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Golden girls

STANDARD PHOTOS BY JACK GUSTAFSON/CURLING CANADA

Team Hayward, from left to right, Rylie Cox (lead), India Young (second), Keira Krahn (third), Shaela Hayward (skip) and Diane Hayward (coach) celebrate their national win at the U18 Canadian Curling Championships in Ottawa. See full story pg. 15.

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Carman man facing five first-degree murder charges

By Ty Dilello

On Monday afternoon, the Manitoba RCMP's Major Crime Services charged 29-year-old Ryan Howard Manoakesick, of Carman, with five counts of first-degree murder in relation to the deaths of five members of his own family who were located deceased on Feb. 11.

Manoakesick has been charged with the deaths of his 30-year-old common-law partner Amanda Clearwater, their three children — a six-year-old daughter Bethany, four-year-old son Jayven and two-and-a-half-month-old daughter Isabella — and his partner's 17-year-old niece Myah Gratton.

The five victims were located deceased in three different locations in southern Manitoba.

At approximately 7:30 am, on Sunday, Carman RCMP responded to a report of a hit and run on Highway 3, approximately 6.5km south of Carman. When officers arrived, the body of Manoakesick's common-law partner was located just off the highway in a nearby ditch. She was pronounced deceased on scene.

At approximately 10 a.m., Headingley RCMP received a call of a vehicle

on fire on Highway 248, north of PTH 424 in the RM of Cartier. The three young children were pulled from the burning vehicle. All three children were declared deceased on scene.

The RCMP confirmed that Manoakesick removed the bodies of the children from the burning vehicle and was at the scene and taken into custody.

The 17-year-old niece was located deceased at a residence in Carman.

All five victims lived together and were residents of Carman.

Autopsies for the victims have been scheduled for this week.

RCMP Major Crime Services, along with Carman RCMP, Headingley/Stonewall RCMP, RCMP Forensic Identification Services and the RCMP Forensic Collision Reconstructionist Unit, continue to investigate these heinous crimes and plan to provide further updates to the public in the near future.

A GoFundMe page has been set up to help cover funeral costs for the five victims. The GoFundMe fundraiser was closed after just 12 hours as it had already raised a total of \$5,490.

The family of the victims are respectfully asking for privacy at this time.



FACEBOOK PHOTOS

Young father charged with five counts of murder in the death of his common-law partner Amanda Clearwater, her niece Myah Gratton, pictured left, and his three children, six-year-old daughter Bethany, four-year-old son Jayven and two-and-a-half-month-old daughter Isabella.



STANDARD PHOTO BY DENNIS YOUNG

The home at 3rd St. NW in Carman, where 17-year-old Myah Gratton, was found deceased was still taped off by police Monday afternoon.

Wondering if YOU could HELP Canadian Blood Services in Carman

We are looking for some great volunteers who want to help at our Carman Blood Donation Events. These volunteers would work in the refreshment areas, chat with donors, keep an eye out for any adverse donation reactions and so much more.

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Alex grew up in Holland, Manitoba, and graduated from Treherne Collegiate in 2010. He attended Brandon University and graduated with a Bachelor of Arts in 2014. Prior to attending law school at the University of Manitoba in 2019, Alex worked with an agricultural company and as a carpenter. He also has experience as a staff member with the

Manitoba government. Alex enjoys working in rural communities and articulated with MMJS before being called to the Bar in 2023. He and his girlfriend are excited to move to Carman and make it their home. In his spare time, Alex enjoys playing a variety of sports, the piano, and fishing at the family cottage.

Fish and game awards handed out at banquet

By Jo-Anne Procter

The Carman and District Game & Fish held their annual banquet on Jan. 27 at the Ladies Legion Auxiliary Hall in Carman.

The fun-filled evening included a feast of fresh walleye with all the fixings and presentations of awards for the 2023 hunting and fishing season.

One award that stood out this year was a new trophy introduced in memory of Lloyd Nordquist, a former Game & Fish committee member. This special accolade was given to honour the most even deer head, showcasing both skillful hunting and

careful craftsmanship. It was a touching tribute to a respected individual who made significant contributions to the organization. Dennis Derkson was the first recipient of the award.

Jacqueline Grundy was the recipient of the Biggest Deer Head Overall trophy for her buck that scored 144.70".

Junior hunter Kyle Labossiere's buck scored 96.7" which earned him the Junior Rifle-Biggest Deer Head Overall award.

The next event of the year for the club is the annual fishing derby on March 9 at Lake Stephenfield.



Pictured left to right, Pauline-Emerson Froebe (presenter), Jacqueline Grundy, winner of Giesbrecht Trophy-Biggest Deer Head Overall trophy and Evelyn Froebe (presenter).

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STANDARD PHOTOS SUBMITTED

Cliff Major (club president), left, presented Kyle Labossiere with the Junior Rifle-Biggest Deer Head Overall award.



Dennis Derkson, left, was the first recipient of the new Lloyd Nordquist Trophy which was presented by Dulcie Nordquist.



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getheard

EDITORIAL > VIEWPOINTS > LETTERS

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Beware when looking for rental properies on line

RCMP warning about rental scams

By Lana Meier

On Feb. 5, Portage la Prairie RCMP received a report of a rental scam.

The real estate company in the area reached out to officers due to receiving alarming emails regarding properties listed for sale on their website.

According to the company, individuals were unlawfully capturing images and details of properties listed for sale or rent on the authorized realty platform. These falsified listings were presented as a rental unit or home on a distinct fraudulent site, prompting unsuspecting renters to submit payment in order to secure the rental.

RCMP are warning the public to be

aware of this rental scam.

When browsing for a rental, it's important to keep an eye out for warning signs.

- the monthly rent is lower than other similar places
 - you're asked to leave a deposit without any formal rental agreement or lease in place
 - you're asked to send money to someone outside your province or country
 - when you ask about the rental, you get an email that sends you to a website asking for personal or financial information
- Here's what you can do to avoid being scammed:
- Reach out to local realtors in the area to inquire about the property listed.
 - Go to the address, make sure the listing is truthful and accurate. If

you are unable to go in person, use the Internet to see actual images of the rental.

- Research the address to ensure it is not a duplicate post. Schedule a showing and confirm that the landlord will be present.
- Request a lease or contract. Review it thoroughly.
- Be sure to know your rights as a tenant.

In the event that you have fallen prey to a rental scam or any other form of deceptive activity, it is essential to promptly report the incident to the police and also notify the Canadian Anti-Fraud Centre.

To learn more about ongoing fraudulent activities and trickery, visit the Canadian Anti-Fraud Centre website at <https://antifraudcentre-centreantifraude.ca/index-eng.htm>.

Crop meetings being held across region this month

By Ashleigh Viveiros

Manitoba Agriculture is hosting a series of free educational sessions for producers across the region this month.

The Central Region Crop Meetings take place at the Baldur Memorial Hall (142 First St.) on Feb. 20, the Carman Legion Auxiliary Hall (28 1st St. NW) Feb. 21, and at Gladstone's Stride Hall (79 5th St. SW) on Feb. 22. All three run from 8:45 a.m. to noon.

Crop production extension specialist Callum Morrison says this is the first of what he hopes will be a more regular occurrence.

"There's a lot of meetings that Manitoba Agriculture is involved with at other locations," he notes. "With me being the ag rep of the central region, I wanted to ensure that we would have some events in the areas where

I'm working, because I think it's really important that farmers are able to access information.

"I'm hoping that these can become an annual thing," Morrison says. "We'll see what the appetite is like from farmers."

The meetings all share the same speakers, who are all from Manitoba Agriculture, addressing a variety of topics.

Up first is Roy Arnott, farm management manager, and Wendy Durand, farm management specialist, with the presentation "Finding Profit in 2024."

Next up is entomologist John Gavaloski and his presentation "Flea beetles, grasshoppers, and southern surprises," which will include insect updates, forecasts, and scouting and management tips.

Field crop specialist David Kamin-

ski's presentation is "Could clubroot of canola catch you with your plants down (and why)?"

And rounding the morning is a presentation from weed specialist Kim Brown-Livingston on weeds to watch for in Manitoba as well as control options.

"This first year, I wanted to look into what farmers can do to protect themselves from some of the big knocks," Morrison says, explaining he hopes these presentations will help producers prepare for the season ahead when it comes to what pests, diseases, and weeds they may face.

Admission to these meetings is free. Pre-registration is not required.

If you have any questions, you can reach Morrison at 431-344-0133 or Callum.Morrison@gov.mb.ca.

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PVLIP cultural celebration night is coming up

By Ashleigh Viveiros

The Pembina Valley Local Immigration Partnership hosts its fourth annual Connecting Cultures and Community Celebration in Altona next month.

The event serves to shine a spotlight on the agency's activities over the past year while also providing a chance for people to get together and celebrate the growing diversity of our region, says PVLIP coordinator Elaine Burton Saindon.

"This year we're hosting it in a new community that we haven't been able to be super active in to date," she says, noting that's changing with the hiring of staff who will work out of Altona three days a week moving forward.

"We're super excited that we were able to expand our program there."

This year's celebration takes place at The Community Exchange (116 Main St.) on Thursday, Feb. 22 from 6:30-9 p.m.

"It was the perfect fit for us," Burton Saindon says of the community centre, which hosts an evening that will feature a buffet meal from Potpourri of Flavours, local musicians, and dancers. "We want to highlight as much local culture and talent as possible."

Raising awareness about PVLIP's mission is a big part of the night, Burton Saindon says, stressing the evening is open to anyone interested in

learning more or simply enjoying a fun cultural night out.

"Our main feature of it is usually to help attendees understand better what it is we do," she says.

The organization is tasked with helping to create welcoming and inclusive communities by developing various projects and supports in partnership with local stakeholders and newcomers alike.

"A lot of our efforts are about hearing the stories or the lived experiences of those in our region," notes Burton Saindon. "This evening is one way to share that."

"It's primarily for the general public, and any employers or other people

who have heard or seen some of the resources that we've developed over the years and want to know a little bit more about what we can do to promote their own connection to either a multicultural workplace or how to get involved volunteering, how to just be a good neighbour to people who might be living within your network or down your street."

Admission to the celebration is free, though attendees are asked to bring a donation for the Rhineland Area Food Bank.

