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STANDARD

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EDITION 14

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End of an era

STANDARD PHOTO BY DENNIS YOUNG

Town of Carman Mayor Bruce Owen presented CAO Cheryl Young with her own street sign for her backyard in honour of her 47 years and retirement from the town.

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Morden/Winkler & Area Residents

Information session

Are you interested in finding out more about the Boundary Trails Health Centre expansion project?

April 13, 2023
4:00-6:00 p.m.
Presentation at 4:30 p.m.

Days Inn & Suites
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Winkler



Résidents de Morden/Winkler et environs

Séance d'information

Vous souhaitez en savoir plus sur le projet d'agrandissement du Boundary Trails Health Centre?

Le 13 avril 2023
16 h à 18 h
Présentation à 16 h 30

Days Inn & Suites
940, rue Navigator
Winkler

Donations needed for wheelchair fundraiser

By Ty Dilello

The Double Z Arena near Roseisle will host Alyssa's Fun Day Fundraiser, a fun and games horse day, on June 10 at 10:30 am.

All of the proceeds raised will be going towards a new wheelchair for Alyssa Selman, who was a former racehorse jockey in Winnipeg.

Selman was racing at the Assiniboine Downs in 2015 when she was thrown from her horse. The horse in front of Selman, and the horse she was riding, tapped hooves mid-stride, sending her horse tumbling forward and Selman hard into the ground.

Selman was paralyzed at the T5; she uses her arms but cannot move from the chest down.

"We are doing this fundraiser to be able to purchase her a new wheelchair," said organizer Bailey McElroy. "Being an extremely small person at barely over 80 lbs, she needs a specific wheelchair that is light enough for her to lift in and out of vehicles by herself. It is very important to her to be able to maintain a level of independence as a single mom."

The Fun Day at the Double Z Arena will consist of participants and their horses having fun and playing

horseback games. There will also be a 50/50 and silent auction, and organizers hope to have some more stuff confirmed later in April.

"I have great friends and family that are putting this together for me," said Selman. "My wheelchair is on its last legs as everything is worn out and barely holding on."

The Fun Day organizers hope to attract an audience to cheer them on and enjoy some laughs. They are still looking for silent auction donations and donations to give to participants. They are also welcoming cash and cheque donations to go towards the wheelchair.

"I have only been friends with Alyssa for seven years, and I feel like I have known her for her whole life," said McElroy. "Alyssa is a kind, smart, hard worker, and extremely independent. She actually taught my oldest daughter to ride horses too. So anything we can do to help make her life easier, we want to do, so that's why we want to have this fundraiser and get her a new wheelchair."

If anyone is interested in helping or donating, please get in touch with Bailey McElroy at 204-750-0293.



STANDARD PHOTO BY CAREY LEE

The Double Z Arena near Roseisle will be hosting Alyssa's Fun Day Fundraiser, a fun and games horse day on June 10 at 10:30 am. The fundraiser is to get Alyssa Selman a new wheelchair



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Town of Carman & RM of Dufferin



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Carman's CAO retires after 47 years

By Jennifer McFee

It's the end of an era for the Town of Carman.

Longstanding CAO Cheryl Young is embarking on her retirement after nearly five decades of service.

Young launched her career in 1976 at the age of 17, working as a stenographer for almost two years. Over the years, she pursued training and rose through the ranks to fill roles of assistant secretary treasurer, secretary treasurer, municipal administrator and chief administrative officer. She held the position equivalent of CAO since 1992.

"The Town of Carman was my passion — serving our community and making it a better place to live or visit," she said.

"One thing I am proud of is the relationship the Town of Carman and the RM of Dufferin have built over the years. Not many municipalities share the services that we do, and we are the envy of many."

After working her last day on March 24, Young anticipates she'll miss the town employees most of all.

"There is an awesome team that are as passionate about their jobs as I was," she said.

Many members of that team came out to celebrate at a retirement party on March 24 at the Ladies Legion Auxiliary Hall, along with others who crossed paths with Young over the years. For those who couldn't attend, many sent heartfelt notes to be read at the festivities.

"My retirement party was awesome and I was surprised people came out," she said.

"I hate being the centre of attention, but I was very humbled with all the kind words from my peers, staff, council and community."

At the event, economic development officer Tyler King shared his reflections on Young's lengthy career.

"Cheryl had the opportunity to work for six mayors, 39 different councillors and with many staff in her building, the water plant, recreation



Young cutting the cake.

and town shop. Many who were able to learn from her experiences and expertise," he said.

"Through her 47 years with the town, she made Carman a pleasant place to live."

Carman Mayor Brent Owen commended Young for her patient approach to helping others.

"They say patience is a virtue. I cannot grasp how much patience this lady has exhibited over the years," he said.

"Elections bring new people with lots to learn, overseeing staff in many departments, the day-to-day operations of our town, all the while working underneath council — all done with passion and commitment to our community."

Former CAO Linda Baleja summed up Young's career in two words: efficient and dedicated.

"Cheryl did not miss deadlines. She didn't leave work on the backburner to finish another time. Things were done on time, and they were done correctly," she recalled of the 14 years she worked with Young.

"And I am positive that has not changed and that Cheryl will be leaving the town with financial and administrative records that are up to date and in perfect order. I also know and appreciate the dedication, the



STANDARD PHOTOS SUBMITTED

Cheryl and Dennis Young with Town of Carman foreman Joe Richardson, left,

heart and soul that you have put into your 47 years of service to this community."

Similarly, former councillor Jane Swanton recalls Young's impact and expertise.

"My first term, Cheryl spent hours helping me learn the ropes. She was so good at keeping us on track. ... Everyone who works at a job for an extended length of time knows that

your job description just keeps growing," she said.

"Cheryl's started as a one-page document and ended up an entire binder."

Former reeve George Gray also expressed appreciation and respect for Young.

"The town and RM's shared entities that they enjoy today can be traced

Continued on page 5



Linda Baleja former RM of Dufferin CAO was on hand to congratulate Cheryl.



Cheryl with former Mayor Murray Rinn.

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Province skips a week of respiratory surveillance reporting

By Patricia Barrett

The provincial government did not release its respiratory surveillance report on COVID and other respiratory viruses last Friday (March 31), which would have been reporting Week 12 (March 19-25).

The surveillance reports provide information on new COVID infections detected by restricted PCR testing, new hospitalizations and new deaths, as well as new influenza and respiratory syncytial virus (RSV) infections.

A notice on the province's surveillance report website said the next report will be issued on April 6.

There were 155 new COVID infections reported in Week 11 (March 12-18), as well as 49 new hospitalizations with six ICU admissions. No new COVID deaths were reported that week. Wastewater surveillance data for Winnipeg and Brandon up to March 14 indicated sustained COVID activity.

Because of the delay in reporting, or no new deaths to report, Manitoba's COVID death toll remains at 2,470 as of March 18, according to the federal government's COVID webpage. Canada's death toll now stands at 51,930.

Other health news:

-The number of pediatric patients in the intensive care unit at the Children's Hospital in Winnipeg has increased because of a "resurgence in respiratory illness" circulating in the province, and some surgical procedures considered non-urgent may be postponed, according to provincial Shared Health in a March 30 statement on its website.

"There were 17 pediatric patients receiving intensive care this morning. The normal baseline capacity for the pediatric ICU (PICU) is nine," says the statement. "A significant number of these patients were experiencing medically complex cases that were further complicated by respiratory illness, including infants and young children."

Shared Health said it's deploying about 10 staff – including some from

Table 1. Newly reported and cumulative COVID-19 confirmed cases and deaths, by WHO Region, as of 19 March 2023**

WHO Region	New cases in last 28 days (%)	Change in new cases in last 28 days *	Cumulative cases (%)	New deaths in last 28 days (%)	Change in new deaths in last 28 days *	Cumulative deaths (%)
Europe	1 516 637 (41%)	9%	274 323 490 (36%)	9607 (37%)	-15%	2 202 559 (32%)
Americas	1 195 582 (32%)	-28%	191 176 559 (25%)	11 706 (45%)	-38%	2 939 344 (43%)
Western Pacific	966 810 (26%)	-58%	201 888 145 (27%)	4289 (16%)	-76%	407 958 (6%)
Eastern Mediterranean	28 236 (1%)	89%	23 281 781 (3%)	366 (1%)	68%	349 821 (5%)
South-East Asia	18 745 (1%)	70%	60 782 274 (8%)	156 (1%)	-24%	803 958 (12%)
Africa	12 565 (<1%)	-43%	9 509 869 (1%)	23 (<1%)	-57%	175 315 (3%)
Global	3 738 575 (100%)	-31%	760 962 882 (100%)	26 147 (100%)	-46%	6 878 968 (100%)

*Percent change in the number of newly confirmed cases/deaths in the past 28 days, compared to 28 days prior. Data from previous weeks are updated continuously with adjustments received from countries.

WORLD HEALTH ORGANIZATION COVID-19 WEEKLY EPIDEMIOLOGICAL UPDATE New COVID cases and deaths worldwide as of March 19.

pediatric surgical and recovery units – to PICU in response to the increased pressure.

"While all urgent and life-threatening surgeries will continue to be performed, these staffing moves may result in the postponement of some non-urgent procedures," says the statement.

Patient volumes in the children's ER remain "relatively stable" but the number of patients visiting the ER with influenza-like symptoms has increased in the past two weeks, from a low of 22 on March 18 to 47 on March 29.

There were 51 patients in the neonatal ICU (NICU) on the morning of March 30, says the statement.

-The World Health Organization reported over 3.7 million new COVID cases and over 26,000 deaths globally between Feb. 20 and March 19. The latest numbers are underestimates of the true number of infections as a result of reductions in testing and reporting delays by countries.

As of 19 March, there have been a total of 760 million confirmed COVID cases worldwide and over 6.8 million deaths.

The highest numbers of new 28-day COVID cases were reported from the United States (792,202 new cases),

the Russian Federation (339,564 new cases), China (320,029 new cases), Japan (291,672 new cases) and Germany (281,468 new cases).

The highest numbers of new 28-day COVID deaths were reported from the United States (8,187 new deaths), the United Kingdom (2,474 new deaths), Japan (1,898 new deaths), Brazil (1,587 new deaths) and China (1,472 new deaths).

Canada reported 628 new deaths (1.7 new deaths per 100 000) over that period.

XBB continues to lead the pack of omicron subvariants on which the WHO is keeping an eye. XBB increased from 5.7 per cent in epidemiological Week 5 to 12.5 per cent in Week 9. XBB has now been detected in 119 countries. XBB.1.5 has been detected in 85 countries.

