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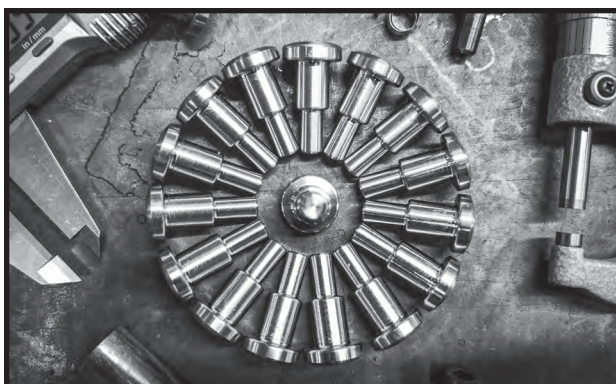


Enjoying the outdoors

STANDARD PHOTO BY DENNIS YOUNG

Ethan and Reid Miller enjoy a break from skating on their backyard rink in Elm Creek

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Back Door giving students sweaters and a meal this Christmas

By Becca Myskiw

The Back Door Youth Centre is giving their students a sweater and their families a meal this Christmas with the help of community donations.

The centre is a Youth for Christ drop-in that caters to the young people of Carman.

Tyler Friesen, director of the centre, said the idea came when restrictions were tightened, and they were looking for a way to continue to connect with their students.

"It was still heavy in our hearts to be able to connect in a meaningful way," he said. "We want to bring hope and Christmas joy and cheer."

So, a team member brought forth the idea of giving each family a Christmas meal and the children each a Back Door sweater. However, to make it possible, the youth centre needs donations as it is not a cheap endeavour.

Donations of all sizes are appreciated. For each \$75 donation, the person will get a handmade ornament with the name of the child they're supporting. That way, Friesen said they can pray for the student and their family by name.

There are approximately 85 students they're giving sweaters too and as some are from the same family, 50 families are receiving meals. The

meals will be purchased from local restaurants. Some will feed a student and a single parent while others will feed six or seven people — all meals are important, said Friesen.

"It's helping the families and it's helping local business owners in a trying time," said Friesen.

The Back Door Youth Centre has already started feeding families and giving their members a warm sweater. Though they haven't received all the donations needed for this initiative yet, Friesen said he's trusting more will come — they already have enough to cover 25 students.

They stepped out in faith at the start,

he said, and knew they could because of the community's backing. The Carman community has been more than supportive in 2020 for the Back Door. Friesen said it might be their best financial year yet.

"In such a challenging year, the Back Door is in a really good position thanks to our community," he said.

The donations haven't let up, either. There are numerous fundraisers for this project going on right now.

To donate to the Back Door's Christmas initiative, contact the centre at (204) 745-6186.

Boyer Regional Library moves programming online

By Becca Myskiw

Despite being closed to the public, Boyer Regional Library is still finding ways to keep the community reading.

Library programmer Tina Cronin has changed the website to include the in-person programs online. Now, residents can take out books and participate in the library's groups and activities through the convenience and safety of a screen.

"We're trying to have everything

business as usual," said Cronin.

A few of the things that are now offered through the library's website are the STEAM team, online story time, pre-recorded videos, and book clubs.

For much of the online programming, people just have to register or schedule an appointment and they can download the materials or pick them up at the library through curbside pickup.

The STEAM team's first online meeting was last week and Cronin said it went really well with few difficulties. They're working on making Led light up greeting cards using a paper circuit.

The Good Books for Bad Babes book club meets the third Wednesday of each month on Zoom. The Next Chapter book club is still being worked out, but Cronin said she plans on continuing it some way.

A new program Boyer Regional Library is offering is called Bean Stack. It's a bunch of reading challenges that accessible on the website — the challenges are for people of all ages, including adults.

Another new program is the take home Tuesday craft. Cronin said it's a large scale activity that comes in a craft bag with instructions. There will

Continued on page 5

Recycling Depot Holiday Hours

December 24th

7:00am-noon

December 25th - 28th

Closed

December 29th

7:00am-4:00pm

December 30th

7:00am-4:00pm

December 31st

7:00am-3:00pm

January 1st Closed

Transfer Station Holiday Hours

December 24th - 29th

Closed

December 30th

1:00pm-4:00pm

December 31st Closed

January 1st Closed

Garbage and Recycling Schedule

North End

December 22nd and 29th

South End

December 24th and 31st

Holiday Early Booking Deadlines

December 17 (Christmas Edition)

Booking Deadline - Regular and Classified

Mon, December 14 4:00 pm

Flyer Deadline

Mon, December 14 NOON

December 24 (Boxing Week)

Booking Deadline - Regular and Classified

Thurs., December 17 4:00 pm

Flyer Deadline

Fri, December 18 4:00 pm

December 31

There will be NO newspaper printed this week, but we will continue to distribute our flyers, so please watch for them in your mail and distribution boxes.

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Town runner raises \$2,000 for Christmas cheer board



STANDARD PHOTO BY BECCA MYSKIW

Chris Dick ran a marathon on Sunday while his wife Sheila collected donations raising over \$2,000 for the Carman and District Christmas Cheer Board.

By Becca Myskiw

An avid town runner used his hobby to raise over \$2,000 on Sunday for the Carman and District Christmas Cheer Board.

Chris Dick ran a marathon to raise money for the cheer board. He said after seeing they couldn't collect donations like usual this year, he wanted to figure out a way to help.

Like most of his ideas, this one came to him while he was on a run. Most of the larger runs he does these days are for charity, it made sense to do this, so he ran with it."

First, Dick decided on the distance he would run. He said he's been doing half marathons all year, which are about 21 km, but he thought he could push himself to do a full marathon — 42 km — for the cheer board.

"When you run a longer distance and challenge yourself, you want a cause for it," he said. "If I'm running for something it helps you mentally focus too."

Next, he planned his route. Dick started at his house, where his wife Sheila was taking donations. He lives just off of Highway 3, so from there he ran towards the lights in town, then ran downtown and down the street Boyne Regional Library sits on. He then went down the back lane towards the arena, past

the golf course, came out through King's Park, ran on the pathway behind Boyne Lodge, then came out and headed towards the southeast residential area which took him back to his house.

Though he had people reach out to do the run with him, Dick kept it solo to be COVID-safe.

The route was approximately 5 km, so he ran it just over eight times. Dick's goal was to raise \$100 to \$300, but after counting the combined e transfers and cash donations following his run on Sunday, he raised \$2,000.11.

"I am amazed," he said. "Also, a bit sore, but a good sore."

Dick started running at around 10 a.m. and finished up just after 3:30 p.m. The weather made for a nice day to do the marathon and he said there was lots of support for him throughout the day.

Ball backstops ready



STANDARD PHOTO BY DENNIS YOUNG

The new Carman ball diamonds are getting more noticeable as backstops and fences start going up! The fencing is being installed on all eight diamonds by Pembina Landscaping, who have been working on diamond layout, irrigation and now the fencing. A local community volunteer welded the posts into place. The project is still in need of \$75k to cover the costs for trees, finishing the parking lot, building a concession with washrooms, getting a donor board set up and a few cosmetic items.