You also need to pre-register for your ticket, as space is limited. A link to the event's registration page is available at pvlip.ca.

Charges laid in illegal border crossing at Emerson

Staff

Manitoba RCMP have laid charges in connection to a group of people attempting to walk across the U.S. border into Canada.

On the afternoon of Jan. 27, the Manitoba RCMP Integrated Border Enforcement Team (IBET) received information from the United States Border Patrol (USBP) of a group of

unknown individuals walking north-bound along a rail line towards the Canadian border near Emerson.

The individuals were noted to be wearing proper winter clothing and likely to cross into Canada within the hour.

IBET officers arrived in the area and pulled over a vehicle registered to a rental car company at the intersection

of PR 201 and PR 200 near Dominion City.

Inside they found a driver and seven male passengers ranging in age from 27-49 years old.

The 49-year-old driver, a Calgary man, was arrested for human smuggling under the Immigration and Refugee Protection Act (IRPA) and remanded into custody ahead of ap-

pearing in court in Winnipeg on Jan. 29.

The other seven individuals were arrested under the Customs Act and turned over to Canada Border Services Agency (CBSA) Immigration officers at the Emerson Port of Entry.

RCMP, along with the Canada Border Services Agency, continue to investigate.

Flashback...Local inventors

By Dennis Young

In the 1950s, I discovered two inventions created by a pair of local men.

Scotty Douglas was granted a patent on a new type of school desk which he regarded as an improvement on the Douglas Desk; a design he created and marketed a few years prior.

Features of the new desk included a sliding seat with a utility drawer beneath it.

Patent rights were granted to Alex King for his grain and weed reclaiming accessory for combines.

The device, planned by King and his son Cameron, was used on their farm with marked success. It facilitated the extraction of noxious weed seeds from the air stream of combines, thus preventing their redistribution over the land.

It also retrieved a large proportion of grain kernels and unthreshed heads.

Kline Cochran, in 1968, patented a simplified still slide projector that eliminated the frustrating jamming of the slides.

Exasperated with the standard projector and its cumbersome electric motor and fan assembly, he tinkered



until he produced a model needing only the electricity of a light bulb inside the frame. No motor, no fan, no fuss, no overheating, no clogging; just trouble free.

However, as it turned out, somebody else in England had preceded him with a similar idea.

All three patents (or attempted patents) were handled through Clarence Bedford's office in Carman.

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Golden Prairie Arts debuts new exhibition

By Autumn Fehr

Golden Prairie Arts started the new year with a bang by welcoming a new exhibit created by the Textile and Fibre Artists of Manitoba (TFAM).

Until Feb. 28, individuals can flock to Golden Prairie Arts in Carman to take in River, the group's third travelling exhibit they've hosted.

The TFAM is an inclusive group of diverse Canadian artists built on four pillars: education, networking, exhibiting and promoting fibre as an art form. The group's membership includes emerging and established artists, teachers and designers, where all forms of fibre-based art are encouraged and created.

"One of the four main objectives in TFAM's foundation is to promote fibre as an art form. We feel it is important to give our members the opportunity to express and show their work, and to introduce and inform the public about this incredible art form," said TFAM member Cathie Ugrin.

Every year, two members of the group volunteer to organize an exhibit, including the theme, size and all the other details that come into play when crafting the event. After the exhibit is up and running, it travels to various galleries, community arts venues, libraries and coffee shops for three years.

River has been a long time in the making and was very well thought out by two passionate TFAM member volunteers.

In 2020, Cindy Dyson and Cindy Smyth met at The Forks in Winnipeg to brainstorm about their ideas for the upcoming exhibit.

They were mesmerized by the water and found their conversation always came back to the rivers, said Ugrin.

"We challenge you to expand your definition of River. Dive deep – discover literal, symbolic, artistic, geographical, spiritual, cultural and historical significance of River," reads an excerpt from the exhibit description.

"Each participating TFAM member interpreted and created a unique work of fibre art, with river as the inspiration, in their individual style."

The exhibits run by the TFAM are open for members to participate in but are not mandatory. Depending on what the volunteer member organizers decide, there may be multiple entries, with most pieces for sale.

When TFAM started collecting submissions in 2020, 24 members submitted 36 pieces to the River exhibit. Now, the exhibit has 32 pieces on display.

"Many people are completely unaware that artwork created from fibre can have such vividness, movement,



STANDARD PHOTO SUBMITTED

River, a travelling exhibition featuring fiber-based artwork, will remain on display at Golden Prairie Arts until month's end.

texture, diversity and detail. River is a theme we can all relate to and reflect upon, thus feeling a closer connection to the visual impact of this incredible exhibit," said Ugrin.

Despite a turn of events that no one could have expected, River thrived as an exhibit through the COVID-19 pandemic. Since it started three years ago, it has been shown at nine different venues from 2021 to today. The

Golden Prairie Arts in Carman will be the exhibit's final hooray.

TFAM is always accepting new members, no matter their skill level, as members of the groups have all different levels of experience. For more information and updates on their other exhibits, events, opportunities, and the vibrant fibre art community, please email tfamartists@gmail.com.

Genesis House Caring Dads session starts Feb. 20

By Lorne Stelmach

Genesis House hopes there will be a long-term future for a program that works with men to help address the safety and well-being of families.

The Caring Dads program has the fifth of six planned 17-week sessions starting Feb. 20, and executive director Ang Braun would like to see them continue down the road.

"It has been received well," said Braun, although she acknowledged there are a number of challenges with the program.

"It is an intense program. It requires people taking the program to become quite vulnerable, and it also requires quite a large commitment because it's a 17-week commitment," she noted. "It also does really expect accountability ... the dad really needs to take responsibility for his role.

Caring Dads is described as an evidence-based program that helps fathers make positive changes in their lives. It is an evidence-based program that focuses on the participant's ac-

countability for abuse, countering the attitudes linked to abusive and neglectful behaviors and on promoting healthy relationships.

It was specifically designed from the premise that violence against women and violence against children are intricately intertwined, and that these two issues both can and should be addressed together.

"There was an appetite for men's programming, and there is a gap for sure," Braun said, explaining the initiative became possible locally thanks to provincial funding.

She said they see it as very beneficial in addressing the issue in a different way by working with the men.

"We thought maybe if we were working with the dads, we could be influencing in a positive way ... because so many of our families want to reunite, maybe this would be a healthy way of trying to approach it."

Braun noted a similar program is offered through Child and Family Services, but "what we wanted was to

offer it to the general community.

"The shelter had a men's program running previously for a short time, and we found a number of challenges with it. One was the sustainability ... finding funding for it. I have trouble finding funding just to keep on going here at the shelter," said Braun.

"We were sorry to have to let that program go," she said, adding, however, there was some good things learned from it that could help better shape Caring Dads.

"We want this to be a safe place where you can say, 'I have hurt people and I don't want to anymore. How do I do better?'" she said. "Any change is hard, but the longer you stay with the program and have the support of peers around you, the better chance you have that it's really going to become part of your everyday."

The program offers a unique opportunity for men to connect as fathers with a combination of active group discussions, exercises, and homework.

Participants leave the program having developed skills to cope in healthy ways with frustrating situations, a better understanding of how different fathering strategies and choices affect children, an increased awareness of controlling, abusive, and neglectful attitudes and behaviours, as well as strategies to strengthen the father-child relationship.

Braun noted they have set a maximum of 10 participants but had not reached that number as of last week.

Still, she remains hopeful about the program.

"We've had people come from far away to be part of the program," Braun said. "If the programs were consistently full, it would give us very good evidence to bring forward and say hey, look, there needs to be more funding for this program."

For more information about the Caring Dads program, head to caringdads.org, email children@genesis-house.ca, or call 204-325-9957 ext. 2225.

History - Carman's Allen rink won junior provincials in 1983

By Ty Dilello

It's been over 30 years since the Laurie Allen rink out of Carman won the 1983 Manitoba Junior Women's Provincial Curling Championships.

Allen and her rink of Donna Gould (Bruce), Faye Irwin and Stacey Withers have many fond memories of bringing home a provincial championship to Carman. Wayne Johnston, a teacher at Carman Collegiate for many years, was the team's coach and is still an avid curler.

"I still see him quite often in town, and during curling playoff season, he will reminisce about our curling games and shots we did and didn't make," said Bruce. "He was a great coach. The only thing I remember not liking about his coaching is that he would park a few blocks from the rinks in the city and make us jog to the rink."

After winning the Junior Provincial championships, team Allen represented Manitoba at the 1983 Junior Nationals in Calgary and finished in third place. They had a 7-3 record in the round-robin before beating Saskatchewan in a tiebreaker. Team Allen's run was ended after a loss to Quebec in the semifinal. Allen was named the top skip overall throughout the event.

"I don't remember very much about the actual games we played leading

up to Nationals," said Bruce. "I remember coming off the ice and looking for my dad when we won the provincials because I knew how pleased he would be. He was sick at the time but was able to travel with us to Nationals in Calgary. That trip was a pretty special one, as he passed away shortly after. We had a lot of support from the community leading up to Nationals, and we were treated really well in Calgary."

Allen went on to a very successful women's career as she played in four Scotties Tournament of Hearts and won the 1992 Scotties as third for the Connie Laliberte rink out of Fort Rouge. Representing Canada at the 1992 World Championships, the Laliberte rink won a bronze medal. In 2011, she was inducted into the Manitoba Curling Hall of Fame, together with all members of the Laliberte teams of 1992 and 1995.

"I curled with Laurie for a few years. We started in kindergarten together and went all through school. She is a great friend, and we still see each other a few times a year. I curled for a few years after juniors but never competitively again."

Bruce is excited that a young team in Shaela Hayward is following in her old team's footsteps as a junior team from Carman that is making a mark in the curling world.



STANDARD PHOTO SUBMITTED

Laurie Allen and her curling team of Donna Gould (Bruce), Faye Irwin and Stacey Withers, won a junior provincial curling championship in 1983 for the Town of Carman and went on to win a bronze at the Junior Nationals that year. (

"I was disappointed to miss the send-off party for the Hayward team on the weekend as we were on vacation. But I hope they enjoyed the evening and wish them lots of luck in Ottawa at the U18 Nationals."

