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# The Carman-Dufferin

THURSDAY, MAY 11, 2023

#### LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY





**VOLUME 3** 

**EDITION 19** 



STANDARD PHOTO BY DENNIS YOUNG

South Central Cancer Resource board member Jack Pethybridge, left, assisted Tim Hortons Sara Neufeld (assistant manager), middle, and Shannon Bergsma (SCCR board member) during Smile Cookie week last Friday. Between May 1 to 7 all Tim Hortons restaurants donate one hundred per cent of the Smile Cookie sales to a charity of choice. See pg. 2 for more details and photos.

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## Local Smile Cookie campaign supports SCCR





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STANDARD PHOTO
BY DENNIS YOUNG
Grayson Friesen
(9) and Aubrey
(8) purchased a
Smile Cookie from
Tim Hortons staff
Cecilia Richards in
support of South
Central Cancer
Resource.



Carman Dufferin Summer Day Camp Registration Starts Wednesday May 17<sup>th</sup> ONLINE ONLY 7:00 AM

Register at

www.carmandufferinrecreation.com

For more information call 204-745-2684 or email programcdr@townfocarman.com





Carman's Tim Hortons donated \$6,868 from their proceeds of its Smile Cookie sales this year to South Central Cancer Resource. This year, the promotion ran from May 1 to 7, and the Smile Cookies cost \$1.50 apiece. Erika Friesen (South Central Cancer Resource Social Media & Project Coordinator) decorated cookies with Dianne Mestdagh.



STANDARD PHOTOS SUBMITTED

Tim Horton's team, Farrah Tabaday, Chi Santos, Yvette Goodwin, Chalin Chaneco, Edwina Castro and Sara Neufeld were all smiles last week selling Smile Cookies.

### Get ready for some quacking good fun at the rubber duck fundraiser

By Ty Dilello

Are you ready to make a splash for a good cause? The Dufferin Historical Museum is hosting an exciting duck race fundraiser on July 12 at 7 p.m. in Carman, and they're selling rubber ducks to support their renovation project! For just \$5 per duck, you can help contribute towards the museum's restoration while also entering into a chance to win some cash.

The race will be running on 1st Avenue NW (in front of the Parkview and Evergreen buildings) with the assistance of the Carman Dufferin Fire Department.

"We felt this was a good place for people to be able to come and watch with easy access for all," said Lori Keith of the Dufferin Historical Museum. "We will be using the money raised to finish some of our construction projects, which include new cupboards, new storage containers, etc.'

There will be 500 ducks for sale at \$5 each. Three prizes will be paid out based on the number of ducks sold. The first prize will be 5% of total sales (up to \$125), the second prize will be 2.5% of total sales (up to \$62.50), and the third prize will be 1% of total sales (up to \$25).

The ducks will be sold by museum board members, and they will be at the Homestead Coop selling on May 20 from 10 a.m. to 4 p.m. and at the Museum on June 3 during its garage sale from 9 a.m. to 3 p.m.

"If there are still ducks available to be sold after the garage sale, please contact a museum board member to ensure that you're able to get a duck for the race," said Keith.

Don't miss out on this exciting event that promises fun for all ages and helps preserve local history at the same time.



STANDARD PHOTO SUBMITTED

Get your rubber duck today! The Dufferin Historical Museum will be holding a Duck Race fundraiser on July 12.

## Calling all runners for the Boyne Book It Fun Run on May 27

By Ty Dilello

The Boyne Book It Fun Run is an exciting community event promoting healthy lifestyles for all ages and abilities. On May 27, in-person



participants will have the opportunity to walk or run 2, 5 or 10 km around the town of Carman and its beautiful community pathway.

Family pricing is available, and early registrations are guaranteed to receive a hat and drawstring bag with their registration package. Registration costs increase on May 13, so register as soon as possible at https:// raceroster.com/events/2023/66427/ boyne-book-it-fun-run.

In the past, the Boyne Book it Fun Run has supported the town's library expansion, the Take Home Tuesday program, and Kat's Kritters Rescue. This year, the Committee is excited to announce that they have selected the Boyne River Keepers and their Ryall Park River Launch as the recipient of the proceeds from the 2023 event.

"We're very excited to be holding another Boyne Book It Fun Run in Carman," said Race Director Michelle Froese. "It's sure to be a great morning of running in town."

If you are interested in being in-



volved in this amazing community event as a volunteer, please send an email to boynebookitfunrun@gmail.



· A Celebration of Caribbean music... Two Nights Only: Fri. May 26 and Sat. May 27 A solo performance: musical stylings of Gord Laschuk in a tribute to Harry Belafonte, Toots Hibbert, Jimmy Cliff,

Dennis Brown {'prince of reggae'}, and Bob Marley {King of reggae} Dine in the elegant historical dining room of Bell Aura B&B in Carman Appetizer: Jamaican spicy Shrimp Soup: Curried Pumpkin 'Rasta' Salad w/Goat cheese & vinaigrette dressing Main Course Option: Jerk Chicken with Rice & Peas or Curried Chicken with Rice & Peas

Dessert: Lime-Raspberry-Mango Ice Cream Incl: coffee or tea \$55 per person by reservation ONLY reserve now Limited Seating Call (or text indicating main course option) 204-509-5435 or 204-745-6787 Cash Bar - Red Stripe Available

com. You can also visit the website bookitfunrun.com/ for more info at https://www.boyne-



Winkler Location: 431-350-0270 Zara's Gardens

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> Got news? Ty Dilello 1-204-250-6322 news@carmanstandard.ca



## Taxpayers get soaked by Volkswagen giveaway

By Franco Terrazzano, Canadian Taxpayers Federation

More than \$4 million per job. That's how much Prime Minister Justin Trudeau has committed taxpayers to spending in his sweetheart deal with a German auto giant.

In St. Thomas, Ont., flanked by Premier Doug Ford, Trudeau announced that taxpayers are set to give Volkswagen up to \$13 billion in exchange for a \$7-billion electric car battery plant.

The plant is costing taxpayers \$13 billion and is set to employ 3,000 workers.

Divide the total cost by the number of workers and you get \$4.3 million per job.

Not to be left out, Ford also committed Ontario taxpayers to chipping in half-a-billion.

Step back for a moment and think about the larger implications of this agreement. What does it say about the competitiveness of the Canadian economy that the government felt it had to put this much money on the table just to attract a plant and 3,000 jobs?

Federal Industry Minister Francois-Philippe Champagne can talk about "seizing generational opportunities." But there's no downplaying the fact it took \$13 billion to get Volkswagen to come here.

And what happens if Toyota is looking to build a new plant and wants its own multi-billion-dollar handout? What about Honda? Ferrari?

It's quite possible that the government set a dangerous precedent that will result in every automaker demanding billions of dollars from taxpayers before agreeing to come to Canada.

Think of what else could have been done with \$13 billion.

Canada could have built more than a dozen new hospitals, or hired 16,000 new nurses for a decade or paid off the entire debt of Prince Edward Island five times over.

Keep in mind that Volkswagen's profits were over \$33 billion last year. That's a huge amount of money. Volkswagen's profits are bigger than the individual provincial budgets of Saskatchewan, Manitoba, New Brunswick, Nova Scotia, Prince Edward Island or Newfoundland and Labrador.

Corporate welfare has real consequences. For every dollar politicians

hand over to wealthy corporations, that's one dollar less that can fund programs, lower tax bills or reduce government debt.

A key consequence of corporate welfare is that it's addictive. Remember good old Bombardier? A one-time corporate giveaway has turned into decades of government handouts. Corporate welfare is easy to start, but the dependency is difficult to end.

Even worse, the money the feds are handing over to Volkswagen is borrowed.

The Trudeau government is running a \$40-billion deficit with no plan to ever balance the budget. It's already spending nearly \$44 billion on debt interest charges this year alone.

Then there's the whole idea of trying to outbid the Americans. The feds are telling taxpayers that the government had to make the deal because the Biden administration's subsidies effectively put a similar American offer on the table.

But the U.S. economy is 10 times the size of Canada's and the Americans have much more money to work with. Surely outbidding our neighbours to the south isn't a sensible

Continued on page 6

### Masks no longer required in most health-care settings

Staff

The requirement to wear a mask in most Manitoba acute, long-term and community health-care settings lifts this week.

Shared Health announced the change, which applies to most visitors and patients entering health-care facilities across the province, will occur Wednesday, May 10. The move follows similar changes in other provinces in recent weeks.

Individuals who are ill will still be asked to wear a mask when seeking care and should refrain from visiting or accompanying a loved one receiving care.

"The changes in masking require-

ments are based on advice given by infection prevention and control experts and reflect the changes we've seen with virus transmission in our province over the past year," said Monika Warren, Shared Health's COO of provincially coordinated health services and its chief nursing officer, in a statement. "Care settings across the province will continue to be mask-friendly. Masks will be available to those who wish to wear them."

Warren noted these changes will not apply in settings where care is being provided to particularly vulnerable populations, including cancer patients and transplant recipients. Masking requirements in these locations will be clearly indicated with signage.

Health-care workers will continue to have access to medical masks and N95 respirators when needed.

"Masks continue to be an effective way of limiting virus transmission," Warren said. "For individuals experiencing a significant illness or health event, we want to ensure the environments they visit within our facilities offer them every possible measure to protect their health and wellness."

Warren noted that mask requirements in individual health-care clinics may vary.

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# SCC NEWS > VIEWS > CARMAN > DUFFERIN > MIAMI > ROLAND > ELM CREEK > SURROUNDING AREAS

## Flashback..... 59 Main Street S.

The Montgomery/Grier Block was located south of the Boyne River, where BSI is today. The two story building was home to many tenants and offices to many business people over it's years since 1910.

Charlie Montgomery built it and was a brick construction with five offices on the main floor, two upstairs suites and one basement suite. Tenant parking was at the rear with access to the 2nd floor via a long set of stairs.

Rosebank famer Bill Grier purchased the Block in 1956 for \$4,000 (\$45,000 today). Some past business occupants were: Pete Zebreski Shoe Repair 52-59, Dr. Daynard Dentist 1910-57, Bill Smith Jack McKay Barbers 48-52, Dr. Clint North 52-63, Ogden Hinch Realty and Loan 1901-41, Clarence Bedford Law 58-73, John and Alf Strachan Seeds 34-54, E Falk Law 51-52, O L Davison Fertilizer 51-57, Norm Bissett Tailoring 53-58, Frank Butcher Law 1900-51, Mc-Corrister Confectionary, John Wilson and Gord Selinger Law 77-78, McKinnon's Prairie Agri Photo 75-78, Eileen Robertson The Sewing Centre 49-? And I am sure there were many more!

It was slated to be torn down in October of 1978 after which Chicken Delight was built and operated until 2008 with three different managers: Jack Pethybridge, Earl Kalauz and Ron Borkowsky. It was then renovated to the exterior you see today in 2009, with Faye Harm's BSI as the lone tenant. Riedstra's Carman Bakery opened in 2017 before giving way to de Rocquigny's Hill Top Meats last year. helpful and resourceful neighbour.



