car parts, composite decking, flowerpots, dimensional lumber and similar items.

Cleanfarms is a non-profit, agricultural industry stewardship organization that contributes to a healthier environment and a sustainable future for present and future farm families by recovering and recycling agricultural and related industry plastics, packaging and products. It is funded by its members in the crop protection, fertilizer, seed, animal health medication and grain bag industries. It has staff located in Moose Jaw, Saskatchewan; Lethbridge, Alberta; Etobicoke, Ontario; and St-Bruno, Quebec.

## Carman council news in brief

By Jennifer McFee

- At the Oct. 14 council meeting, Carman council gave first reading to a bylaw to establish water and sewer rates.

- Council also adopted pricing for graves in Greenwood Cemetery. A total traditional grave is \$600 for residents and \$2,500 for non-residents. A total cremation grave is \$400 for residents and \$2,000 for non-residents. A columbarium is \$300, and the costs for cremation burial on an existing grave is \$300 for residents and \$1,250 for non-residents.

- Carman council authorized \$40,000 from the fire reserve and the \$32,521.46 balance of the flood preparedness grant to be allocated for the installation of a permanent generator and transfer switch at the reception centre of Carman Community Hall.

- Council approved an expansion proposal for Redboine

Watershed District to include additional municipal participation. Council also supports continued membership in this program under the Watersheds District Act.

- The protective services committee had previously earmarked reserve money to possibly build a helipad at Carman Memorial Hospital. Since the health authority doesn't recommend this helipad construction, council removed the helipad designation from the \$70,000 in the fire reserve. Instead, these funds will be earmarked for capital equipment purchases for the Carman Dufferin Fire Department.

- Council authorized the purchase of an aerial ladder apparatus from Oak Bluff Colony Farms for \$125,000. A total of \$114,000 will be taken from the fire reserve, and the balance will come from the existing fire budget.



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## Labour crunch in Canadian agriculture

By Cam Dahl, General Manager, Manitoba Pork Council

The availability of labour is a critical factor in determining the long-term growth and profitability of Canadian agriculture. The ongoing viability of many farm businesses will be determined by labour. Farms, rural communities, value added processing, and key support sectors like transportation, are all struggling to find and keep staff. This is not a new story, but the problem is growing and must become a primary policy focus for industry and governments alike.

The root causes of the agricultural labour shortage are many. At the beginning is a shrinking rural population and a reduction in the number of farm family members wanting to carry on in the business. Combine this with difficulties experienced by all parts of the value chain in convincing urban Canadians to take on jobs that are often located in rural Canada and which are often, erroneously, viewed as unskilled. Accessing foreign workers in a timely manner is complicated, challenging, and often out of the reach of many independent agricultural operations.

How critical is the situation? Work by the Canadian Agricultural Human Resource Council (CAHRC) shows that over 40 percent of farm operations indicated they did not have sufficient staff in 2020. That number is even higher for hog farmers, with over 50 percent of pork producers not being able to fill all the positions they need. CAHRC reports indicate that in 2017 labour shortages cost agriculture 2.9 billion dollars in lost revenues. Across the country the demand for agriculture employment exceeds what the domestic workforce can fill. By 2029 it is projected that the industry will be short 123,000 people.

The availability of skilled labour extends beyond the farm gate to include specialists, like large-animal veterinarians and the technical support

they need to run their practices. Challenges in recognizing foreign credentials are needlessly limiting our ability to support this critical labour pool.

What needs to be done to address the labour crunch? Most importantly, all of agriculture needs to face this problem together. Fractions between sectors or within value chains will result in overall policy failure. Resolution will not be found by a single industry segment or company. Agriculture needs to deliver a unified message to federal, provincial, and municipal governments on the need for practical solutions.

We also need to get beyond the perception that agriculture employment means just hewing wood and drawing water. Today's agriculture industry is seeking people to fill careers, not just jobs. We need to work together to better inform those entering our universities and colleges about the skilled and diverse opportunities agriculture has to offer. Agriculture today is on the cutting edge of genetics, nutritional sciences, health of animals, environmental sciences, international marketing, and more.

The private sector needs to work with government and our education institutions to build the technical training programs that are needed to fill the growing labour gap. This programming needs to be made available to both Canadians as well as potential immigrants. Opening skills training to future Canadians will mean changing our immigration policies to reflect the fact that modern agriculture is seeking skilled labour and not unskilled workers.

Increased engagement by Canadians must be part of the solution to agriculture's growing labour shortage. We should begin by exploring ways to remove barriers to participation in the sector by those who are currently underrepresented in our industry. For example, we should be exploring opportunities to forge partnerships with

organizations that represent women, youth, Indigenous communities, and others who may not view agriculture as a viable career choice. We must become more creative in our business practices in areas like flexible work hours and accessible childcare.

Agriculture's labour gap means the industry needs to look beyond our borders for staff, yet rules and regulations impede the recruitment of foreign workers. Regulatory red tape means it can take six to eight months or more to navigate the process required to bring in a new worker from abroad. This creates problems when a vacancy is opened by a two-week notice. Can we be more innovative in meeting the needs of both immigrants as well as employers? For example, could industry associations like Manitoba Pork speed up the process by facilitating a pool of foreign skilled labour that would be accessed by the industry as needed?

There are signs that the seriousness of the crisis has been recognized. At their recent meeting, federal, provincial, and territorial agriculture ministers set labour attraction and retention, training, and automation as priority areas for the next agriculture policy framework. We are also seeing agriculture representatives reach across sectors to help resolve the issue in a cooperative way. For example, in Manitoba, commodity organizations have come together under the umbrella of the Keystone Agricultural Producers to form the Labour Task Group. Nationally we see organizations like CAHRC attempting to develop common industry messages.

There is still more to do on this front. Sectors are still largely approaching the problem from an individual commodity point of view. We must develop collaborative and unified action if we are going to resolve one of the greatest barriers to modern agricultural growth and development.

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# Back Door hoping to keep students warm with pizza and toques this year

By Becca Myskiw

The Back Door Youth Centre is keeping their students warm on the inside and out this year, but they need the community's help to do so.

The Youth for Christ centre is holding a pizza drive, and a "give a toque, get a toque" drive this Christmas season.

The pizza drive started in late November. Essentially, the organization is asking that when people are out grocery shopping, they throw an extra frozen pizza (or several) in their cart along with a two-litre of pop to go

with each. Then, they can bring those items to the drop-in during opening hours, which are Monday to Friday, 9 a.m. to 4 p.m.

Tyler Friesen, director of the organization, said they'd give each of their 80 students a pizza and pop for the holidays so they can have a warm snack with their families. Students at the Back Door are Grade 6 to a year past Grade 12 who have attended at least one program.

"We just love to take care of students," said Friesen. "And feeding students is part of that."

As of Nov. 30, they had received around a dozen pizzas — an eighth of what they needed. He said if they don't receive the 80 by Dec. 17 (the cut-off), they'll go out and buy pizzas and pop themselves to ensure each student gets a snack.

The "give a toque, get a toque" campaign benefits the donor and the student. Essentially, people have to contact the Back Door Youth Centre and donate \$50. For that, they'll get a Back Door branded toque, and another toque of the same will be given to a student. Friesen has around 200

toques ready to go.

"We see a lot of students walking around with insufficient clothing during the winter," he said. "We did sweaters last year, so this is just along those same lines of keeping students a little warmer this winter."

The Back Door is continually grateful for the Carman community's support as they provide for their students this winter and continue fundraising for their capital project. However, Friesen said that the two most important things are warmth and a full stomach at Christmas time.

# Chamber of Commerce 'Keeping the Cheer Here' this Christmas

By Becca Myskiw

The Carman and Community Chamber of Commerce encourage residents to "Keep the Cheer Here" this holiday season.