Guest reader at Miami School



STANDARD PHOTO BY THERESA KNOX

Mike Chabidon from the Miami Fire and Rescue crew visited the Miami School this month to read in French to Grade 1 - 6 students for I Love to Read Month. Chabidon encouraged the students to keep trying even if you think you are not good at something and talked about Burn Awareness Week and fire safety.



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John Dick is Canada's leading stem cell researcher

By Ty Dilello

Culcross' John Dick has had a remarkable career in his field of scientific research. He is credited with first identifying cancer stem cells in certain types of human leukemia. His revolutionary findings highlighted the importance of understanding that not all cancer cells are the same and thus spawned a new direction in cancer research.

Dick is currently Canada Research Chair in Stem Cell Biology, the Senior Scientist for Princess Margaret Cancer Centre, and a University of Toronto Professor in the Department of Molecular Genetics.

Dick grew up on a family farm near Culcross, where he attended a one-room Castleton School that is long gone.

"There was one other student with me in Grade 1, and we attended until the end of Grade 6," said Dick. "I have a lot of fond memories of that time. Given my eventual career, the one vivid memory is sitting in rows, and the teacher would start the Grade 1's on something and then move to the higher grades. I remember hearing what they were learning, like math or science, and thinking that I would never be able to learn that advanced work."

Dick eventually attended high school in Elm Creek and had about 20 students in his grade. He took the math, science, physics, English, and French courses offered. However, bi-

ology was never offered. So it's sort of ironic, given that he ended up in biomedical research.

"I had the 'special' experience of being taught science for one year by my brother," said Dick. "Dialogue at home went something like this. Him: John, you have assignments due in a few days. Have you been doing your homework? Me: Uh, no, not really. Him: are you going to get it done? Me: Uhm, I don't know.

Safe to say it provoked more than one discussion."

Dick's eventual first taste of biology was in taking an x-ray technician course at Red River College in Winnipeg.

"I had a terrific instructor in anatomy and how X-rays worked that really stimulated my interests. I was living with four other friends at the University of Manitoba who were mostly in science, and when I finished my two-year X-ray course, I thought I might try university for a year or two. That decision resulted in 12-13 years in undergraduate, PhD and postdoctoral studies before I got my first job."

After receiving his Ph.D. in Winnipeg, Dick and his wife moved to Toronto for his postdoctoral studies, and it turned out to be a permanent move to southern Ontario.

"We had two kids and had every intention of moving back to Winnipeg. But I got a terrific job in research at the Hospital for Sick Children and

later moved after 15 years to the Princess Margaret Cancer Centre, where I continue to run a research lab."

Some of Dick's career highlights include being awarded the Michael Smith Prize by the Canadian Institutes for Health Research (1997), the Robert L. Noble Prize for Excellence in Cancer Research by the National Cancer Institute of Canada (2000), and the Herman Boerhaave Medal by the Leiden University in the Netherlands (2002).

The research that Dick is currently working on in his lab in Toronto involves trying to understand how blood stem cells make blood. This is an important research question because stem cell transplant is an essential therapy for patients with leukemia.

To learn more about his current research, check out www.jdstemcellresearch.ca.

It is this work that has led to many organizations selecting Dick's research team for awards. Last year, they were awarded one of the highest prizes in research called the Canada-Gairdner International Prize.

In 2024, Dick will also be inducted into the Canadian Medical Hall of Fame. A significant accomplishment that he is looking forward to immensely.

Dick still gets back home to Manitoba to see family when he can. He even attended a class reunion about



PHOTO SUBMITTED

One of Canada's leading cancer researchers, John Dick, hails from the tiny hamlet of Culcross near Elm Creek.

eight years ago and enjoyed catching up with everyone.

"I would never have imagined my life taking the course it did when I was growing up in Culcross on the farm. But I think the lesson is that I had terrific teachers who were committed to their students and a family who encouraged my curiosity. I remember taking apart a lot of old lawnmower engines and everything I could get my hands on. Probably making a mess of the machine shed, but my dad never scolded me."

Habitat MB takes on an ownership role with Red River Group

By Ashleigh Viveiros

A unique gift will provide a stable source of support for years to come for Habitat for Humanity Manitoba.

The non-profit that builds homes for low-income families recently became part owner of the Red River Group, a real estate appraisal and consulting firm with offices and staff working across Manitoba, including here in the Pembina Valley.

In honour of its 25th anniversary in 2023, Red River Group's shareholders donated 10 per cent of their shares to Habitat Manitoba, valued at nearly \$125,000.

Habitat has been their charity of choice for years, says Red River Group president Gordon Daman. This gift cements that partnership.

What drew Red River to Habitat, Daman explains, "is their commitment to address barriers that working Manitobans face with home ownership."

Habitat provides low-income working families with no-interest mortgages that require no down payment. It allows families that might not otherwise qualify for traditional mortgages to finally own their own homes.

In return, selected families contribute hundreds of



STANDARD PHOTO SUBMITTED

Red River Group shareholders welcomed Habitat for Humanity to the table recently. The charity now owns a 10 per cent stake in the company.

Continued on page 9

Winkler hosting Settlers of Catan qualifier

Winner will be sent to compete at national competition in Toronto this spring

By Ashleigh Viveiros

Winkler is the place to be for Settlers of Catan players Louis Riel Day weekend.

Sixteen13 Ministry is hosting its first annual Manitoba Catan Tournament EtherLan Winkler fundraiser Feb. 18-19 at The Bunker (545 Industrial Dr.).

While EtherLan video and board game events have been happening for nearly 20 years now, including Settlers of Catan competitions, there's something special about this one, shares organizer Harold Espinosa.

"This one is exciting because it's a fundraiser and, at the same time, we are qualifiers for the Catan National Championships. I've been dreaming of doing something like this for a long time," he says, explaining they're one of only a limited number of qualifiers across the country. "We've got people from Saskatchewan coming, and from all over.

"It's all about getting together as people, having fun, and helping others through ministry by playing a board game."

The winner will not only qualify to compete on the national stage in Toronto May 4-5, but also have their flights and hotel covered for the trip.

A win at nationals, then, would send the player to the Catan World Cham-

pionship in 2025 (location not yet announced).

If enough people sign-up to compete, Winkler's event could earn another fun distinction for the community.

"If we can do more than 150 people, we beat the Americans in their largest tournament," Espinosa says. "It'll put us on the map."

At press time, the Winkler qualifier was the only one listed on the official Settlers of Catan Canada website for Manitoba, though Espinosa hears there may be one or two other tournaments being planned in smaller communities.

"I think we're the only city in Manitoba that's doing it ... so we're going to be posting in Winnipeg everywhere to try to get the 150 people."

The day will start that Sunday afternoon with registration at 2 p.m. followed by the first of three rounds of games at 2:30 p.m. Participants are guaranteed three games and will also be served supper.

On Monday, the top gamers will enter the semi-finals at 10:30 a.m. followed by a provided lunch and then the final match at 1:30 p.m.

If you want to take part, you're encouraged to register in advance at etherlan.ca/catan. There will be lim-



STANDARD PHOTO BY ASHLEIGH VIVEIROS

Organizing the upcoming Settlers of Catan tournament for Sixteen13 ministry is (from left) Harold Espinosa, Morgan Wiebe, Silas Goertzen, Anny Goertzen, Michelle Goertzen, Tiffany Krahn, and Eva Unger.

ited registration at the door. Tickets are \$49.26 each. You must be 18+ to compete.

Funds raised from the competition will go to support Sixteen13's outreach programming, which includes sharing the Christian gospel, helping newcomers to Canada settle in, and aiding others in need in the Winkler-Morden area. They currently work with 150 local families and have 70

volunteers, Espinosa shares.

If you'd like to support the competition as a sponsor, contact Espinosa at 204-332-0586.

Espinosa says they intend to make this a regular event.

"This is the first of many that's going to happen. This year we aim for 150 people. Next year we're going to double it."

> HABITAT, FROM PG. 8

hours of sweat equity, either helping to build their home alongside Habitat workers and volunteers, or by volunteering in the community. They also attend financial education workshops to prepare themselves for first-time home ownership.

'AN OBVIOUS CHOICE'

Prior to bringing Habitat Manitoba on board, Red River's ownership group included 10 shareholders, all company staff and five of whom are nearing retirement age.

"So we're starting to look at what succession looks like," Daman says.

Bringing a non-profit to the table as a shareholder not only benefits the charity, he notes.

"Habitat Manitoba becoming a shareholder not only means that they will receive a portion of all company dividends, it also means long-term ownership stability and governance for Red River Group with one of the shareholders now being a not-for-profit charitable organization."

When this idea first came up, the only ques-

tion was what charity to partner with.

Given Red River Group's involvement with Habitat, which has included pro bono consulting and appraisal services for years as well as volunteers for various builds, it was the obvious choice.

Daman says the shareholder group were on board with the idea and eager to welcome Habitat to the Red River Group family.

"I think it's an acknowledgement of our culture at Red River, that we're committed to the common good and understanding that there needs to be a balance between profit, people, and planet," he says. "Having a not-for-profit charity have a seat at the table, providing a voice for those that face economic barriers ... just makes us a better firm for the sake of the communities we serve."

This gift is a next-level one for the charity, says Habitat for Humanity Manitoba CEO Jamie Hall.

"Each year when we do our budgeting, we set targets for our fundraising. We've got lots of great relationships with companies and individuals, but this is the next step where it's a steady source [of income]," he says. "Of course, dividends are dependent on how well

Red River Group does, but it's a lot more stable in that sense, so this is wonderful.

"Red River Group has been supporting Habitat in many different ways for many, many years, so it's an interesting extension to that generosity."

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The Carman-Dufferin Standard connects people through stories to build stronger communities. Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

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

The Carman-Dufferin
STANDARD

Carman Elementary guest readers for I Love to Read Month

By Lana Meier

Ecole Carman Elementary celebrates literacy through engaging instructional practices and quality literature. Having "I Love to Read" guest readers from the community is a great way to enjoy books and highlight the importance of reading even more.

Last week, students from K-5 enjoyed stories relating to fire safety with Mr. Martin DeWit of the Carman Dufferin Fire Department. Students also enjoyed having guest readers from the Carman Collegiate Cougars hockey team, some of whom are alumni.

During "I Love to Read Month" the school committee has planned some special activities such as "Guess the Mystery Reader" over the announcements, "Guess Teachers' Favourite Books," and "Cozy Reading" events.