-Health Canada issued a recall on March 30 for Komera Original's Seasoned Hot Pepper Sauce because of Clostridium botulinum toxin.

The symptoms include facial paralysis, loss of facial expression, unreactive pupils, difficulty swallowing, blurred vision and slurred speech. Botulism does not cause a fever. In severe cases people can die.

The product was sold in Manitoba, Alberta and Quebec, as well as online.

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Manitoba government extends clinic hours, adds 80 physician-training seats

By Manitoba government

The Manitoba government is helping heal the health-care system by launching a new premium for physicians who offer extended hours in family medicine and pediatric clinics, adding 80 physician-training seats, and providing mental-health supports to doctors, Health Minister Audrey Gordon and Advanced Education and Training Minister Sarah Guillemard announced Monday.

“Our government is making significant investments to heal health care and we know that physicians will be essential in that healing process,” said Gordon. “We recognize the enormous contributions of primary-care providers and pediatricians and the care they provide to Manitobans. Providing an incentive to extend clinic hours will make accessing care more convenient and timely, while taking pressure off emergency departments and urgent care centres so the health-care system functions more efficiently overall.”

Gordon noted the changes announced today fulfil promises laid out in the Health Human Resource

Action Plan.

Effective Feb. 1, family medicine and pediatric clinics offering extended hours can receive a 20 per cent premium on extended hour billings. This change will help ensure primary-care providers and pediatricians are readily available, Gordon noted. Eligible extended hours, which can be used to see existing patients or take walk-ins, are considered weekdays from 6 a.m. to 8 a.m. and 5 p.m. to midnight, and weekends and recognized holidays from 7 a.m. to midnight.

Participating clinics have been asked to advertise or promote extended hours and availability, Gordon said, adding that the Manitoba government will work with Doctors Manitoba to ensure the new premium will help increase overall capacity in the health-care system.

“The actions the government is announcing today all directly respond to advice we’ve offered on behalf of physicians,” said Dr. Candace Bradshaw, president, Doctors Manitoba. “From an innovative and unique-in-Canada approach to help clinics with

extending their hours, to a significant expansion in medical training, to new resources for supporting physician wellness and avoiding burnout, all three of these actions will help to support better access to medical care for Manitobans.”

The Manitoba government will also provide funding for 40 new undergraduate physician-training seats, a 10-seat increase in the one-year international medical graduate program and 30 seats in the two-year post-graduate medical education program for internationally educated medical students.

“This is an incredible opportunity for Manitoba, so prospective physicians can find a place to learn and grow in their chosen career path in the province,” said Guillemard. “The Manitoba government will be investing in the education of those who will provide care to Manitobans for years into the future, recognizing that our workforce needs to attract students from Manitoba, across the country and around the world. This work will also support the overall goal of adding 2,000 health-care providers as part of our government’s Health Human Resource Action Plan.”

This funding will ensure access to

undergraduate medical education programs will keep pace with Manitoba’s population growth, while supporting a sustainable and growing number of physician graduates able to work in the province’s health-care system, Guillemard added.

Additionally, the Manitoba government is investing in physician retention by supporting overall physician health and wellness through a \$450,000 contribution to the Physician Peer Support program run by Doctors Manitoba. The program offers peer support networks and training for peer supporters, as the support of colleagues has been shown to improve overall wellness and help reduce the risk of burnout. This funding will help ensure the program can continue and expand to meet the changing needs of physicians, the ministers noted, as recommended at a rural and northern summit hosted by Doctors Manitoba and the Manitoba Chambers of Commerce last fall.

These investments are part of the Manitoba government’s Health Human Resource Action Plan, a \$200-million initiative announced in November 2022 to help retain, train and recruit 2,000 health-care workers.

> CAO RETIRES, FROM PG. 3

back to a very capable involvement of Cheryl. Any discussions involving both councils, Cheryl was the go-to person with her door always open to accommodate what needed to be done,” he said.

“Her accomplishments to the community are many and helped it in a positive manner over her span of time.”

Former reeve Shawn McCutcheon also shared gratitude with Young for the 47 years she worked for the town.

“For those of us who have lived our entire lives in this community, we recognize the time, effort and love you have put into your career working for the Town of Carman. There are not many people who, at the end of their work lives, can look back on the legacy you have left,” he said.

“Working with so many different mayors, councillors, politicians and community leaders, you were the common thread that helped guide our community through a remarkable time. There have been so many big projects and events during your tenure. Our community looks very different than when you started working for the town 47 years ago, and you have been an important part of that transformation.”

Richard Bouvier of Municipal Solutions also shared a few sentiments with Young.

“I spent a lot of years during my ca-



Former councillor Jane Swanton was on hand to celebrate with Cheryl.

reer and in my retirement attending to municipalities who were having difficulties,” he said.

“I am pleased to advise that the Town of Carman was not one of them and, in large part, that is due to your knowledge and dedication to your profession.”

Looking ahead to the next chapter of her journey, Young said she and her husband Dennis don’t have any immediate plans for her retirement but they’re ready to enjoy life’s adventures.

“I love gardening so I will be spending time in our yard. We have a beautiful grandson that will require a lot of my attention,” Young said.

“We always talked about taking day trips and exploring our province — there is no excuse now.”

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The Flying Froebes... Part 3

By Dennis Young

On July 17, 2018, Homewood residents held a reunion to welcome their past and honour the legendary inventors Douglas, Theodore/Deed and Nicholas Froebe. Support from the community led to a cairn that identifies Homewood as the site of the Froebe Brothers' Helicopter, the first to fly in Canada.

The Froebe brothers tinkered as backyard mechanics through the 30s with machinery of all kinds but focused on their utmost interest in the homebuilt aircraft. The brothers turned their energies to solving the problem of building a helicopter in 1937 when they put together a sturdy twin-rotor contra-rotating machine handcrafted or adapted with parts salvaged from automotive or farm machinery.

With flight duration logged at four hours and five minutes, it was Canada's first controlled manned vertical flight. Unfortunately, the test flights ended on March 2, 1939, after limited success in solving vibration.

After an effort to sell their design to the U.S. Navy during the Second World War failed, their prototype was

stored at the family farm and eventually donated to the Royal Aviation Museum of Western Canada in Winnipeg, where it resides today along with notebooks, logbook and letters providing a vivid picture of the pioneering flights.

Deed was killed in the crash of a Heath Parasol in 1943, attempting acrobatics, and Nic died in 1959 while crop dusting. Doug moved to California but returned to Homewood to carry out experiments. He passed in 1994.

Readers, please Google "The Froebe Helicopter - CTV News Winnipeg" for a great history lesson via video from the Museum.

Charlie Froebe wraps it up: "When Uncle Doug came up with a plan to build a helicopter, he worked with my Dad Nic, the mechanic and Uncle Deed, the daredevil. They scrounged anything they could from their junk piles. Their shop and two houses were built with flat roofs so they could land on them even. They envisioned the world as the cartoons showed everyone flying up and down streets. Truly visionaries.



STANDARD PHOTO SUBMITTED

A cairn was erected near the site in Homewood where Nicholas, Douglas and Theodore Froebe designed, built and flew Canada's first helicopter.

New angling regulations April 1

Submitted by Manitoba government

Manitobans and visitors will be able to enjoy year-round fishing opportunities for certain species across the province starting April 1, Natural Resources and Northern Development Minister Greg Nesbitt announced Wednesday.

"As new regulations come into effect, anglers will be able to experience a whole new fishing adventure," said Nesbitt. "It's exciting to be able to catch species such as northern pike and smallmouth bass during a time that has traditionally been closed. The Manitoba government encourages everyone to explore the province's world-class fisheries."

Walleye fishing will be closed starting April 3 this season. The walleye fishing season opens in the Southern fishing division on May 13, except on Lake Winnipeg, which opens one week later on May 20, and in the Northwest and North Central fishing divisions, which will also open May 20. Anglers must not target species during closed times.

Some areas will be closed to all fishing this spring to protect spawning stocks including the Red River between Lockport Dam and Lake Winnipeg, Dauphin Lake and its

tributaries, excluding the Vermilion Reservoir, and the Assiniboine River downstream of the Portage Diversion to Provincial Road 240.

New angling licences can be purchased online and at participating vendors starting April 1. Annual licences will be valid starting May 1 and new one-day angling licences will be valid for chosen dates. Fee changes will align with new licence types.

Anglers will now be able to carry angling licences on an electronic device or as a printed copy and must be able to show proof of licensing upon request. All anglers are required to obtain a Manitoba angling licence to fish in the province, unless exempt or fishing within a federal park.

Manitoba seniors, active military members and veterans who reside in Manitoba do not require an angling licence to fish, but must show proof of age, residency and identification.

For more information on fishing regulations refer to the 2023 Manitoba Anglers' Guide, available online at www.manitobafisheries.com or in stores where angling licences are sold.

For more information or to purchase an angling licence, visit: www.manitobaelicensing.ca.

Helping Build Stronger Communities



More than 400 community groups are building, repairing and enhancing projects big and small, thanks to funding from the new Arts, Culture and Sports in Community Fund.

Your turn could be next, but hurry – applications close as soon as **April 17, 2023**.

To find out if you qualify for capital funding or special initiative projects, go to www.gov.mb.ca/chc/

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Over \$123 million invested in initiatives to retain and recruit nurses

Building health
human resource
capacity strengthens
health-care system

By the Manitoba government

The Manitoba government is investing over \$123 million in nine initiatives to retain, recruit and support nurses building on its commitment to end mandated overtime and add 2,000 health-care professionals through the Health Human Resource Action Plan, Health Minister Audrey Gordon announced Friday.

"Nurses are an incredibly valued member of the health-care workforce who provide critical services under sometimes extraordinary pressures," said Gordon. "These incentives improve nurse staffing where there are high demands and needs in the health-care system such as weekend coverage. We are already beginning to see positive results from these strategic investments and I want to assure all of Manitoba's health-care providers that more supports are on the way as the Health Human Resource Action Plan is rolled out."

The minister noted incentives for nurses include:

- a new hourly premium for nurses who work weekend hours;
- a new annual payment for nurses

who hold the equivalent of a full-time position, as this helps to build more stability in the workforce;

- reimbursing the costs of nurses' professional licensing fees;

- an annual incentive for nurses who are eligible to retire but choose to remain in the workforce for up to an additional two years, to retain valued expertise and build capacity as new nurses are recruited into the workforce;

- an incentive for nurses who have previously left the profession but choose to return to the workforce;

- a new refer-a-nurse program for current nurses who refer a prospective nurse to a Manitoba employer;

- a provincial float pool to support nurse staffing needs across the province;

- a travel nurse incentive which will provide an additional hourly premium for nurses who travel to work in remote locations; and

- a wellness incentive, which adds additional funds to the health spending accounts of full and part-time nurses to help to cover the costs of eligible expenses.