For the second year in a row, the chamber is doing a month of Chamber Buck giveaways. They have \$5,300 worth to give away thanks to a grant from the Manitoba Chamber of Commerce and a few local sponsors.

The "Keep the Cheer Here" campaign works like this: Chamber Bucks will be up for grabs on the chamber's Instagram (@carman\_c\_of\_c) and Facebook (Carman & Community Chamber of Commerce) every day.

Monday to Thursday, \$100 will be given away, and Friday and Saturday, \$200 will be given away. The contest will not run on Sundays.

To have a chance at winning, followers have to comment on the posts and tag the business they would spend the money at if they won. Then, each person will go into a draw, and winners will be chosen at random. One person will win from Facebook, and one will win from Instagram.

Executive director Jodi Winkler said if a non-Chamber member is tagged, they'll be approached about joining in 2022 so they can have the opportunity to participate.

Each Chamber Buck certificate from this campaign has an expiry date of Dec. 31 to ensure the businesses get their sales this holiday season. The chamber will contact winners for contact information, and they'll get their Chamber Bucks via email. Winkler will also contact the business each winner chose so they know.

Along with the "Keep the Cheer Here" campaign, the Carman and Community Chamber of Commerce received an additional \$5,000 from the Manitoba Chamber of Commerce. They will be giving that away in a different manner.

They'll give \$1,000 of that to the Car-

man and District Christmas Cheer Board for \$50 Chamber Buck gift certificates for 16-year-olds (and up) to spend this holiday season. In addition, \$2,000 will be used to purchase 200 healthcare workers either lunch or gift cards to somewhere local. The last \$2,000 will be given away in weekly draws, one of which will be a "Keep the Cheer Here" shopping event planned for Thursday, Dec. 9.

To ensure you have a chance at winning giveaways, follow the chamber on Instagram and Facebook, as that's the only way to win.

# Budget 2022 public engagement online survey now live

Submitted by Manitoba government

Public meetings begin this week and an online survey is now available for Manitobans to provide input to help shape Budget 2022, Finance Minister Scott Fielding announced Wednesday.

"It's important as we prepare for Budget 2022 that we hear from as many Manitobans as possible on their priorities," said Fielding. "The online

survey is an accessible way for those wishing to participate in the budget process to provide their feedback and share which government priority is most important to them and their families."

In addition to the online survey at EngageMB.ca, Manitobans can pre-register to reserve a spot for an in-person meeting or to receive a phone

call to participate in a telephone town hall. Participants of the in-person sessions will be expected to practise physical distancing, wear a mask and provide proof of vaccination.

To register by phone for a budget public engagement meeting, call Manitoba Government Inquiry at 204-945-3744 or toll-free at 1-866-626-4862. Manitobans can also email com-

ments and ideas to budget2022@gov.mb.ca or mail written submissions to:

Minister of Finance c/o budget engagement

103 - 450 Broadway, Winnipeg, Manitoba R3C 0V8

Further information on Budget 2022 public engagement is available at: <https://engagemb.ca/budget-2022>.

# MWM working on recycling diversion in wake of Gateway fire

By Ashleigh Viveiros

With the Gateway Resources processing depot closed to communities outside Winkler for the next several months, MWM Environmental has had its hands full finding alternative places to bring its recycling.

The company, which picks up recycling for Morden, Carman, the RM of Lorne, and the RM of Stanley, normally hauls upwards of 90 tonnes a month to Gateway, general manager Tim Oliver said in an email last week.

Since the end of September, though,

that option has been closed to them in the wake of the fire that destroyed Gateway's processing building. The non-profit is planning to reopen on a limited basis to handle only Winkler recycling until the building can be rebuilt next summer.

In the meantime, over the past few months MWM has sent what recycling it could to processing depots in Altona and Portage la Prairie, Oliver said, though some of it has wound up in the local landfill.

"Sometimes time restraints make it

so we are unable to get to the facility in time, which results in some of the material going to the landfill," he said. "This is always a last resort and it comes with a great feeling of disappointment."

"One thing that we don't want is for people to stop recycling. It is such an important part of our lives and we need to stay on point with this," Oliver stressed. "Unfortunately, with the events that have occurred with Gateway we have had to make some hard decisions that have come with a cost."

An agreement is in the works to divert some of the recycling to Penner Waste. Oliver noted they hope to begin hauling material there by mid-week.

"We hope to work with Penner Waste on all the recycling," he said. "Some of it will go back to Gateway once they are back up and running but we plan on continuing to haul some of the material to Penner Waste as well."

# Safe Driving Week takes aim at distracted driving

By Lorne Stelmach

Focusing entirely on the road when driving is not a part-time responsibility.

It may seem to be a simple message, but it is unfortunately something too many people still lose sight of, so it is the focus of this year's National Safe Driving Week.

The initiative for Dec. 1-7 is a joint promotion of the Canada Safety Council, Manitoba Public Insurance (MPI) and the Insurance Brokers Association of Manitoba (IBAM),

You simply can't watch the road and check your smart phone at the same time, as even a quick glance can lead to a preventable collision, said Grant Wainikka, CEO of IBAM, who noted people in general are mindful of the dangers, but the statistics show it is still a concern.

"I think there's a certain fear of missing out ... the tendency is to want to check [your phone], and we've become such an immediate culture that you want to check it as soon as possible," said Wainikka.

"We know that distracted driving is very dangerous ... distracted driving is a leading cause of fatalities on Manitoba roads ... so this is still a thing to be cognizant of and to raise awareness about.

"We're concerned about our customers and want them to be safe when they drive ... sometimes minor behavioural changes can help lead to that," said Wainikka. "Consumer protection is top of mind. This is what insurance brokers do for their clients. We can think of no better way of promoting consumer protection."

Transport Canada estimates that distraction, which is often attributed to cell phone and device use, contributes to 21 per cent of fatal collisions and 27 per cent of serious injury collisions.

Overall, driver distraction is a leading contributor to fatal crashes in Manitoba, linked to nearly 50 per cent of all fatalities and 37 per cent of all serious injuries last year, according to MPI data.

In 2020, there were a total of 44,339

reportable traffic collisions on public roadways in Manitoba—70 of these were fatal collisions, while there were 5,667 injury collisions.

A 2018 survey by CAA reported Canadians view distracted driving as the number one threat to their personal safety on the road. Manitobans acknowledge the risk of distracted driving, but some still make the choice to do it.

In MPI's 2021 traffic safety culture survey, 95 per cent of Manitobans express that using or checking a hand-held cellphone while driving is unacceptable. Of various behaviours that could cause a collision, checking/using a hand-held cellphone while driving was the highest rated potential hazard, with 86 per cent indicating it is likely to cause a collision.

Yet, in the same survey, 25 per cent admitted to driving while using a hand-held cellphone.

When your attention is not fully on the road, the impacts can be numerous—less visual scanning of your surroundings, reduced opportunities to

identify visual cues, less time to react to your surroundings and a reduction in critical brain resources needed to assess the road ahead.

"Technology has made the task of driving easier in many ways," said Gareth Jones, president and CEO of the Canada Safety Council. "But when technology pulls our attention away from the road, we are taking on risk and need to carefully consider how and when technology is used."

"Driver distraction is a high-risk driving behaviour and can be changed by the driver," said Eric Herbelin, CEO and president of MPI. "Driving requires 100 per cent of your attention and concentration. Anything less can result in a crash. Our objective is to reduce fatalities, injuries and collisions in our province. This can be accomplished when drivers make the right decisions.

"The stakes are high for our customers—death, injury, property damage, fines and financial impacts on auto insurance premium and driver licence fees."

## Carman Palliative Care memory tree up for 11th year

By Becca Myskiw

The Carman Palliative Care memory tree is on display for the 2021 holiday season.