Throughout the year, Ecole Carman Elementary has the privilege to have community member, Susan Mooney, come in as a weekly volunteer to read with young students. Librarian, Cheryl Philips, does an ongoing, excellent job of managing the library and making it an inviting space for students and staff alike.



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Pembina Valley Humane Society holds 50/50 PAWtery Lottery

By Ty Dilello

The Pembina Valley Humane Society (PVHS) is holding its Huron Window Corporation 50/50 PAWtery Lottery for the third time.

The first year the Humane Society ran the lottery, there was a Manitoba Liquor and Lotteries cap of \$10,000 (with \$5,000 paid to the winner). Last year, the staff thought they would see what response it would get if they left it open, and it soared to \$32,000. The winner (from Morden) took home just over \$16,000, and the Humane Society kept the rest.

The Humane Society is hopeful they will now eclipse last year's mark. They've also recently added two early bird draws, including one for \$500 on Valentine's Day (Feb. 14) and the other for \$250 on March 24.

The draw date for the 50/50 lottery will be held at 9 a.m. on April 14.

For more information on the 50/50 lottery and to buy tickets, please visit this link: <https://pvhsociety.ca/events-2/spring-5050/>.

The Pembina Valley Humane Society is a community-funded, volunteer-run facility out of Morden that serves all across southern Manitoba.

"We get very little money from the government and rely on the generosity of our donors and supporters,"

said Holly Thorne of the Pembina Valley Humane Society. "The money we keep from this 50/50 and other events helps us with ongoing animal-related expenses like food and both routine and emergency medical procedures."

All animals get a complete vet checkup upon arrival at the Humane Society, and they all get their age-appropriate vaccines and spayed or neutered surgery.

"It helps us provide the essentials to the animals who find themselves in our care," said Thorne. "We do have a Grants Chair who works to secure grant funding for us, but we can't rely on them as they are not a regular source of income."

The money that PVHS raises also helps facilitate the programs and services they offer. PVHS has a low-cost spay and neuter clinic for less-advantaged individuals and families in the local community. They also visit schools to educate kids on safe behaviours around animals and the importance of humane animal treatment.

"We visit seniors homes for pet therapy, and we have a PetSafe program in conjunction with Genesis House, where a woman fleeing an abusive situation can bring her pet with her as opposed to leaving it behind, or worse, staying to protect the animal."

Thorne notes there are many ways for the community to help out, such as purchasing 50/50 tickets, joining the Humane Society as a volunteer or a foster, or becoming a PVHS LifeChanger. PVHS LifeChangers commit to monthly donations through their bank account or credit card. Find

out more here: <https://pvhsociety.ca/donation-sponsorships/pvhs-lifechangers/>.

"One monthly donor that donates \$10 per month (or \$120 per year) helps vaccinate three animals in our care. It's an incredibly easy way to support the Pembina Valley Humane Society."



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STANDARD PHOTO BY PEMBINA VALLEY HUMANE SOCIETY

The Pembina Valley Humane Society (PVHS) is currently holding its Huron Window Corporation 50/50 PAWtery Lottery. The public can buy tickets up until the draw date on April 14.



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Your FARM



Local agricultural entrepreneur introduces innovative irrigation system

Vertical Harvest Wall produces larger plants, less roots

By Raegan Hedley

William Aitken was working in construction when he started trying to

figure out the next business opportunity to pursue. He grew up on a family farm in Stonewall, surrounded by a family of entrepreneurs. Aitken approached his uncle, Rick Langille, a retired business owner and former CEO, with an idea.

"You can't really tie my uncle down. He's one of those guys who constantly

has to be doing something," said Aitken. "So, I said, 'hey, why don't we get into vertical farming and design and create a piece of equipment?'"

Langille, who has a background in manufacturing and a degree in agriculture from the University of Manitoba, immediately saw the potential. They started prototyping in 2020. Now, the Harvest Wall is sold around the world to growers who are passionate about fresh food.



STANDARD PHOTOS SUBMITTED

Rick Langille with the Harvest Wall. Harvest Today is the only company in North American that can produce a stackable grow wall thanks to a design and utility patent.

"When we got into the science of it, we realized we could do a better job," Langille said.

The pair consulted with Dr. Jill Clapperton, a soil scientist, to create a design with the densest plant spacing possible.

"We started analyzing systems, lighting components and all the different pain points that growers experience, and we came up with the Harvest Wall," Aitken said. "It's easy to ship, scalable to your location and easy to service and clean. We can do residential or full commercial applications anywhere."

They named the company Harvest Today. Langille is the CEO, and Aitken is the director of operations for Canada. Every wall is completely customized and made of modular pieces, so it assembles easily.

Once it gets running, it doesn't need much water because the media keeps the soil moist. They use the patent-pending word "vertigation" to describe how the wall's vertical irrigation works. The water drips down from the top of the wall, and whatever is left at the bottom gets sent back to the top to complete the cycle.

Aitken said what sets the Harvest Wall apart from all the other systems is that the plant ports are filled with organic growing media to inoculate

the root system. The other common vertical farming methods — aeroponics, hydroponics and aquaponics — don't use soil.

Aitken said they chose this method because the beneficial bacteria in the soil lead to bigger plants, not bigger roots.

"On social media, people are pulling out these plants with huge long roots. And it's like, I don't know dude, that looks like a lot of plant energy being expelled into the root system because you're starving your plant."

Aitken says their roots only extend about half an inch to an inch off the cup because the soil is saturated with nutrients.

"I believe we're going to be very successful I believe in providing people with the opportunity to be self-sufficient and make sure that they're not reliant on truck bed lettuce anymore," Aitken said. "A lot of people don't understand how much nutritional depletion happens after the time of harvest."

Aitken explained that within the first 48 hours, many greens actually lose up to half of their nutritional value. In the case of spinach specifically, it can lose up to 90 percent within the first 48 hours after harvest.

"We should be eating salad as soon

Continued on page 13





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> WALL, FROM PG. 12

as it's picked. Nature didn't intend for lettuce to sit in the fridge for three weeks before we get to it — it was designed to be grazed."

They called the company Harvest Today as a nod to how immediately you could eat a variety of different greens off the wall. Langille says that without a doubt, the Harvest Wall is the best solution for helping communities that struggle with access to fresh food, especially clients with space restrictions.

"It's the people who are challenged by something in the supply chain other than the food itself... the transportation, the cost, the timing," Langille said. "When lettuce gets trucked up to Whitehorse, it's pretty much wilted or brown by the time it arrives. It's not really super yummy, so it makes it less motivating to get your greens in."

Langille saw the impact of food insecurity when he was sailing across the Pacific Ocean from 2007 to 2013.



William Aitken (left), and his uncle Rick Langille (right), the founders of Harvest Today.

He quickly learned that there was no such thing as fresh food on many of the islands he stopped at throughout his journey. Most of what was available was processed and brought in by truck or boat.

"We mostly ate canned food or bagged food filled with preservatives. We lived that way for five years," Langille said. "When we came back, it was like, 'give me a salad for crying



out loud." Harvest Today's showroom in Edmonton. Once the plants germinate just take the plug out, put it in a peat cup, add some cocoa coir, pat it down and put it in the wall.

out loud."

In addition to using the Harvest Wall to grow greens, Harvest Today recently developed larger plant ports to accommodate flowering plants like strawberries, peppers and tomatoes. The next step is developing smaller varieties that give the fruit the proper

space to grow on the wall while still yielding an impactful amount of produce.

Langille said he would love to eventually set up a Harvest Today vertical farm in Stonewall, where he was raised, to provide the community with fresh food year-round.



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Destination wedding planning: dos and don'ts

Destination weddings offer a unique way to celebrate your special day, combining the joy of marriage with the excitement of travel. Here are a few dos and don'ts to make your big day the best it can be.

- **DON'T send the invitations late.** Send out invitations at least six months in advance. This will give your guests enough time to budget for their trip, take time off work and make travel plans.
- **DON'T forget the legalities.** Different countries have different rules when it comes to the legal requirements for marriage. Ensure you understand the legal aspects of getting married in your chosen destination.
- **DON'T over-plan.** A well-thought-out itinerary is essential, but don't overcompli-

cate things. Allow some flexibility for your guests to explore and enjoy the location.

- **DO consider the weather.** Research the climate of your chosen destination. This will help you select appropriate attire for you and your guests and plan for any weather-related contingencies.
- **DO make a wedding website.** This is a particularly good idea for destination weddings. You can include everything your guests need to know, including travel details, accommodation options and local attractions.
- **DO hire a wedding planner.** Destination weddings can be complex to coordinate. A professional wedding planner can alleviate stress and ensure every detail is taken care of.



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Trendy wedding dress colours in 2024

When it comes to choosing a colour for your wedding dress, brides have myriad options. Traditional off-white, pure white and ivory remain popular choices, but modern brides are opting for statement colours. In 2024, wedding dress trends are embracing a departure from tradition with an array of captivating colours. Here are four wedding dress colours to consider.

- 1. Pink** is a standout choice for brides who want to radiate romance. From blush and champagne to dusty rose, pink wedding dresses bring a soft, ethereal charm to the aisle.
- 2. Purple** wedding dresses, particularly in shades like lavender and lilac, are becoming increasingly popular in bridal fashion. This colour exudes elegance and sophistication, creating a whimsical and

enchanting atmosphere on the big day.

- 3. Blue** wedding dresses are ideal for brides who want to add a touch of serenity and tranquillity to their big day. From pale aqua and steel blue to deep navy, blue wedding dresses evoke a sense of calmness and depth.
- 4. Black** wedding dresses are making a statement in 2024. They exude an air of mystique and modernity, making them perfect for brides who dare to defy convention. A black wedding dress creates a dramatic and unforgettable bridal look.

Patterned wedding dresses are also gaining in popularity. Whether adorned with delicate floral patterns trailing down the skirt or intricate bodice overlays, these gowns infuse individuality into the bridal ensemble.

With so many options available, it can be overwhelming to choose the perfect wedding dress. However, there are plenty of local bridal stores and dress shops that can help you find the dress of your dreams. Take your time and enjoy the process of selecting the perfect wedding dress that reflects your unique personality and style.