"The Winnipeg Regional Health Authority is experiencing higher staff vacancies as we emerge from the COVID-19 pandemic as is the case across Canada," said Mike Nader, president and chief executive officer, Winnipeg Regional Health Authority. "We are beginning to see positive uptake on these new incentives. We thank the

Manitoba government for this significant investment in support of the recruitment and retention of nurses in Winnipeg.

The minister noted that supporting the health and wellness of nurses who are providing care to others is a priority and the new wellness incentive is one of several projects underway to improve the work environment, safety and well-being of all nurses in Manitoba. The Manitoba government is consulting with stakeholders, including the Manitoba Nurses Union, to design additional programs to support the well-being of nurses, including mentorship and peer support, with more details to be provided when finalized.

"We view this announcement as a very necessary and positive step in addressing the significant recruitment and retention issues for Manitoba's nurses," said Darlene Jackson, president, Manitoba Nurses Union. "We will always work diligently and share our ideas and approaches to get our health-care system back to where it needs to be. Nurses are problem solvers and we are anxious to develop and see the implementation of further effective measures for all nurses to solve the many challenges of our nursing human resource crisis."

These programs and incentives are part of the Health Human Resource Action Plan, which launched in November 2022 with a commitment to add 2,000 health-care providers, in-

vest \$200 million to retain, train and recruit health-care staff across the province, and eliminate mandated overtime. Since that time, more than 330 new health-care providers have been hired including nurses, health-care aides, physicians and other staff who provide bedside care.

Letter to the editor

Where is the
customer service?

After Bell took over MTS, it seems service in rural areas has been declining. Some of us do not have or cannot afford cell phones.

I feel if our phones are out of service for more than a day or so, we should be supplied with a temporary phone or at least be notified.

We still have to pay our bills without the service.

Out of service a week or more at a time, two times in the last six months.

- Vern Redekopp
Barnsely

Flashback....Toastmasters, a toast to men

By Dennis Young

The organization grew from a single club founded in 1924 at a YMCA in Santa Ana, California. It originated as a set of classes to improve the communication skills of young men. Toastmasters International was incorporated on Dec. 19, 1932, and the first international chapter was established in Vancouver in 1932. The organization began admitting women in 1973.

Clubs have a set of requirements leading to Chartered status, which allows clubs to use the names, promotional material and programme of Toastmasters International. Toastmasters International places a large emphasis on building its members' public speaking and leadership skills.

Meetings of clubs are based around a set of organized speeches. Speakers are given feedback, often by a more experienced member, who then gives an impromptu speech with construc-

tive feedback based on their performance.

Parts of the meetings are devoted to Table Topics, which are impromptu speeches assigned on the spot by a Topics Master. This goal is to think on one's feet with minimal preparation. Some clubs ask attendees to vote on who gave the best speech.

A competition known as the Toastmasters International World Champion of Public Speaking is held annually at Convention. It started in 1938 and has involved over 33,000 participants in 141 countries, making it the world's largest oratory contest.

Throughout its history, Toastmasters has served over four million people, and today the organization serves over 364,000 members in 145 countries through its 16,200 member clubs. Carman's club folded in 1975.

This reporter is still researching Carman's history of this Club.



From the left: District Governor Jim Tomko and Area Governor Ernie Croder install the 1974 Executive of the Boyne Valley Toastmasters Club. President Wayne Hall, Paul Klassen, Frank Graboweski, Lawrence Aubin and Doug Livingston. Absent was Don Bargaen.

Pembina Counselling Centre marking 30 years of service

By Lorne Stelmach

Pembina Counselling Centre is celebrating a pair of milestones this month.

It is the 30th anniversary of the founding of the organization as well as the 25th year of involvement for Paul Penner, so both are being recognized with a special event April 13.

It has especially been quite a journey for Penner, who recalled in his first year at the centre when they had just 431 appointments. In comparison, for 2023 they have budgeted for around 4,500 appointments.

"So that is huge growth ... we never had thought ... we just kept thinking we hoped we could keep the doors open," joked Penner, who has not only worked as a counsellor but also previously served as the centre's executive director and more recently its clinical director. "It's been steady, gradual growth."

"The growth has been gradual, but I came on in 2019 just prior to the pandemic ... and in the last three years, we've had dramatic growth," said executive director Chris Derksen, who noted they went from about 2,200 appointments in 2020 to just shy of 4,000 by the end of 2022. "So that was dramatic. We went from three counsellors to seven, and we could probably hire another for this year."

Penner reflected back on their beginnings and particularly recalled early on getting key support from a prominent local businessman.

"They believed in what we were wanting to offer to the community, and he cut me a big cheque to help us have a bit of a buffer in our bank account, so that was huge.

"We believed the area would benefit from a professional counselling centre, values-based, and we wanted the freedom to talk about whatever people wanted to talk about ... we really wanted to be responsive to whatever issues people had," he continued. "People did use the service, and it kept growing. Our calendar always got a little fuller. Over the years we had to add counselling hours, so we contracted with other professionals and they came on board.

"When we think about the trust the community gave us, we value that very highly," said Penner, who went on to ponder the question of how do they know if they're making a difference?

"If we can connect with people, that's a good thing; if people can connect with themselves because we're connecting with them, and they're connecting things in their own mind ... and if they connect with others that they're in relationships, if they connect with God.

"We realized connection is everything. We want to connect with the people who come in ... we believe everyone's story is worth understanding, and there is always a story. They need to feel safe enough that they can tell that story, so we create that environment for them.

"When people come, they need to know that they're worth understanding and secondly that there is always a choice they can make that's good for them."

Penner reiterated how important the community support has been to them over the years.

"The community has always sup-



STANDARD PHOTO BY LORNE STELMACH

Pembina Counselling Centre executive director Chris Derksen (right) with Paul Penner, who is celebrating 25 years with the agency. The centre, meanwhile, turns 30 this year.

ported our vision and our mission," he said. "We've always been about 50 per cent funded by client income and 50 per cent by our donor support base, so as we've grown, that's had to grow.

"We have a great team, and all of us have bought into the brand that we want the community to experience when they visit us," he added.

Derksen observed that the pandemic period clearly had a significant impact on people and that it was a large part of what has boosted their numbers.

"I think the pandemic was a bit of a trigger. A lot of people were and have been dealing anxiety from that and all of the issues surrounding it," he said. "I also think the stigma of going to someone for help to deal with struggles with mental health has been lifted ... that stigma, I think, was pretty heavy on people."

He sees a lot of potential for further growth and expansion of their programs and services.

"We want to have a sustainable model for operation ... balancing the

income we get from both the clients as well as the donors and the demand for our services," Derksen said.

"We do have room to grow within what we have already in terms of our existing physical space, so we want to add more clinical hours. We have a waiting list of anywhere from four to six weeks at any given time.

"There's some programs we are in discussions about developing; we want to do more presentations and things of that nature to offer to the community," he said. "We would like to have a bit of that space to do more out in the community."

The April 13 celebration gets underway at 7:30 p.m. at the Winkler Mennonite Brethren Church. It will feature as guest speaker Dr. Syras Derksen, a clinical psychologist from Winnipeg who is the son of Wilma and Cliff Derksen. Dessert and coffee will be served.

Tickets are free, but you need to RSVP by calling 204-822-6622.

Morden nursing program to continue with second intake

Staff

Assiniboine Community College (ACC) is offering a second intake for its Practical Nursing program in Morden.

The college last week announced the successful applicants will begin their studies at the rural rotating training site in downtown Morden in January 2025.

There's room for 25 students, with priority given to applicants who live within 100 kilometres of Morden and/or within the Southern Health Santé-Sud Region.

"This area of the province is grow-

ing, and we're proud to not only offer access to opportunities for students, but also to help answer the call for increasing healthcare needs," Assiniboine president Mark Frison said in a news release. "The college continues to be responsive to the labour market and community needs, and rural rotating nursing sites are an important way of achieving that. Thanks to the community, the province and the health region for the continued support in ensuring we can offer training to future nurses close to home."

Funding from the provincial govern-

ment in 2021 expanded Assiniboine's Portage la Prairie nursing site to welcome 35 new students each year and allowed for three additional rural rotating sites every two years.

In recent weeks, the college has announced rural rotating sites to begin in September 2024 in Virden and Otterburne, along with a one-time rural site in Neepawa set to begin January 2024.

The final rural rotating site for the 2024-25 academic year will be announced soon.

In addition to rural rotating sites,

the college has permanent Practical Nursing programs at its campuses in Brandon, Winnipeg, Dauphin, and Portage.

The Morden training site began training its first crop of nursing students in January. The full-time program lasts two years and includes work placements in the field in both years as part of the curriculum.

Applications for Morden's Practical Nursing site will be assessed and admitted on an ongoing basis.

Learn more at assiniboine.net/nursing.

Healing journey sessions available in St. Claude

By Ty Dilello

Bonnie Bieganski of St. Claude offers in-person sessions through her Connect_2_Heal program, which guides one's healing journey.

In 2012, Bieganski graduated from the Applied Counselling Certificate Program at the University of Manitoba to gain the skills and language necessary to support individuals struggling with complex and challenging issues. She has been helping people with their healing journey since 2013.

Bieganski has always been frustrated that focusing on one's healing is generally the disorder/disease model rather than the mind-body-spirit connection and its importance for healing trauma. Bieganski practices integrative, holistic therapy within her counselling sessions by teaching and guiding others to honour the mind-body-spirit relationship.

"It is my belief that everything we need, we already have within," said Bieganski. "I believe the problem is that we have forgotten or have been talked out of our own intrinsic power. A counselling session provides a safe space to allow you to be seen and heard; and serves as your reminder that, within you, you have an opportunity to learn, grow and heal, giving

you freedom from cyclical thoughts, emotional distress, and trauma responses."

In the initial free consultation, Bieganski introduces herself to the client, explains her services, and listens to what brings them to seek help and guidance.

"On the very first session, I offer a brief short-term plan with the intention that the energy be directed into action, which can help. So often, when we feel sadness, anger, and hopelessness, these emotions actually point to what needs to change in our lives. Together, we can create and integrate actionable steps into a plan to practice that truly works for the client."