Side note: this then, nine-year-old reporter moved from Sperling to a 2nd-floor bedroom suite in 1964 with my telephone operator mom Audrey Young (Carr), MacLeod's brother Bruce, Safeway sister Marleen and 11-year-old brother Leigh. Elderly Mrs. Jean Berryman was Mom's

### **One Stop ID Application Day – Carman on May 16**

Submitted by Wendy Durand, Carman Wellness Connections

Mark your calendar for May 16 for the second pop-up One Stop ID application day at Boyne Regional Library! In partnership with Carman Wellness Connections Education and Employment working group, Regional Connections Immigrant Services and Boyne Regional Library, the day gives a local option for any and all Carman and area residents who wish to apply, re-place or renew government issued identification including Manitoba Health cards, Social Insurance Number (SIN), or Manitoba Birth Certificates to do so in person at the library from 11 a.m. to 7 p.m. Onsite volunteers will assist all applicants with online applications whether the need is for employment, training, banking, benefits, health care services, housing, families or more.

Regional Connections is a non profit organization providing settlement, employment, language, community connections, and other support services to newcomers each Tuesday in Carman. They are excited to be a partner in ID day and look forward to making the day a success. Offering assistance with Permanent Residency card renewal, Manitoba Health card, SIN, passport renewals applications and more, experienced settlement workers can give short consultations for newcomers on topics related to

life in Canada. The majority of their staff are bi/multi- lingual thus during ID Day will be able to provide services in English, Spanish, Low German and Russian. Service Canada has also been invited to participate on May 16th to offer federal services including SIN applications and reviewing passport applications and supporting documentation. Those interested in applying, renewing, or replacing government issued identification on May 16 are encouraged to book their appointment through carmanwellnessconnections@gmail.com or by phone to 204-745-2982 though walk-ins will be accommodated as time permits.

#### Tell us what you think

The Carman Dufferin Standard welcomes letters to the editor on its coverage and local issues. Submissions are selected by the editor (including from comments posted to our social media pages) to provide a variety of opinions and voices, and all are subject to editing for accuracy, clarity and length, and to remove personal attacks. Letters may be emailed to: letters@carmanstandard.ca. The writer's full name, town and email or phone number must be included, but only the name and town will be published.

### **Town-wide Clean Sweep** on May 18

Submitted by CIB

When one hand washes the other, both become clean.

Carman and Dufferin Communities in Bloom volunteers hope to see many pairs of hands engaged in Clean Sweep, a day their group is organizing for town-wide tidying up and beautifying May 18.

The local beautification group is hosting the spring cleaning event with help from local school students recruited to do a town wide litter pick up that morning.

Our local youth will provide an invaluable service this way, say CIB volunteers, but it's hoped that lots of town residents will join in and do their part to give both private and public spaces a refreshed and cleaned-up look, too.

This is CIB's first Clean Sweep event but it need not be a one-day event, say volunteers.

"We encourage everyone to get outside and participate in their own way," said Susan Mooney.

Clean Sweep happens in advance of the May long weekend, so the aim is to have visitors coming into a community that looks spiffed and polished.

"Town Council fully supports the Clean Sweep initiative by CIB and wants to encourage every resident to take part in showing pride for our community by keeping our environment clean," said Town of Carman councillor Erin Lemky, who serves on the CIB committee as a town representa-

Town council also wants to remind all residents to please use appropriate waste bins around town and bags for animal clean up along the path.

Communities in Bloom programs actually originate from town wide clean-up activities begun in Ireland, Britain and France in the 1950s. They became known as 'tidy town' programs during that decade and were a popular means of promoting rural communities by tourist boards. They eventually became much broader beautification efforts which today are known nationally and internationally as the Communities in Bloom program.

## "I have the right to be at that table"

## Donna Cox says she's been wrongfully removed from RM of Thompson council

#### By Lorne Stelmach

A councillor for the RM of Thompson believes she's being wrongfully disqualified from serving on council and is fighting the decision to remove her.

Donna Cox is also raising concerns about how council has not only handled this matter but how some of their actions and decisions about scheduling meetings, for example, make it difficult for many working people to participate in the democratic process.

"I have the right to be at that table," said Cox, who was elected last fall to represent Ward 2 with 93 votes, or 48.4 per cent of the ballots.

"There's been lot of support ... lots of disappointment that I was treated this way," she suggested. "What has happened here is just incredibly disappointing, and I'm beside myself with it ... so I need to let people know about it."

The municipality has had very little to say about the dispute other than the following brief statement last week from Reeve Brian Callum:

"Council disputes the allegations made in social media," he told the *Voice* via email. "We are seeking advice to ensure that we deal with the matter legally and in a professional

manner. We are not able to comment further at this stage."

Cox ran for municipal office because she felt she had a lot to offer, including experience as a school trustee.

"I ran for municipal council because I wanted to serve my community, and I've got three terms of experience in policy governance through Prairie Rose School Division ... and my career of choice is senior resource management, so I have a lot to offer. There's lots of things I can help the organization with.

"However, I'm the only municipal councillor who works full-time, and they refuse to have meetings after five o'clock ... so they're always excluding me."

Cox had received approval from her employer for a limited number of days of absence from work, and so she felt it would work with council formerly rotating between one daytime and one evening meeting.

She requested basically half a day a month for leave, but says council suddenly changed to strictly daytime meetings

"And it seems they're always making these resolutions when I'm not there," said Cox, who acknowledged she did miss three Local Urban Dis-

trict of Miami committee meetings.

"I've been transparent about my availability right from the beginning," she said. "I said I can meet pretty much any day at 5 o'clock ... and we're talking about a commitment of about three hours a month. So they scheduled meetings when I could not attend, and they're trying to punish me for not attending."

A resolution was made at the LUD committee to disqualify her as a councillor, and she was then physically escorted out of the building when she next came to attend a meeting.

"It's bullying and harassment ... my chin was on the floor. I didn't know what to say," said Cox.

"Council has no authority to disqualify me," she said. "They're calling it a legal matter on the agenda ... but it should have been done in open session because the public has the right to know."

Cox noted that she has had feedback from provincial municipal relations officials about the dispute.

The Manitoba Municipal Act does address the criteria for disqualifying a council member, and it includes when a councillor is absent for three consecutive meetings without approved leave, but Cox said it was indicated to her that the process to officially disqualify a councillor is supposed to be done through the courts.

The Municipal Act also gives coun-



SUPPLIED PHOTO

Donna Cox is fighting the RM of Thompson council's decision to remove her from office.

cils the authority around timing of meetings, but councils are encouraged to make them accessible to all members as well as the general public

In the meantime, Cox has been given some advice that she should continue to show up at council meetings as long as the matter remains unsettled.

"I have every intention of attending because they don't have the legal authority to disqualify me," she said. "In my last letter to council, I requested mediation if we couldn't figure it out."

### A statement from the Honourable Anita R. Neville, Lieutenant Governor of Manitoba

#### Submitted

On behalf of all Manitobans, it is my honour and privilege to extend congratulations to His Royal Highness King Charles III and Queen Camilla, on this Coronation day – a historical milestone for the British monarchy, the Commonwealth and, indeed, world history.

This monumental day ushers in a new era of leadership as His Majesty formally assumes his considerable royal responsibilities and the commitment to service that was so capably and wonderfully demonstrated throughout the remarkable reign of his mother, Her Late Majesty Queen Elizabeth II.

While King Charles III became King of Canada upon the passing of his beloved mother, holding all legal, constitutional and symbolic authorities as Canada's head of state, the Coronation provides a celebratory occasion to mark the new reign and focus on the opportunities ahead.

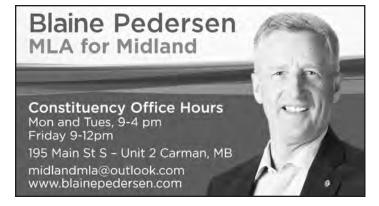
As the heir to the throne, His Majesty has already experienced extraordinary mentorship and training for his new role. With the support of Queen Camilla, he is bound to establish his own unique legacy through his service ethic, intelligence, compassion and ongoing dedication to important topics in the fields of art, technology, architecture and environmentalism.

Earlier this week King Charles III met with First Nations, Inuit and Métis representatives together. I share in

the spirit of optimism that surrounds this new chapter in the relationship between the Crown and Indigenous Peoples.

I hope all Manitobans will join me in recognizing and reflecting on the significance of this ceremonial day and join me in extending hearty congratulations and loyalty to His Royal Highness King Charles III.

Long live the King.



#### > TAXPAYERS, FROM PG. 4

long-term strategy.

Instead of raising carbon taxes, payroll taxes and alcohol taxes then giving a bag of cash to a hand-picked business, Trudeau should cut taxes across the board and cut out corporate welfare.

Finally, where is the political opposition? New Democratic Leader Jagmeet Singh loves to bash grocery store CEOs, so why hasn't he grabbed the pitchfork after Volkswagen raided the public purse? If the Conservatives want to be the party of fiscal responsibility, then why aren't they up in arms over this corporate welfare?

Volkswagen's sweetheart deal is bad news for taxpayers. Trudeau is taking money out of the pockets of struggling taxpayers and stashing it into the bank account of a profitable multinational corporation. Politicians of all stripes should oppose this kind of corporate giveaway.

Franco Terrazzano is the Federal Director and Jay Goldberg is the Ontario Director of the Canadian Taxpayers Federation

### Redboine Watershed District putting on free Chainsaw Safety Training Course

The Redboine Watershed District is taking a proactive approach to safety by offering a Chainsaw Safety Training Course. This course will take place on June 14 at the Pumpkin Creek Ski Club Trailhead Shelter near Roseisle and will run from 9 a.m. to 3 p.m.

This training session is designed to teach safe chainsaw use and maintenance practices, as well as provide an indoor classroom session along with an outdoor safe handling demonstration. Participants will be shown the proper techniques for using saws safely and efficiently, including how to make different cuts when felling or bucking trees.

It's important that participants come dressed for the outdoors, but no equipment is required - though attendees are welcome to bring their own gear if they prefer.

"The main targets for the chainsaw workshops are typically the summer students and any new employees of Redboine Watershed District and the

Pembina Valley Watershed District," said the course's teacher Jake Goertzen of Manitou. "There has been a great deal of interest in the last number of years, so we have opened it up to our Board Members and the general public. The main objective is to teach and demonstrate the safe handling of chainsaws. We stress the use of proper safety equipment."

Goertzen notes that the course will feature several hours of classroom training where people will be shown the proper and safe use of saws as well as showing how to make different cuts when felling and bucking

"We will also go through fueling, saw maintenance and chain sharpening," said Goertzen. "In the afternoon, we move into the field where we demonstrate how to fell trees as well as dealing with different situations one might encounter while in the woods."

Participants are told to come dressed for the outdoors. Equipment is not



STANDARD PHOTO SUBMITTED

The Redboine Watershed District is putting on a Chainsaw Safety Training Course on June 14.

required, but feel free to bring your with Redboine Watershed District at

The workshop is free to attend, but space is limited. Please register

info@redboine.com or (204) 526-2578. Lunch and refreshments are included.