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Hayward golden at Canadian U18 curling championships

By Ty Dilello

Carman's Shaela Hayward and her team of Keira Krahn, India Young and Rylie Cox captured the U18 Canadian National Curling Championship in Ottawa as their Team Manitoba squad defeated Quebec's Jolianne Fortin by an 8-5 score in Saturday's gold medal game.

"I don't think we expected this," said Shaela Hayward. "I knew we could do well and represent our province. Our goal was to make playoffs and go from there. But I don't think any of us really thought that we could do it, but here we are, and we are super proud of what we accomplished."

Team Hayward, who are all Grade 12 students at Carman Collegiate, went 4-2 in the round robin before rattling off four straight wins in the playoffs to win the National Championship.

Hayward defeated Sarah Bergeron of Quebec 8-1 in the round-of-12 and then beat Emma DeSchiffart of Alberta 6-5 in the quarterfinals and downed Rebecca Regan of Nova Scotia 4-2 in the semifinals. In both the quarterfinal and semifinal games, Hayward was forced to steal the final end to win.

"The quarterfinal was really intense," said India Young. "It wasn't our best, but we played better in the back half of the game. The semifinal was even more intense as it was really loud on the ice with the crowd, and there was a huge atmosphere around us. We just hung in there in the semifinal and managed to steal the last few ends."

In the championship final against Quebec, Hayward scored three in the first end and four more in the third to take a commanding 7-2 lead. Quebec had a chance for a big end in the fourth end, but squandered it. From there, Team Manitoba rode the wave and coasted to an 8-5 victory.

"We got that early lead, which was great, and we knew we just had to work hard to keep it," said Young. "We almost got in trouble there in



the fourth end as Quebec was putting pressure on us, and we know they were a great team that could fight back. They almost did, but we got a lucky break and built off of that to stay strong the rest of the way."

With the win, Hayward became the first Team Manitoba champions to win a Canadian national curling championship since 2020 when Altona's Mackenzie Zacharias won the National Junior title and Gimli's Kerri Einarson captured the Scotties Tournament of Hearts.

"We won, and then it was just a whirlwind," said Hayward. "We didn't know what was happening, and it still doesn't feel real. I'm sure it will sink in soon, but we're just in disbelief and can't believe that we pulled it off."

Team Hayward will next be competing at the 2024 Provincial Junior Championships from Feb. 21-25 at their home club in Carman.

"We're super excited to play in our home rink with our home crowd," said Hayward. "We think that a lot of people in town are going to come out for that. And we have so much confidence in ourselves right now. We're ready to fight for a spot at the U21 Nationals. That's our goal, and we'll be working hard to make that happen."

Manitoba was represented on the boys side by two teams in Altona's



STANDARD PHOTOS BY JACK GUSTAFSON/CURLING CANADA

Carman's Team Hayward, from left to right, Rylie Cox (lead), India Young (second), Keira Krahn (third), Shaela Hayward (skip) and Diane Hayward (coach) captured the U18 Canadian National Curling Championship in Ottawa defeating Quebec's Jolianne Fortin by 8-5 Saturday's gold medal game.

Rylan Campbell (Logan Zacharias, Nick Sneff, Rylan Graham) and Morden's Nash Sugden (Tyler Fehr, Tanner Treichel, Ryan Thiessen). Campbell went 4-2 in the round robin, before losing out to Ontario in the round-of-12, while Sugden missed the playoffs with a 2-4 record.



Team Manitoba #1 (Campbell) and Team Manitoba #2 (Sugden) were great supporters for Team Hayward.



A total of 42 teams — 21 female and 21 male entries were piped on to the ice for the opening ceremonies of the Curl Canada 2024 Under 18 Championships a week ago this past Sunday at the RA Centre and the Ottawa Hunt & Golf Club.



Team Hayward were welcomed home by friends and family Sunday at the Winnipeg Richardson International Airport.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Hawks split two with Lightning, down Selects

By Lorne Stelmach

The male U18 AAA Pembina Valley Hawks are racking up some points in the final stretch of the regular season.

They picked up five of a possible six points this past week and now have five wins and an overtime loss in their past six games as they look to solidify their position with just four games to go.

They followed up a 6-4 win over Interlake last Wednesday with a 3-2 overtime loss to the Lightning Saturday but then rebounded for a 4-2 victory over the Eastman Sunday.

Sam Delaquis had a pair of goals Wednesday, while Ryder Wolfe chipped in with three assists in the road game in Teulon. Cohen Pilkington, Kam Thomas, Acoyen Fehr, and Liam Goertzen also scored, and Bryson Yaschyshyn made 34 saves as the Hawks were outshot 38-29.

The two teams then had a rematch Saturday in Morden, and Interlake got the extra point when they connected for the winning goal 2:38 into overtime.

Fehr and Jayden Penner scored for Pembina Valley, who were outshot 31-26. Ryler Gates took the loss in net with 28 saves.

The Hawks had a vast edge against Eastman with 50 shots on goal, including 25 in the third period alone, but the Selects took control with three goals within one minute late in the



STANDARD PHOTO BY LANA MEIER

Sam Delaquis and Lane Apperley keep the puck firmly in Pembina Valley's possession in last Wednesday's game against the Interlake Lightning in Teulon. The Hawks won 6-4.

first period.

Scoring for Pembina Valley were Delaquis, Goertzen and Thomas with a pair. Yaschyshyn made 29 saves.

The Hawks maintained their hold on seventh place at 17-15-4-4 for 42

points. They sit three back of Interlake and four ahead of Norman.

The Hawks have a good chance to continue their winning run this weekend as they play two games in Yellowhead against the 10th-place Chiefs.

The Hawks then wrap up the regular season with a home doubleheader against the last-place Kenora next weekend.

Female Hawks finish season in seventh place

By Lorne Stelmach

The post-season now awaits for the female U18 Pembina Valley Hawks after they closed out the regular season with a six-game winless run.

A busy three-game weekend saw the Hawks fall 6-2 to Central Plains Friday then 4-2 to Eastman Saturday before losing 3-1 to Interlake Sunday.

The Hawks gave up three unanswered second period goals to trail

4-1 after 40 minutes against Central Plains. Sophie Armit and Sophia Cox scored for Pembina Valley, while Elyse Denbow made 45 saves to backstop Central Plains to the win. Vayha Willis stopped 28 of 32 shots before being relieved by Kasia Rakowski, who stopped 10 of 12 shots.

Rakowski then faced 49 shots on goal against Eastman as the Selects led 2-0 and 4-2 at the intermissions.

Ava Dalebozik and Emma Durand scored for the Hawks, who managed 27 shots on goal.

Jessica Anderson then scored the lone goal for the Hawks against Interlake, which outshot Pembina Valley 44-41. Rakowski was in goal for the Hawks.

The Hawks finished at 6-18-4 for 16 points, which was just four points ahead of last-place Central Plains and

six behind Interlake, which at press time had one game remaining against Eastman.

That game was going to settle the playoff opponent for the Hawks, as Eastman goes into the match just two points back of second-place Westman. Pembina Valley will face the second-place team.

Team Carruthers headed to 2024 Montana Brier

By Ty Dilello

Granite's Reid Carruthers and his team of Brad Jacobs, Derek Samagalski and Connor Njegovan are headed to the 2024 Montana's Brier after defeating Fort Rouge's Braden Calvert 6-3 in the championship final of the 2024 Viterra Championships at the Veteran Memorial Sports Complex in Stonewall on the afternoon of Feb. 11.

It was an up-and-down week for Carruthers as they lost a pair of games and struggled at times, but in the end, they found a way to defeat some stiff competition to capture the provincial title once again.

"This is the toughest test I've ever faced in a provincial," said Reid Carruthers. "Not to say that some of the other battles weren't crazy, but just overall... holy smokes. We had some insane games against some good young teams. It makes me want to retire."

Carruthers won the event by winning seven games and losing twice. They reached the final by defeating Assiniboine Memorial's Jordon McDonald 10-7 in the semi-final in a back-and-forth thriller that saw Team Carruthers' skip Brad Jacobs making a double takeout on his final rock of the game for the victory.

Sunday afternoon's final with Team Calvert was another back-and-forth affair that saw Carruthers ultimately get the upper hand in. Carruthers stole a critical point to take the lead with the game tied 3-3 in the eighth end. They would steal two more points in the tenth for a 6-3 win and the provincial championship.

"We're very excited to be heading

to the Brier once again," said Carruthers. "It wasn't easy this week in Stonewall, but we want to head to the Brier and find our top game there and give it everything we have. This strong test that we just faced to win the province is only going to help us in Regina."

Other local participants included Stony Mountain's Jared Hancox who played second for Riley Smith who had four wins and one loss; Stonewall's Emerson Klimpke played second with Team Ede and Winnipeg Beach's Justin Reynolds team including Nick Weshnoweski, Josh Maisey and Sean Giesbrecht, both finished the event with a record of 3-2, narrowly missing out on the playoffs. Stonewall's Greg Melnichuk, Carman's Dean North and Holland's Jeremy Sundell all exited the event winless with a 0-2 record.

As the 2024 Viterra Championship came to a close, the event is already being regarded as a major success, thanks in part to the host committee and the countless volunteers who made everything happen. The Town of Stonewall should be very proud as the stands were full every single draw, and the competitors played in a world-class atmosphere.

Team Carruthers will now advance to the 2024 Montana's Brier that is to be held from Mar. 1-10 in Regina at the Brandt Centre.

Manitoba will also be represented at the Brier by Team Matt Dunstone, who prequalified through a Canadian Team Ranking System (CTRS) spot.



STANDARD PHOTO BY LANA MEIER

Leah Major of Carman competed in the Curl Manitoba Hit, Draw, Tap Competition that took place in between the bronze and gold medal games at the 2024 Viterra Championships. Major finished third in the 6-8 years of age category.



STANDARD PHOTOS BY JO-ANNE PROCTER

Carman Curling Club Team North, including Dean North, Brad Wainikka, Rob VanDeynze and Mike Orchard at the opening ceremonies.



Granite's Reid Carruthers and his team of Brad Jacobs, Derek Samagalski and Connor Njegovan are headed to the 2024 Montana's Brier after defeating Fort Rouge's Braden Calvert 6-3 in the 2024 Viterra Championships at the Veteran Memorial Sports Complex in Stonewall on the afternoon of Feb. 11.