Bieganski is now booking in-person sessions at the Dondo & Associates building at 149 Cypress Ave in St. Claude. Bookings are available on weekends between 10 am-6 pm. Therapy sessions via Zoom, Facebook Video Chat, Online chat and text are also available.

"It is my life's purpose to share my experiences, the wisdom I've come to know and to do it with empathy, compassion and honesty," said Bieganski. "I want to help you to do the work vital for your self-healing journey. Together, we will share knowledge and

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STANDARD PHOTO CREDIT BONNIE BIEGANSKI

Bonnie Bieganski of St. Claude is offering in-person sessions through her Connect_2_Heal program which gives guidance on one's healing journey.

integrate actionable steps into a daily practice that truly works for you and your life."

Reminder that ice is unpredictable and potentially unsafe

Submitted by Lifesaving Society Manitoba

Lifesaving Society Manitoba together with the Winnipeg Police Service and the Winnipeg Fire Paramedic Service are recommending everyone stay off frozen bodies of water. Ice in Southern Manitoba is now unpredictable and potentially unsafe.

"If you do choose to go on the ice, then you need to plan ahead and be prepared to go through the ice and into cold water," says Lifesaving So-

ciety Executive Director Stacey Grocholski. "Wear something that floats like floater suit or even a lifejacket. Do not go out alone and be prepared to perform a rescue."

"The Forks has closed the Nestaweya River Trail for the season; we're seeing more open water across the city and more people near our waterways in Winnipeg," says River Patrol Officer Ray Duma of the Winnipeg Police Service. "All rivers, streams, retention

ponds and ditches should be avoided. Conditions can change quickly due to weather, especially when it is warm or after a snowfall. As always, we ask the community to be water smart and stay safe."

"The Winnipeg Fire Paramedic Service responds to approximately 150 water and ice rescue calls annually,"

said Fire-Paramedic Chief Christian Schmidt. "By venturing onto the ice, you are not only putting yourself at risk, but also the first responders who are called out to perform high-risk rescues."

For the latest information on river conditions in the City of Winnipeg

Continued on page 13



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Access Credit Union named Top Employer in Manitoba

Staff

For the ninth year in a row, Access Credit Union has been named one of Manitoba's top employers by the editors of *Canada's Top 100 Employers*.

The list, which has been compiled for 17 years in partnership with the *Winnipeg Free Press*, recognizes the Manitoba employers that lead their industries in offering exceptional places to work

"Top employers in Manitoba are raising the bar in their support of local community groups to guarantee maximum impact," says Richard Yerema, executive editor at the *Canada's Top 100 Employers* project. "Through programs like matching charitable donations by employees and providing paid time off to volunteer (often with no formal maximums), this year's winners offer staff the ability to take action and really make a difference."

Access Credit Union was singled out for its focus on community development.

"Access Credit Union established a special investment committee responsible to review donation requests from local charities," the project's editors said in a news release. "The company also provides paid time off to volunteer in the community and matches employee donations to charitable organizations."

For its part, Access CU says it works hard to be a workplace of choice in Manitoba. That includes creating a culture to maintain a healthy work-life balance.

"My job is to create an environment where people



PHOTO SUBMITTED

Access Credit Union was named Manitoba's Top Employer for the ninth year in a row.

can excel. I find if people are empowered to excel, they will," says president and CEO Larry Davey. "We spend a great deal of time on leadership training and getting the staff flow as frictionless as possible. I find that if staff are empowered and know they are trusted, they are that much more engaged."

Other benefits of working at Access, the financial institution shares, include paid training and continuing education, flexible hours and work locations, matched pension plans, competitive salaries, tuition subsidies, a fully paid health plan and family coverage, and the opportunity to contribute to the community.

RECORD-BREAKING CASH BACK

Access CU also announced last week that it will be returning \$13.5 million to its members via its Member Rewards profit-sharing program.

It's a record-breaking amount for the financial institution, which last summer merged with the Noventis and Sunova credit unions.

"We are proud to be in a position where we are able to pay Member Rewards as a way of saying thank you to our loyal members," board chair Kevin Beresford said. "This year marks the biggest payout in our history and fulfills our core commitment to strengthen our profit-sharing program."



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Local libraries receive provincial ACSC grants

By Ty Dilello

Two local libraries have received funding from the province due to the Arts, Culture and Sport in Community (ACSC) Fund.

The province announced on March 17 that it's providing \$50 million to support arts, culture and sports programs. The money will be divided among 402 projects that foster community, creativity and innovation.

The fund plans to distribute up to \$100 million over two years for large capital projects, small capital projects and special initiatives, and community celebrations.

The ACSC Fund provides grants to support the arts, culture (heritage, public libraries, and ethnocultural organizations) and amateur sports sectors, enhancing Manitobans' opportunities to access quality programming and facilities in their community.

Carman's Boyne Regional Library received a grant of \$25,000 for its Discover and Go program.

Discover and Go is a new library initiative that will provide free passes and tickets to various events in the community, including museum passes, sports activities, art and cultural events, and more. Boyne Regional Library cardholders will be able to pick up passes to events in the community at the library beginning in May.

The program runs for one year, and patrons can pick up a variety of passes throughout the year. More details

on the program will be available soon and will be advertised in the library, on its website, and on social media.

The South Central Regional Library Miami Branch is also receiving a small capital grant of \$12,000.

While the library in Miami is still a relatively new building, there is always room for improvement to give it some upgrades.

"One of our biggest goals with this grant was to get creative and find ways to expand on the space we already had," said Miami Library's Branch Administrator Raina Teigrob. "Another focus was to really sort out storage, as there aren't very many options for us at the moment."

Currently, the Miami Library's plans involve lifting and moving its circulation desk out further to create more space for staff and replacing the outdoor book drop, which is currently an upcycled filing cabinet lying on its back.

Other plans involve getting electrical work done so that equipment can be moved around, allowing the library to expand its browsing/sit-down areas for patrons. The hope is to add custom shelving and cabinetry to solve the storage issues and to tidy up the library, creating a neater and more welcoming space for patrons who use the Miami Library.

"We are incredibly grateful for the grant from the Arts, Culture and Sport



STANDARD PHOTO BY RAINA TEIGROB

Miami Library and Boyne Regional Library in Carman both earned grant money from the province as a result of the Arts, Culture and Sport in Community (ACSC) Fund. Pictured is the Miami Library.

in Community (ACSC) Fund and for everything that this will allow us to complete," said Teigrob. "We look forward to getting started on these projects and improving our library."

Anyone interested in applying for funding can visit <https://www.gov.mb.ca/acsc/small-capital-and-special-initiatives.html>

Large Capital — Grants up to 50 per cent of eligible project costs ranging from \$300,001 to \$5 million for projects that improve the quality, accessibility and availability of facilities and spaces needed for arts, culture and amateur sport program-

ming and activities. Deadline April 24, 2023.

Small Capital — Awards between 50 and 100 per cent of eligible expenses, to a maximum of \$300,000 for projects that support the development and renewal of the facilities and spaces needed for arts, culture and sport programming and activities. Deadline April 17, 2023.

Special Initiatives — Awards between 50 and 100 per cent of eligible expenses, to a maximum of \$300,000 for projects that will strengthen the arts, culture and sports sectors, enhance their ability to bring Manitobans together, and contribute to thriving sustainable communities. Deadline April 17, 2023.

FIND THE HIDDEN EGGS CONTEST

For kids 12 & under only

Kids! We have hidden Easter Eggs in this week's edition. If you find all three you can enter our Easter Egg Contest. 2 lucky entries can win one of Two Gift Certificates from Meadows Amusements & Syl's. They are tiny eggs hidden deep within the paper... so search on every page!

No phone entries please... Email us with your name, age and phone number and the page numbers you found the eggs on and be entered to win.

Find the eggs that look like this on 3 different pages

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Contest Deadline April 10th, 2023 at 12 noon

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IRONMEN INDUSTRIES

Holiday Mountain wraps up an encouraging first year

By Lorne Stelmach

As the first season reached its end for the new owners and operators of the Holiday Mountain ski resort in La Riviere this week, they were feeling encouraged by the response.

There were many challenges to get the resort in shape to reopen at the beginning of the year, but they saw their efforts pay off.

"The response has been really good ... we're really hoping to build on that," said Abe Sawatzky, who stepped in this winter to oversee operations. "We're really happy with how things ended up. It was a lot of work ... and we're really grateful to the staff for the amount of work."

"We've been fortunate now that the weather has been on our side for the last weeks. It was extending our season to a point where it hasn't been typically to the end of March. We're reaping some of the rewards."

The resort had been shut down in advance of last winter in large part because of the drought conditions at the time, but new owners Paul and Renee Warkentin stepped up and took it over with great optimism about its potential. They hired Sawatzky to handle day-to-day operations.

For Sawatzky, who grew up in Winkler and recalled going often to Holiday Mountain, there was a strong desire to ensure they had everything

in the best shape possible and to not over extend themselves this first season.

"It was an evolving challenge, given that things had been dormant and shut down for a season, and it caused a whole slew of issues," he said. "With the late start, never mind getting everything up to snuff, it took us a lot longer, so we weren't to the standard that we expect from ourselves as far as the quality of the runs and everything."

"People were patient with us, and we didn't give up, and we feel like we got a pretty good product out there now. We've been getting some good feedback the last few weeks on the condition of the runs and everything."

And they have been blessed with some favorable weather and good conditions even leading up to spring break week as they prepared to end the season.

"It was pretty mild, so the crowds came out, and we've seen some really good numbers," said Sawatzky.

He noted having had good snowfall though still doesn't negate the need to make snow.

"Manmade snow and natural snow are actually quite different," he explained. "As far as the moisture content, the natural snow is very light and fluffy and doesn't pack and groom



FACEBOOK.COM/HOLIDAYMOUNTAIN

The Holiday Mountain ski resort in La Riviere opened under new ownership and management this winter after being closed for the 2021-2022 season. They wrapped up the season last weekend.

well, so you really need to rely on the manmade stuff here ... we couldn't do without the manmade snow."

He looks forward to next season when they will be in a better position to resume a range of programs, activities, and events. This year their "focus was on making sure we have a good product before we make too many promises on the activities."

"We've been focusing on the hill and the conditions and just getting the re-

sort into shape ... with our late start and staffing, it just wasn't feasible to do it all this first year," Sawatzky said. "Next year, once we have the ability to get ahead of the game, we're going to start to incorporate some of the bigger events and the programs for kids."