## Flashback... A Catholic Mission of 130 years

A Catholic congregation was formed in Carman in 1883 as Bishop Alexandre Tache decreed the canonical erection of Our Lady of Mount Carmel Parish in Carman. By that decree the Mission became a Civil Corporation or the equivalent to a Parish. That decree was read at the first mass on Dec.

It was served by Priests who travelled in and would remain in the area for a week to see to the needs of the Metis, the Indians and the white settlers who were arriving in the same area. The settlements began north of Tiger Hills and northeast of "Riviere des Ilets de Bois" or the Boyne River encompassing Carman and St. Daniel.

A small church with a residence was built in 1893-84 after purchasing four lots from George Sexsmith on the SW corner of 2nd Street NW and 3rd Avenue NW (now 90 2nd Street NW residence). It would serve as a place of worship for some 11 Priests over 70years. During that time an addition was built, a house was bought for a rectory, a Catholic Women's League was formed, cemetery improvements were made, and catechism was taught during the summer months.

By the 1960s, the old Church needed to be replaced so Kyle's Livery Stable property was purchased and torn down on the present location. It sat 240 people, and had a full basement auditorium with kitchen facilities, a choir loft, a sacristy and a 4-room apartment for the resident Priest. It opened June 7, 1964 and soon the congregation numbers numbered 280.

The rectory to the east, still occupied today, was built in 1978 with living quarters upstairs and a meeting room and office space on the main floor. Before this, the priests resided in the church on two floors.

In the early 70s, membership was very good, with catechism well attended. But the following decades would see up and down trends, especially during and following COVID.

"To date there are 50ish families who are either active or semi-active," says member Sandra Friesen.

A 100th Anniversary celebration was held June 12, 1983 in King's Park. President of the Parish Lawrence Aubin welcomed Archbishop Antoine Hacault and others before calling upon long-time contributor Chic Mc-Ivor to share memories.

A huge undertaking came in 2013-14 after much planning with a renovation inside and out. Original entrances and walkways were moved, a lift was installed, and new lights and some paint to brighten up the walls. A project that not only brought the membership out but instilled in them a pride that will not long be lost.

For years they did the fall supper but because of aging and difficulty



STANDARD PHOTO SUBMITTED

Construction of the new Catholic Church neared completion when the bell was hung over the entrance in 1964.

getting volunteers that has stopped. However, you can still find members offering lasagna dinners in the spring, at their Fair booth in July or selling apple pies in the fall. Catechism, too, has started up again after many years.

Friesen wraps it up by concluding, "OLMC Parish is still active because of the devotion of its members. We struggle but it's the sign of the times and we aren't alone in our struggles. We're going to stay as active as we can for as long as we can! Come join us!"





Thurs., May 18 Let's make tidying up a habit and make our town beautiful. Local youth are picking up litter. Cheer them on and do your part! Everyone welcome to ioin in. Hosted by Carman and Dufferin Communities in Bloom

## Winkler Harvest Festival announces its headliners

Crash Test Dummies, Hunter Brothers, and We Are Messengers to perform

#### By Ashleigh Viveiros

The Winkler Harvest Festival has lined up three big names in rock, country, and Christian music to headline the 2023 edition of the community celebration.

Taking to the Parkland stage Aug. 11-13 are the Crash Test Dummies, the Hunter Brothers, and We Are Messengers.

"When it comes to picking performers to be headliners, there's a lot of things that come into play: Where are they coming from? Are they touring? Do they fit our budget?" shared festival director Nicole Enns. "We try to cater to as many different genres as we can and to have a little something for everyone every year."



The Crash Test Dummies will anchor the Friday night stage line-up.

They're a band fans of '90s music especially will enjoy, noted Enns.

The Winnipeg-based group rocked the Canadian charts with their 1991 hit single "Superman's Song" and then found international success with their 1993 single "Mmm Mmm Mmm Mmm Mmm." Other notable hits include ""The Ballad of Peter Pumpkinhead" and "Keep A Lid on Things."

This year they've released a new original single "Sacred Alphabet" and have been touring North America and Europe.

On stage festival Saturday are the Hunter Brothers, who performed at the festival back in 2017.

"They've been here a few times before and they've been a bit hit," Enns said.

The group is made up of five brothers from Saskatchewan who made the Billboard Canada Country charts with their debut single "El Dorado" in 2016. Since then, their single "Born and Raised" cracked the Top 10 on the charts and 2019's "Lost" was a #1 hit.

The group has earned multiple Canadian Country Music Association Award nominations, JUNO Award nominations, and Saskatchewan Country Music Association Award wins.

Finally, wrapping things up festival Sunday is We Are Messengers, a Christian rock/pop band originally from Ireland but who today call the U.S. home.



**SUPPLIED PHOTOS** 

The Crash Test Dummies (above), Hunter Brothers (below), and We Are Messengers (left) are this year's big stage acts for the Winkler Harvest Festival.



Their self-titled first studio album in 2016 hit the top 10 on the Billboard album charts while their 2019 follow-up, *Honest*, reached the top 10 on the Billboard Christian albums chart.

"They're another group that came highly recommended," Enns said.

Joining these three headliners in performing festival weekend will be a

host of other acts, the details of which are still being firmed up.

"There's going to be some openers that are really, really awesome that you won't want to miss," Enns said, "along with some local talent performing in the beer gardens."

### Investments in enhanced bail, community supervision and electronic monitoring programs

#### **Submitted by Manitoba government**

The Manitoba government is enhancing programs for supervision and services to support bail and community-based sentences, while also launching a new electronic monitoring program for high-risk offenders released to the community, Justice Minister Kelvin Goertzen announced Monday.

"These programs will see that those who are granted bail are given appropriate community supports and supervision required when they are released from custody pending court hearings to lower the risk posed to the community," said Goertzen. "The Manitoba government has been a leading voice in the need for bail reform to stop accused repeat violent offenders from too easily getting bail. A commitment from the federal government to make bail harder to ob-

tain for repeat violent offenders and strong provincial programs to monitor those on bail will make our streets safer."

Starting this month, expanded resources will be allocated to the successful Criminal Organization High Risk Offender Unit, an intensive probation program that targets offenders who have been identified by justice partners as posing a very high risk to public safety. The new resources includes a full-time psychologist and an increased number of probation officers and community corrections workers. The program will provide these enhanced supervision services for up to 100 additional offenders, doubling its current capacity.

"As we continue to push for legislated bail reform, it's important all criminal justice system stakeholders do their part to help protect the community. I support the additional justice resources and tools announced today," said Chief Danny Smyth, Winnipeg Police Service. "These initiatives will make it tougher for violent and chronic offenders to commit crimes and further engage in violent behaviour while on judicial interim release."

A pilot adult bail management program will also launch later this spring, beginning in Winnipeg with 25 male and 25 female offenders. This program will see that individuals with pending serious charges before the courts are given increased supervision and support upon being granted bail to address public safety concerns and assist with compliance to their release order conditions, the minister noted.

The Manitoba government will also be engaging in a request for proposals process shortly to implement an improved and state-of-the-art electronic monitoring program, the minister noted, adding that current data demonstrates that in addition to reducing burdens to policing, electronic monitoring can also serve as a proactive approach to crime prevention in communities.

Recent technological improvements has seen electronic monitoring equipment and programming evolve over the last several years. Secure and confidential electronic monitoring of judicially reviewed offenders is offered in many other Canadian jurisdictions. Accordingly, the Manitoba government will also be seeking a technology platform to assist the Department of Justice in providing targeted supervision of offenders, the minister said.

## **Quilters show off their skills** at Barnswallow show

By Lorne Stelmach

Quilting has been a creative outlet and also a means of connection for Jean Motheral.

The Morden resident enjoys the craft, and it is also meaningful for her, especially when she is making something for someone else.

"Sometimes I make special things for special people," said Motheral, who was the feature quilter this past weekend at the Barnswallows Quilters quilt show at the Access Event Centre in Morden.

"I like working with fabric, and I like making things and giving them as gifts. I would rather give something I made as a gift rather than something I just went and bought. I think it means something more to the recipient."

Motheral cited, for example, one larger quilt made for her daughter when she was getting married.

"Each block represents something in her life," she said, adding that she was on a deadline in this case "so I did nothing else pretty much for four months ... its all machine joined but then I hand quilted it."

"And there's a bookcase quilt I made for a niece when she graduated because she was really into literature and writing stories and so on."

Quilting wasn't really something

that Motheral was drawn to earlier on in life, though there was some family connection to it.

"I was a home economics teacher, so I've always been interested in sewing. I was a 4Her to start with," she said.

"And I'm 'Scotch', so I never threw away any fabric," she said with a laugh. "I always thought maybe some day I would start quilting and use it up ... but then I found out if you're a real quilter you buy new fabric, so that's part of the fun, I guess.

"My grandmother did quilting, but I wasn't very old when she left us ... I do have some of her quilts, and it's kind of special to have them," Motheral continued. "In the community where I grew up, there were quite a few women who did quilt, and I always admired what they made.'

Her pieces are varied and include a range of both machine work and hand work. A number that were on display last weekend were in the log cabin style.

"You can rearrange your blocks. One is also log cabin, but it looks totally different," Motheral said in pointing to one that she noted likely took the most work and the longest time to complete.

"All these hexagon pieces are joined together by hand, so the whole thing



Jean Motheral was the feature quilter at the Barnswallow quilt show in Morden last weekend. Here she is with a piece she created for her daughter in celebration of her wedding.

was assembled by hand and then I quilted it by hand as well," she explained. "I started in 2010 and finally finished it this year; I had put it away for a while in between when I just got tired of working on it."

Motheral is glad to be part of the quilting guild and to have had the opportunity now to be the feature quilter for the annual show.

"It was a little intimidating, but after I got everything up, I thought well that actually looks pretty good," she said. "When I moved to Morden I wanted to learn more about quilting, so I joined the Barnswallows, and I've learned so much from the other women."



STANDARD PHOTOS BY LORNE STELMACH

The Barnswallow Quilters welcomed people back for the first time in three years to the annual quilt show last weekend The quilt guild was celebrating 35 years with a large display of all manner of fabric work by artisans from across the



## Funding announced for young entrepreneurs through Futurpreneur

Submitted by Manitoba government

The Manitoba government is providing \$1.2 million over four years to Futurpreneur to support the Startup Program, delivering mentorship programming and financing for young entrepreneurs across the province,

Economic Development, Industry and Trade Minister Jeff Wharton announced on May 2.

"Young entrepreneurs drive innovation and help to keep our province competitive in today's global market," said Wharton. "The support our government is announcing today is an investment in Manitoba's future."

Futurpreneur is a non-profit organization that provides inclusive financing, mentoring, and support tools to help aspiring business owners aged 18 to 39 start and succeed. Its

mentoring program matches diverse young entrepreneurs with business experts from a network of more than 2,400 volunteer mentors. The organization's Startup Program provides

Continued on page 10

### Derkson receives Queen Elizabeth II's Platinum Jubilee Medal

By Ty Dilello

On April 4, Carman's Lyle Derkson received the Queen Elizabeth II Platinum Jubilee Medal for all his hard work and dedication over the years for the Regina Fire and Protective Services.