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get heard

EDITORIAL > VIEWPOINTS > LETTERS

letter to the editor

Letters to the Editor:
letters@carmanstandard.ca

COVID causing unbearable grief

Dear Editor,
December is typically the most festive of all months in Canada. Yet the Dec. 3 edition of this paper had a number of articles documenting the grief that is currently ravaging the Carman area. The people receiving Chamber awards reported “a tough year” (pg 2). The annual Carman Christmas dinner for those that are alone has been cancelled (pg 4). Though “funerals are needed,” they have been all but banned, thereby hindering the grieving process (pg 9). Lauren Nakonechny testified “to the guilt” she felt when her son tested positive (pg 10). Mr. Penner started a petition because small business owners are “suffering” terribly (pg 14). And Gwen Randall affirms that stress contributes to poor health (pg 18).
Is all this grief warranted? Must we destroy ourselves, our businesses, our mental health, our culture, and our country to stop SARS-CoV-2? Despite the repeated claims of Dr. Roussin to the contrary, the answer is an unequivocal and resounding ‘no.’ All the evidence that one needs to prove this answer may be found in these same 12 articles. Funerals are necessary because people die, and

because the living need to grieve. There is more to health than physical. “Ben’s symptoms were mild,” and Taylor’s “extremely mild.” No guilt is necessary because the virus spreads despite our best efforts. Only two people in Winkler have died in 10 months. Broken businesses cannot pay for health care. Canada was once a friendly country, not a police state. Lonely and grieving people need support and friends. Exercise is necessary for good health, and good health is necessary to fight off diseases.

Since the matter is so vitally important, I offer the following scientific facts about Covid-19 to prove the answer more thoroughly:

The coronavirus is not “novel,” but researchers have been studying it for decades; Approximately 50 per cent of people are immune to COVID19, even before they encounter it; At least 40 per cent of people that are infected with SARS-CoV-2 remain asymptomatic; COVID is typically less severe than a normal flu; The spread of SARS-CoV-2 cannot be stopped by masks. This is amply proven by the fact that despite extreme efforts and measures, outbreaks continue

to happen in hospitals and care-homes; the virus spreads rapidly; the mortality rate of COVID-19 is below 0.2 per cent. Every year 1.4 per cent of the population in Canada dies’ approximately 25,000 Canadians die every December. That means that on average 806 Canadians die every day during the holiday season. As bad as COVID is right now, the death toll on Dec. 2 was 114, or an increase of 14 perfect. It may be helpful to apply these numbers to the Carman area. On average, about two Carmanites die each week. A 14 per cent increase would result in one extra funeral every month. If the media was not talking about this, nobody would notice it, not even Doyle’s Funeral Home.

For every Canadian that dies from COVID, about 2.4 will die from the consequences of the lockdown and millions more around the world will starve to death because of the economic consequences of our decisions.

In conclusion, we are destroying ourselves for a mild flu bug that is spreading a little faster than the normal flu by a lockdown. It breaks my heart to see Carman ruined this way.

Sincerely,
Thomas Verduyn

COVID-19 enforcement continues to grow

By Standard staff

The Manitoba government announced last week that a total of 202 warnings and 100 tickets were issued for public health order violations from Nov. 23-29.

That included 22 \$5,000 tickets to businesses for various offences, 48 \$1,296 tickets to individuals for various offences, 23 \$298 tickets for failure to wear a mask in indoor public places, and seven band bylaw tickets issued by Manitoba First Nations Police Service.

A total of \$181,574 in fines were is-

sued, up from \$126,082 the week before.

Current public health orders restrict indoor and outdoor gatherings in public places to less than five. The Manitoba government encourages Manitobans to continue to stay active and enjoy the outdoors in groups of less than five.

Since enforcement efforts began in April, a total of 663 warnings and 353 tickets have been issued, resulting in more than \$549,846 in fines to businesses and individuals.

Almost 3,300 personnel across vari-

ous agencies are empowered to enforce public health orders.

Officials advise that most business and individuals are supportive of current public health orders to protect Manitobans from the spread of COVID-19, while some require additional education and enforcement.

Manitobans can report compliance and enforcement issues by visiting www.manitoba.ca/COVID19 and completing the reporting form, or by calling 204-945-3744 or 1-866-626-4862 (toll-free) and pressing option three on the call menu.

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Letters to the editor

Letters to the Editor:
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Pottery Star recalls her days in Carman

What a great article Becca wrote last week on my self-sufficient start in Graysville to the career I have enjoyed to date. As she mentioned Carman was my first home in Canada and I have some memories to share.

There were two Chinese restaurants. They were the Rex Café that was always busy and The York Café

which wasn't. On the window of The York Café was a sign: Banana splits 65 cents. But every time I stopped there the Chinese man had no bananas. One day I bought bananas and took them to the York so that the owner would have to make that banana split.

I was intrigued. There was an old-

fashioned soda counter if my memory is working correctly but no one was ever in there. It turns out that the man was a member of Mao's red army and had escaped to Hong Kong and eventually immigrated to Canada and was sent to Carman.

As well a Dutchman named Mr. Klos, came in a small pickup selling incredibly fresh fruits and vegetables to your door while milk products were delivered daily. Blue Boy ice

cream was delicious! You just put a sign in your window and the delivery man would stop. Both were a tremendous help to a mom with an energetic baby.

Coming from a city caused a bit of culture shock but the people were terrific. I remember all of them with great fondness and see a few once in a while still.

- Mary Ann Steggles

What is best for Manitobans?

Our Premier is doing what he believes is best for all Manitobans, I believe he is sincere.

We are heading into a season and I don't mean Santa Claus, that should

remind us that God, is the creator, provider and sustainer of Life.

By closing or locking our places of Worship, I believe unwittingly, our Premier has raised his fist and is

shaking it at God saying, we don't need you, we will get through this on our own.

The season we are heading into proves that God is serious when He states in His word that He has no delight in the death of a sinner, that

is why He sent His Son, Jesus, to be our Saviour. Instead of closing places of Worship, Our Premier should be imploring Manitobans to go to God, get down on our knees, repent of our sins, and plead for Mercy!

- Ernie Kroeker, Miami

Standard reader enjoying the paper

So enjoy the paper. I drive eight miles to pick it up from Rathwell! During my growing up years in Carman I was involved in school musical plays and drama in the upper theatre of the Memorial Hall and dances in

the basement of the Hall. I remember Saturday nights as the streets were lined with vehicles ..farmers got to town early to get a spot I hear!? The Boyne Theatre was packed for the afternoon and evening shows, mostly

Cowboy and Indians or musicals. Mostly kids, women and a few men attended. The Saturday night pubs were a thriving time for the men. Many a tired child slept in the vehicle with Mum as no females were allowed in beer parlors then and many a man closed the parlor....I used to

hear! Izzy Asper as a university student and his brother came out on the bus and operated the theatre with Pearly McCullough as the usher. He also kept the "kids" behaving.