There were able to do some of that last weekend—Sunday included face painting, a scavenger hunt, an obstacle course, and more for families who came out for the final day of skiing.

> ICE SAFETY, FROM PG. 10

visit the Winnipeg Police Service's River Patrol page: <https://winnipeg.ca/riverpatrol>

The Winnipeg Fire Paramedic Service would like to remind you:

- Conditions can change rapidly.
- Thin ice conditions are present on all waterways, including drainage ditches, culverts, streams, creeks, retention ponds and rivers. In addition, all skating ponds and outdoor rinks should be closed for the season.
- We encourage parents and teachers to speak to children and students about the dangers of water-

ways, thin ice and the need to stay away from the banks of any waterways.

- If you spot someone on the ice or in the water, you should call 911 and have a detailed description of where you are and what you see. Do not enter the water. Stay on scene to direct first responders.

Happy Easter!

Blaine Pedersen, MLA for Midland
midlandmla@outlook.com
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- Dog owners should keep their pets leashed while close to waterways so they cannot chase waterfowl or other animals onto the ice.

Lifesaving Society Manitoba's Drowning Reports show drowning can occur at any time of the year. In fact, one third of all drownings in Manitoba occur during the

colder months between October and April. Many of these drownings occur on ice and involve recreational snowmobiling.

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'Sweet Dreams of Patsy Cline' comes to Winkler April 14

By Ashleigh Viveiros

The P.W. Enns Centennial Concert Hall will be filled with timeless tunes next week as The InClines: Sweet Dreams of Patsy Cline show takes over the Winkler stage.

The April 14 tribute concert marks the group's return to the stage after a three-year hiatus following a tumultuous few years for lead singer Michelle Anseeuw.

What began as a pandemic-enforced absence from performing in public extended well beyond that as Anseeuw battled through a cancer diagnosis she received in late 2021.

"Even during COVID, I was always going to come back, but then cancer hit me," she shares. "I went through treatments through the last year and so that kind of set me back.

"There was a lot of nervousness, wondering if my voice was going to be the same, because chemo does things to your body ... it was probably the worst time of my life, not knowing what was going to come out of it."

Anseeuw's time on stage as a professional singer stretches back to her first concert in 2001 as part of what was then known as "InCLINEation: The Best of Patsy Cline."

But while performing has become a big part of her life in the years since, she decided to take 2022 to focus on her health so she could come back stronger than ever.

"I didn't use my voice that much during that time period because I thought, no, I'm not going to wreck it, if I can help it. So I did let it rest last

year and focused on my healing."

Since last fall, she's been working slowly on her comeback, and it's with a great deal of excitement—and perhaps a few nerves—that she'll be making her post-pandemic debut in Winkler next week.

"With the band that first rehearsal, after the first song I started crying because it was like we hadn't even left the stage," Anseeuw says. "It really was amazing ... [my band is] so awesome and so supportive. We just rock together."

Anseeuw is backed up by fellow Manitoba musicians Karl Ratchinsky, Ken Campbell, Wayne Lipischak, and Tony Wytinck and vocalists Neil Keep and Karen Keep, who together recreate the musical stylings of The Jordainaires, who sang with Cline on some of her biggest hits.

Anseeuw stresses this show is about paying tribute to Cline, not trying to do a straight impersonation of the mid-20th-century songstress known for songs like "I Fall to Pieces" and "Crazy."

"People had told me that I could sing Patsy and I just kind of went, yeah, but I don't want to be an impersonator," she recalls of the days she first started pulling the show together. "I'm coming at it as a tribute artist—paying tribute to the music of Patsy Cline."

So while her costumes match the time period of the songs she's singing as she and the show's narrator take audiences through Cline's short life (she died in a plane crash in 1963 at



SUPPLIED PHOTO

Michelle Anseeuw performs the music of Patsy Cline at the Winkler concert hall April 14.

the age of 30), Anseeuw isn't playing Cline on stage so much as simply celebrating the impact she had while she was here.

"What she accomplished in that period of time, and how she pushed herself into being the star she was—she knew what she wanted right from the beginning—it's quite the story.

"I don't want to try to *be* her," Anseeuw says. "I want to be the person who can pay tribute to the artist she was and what she brought to people."

The InClines take the stage on Friday, April 14 at 7 p.m. Ticket information is available at winklerconcerthall.ca or at the Meridian Exhibition Centre during business hours.

Happy Easter
Wishing you a very Happy Easter that is filled with plenty of love and happiness.

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Symptoms of Parkinson's

Parkinson's is commonly characterized by its motor symptoms. But many people experience other changes that are often not identified as symptoms of the disease. These are known as non-motor symptoms and are often left untreated. Below, you will find information outlining both types of symptoms, how to identify symptoms you may not realize are linked to Parkinson's, and how to manage them.

Motor symptoms

Parkinson's is characterized by:

- Slowness of movement
- Rigidity
- Tremor
- Postural instability

Non-motor symptoms

Non-motor symptoms can impact your quality of life and can be experienced prior to motor symptoms. You may not realize that these symptoms are linked to Parkinson's disease. As a result, many non-motor symptoms often go untreated.

Depression may be an early symptom of Parkinson's

Depression is one of the most common, and most disabling, non-motor symptoms of Parkinson's disease. As many as 50 per cent of people with Parkinson's experi-

We want to make sure everyone impacted by Parkinson's knows that you can turn to us for support, wherever you are on your journey.

ence the symptoms of clinical depression at some stage of the disease. Some people experience depression up to a decade or more before experiencing any motor symptoms of Parkinson's.

Clinical depression and anxiety are underdiagnosed symptoms of Parkinson's. Researchers believe that depression and anxiety in Parkinson's disease may be due to chemical and physical changes in the area of the brain that affect mood as well as movement. These changes are caused by the disease itself.

Other non-motor symptoms
 Non-motor symptoms can vary substantially from patient to patient and can include:

- drooling
- change in taste and smell
- choking and swallowing difficulties
- nausea and vomiting
- constipation
- uncontrolled loss of stool
- bladder dysfunction
- unexplained changes in weight
- dementia and cognitive impairment
- hallucinations
- sexual dysfunction
- orthostatic hypotension
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- insomnia
- REM sleep behaviour disorder
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> MEAL IDEAS



Carrot Cake with Cream Cheese Frosting

decorating the finished cake.

3. Whisk together the flour, baking powder, cinnamon, nutmeg, and 1 teaspoon salt in a medium bowl.

4. Whisk together the eggs and granulated sugar in a large bowl until smooth, about 1 minute. Whisk in the oil until well combined. Add the grated carrots, vanilla and 1 cup chopped pecans, and mix well. Add the dry ingredients, and stir until just combined. Divide the batter evenly between the prepared pans.

5. Bake until a toothpick inserted in the center comes out clean and the cakes are nicely browned, about 30 minutes. Let cool on a cooling rack for 10 minutes. Loosen the edges with a spatula, turn the cakes out and let cool completely, right-side up, on the cooling rack, about 2 hours. Remove the parchment before frosting.

6. For the frosting: Beat the cream cheese and butter in the bowl of a stand mixer fitted with a paddle attachment, scraping down the side as necessary, until smooth, about 2 minutes. Add the confectioners' sugar, vanilla and 1/2 teaspoon salt; gradually increase the mixer speed to medium-high, and beat until the sugar is incorporated and the frosting is fluffy and smooth, about 3 minutes. With the mixer on medium-high, add the cream a few drops at a time until it's all incorporated. Continue beating for 1 more minute until the frosting is slightly lighter in color and creamy.

7. To assemble: Place one of the cake layers on a serving plate, and spread 1 cup of the frosting over the top. Top with the other layer, and use the remaining frosting to frost the top and sides of the cake. Arrange the 12 whole pecans on top of the cake like the numbers on a clock face, and sprinkle the remaining chopped pecans in between.

- Serves 10
 Cooking spray
 2 cups pecan halves
 2 1/2 cups all-purpose flour
 1 tablespoon plus 1 teaspoon baking powder
 1 1/2 teaspoons cinnamon
 1/2 teaspoon freshly grated nutmeg
 Kosher salt
 4 large eggs
 2 cups granulated sugar
 1 cup vegetable oil
 3 cups finely grated carrots (about 1 pound carrots)
 2 teaspoons pure vanilla extract

- Frosting:
 1 pound cream cheese, cut into cubes, at room temperature
 2 1/2 cups confectioners' sugar
 1 teaspoon pure vanilla extract
 Kosher salt
 1/4 cup heavy cream, cold

- For the cake: Preheat the oven to 350 F. Line two 9-inch round cake pans with parchment and lightly coat with cooking spray.
- Spread the pecans on a rimmed baking sheet and toast until light brown and fragrant, 7 minutes. Set aside 12 pecan halves to decorate the remaining pecans. Set aside 1 cup of the chopped pecans to use in the batter; reserve the rest for



Mini Banana Rice Pancakes

Prep time: 15 minutes
 Cook time: 20 minutes
 Servings: 2

- 1 cup Minute Brown Rice & Quinoa
 1 1/4 cups all-purpose flour
 1 teaspoon baking powder
 1/2 teaspoon baking soda
 1/4 teaspoon salt
 1 cup milk
 2 teaspoons freshly squeezed lemon juice
 2 bananas, divided
 1 egg, beaten
 1/4 cup pure maple syrup, divided
 4 teaspoons butter, melted
 2 tablespoons vegetable oil, divided
 1/8 teaspoon ground cinnamon
 Heat rice and quinoa according to package directions.

In large bowl, whisk flour, baking powder, baking soda and salt.

In medium bowl, whisk milk and lemon juice. Let stand 5 minutes.

Mash 1/2 banana. Transfer to milk mixture. Add egg and 1 teaspoon maple syrup; stir to combine. Stir in melted butter.

Pour milk mixture over flour mixture. Whisk just until combined; do not overmix. Fold in rice and quinoa. Let batter rest 10-15 minutes.

Preheat large nonstick skillet over medium heat; brush with 1 teaspoon oil. Once skillet is hot, reduce heat to medium-low. In batches, adding oil as necessary, scoop 1 tablespoon batter per pancake into skillet and cook 3-4 minutes, or until bubbles start to form. Flip and cook 1-2 minutes until golden on bottom.

Slice remaining half and full bananas. Serve pancakes with remaining maple syrup, banana slices and cinnamon.

Achieve your goals with a registered personal trainer

By Julie Germaine Coram

Have you set your health and fitness goals but need help achieving them? Do you find your motivation falling away because of a lack of results or confusion about where to focus your energy?