Originally from Carman, Derkson has served as a Fire Inspector/Investigator in Regina since April of 2010. During his service with Regina Fire and Protective Services, he has gained Senior Fire Inspector rank and has acted as Regina's Fire Marshall.

Working as a volunteer firefighter with Carman and Dufferin Fire Department for five years provided Derkson with the knowledge and experience to pursue his chosen career. Prior to joining Regina Fire and Pro-

tective Services, Derkson worked at 15 Wing Moose Jaw as a firefighter/inspector for six years.

"I'm proud to have been with Regina Fire and Protective Services for 13 years," said Derkson. "And six years with Atco Structures and Logistics as a private contractor for the Department of National Defence. It's a great job as every day is something different. You are always facing a different challenge."

Derkson and several of his colleagues at the Regina Fire and Protective Services were on hand on April 4 to receive the Jubilee Medal.

"I was extremely honoured to have been nominated and to have received the award."



STANDARD PHOTO BY LYLE DERKSON

Carman's Lyle Derkson received the Queen Elizabeth II Platinum Jubilee Medal for all his hard work and dedication over the years for the Regina Fire and Protective Services.

#### > FUTURPRENEUR, FROM PG. 9

financing, mentorship and resources to help young entrepreneurs plan, launch and grow their businesses.

"With the Manitoba government's renewed investment in Futurpreneur's programming, we are poised to make a significant impact on the lives of diverse, young entrepreneurs across the province," said Karen Greve Young, CEO, Futurpreneur. "This partnership will provide the necessary support for these young entrepreneurs to turn their ideas into

reality, build thriving businesses, and contribute to the economic growth and prosperity of their communities throughout the province. We are incredibly grateful to the Manitoba government for its unwavering commitment to the success of the province's young business owners, and we look forward to creating a brighter future together."

Futurpreneur expects to support the creation of up to 50 businesses each year, the minister noted.

The Manitoba government entered into a three-year funding agreement with Futurpreneur in 2020 to provide \$250,000 per year to fund operating expenses and support the Startup Program for Manitoba small businesses.

"It takes a community to raise a startup and, in Manitoba, Futurpreneur is at the centre of it. Creating something from nothing requires money, advice, direction, and a slew of resources. Futurpreneur provides it all," said Luc Bohunicky, founder and CEO, Avid Golf. "As a Manitoban, Métis entrepreneur, two-time Futurpreneur programming recipient and a former member of Canada's G20 Young Entrepreneurs' Alliance, I'm grateful for the opportunities Futurpreneur has provided me and my colleagues. I'm thrilled to see the Manitoba government's continued support and am driven to be one of many examples to aspiring entrepreneurs of what's possible "

The minister noted the agreement has resulted in the distribution of more than \$1.6 million of collateral-free loan capital to 91 businesses and \$2 million in financing from the Business Development Bank of Canada in the first two years. In addition, Futurpreneur provided over \$550,000 in cash-flow relief to Manitoba clients through its COVID-19 response measures, ensuring young entrepreneurs were supported through business challenges brought on by the pandemic.

A total of \$4.1 million has been invested provincially to date through current partnerships.

Additionally, Futurpreneur has spent more than \$1.2 million on programs, operations and administration support in Manitoba, for a combined investment of \$5.4 million that resulted in a nearly 10-to-1 return on investment on the initial \$500,000 investment over the first two fiscal years, the minister said.

For more information on economic development in Manitoba including programs and incentives for businesses, visit www.manitoba.ca/jec.

For more information on Futurpreneur, visit www.futurpreneur.ca.



RETREATS | WEDDINGS
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## Genesis House hosting workshop for local 'superheroes"

**By Lorne Stelmach** 

A workshop next week is aimed at helping the everyday superheroes who aid the victims of violence and crime.

Genesis House is marking Victims and Survivors of Crime Week to raise awareness about challenges facing victims and survivors and the services, programs, and laws in place to help them and their families.

"The Power of Collaboration" is the theme, and Genesis House is hosting a Superhero Celebration lunch and learn at the Winkler Days Inn Conference Centre May 18 from noon to 1:30

The focus is on the topic of resisting

burnout, as workers in the field are profoundly affected by the work they do, and it is a challenge to cope while helping clients, explained executive director Angela Braun.

"We're all working towards the same end goal, which is making sure that families are getting the supports that they need."

Braun noted the pandemic has taken a toll on many of the people who play such vital roles.

"The turnover has been huge. I think just in my sector ... the turnover has been almost 30 per cent ... that is both staff and managers, and that's not just a shelter issue.

"Coming out of the pandemic, many

of the helpers that have been working frontline are finding themselves exhausted with a feeling of disconnectedness at times because of the forced isolation.

"It is important that we recognize the hard work of everyone and that the helpers need support sometimes too. We can't continue to support victims if we burn out, so let's talk about how we can shoulder each other up so that we can keep helping other."

The workshop will work to equip frontline staff with tools to resist burnout and vicarious trauma.

The event is free and open to all helpers in the community. Lunch is provided.

People are asked to register in advance online at www.eventbrite. ca/e/superhero-celebration-resisting-burnout-with-justice-doing-tickets-617129249197.

"Without the helpers, we are really in trouble," said Braun. "I think the message we're really hoping that people will come away with that day is that we are stronger together and working collaboratively coming out of our silos.

"I think we have made a lot of progress in our region, particularly around making sure that we are connected and providing that safety net for our families, but that has been exhausting for a lot of the helpers."

## Hitting the greens



#### STANDARD PHOTO SUBMITTED

As the snow melts away and spring brings new life, golfers across the province eagerly dusted off their clubs and hit the greens once again. For Bob Friesen, last Thursday marked an exciting day - he led off his foursome with a confident swing at 8:56 a.m. to be the first tee of the year at Carman Golf Course. Let us know what this week's weather looked like for you by sending photos of your friends or family enjoying outdoor activities to news@carmanstandard.ca



## Tickets on sale for Liv Dance Company recital



STANDARD PHOTO BY JILL LIVINGSTON

The Liv Dance Company is holding its recital on May 26 and 27 at 7 p.m. at the PW Enns Concert Hall in Winkler. Tickets will go on sale on May 1 as there will be around 140 students performing from age 3 to adults. At the recital, there will be around 35 dances, solos, duet, and groups in tap, ballet, jazz, hip hop, contemporary, lyrical, musical theatre and acro. Both the recreational and competitive dancers at the Liv Dance Company will be performing for a spectacular night of entertainment. Please contact livdancecompany@gmail.com for tickets.

## Canada-Manitoba Job Grant 2023/24 applications open

By Autumn Fehr

Are you a business looking to hire new employees but need a little help to cover training costs or need to train existing employees to meet business needs?

Funding from the Canada-Manitoba

Job Grant can help cover those costs.

The grant is a cost-shared funding program, giving employers help in covering training costs for new and existing employees to meet business needs, support development in the workforce, boost economic growth and increase employment opportunities in Manitoba.

Training funded through the grant must be delivered through an external third party. Employers decide which employees need training, the training they need, and other details such as when and who will deliver it.

This program offers \$10 million to support training and workforce development for new and existing employees. Employees are eligible to receive a maximum of \$10,000 per employee and \$100,000 per training project.

Small businesses with fewer than 100 employees can apply for up to 75 per cent of eligible training costs, and larger employers up to 50 per cent.

Applications will be accepted until the funding is fully allocated or all eligible applications have been received, whichever comes first. Funding is dispersed by the order in which the applications are received.

Employers for federal and provincial crown corporations and agencies, federal, provincial and territorial governments, and K-12 schools funded by provincial/federal sources are ineligible to apply.

Funding is not guaranteed.

Don't miss out on the opportunity and submit your application for a chance to receive funding to train your employees.

For more information and to apply, head to https://www.gov.mb.ca/jec/busdev/financial/cmjg/index.html.



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#### The 5 ethical principles of nursing in Canada

In Canada, National Nursing Week takes place from May 8 to 14. The weeklong celebration draws attention to the 4. Responsibility to colcourage and commitment nurses display daily on the front lines of the Canadian healthcare system. Nurses are guided by core principles outlined in the Code of Ethics for Licensed Practical Nurses in Canada. Here's a look at what they entail.

- 1. Responsibility to the public. Licensed practical nurses, as self-regulating professionals, must commit to providing safe, effective, compassionate and ethical care to members of the public.
- 2. Responsibility to clients. patients.
- profession and foster the you love.

respect and trust of their healthcare colleagues and communities.

- leagues. Nurses must develop and maintain positive, collaborative relationships with nursing colleagues and other health profession-
- 5.Responsibility to oneself. Licensed practical nurses must take care of themselves, recognizing and functioning within their personal and professional competence and value systems.

This year, the theme of National Nursing Week is Our Nurses. Our Future. The theme speaks to the many Nurses must provide safe roles played by nurses in a and competent care for their patient's healthcare journey. Take the time to write a 3. Responsibility to the pro- thank-you note to a nurse who fession. Licensed practical has made a difference in your nurses must commit to their life or the life of someone







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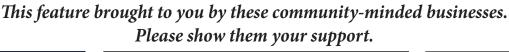




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## Examine your footprint, business urged

**By Lorne Stelmach** 

An online workshop last week encouraged businesses to consider whether they are ready for climate change.

The session was part of the Manitoba Chambers of Commerce 2023 climate action for business forum series, which was to be held in person in Morden April 19 but ironically went virtual due to the weather.

The bottom line was that business and industry is being encouraged to consider what's happening within their companies and operations and what they could be doing differently.

"What is your footprint on the environment; what type of emissions are you emitting?" asked Derek Earl, manager of the KPMG global infrastructure advisory team and founder and chair of BizForClimate.

"How are we interacting with the marketplace? What are the products and services that we're offering and that we're delivering, and how do these contribute to climate solutions and reductions?" he further asked. "It's that question that also starts to really touch on where are the opportunities going forward because there

are tremendous opportunities for those who can provide solutions."

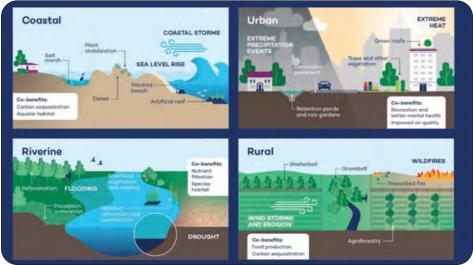
The Manitoba Chambers of Commerce is offering these business training session to help build awareness and capacity and enable businesses to share their own experiences and challenges in relation to climate change.

They want businesses to learn how to assess their climate risk and enhance resilience, how to participate in the new circular economy and reduce carbon emissions and how to take advantage of cost-effective nature-based solutions.

Darren Swanson, a climate change risk and resilience author, consultant to the United Nations and a senior associate with the International Institute of Sustainable Development, touched on a range of realities of climate change such as the more extreme and unpredictable weather.