Keep up the good work with digging up interesting past history!

- Gwen "Cutting" Johnston, Rathwell

Picture perfect fun



STANDARD PHOTO BY JIM MCGREGOR

Since the Carman arena is closed down due to the pandemic Ron Middleton made a rink for the kids on the Boyne River. It brings back memories of the good old days when we made our own fun.

> LIBRARY PROGRAMMING, FROM PG. 2

be 100 of them on the table outside the library for anyone to grab every Tuesday between 1 p.m. and 9 p.m.

As for taking out books, the library's catalogue is online so people can sift through that and email the library at carmanlibrary@outlook.com or phone (204) 745-3504 to request which books they'd like for curbside pickup.

The library's website is boynere-

gionallibrary.com where people can find almost anything they're looking for. The change to online wasn't difficult, but Cronin said she has to tweak it often so she asks people to be patient with that.

"It'll always be evolving as things change," she said, regarding the province's ever-changing restrictions.

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ECS students making cards for care givers and receivers

By Becca Myskiw

Elm Creek School (ECS) students are making cards for those needing company this holiday season.

Teacher Suzanne Godard got the idea after seeing a few social media posts of what other schools were doing. So, she brought the topic up to her grade 8 class and asked the students what it might feel like to live in a care home without visitors.

"I thought it would be good for them to think beyond themselves for a minute," said Godard.

The Grade 8's and Godard decided they wanted to spread joy and cheer in whatever way they could — so they started making Christmas cards for the people living in the homes as well as their caregivers.

All of the cards have been donated by community members for the students to write on.

Godard brought the idea to the rest of ECS staff and everyone got on board. Now, almost the entire school is making cards for Boyne Lodge, Boyne Towers, St. Claude Pavillon, Heritage Manor, and the Carman Memorial Hospital.

Some students are writing personal cards for people they know in care.



Some of the cards have art in them, while others have personal messages.

Grade 8 student Hayley Enns is one of those students.

Enns has made one card so far. She has a friend in Carman whose grandparent is in a care home — her card is for them. It says Merry Christmas and has an encouraging message inside.

"This is kind of a depressing time and it'll be harder for them to get through this," she said.

Enns said she also has a great grandparent in a care home in Morden and not being able to see her is hard. She said it must be difficult with her not being able to see anyone.

Kara Dokken in Grade 8 has made three cards so far, each to a resident in a care home. Hers say she under-



STANDARD PHOTOS SUBMITTED

Elm Creek School students Kara Dokken, left, and Hayley Enns are making cards for seniors.

stands they're going through a tough time; she hopes for the best for them, and they aren't in this alone.

"When I heard about it, I thought it was a really good point to raise aware-

ness," said Dokken.

Godard said she's happy her students are thinking of others during the holidays and she hopes the cards give the receivers a bit of comfort.

This week in review...from 100 years ago

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

December 9, 1920

W.D.B. Boyd of Roseisle, leaves this week for Long Beach, California.

Death of Laura F. Dracas of Sperling occurred Dec. 2, Laura McCauley came to this area with the Bates Family in 1890 from Shelburne, Ont., where she was born. In 1891 she married George Dracas and settled on a farm at Sperling where she has resided until her passing. She was prede-

ceased by her husband George, Aug 7, 1907.

December 6, 1945

23 Veterans were welcomed home at a dinner and dance at the Memorial Hall. Veterans present were: Harvey Sexsmith, Donald Bennett, Sid Steinfeld, Gordon Fuller, Lloyd Harrison, Earl Cutting, E.M. Winkler, W.J. Rinn, Graydon Berry, Donald Dennison, John McPherson, Arthur and David Otto, Nelson Galbraith, Doug Bowie, Cecil Cummer, Wilfred Nelson, Reginald Stevenson, Ivan Stewart, Nor-

man Harpelle, Jim Bowes, Lawrence Murray and Earl Land. They were accompanied by family and spouses.

Four town leagues for Hockey were formed with teams from Carman, Roland, Miami and Morden.

December 10, 1970

A public speaking contest was held at Miami Collegiate on December 3. Winners were Marie Forster whose speech was on Pollution and Dennis Young who spoke on Snowmobiles.

Royal Winter Fair—Robert McGregor Jr. was a top horse showman

and also a top showman of poultry, winning 2 firsts, 2 seconds, 2 thirds and a fourth in various poultry classes.

Mrs. Barbara Metcalfe has been appointed as the new Home Economist for the Carman Agricultural Area as of December 1. She succeeds Mrs. A. Graham who has recently resigned.

Santa comes to Carman on December 12. He will be at Carman Co-op from 1-3pm. A photographer will be present to take pictures. At 3 pm. he will go the Boyne Theatre between Matinee shows to great children there.



Safe at home program launched by province for holiday season

Submitted by Manitoba government

The Manitoba government has launched a new Safe at Home Manitoba grant, which will enable people staying home this holiday season to enjoy creative cultural, artistic, and fitness activities delivered by Manitoba organizations and businesses, Sport, Culture and Heritage Minister Cathy Cox and Municipal Relations Minister Rochelle Squires an-

nounced Monday.

"We are excited to invite organizations from across the province to create programs that bring Manitobans together while we are physically apart," said Cox. "Manitoba is home to so many diverse artists, cultural organizations and festivals, and I look forward to enjoying all the creative ways they can bring safe at home ideas into our own homes."

The Safe at Home Manito-

ba grant will provide \$3 million in grant funding to a wide variety of Manitoba organizations and individuals who are able to produce free programming for Manitobans to stay safe at home, such as live streaming of the performing arts, cooking classes, at-home fitness programs, and home-based art programs for children.

Local teacher recognized for work by Lieutenant Governor

By Becca Myskiw

A Starbuck School teacher, and Fannystelle native, has been recognized by the Lieutenant Governor for his efforts during the pandemic.

Tim Morison is a Phys Ed teacher at Starbuck School, among other things. When the first COVID lockdown happened earlier this year, and he had to teach through a screen, he decided he wanted to find ways to keep his students engaged.

"I support Phys Ed," he said. "I think that, and fitness goes with us for the rest of our lives."

To get his students interested, Morison started teaching them skills that he couldn't even do — the first one was a handstand. He went through workouts, tutorials, and stretches to teach himself and his students how to do it and that went over really well with his classes.

Even though this year's students are back at school, Morison isn't allowed to use the gym with his students, so he was back to finding new and innovative ways to keep them active.

All of Morison's classes are held outside, so he started teaching the students things they wouldn't learn in a traditional Phys Ed class. He started with a unit on golf after he got donations of old clubs from people in the community. Then as Morison started to think more outside the box, he decided he wanted the students to utilize the environment.

In the bush behind the school, he created a classroom surrounded by trees and grass. Morison has been teaching the students how to survive in the elements by making a shelter and a fire.