If this sounds familiar, personal training may be right for you! An experienced coach can outline the steps to realize your goals quickly and efficiently. This article will cover how personal training can get you where you want to be sooner.

Personal trainers can help you set realistic goals and create a timeframe to make getting into shape a positive journey. Often individuals want to use extreme measurements to lose weight quickly, setting themselves up for disappointment and relapse. A good trainer will establish healthy benchmarks to strive for and direct you, so you avoid hitting training plateaus.

Taking advantage of the knowledge and experience of a personal trainer gives you a huge advantage. They can identify the best program for your body and work with you to fit exercise into your busy schedule. None of us has time to waste, so a streamlined program will allow you more time with family and ensure you don't burn out from overtraining.

Injuries also cost you time and create setbacks, so having a registered personal trainer show you proper form and technique is incredibly valuable.

It's great to have a person you trust to share your concerns with, who is in tune with your personal situation, and can adjust your program according to your feedback.

Finally, some coaches can pro-



Health and Wellness
 Fitness expert

Julie Germaine

vide guidance regarding nutrition – because what you eat will have an enormous impact on how you feel, look, and function. So getting a diet plan to provide your body with all the necessary nutrients will benefit you big time!

If you're ready to reach your fitness goals and overcome obstacles, please reach out to me. It's always you who has to take the first step, and you who needs to be dedicated to achieving results, but working with a personal trainer who supports you and pushes you is an important common denominator in those who find success in becoming their best, healthiest self.

Coach Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. She has helped tens of thousands of men and women improve their health since 2005. Improve your health with coach Julie: juliegermaine.com or book a free diet consult: www.calendly.com/juliegermaine



- Prep time: 5 minutes
 Cook time: 30 minutes
 Servings: 12
 Nonstick cooking spray
 1 1/2 bags Minute Rice & Quinoa
 9 eggs, lightly beaten
 5 bacon slices, cooked and crumbled
 3/4 cup shredded cheddar cheese
 1/2 teaspoon salt

Hearty Bacon and Egg Breakfast

black pepper, to taste
 Preheat oven to 325 F. Coat 12-cup muffin pan with nonstick cooking spray.

Prepare rice and quinoa according to package directions.

In medium bowl, combine rice and quinoa, eggs, bacon, cheese, salt and pepper, to taste.

Divide batter between prepared cups and bake 18-20 minutes, or until eggs are just set.

Flashback...Celebrating a Toastmistress milestone

By Dennis Young

This year marks a milestone in Toastmasters history: 50 years ago, membership officially became open to women. Hundreds of thousands of women have since followed in the footsteps of those first female members.

Women had attended Toastmasters meetings for many years but not as official members. In the late 1930s, a group of women had formed a parallel (but independent) organization. The women identified themselves as “wives and sweethearts” of Toastmasters members, and the clubs were modelled after the Toastmasters program.

In the mid-1960s, Toastmasters clubs were allowed to form women’s auxiliary Toastmasters clubs if they desired. Some clubs also sponsored women as “honorary members,” and some women formed Gavel Clubs, open to those who don’t qualify for regular club membership.

Helen Blanchard helped blaze the trail for a transformational change. In 1970, she began attending a

club in San Diego, and her fellow members urged her to apply for membership. She did so, deliberately choosing a name to disguise her gender for application purposes. Helen Blanchard became Homer Blanchard.

Three years later, the need for such surreptitious action was eliminated when Toastmasters International broke down the all-male membership barrier in place since the organization’s founding in 1924.

The 1973 breakthrough, among many other benefits, was a boon to membership numbers. Ten years after the new policy was implemented, Toastmasters International’s membership had doubled as couples now joined.

Carman’s club started in 1971, but this reporter could not confirm a founding date. In 1976 the executive was: President Heather Birtles. Past President Carole Anderson, 1st Vice Judy Park, 2nd Vice Rosella Semple, Recording Secretary Thelma Alexander, Corresponding Secretary Joyce Popkes and Treasurer Linda MacNair.



Roshi Baloo was the guest speaker at Agassiz Toastmistress Club’s windup held in Carman in 1976. At the head table were Past President Carole Anderson, left, and evening Host Rosella Semple, right.

Manitoba government continues restoration of infrastructure damage

Submitted by Manitoba government

The Manitoba government continues to restore, repair, and rehabilitate infrastructure damaged during the spring 2022 flood event, Transportation and Infrastructure Minister Doyle Piwniuk announced today.

“Our government continues to focus on proactive measures to reduce future natural disaster impacts and increase the resiliency of our communities,” said Piwniuk. “Critical investment in infrastructure protection will ensure our province is safeguarded from the potential damage of future weather events. Protecting Manitoba’s infrastructure is part of our government’s mitigation strategy and we are committed to further advancing preparedness solutions to enable communities and all Manitobans to continue to thrive even after experiencing significant weather events.”

The minister noted that over \$9 million in pre-emptive and response work related to the spring 2022 flood event has been completed including \$6.4 million for 16 projects in the Parkland region and an additional \$45 million in capital infrastructure work tendered. Several consulting assignments have been awarded for culvert inspections, structure stabilization and replacements resulting in new construction projects for 2023, the minister added.

The Department of Transportation and Infrastructure estimates \$193.5 million in costs from the 2022 flood, including \$182 million in recovery work to be completed in the next three years.

KEY PROJECTS UNDERWAY INCLUDE:

\$3.5 million for structure rehabilita-

tion of the Bell River bridge on Provincial Trunk Highway 10 in the Rural Municipality of Mountain, including completed embankment reconstruction and river channel realignment. Further design and construction of long-term river training work is underway.

\$3.5 million for structure replacement of Boundary Creek culverts through Prospect Road in Winnipeg Beach, which were removed to prevent upstream flooding. Construction is proposed for later this year.

\$2.4 million for structure replacement of the Silver Harbour Bridge on Reconciliation Road in the Rural Municipality of Gimli. A replacement bridge is expected to open in April, with approach roadworks completed later this summer.

\$3.5 million for structure replacement of Mary Jane Dam in the Rural

Municipality of Pembina after the emergency spillway sustained significant erosion. The rehabilitation, designed for a one-in-100-year flood event, will be substantially completed by the end of March.

In addition to supporting municipalities in recovery through the Disaster Financial Assistance Program, municipalities can apply disaster financial assistance deductibles into an approved mitigation or preparedness project that builds resiliency against future events through the Mitigation and Preparedness Program (MPP). This innovative initiative will invest millions into local projects that help municipalities prepare for future events, the minister added.

To learn more about the MPP visit: www.gov.mb.ca/emo/mitigation/mpp.html.

Canadian Agricultural Safety Association launches new mental health hub

Submitted by CASA

The Canadian Agricultural Safety Association (CASA) is pleased to announce the launch of a new online farm safety and mental wellness hub bringing together information and resources in one place to support farmers, farm families, farm workers and farming communities.

Available on the hub will be farm safety and mental wellness resources created by CASA, resource and programming highlights from other organizations, links to national, provincial, and international resources, links to reports and research, as well as section highlighting news and events linked to agriculture safety and men-

tal wellness.

“Healthy farmers, farm workers and farming communities are key to safe and sustainable farms,” says Andrea Lear, CASA’s CEO. “The Hub acts to bring together information for producers, community members, providers, researchers, journalists and anyone else interested in the link between mental wellness and farm safety.”

The intent of the Hub is not to duplicate resources but rather to amplify and promote the already existing programs and resources available to producers across the country.

The new Hub has been generously supported by Farm Credit Canada (FCC), a long-time supporter and

champion of farm wellness and safety.

“The strength and vitality of the agriculture and food industry depends on many things, but especially on the health and wellness of the people who are the backbone of its success,” said Carla Warnyca, FCC’s Manager, Community Investment. “We see the work of the Canadian Agricultural Safety Association and the new Mental Health Hub as an important part of supporting Canadian farm families with the resources to help them better navigate mental health challenges and understand the importance of overall wellness on the farm.”

The Hub is available on CASA’s website at casa-acsa.ca/mental-

health. For more information about CASA programs, visit casa-acsa.ca.

The Canadian Agricultural Safety Association is a national, non-profit organization dedicated to improving the health and safety of farmers, their families and agricultural workers. CASA is funded in part through the Canadian Agricultural Partnership, federal, provincial and territorial initiative and receives additional support from the agricultural and corporate sectors. For more information, visit www.casa-acsa.ca, find us on Facebook or LinkedIn or follow us on Twitter @planfarmsafety.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Flyers-Pistons playoff goes the distance

Winkler comes from
behind to tie series,
force game seven

By Ashleigh Viveiros

The Winkler Flyers bounced back in a big way in their playoff series against the Steinbach Pistons last week, forcing a final game seven on the road Tuesday.

After winning game one but then losing game two in the first week of the series, the Flyers found themselves on the wrong side of the scoreboard in games three and four as well.

The Pistons took the March 28 match 3-1 on home ice. Mike Svenson scored Winkler's lone goal at the end of the second period. Malachi Klassen made 28 saves in net off 31 shots. His teammates fired 38 the other way.

It was another close one the next night in Winkler, but it still swung Steinbach's way.

The Pistons managed to score the game's only goal early in the second. Winkler wasn't able to make good on its 23 scoring chances. Klassen made 28 saves in net off 29 shots.

After a couple days of rest, the Flyers shook those losses off and went on to crush the Pistons in game five.