"All this means real impacts for Manitoba businesses," he said, noting it is projected that, by the end of the century, Manitoba summers could resemble that of Kansas and northern Texas. "There are challenges and there are opportunities to these types of shifts that could happen here."





**SCREENSHOT PHOTO** 

The workshop presentation offered a few examples of nature-based solutions for addressing climate change and its impacts.

Earl touched on the transition from the traditional linear economy, where resources are used and then disposed of in the end, to a circular economy.

"Circular economy is all about changing that model, and it's about changing how we use resources to run our businesses and to produce the goods and services that we need ... it's about developing ways to circle the resources back through," he said.

"We're using less natural resources to begin with ... waste streams are being re-used, energy is being reused. It's being cycled back through so that the whole picture becomes much more sustainable."

Swanson also addressed building resilience by using nature or nature-based solutions and infrastructure. There are many examples such as green rooves or permeable pavements to help manage storm water runoff or retention ponds or natural engineered wetlands.

"It can be as simple as using trees and vegetation to cool areas, and this is particularly important in downtown areas in cities and even in small towns," he noted.

They also cited examples such as Frontiers North in Churchill working with New Flyer Industries to reuse batteries that formerly powered buses to power the tundra buggies. And Overton Environmental in West St. Paul uses waste from the Simplot plant to re-purpose it as compost.

"This is how you start to see other businesses and industries work together to fill kind of new spaces in the supply chain ... it starts to build that larger circular economy," said Earl.

"It's just providing new products that really service a market that now there's new demand for here," said Swanson. "There's no doubt multiple things I'm sure you can start applying directly to your business today."

The workshop heard from Benjy Loewen of Decor Cabinets in Morden about some of the simple measures they have taken such high efficiency and motion sensor activated fixtures and even just training employees about hand washing.

"Over the last year, we've taken a full greenhouse gas inventory. That is actually now one of our pillars when we do a project," he noted.

"We can capture the water that comes off the roof. That can be used to maintain trees on the yard and keep our green space lively," he added. "Just those tiny little things that seem so small and insignificant ... it saved us 300,000 gallons of water."

Mike Pinette of 3M in Morden also cited such examples as installing more efficient natural gas boilers that use less gas and save money as well as changing all the lighting to LED.

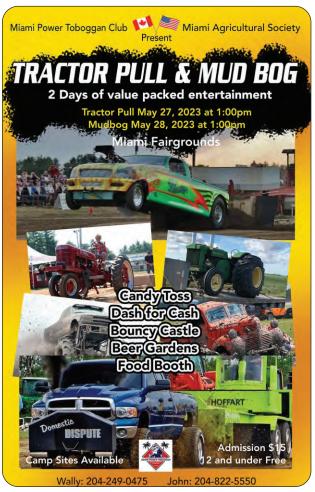
"We have a cooling tower which supports some of the manufacturing equipment that we've had here ... we've been able to use the water for longer," he said. "We've done a few different things here at the site to try to improve our footprint ..."

Swanson said they have had good discussions with chambers and members around the province and are encouraged by the feedback.

"One comment that does stick out is sometimes climate change action can seem a lot like drinking water from a fire hose ... where do I start?" he said.

"He set a really good example where he just looked at his operation and his small business facilities and just where can I make some small changes, just in the efficiency in lighting ... more energy efficient lighting and a few energy efficient actions within the walls of their business were places where he could start."

## Tractor Pull and Mud Bog returns to Miami



The Miami Agricultural Society and Miami Power Toboggan Club are happy to announce that its Miami Tractor Pull and Mud Bog will be back for two days of value-packed entertainment at the Miami Fairgrounds on May 27 and 28.

The Tractor Pull will take place on May 27 at 1 pm, while the Mud bog will happen on May 28 at 1 pm. The cost to attend is \$15 for adults, and kids 12 and under get

"We took a few years off from the pandemic, and we have some new blood in our organization that's putting the event on now," said organizer John Friesen. "So we started last year with the Tractor Pull, which was a new event for us. We've always had the mud bog, and everyone was happy and excited to see it, so we're happy to bring it back, so we're going to make it an annual event now with the tractor pull and the mud bog."

Friesen notes that they have some big horsepower coming this year to participate in the events. There is a strong local community in southern Manitoba that will be taking part in the races, in addition to a few trucks coming from Saskatchewan, and the United States. There will be some entrants coming from Northern Manitoba

"We've got a new sled that's going to bring out some large competitors," said Friesen. "And we still have all of the classic tractors and the fan favourites. It's going to be an exciting time, and we're happy to be growing from what we did last year as we have a few more competitors than in years past."

The tractor pull course on Saturday is going to include a couple of different entries from classic tractors that have worked the field from 40 years ago. There will also be some high-horsepower trucks that run on methanol alcohol, and some heavily modified diesels as well.

"So we've kind of run the entire spectrum of what's available in the tractor pull and truck pull world. We have a fantastic facility with ground prep starting as soon as the snow is off to make the track acceptable for the entrants."

Mud bogging will take place on the Sunday, which is an off-road motorsport in which the goal is to drive a vehicle through a pit of mud or a track of a set length. Winners are determined by the distance travelled through the pit.

The Tractor Pull and Mud Bog will be fun for all ages, as there will be a Candy Toss, Dash For Cash, Bouncy Castle, Beer Gardens and Food Booth. The grandstand that is set up at the Miami Agricultural Society will provide a fantastic viewpoint of all the action.

"Sunday is the mud race where the kids can race in the mud pits, so that's always a hoot. There are a lot of activities for the kids as we're gearing toward a family-friendly event that is affordable for all families. That's what's most important here."

For more information, please reach out to event organizer John Friesen at 204-822-5550.

### **Joey Landreth to headline Back 40 Festival**

By Lorne Stelmach

The Back 40 Festival hopes an acclaimed and award-winning act will help draw a crowd to this year's event.

Joey Landreth was announced at the recent 70s Show fundraiser as the headliner for the music festival taking place Sunday, June 4 in Morden Park.

The aim was to get a bigger name to help boost the attendance this year, explained chairperson Scott Bell.

"Coming out of last year, it was the first festival in a long time that lost money, so we wanted to kind of re-evaluate how we were approaching the festival," he said.

"One thing we decided on was, because of the amazing music scene that's happening in the area right now, we figured we could

fill the day with all the amazing singer-songwriters and bands we have within our local area here." said Bell. "We also wanted to bring in a recognizable headliner that would draw people and cap the day off in a really special way.'

Like his music, there's a wide diversity to Landreth's career. He blurs the boundaries between genre and discipline, writing his own songs one minute and contributing to other musicians' projects the next.

From his ongoing efforts with The Bros. Landreth—the Juno-winning band he launched with his brother David in 2013—to his production work for acclaimed songwriters like Leith Ross, he has spent the past decade creating a soundtrack for the current

"In terms of name recog-



**SUPPLIED PHOTO** 

Joey Landreth will headline the June 4 Back 40 folk festival.

nition ... Joey Landreth, for me, was someone I would hire every year. I think he's amazing ... and amazingly,

Continued on page 18



## Are We Dating the Same Guy Manitoba?

#### Gimli entrepreneur helping women find out

**"MORE OFTEN** 

**ARE GETTING** 

**INVOLVED WITH** 

**MULTIPLE WOMEN** 

THROUGH ONLINE

DATING SITES."

THAN NOT, GUYS

#### By Patricia Barrett

With the rise of online dating sites and some of the pitfalls associated with them, women are turning to private social media groups to help them find out whether a man they've just met or have been dating for some time is the real deal or just playing the field.

To that end, a Gimli-based entrepreneur launched an online women-only service that has skyrocketed in popularity in a matter of a few months.

Using her well honed social media skills, Brittany Isfeld launched a Manitoba-wide version of the "Are We Dating the Same Guy" service that has helped women across the globe get the lowdown on whether a potential beau, current boyfriend or husband is doing the dirty on the them via online dating sites.

Isfeld said user numbers on her Facebook group have taken off, with 5,000 women signing up in the first month alone and growing to about 9,000 in the space of a month and a half.

That speaks volumes about the need for such a service.

Call it biological imperative or what you will, but Isfeld said more often than not, guys are getting involved with multiple women through online dating sites.

"They'll have a girlfriend in Winnipeg or elsewhere and have another woman, say in Gimli, and they'll claim they're talking to her or dating her exclusively. Meanwhile, they have a whole other life somewhere else," said Isfeld

Because the service is Manitobawide, Isfeld said it gives women a greater reach in terms of geographic area where men might have established connections.

With the ubiquity of online dating sites and apps, groups aimed at help-

ing women do a little fact-checking on a partner have popped up in major centres from Toronto and New York to London and Paris. With female-only membership, women feel empowered to carry out a bit of sleuthing to discover if their man is scoping out other women, if he's already in a "committed" relationship that he forgot to mention or has left behind a trail of broken exes.

Some of the Are We Dating the Same Guy groups post photos of men to be avoided while others provide screenshots of conversations or details of experiences that might strike an eerily coincidental chord or raise a few red flags.

Isfeld said she has an administrative team of nine women from across Manitoba to help her moderate and manage content on her site as there may be different reasons why women want to join the group and post their stories.

"Those reasons can range from women who are honest and just want to know about a guy they care about to a woman who's on a personal vendetta," said Isfeld. "We try our best to carry out due diligence. We'll check out women who've been accused of screenshotting conversations and sending them to men; the conversations on this group are supposed to be confidential."

As administrators, she said they're careful not to give free rein to posts that could be seriously detrimental to someone's reputation. And there are a "handful" of users on the site they have to keep a close eye on. If she finds out that posts are untruthful, she'll take them down.

Online dating services, through the use of mobile apps or the Internet, help people find romantic partners, and their use has become the norm, especially among young adults. In Canada, the dating services industry as a whole is estimated to be worth about \$162 million, according to IBISWorld Canada, which produces research-based industry reports. Online dating took off between 2016 and 2021 and is expected to continue to gain in popularity.

Some online services cater to specific markets, such as people over 40 while others aim to connect only wealthy and good-looking men and women. The dark side of dating sites includes misrepresentation about who a person is, harassment, stalking,

scams and sexual abuse.

That's why groups such as Isfeld's are so important for women who think they're being deceived. Her group can help women stave off potential heartache or help them make decisions about whether to continue with a relationship based on what they find out, she said. She has received countless messages from women thanking her for providing the service and sharing with her the outcome of their relationship after seeing comments from different women about a man in question.

"I'm not happy that marriages have ended, but I'm happy that women have obtained the information they needed to get the strength to leave

a bad relationship," said Isfeld. "I've heard from women who are very thankful for this group because it saved them from going on a date with someone about whom they heard not very nice stories – and from more than one woman."

If required, she said referrals are made to specialized agencies or counsellors that assist women going through a difficult time.

Isfeld said some people have misunderstood her intention with regard to the Facebook group, erroneously claiming that she and the women who use the service are against men. Some men have threatened to sue her or have launched nasty personal attacks via her other social media platforms. But the service is "making such a difference in so many women's lives."