Up at Access Credit Union (ACU) as it is every year, the evergreen is ready to be adorned with memories of Carman residents. It works like this: take a paper angel and write the name of a loved one or loved something on it, then hang it on the tree.

To hang an angel, Carman Palliative Care requires a donation (of any amount). Gifts of \$20 or more will receive a

tax receipt from the organization. Everything — the donation, writing on the angel, and hanging it — can be done right at ACU.

"The Memory tree has become a holiday tradition in Carman going up the week following Remembrance Day and coming down after New Year's," said Sandy Cameron of Carman Palliative Care. "Anyone is welcome to come in and participate."

This will be the 11'th year the memory tree is up in Carman. Last year, they had two trees; one at ACU and one at the Carman United Church.

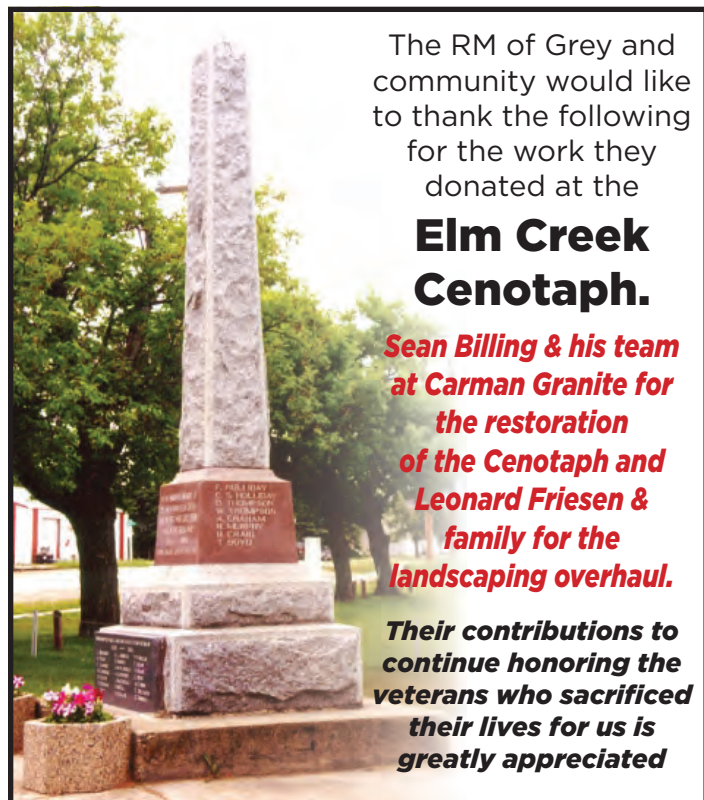
Money raised from the tree goes back to Carman Palliative Care and the cost of continuing their programming. The organization offers help and respite for patients and their families in hospital settings and their homes.

Money also goes toward purchasing new equipment to provide comfort and care for these people. Recently, they furnished a quiet room in the new Boyne Lodge that will be prioritized for families with a loved one in palliative care.

"For so many, Christmas is a time of reflection," said Cameron. "And what a beautiful way to celebrate the memory of a loved one."

This fundraiser is one of Carman Palliative Care's most important ones. It not only raises money but helps those dealing with loss to honour their loved one. For anyone experiencing grief, Cameron suggests going to [www.mygrief.ca](http://www.mygrief.ca) for help on dealing with the pain and sorrow of losing a loved one.

The tree will be up into the new year, so people can get their angel up until then.



The RM of Grey and community would like to thank the following for the work they donated at the **Elm Creek Cenotaph.**

**Sean Billing & his team at Carman Granite for the restoration of the Cenotaph and Leonard Friesen & family for the landscaping overhaul.**

**Their contributions to continue honoring the veterans who sacrificed their lives for us is greatly appreciated**



STANDARD FILE PHOTO  
The Carman Palliative Care memory tree is up at Access Credit Union for another year.



# Youngsters getting the COVID shot in Carman

By Becca Myskiw

Everyone five and up can now get the COVID-19 shot, and locals are taking advantage of the opportunity to get their children vaccinated.

One of the places in the area giving COVID-19 vaccines is BenefitsRX. That means they're now also giving doses to children aged five to 11 since Canada approved it for them.

The Pfizer-BioNTech two-dose COVID-19 vaccine was approved for children aged five to 11 in Canada on Nov. 19. The approval allows those children to get a dose one-third of the size people 12 and over receive. As of today, only the Pfizer vaccine has been approved for the age group.

Candice Sisson, who works at the pharmacy, gave her sons Malcolm, 7, and Oliver, 8, the shot on Wednesday — their first day of protecting the youngsters.

Sisson said they vaccinated 27 children (five to 11-year-olds) in their first two days of having the shots for them and are steadily adding vaccinations

to their regular daily work. As they order the vaccines weekly based on demand, BenefitsRX offers the vaccine appointments once or twice a week for children, meaning they have up to two days dedicated to giving doses to the five to eleven-year-olds.

"The demand hasn't been huge as we've heard many parents opted to go to a supersite to get the shot ASAP," said Sisson. "We think that's great and encourage parents to get their children vaccinated wherever they feel most comfortable."

The vaccination for children is equally as important as any other age as school and sports teams are places where spread often occurs. Getting the vaccine helps prevent viral replication, ultimately preventing future mutations of the virus — known as "variants of concern" — and reducing the risk for people at risk.

Along with getting the younger population vaccinated, BenefitsRX offers first, second, and third doses of Pfizer and Moderna two days a week



STANDARD PHOTO SUBMITTED

Candice Sisson gave her seven-year-old son Malcolm the COVID-19 vaccine last Wednesday.

for any age. They also have a day committed to flu shots, pneumonia shots, the shingles vaccine, and any others people may need.

To book an appointment for your child or yourself, call BenefitsRX at (204)745-2946.

## Southern Health test positivity rate over double rest of province

Staff

Public health officials Monday announced six more deaths due to COVID-19 and 539 new cases.

Saturday saw the case count jump by 191, Sunday it was 211 (the highest its been in months), and Monday's new cases numbered 137. Manitoba's active caseload at press time was at 1,613.

Breaking it down by region, Winnipeg added 186 cases over the weekend followed by Southern Health-Santé Sud with 176, Northern with 79, and Interlake-Eastern and Prairie Mountain with 49 each.

A total of 152 Manitobans are in hospital due to COVID-19, including 104 with active COVID-19 (still infectious). A further 30 people are in intensive care, including 24 who are still actively contagious.

Of the active hospital admissions, 67 per cent of patients were either not vaccinated at all (62 per cent) or only partially vaccinated (five per cent).

In intensive care, the unvaccinated make up 92 per cent of the active cases.

With the weekend's reported deaths, a total of 1,334 Manitobans have died due to COVID-19.

The five-day COVID-19 test positivity rate was 6.3 per cent provincially and 4.1 per cent in Winnipeg on Monday.

Last week, the province updated its regional test positivity rates. South-

ern Health, which has the lowest vaccination uptake in the province, had a test positivity rate of 15 per cent.

No cases of the new omicron variant

have been detected in Manitoba yet.

In the Pembina Valley, Winkler was reporting 45 cases Monday followed by 30 in Morden, 29 in Altona, 23 in

Lorne/Louise/Pembina, 11 in Carman, eight in Stanley, seven in Grey, four in Roland/Thompson, and two each in Morris and Red River South.

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# Docs answer questions about the COVID-19 vaccine for children

By Lorne Stelmach

An online town hall last week gave Manitobans a chance to ask questions and hear from medical experts on the pediatric COVID-19 vaccine.

The session hosted by Doctors Manitoba Nov. 30 focused on the vaccine recently authorized by Health Canada for children aged five to 11, and it covered such topics as the benefits and risks of vaccination and the effectiveness of the vaccine.