They're learning the different types



Sawyer Nabess, left, Knox Thompson, middle, and Jacob Frandsen stand around a fire they built in one of Morison's classes.

of shelters and which ones are good for which type of weather. They're also learning about the different types of fires and how to properly and safely make one with what you have.

Along with making things in the great outdoors, Morison has also been showing his students how to brace their bones if they break something while out on their own. He said these are the things he grew up doing for fun and they become life skills.

"The kids who don't always excel at basketball or volleyball are the ones leading the class in these outdoor survival situations too," said Morison.

To go along with his life skills teaching, Morison has been getting his students more into volunteering and



STANDARD PHOTOS SUBMITTED
Starbuck School Phys Ed teacher Tim Morison's students work together to build a shelter.

lending a helping hand. He started this on parent teacher day by posting on Instagram that if anyone wanted to help shovel, he was going out to do it.

On a day off of school, Morison had parents, students, and teachers come out with him to shovel 20 driveways in town.

"That to me was the ticket that what I'm doing is working," he said.

Though he knows his teaching is working, Morison said he never expected to be recognized for it because it's just what he does.

Continued on page 8

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Thank you so much for making The Back Door Youth Centre's In-Home Banquet a HUGE success! Despite the uncertainty 2020 keeps bringing, this year's banquet will go down as the biggest banquet in our 30-year history for attendance and funds! We owe a massive thank you to Susi at Country Style Catering and Chad at Big Willy's Pizza for serving up over 370 meals. The biggest thank you goes to our table sponsors:

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THANK YOU!!!

Province working through COVID-19 case backlog

By Ashleigh Viveiros

Health officials have worked through a massive backlog of COVID-19 cases, leading to active case numbers dropping across the province.

At Monday's daily briefing, Chief Provincial Health Officer Dr. Brent Roussin announced Manitoba was at 5,462 active cases and 13,362 recoveries. The province's five-day test positivity rate was 13.7 per cent.

There were 310 people in hospital with COVID-19 at the start of the week, 39 in intensive care.

Monday saw 12 new deaths announced, bringing the total number of Manitobans lost since spring to 407 (up 95 from a week earlier).

Locally, Winkler is at 33 cases, down from 110 the week before. The city has seen a total of 198 recoveries and, with the passing of a woman in her 90s connected to the outbreak at the Buhler Active Living Centre last week, three deaths.

Morden had 16 cases Monday (compared to 53 a week earlier), Stanley is down to just three active cases, Carman has five, Altona 21, Morris is at 13, and Lorne/Louise/Pembina has four.

"The number of active cases is down significantly," Roussin said. "We've been making a number of process improvements and technology improvements over the past several weeks. This work has strengthened our overall case and contact tracing ability. We're better able to meet some of the current demands and catch up with some of the outstanding activities."

To that end, health officials were able to confirm over 4,000 cases previously listed as active have recovered from COVID-19.

The province will continue to improve its reporting and tracing systems, Roussin said, so that the daily case numbers are as accurate as possible moving forward. There is still a backlog, he noted, and it's likely Manitoba's active cases on Monday were closer to 3,500.

That said, Manitoba is still seeing over 300 new cases of COVID-19 every day. It's a number we need to bring down significantly, Roussin stressed.

"[We're] continuing to remind Manitobans to stay home as much as possible," he said. "Our case numbers remain too high to sustain. There's still too much strain on our health care

system.

"We need to stay home as much as possible, going out only for essential reasons. Stay home, certainly, if you're ill."

Vaccine on its way

Manitoba's daily briefing came not long after Prime Minister Justin Trudeau announced that Canada is on track to receive up to 249,000 doses of the COVID-19 vaccine manufactured by Pfizer by the end of the month. Pending Health Canada approval, the first vaccines should be delivered next week.

"Shipments will continue to arrive into 2021, with millions of doses on their way," Trudeau said in addressing the nation. "This will move us forward on our whole timeline of vaccine rollout and is a positive development in getting Canadians protected as soon as possible."

"I want to assure Canadians that any vaccine approved in Canada will be safe and effective," the prime minister said. "The regulatory process needs to be as rigorous as it always is. There are no corners cut by Health Canada in terms of approving a vaccine for safe use by Canadians."

Dr. Roussin noted Manitoba is pre-

pared to receive and store the vaccine—which must be stored at -80 C—as soon as it is ready.

"We are prepared to receive vaccine, really, at any point now should it be approved and should it be shipped to us," he said. "And we are in a position to begin administering a vaccine ... if that opportunity avails itself to us."

The province is still working on its vaccine rollout plan, including who might get the first doses.

"We'll have very strict criteria that we'll have to follow," Roussin said. "We need to set up the expectations that this is going to be a very limited supply, especially early on, and so it will be a very minimal scope on who we immunize with it."

The National Advisory Committee on Immunization (NACI) has recommended the first rounds of vaccine be given to those most at risk of severe outcomes if they contract COVID-19, as well as the people who care for them.

That means residents and staff of long-term care homes, assisted living facilities, retirement homes, and chronic care hospitals should be given priority, NACI has advised, followed then by Canadians over the age of 80.



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> MORISON, FROM PG. 7

He was recognized, though, by a few publications and as of Monday, Nov. 30, by Lieutenant Governor Janice Filmon too.

Filmon called the school to speak to Morison personally. She told him that on a normal year, she would have had Morison out to meet him and celebrate what he's doing with his students. But because she can't do that, she wanted to talk to him personally about how he's making a negative thing positive for the children.

"That to me is the highest compliment I've ever gotten in my career,"

he said.

But Morison doesn't think he's the only person who's been going above and beyond during the pandemic. He said every teacher is in the same situation as him and they're all adapting daily.

Correction

By Becca Myskiw

In last week's edition of the *Carman-Dufferin Standard*, we published an article "McGee's Family Restaurant giving up lease at Carman's golf course"

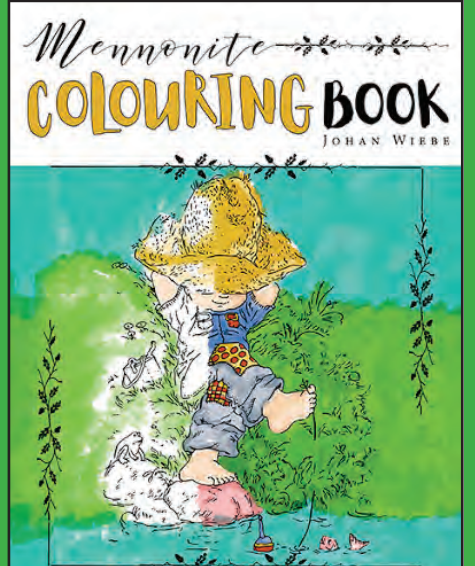
In the article owner Robynn Linde's name should have been spelled with two n's, not one. We also wrote Linde is done this year when in actual fact her last day is March 21, 2021.

The *Standard* apologizes for both mistakes.