There is a vetting process to undergo for those wanting to join the group. They must be a woman, first and foremost, and be over 18. Their existing Facebook sites have to be older than one year and must have a name and photo.

Posts are also vetted. Those that meet a particular standard are approved by the administrative team.



**PHOTO SUBMITTED** 

As a social media micro-influencer, Isfeld has grown her audience to over 100,000 followers across multiple platforms. With the rise of online dating sites and some of the hazards associated with them, Isfeld saw a need for a service where women could openly discuss their dating experiences.

In addition, Facebook itself has an administrative assistance feature that helps Isfeld and her team weed out posts that use bad language or bully others. Facebook will flag those posts.

"We try to keep conversations as civil as we can," said Isfeld. "You can't post someone's last name or place of work. People try to do that, but we get rid of those posts as soon as possible. I'm getting several requests every day from people wanting to join, but, luckily, we have enough members on top of things; we get a lot of people reporting questionable posts to us."

Isfeld said she has reached out to Are We Dating the Same Guy groups in Vancouver and Toronto, which have tens of thousands of members, to learn more about how their administrators handle certain situations.

"There were a lot of angles we didn't know about when we went into this, but we're trying to navigate them to make it as safe as possible for everyone," she said.

The Facebook group will be part of Isfeld's consulting company, which offers social media marketing strategies, tourism development (including winter tourism) and ice fishing experiences. With an educational and career background in economic development and tourism, Isfeld can help clients achieve their business goals. As a social media micro-influencer, she has grown her audience to over 100,000 followers across multiple platforms.

For more information about the Facebook group and other services, contact Brittany Isfeld through her consulting company website: www.brittskibear.com

## First nation honoured for conservation commitment

Traditional knowledge holder David Scott also presented with award

#### By Lorne Stelmach

The Pembina Valley Watershed District is honouring both a community and an individual this year for their commitment to conservation.

The district in partnership with Manitoba Department of Environment and Climate is honouring Swan Lake First Nation and traditional knowledge holder Dave Scott with the 2023 conservation award.

The first nation is cited for actively building partnerships with watershed districts and promoting sustainable environmental stewardship practices while Scott is honoured for playing an instrumental role in these endeavours.

The award in memory of the late Mike Cabernel is presented each year to recognize an individual, organization, family or business who actively promotes wise farm management and conservation practices, and it was motivation for Scott to make an exception to his general rule of not accepting awards.

"I just do the work because it's necessary," said Scott.

"I think it's important that we con-

"I THINK

THIS COULD

TO BE MORE

**ENCOURAGE MORE** 

OF OUR PEOPLE

**ENGAGED IN THE** 

**ENVIRONMENTAL** 

ISSUES, THAT'S

THE MOST

**IMPORTANT** 

THING."

tinue on this path of working with our neighbours especially environmental issues. I think this could encourage more of our people to be more engaged in the environmental issues. That's the most important thing.

"It's important to recognize that there are issues far bigger ... so teaching my community members here about the environmental issues and concerns that are important is part of my outreach.

"We seem to have forgotten our traditional roles ... so that

is part of the reclamation or revitalization of our culture and our traditions."

Swan Lake First Nation was cited for being at the leading edge of building partnerships, fostering conversations with neighbours about environmental stewardship and promoting environmentally sustainable practices.

For generations, it has always pro-



moted and practised land stewardship in ways that reflect their responsibility to care for the land and to build relationships of respect and reciprocity with all of the natural world.

In recent years, it has especially risen to the occasion in being proactive in reaching out to watershed districts to explore ways to develop partnerships that would reflect commitments to caring for the land and respect for

indigenous knowledge and rights.

By November of 2021, Swan Lake First Nation had led the development of a memorandum of understanding with three watershed districts that overlap with its lands. It outlined a number of key priority areas including:

- ensuring Indigenous knowledge plays a significant role in sharing environmental stewardship activities;
- ensuring that projects on its lands provide economic and employment opportunities for members;
- continuing to develop partnerships around specific stewardship initia-

- working together to better understand how aboriginal and treaty rights, truth and reconciliation calls to action and the United Nations Declaration on the Rights of Indigenous Peoples might impact partnership development.

Through partnerships, Swan Lake First Nation has been successful in



**SUBMITTED PHOTOS** 

The Swan Lake First Nation is cited for actively building partnerships with watershed districts and promoting sustainable environmental stewardship practices while David Scott is honoured for playing an instrumental role in these endeavours.

securing additional funds to develop projects focused on new watershed stewardship projects and on building relationships with non-Indigenous partners and neighbours.

The efforts are supporting initiatives like restoring damaged wetlands, building capacity for monitoring and research activities and creating landbased programming and workshops for indigenous and non-indigenous participants alike that demonstrate the commitment to caring for the land while building respectful relationships.

Much of what Swan Lake First Nation has accomplished in the areas of land stewardship is directly due to Dave Scott's tireless commitment to caring for the land and sharing his wealth of knowledge regarding land policy and legislation along with Indigenous historical and traditional knowledge.

In fact, Scott was instrumental in lobbying to bring about the change in provincial legislation represented by the watershed districts act in order to provide avenues for first nations in general to build their land governance capacity.

Successfully building partnerships and collaboratively securing funding for land stewardship initiatives has enabled it to expand on much of the monitoring and relationship-building work for which Scott has already volunteered countless hours over the past decades.

One key initiative led by Scott and supported by new funding is the Swan Lake First Nation climate change summer youth program introduced in 2021.

This program brings together indigenous and non-indigenous youth for a six-week on-the-land program that provides environmental stewardship training from an indigenous traditional knowledge perspective (provided by Scott) as well as from numerous western science perspectives.

Experts join throughout the program to workshop activities ranging from learning about how to restore habitats for local plants and animals and to water and soil sampling techniques to sustainable agricultural practices and more. It is all while learning important histories of the land and indigenous perspectives on the importance of caring for the land and the roles that various plant and animal species play in Ojibwe culture.

Taken together, Scott and the Swan Lake First Nation as a whole represent great examples of what is possible when first nations develop respectful partnerships with watershed districts and other non-Indigenous organizations who are motivated by the shared goal of caring for our environment.

Swan Lake First Nation and Dave Scott will both be recognized at the Manitoba Association of Watersheds Conference this December for exhibiting, exemplifying and executing environmental stewardship practices that will help enhance our environment for future generations.

## The plant that keeps on giving

#### By Ashleigh Viveiros

A Miami couple paid a visit to Janzen Chevrolet Buick GMC in Winkler this spring-not to purchase a new vehicle, but to say hello to an old friend.

In the early 1960s, Wes and Elaine Vanstone, then newlyweds, found themselves gifted a jade plant, one of many houseplants Elaine and her green thumb has cared for over the

For the next four decades, it flourished in their farm house's bay window, requiring multiple replantings as it grew inch by inch, eventually filling the window.

Wes recalls it was a bit of a production to move, which they did every year to make room for the Christmas

"I made a stretcher with ropes and we carried it to another room," he shares, adding that replanting it required multiple step ladders, a cross beam, and block and tackle to avoid

The plant thrived under the attention, even blooming once in the late '80s or early '90s—something indoor jade plants rarely do.

Eventually, the plant outgrew the space the Vanstones had for it, and so they began to hunt for a suitable new home.

"It got so bloody big, Elaine said this has got to go," laughs Wes. "Someone gave it to us, it's only fair we pass it on."

Eyeing the huge windows at the Janzen dealership in Winkler, the Vanstones reached out to owner and family friend Jake Janzen to see if he'd be interested in adopting a 37-year-old plant that showed no signs of slowing its growth.

"He said, 'Wes, get out of here with

your plants. I haven't got a green thumb, so if you bring it here it'll just die," Wes recalls.

With some convincing that jade plants really required very little care, Janzen agreed to take it in.

Twenty-five years later, it has grown to epic proportions, with a 20-inch trunk and branches stretching several feet high and wide.

"It grows so slowly that you don't really see it happening, because you see it so often," says Janzen, who notes that while a few other plants at the dealership are a little worse for wear thanks to smoke damage sustained in last December's service department fire, the jade plant seems unaffected.

He says they've given away countless slips to people since they got it.

"I hand over lots of them, and some of our other people may be handing some out too.'

Wes dubs it "the plant that keeps on giving."

"Over the years, Jake has no idea how many people in Winkler have taken slips. It's hundreds of plants. And then going back, Elaine gave away piles of slips off of it too." he says, estimating a good number of the jade plants in the Winkler area can probably trace their roots back to this

After stopping by to see how the plant was faring, Elaine said that it's nice to see it still thriving at 60-something years of age.

"And the fact that it is blooming, too, that's something unique," she says. "I'm glad people can enjoy it."

Elaine notes they have another jade plant, grown from a slip of the original, that is about 20 years old and, like its mom, has outgrown their home. If anyone wants it, give the Vanstones a call at 1-204-435-2316.



SUPPLIED PHOTOS

Elaine and Wes Vanstone stopped by Janzens in Winkler recently to see how their old jade plant is faring. Below. Jake Janzen (left) adopted the plant from the Vanstone's 25 years ago. It is now over 60 years old and still growing.



#### > BACK 40, FROM PG. 15

we reached out and he was available and willing to come out and do our festival," said Bell.

"We've had him before, and he performed brilliantly, and he's just the nicest person to work with in this capacity," he added.

Lulu and the Tomcat will be the hosts and emcees for the festival, and a variety of local acts will round out the lineup. That includes Lakes and Pines, Warren Friesen and L'il Plugger, Derek Helps and the Heart Cramps, Mason Weselowski, Taladegga Greg, Mason Strange, Joey McNair, Joe Wilson, Steve Keys and

Jenessa Kehler as well as members of M'Ladies.

A special set that the festival has wanted to do for sometime will also be featured that day.

"We're going to do a tribute to The Last Waltz. We had planned that for a couple of occasions that had to be postponed or cancelled, so we decided we would open the festival with that this year ... that will involve a variety of local musicians playing together," said Bell. "We're excited, and now landing Joey Landreth was the icing on the cake."

# SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

## Portage Terriers to celebrate winning team from 50 years ago

The Portage Terriers will be hosting the 2023 Centennial Cup with the top Junior A hockey teams in Canada this weekend as well as celebrating a number of player from their past.

The club will host a 50-year reunion for the 1973 Portage Terriers, who were national champions.

The 1973 team is getting together on May 12, where they will enjoy a round of golf, go to dinner and take in a Centennial Cup game between the host Portage Terriers and 2023 MJHL champs the Steinbach Pistons. The team will be introduced at the first intermission. The Hockey Hall of Fame in Toronto will be flying in the original Centennial Cup on that night to have on the ice with the team.

The 1972-73 Portage Terriers were well represented, with many players that hailed from the Carman Dufferin-Standard's coverage area.

Elm Creek had three Miller boys named George, Glenn and Bob on the team, who all grew up skating on the family pond and at the skating rink in Elm Creek. Don Arthur and Scott Hetherington hailed from Carman, while Doug Wood came from Miami. They will all be in Portage for the upcoming reunion.