The hope was to help ensure parents have the facts to make a fully-informed decision about vaccinating their children.

The panel of five doctors stressed the vaccine offers the best protection against COVID-19 and related complications, and they also sought to offer assurances about its safety and particularly about the risk of side effects.

"Immunizing your child helps to add that added level of public health security in managing the pandemic," said Dr. Ruth Grimes, president of the Canadian Paediatric Society. "With the evidence that we have so far, it seems that those major complications can be dealt with quite handily."

"The best thing I can say is that we know a lot about the immune system and how it responds to vaccines, how it responds to infections ... and what we see in every other infection and every other vaccine is a lack of long term surprise side effects," said Dr. Joss Reimer, provincial COVID-19 vaccine medical lead and medical officer of health.

"We don't see people five years, 10 years, 20 years later having some unexpected damage to their body because of their immune response, and

so we're very reassured that this will be the same thing because the immune system hasn't changed."

"Collectively, pediatricians are very good at looking for signals that would warn us about safety in this particular age group, and we haven't seen anything to date ... so that's reassuring," noted Dr. Jared Bullard, section head of pediatric infectious diseases and associate medical director of Cadham Lab. "In addition, we'll be continuing to monitor for any sort of safety concerns or signals going forward."

The hour and a half long session covered a lot of ground, including even the doctors' thoughts on talking to your children about vaccination, with Dr. Marni Hanna, president of the Manitoba Pediatric Society, touching on her experience with her own daughter.

"We talked about it positively at home, and she saw how excited we were to get our COVID shots, and she knows that this means something big for her," said Hanna. "If you know your kid is really anxious, try to book their appointment in an environment where they feel safer ... in a place they feel familiar with."

Do whatever is needed for them to feel comfortable and give children some degree of control over the environment and situation, added Grimes.

Hanna addressed a question about whether the vaccine might in any way affect a child's development or even future fertility, and she stressed there was no basis to support that thought and that the risk instead is from getting COVID.

"If you get really, really sick [with COVID-19], in a child, that can lead to developmental delay ... so it really

makes a lot more sense to get the vaccine."

Bullard addressed a youth's questions about the smaller dose for children and age considerations.

"When we were looking at this particular vaccine, we actually did look at different amounts, and we looked at all sorts of kids," he said. "There's really no reason to put off getting that vaccination ... the sooner you get the vaccine, the sooner you're going to see the benefits of getting that vaccine."

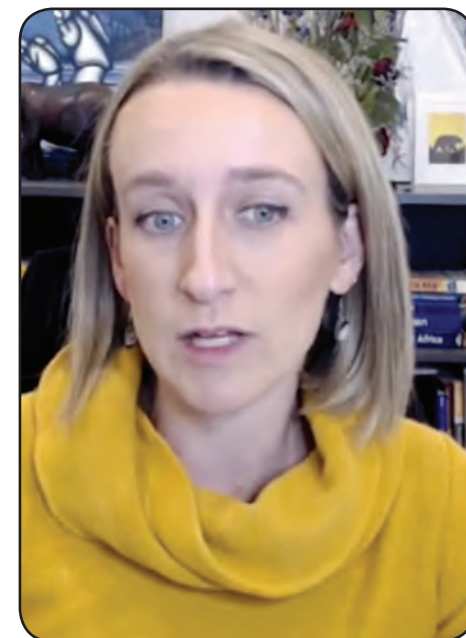
The doctors then went on to the waiting period for the second dose, noting that their current recommendation is an eight week period even though Health Canada has approved it a 21-day period.

"The reasoning for spacing it out by eight weeks instead is that a longer interval provides longer lasting and stronger protection," suggested Hanna.

"There can be some flexibility because everyone's treatment plan is a bit different," added Ashley Chopek, a pediatric oncology and bone marrow transplant specialist.

"Overall, we really do want kids to get that eight week interval because it works better and we think it's safer ... it's probably still worth waiting ... I wouldn't rush that second dose," said Reimer, who noted one exception is related to First Nations communities where there is elevated risk. In that instance, they want to get the second doses done sooner because of the more severe outcomes being seen in some of these locations.

Hanna also noted that they don't want families to wait too long if their children have recently had other vaccinations, but they are recommend-



SCREENSHOT

Dr. Joss Reimer, medical lead of Manitoba's vaccination campaign, was joined by a panel of other medical professionals for virtual town hall hosted by Doctors Manitoba last week to field questions about the COVID-19 vaccine for children.

ing other vaccines not be given within two weeks of the COVID-19 shots.

"The main reason for that is to monitor for potential side effects ... it makes it very confusing if they've had multiple vaccines at one time ... however, there may be special situations."

Addressing further questions about side effects, Hanna said they are primarily local where they received the injection (a sore arm), but there can be some systemic side effects such as fever, chills, muscle ache and fatigue, although they are believed to

Continued on page 12

## Paws & claws

The holiday season is upon us, and many pet parents plan to include their furry companions in the festivities. As you gear up for the holidays, it is important to try to keep your pet's eating and exercise habits as close to their normal routine as possible. Also, please be sure to steer pets clear of the following unhealthy treats, toxic plants and dangerous decorations.

### Be Careful with Seasonal Plants and Decorations

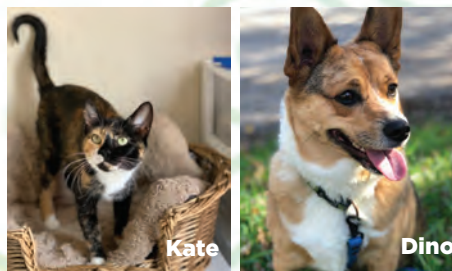
- Securely anchor your Christmas tree so it doesn't tip and fall, causing possible injury to your pet. This will also prevent the tree water—which may contain fertilizers that can cause stomach upset—from spilling. Stagnant tree water is a breeding ground for bacteria, and your pet could end up with nausea or diarrhea should he imbibe.
- Avoid Mistletoe & Holly: Holly, when ingested, can cause pets to suffer nausea, vomiting and diarrhea. Mistletoe can cause gastrointestinal upset and cardiovascular problems. And many varieties of lilies can cause kidney failure in cats if ingested. Opt for artificial plants made from silk or plastic, or choose a pet-safe bouquet.
- Tinsel-less Town: Kitties love this sparkly, light-catching "toy" that's easy to bat around and carry in their mouths. But a nibble can lead to a swallow, which can lead to an obstructed digestive tract, severe vomiting, dehydration and possible surgery.
- Don't leave lighted candles unattended. Pets may burn themselves or cause a fire if they knock candles over. Be sure to use appropriate candle holders, placed on a stable surface. And if you leave the room, put the candle out!
- Keep wires, batteries and glass or plastic ornaments out of paws' reach. A wire can deliver a potentially lethal electrical shock and a punctured bat-

tery can cause burns to the mouth and esophagus, while shards of breakable ornaments can damage your pet's mouth and digestive tract.

### Avoid Holiday Food Dangers

- By now you know not to feed your pets chocolate and anything sweetened with xylitol, but make sure to keep your pets away from the table and unattended plates of food, and be sure to secure the lids on garbage cans.
- Fatty, spicy and no-no human foods, as well as bones, should not be fed to your furry friends.
- If your celebration includes adult holiday beverages, be sure to place your unattended alcoholic drinks where pets cannot get to them. If ingested, your pet could become weak, ill and may even go into a coma, possibly resulting in death from respiratory failure.
- Looking to stuff your pet's stockings? Stick with chew toys that are basically indestructible, Kongs that can be stuffed with healthy foods or chew treats that are designed to be safely digestible. Long, stringy things are a feline's dream, but the most risky toys for cats involve ribbon, yarn and loose little parts that can get stuck in the intestines, often necessitating surgery. Surprise Kitty with a new ball that's too big to swallow, a stuffed catnip toy or the interactive cat dancer.