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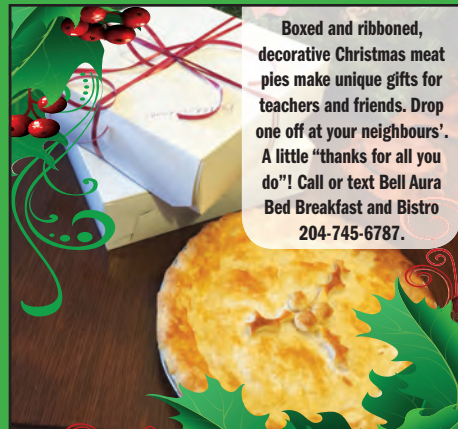
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

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Province Christmas tree permits now available online

By Standard staff

If you've been having trouble hunting down a live Christmas tree at local stores, the Province of Manitoba is offering an alternative.

Agriculture and Resource Development Minister Blaine Pedersen announced last week that Manitobans can now purchase their permits to cut Christmas trees on Crown land online.

"For many families, going into the forest to cut a tree for the holidays is a memorable tradition carried on for generations and for others, it may be their first experience," he said in a statement. "Our government recognizes the holidays may look different this year from previous years. We want to ensure that Manitobans can access permits safely and securely from home, allowing them to carry on those traditions."

The province's new e-licensing portal can be found at www.manitoba-licensing.ca/licensing.page. You can also call 1-877-880-1203.

Permits are \$9.75 plus GST and allow you to cut a coniferous tree up to three metres (9.84 feet) high, with a limit of one tree per household.

There are a few conditions to keep in mind if you're cutting your own tree, including:

- cutting shall be confined to the area stated on the permit,
- the tree shall not be sold or bartered,
- the permit shall be retained by the person in possession of the tree,
- the permit shall be produced for inspection on request by a conservation officer, and
- the permit expires on Dec. 31 in the year it is issued.



SMART GIVING PLAN AWARENESS WEEK

December 6th to December 12th, 2020

Due to COVID restrictions we are not able to organize a public information seminar this year on topics related to planned giving. However we still encourage you to create an intentional "smart giving plan" to ensure your generous gifts and donations provide the maximum benefit for you and your charity of choice.

A **Smart Giving Plan** can create the opportunity to redirect income or wealth that would otherwise go to taxes, toward a charitable activity or legacy within our community. Simply put, "**Smart Giving**" can turn a tax obligation into a community building block through the charity of your choice.

Whether the **Smart Giving Plan** for your chosen charities includes an annual gift, payroll deduction or an estate plan, we encourage families to begin (or continue) a discussion about their charitable goals and objectives, then talk to their financial advisors about how to achieve those objectives most effectively. A "**Smart Giving Plan**" reduces taxes and stretches the benefits of your gift.

- **Decide** - what charities are most important to you.
- **Discover** - how your gift can go the furthest for the charity of your choice.
- **Determine** - (with the help of financial advisors) a giving plan that best fits your family, financial and tax situation.
- **Do it** - experience the personal satisfaction of knowing you have made as big a difference as you are able.



smartgivingplan.ca

Visit the www.smartgivingplan.ca website for more tools, tips and information.

(An initiative by a coalition of charities from Carman and Area)

Miami family makes their own COVID-safe Christmas parade

By Becca Myskiw

At a time when gatherings are not possible to spread good cheer, people are finding other ways to do it.

A Miami family is doing their part to bring the community some Christmas cheer.

Miami family April Hildebrand and her husband, Walter Hildebrand took to the streets of Miami in their RZR last weekend blasting Christmas music to bring cheer to those at home.

She said the idea came when they were sitting at home and she suggested driving around to lift people's spirits. Within a few hours, Walter Hildebrand had their RZR decorated in glowing lights and a speaker attached.

The couple and their daughter, Charlize Woodhouse, drove down every street playing classic Christmas tunes and had people standing on their doorsteps or looking through their windows clapping and singing along.

April received messages and comments on Facebook from residents telling her how it brightened their evening.

"Our efforts had such a great response that we decided to do it again yesterday," she said on Thursday, Dec. 3.

The second time, they upped their game and Walter added a trailer to the RZR. He decorated it and had Santa sit in it for the trip around Miami. They also put out an open invite for



April and Walter Hildebrand put together a socially distanced Christmas parade for Miami last week.

other town members to drive around and lift spirits with them.

"We thought it would be fun for others to decorate and participate in spreading Christmas cheer and that there would be more attractions for those in the community to see," she said.

They also wanted to ensure public health orders were followed, so the few that participated never gathered and were always at least six feet apart. So, the town of Miami got another light show filled with Christmas tunes and a couple waves from Santa himself.

April said this was a way to get into the Christmas spirit when everyone is missing the normalcy of the season. It was a safe way to get the community



STANDARD PHOTOS SUBMITTED

Santa and Charlize Woodhouse rode in the trailer, waving to residents on the second go while a speaker played classic Christmas tunes.

together while they stayed apart.

"It's so important to connect with others," said April Hildebrand. "Especially this year. People are struggling and missing the usual festivities from this time of year."

She said the R.M. of Thompson let them use the Santa suit and Rob Cox gave the Christmas trees they had on the trailer. She also thanks the Friesens for making the two parades possible.

Second round of MPI rebate cheques on their way

By Standard staff

Manitoba Public Insurance is sending out a second round of rebate cheques over the next few weeks.

Crown Services Minister Jeff Wharton announced last week that MPI customers will receive a total of \$69 million, which is about \$100 per poli-

cyholder.

The agency had previously sent out \$100 million in rebates in May in recognition of the fewer collision claims being made this year due to the pandemic keeping more people than usual off the roads.

"As this pandemic progresses, Man-

itobans continue to be financially impacted by this crisis," said Wharton. "This second rebate will assist Manitobans as we all work together in getting through this challenging time in our province."

It's estimated about 675,000 cheques will be issued this and next month.

This second rebate was made possible by the combination of fewer claims—about 20 per cent lower from mid-March to the end of October compared to the previous year—and

Continued on page 12

> SAFE AT HOME PROGRAM, FROM PG. 6

"We recognize that staying home this holiday season as we fight the pandemic, and not being able to see our friends and family will be difficult," said Squires. "This gives us an additional reason to stay home with our family, enjoy these home-grown Manitoba activities together and help make this time easier for us all."

The province has partnered with five organizations that will adjudicate the grants, as well as actively seek out organizations to take part in the program. Partners include the Manitoba Arts Council, Sport Manitoba,

The Winnipeg Foundation, Manitoba Chambers of Commerce and the United Way of Winnipeg.

Eligible applicants for the grant include Manitoba municipalities, First Nations, local authorities, not-for-profits, charitable and for-profit businesses, government agencies, post-secondary institutions, and individual artists and are eligible to apply for up to \$50,000 per project.

Grant requests may include the following:

- new projects that support social inclusion, mental health and physical

wellness while staying home;

- expansion or additions to existing projects including the removal of fees or costs to participate;
- equipment or supplies required to deliver a program or project; and
- administration or event costs directly related to program delivery.