The 1972-73 Portage Terriers had run away with the regular season North Division and earned their spot in the MJHL Final by sweeping the Ke-



nora Muskies in four straight games to claim the North Division title and a matchup with South Division winners, St. James Canadians. The Terriers kept their playoff success rolling along, winning four straight to claim the Turnbull Memorial Cup as Manitoba Junior Hockey League champi-

First up on the playoff trail was the Saskatchewan Junior Hockey League champion Humboldt Broncos for the Manitoba-Saskatchewan Inter-Provincial championship. Despite homeice advantage in front of a raucous Portage la Prairie crowd, the Broncos took Game 1 by a 4-2 score. In Game 2, the Terriers completely dominated the Broncos, pouring 68 shots on the Humboldt net in a 5-1 victory. The series would move to Humboldt, where



STANDARD PHOTOS SUBMITTED

The three Miller boys, Bob, Glenn and George were on the 1972-73 Portage Terriers who won the 1972-73 Centennial Cup 50 years ago.



A number of local hockey players from the 1972-73 Portage Terriers Centennial Cup champions will be honoured this Saturday where Portage la Prairie is hosting this year's Cenntennial Cup.

What's Your story?

### We want to hear from you.

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

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

The Carman-Dufferin

the Terriers took a 3-1 series lead with a 7-4 win, followed by an 8-5 win and a stranglehold on the series. The Broncos would not give up, but after Portage won Game 5 easily, Humboldt's management inexplicably defaulted the series and would not play any further.

Portage would advance to the Western Canada Junior A Final against the Alberta/BC champion Penticton Broncos. The Broncos would take a 3-1 series lead, but the Terriers would rebound with back-to-back wins to force a Game 7. The Terriers did not disappoint a wild and boisterous home crowd and advanced to the Canadian Junior A final claiming the Abbott Cup with a 6-2 win.

The Portage Terriers met the Pembroke Lumber Kings for the Canadian Junior A title series and took the first

three games before Pembroke responded with a 6-4 win. On May 14, 1973, the determined Terriers would claim the Centennial Cup as the top Junior A club in Canada with a 4-2 victory at Winnipeg Arena. A civic holiday in Portage la Prairie to celebrate the national championship took place shortly after the victory.

The 1973 Portage Terriers were inducted into the Manitoba Hockey Hall of Fame in 2003 and the Manitoba Sports Hall of Fame in 2008.

"We continue to be great friends after all this time and do our best to stay in touch with one another," said 1973 Terriers player Grant Farncombe. "We have a regular reunion every five or ten years. There's a real bond between us."

## Winnipeg Triathlon Club presents May Duathlton Series in May

The Winnipeg Triathlon Club is proud to present the May Duathlon Series, an annual event that has become a staple of the triathlon community in Manitoba. This year's event promises to be bigger and better than ever before, with three races taking place on May 9, 16, and 23 at Bird Hill Park.

The series offers something for everyone, with races designed for kids of all ages as well as adults. Whether you're a seasoned veteran or just starting out in the world of duathllons, there's a race that will challenge you and provide an unforgettable experience.

One thing that sets the May Duathlon Series apart from other events is its affordable, friendly and welcoming atmosphere.

With three races now included in the

annual event, there's something for everyone regardless of their fitness level or age. Whether you're an experienced athlete or just starting out on your fitness journey, this race series provides a perfect opportunity to test your limits and push yourself to new heights.

The first race in the series took place on May 9th challenging athletes' stamina. The second and third events occur on May 16th and May 23rd.

Participants can choose from three different races that cater to their age group and skill level or fitness goals.

The Kids of Steel Short race, children ages 6-11 can participate in a 200m run, 2km bike ride, and another 400m run. Start time is 6:45 p.m. and is \$10.

And if you are looking for something for your 12-15 year old, the Kids of Steel Long race will provide more of a challenge. This event will push participants a little harder with a 400-metre run, followed by a 13 km bike ride and topped off with another 2 km run starting at 7:07 p.m., also for

The Adult Short (16+), consists of a 2 km run, followed by a 13 km bike ride, ending with another 2 km run.

Starting at 7:05 p.m., participants will take on this exciting challenge with fellow athletes in a fun and friendly atmosphere provided by Bird Hill Park. The registration fee for this event is \$20.

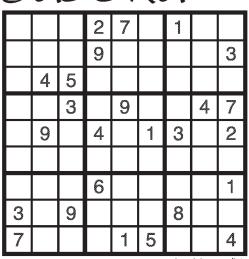
So if you are looking for a fun and challenging way to spend your May weekends, the May Duathlon Series is definitely worth checking out. With three races and plenty of opportunities for both adults and kids to participate, this event has become an annual tradition for many in Winnipeg. Not only will you get to experience



the thrill of competition but also enjoy the beautiful surroundings of Bird Hill Park.

Remember that registration is online only at birdshillduathlon.com so make sure to sign up.

## take a brea > GAMES

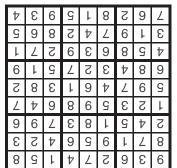


Fun By The Numbers

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 vour sudoku savvy to the test!

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!





**Crossword Answer** 

## ROSSW

**CLUES ACROSS** 

1. Midway between south and southeast

4. Fathers

9. Wine grape

14. Al Bundy's wife

15. Organic compound

16. Venezuelan state

17. Interest term

18. Experts

20. Central cores of stems

22. Smooth and glossy

23. One-time S. Korean city

24. One from Damascus

28. Short message at the end of an email

29. It cools your home

30. Oh, God!

31. Intestinal pouches

33. Men

37. Popular English soccer team (abbr.)

38. Former CIA

39. Arrange in steps

41. A baglike structure in a plant or animal

42. The Great Lake State

43. Dog-\_\_: to mark a page

44. Stop moving

46. Ancient Dead Sea region

49. Of I

**50. Clerical vestment** 

51. Songs sung to a lover

55. Charges

58. Popular design program manufacturer

59. Where to park a boat

60. One who values reason

64. Slang for cigarette

65. Sailboats

66. Actress Zellweger

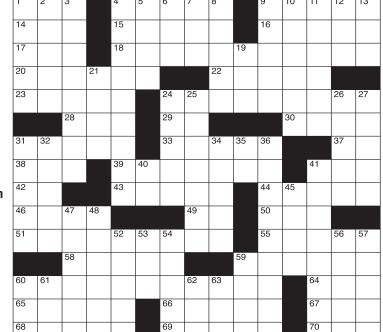
67. Screen material

69. Puts together in time

70. When you hope to arrive

**CLUES DOWN** 

1. An involuntary and abnormal



muscular contraction

2. Philly's rail service

3. Leaves a place

4. No longer be a part in

5. Guitar players use them

6. Cease to exist

7. General's assistant (abbr.)

8. Shaking of the earth

9. Strong winds

10. For each one

11. A bog

12. The creation of beautiful or significant things

13. Affirmative

19. Pie  $_{
m mode}$ 

21. Nonclerical

68. Country music legend Haggard 24. Inspirational football player Hamlin

25. Learning environment

26. Khoikhoi peoples

27. Bring out or develop

31. Shows up

32. Theatrical device

34. Loads

35. Popular Hollywood alien

36. Distinguishes

40. College dorm worker

41. Secondary or explanatory title

45. Resembling wings

47. One who delivers a speech

48. In the middle

52. Loop with a running knot

53. Airborne (abbr.)

54. Beloveds

56. Ordain

57. Breed of small cattle

59. Very small period of time (abbr.)

60. Revolutions per minute

61. They

62. Longtime ESPN anchor Bob

63. A place to stay

# get inspired



Recipe adapted from butteryour biscuit. com

- 2 flatbreads
- 2 cups shredded mozzarella cheese
- 1 clove garlic, diced
- 4 chicken tenders, cooked and cubed
- 1 pint cherry tomatoes, quartered
- salt, to taste
- pepper, to taste
- 1/2 cup ranch dressing 1 1/2 teaspoons chipotle seasoning

## **Chipotle** Chicken **Flatbreads**

2 tablespoons cilantro leaves, chopped Preheat oven to 375 F.

Place parchment paper on baking sheet and add flatbreads. Sprinkle cheese on flatbreads. Top with garlic, chicken and tomatoes. Season with salt and pepper, to taste. Bake 16 minutes until cheese is melted.

In small bowl, mix ranch and chipotle seasoning.

Drizzle ranch dressing on flatbreads and sprinkle with cilantro leaves.



#### Recipe courtesy of eMeals Registered Dietitian Rachel West

- Prep time: 25 minutes Cook time: 10 minutes
- 2 pounds boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper

### Chicken **Shawarma Sliders**

1 package (12) slider buns

- 1 container (17 ounces) Fresh Cravings Honey Jalapeno Hummus
- 1 package (8 ounces) shredded lettuce 1/2 small red onion, sliced

In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne;

Cover chicken and chill 8 hours, or up to 2 days.

Preheat grill or grill pan to mediumhigh heat. Grill chicken 4-5 minutes per side, or until done.

Serve chicken on buns with hummus, lettuce and onion.



### Lemon Cheesecake with Fruit

Servings: 6-8

- 1 1/4 cups graham cracker crumbs
- 1/4 cup sugar
- 1/4 cup butter, melted
- 2 packages (8 ounces each) cream cheese, softened
- 1 can (14 ounces) sweetened condensed milk
- 1/4 cup fresh lemon juice 1 teaspoon vanilla extract orange, peeled

**Spring health reboot** By Health Expert Julie Germaine Co-Spring is finally upon us! Not only are we leaving the winter weather

behind, but many Manitobans are travelling again to warm, sunny destinations. Time to break bad habits and embrace active living again, especially by getting yourself outdoors. We have all felt the additional

stress of the last few years, and it has certainly impacted our health. Here are 3 simple steps to reverse the negative impacts of the isolation we have experienced together, which may have left you with anxiety surrounding social gather-ings. Eating right and taking the right small steps is going to have a huge positive impact on your physical and mental health within a few short weeks.

- Increase your protein intake. I recommend eating approximately 1 gram of protein for each pound of body weight, more if you are very active. This can easily be accomplished by incorporating protein into every meal, including snacks. Obvious choices are eggs, chicken, fish, and lean beef, however you can also up your protein intake by eating al-monds, broccoli, Greek yogurt, lentils, Ezekiel bread, pumpkin seeds, and even brussels sprouts.
- Make a fitness schedule that is realistic that is realistic and stick to it. Check out the Re-sources section on my website (https://www. juliegermaine.com/jgfit/resources/) to download free daily, weekly, and monthly calendars. It is optimal to exercise at least 3 times per week, for a minimum of 30 minutes. If you have been struggling with motivation, try splitting up your workouts into two 15 minute sessions more frequently during the week. After all, you can force yourself to do ANYTHING for just 15 minutes.
- Make your goal developing and improving on your good habits.