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# Supporting local one gift box at a time

By Becca Myskiw

One community-minded woman is putting together boxes of locally-made products for the holidays.

Tarryn Sutherland grew up in Carman and the community still holds a large place in her heart. She lives in La Salle now but still spends a lot of time where her roots, friends, and family are. Of course, a lot of those friends are makers, too.

That's why when markets shut down last year along with the rest of the world, Sutherland wanted to help.

"Just seeing a lot of friends and acquaintances with their small businesses not being able to sell their products," she said. "They would have made stock for markets and then have no way to sell that instead of online. I really felt bad; that impacted them so much."

So, she started buying products from Carman businesses and makers and put them together in gift boxes for people to buy. Last year went really well, she said, with many people wanting to support local in any way they could. She said she sold close to 250 boxes and she's hoping to at least match that in 2021.

Because last year went over so well, Sutherland decided to do the boxes again to help local business as much as possible. Unfortunately, this year has been slower, but that's not stopping her because Sutherland is still buying products and packing boxes. She's hoping more people will buy them to support the businesses included.

Those businesses are:

- Peace Lily Therapeutics (bath bombs and soaks) Carman
- Made By Gill (shelf sitter signs) Roland
- Jack Watt (charcuterie board) Carman
- Carman Florists (specialty coffee card) Carman
- Desiree Penner (watercolour card) Elm



Each box is different, containing different things based on the buyer's price point.

Creek

- Wheat & Waves (earrings) Carman
- Kelsey Buyer Design (wristlet and keychain) Carman

Carman

- The Farmers Daughter (honey minis) Carman
- Dediger (Turkish towel + men's tee) Home-wood/Winnipeg
- Prim & Printed (custom lake tee) Winnipeg
- Kate Froese Pottery (Manitoba ornament) Carman

Carman

- Prairie Cricket Farms (cricket protein powder and flavoured crickets) Miami
- Sutherland herself (she added Jade Gua Sha's and Cookies in a Jar) La Salle

"I love giving wellness items, so I started there," she said. "And added quirky or complimentary items whether for a person or the home."

To get a box, people can contact Sutherland on Instagram (@localshopmb) and go through the process of choosing a ready-made one or creating their own. To customize a box, she'll ask people to pick a couple main items, give her their price point, and she'll throw in some extra items to



**STANDARD PHOTOS BY BECCA MYSKIW**  
Tarryn Sutherland is supporting local by creating gift boxes this holiday season full of goodies from Carman makers.

get there.

She'll be delivering boxes to the Carman, Roland, Miami, Elm Creek areas on Dec. 12. People can also arrange for a local pick-up option.

## Notre Dame fundraiser cancelled, refunds or donations available

By Becca Myskiw

The fundraiser set for last weekend for Notre Dame de Lourdes families in need has been cancelled.

The event was going to be a dinner with local entertainment organized by the Notre Dame de Lourdes Parish, Knights of Columbus, Cultural Committee, and Heart to Heart on Dec. 4. All money raised from it would have gone to Heart to Heart, who takes care of families who need food, hampers, or anything else this holiday season.

Gisele Dansereau from the parish was an organizer of the event. She said they decided to cancel it because they didn't sell enough tickets as at least two other events happened that

night.

"There was just too many things for a small community so we figured might as well pull back and try again in the spring when there's less going on," she said.

People who already purchased tickets can contact organizers to ask for a refund or to donate that money to the parish or Heart to Heart.

"It's been amazing the number of people that say, 'just take my money and make a donation to Heart to Heart,'" she said. "Because that was the intent of the fundraiser."

To get a refund or donate the money, contact Dansereau at (204)723-5154 or Alvin Adam at (204)751-0048.



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# November weather



STANDARD PHOTO BY NANCY VANDERVELDE

Just before the first snow of the year, Nancy VanderVelde's garden fountain froze in mid stream. The VanderVelde yard is just north of Carman. The Carman Standard would like to archive the weather of the week through photos and is hoping that photos can be submitted of locals enjoying the outdoors whatever the weather. Email me your photos showing weather happenings to [news@carmanstandard.ca](mailto:news@carmanstandard.ca).

# Flashback...87 Main Street S



STANDARD PHOTO SUBMITTED

This location goes back to 1928 as home to the curling club and skating rink which was demolished in 1958 and remained empty until 1963. Then J.B. Ross Construction built a General Motors dealership called Carman Sales & Service for Ike Harder. Harder was previously involved in Carman Motors with Cam Johnston at the current bowling lanes location until a fire forced his move. He ran that until 1967 when Jim Dyck opened Carman Motor Products. Next was Parkway Motors owned by Cornie Unger and John Neufeld from 1972-1983. In 1983 Don Ryschuk of Winnipeg introduced Carman to Southland Pontiac Buick GMC. He lasted until 1988 when the Janzen family of Winkler moved in and kept the dealership at that location until 2017.

## > TOWNHALL, FROM PG. 10

be much less common in the younger age group of children.

Reimer reiterated that studies did not show any more severe outcomes among younger children than any other age group, but it is something they continue to watch very carefully.

"We're talking about incredibly low numbers ... it's still such a low risk compared to what this infection is doing in our communities," she said.

Reimer also touched briefly on the most recent COVID variant of concern and noted that they still have more to learn about it.

"I think it's very clear that experts are worried about it, but we don't know how much more transmissi-

ble it is; we don't know the impact that it will have on how well the vaccine works, but what we do know is that the vaccine will work against this variant," she said.

"Is it going to be a little bit lower effectiveness? Maybe. We're far too early to know," she said. "If you're vaccinated, you still have an army ready to go ... don't hold back on being as fully protected as you can be."

For more information, you can go online to [ManitobaVaccine.ca](http://ManitobaVaccine.ca). The site, created by physicians about COVID-19 vaccines, will be updated with answers to common questions about the pediatric vaccines.

# PHOTO CALENDAR

Merry Christmas



Memories you can cherish all year round!

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <small>New Year's Day</small>
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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**All I Want for Christmas**

# 6 ways to stick to a holiday budget

The holidays are an exciting, fun and joyful time of year. And for many people, the holidays also are expensive.

According to the Motley Fool Company, a financial wellness resource, the average person spent \$882.45 on Christmas gifts, food, decorations, travel, and other holiday-related expenses in 2019. Around 56 percent of gift shoppers set a budget for holiday spending, but only 64 percent stuck to it. In addition, 21.5 percent of respondents went into debt due to holiday shopping.

Who doesn't want to have a super holiday with delicious foods on the table and lots of presents to share with family and friends? While that's tempting, such a bounty should never result in financial peril. These six strategies can make it easy to establish and stick to a budget this holiday season.

1. Budget for everything. When working out holiday spending plans, factor in all of the expenses associated with the holidays — not just the most obvious, like gifts. Costs for gas, parking lot fees, greeting cards, postage, travel expenses, and much more should be included in your final number.

2. Determine how much you can spend. Money for gifts and other holiday expenses should ideally come from your disposable income. Look at your finances in advance of the holiday season and figure out how much extra cash you have for the holidays, and use that figure to determine how much you should

spend. Find ways to make up any deficit by curtailing expenses like dining out or entertainment extras. Many people plan to use credit cards to pay now and worry about the aftermath later. Only use credit cards if you have the money in the bank and can pay off the entire bill when the balance due is in January.

3. Set a spending limit for individuals. Based on your numbers and how much you plan to spend overall, start allocating money to categories, including gift recipients. Come up with a spending range for each person and stick to it.

4. Pay in cash as much as possible. It's easy to know what you're spending when using cash as opposed to credit. There is some risk with carrying around cash, but that risk may be offset by the benefit of spending only what you can afford to spend.