A number of programs are already scheduled to begin in December including:

- Legislative Building Open House – Manitoba's holiday tradition will go online with a live broadcast of music, live performances and messages from Manitoba's elected officials on Dec. 18 at 6 p.m.
- Royal Manitoba Theatre Company

– A pre-filmed variety show featuring dozens of artists will be available to all Manitobans for download and streaming beginning Dec. 19; and

- Skills Manitoba – Manitoba families will be invited to complete a gingerbread house making exercise that tests creativity and geometry skills.

As well, special initiatives are in store from Festival du Voyageur, Sport Manitoba, The Manitoba Museum, and Manitoba Parks.

For more information on how to apply, as well as additional online programming listed above, visit the Safe at Home Manitoba website at www.SafeAtHomeMB.ca.

Tax tips for Smart Giving Plan Awareness Week

By Larry Hillmer, FMA, CIM

Many Canadians may be looking for ways to help maximize the tax efficiency of their retirement investments. Additionally, they may want to give to charity while taking advantage of the tax benefits of donating investment funds.

Did you know that there's an investment option that can combine both of these objectives? An investment in a Series T Corporate Class fund may give you tax-efficient income now and a tax-effective way to donate in the future.

If the ability to receive more after-tax income today and potentially eliminate capital gains tax on future donations seems appealing, this strategy could be for you.

What's a Series T Corporate Class fund?

For non-registered investments, a Series T fund (also known as T-Class) may help provide a regular stream of tax-efficient cash flow from potential monthly distributions. T-Class funds are not for all investors. There may be minimum account requirements. All or a significant portion of the distribution received is likely to be considered a tax-free return of capital (ROC). This essentially defers the triggering of capital gains from monthly withdrawals.

Each time the fund distributes ROC, the adjusted cost base (ACB) of the investment decreases. Since ROC is considered after-tax money, there's no tax payable on this cash flow. However, there may still be taxable distributions similar to those of a mutual fund.

Once the ACB reaches zero, additional ROC distributions are taxable as capital gains. Since capital gains are only subject to a 50 per cent inclusion rate, the cash flow would still be considered tax-efficient.

Through the power of ROC distributions, Series T funds can help provide tax-efficient income. The ROC distributions from a Series T fund can also help lower the taxable income reported each year and reduce the clawback of income-tested government benefits, such as Old Age Security (OAS) and the Age Credit.

In addition, normally when transferring the ownership of publicly traded securities like stocks, bonds, mutual funds, and segregated fund contracts to charity, the donor would have to pay tax on 50 per cent of the capital gains realized from the assets' appreciation in value.

However, under a special government incentive program, the donation of publicly traded securities benefits from a capital gains inclusion rate that's reduced to zero per cent. In other words, the tax on any capital gains from the disposition of publicly traded securities donated directly to a charity has been eliminated — a significant tax savings.

Using these charitable gifting rules in conjunction with a Series T fund can help you generate tax-efficient income and help eliminate the capital gains tax on the donation. By transferring ownership of some or all of these mutual funds to charity, you can take advantage of the zero per cent inclusion rate, eliminating the capital gains tax and receiving tax savings from the donation. This allows the tax that would have been paid to the Canada Revenue Agency (CRA) to be redirected to a charity.

An example of how it works

Stephen, aged 53, recently retired from his management position in a high-tech manufacturing company. He wants to start drawing a sustainable and tax-efficient income from \$200,000 of his savings. His goal is for the \$200,000 to remain constant

or even grow at a modest rate so that someday he still will have an amount left to donate to charity.

Stephen invests \$200,000 in a Series T fund that generates six per cent in annual cash flow. This would provide him with an average after-tax income of \$11,400 for 19 years. The total he'll receive over that period is \$216,600, after tax. At that point, his ACB will reach zero.

Assuming a six per cent annual rate of return, the market value of Stephen's account will still be \$200,000. If he cashes out the investment, he'll have to pay tax on the full \$200,000 capital gain he has realized — generating additional tax of \$40,000.

At this point Stephen has several options:

- Maintain his investment and stop receiving ROC distributions altogether.

- Continue with future ROC distributions that will be less tax-efficient.

- Donate the funds to charity.

Stephen chooses to make a charitable donation and transfer ownership of \$67,000 of the portfolio to a registered charity. The capital gain realized on the transfer won't be taxed and he'll receive a \$67,000 charitable donation receipt, which provides a tax credit equal to about \$26,800 (depending on the province).

Stephen can now remove the remaining \$133,000 from the Series T fund and the tax of \$26,600 on the capital gain will be offset by his donation receipt. This strategy has allowed Stephen to receive tax-efficient income from annual withdrawals and make a sizable donation to charity without triggering any tax on capital gains. Rather than paying this tax to the CRA, Stephen has redirected the funds to a charity of his choice.

Ideal candidates

- Individuals interested in tax-efficient cash flows from their investments

efficient cash flows from their investments

- Individuals planning to donate to charity and give back to their community

- Individuals looking for more flexibility in how and when they donate.

Use a tax-efficient structure, such as Series T funds, to reduce taxes today and generate tax savings by donating part of the investment directly to a charity.

Not all securities or mutual funds may be transferrable or portable. Before making commitments to a charitable recipient, take time to evaluate your charitable giving mix and talk with your investment representative about how they can help you donate.

Corporations that own Series T funds can also take advantage of the zero per cent inclusion rate. However, while individuals receive a tax credit for the donation, the corporation would deduct the amount instead. In addition, since none of the gain is being taxed, the full amount of the donated Series T funds is added to the capital dividend account and can be distributed to shareholders tax-free.

Important information about mutual funds is found in the Fund Facts document. Please read this carefully before investing. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated. Unit values and investment returns will fluctuate. Insurance products, including segregated fund policies are offered through Sterling Wealth Mgmt., and Investment Representatives Larry Hillmer, Peter Pauls and Stephanie Wood offer mutual funds and referral arrangements through Quadrus Investment Services Ltd.

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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.

The Carman-Dufferin
STANDARD

> MPI REBATE CHEQUES, FROM PG. 11

MPI's forecast of collision frequency remaining favorable into the spring.

Rebates will be based on what policyholders paid during this period and is expected to be about six per cent of their annual Basic Autopac premium.

"As a proud Manitoba corporation, we are pleased with what we can do to help during this unprecedented time,"

said Satvir Jatana, MPI's acting CEO and president. "This rebate to our customers is combination of fewer claims and our continued focus on fiscal prudence. MPI continues to operate in a high efficient manner, aimed at delivering value to Manitobans. Our financial responsibility is reflected in our daily running of our operations and practices."

Jatana explained that this second rebate should not have an adverse effect on MPI's financial outcomes moving forward nor its request for an overall -8.8 per cent rate decrease application to the PUB. If approved, customers will pay, on average, about \$110 less in premiums. The new rates will take effect April 1, 2021.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

No games for the Carman Beavers but still here!

By Dennis Young

While Carman Beaver fans are waiting for their local team to return to the ice, let's take a short look back at the Carman Beaver storied history.