Jeremy Sundell and Daniel Sundell, Elliott Sundell, Paul Sundell and Thomas Huggart represented the Holland Curling Club at the provincial championships.

Cougars enter high school hockey playoffs with a win

By Ty Dilello

The Carman Cougars boys high school hockey team is headed to the playoffs on a high note after winning their final regular season game. The Cougars finished the regular season with a 9-12-2 record, which is good for a sixth-place finish in the eight-team Zone 4 league.

Carman's most recent game came on Feb. 7 in Carman against the Morden Thunder. The Cougars had a great game as they scored one goal in each of three periods for a 3-0 win. Ethan Wilde, Josh Hiebert and Ryan Penner had the Cougars' tallies, while Maysen Mazurat stopped 54 shots for the shutout in net.

"It was nice to get a big win like that at the end of the season," said Cougars' head coach Michael Heatherington. "We were on a little bit of a losing skid before that game, so getting back on track definitely helps the mindset going into the playoffs. It was also our first game back with our captain, Ethan Wilde, who seemed to bring a lot of energy back into the lineup. You could see the rest of the team was excited for him to come back. I believe he was a part of all three goals that we scored while only giving him limited minutes."

"For us to make some noise in the playoffs, everybody simply is going to have to buy into the 'no passengers' mentality, meaning everybody needs to be going every shift. It's also going to take strong goaltending like we saw in our last game. Maysen was rock solid, making 54 saves for a well-deserved shutout. We're going to need him at his best as well."

Wilde led the team in the regular season with 41 points, followed closely behind by Hiebert (31) and Grant Friesen (30). Goaltender Mazurat has a 2.74 goals-against average and a .932 save percentage, which puts him as the league's top netminder of the



Cougars' Ryan Penner (23) tries to clear Thunders Vance Olson (8) from the defensive zone.

season.

The Cougars begin play in the Zone 4 playoffs this week with a best-of-three quarterfinal series against the third-seed Pembina Tigers.

"I truly believe that our team can make a run in these playoffs as it all comes down to who wants it more," said Heatherington. "With eight Grade 12 students on the team this year, it should be a realization that it very well could be their last couple games of organized hockey and therefore making sure they leave it all on the ice when the final buzzer goes."

Heatherington notes that his club matched up well against the Pembina Tigers throughout the season, going 1-2, with the two losses coming without its captain in the lineup.

"I think it's going to be an awesome series. They're a great hockey team who have played their best hockey down the last stretch of the season, so it's going to be a great test for our team."



Cougars' Josh Hiebert scores late in the game to give Carman a demanding 3-0 victory in the final league game of the season on Feb. 7. The Cougars played their first playoff game this past Monday.



Cougars goaltender Maysen Mazurat dives in an effort to secure the loose puck late in the third period.

Upcoming playoffs schedule:

GAME 1: Feb. 12 - 7:30 p.m. in Cartwright (no score as of presstime)

GAME 2: Feb. 14 - 7:30 p.m. in Carman

GAME 3 (if necessary): Feb. 17 - 7 p.m. in Holland

Flyers fall to OCN, bounce back to beat Swan Valley

By Ashleigh Viveiros

The Winkler Flyers had a mixed go of it last weekend.

They were blanked by the OCN Blizzard Friday night.

The road game saw OCN win the shot battle 30-25 and find the back of the net late in the second and early in the third period.

Winkler, meanwhile, just couldn't crack the nut that was Blizzard netminder Tomas Anderson, and so the win went to OCN 2-0.

Minding the Flyers' net was Malachi Klassen, who made 28 saves.

The Flyers shook off the loss to down the Stampeders in Swan Valley the next night.

While the home team drew first blood with the opening frame's lone goal, Winkler got that one back in the final seconds of the second period (scored by Dalton Andrew) and then added two more unanswered goals (Brody Beauchemin and Marek Miller) in the third to win it 3-1.

Liam Ernst made 23 saves in net as the Flyers outshot the Stampeders 40-24.

With that, Winkler has secured its seat at the playoffs. They're currently in second place in the MGEU East Division with a record of 33-7-2-2 and 70 points, trailing the Steinbach Pistons in first by seven points. Rounding out the top three are the Portage Terriers at 66 points.

In the overall league standings, Steinbach and Winkler are also in

first and second place, followed by the MGEU West Division's Virden Oil Capitals in third (66 points).

Coming up, the Flyers host the Niverville Nighthawks Wednesday night and then play in Niverville on Sunday. On Monday, they play the Pistons in Steinbach.

After the long weekend, the team has just 10 more games to go in the MJHL regular season, most of them home games.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Hawks lose Game 1 of SEMHL playoffs in overtime

By Haley Cvar

It was a showdown between the Warren Mercs and the Notre Dame Hawks in Game 1 of the SEMHL playoffs. The Mercs outshot and outscored their opponents on home ice, winning 5-4 in overtime.

The game got off to an intense start, with Notre Dame's Karl Konrad finding the back of the net early in the first period at 3:40. But Warren wasn't about to let that dampen their spirits.

At 12:28, Brett Brooks responded with his own goal, levelling the playing field.

The Mercs came out even stronger in the second period, with Wayde Johansson scoring at 7:56, which would be the only goal of that period.

Vincent Grift of Notre Dame tied up the score just over a minute into the third period.

Warren quickly retaliated minutes later when Carson Ouellette found

his mark on the net.

With tensions rising and time ticking away, Foster Bytheway extended Warren's lead with a goal at 7:56. However, Notre Dame refused to go down without a fight and evened things up again when Jeff Michiels and Geoff Maloney each scored to force overtime.

It only took Brock Couch 44 seconds into overtime to win the game for the Mercs.

Goaltender Mitch Adamyk made an impressive 28 saves between the pipes for Warren. Chris Lesage stood tall for Notre Dame at the opposite end by making 37 saves.

With this win, the Mercs will lead in the best-of-five series.

The Mercs will head to Notre Dame for Game 2 on Thursday, Feb. 15 at 8 p.m. Game 3 will take place in Warren on Saturday, Feb. 17. Puck drop at 8 p.m.



STANDARD PHOTOS BY HALEY CVAR

Notre Dame Hawks' goaltender Mark Lesage made 37 saves against the Warren Mercs in Game 1 of the SEMHL playoffs. The Mercs won 5-4 in overtime.



The Hawks' Sean Christensen takes a shot on net.

Twisters dominate River East in improve MMJHL record

By Ty Dilello

The Pembina Valley Twisters continued with their winning ways with a dominating 9-2 win over the River East Royal Knights on Feb. 9. With the win, the Twisters are staying firm in second place in the MMJHL's standings with a record of 23-9-3.

The Twisters's Caelan Russell scored a hat trick with Ryan Orchard adding two more and Josh Guilford and Max Collet each scoring one. Goaltender Owen Larocque stopped 36 shots.

"I would say that we played as good of a game as you can in those situations," said Pembina Valley's coach Braeden Beernaerts. "It gets extremely hard to not develop bad habits in a blow out game. For the most part, we stuck to it and got a big win."

Twisters' sniper Derek Wiebe is currently third in the MMJHL's scoring race with 60 points in 35 games, Merek Degraeve is in fifth with 55 points in 36 games and Riley Goertzen is in tenth with 46 points in 35 games. Logan Enns is currently third in the goalie rankings as he boasts a 2.91 goals-against

average and a .916 save percentage.

"With the standings as close as they are, we have to be prepared that every team below us is already in playoff mode and fighting for a spot," said Beernaerts. "We have to keep the consistency, set the pace, and play our game every night down the stretch. In hopes to have a good seating come play-off time."

Pembina Valley forward Ryan Orchard was named the MMJHL's Rookie of the Month after scoring seven points in seven games in January.

The Twisters are back in action with three games this week. The team will travel to Seven Oaks Sportsplex on Wednesday, Feb. 14 to take on the Raiders Jr. Hockey Club with puck drop at 8:30 p.m. The Twisters will then host the Transcona Railer Express at the Notre Dame de Lourdes Arena at 8 p.m. on Friday, Feb. 16 before travelling to Southdale Arena on Sunday, Feb. 18 to play the St. Boniface Riels with puck drop at 3 p.m.







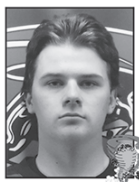

| January 2023-2024 | | | |
|---|---|---|---|
|  |  |  |  |
| PLAYER | | GOALIE | |
| GP: 8 | | MIN: 240 | |
| G: 9 | | GA: 7 | |
| A: 9 | | GAA: 1.75 | |
| PTS: 18 | | SV. %: .945 | |
| PTS/G: 2.25 | | W: 4 | |
| Tyler Rubigny | | Connor Murphy | |
|  |  |  |  |
| DEFENCEMAN | | ROOKIE | |
| GP: 8 | | GP: 7 | |
| G: 3 | | G: 3 | |
| A: 10 | | A: 4 | |
| PTS: 13 | | PTS: 7 | |
| PTS/G: 1.63 | | PTS/G: 1.00 | |
| Brady Whitely | | Ryan Orchard | |

PHOTO SUBMITTED
Pembina Valley Twisters' first year player was named the Rookie of the Month for January.

Back 40 Homegrown show Feb. 23

By Lorne Stelmach

It's upcoming concert very much encapsulates the goals and priorities of the Back 40 Folk Festival.

The Feb. 23 show at the P.W. Enns Centennial Concert Hall in Winkler is dubbed Homegrown, and it very much reflects what Back 40 is all about, suggested festival board member Mason Weselowski.

"The mandate is how do we keep homemade music alive? How do we organize and support our local artists?"

Weselowski said these kinds of events are very important to the local community of musicians like himself.

"Having just stepped into this community in the last two or three years and just getting to know everybody, there are a lot of musicians around, and there's lots of people interested in playing here," he said. "I think what the Back 40 does well is we organize well and create opportunities so that the musicians

who are working so hard to put good sets together and write music have a place to come out and show people what they're doing."

The show serves as a fundraiser in support of the June festival. The doors open at 7:30 p.m., with tickets priced at \$20 and available online at winklerconcert-hall.ca or at the door.

The lineup includes Bill Dowling and the Even Breaks, Steve Dueck and Jenessa Kehler, Smokey and the Barn Cats and the Razberry Jam, which features Weselowski.