5. Track all purchases. Save the receipts and keep a running total of expenditures so you can see how your spending is measuring up to your budget. If necessary, scale back on one category if you've tipped the scales in spending on another.

6. Shop sales and deals. High-end stores may have the impressive tag, but their prices can set you back. Instead, look for comparable gifts at discount stores and other retailers. Also, if you must use a credit card, use one that earns you a cash-back bonus for added savings.

A holiday budget is a must to avoid overspending and finding yourself in debt early next year.



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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Hawks drop two over the weekend



STANDARD PHOTO BY RICK HIEBERT

Interlake Lightning goalie Ty Hogue steers a shot to safety behind the leaping Hawks forward Carter Campbell Saturday night. Interlake got the win 3-0.

By Lorne Stelmach

It was a rough weekend for the male U18 Pembina Valley Hawks as they suffered two shutout losses on home ice in Morden.

The Hawks fell 6-0 to the Winnipeg Wild Friday and then could still not break the goose egg Saturday in falling 3-0 to the Interlake Lightning.

Pembina Valley trailed 3-0 and 4-0 at the intermissions against the Wild, who continue to battle Brandon at the top of the standings with near perfect records. Bryson Yaschyshyn made 37 saves as Winnipeg outshot the Hawks 43-34.

Pembina Valley likely deserved better against Interlake, as the Hawks outshot the Lightning 49-36 but could not buy a goal against Ty Hogue. Across the ice, Raiden LeGall made

33 saves for the Hawks.

The game was a scoreless deadlock until the third period when the Lightning scored three unanswered goals, including a power play marker and an empty netter to seal the deal.

Earlier last week, the Hawks fared better in a 3-2 win over the Southwest Cougars in Killarney

The Hawks spotted the Cougars the first two goals but fought back hard. LeGall was outstanding in stopping 51 of 53 shots by Southwest.

Pembina Valley took advantage of opportunities on 28 shots with goals from Keston Worley, Kam Thomas and Carter Sotheran, who got the winner with 4:32 remaining in the game.

The Hawks have a rare weekend off this week with only one game on the schedule, but it was a key one, as the Hawks, who are in eighth place with 20 points, were scheduled Wednesday to host the Winnipeg Bruins, who are ninth with 19 points.

## Twisters keep hold of third place

By Lorne Stelmach

The Pembina Valley Twisters kept themselves within range of the MMJHL leaders this past weekend with a victory over Fort Garry Fort Rouge.

Pembina Valley held period leads of 2-0 and 5-1 on their way to the 5-2 win against the Twins Friday in Morris.

League points leader TJ Matuszewski fired his 13th of the season, while Caelen Russell and Nico Vigier each contributed their 11th goals.

Jordan Gray and Curtis Rebeck also scored for the Twisters, who were outshot 26-21. Martin Gagnon

made 21 saves in net.

The Twisters are now riding a four game winning streak while having had a couple recent games postponed, including one that had been scheduled for this past Sunday against Stonewall in Morris.

Pembina Valley remains in third place on a record of 14-3-2 for 30 points, which has them trailing Transcona at 36 and St. James at 37 points.

The Twisters have a pair of games on the road this weekend as they pay a visit to River East Friday then St. Boniface Saturday.

## Beavers beat Altona Maroons



STANDARD PHOTO BY DENNIS YOUNG

Beavers' captain Aaron Lewadniuk scored twice and added an assist in Carman's 6-3 home victory over the Altona Maroons on Nov. 30.

Staff

The Carman Beavers had their Sunday road game against the Portage Islanders postponed due to worsening weather and road conditions.

The game will be rescheduled at a later date.

On Nov. 30, the Beavers doubled the Altona Maroons 6-3 in Carman.

Carman, which built period leads of 3-1 and 5-2, received a two-goal and three-assist effort from Jake Dudar.

Aaron Lewadniuk scored twice and

added an assist while Quade Froese and Brock Vanderveen also tallied.

Tyrel Bueckert, Nolan Martens, and Justin Voth scored for Altona.

Steve Christie made 29 saves for the victory.

The Beavers, now 4-1 and tied for third place in the seven-team league, will host the Winkler Royals on Thursday (7:30 p.m.) and then will battle the Maroons in Altona on Saturday (8 p.m.).

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# Cougars on six game winning streak after two more wins

By Becca Myskiw

The Carman Cougars are officially on a six-game winning streak and sitting in the middle of the pack of the Zone IV High School Hockey League.

The Cougars had two games last week facing off against the Pembina Tigers Wednesday and the PCI Trojans Thursday.

Carman battled back from a four goal deficit early in the game against the Tigers. At 10:13 in the second, Anthony Lehmann scored for the Cougars, followed by two goals from Ryan Orchard, to close out the period 4-3.

"The third period is when the team started to really get rolling and scored five," said head coach Jeff Park.

The Cougars kicked off the third period with a goal from Ethan Wilde. Lehmann, Gavin McCallum, Carson Park, and Coltyn Plaitin each got a goal in the last 20 minutes, challenged by the Tigers with only two more. Carman won the game 8-6.

"I think the fans had lots to cheer about in the third," said Park. "Pembina is a good team and are always moving their feet taking away time and space. The cougars were very fortunate to fight back and lucky to be able to win that game. Better discipline was key giving us that chance."

He said the team was able to knock down their penalty minutes, only getting 10 minutes total, which left them

more time on the ice to fight for the win.

On Thursday, the Cougars hit the ice again in Portage la Prairie, facing off against the second place Trojans. Park said it was a close game with PCI leading for most of it. The Cougars had two goals in the first from Gavin McCallum and Anthony Lehmann. The second started tied at 2-2. The Trojans scored two in the middle period but the Cougars' Ethan Wilde kept his team within one.

Carman tied the game early in the third thanks to a goal from Evan Penner. At 1:11 Cougar's captain Coltyn Plaitin scored giving his team the go-ahead goal, followed by an empty netter with 13 seconds remaining from Slade Sotheran. The final was 6-4.

The win on Thursday night put the Cougars on a six-game winning streak. Park said they have some players battling injuries, but the team's been playing hard against good teams and is enjoying being able to score goals right now.

"It's been great to be able to win six in a row and we will try to add to that streak next week with two games again next week," he said. "The difference between good teams and great teams is being able to maintain these streaks and if the team does lose one, it's how they respond to that loss."

The Cougars played again on Tuesday on Wednesday against the Morden day against the GVC Zodiacs and Thunder.

## Back to back tourney champs



STANDARD PHOTO BY JODIE COX

The Carman Cougars U15 'A' team went undefeated in Morden at their first tournament of the season. Carman took on MacDonald and Swan Lake in round-robin play and then defeated Winkler in the final. The Cougars outscored their opponents 15-0. Carman also won gold last week at the Stonewall tournament, winning all four games and then defeating Portage in the final. Pictured back row, left to right: Scott Dyck (coach), Mack Keith, Hudson Nikkel, Andrew Wolfe, Liam Dyck, Brody Benner, Lorne Cox (coach), Nate Phillips, Jaron Johnston, and Mark Pritchard (coach). Front row, Elliot VanDenBussche, Jackson Best, Zachary Pritchard, Logan Green, Zander Cox, Brayden Cox, Kiru Griffin and Wade Green.

# Female Hawks 2-2 at Ontario tournament

By Lorne Stelmach

The female U18 Pembina Valley Hawks had a break from league play this past week but were still busy on the ice.

They travelled to Ontario to compete in the 2 Nations College Prep tournament in Brampton. They came out of it with two wins and two losses, but the results mattered less than the experience they gleaned.

The Two Nations College Prep Series is a pair of popular annual tourna-

ments hosted in Detroit and Brampton featuring teams from across North America. It not only provides high level competitive play but also serves as a vital scouting opportunities for coaches.

"We are just excited to be able to attend tournaments this year," noted coach Dana Bell. "These tournaments are great as it gives us opportunities to work on special teams and great team bonding."