Conversation in September of 1963 turned to the possibility of Carman icing a hockey team in the SEMHL since folding during the 55-56 season from the Intermediate league. A special meeting sponsored by the Carman and Community Athletic Association asking all interested persons to attend at which it was decided that an application would be made immediately.

Jake Feakes, owner of the JK Motel, was elected as chairman of an organizing committee. Within two weeks, they had received approval of their application into an intermediate league consisting of defending Champion Miami Rockets, Winkler Royals, Altona Maroons, Morden Bombers and the Pilot Mound Pilots.

Approximately \$300 was needed to start the club off with necessary equipment, so a drive was held to raise funds to help the cause. Two evenings a week, the potential players trained in a gym under coaches Gladwyn Scott and Brian Parker. The two Midland School employees were counting on two particular players to carry the offensive thrust of the club, namely Denny Hunter and Wayne Fawcett.

The executive was busy too; ordering sweaters, planning opening ceremonies, picking a name and appointing team officials. It was decided that the uniforms would be Chicago

Blackhawks home colours, white and black with red trim, bearing the name Carman Beavers. The first Carman Beaver exhibition contest was slated for Sunday afternoon, Dec. 22, 1963, at 2 p.m.

As for the officials, Colin Rothwell took on the GM position and Ernie McGregor agreed to be the official timekeeper. John Worden was to negotiate with the curling club caterers for post-game lunches, and Jim Adams suggested holding dances to raise funds later in the winter. Advertising games was Ron Skelton's job, while Aylmer Dunn looked after pre-game ticket sales. The trainer was, none other than, Chic McIvor who would hold that position for 31 seasons until his passing in 1994.

The Beavers sported a 12 - 8 record by seasons' end, good enough for the fourth play-off spot in the league. As expected, Fawcett and Hunter did their share of goal scoring, accounting for 52 of Carman's 108 goals in the twenty games. But even with those figures, the Beavers could not find the key to beating arch rivals Altona in a league playoff.

Ticket prices back then were \$0.50 for adults and \$0.35 for students, a bit of a change from today's current prices of \$8 and \$5. Sticks would be \$9 in the 60s compared to as high as \$300

off the shelf now. Team budgets have gone from \$1,000 to \$30,000.

The Carman Beavers went on to enter a team for the next 58 years (they folded for 2000-01) up to and including the 2020-21 season. Many local area boys came back from playing junior, WHL, college/university, or even pro as in the case of Brian Coates (and Tom Rockey in the 50s), to lace them up with Carman. For decades the base of the team was young farmers or those working in town, whereas in the 90s and on to today, that is not the case. Now the club depends upon players travelling from jobs and education in Winnipeg, non-local players who are within the league's 30-mile radius rule and two imports from outside that mileage.

On the ice the majority of the years were good for the Beavers. The team to date had finished first 13 times, made play-offs in 42 seasons while winning the championship 10 times in 63-64, 66-67, 67-68, 76-77, 80-81, 82-83, 98-99, 05-06, 15-16 and 17-18.

Carman also boasts having the league top scorer 14 times with Brian Coates still holding the record of 131 points in 1980-81. Four time SEMHL MVP Aaron Lewadnuik is the only player in the league to win that scoring honour 5 times and he was still playing as of this season. Rob Hamm

pulled on a Beaver sweater in 10 of his 16 SEMHL winters eventually becoming the all-time point leader in the SEMHL with 918. Oh and this season would be Ray Drewlo's 45th as Carman's timekeeper!

The most successful seasons to date were 1980-81 winning league and MAHA Provincials & 2005-06 by setting a 23-1 league record and adding a championship. They cleaned up on the individual SEMHL awards each of those years as well.

Starting with the 20th year in 1984, Beavers have returned home for several reunions. There were sportsman dinners for the 20th, 40th and the Homecoming 2000 plus they attended the SEMHL 50th & 60th reunions held in Morden. Alumni teams have played Winnipeg Blue Bombers for the 25th, NHL old-timers for the 50th and have successfully entered several old timer tournaments over the years. The soon to arrive winter of 2022 will host the 60th Reunion!

It would be impossible to mention here all the hilarious stories, nail biting contests or the valuable volunteers and players who paid their dues putting in countless hours and years to keep the Beavers on the ice. So for more information about all that, including year by year stats, in memoriam, decades of pictures plus so much more, see the Carman Beaver website: www.carmanbeaver.com.

Hope to see you at the rink again soon but until then do you have a favourite Beaver tale to share?



Manitoba Basketball Hall of Fame nominees due Dec. 15

Staff

The Manitoba Basketball Hall of Fame & Museum has announced that the next induction dinner will be held on Sept. 25, 2021.

The selection committee is now requesting nominations of worthy candidates for the next induction that meet the set criteria. The deadline to submit a nomination for the next induction is Dec. 15.

Eligibility for Nomination

All nominations are welcome. The criteria/guidelines used by the selection committee are as follows:

Player Category

Players who consistently performed at a high level over a number of years on provincial, university, national or professional teams; and (a) who played high school basketball in Manitoba, whether or not they stayed in Manitoba after graduation; or (b) who played high school basketball outside the province, but played at an elite level in Manitoba.

Builder Category

Eligible nominees are individuals, such as coaches, managers, trainers, sponsors, and media persons, who

have made a significant contribution to the development and the promotion of basketball in Manitoba.

Team Category

Manitoba based teams that have won national, international, or world championships; and high schools whose male or female varsity teams have won a minimum of three provincial championships within a six-year period.

Submitting Nominations

The Manitoba Basketball of Fame Committee invites members of the community to submit nominations in

the player, builder, and team categories of the Hall of Fame. Nominations can be submitted at any time. However, as the induction dinner is traditionally held in late September/early October, the selection sub-committee of the MBHOF Committee reviews only those nominations that are submitted no later than Dec. 15 of the preceding year.

To submit a nomination for consideration, please visit the Manitoba Basketball Hall of Fame website at www.mbhof.com/p/nominate.html.

get inspired

> MEAL IDEAS



Coconut Popcorn Snowballs

1 teaspoon coconut or vanilla extract
8 candy canes or candy cane sticks (about 3-4 inches)

Place large sheet wax or parchment paper over work surface. Spread coconut on paper.

Spray large mixing bowl lightly with nonstick cooking spray and place popcorn inside.

In medium saucepan, melt butter over low heat. Stir in marshmallows until melted and mixture is smooth. Pour over popcorn and mix well until coated.

Spray hands with cooking spray and press mixture firmly to form into balls. Place balls on coconut; roll and press coconut to coat. While holding popcorn balls, gently press candy cane into each ball.

Serve immediately or wrap individually in plastic wrap for storage.

Yield: 8 balls (4 inches)
2 cups shredded or flaked sweetened coconut
nonstick cooking spray
3 quarts popped popcorn
4 tablespoons (1/2 stick) butter or margarine
3 cups miniature marshmallows



Jingle Balls

Spray large mixing bowl lightly with nonstick cooking spray. Add popcorn.

Spread plastic wrap on cookie sheet; set aside.