The evening will be different from many of their special events, Weselowski says.

"The emphasis is on original music, although there will likely be a few covers played too," he said. "It is a bit of unique thing. A lot of our fundraisers, particularly the ones we have the most draw to or the most success, are ones that are more themed.

"A lot of the events we do are cover music, but to



SUPPLIED PHOTO

Mason Weselowski is one of the homegrown musicians performing in the Back 40 Folk Festival's show at the Winkler concert hall next week.

have an opportunity to play original music, I think the musicians appreciate that."

MPI releases its top five attempted frauds for 2023

By Staff

Manitoba Public Insurance has released its top five attempted frauds for 2023.

The Crown corporation estimates that auto insurance fraud costs Manitobans more than \$50 million each year. The annual list is meant to raise awareness of this cost and shed some light on the work of the agency's Special Investigations Unit (SIU)

"Our experts in SIU investigate suspicious claims to give customers the peace of mind that the right claims are being paid for the right amount," said Satvir Jatana, MPI's chief customer officer. "This annual list showcases some of the most unique ways people attempt to commit fraud, and the techniques MPI's experts use to stop them, helping to save our ratepayers millions of dollars."

Last year, the SIU closed over 3,000 investigations, which resulted in claims savings of over \$10.5 million for customers.

Anyone with information about auto insurance fraud is encouraged to call the MPI TIPS Line toll-free 1-877-985-8477 or submit information online at mpi.mb.ca. All calls and reports are anonymous.

The top five frauds of 2023 include:

No. 1: Memory lapse

A customer opened a collision claim for their vehicle but could not confirm what had occurred to cause the damage. They reported they were only made aware of the need for repairs when they went to an impound lot to obtain their belongings from the vehicle. They also denied consuming any alcohol, drugs or medication in the 12 hours before the incident.

Based on information received by MPI, the same vehicle was seen driving erratically, causing damage

to property and colliding with another parked vehicle, nearly hitting a nearby pedestrian. There were also reports the driver was seen stumbling around after the collision and seemed impaired. Open drugs and alcohol were also seized from the vehicle by the police.

Upon being interviewed by SIU investigators, the driver maintained that they have no recollection of the incident, that they were not impaired and did not have any knowledge of how the damage to their vehicle occurred.

Based on the claimant making a false statement, the claim was denied. The estimated cost savings for ratepayers is over \$60,000.

No. 2: Need for speed

An insured individual reported a single-vehicle collision claim, alleging that they hit a bump in the road and lost control of their luxury vehicle while travelling at the posted speed limit of 60 km/h. Unable to regain control, the driver said the car turned sideways and both of the driver's side tires hit the curb.

An SIU investigation was initiated after it was discovered that the damage to the vehicle was too severe for the speed the driver declared they were going when they opened the claim. Data recovered from the car revealed that the driver was in fact travelling 181 km/h at the time of the collision.

The estimated savings of this denied claim is more than \$42,000, and the driver had their licence suspended.

No. 3: Lifting lies

While recovering from a collision, a claimant receiving benefits from MPI's Personal Injury Protection Plan reported that their neck, shoulder and arm pain as well as dizziness, nausea,

and headaches were so severe they were unable to work.

During evaluations, the individual noted that their injuries prevented them from walking or driving more than 30 minutes at a time and lifting more than 5 lbs.

An investigation was initiated, and surveillance revealed the customer performing a number of physical activities, including carrying a full water jug, which weighed over 40 lbs, shoveling snow, operating a wand pressure washer as well as lifting, carrying, and loading a step ladder into their vehicle.

Additionally, the claimant was seen running after a garbage truck, shopping, and driving a vehicle on several occasions with no indication of pain or dizziness.

The claimant's entitlement to income replacement benefits ended because of the investigation, saving ratepayers more than \$57,000.

No. 4: Sneaky keys

An insured customer opened a total theft claim, reporting that they woke up to find their truck had been stolen overnight. They told MPI that two keys existed for the vehicle but one was missing. The known key was in their possession at the time of the theft and no one else had access to it.

The insurance for the vehicle was set to expire the day after the theft allegedly took place and the customer shared that they had already removed the licence plates and was not planning to renew the policy.

The individual also reported the theft to the police – but conflictly told them that they were only given one key when they purchased the vehicle. The police contacted SIU investigators to share their concerns after they recovered the truck the day

after the customer said it was stolen and found that it had been involved in a single-vehicle collision rollover. There were no occupants – and no keys found in it.

A mechanical examination by SIU investigators revealed that two keys were programmed for the truck. The key that the customer turned in had been smashed and unable to be used in the investigation.

Tellingly, the examination also found that the truck ignition, column and immobilizer were intact – meaning that a programmed key was needed to start and run the truck. Data retrieved from the vehicle also showed that prior to the crash it was started with a programmed key.

The claim was denied based on the policyholder making a false statement, saving MPI ratepayers approximately \$43,600.

No. 5: Unsupervised driver

While opening a claim, an insured driver reported that after rear-ending a vehicle, they and their spouse, who they stated was a passenger at the time of the collision, stopped to exchange information with the other driver.

After further investigation and with the help of the statement from the other driver, it was revealed that the first driver was alone in their vehicle, despite licence restrictions requiring them to have a supervising driver with them at all times.

When asked to exchange information, the unsupervised driver had their spouse come to the scene to do so on their behalf. The couple denied any wrongdoing when questioned by SIU investigators and collision data was unable to support their accounts.

The claim was denied based on the policyholder making a false statement and the savings to MPI ratepayers was approximately \$10,200.

get inspired

> MEAL IDEAS



Citrus Marinated Flatiron Steak Salad

- 1/2 cup red onion, thinly sliced
- 1/2 cup cherry tomatoes, halved
- 1/2 cup radish, thinly sliced
- 1/2 cup cucumber, thinly sliced
- 1/2 cup crumbled goat cheese

To make citrus balsamic vinaigrette: Combine orange juice, tangerine juice, orange zest, lemon juice, balsamic vinegar, honey, garlic, Dijon mustard and salt and pepper, to taste. Slowly drizzle in olive oil while whisking vigorously. Set dressing aside.

To make flatiron steak salad: Place flatiron steak in container and add 1 cup citrus balsamic vinaigrette. Marinate in refrigerator at least 30 minutes, or up to 3 hours.

Heat grill to medium-high heat.

Grill steak to desired doneness. Remove from heat and rest 5 minutes before slicing thinly.

In large mixing bowl, combine orange segments, grapefruit segments, baby spinach, red onion, cherry tomatoes, radish and cucumber. Add remaining citrus balsamic vinaigrette, as desired, and toss well to combine.

To serve, divide salad and sliced steak among four plates and top with crumbled goat cheese.

Citrus Balsamic Vinaigrette:

- 1/4 cup Florida Orange Juice
- 1/4 cup Florida Tangerine Juice
- 2 teaspoons Florida Orange zest
- 1/4 cup lemon juice
- 1/2 cup balsamic vinegar
- 2 tablespoons honey
- 2 teaspoons garlic, minced
- 1 tablespoon Dijon mustard
- salt, to taste
- pepper, to taste

Flatiron Steak Salad:

- 1 1/2 pounds flatiron steak
- 2 cups Citrus Balsamic Vinaigrette, divided
- 1/2 cup Florida Orange segments
- 1/2 cup Florida Grapefruit segments
- 2 quarts baby spinach



Citrus Cherry Cobbler

- 3 tablespoons milk

To make cobbler: In medium saucepan, combine cherries and reserved juice, orange juice, sugar, lemon juice and cornstarch. Bring to simmer, stirring constantly. Cook 1 minute and remove from heat. Add butter and stir until melted. Cool and add orange segments and grapefruit segments. Pour filling into baking dish or pie pan.

To make topping: Heat oven to 350 F.

In food processor, combine flour, brown sugar, baking powder and cinnamon. Add butter and pulse until butter is cut into small, pea-sized pieces. Remove flour mixture from food processor and place in mixing bowl. Add egg and milk; stir until just combined. Drop topping mixture by tablespoon over filling until almost covered.

Bake until topping is browned and filling is bubbling and hot. Remove from oven and cool slightly before serving.

Cobbler:

- 4 cups cherries, pitted, juice reserved
- 1/2 cup Florida Orange Juice
- 1 1/2 cups sugar
- 1 tablespoon lemon juice
- 3 tablespoons cornstarch
- 2 tablespoons unsalted butter
- 2 cups Florida Orange segments, seeded
- 1/2 cup Florida Grapefruit segments, seeded

Topping:

- 1 cup all-purpose flour
- 6 tablespoons light brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 3 tablespoons unsalted butter
- 1 large egg, beaten

Exercise as medicine

By Julie Germaine Coram

Exercise is commonly known to be “good for you” and plays a vital role in a healthy lifestyle. However, do you know exercise can treat severe diseases and dangerous conditions?

Yes! Getting active and maintaining a routine that includes regular physical activity isn’t just a solution for weight management but can be used as an additional way to manage certain medical conditions.

For example, diabetes is related to high blood sugar levels, and millions of people are affected by this around the world. When one exercises, glucose is used by our muscles for energy as fuel, which helps maintain an optimal blood sugar level. Insulin sensitivity is also improved when you work out, a way once again to regulate blood sugar levels. Truth: I had a client whose doctor wanted to put her on medication to manage diabetes but agreed to wait three months while the patient tried to get healthier. We did it! She completely turned her diagnosis around with the nutritional tips and exercise routine we developed together.

I always recommend speaking with your doctor before starting a new fitness routine, but some simple activities you can try to incorporate to see these benefits include walking, swimming, playing casual sports, or going for a bike ride. Remember that making a change doesn’t have



Julie Germaine Coram

to be painful or extreme. Small steps towards more movement every day add up quickly.

Want help getting started or to ask me your nutrition or fitness questions? Please email me julie@juliegermaine.fit

Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. Coach Julie has helped tens of thousands of men and women improve their health since 2005. Visit juliegermaine.com or www.calendly.com/juliegermaine



Tart Cherry Superfood Banana Splits

- 1/2 cup frozen tart cherries, thawed
- Place chocolate chips in bowl.

In saucepan over medium heat, bring tart cherry juice to simmer about 20 minutes until reduced to 2/3 cup.

Pour juice into bowl and mix until chocolate chips are melted and sauce is smooth.