The Hawks began day one Friday with a 1-0 loss to Shawinigan followed

by a 2-1 loss to Scarborough. Day two on Saturday brought better results, with the Hawks edging Clarington 3-2 and then beating Chatham Kent 2-1.

"Game one we had a slow start. Game two we lost, but we definitely had a better game with lots of opportunities. But couldn't find the back of the net," said Bell. "Game three we got better as a team."

The Hawks remain in fifth place in the Manitoba U18 league with a 7-8-0 record for 14 points. They trail the Winnipeg Ice by four points and are

ahead of Central Plains by three.

The Hawks this week head to Wilcox, Saskatchewan to take part in the Mandi Schwartz Memorial Tournament. Billed as the largest U18 female hockey tournament in western Canada, it is in memory of a young athlete who played at Athol Murray College of Notre Dame who was diagnosed with leukemia and died in 2011.

Pembina Valley will see round robin action against Swift Current, Edmonton, and St. Mary's.

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Please share your story ideas with **Dennis Young** at denjohnyoung@gmail.com or **Lana Meier** at news@carmanstandard.ca or call 204-467-5836.

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# get inspired

> MEAL IDEAS



## Vegan Stuffed Mushrooms

freshly ground black pepper, to taste  
1 pack Violife Just Like Cheddar Shreds  
finely chopped chives  
Preheat oven to 350 F.

Use damp kitchen towel to clean mushrooms. Remove stalks from mushrooms. Rub with 1 tablespoon olive oil and place on lined baking sheet with empty sides up.

In frying pan, saute onions in remaining olive oil until soft then add zucchinis, tomatoes and garlic. Add spinach until wilted. Remove from heat and add rosemary, salt, to taste, and pepper, to taste.

Stuff each mushroom with vegetable mixture and sprinkle with cheese shreds. Bake 15-20 minutes. Sprinkle with finely chopped chives.

Prep time: 20 minutes  
Cook time: 20 minutes  
Servings: 4  
12 button mushrooms  
2 tablespoons olive oil, divided  
1 large sweet onion, diced  
2 medium zucchinis, diced  
4-6 sun dried tomatoes, chopped  
2-3 garlic cloves, minced  
1 large handful spinach  
1 pinch rosemary  
salt, to taste



## Vegan Brussels Sprouts Fritters

1 pack Violife Just Like Cheddar Shreds  
2-4 tablespoons olive oil  
mint, roughly chopped  
Wash Brussels sprouts and finely slice. Place in bowl with green onions.

In separate bowl, whisk flour, salt, black pepper, pink pepper, paprika and garlic powder.

Add dry ingredients and flax egg to Brussels sprouts mixture then add cheddar shreds. Mix well and let rest in refrigerator 10 minutes.

In frying pan, heat olive oil. Use hands to make one patty with 2 tablespoons of mixture.

Shallow fry 4 minutes on each side. Remove and place on plate with paper towels to drain excess oil. Repeat with remaining mixture. Garnish with mint.

Prep time: 20 minutes  
Cook time: 10 minutes  
Servings: 8  
35 ounces Brussels sprouts  
3 green onions, finely chopped  
1/4 cup gluten-free all-purpose flour  
2 teaspoons salt  
1 teaspoon black pepper  
pink pepper  
1 teaspoon paprika  
1/4 teaspoon garlic powder  
1 flax egg (2 tablespoons flax and 2 tablespoons water)



## Lemon Cheesecake with Fresh Fruit

Servings: 6-8  
1 1/4 cups graham cracker crumbs  
1/4 cup sugar  
1/4 cup butter, melted  
2 packages (8 ounces each) cream cheese, softened  
1 can (14 ounces) sweetened condensed milk  
3 eggs  
1/4 cup fresh lemon juice  
1 teaspoon vanilla extract  
1 orange, peeled and separated  
8 raspberries  
3 mint leaves, for garnish  
Heat oven to 350 F.

# Healthy Holidays (without Sacrifice!)

By Fitness & Nutrition Expert Julie Germaine Coram

Can I share a secret with you? Around the holidays, I have a slight addiction to Ritz crackers and Ferrero Rocher. If these are at a party, I cannot NOT have some. And why wouldn't I? The holidays are a time for celebrating with loved ones and indulging in life's joys, including deliciously sinful foods.

The downside, of course, is that when January rolls around, your clothes are feeling a bit snug and you suffer from regrets about your dietary decisions.

I have two solutions for you that have both worked well for me and my clients. The first involves self-control, research, and lifestyle changes to help you maintain your figure all winter-long. The second suggestion is my best advice to allow you to live it up this month without accepting that your 2022 wardrobe is going up a size.

### Solution 1: portion control

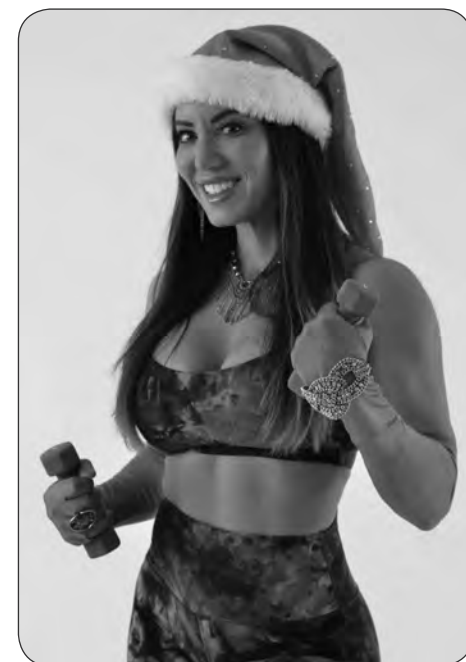
Once upon a time I religiously counted calories before anything passed my lips, but I will never do that again. This kind of obsession is not healthy and is unrealistic as a long-term solution to fitness. Instead, I preach portion control. A quarter of your plate should be protein, such as meats, beans, or eggs (or a combination that could include nuts and cheeses). Whole grains should also be approximately the same size, including brown rice, whole wheat breads and pastas, or quinoa. The remaining half of your plate can heap with vegetables and fruits of all colours. Check out <https://food-guide.canada.ca/en/> for a visual representation of this, and to try their many nutritious recipes.

### Solution 2: commitment immedi-

In medium bowl, combine graham cracker crumbs, sugar and melted butter. Press firmly into 9-inch springform pan.

In large bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs, fresh lemon juice and vanilla extract; mix until combined.

Pour into pan. Bake 50-55 minutes, or until center springs back when lightly pressed. Chill in refrigerator until completely cooled. Arrange orange slices around border of cake and place raspberries in middle. Top with mint leaves.



Health and Wellness Fitness expert Julie Germaine Coram

### ately to a fitness program

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Would you like to connect with me to discuss your personal fitness goals and struggles? Visit [juliegermaine.com](http://juliegermaine.com) or schedule a free 15 minute diet consultation at [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

Coach Julie Germaine Coram is a fit mom, 2x Pro Fitness Champion, Certified Nutrition & Fitness Expert - and local here in Manitoba. She has helped thousands of men and women improve their health since 2005.





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#### Introduction

Water Operations has nine (9) full-time departmental Construction Worker vacancies in Ashern, Morris, Carman, Dauphin, Teulon, Grosse Isle, and The Pas. As well, the eligibility list will be used to fill future departmental and/or seasonal Construction Worker positions in the province within the next 12 months.

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For a complete list of conditions of employment and qualifications please visit our website at: [www.manitoba.ca](http://www.manitoba.ca) Applications must describe how the applicant meets the requirements of the position to be considered further.