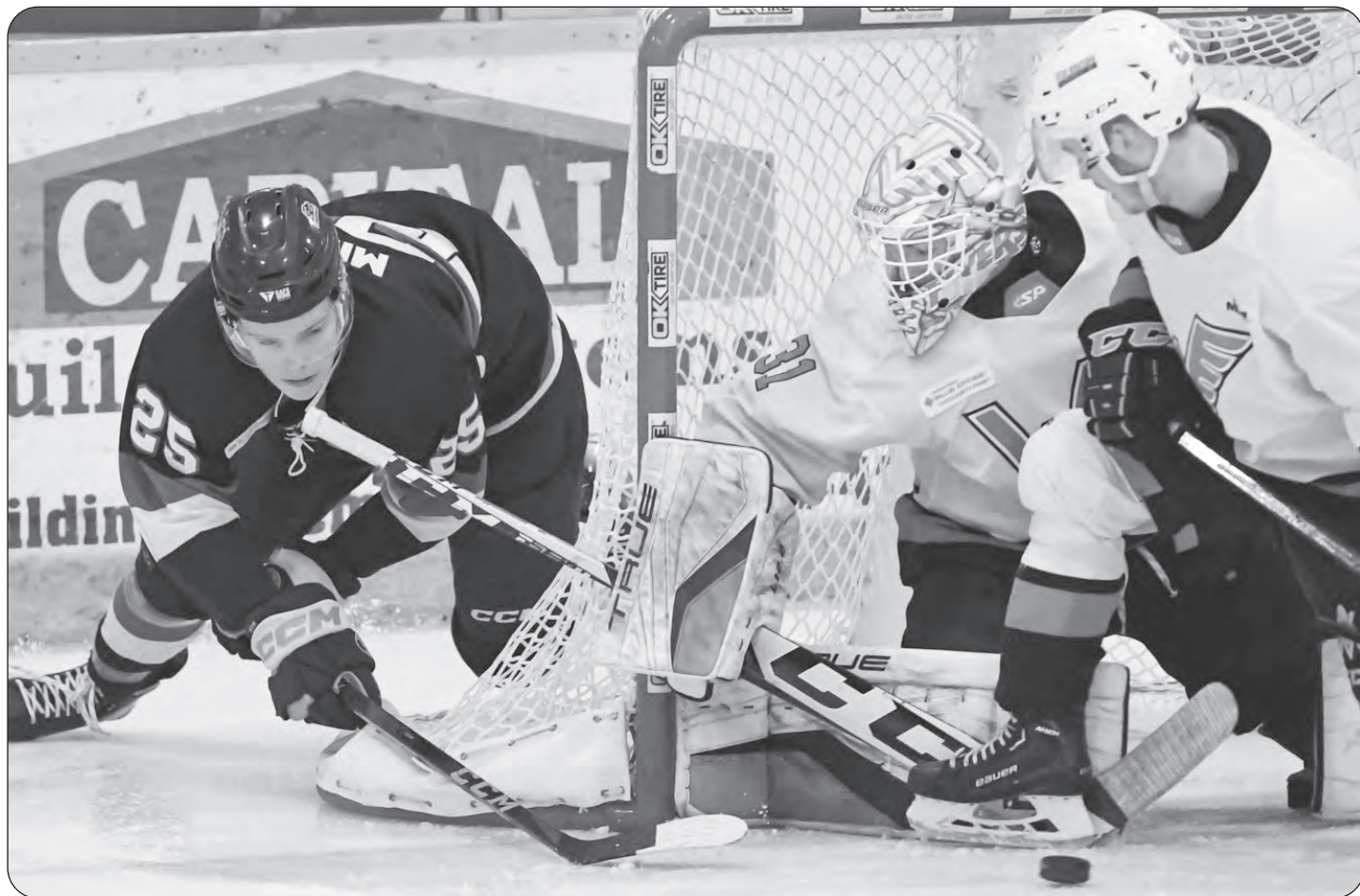
Goals from Zach Nicolas and Xyon Kiemeney tied the game at 1-1 and 2-2 in the first period.

Period two was all Winkler, with goals fired home by Mike Svenson, Nicholas McKeen, Brody Beauchemin, and Dalton Andrew to give the Flyers a solid 6-2 lead heading into the final period.

Steinbach managed one more but Andrew's second of the night widened the gap once more en route to the 7-3 win for Winkler.

Klassen stood tall in net once again for the Flyers, making 33 saves as Steinbach outshot Winkler 36-27.

Sunday night's game six saw Winkler tie the series at three games each with a 3-1 win in front of a hometown



STANDARD PHOTOS BY RICK HIEBERT
Winkler goalie Malachi Klassen shuts the door on the wrap-around scoring attempt by Steinbach's Nicholas Mikan in game four, which the Pistons took 1-0. Right: Dalton Andrew looks to avoid Steinbach's Warren Clark. Andrew two nights later would lead the Flyers' comeback with two goals and an assist in their 7-3 win in game five.

crowd.

The Flyers got a goal each period courtesy of Gavin Waltz in the first, Nicolas in the second, and Logan Fillion in the third. Steinbach scored late in the first.

The Pistons once again led in shots on goal, 33-29, with Klassen making 32 saves in net for Winkler.

And so it all comes down to game seven in Steinbach on Tuesday. Results were not available at press time.

In the East Division's other playoff series, the Portage Terriers knocked the Niverville Nighthawks out of the running four games to one. They'll play the winner of the Pistons-Flyers series in the semi-finals.

In the West Division, the Dauphin Kings are up 3-2 over the Swan Valley Stampeders and the Virden Oil Capitals are leading their series against the OCN Blizzard 4-2.



What's *Your* story?

We want to hear from you.

The Carman-Dufferin
STANDARD

Remembering Homewood's great Odie Lowe

By Ty Dilello

Although his NHL career was short (a four-game stint with the New York Rangers), Norman "Odie" Lowe had an impact on hockey in Manitoba and later British Columbia.

Norman Lowe was born in near Homewood on April 15, 1928. He was hailed by the hockey world as "Odie," a nickname inherited from his father, who was also a professional hockey player and later coach. Odie Lowe Sr., hails from Union Point, which is now a ghost town along Highway 75 between Ste. Agathe and Morris.

The younger Odie would follow in his father's footsteps when he started playing organized hockey in the Homewood/Carman area in the mid 1930s. And it didn't take him long to make a name for himself. He was a brilliant offensive player – a great goal scorer but an even better play maker.

"Manitoba turned out some grade A hockey players in my time as we had the weather for it and had rinks all over the place," said Odie Lowe. "Every year someone would round up a bunch of guys and build a rink; that's just what we did. It was quite easy to go skating and play hockey. You almost had a team just by grabbing all the kids from your street."

Lowe's career took off when he moved into Winnipeg in 1938 where there was better competition. He went on to attend three New York Rangers camps by age nineteen as he had been in the club's system since he was a young teenager.

Lowe played in four games with the Rangers spread out over the 1948-49 and 1949-50 seasons, which he split with their farm club, the New York Rovers. Lowe was 20 years old when the Rangers summoned him to play his first NHL game in 1949.

Almost a year later, Odie pocketed five points as the Rovers won a matinee game at home on Feb. 26, 1950. That earned him a second call-up with the Rangers that night and he scored from the right side in the first minute of the game versus the Bruins. Lowe assisted on the winner as New York won 4-3.

"Our line started the game and I was up with another young rookie named Don Smith from Regina and I'll be damned if I didn't hit the puck at the right time and it went in the net off the bat," said Lowe. "I made sure it hit the goalie, Jack Gelineau,



Odie Lowe grew up playing hockey in the Homewood/Carman in the 1930s.

in the back end. Everybody thought I was a hero. I killed my own chances with the Rangers. I was called up two or three weeks later and we were playing Milt Schmidt and the Bruins. He was a big, strong German type, strong as a bull. I don't think I won a faceoff off him. Our goalie, Charlie Rayner, was yelling, 'Get another centreman out there.' I had my chance and if I hadn't run into that one episode, I might have made it."

Unfortunately for Lowe, he played in the Original Six days when NHL jobs were limited, especially for centreman. The Rangers only kept three centres on their roster and the position was filled by perennial All-Stars Edgar Laprade, Don Raleigh and Buddy O'Connor. And so, like many other players, Odie Lowe's NHL career was trimmed short, only appearing in four games.

Lowe was later scouted by George Agar when playing senior hockey for Winnipeg Maroons in a 1954 Allan Cup series against the Penticton



STANDARD PHOTO SUBMITTED

Although his NHL career was short (a four-game stint with the New York Rangers), Odie Lowe had an impact on hockey in Manitoba and later British Columbia.

Vees with games held throughout the Okanagan Valley. Lowe soon after accepted an invitation to play senior for the Vernon Canadians. He compiled 43 goals and 91 points and another 37 playoff points as the Canadians won the 1956 Allan Cup over the Chatham Maroons.

A few years later, Odie Jr. got into coaching. After guiding a Vernon Juvenile team to a provincial crown, Lowe became head coach of Vernon's B.C. Junior League team. Lowe spent a lot of his life living in Vernon, British Columbia and because of his contributions to the game in BC, he's a proud member of the Okanagan Sports Hall of Fame.

"I've made my home in Vernon all these years and It's a nice little city. I was treated good here and can't complain, but I'll always be a Manitoban. That stuff never leaves you."

Odie Lowe passed away in Vernon at the age of 93 on June 21, 2021. Despite living out on the west coast for much of his life, Lowe never forgot his Manitoba roots.

Hawks knock Twisters out of MMJHL playoffs

By Lorne Stelmach

The Pembina Valley Twisters saw their MMJHL season come to an end in sudden death overtime Saturday.

The sixth-ranked Twisters took third-place Charleswood to the limit in the best of seven quarterfinal, but the Hawks ended it 9:36 into overtime for the 3-2 victory.

The Twisters had seized the advantage in the series last Tuesday with a 3-2 double overtime victory in game five, but the Hawks then forced the deciding game with a 5-0 shutout vic-

tory in game six last Thursday.

Game five almost got away from Pembina Valley as they held a 2-0 lead in the third period on goals by Jacob Carels and Merek Degraeve, but the Hawks knotted it with two goals within a minute late in the final frame.

It took until the 10:17 mark of the second overtime before Derek Wiebe connected for the winning goal. Shots on goal were 49-40 in favour of Pembina Valley, with Logan Enns getting the win in net on 38 saves.

Charleswood goaltender Evan Van Laeken got the 29 save shutout in game six. The Hawks put it away with three third period goals, including a shorthanded empty-net goal.

Shots on goal were 35-29 in favour of the Hawks. Enns made 31 saves.

Slade Sothern connected on a powerplay to give the Twisters a 1-0 lead in the first period of game seven.

The Hawks scored twice to take the lead in the second, but Wiebe connected 45 seconds into the third period to force overtime where the

Hawks ended it.

Shots on goal were 46-38 in favour of Pembina Valley, with Enns finishing with 35 saves.

Top-ranked St. James bested eighth-place St. Boniface in five games and will now take on seventh-place Transcona, who upset second-ranked River East in five games.

Charleswood will face fourth-place St. Vital, which edged fifth-ranked Fort Garry Fort Rouge in seven games.

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Trevor Dackow, Fire Chief
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- Self-starter with the ability to exercise solid news judgement
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Sunday, April 9, 2023 • 9:30 am/2:30 pm

Carman West Canadian Reformed Church
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Sunday, April 9, 2023 • 10:00 am/2:30 pm

Elm Creek Canadian Reformed Church
101 Church Ave, Elm Creek
Sunday, April 9, 2023 • 11:00 am/3:00 pm

THE RURAL MUNICIPALITY OF THOMPSON PUBLIC NOTICE

Public Notice is hereby given that the R.M. of Thompson intends to conduct the following Pesticide Control Programs during 2023.