In medium saucepan, melt butter and marshmallows; stir until mixture is smooth. Stir in peppermint extract. Pour over popcorn, mixing until well coated. Let cool 2 minutes.

Spray hands with nonstick cooking spray and form popcorn mixture into 3-inch balls. Gently press colored sugar onto balls. Let sit on prepared cookie sheet until cool and set.

Yield: 12 cups
Nonstick cooking spray
12 cups popped popcorn
6 tablespoons butter or margarine
3 cups mini marshmallows
1/2 teaspoon peppermint extract
assorted colored sugars



Chocolate Popcorn Reindeer

16 eyeball candies
8 red candy-coated chocolate candies

Place popcorn in large mixing bowl. In saucepan over medium heat, heat marshmallows, chocolate, butter and salt, stirring often, until smooth. Toss marshmallow mixture with popcorn until well combined.

Scoop 3/4 cup popcorn mixture into ball. Repeat with remaining mixture to make eight balls. Place each ball in paper muffin cup liner.

Insert one pretzel stick on each side of ball to resemble antlers, attach two eyeball candies for "eyes" and one red chocolate candy for "nose." Repeat with remaining balls. Let cool completely.

Servings: 8
8 cups unsalted, unbuttered, popped popcorn
2 1/2 cups mini marshmallows
1/2 cup chopped dark chocolate or dark chocolate chips
2 tablespoons butter or light olive oil
1/4 teaspoon salt
16 pretzel sticks

Holiday Season Fitness Cheat Sheet

By Fitness & Nutrition Expert Julie Germaine

This month, wouldn't you like to enjoy Grandma's adorable, chocolate-sprinkled, candy-covered, sugary cookies without putting on extra weight?

Some of us head into the holidays without much thought about our fitness goals, accepting that putting on fat is inevitable. Many people will tell me they plan to start their workout regime in the New Year, however I will warn you that this mindset is a mistake. Worrying about the consequences of over-indulgences in January is not the path to take. It's been studied that the couple pounds that creep up on people each year add up to 10-20 pounds per decade! Instead, I encourage you to do just a little pre-planning, and I will show you that it is entirely possible to arrive in 2021 feeling healthy, refreshed - and wearing the same pant size!

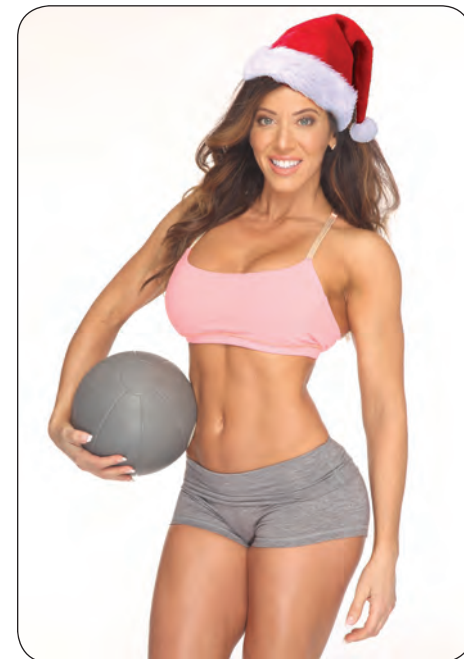
This doesn't mean toting along your chicken and broccoli Tupperware meal to parties, either! And yes, my love, you may treat yourself to a few 'real' drinks. After all, the holidays are a time to celebrate life and relax with loved ones. So here are some small habitual tweaks to consider to offset the caloric-dense foods you will be savouring.

6 Tips for Healthy Holiday Eating

- Exercise in the morning before your social events. This can mean a walk with the dog, or a great home workout with body-weight resistance or using some gym equipment (I can some great mini bands sets and hip resistance loops available at <https://www.juliegermaine.com/shop> and some free workouts for you to follow along to!). This will give your metabolism a boost and get fitness on your mind. Starting the day out on such a positive note will lead you to make better choices later.

- Don't starve yourself! Don't cut back on your calories because you know you'll be eating big later. Instead, eat a little meal (ie: an egg white omelette or chicken salad) shortly before you go to a get-together so you aren't overly hungry.

- Use a smaller plate. It will make you feel like you are eating more, appear to others that your plate is nice and full, and limit how much food you can serve yourself.



Health and Wellness Fitness expert Julie Germaine

- Budget your carbs. Fill your plate with protein and veggies first, then select only your favourite sides (no need to waste calories on mashed potatoes unless you absolutely love them). Only select one dessert, or 3 dainties. Sugars are quickly converted to body fat, so you truly want to avoid indulging in this area if possible.

- Stick to 2 drinks. Set a limit for alcoholic drinks you will consume and stick to it. Try to choose hard bar and diet soda or water as mix, rather than sugary cocktails, wine, or creamy liqueur. Also, drink a big glass of water with your meal and in-between cocktails.

- Bring a healthy option to share. If you are concerned that the host won't provide many low-calorie options to choose from, consider bringing along a large side to share, such as a garden salad, veggie & dip tray, a light appy like shrimp cocktail, or low-fat cheeses with light crackers.

If you are looking ahead to your New Year Resolutions, please sign up now for my 30 Day VIP Fat Loss Challenge and mention this article to enjoy a 25% off discount! You will lose 2" from your waistline in 4 weeks with 30 minute workouts! Clients choose to begin now or by Jan. 4/21.

Looking for a Christmas gift idea? The 90-Day Weight Training Plan is my brand new book, available at www.juliegermaine.com. This workout-at-home with minimal equipment book is great gift idea for anyone wanting to train at home.

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DENNIS' WISH LIST!

I am preparing stories on the following subjects:

- Ryall Hotel...popular watering hole
- Tubby Turnbull ...Work or Play
- Gus Dupas...Carman Shoe Store
- Santa/Walter Johnson
- Sanders Drug Store/Barrie's era
- Carman Pharmacy/Harry Malcolmson era
- Rex and York Cafes

If any of our readers have memories or pictures to share of any of these subjects please forward to me @ denjohnyoung@gmail.com.

Thanks for continuing to enjoy Carman's past!

The Carman-Dufferin
STANDARD

CARD OF THANKS

We want to thank family, friends, and neighbours for the cards, food, flowers, offers of help, messages of sympathy, and prayers following the unexpected loss of Stan. We are so blessed to know the impact that Stan had on so many lives. We were blessed to have him as our husband, father, and grandfather. He will be missed but remembered fondly by so many. Stan was honored with a private family service. Everyone's support from a distance is helping to carry our family through this difficult time. Thank-you to Doyle's staff. Your care and professionalism during these challenging times were greatly appreciated.

-Lona, Rex, Trevor, Angela, Thomas, and families

Don't forget to send your special wishes to your friends and family.

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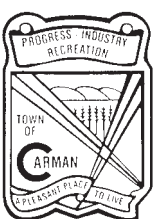
Education Requirements: High School Diploma or equivalent

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| Carman Senior Resource | 204-745-6611 | Box 2142 |
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