Cut bananas in half lengthwise and place on two plates. Spoon 1/2 cup Greek yogurt on each banana then drizzle with 2 tablespoons almond butter and 2 tablespoons tart cherry chocolate sauce.

Sprinkle 2 tablespoons granola, 2 tablespoons dried tart cherries and 1/4 cup thawed frozen tart cherries on top of each banana split.

Note: Leftover tart cherry chocolate sauce can be stored in airtight container in refrigerator for later use.

Recipe courtesy of Hannah Zimmerman of Bite Sized Studio on behalf of the U.S. Tart Cherry Industry

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 2

1/2 cup dark chocolate chips

2 cups tart cherry juice

2 ripe bananas

1 cup vanilla Greek yogurt

1/4 cup almond butter

1/4 cup granola

1/4 cup dried tart cherries

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Email rjchubbartley@hotmail.com
Lowest bid not necessarily accepted.
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take a break > GAMES

SUDOKU

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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

Level: Intermediate

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Sudoku Answer

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

Crossword Answer

| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | S | S | | S | E | E | O | V | | | | | | | | |
| P | E | S | | D | E | N | O | V | | | | | | | | |
| V | A | I | S | | D | E | N | I | V | | | | | | | |
| C | I | B | O | | D | E | T | I | R | | | | | | | |
| S | T | O | E | L | | G | I | L | O | R | V | A | | | | |
| E | O | R | N | O | W | N | A | T | I | R | V | A | | | | |
| | | | | V | R | E | | N | V | M | | | | | | |
| | | | | S | I | D | | R | E | | | | | | | |
| | | | | S | D | R | V | H | C | O | I | R | H | I | E | K |
| | | | | A | C | N | V | C | V | A | | G | E | W | I | R |
| | | | | N | R | V | E | T | E | R | | N | V | O | M | |
| | | | | R | V | T | O | D | | | | T | O | B | | |
| | | | | V | A | I | V | S | | | | T | O | B | | |
| | | | | T | O | T | O | | | | | S | B | E | | |

X CROSSWORD

- CLUES ACROSS**
- Gene type
 - Persian male given name
 - Type of protection
 - Cloud
 - One who returns to life
 - Gym class
 - General's assistant (abbr.)
 - Baby's dining accessory
 - Enchantress
 - Prefix denoting "in a"
 - Spiritual leader
 - Cavities
 - Relative biological effectiveness (abbr.)
 - Foot (Latin)
 - Sweet potato
 - Pharaoh of Lower Egypt
 - Land
 - More inquisitive
 - Dog breed: __ Apso
 - Stood up
 - Direct and uninhibited
 - Authorless
 - Blocking type of drug (abbr.)
 - Retrospective analysis (abbr.)
 - Root mean square (abbr.)
 - Macaws
 - Actress Remini
 - Polynesian wrapped skirt
 - City of Angels hoops team (abbr.)
 - Fitzgerald and Baker are two
 - Bowling alley must-have
 - A way to cool down
 - Ethnic group in Asia
 - A way to alter
 - Set of five
 - Removes from the record
 - Dummies
 - Set period in office
- CLUES DOWN**
- DC Comics superhero
 - Brew
 - Play
 - Single-celled animals

| | | | | | | | | | | | | |
|----|---|---|---|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | | | | 4 | 5 | 6 | 7 | | | |
| 8 | | | 9 | | | | 10 | | | | | |
| 11 | | | | | | | 12 | | | | | |
| 13 | | | | 14 | | | 15 | | | | | |
| 16 | | | | | | | 17 | | | | | |
| 18 | | | | | 19 | 20 | | | | | | |
| | | | | | 21 | | | 22 | | | | |
| | | | | | 23 | | | 24 | | | | |
| | | | | | 25 | | | 26 | | | | |
| | | | | | 27 | | | | | | | |
| | | | | | | | | 29 | 30 | 31 | 32 | 33 |
| | | | | | | | | | 35 | | | |
| 36 | | | | | | | | | 37 | | | |
| 38 | | | | | | | | | | | 39 | |
| 40 | | | | | | | | | | | 41 | |
| 42 | | | | | | | | | | | | 43 |

- Rough to the touch
- Small island (British)
- Often noted alongside cons
- Preparation of rootstock
- Atomic #44
- Egyptian unit of capacity
- About secretary
- Particular groups
- Poke fun at
- Make certain that something occurs
- Financial term
- Justify
- Arbiter
- 007's creato
- Czech name for Prague
- Groans
- American time
- No seats available
- __ Stahl, journalist
- Cleft lip
- Talk incessantly
- Expresses atomic and molecular weights (abbr.)
- A part of a river where the current is very fast
- Curdled milk
- Running competitions
- A team's best pitcher
- Carthaginian explorer
- World-renowned city
- Most common Japanese surname
- The bill in a restaurant
- They __
- City of Angels football team (abbr.)
- Distinctive practice
- One quintillion bytes

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CARD OF THANKS



I would like to thank my family and friends for the cards and well wishes and for attending my 90th Birthday Party on January 27th. Special thank you to my family for putting on such a wonderful celebration for me!
-Niel Unger

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OBITUARY



Madeline Dorothy Fraser

Madeline was born on July 8, 1934 to Bill and Esther Middleton. She was the youngest of four. She passed away peacefully on February 8, 2024 at the Carman Memorial Hospital.

She is survived by her son Greg and her sister-in-law Lorraine Middleton, as well as many nieces, nephews and friends.

She was predeceased by her husband Cameron (Mick), her parents Bill and Esther, her in-laws Alex and Clover Fraser, her brothers Arnold and Dean and her sister Ellen.

A private family service will be held at Doyle's Funeral Home. Interment will take place in the Greenwood Cemetery Columbarium, Carman.

The family wish to express their thanks to Dr. Atchison and to "her girls" at the hospital for the great care and the little extras that she received.

In lieu of flowers donations can be made to the Carman Health Auxiliary, Box 2268, Carman, MB, R0G 0J0.

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in care of arrangements
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Vida Venter

Vida was born to I.J. and Emily Marais on the 5th of April, 1922 in Paul Roux, South Africa. Along with two siblings, Leon and Adri, she attended the local primary school, where her father served as principal, and completed her secondary education in Bethlehem, South Africa, matriculating with excellent grades. Though it was relatively rare for young South African women to do so at the time, she decided to pursue a tertiary education. She studied English literature at the University of Bloemfontein, which had offered her a full scholarship.

Upon graduating, she moved to Pretoria, where she worked in the South African government's Translation Bureau during the final years of World War II, becoming an accomplished typist and writer of shorthand.

After the war she accepted an offer to become the editor of an Afrikaans art magazine based in Johannesburg. It was here where, at a youth function, she met Hentie Venter, a young accountant. They fell in love, got married, and moved to Potchefstroom, where both of them earned their Bachelor of Education. After a short and unrewarding stint as a teacher, Vida accepted a job at the library of the Potchefstroom University of Christian Higher Education. She soon decided to study Library Science, and after earning her degree, started working in the catalogue room at the university library. She excelled at this work; her knowledge and competence were reportedly legendary. Rising through the ranks, she became the head of the library's catalogue department, and eventually vice librarian. She loved her work and continued in her position even after she had reached retirement age. Over time, she gained an extraordinarily broad general knowledge, as well as a working familiarity with several languages, including German and French.

In Potchefstroom, Vida took time from her work at the library to raise twin boys, Hennie and Marais, and a daughter, Emily. A loving mother, she eventually became a grandma who adored her grandchildren and later also her great-grandchildren.

In retirement, she continued to read but also occupied herself with pastimes like crossword puzzles and hobbies like sewing. She and Hentie were the founding members of the Potchefstroom chapter of the Dendrological Society.

In 2002, Vida and Hentie emigrated to Canada, joining Hennie and his wife Lorinda in Shoal Lake. Here, Hentie began to show signs of dementia. As his condition worsened over the years, Vida continued to take care of him with patience and tenderness.

After Hentie's death in 2012, Vida moved in with Emily's family in Winnipeg. She eventually moved with them to Graysville, Manitoba, where she spent the last years of her life. She died on the 4th of February, 2024 at the age of 101. She is mourned by her children Marais (Adri), Hennie (Lorinda), Emmie (Sias). She also leaves behind her loving grandchildren Hentie (Janice), Vida (Geoff), Elsie, Hendrik (Elizabeth), Sias (Nadia), Willem (Emma), and her great-grandchildren, Evey, Celia, Mila, Anneke, Emily, and Felix.

Funeral service was held on Thursday, February 8, 2024 at 2:00 p.m. at Doyle's Funeral Home, Carman. Interment will take place in the Riverside Cemetery, Graysville.

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The gift of an inheritance almost always comes with a loss. Consequently, it's normal to feel confused, upset and overwhelmed. The last thing you want is to make financial decisions while in shock. If needed, put the assets in a high-interest savings account to give yourself time to grieve. That way, you won't regret rushing into any major purchases.

Once you're ready to take the next step, hire a financial adviser to help you create a plan about how to work your inheritance into your life. For example, you could pay off debt, save for retire-

ment or put money into your children's higher education fund. You may also want to establish an emergency fund with at least three to six months of living expenses.

Moreover, don't feel bad about using some of the inheritance money to treat yourself. After all, your loved one wanted the best for you. For instance, you could use some money to take a trip or buy your dream car. The most important thing is to be intentional about how you spend the money.

Kimberley Jensen is the founder of Victorious Financial Services. Our goal is to give you comfort and confidence when it comes to your financial future. We work with you in the following areas:

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With over fifteen years of experience, Kimberley is passionate about planning and is a strong advocate that everyone should have a written financial and retirement plan. Kimberley loves to learn and has earned the Certified Health Insurance Specialist, Registered Retirement Consultant, and Certified Financial Planner designations. She is always learning and is currently completing her Chartered Life Underwriter designation. When we work together, we take an interactive approach. Building a strong relationship based on a foundation of trust is important to us. We take the time to learn more about your goals and objectives and really understand what is important to you. From there, we collect relevant data to create your custom plan and set expectations for implementation and reviews. Kimberley's purpose for her business is to develop meaningful and trusted relationships with communities and clients while giving back time, talents, and treasures. We believe we can create excellence together because we care about you and your legacy!



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