1. To Control noxious weeds on road allowances and municipal properties.
The projected dates of application will be from May 15, 2023, to October 1, 2023
The herbicides to be used include:

• 24D Amine 600	• Tordon 22K
• Glyphosate	• Truvist
• Navius	

2. To control weeds and turf fungal disease on the Miami golf course and greens.
The projected dates of application will be from May 15, 2023, to November 15, 2023
The herbicides/fungicides to be used include:

• Par III	• Round Up
• Rovral Green GT	• Banner Maxx
• Heritage Maxx	• Daconil

The public may send written submissions or objections, within 15 days of the publication of this notice to:
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FARM LAND FOR SALE BY TENDER

Sealed, written tenders for property in the RM of ARMSTRONG described below will be received by:

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Carman, Manitoba R0G 0J0

PROPERTY

SW ¼ 29-20-2 EPM
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Section 6-21-2 EPM
Being Approx. 654 Acres

SW ¼ 32-20-2 EPM
Exc Sly 1320 feet perp
Being Approx. 82 Acres

SE ¼ 32-20-2 EPM
Being Approx. 162 Acres

NE ¼ 30-20-2 EPM
Being Approx. 155.89 Acres

NW ¼ 29-20-2 EPM
Being Approx. 162 Acres

NE ¼ 29-20-2 EPM
Being Approx. 162 Acres

CONDITIONS OF TENDER

- Interested parties must rely on their own inspection and knowledge of the property.
- Tenders may be placed and accepted on one or any number or all parcels of land.
- Tenders must be received on or before 2:30 pm on April 28, 2023.
- Tenders must be accompanied by a **\$10,000.00** cheque payable to MMJS LLP in Trust as a deposit. Deposit cheques accompanying unacceptable bids will be returned.
- Highest or any tender not necessarily accepted.

TERMS AND CONDITIONS OF SALE

- The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
- In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing which shall be **June 1, 2023**, or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the accepted tender is not paid within the set time limit the deposit may be forfeited as liquidated damages and not as a penalty.
- Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
- Successful bidder will be responsible for real property taxes commencing January 1, 2023.
- The purchaser shall be responsible for payment of GST or shall self-assess for GST.

For further information contact
Scott W. Johnston at:
Ph: 204-745-2546
Fax: 204-745-3963
email: scott@mmjlaw.com

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Friends Community Church
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Homestead Consumers Co-op Ltd.

FOR SALE BY TENDER

Bulk Food Bins

LOCATION:

Carman Food Store

Conditions:

- The bins must be removed by May 5th and at the buyer's expense.
- Tenders can be mailed, addressed to the undersigned, and the envelope clearly marked **Tender for Carman Bulk Bins**. Tenders may also be emailed to the following address: chris.theoret@homestead.crs
- Tender closes on **Friday April 28th at 5:00 PM**.
- Item(s) sold as is.
- Management reserves the right to award this tender in whole or in part.
- Highest or any tender not necessarily accepted.
- All applicable taxes will be added to tender bid.

Please scan the QR code below or visit www.homesteadco-op.crs for photos and more details.

Chris Theoret,
Business to Consumer Operations Manager
Homestead Consumers Co-op Ltd.

P.O. Box 70
Portage la Prairie,
Manitoba R1N 3B3
Ph: (204) 856-2130
Fax (204) 856-2152



Homestead Consumers Co-op Ltd.

FOR SALE BY TENDER

Commercial Dishwasher

LOCATION:

Carman Food Store

Conditions:

- The dishwasher must be removed by May 5th and at the buyer's expense.
- Tenders can be mailed, addressed to the undersigned, and the envelope clearly marked **Tender for Dishwasher**. Tenders may also be emailed to the following address: chris.theoret@homestead.crs
- Tender closes on **Friday April 28th at 5:00 PM**.
- Item(s) sold as is.
- Management reserves the right to award this tender in whole or in part.
- Highest or any tender not necessarily accepted.
- All applicable taxes will be added to tender bid.

Please scan the QR code below or visit www.homesteadco-op.crs for photos and more details.

Chris Theoret,
Business to Consumer Operations Manager
Homestead Consumers Co-op Ltd.

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STANDARD Call 204-467-5836

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The successful applicant would ideally have some experience in a similar field. We are willing to train the right person as we realize that this is a specialized trade. They will need to have a good eye for detail and need to be physically fit and able to lift heavy objects. A valid class 5 driver's license is required. They need to be organized and a self starter. We offer competitive wages that will reflect their experience. A full benefit package is available after a probation period is successfully completed.

Please send resumes with references to sean@carmangranite.com. Only successful candidates will be contacted.

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take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Colas
- Single-celled animals
- The rear car of a train
- Endangered
- It cools your home
- Helper
- "The First State"
- More aged
- Partner to cheese
- Type of wrap
- From a distance
- Satisfies
- "Dallas Buyers' Club" actor Jared
- God of battle (Scandinavian)
- Cooking utensil
- Soviet Socialist Republic
- Able to perform
- Big man on campus
- Second epoch of the Tertiary period
- Porticos
- Alban and Peter are two
- Gets up
- Humble request for help
- One-thousandth of an inch (abbr.)
- Unhappy
- Hint or indication
- A way to plead
- Digits
- Broadway actress Daisy
- Jewish calendar month
- Author Gore
- Peacock network
- White poplar
- Promotional material
- A period of calm
- Take too much
- Emit energy
- Something you can take
- Mended with yarn
- Inconsistent

CLUES DOWN

- Calm down

	1	2	3	4	5	6		7	8	9	10	11	12		
13								14						15	
16			17					18						19	
20		21				22			23		24				
25						26			27		28				
29					30				31		32		33		
			34	35						36		37			
38	39										40				
41						42				43					
44					45		46		47				48	49	50
51			52			53		54				55			
56				57			58				59				
60					61			62			63			64	
65		66								67				68	
										69					
											70				

- One quintillion bytes (abbr.)
- California white oak
- One who pretends
- More (Spanish)
- Hang glide
- After B
- Distinctive practice
- Decorated tea urn
- Mariner
- Island
- Peaks
- Car mechanics group
- Queens ballplayer
- Wordplay joke
- Geological times
- Cut a rug
- Twofold
- Prickly plant
- Atomic #13
- Speech in praise of a deceased person
- Tranquillizing
- European buzzard
- Metric weight unit
- Indicates
- Influential linguist
- Unwanted rodent
- West African languages
- Partly cooked with hot water
- Siskel's partner
- One who can be recommended
- Skinny
- Resembles a bag or pouch
- Oblong pulpit
- Midway between south and southeast
- Consumed
- Small, mischievous sprite
- Powerful lawyer
- Sets up for a photo
- Indicates position

Announcements Classifieds

The Carman-Dufferin STANDARD

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OBITUARY



Tena Froebe

Tena Froebe (nee Friesen) passed away at the Steinbach hospital on Sunday, March 26, 2023.

She is survived by her loving family: Karen (Paul), Ann (Angelo), Candace (Ian); siblings John (Joyce), Mary Anne, Linda (Bill), Rita; sister-in-law Lal; and many nieces and nephews.

Tena was predeceased by her parents John and Katie; her sister Agnes; her husband Grant; and her son Len.

A Funeral Service will be held at the Carman Mennonite Church at 2 p.m. on Wednesday, April 5, 2023 followed by luncheon and burial.

Donations in lieu of flowers can be made to the Canadian Foodgrains Bank. Information can be obtained on the Doyle's Funeral Home website.

Doyle's Funeral Home
in care of arrangements
www.doylesfuneralhome.ca

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PART TIME RECEPTION

Greenland Equipment Ltd. has a **term position for a part-time receptionist** to work from April-October:

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Saturdays: 8am - 5pm

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Duties will include greeting customers, answering phones and directing calls, taking payments, filing and general office duties.

Applications will be accepted in confidence.

Please apply to

Carly Cox, Controller

ccox@greenlandequipment.com

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The Carman-Dufferin
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How parents can pitch in to prevent bullying

Parents go to great lengths to protect their children. Keeping a watchful eye is a great way to protect kids when they're around the house, but parents may need to look for more subtle signs to determine if their children are being mistreated when they leave home.

The U.S. Department of Health and Human Services notes that roughly 20 percent of students between the ages of 12 and 18 experience bullying nationwide. Parents might once have written off bullying as part of growing up, but research has long since indicated that bullying can be very harmful to youngsters. The DHHS notes that research indicates that persistent bullying can lead to or exacerbate feelings of isolation, rejection, exclusion, and despair. Children who are persistently bullied also may experience new or worsening feelings of anxiety and depression. Parents can play a vital role in preventing bullying. Much of that role involves parents educating themselves about bullying, including what it is and what it's not and what are some warning signs that a child is involved in bullying.

What is bullying?

Bullying behavior is repeated or has the potential to be repeated over time. The imbalance of power associated with bullying involves the children who bully using some semblance of power they have over the children they're bullying to harm or control those youngsters. Their power may be physical strength, access to embarrassing information or popularity.

What isn't bullying?

Various types of aggressive behavior have the potential to be harmful,

but they do not fall under the umbrella of bullying. For example, Stopbullying.gov notes that children between the ages of three and five are learning how to coexist with one another, including how to share and cooperate. Children in these age groups may be aggressive if they don't get what they want, but their actions in such instances do not constitute bullying. More information about potentially harmful, non-bullying behaviors is available at Stopbullying.gov.

What are some signs a child is being bullied?

The DHHS notes that not all children who are being bullied exhibit warning signs. In addition, some signs might be more subtle than others. But some potential indicators that a child is being bullied include:

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. For example, children who are being bullied may come



- home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
 - Declining grades, loss of interest in schoolwork, or not wanting to go to school
 - Sudden loss of friends or avoidance of social situations
 - Feelings of helplessness or decreased self esteem
 - Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

What are some signs a child is bullying other children? Parents also should be on the lookout for signs their children are bullying other youngsters. Such signs include:

- Kids get into physical or verbal altercations
 - Children have friends who bully others
 - Increasingly aggressive behavior
 - Frequent trips to the principal's office or to detention
 - Kids have extra money or new belongings but cannot explain how they got the cash or items
 - Kids blame others for their problems
 - An unwillingness to accept responsibility for their actions
 - Kids are competitive and worry about their reputation or popularity
- Parents have a vital role to play in preventing bullying so all youngsters feel safe and sound inside and outside of school.

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.
Ephesians 4:29 ESV

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