**Health and Wellness** Fitness expert Julie Germaine Coram

Start today as Day 1 that you will make an effort to eat better, perhaps by cutting out the cookies or wine that you usually have in the evening. Work to build upon your good choices and create new goals as you succeed. Remember, keeping things positive and manageable will keep this healthy journey an enjoyable

"Keep your face to the sunshine and you cannot see the shadows." Remember to literal-ly get some natural vitamin D by allowing the sun to touch your skin every day!

Though beautiful Grand Beach days are a few weeks away, we can stay positive and shake off the winter blues by taking some important steps to improve our mental and physical health.

Coach Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Train-er, 2x International Pro Fitness Champion. She has helped tens of thousands of men and wom-en improve their health since 2005. Improve your health with coach Julie: juliegermaine.com or book a FREE DIET CONSULT: www.calendly.com/ juliegermaine

and separated 8 raspberries

3 mint leaves, for garnish Preheat oven to 350 F.

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

til fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs, fresh lemon juice and vanilla extract; mix until combined.

Pour into pan. Bake 50-55 minutes, or until center springs back when lightly pressed.

Chill in refrigerator until completely cooled. Arrange orange slices around border of cake and place raspberries in middle. Top with mint leaves.

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1012 Park Avenue Beausejour, MB.

431-275-0655 www. beausejourgm.com

#### HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Kev compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch 204-467-8884 Ltd., or e-mail stonewood elkranch@mymts.net

#### NOTICES

URGENT PRESS RE-LEASES - Have a newsworthy item to announce? An exciting change in operations? Though we cannot quarantee publication. MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www. mcna.com under the "Types of Advertising" tab for more details.

STANDARD Call 467-5836

### Danny's

#### MOVING AND DISPOSAL

- Local & long distance
- Household packing
- Estate clear out & clean up

Small Jobs & Free Estimates

**Seniors Discounts** 

Professional & Courteous

204-298-7578

## Carman

#### Used Oil & Antifreeze ECO CENTRE & TRANSFER STATION HOURS

Monday, Wednesday, Friday –
1:00 p.m. to 4:00 p.m.
Tuesday & Thursday - CLOSED
Saturday 11:00 a.m. to 4:00 p.m.

#### NOTICES

SPRING/SUMMER HIRING??? BOOK YOUR 2023 BLAN-KET CLASSIFIED ADS NOW in the 32 Weekly Manitoba Community Newspapers to get your messaging to be seen all over the province! Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

SHOP LOCAL



#### /ENDORS Wanted

We are looking for vendors for our Retail Store and Outdoor Markets beginning June 10 - Sept. 24. Please see us on Facebook. For more information contact Tracey.thecozyfox@gmail.com

637 Morris Ave. Selkirk, MB.



## Response Builder Advertising WORKS!

- GET SEEN by over 360,000 Manitoba Homes!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$239.00 (includes 35 lines of space)
- The ads blanket the province and run in MCNA's 32 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at **204.947.1691** or email **classified@mcna.com** 

www.mcna.com

## BŪNGE

Iesus Ascended into

Heaven to Prepare a Place for Us

Come join in remembering

Christ's Ascension

Thursday May 18, 2023

**Canadian Reformed Churches of:** 

Carman East, Carman West,

Elm Creek - 7:30 pm

Carman East Canadian

Reformed Church

112-4th Ave SE, Carman

**Carman West Canadian** 

**Reformed Church** 

210-4th Ave. NW Carman

Elm Creek Canadian Reformed Church

101 Church Ave, Elm Creek

#### **CRUSH PLANT POSITIONS**

The Bunge Altona location has several operator openings. These positions involve rotating shift work and are full time positions. The successful candidates will become part of a team that has a focus on safety, continuous improvement and continuous learning.

Bunge offers a safe working environment, and an excellent wage and benefit package. Starting wage for these positions, range from \$26.07 to \$28.70.

The ideal candidates will be safety conscious; will have good mechanical aptitude, good communication skills, and have several years experience operating process equipment. Post secondary education would be an asset. Email your resume to terry.reimer@bunge.com

Or apply in writing to:Terry Reimer Crush Plant open positions Bunge Canada Box 750, Altona, MB ROG 0B0

Bunge Canada is an equal opportunity employer.

#### Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

#### Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner.
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an

Please forward your resumé along with three writing and photography samples to:

Lana Meier Email: news@stonewallteulontribune.ca

STANDARD



#### FARM LAND FOR SALE BY TENDER

Sealed, written tenders for land and vard site in the RM of Roland / Prairie Rose School Division described below will be received by:

Franz Hoeppner Wiens Law Office Box 99, 1 - 880 J 15th Street Winkler, MB R6W 4A4

#### LAND:

SE ¼ 34-4-4 WPM excepting public road plan 643 MLTO (157.57 acres)

#### YARD SITE:

Seven acre yard is beautifully treed and landscaped with excellent shelterbelts

#### **Grain Storage:**

95,800 bushels of grain storage as follows:

- 3 x 2,000 bushel Westeel Hopper bins
- 3 x 1,800 bushel Meridian Hopper bins with Aeration
- 2 x 3,000 bushel Meridian Hopper bins with Aeration
- 3 x 5,900 bushel Westeel Hopper bins with Aeration
- 3 x 17,400 bushel Brock bins with full floor Aeration
- 1 x 8,500 bushel Brock bin with Neco Grain Dryer
- Under bin conveyor

#### **Out Buildings:**

- Grain Dryer Service Building
- Behlen Machine Shed (48'x72") with concrete floor

- Built 1991; Renovated 2011
- Four Bedrooms (2 Main Floor, 2 Basement)
- 2136 ft2 with partial basement (1380 ft2)
- Concrete basement; 2x6 construction with Triple Pane windows
- New Shingles and Siding in 2011
- Brick Façade
- Hardwood flooring in hallways and Dining Room
- Large Living Room (25'x16') with hardwood
- Cork flooring in Sunroom (16'x16') and Kitchen
- Carpeting in bedrooms
- 2 ½ bath with heated tile floors and Maax Jacuzzi tub
- Large Entrance (11'x8')
- Attached double garage (29'x25')

#### **CONDITIONS OF TENDER:**

- 1. The parcels of land and yard site with buildings described will be sold "as is".
- 2. Tenders must be received on or before 5:00 PM on May 31, 2023.
- 3. Highest or any tender not necessarily accepted.
- 4. Possession is November 1, 2023.
- 5. Tender must be accompanied by a refundable deposit of \$10,000.00; 5% total deposit upon acceptance of the tender bid (cheque made payable to Franz Hoeppner Wiens Law Office).

#### TERMS OF SALE:

- 1. The successful bidder(s) shall enter a formal agreement covering terms and conditions of sale.
- 2. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
- 3. If the balance of the accepted tender is not paid on the Due Date, the deposit paid may be forfeited as liquidated damages.
- 4. Successful bidder will be responsible for real property taxes commencing January 1, 2024.
- 5. The purchaser is responsible for GST or shall self-assess for GST. For further information contact

Franz Hoeppner Wiens Law Office at 204-325-4615. Additional photos can be viewed at: fhwlaw.ca/tenders.

## Announcements Classifieds



Book Your Classified Ad Today - Call 467-5836

#### **ReVolution Trailers**

#### **RVs Reimagined**

- Renovated RV Sales
- · Custom Renovations · Service and Repair

#### Manitoba's **Premier RV** Renovator

1480 Springfield Bd Winnipeg, MB w.revolutiontrailers.ca

Call now:

204-955-7377

#### **Meyers Online Spring Gun Auction**

Do You Have **Guns and Ammo** You Want to Sell?

TO CONSIGN

Contact Brad @ 204-476-6262

www.meversauctions.com

#### Maintenance/Caretaker Couple or Person Required

SLIMS CABINS NE Saskatchewan Seasonal. Possible Year Round.

Main camp road access plus boat in Main camp road access plus boat in & fly in outposts. Large, heated, well equipped shop to repair or fabricate almost anything. Troubleshooting, mechanical, heavy equipment operation, plumbing, electrical, carpentry, welding, etc.

If you possess a lot of skills, enjoy esponsible independent and responsible, independent and respectful, this may be your dream lifestyle/employment.

Any excessive alcohol consumption (beyond social) or substance abuse is not welcome at our fishing/ hunting camp.

Call 204 937 4007

#### **OBITUARY**

#### Margaret "Anne" Waddell

On Thursday, May, 4, 2023 at the Boundary Trails Health Centre, Margaret "Anne" Waddell, passed away at the age of 96 years.

Anne was born in 1926 on the Moore family farm outside of Wawanesa. She was educated at Northfield rural school and later at Wawanesa High School, After a business course in Brandon. she worked for two and a half years at the Wawanesa Mutual Insurance Company. She married Earl Lawson in March of 1947 and they farmed North of Miami until 1971 when they moved into Miami. Two daughters, Laura and Earla, were raised on the farm.

In 1986 she married Jack Waddell of Newdale. They spent many winters in Texas and the summers in Miami and Newdale until Jack retired to Miami. In 2006 they moved to Oak West Estates in Morden and in 2009 relocated to Meadowood Estates in Carman. She was active in the Miami Agricultural Society, UCW and Seniors

Center. Anne was a good singer and participated in the Miami church choir as well as the Winter Texan Choir group and the Carman Active Living Center choir.

She was predeceased by her mother Elizabeth Moore in 1932 and her father John Moore in 1964 followed by her two brothers, two husbands, a step-mother and her youngest daughter, Earla Zaretsky.

She is survived by her daughter Laura (Don) Pritchard, beloved Moore and Lawson nieces and nephews, four grandchildren and four great-grandchildren.

A graveside service will be held at the Miami Cemetery on June 24, 2023 at 2:00 p.m. Donations in lieu of flowers to Carman Memorial Hospital, Box 610, Carman, MB, R0G 0J0.

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

Your memory will live forever Engraved within our hearts







Thanks for keeping our communities safe

## Dogs on duty: Canadian canines keeping communities safe

National Police Week takes place every May. This year, it happens from May 14 to 20. It's a time for police officers to connect with their communities and increase awareness about their services. Today, officers use advanced tools and technology, including police dogs, to keep the public safe. Here's an overview of how dogs help Canada's policing system.

**PURPOSE** 

Many police units across Canada, including the RCMP, use dogs to track suspects, locate missing people, find evidence and uncover drugs, firearms and explosives. In many situations, police dogs are the first to put their lives on the line and engage armed suspects.

#### **TRAINING**

German shepherds are the most commonly used breed; however, Belgian Malinois and Labrador retrievers also make great police dogs.

Police dogs typically start police training between 14 and 18 months. Each must be carefully paired with the right handler. To perform efficiently, the dog and its handler must form an equal partnership based on loyalty trust. The handler's job is to refine the dog's natural drives and instincts to deal with situations they may confront effectively.

#### **RETIREMENT**

Police dogs usually retire at seven or eight years old. A dog's handler can keep it as a pet, which happens in most cases. If the handler doesn't keep it, the dog will be adopted into a suitable home.

This National Police Week, take the time to thank the hard-working police officers and dogs helping to keep you and your commu-

**Honoring Our Officers. We recognize the** 