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Advertisement No. 38406  
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Phone: 204-945-8819  
Fax: 204-948-3382  
Email: [govjobs@gov.mb.ca](mailto:govjobs@gov.mb.ca)

Applicants may request reasonable accommodation related to the materials or activities used throughout the selection process.

When applying to this position, please indicate the advertisement number and position title in the subject line and/or body of your email. Your cover letter, resumé and/or application must clearly indicate how you meet the qualifications.

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We thank all who apply and advise that only those selected for further consideration will be contacted.

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#### CARD OF THANKS

The family of Lawrence Wynne wish to say many thanks for the phone calls, cards, flowers and messages of condolence on our brother and uncle's passing.

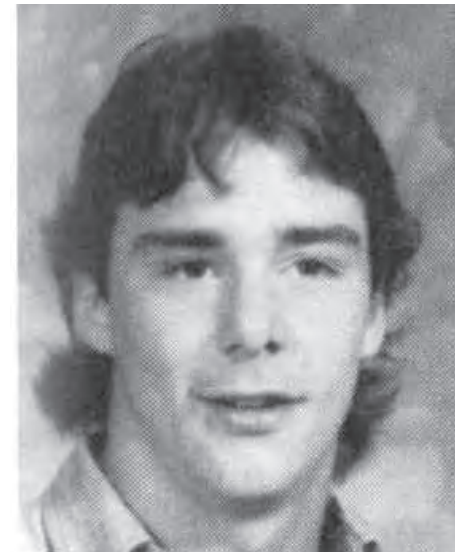
#### IN MEMORIAM

##### Jim Hodgson

Although Jim died five years ago, if he were here he would be pleased to know his family, Brian and Deb, Gwen and Wayne, and Reid and Colleen remember him as a very caring person.

-In loving memory,  
Marion Hodgson

#### BIRTHDAY



Cheers to 50 years!!

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#### OBITUARY

##### Brent Isaac Welch

Brent Welch was born June 12, 1956, and died December 1, 2021.

Brent attended school in Roland and Carman.

He was predeceased by his sister, Heather, and his father I. Clinton Welch.

Brent is survived by his mother, T. Doreen Welch, and his sister Brenda.

Cremation has taken place and an interment will be held at a later date in the Fairview Cemetery, Roland.

Memorial donations may be made to the Heart and Stroke Foundation, 1379 Kenaston Blvd., Wpg, MB, R3P 2T5.

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



**Anne Black (nee Baron)**

Peacefully after a brief battle with cancer, Anne passed away at the age of 67 years at the Health Sciences Centre on November 29, 2021.

Anne was born on June 5, 1954, in Carman, MB. to John and Margaret Baron. She was raised in Carman and in time settled in Miami.

Predeceased by her maternal grandparents; paternal grandparents; her parents John and Margaret; mother-in-law Dorothy Black; father-in-law James Black; husband Jack Black; brother-in-law Gary; sister-in-law Shirley and brother-in-law Raymond.

Left to cherish her memory are her son Robert (Deanna); daughter Jacqueline; three grandchildren Michael, Tyson and Taylor; her sister Audrey (Glenn); brothers Jerry, Alvin, Bob (Chauna) and

Walter; numerous nieces and nephews, great nieces and nephews.

Anne married Jack Black on June 11, 1977 and raised their two children in Miami. Throughout her years in Miami, Anne worked at a number of local businesses including: the Grandview Hotel, CIBC, Westaway Pharmacy, Co-op and for the last few years she was employed by Angers Transfer. She displayed commitment to the town of Miami through her time working with the Christmas Cheer Board in town and serving on the LUD committee. She was also an avid curling fan and continued to watch up until she passed away.

An interment will be held at a later date.

The family would like to thank Dr. Larry Tan and Dr. Kenton Staines at the Health Sciences Centre. A special thank you to the nurses in the GA3 Medical unit at Health Sciences Centre for your kind and compassionate care of mom during the past week. You all made a truly difficult time a little more bearable knowing she was being so well looked after. Thank you from the bottom of our hearts.

In lieu of flowers, donations can be made to CancerCare Manitoba, 675 McDermot Avenue, Winnipeg MB., R3E 0V9.

Doyle's Funeral Home  
in care of arrangements  
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# Announcements Classifieds



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**OBITUARY**



**Wilbert Blaine Russell**

September 28, 1937 – November 27, 2021

Blaine farmed in Manitoba and custom harvested in the USA before moving to Calgary in 1979. Here he worked in construction. Blaine met Edna in 1981. They started their new life together, which lasted over 40 years.

Blaine's dream was to farm again. Blaine and Edna bought their farm at Halkirk, AB. In 1990. They farmed together for 31 years. Blaine's comment "the best years of my life".

Blaine is survived by the love of his life, Edna Luft; children: Dean, Carolyn (Hughie) and Kevin; grandchildren: Kyle, Chase, Ivey and Cole; brothers Ronnie (Joan) and Gordie (Jacquie); sisters Janet and Bonnie (Dennis); sister-in-law Kathy; Edna's family: Ross (Leola), Scotty (Maggie), Amy and Pat; as well as many nieces, nephews, other relatives and many dear friends.

Blaine was predeceased by his parents Alice and Webb Russell; sisters: Faye, Ruth (Alex) and Gwen; brothers Garry, Jim and Dale (Peggy), and brother-in-law Al Braun.

Celebration of Life was held at the Omega Cemetery, Gadsby, Alberta.

Memorial donations in memory of Blaine may be made to a charity of your choice.

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- Knowledge of inventory and supply chain management principles and techniques
- Strong math skills, ability to perform intermediate calculations
- Capacity, lead time and production planning and scheduling understanding
- Clean, transparent communication with various levels within the company
- Ability to work without day-to-day direction and manage time independently to meet team goals
- Team player, with a positive can-do attitude

**Educational Requirements:**

- High School diploma or equivalent
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**Preferred Experience:**

- Inventory management systems (Oracle)
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# GIVE A GIFT

## TO OUR COMMUNITY ORGANIZATIONS!

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• Back Door Youth Centre	204-745-6186	Box 449
• Boyne Valley Hostel Corp	204-745-3006	Box 1644
• Boyne Regional Library	204-745-3504	Box 788
• Carman Area Foundation	204-750-4237	Box 160
• Carman Active Living Centre	204-745-2356	Box 2224
• Carman Community Hall	204-745-2684	Box 160
• Carman Community Health Centre	204-745-2675	Box 160
• Carman/Dufferin Fire Department	204-745-2443	Box 160
• Carman Dufferin Recreation	204-745-2684	Box 160
• Carman Family Resource	204-745-5571	Box 124
• Carman Handi Van	204-745-2916	Box 1294
• Carman Memorial Hospital	204-745-2021	Box 610
• Carman Palliative Care	204-745-2021	Box 610
• Carman Senior's Resource	204-745-6611	Box 2142
• Carman Chamber of Commerce	204-750-3050	Box 249
• Christmas Cheer	204-745-3546	Box 1555
• Dufferin Agricultural Society	204-745-2226	Box 937
• Dufferin Historical Society	204-745-7353	Box 1646
• Golden Prairie Arts Council	204-745-6568	Box 2103
• MCC	204-745-3601	Box 352
• Legion Ladies Auxiliary	204-745-2325	Box 2268
• Rainbow Residence	204-745-6063	Box 202
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• WEE CARE Child Care Inc.	204-745-6881	Box 1312

## ARE YOU UNSURE ABOUT WHERE TO MAKE A DONATION?

Why not try the associations found on this page. Christmas is a time of giving and sharing. Give to those in need this holiday season!

Christmas is a special time of year to give generously to the charitable organizations close to your heart. Its a special time when prosperity and sharing love and open hearts prevail. It is the time of year with the most opportunity to give to the charitable organizations who help the sick, children, seniors, people who are alone and for those that are in need.

**\*\*All Addresses in Carman are ROG OJO\*\***

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