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STANDARD

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A growing partnership

STANDARD PHOTO BY LORRAINE STEVENSON

Left to right, Laura Kehler, Dufferin Agricultural Society's (DAS) Light Horse Committee chair, accepts the keys to a brand new Kubota tractor and groomer delivered to the DAS by A.R.K. New-Tech owners Ryan Fehr and Jay Knight on May 12. A.R.K. New-Tech has committed to a three-year sponsorship of the ag fair. See story on pg. 3.

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We are located in Carman – covering Southern Manitoba

BTHC saw marked increase in hip and knee replacement surgeries: Gordon

By Lorne Stelmach

The Manitoba government is touting the successful efforts at Boundary Trails Health Centre to increase surgical capacity for hip and knee replacements as a prime example of how the province is providing more Manitobans a better quality of life with more surgeries.

Speaking at the regional hospital Monday morning as part of an update on the Diagnostic and Surgical Recovery Task Force, Health Minister Audrey Gordon said they are healing health care and improving the lives of many more Manitobans, and she emphasized the additional capacity in Southern Health-Santé Sud means more patients receive better care clos-

er to home.

BTHC is one of several health-care facilities across the province that provide hip and knee replacement surgeries. In 2022-23, the centre completed 639 hip and knee replacement surgeries— 139 more than planned due to increased funding for arthroplasty surgeries. Additionally, more than half of the joint replacement surgeries completed last year at the facility were considered same day.

“Increased surgical capacity here and across the province highlights the importance of this significant capital project our government is investing in ... the investment into Boundary Trails’ construction project will allow even more patients to receive hip and

knee replacement surgeries than ever before,” said Gordon.

“Soon, as part of the clinical preventative services plan expansion, Boundary Trails Health Centre will have more acute care in-patient beds as well



STANDARD PHOTO BY LORNE STELMACH
Health Minister Audrey Gordon was at Boundary Trails Health Centre Monday to provide an update on the Diagnostic and Surgical Recovery Task Force.

and will provide larger, more modern spaces for patient care programs.”

Last year, more than 6,000 procedures were completed, with nearly 600 funded through the task force, the province has said, including hip and knee replacement surgeries at various health-care facilities.

It included 639 at BTHC, 856 at Brandon General Hospital, 1,974 at Concordia Hospital in Winnipeg, 2,169 at Grace Hospital in Winnipeg, 76 at Health Sciences Centre in Winnipeg, and 290 at facilities outside of Manitoba offered through interim agreements to build short-term capacity.

Overall, about 10 per cent of these procedures were completed as day surgeries.

Southern Health CEO Jane Curtis trumpeted how region has been able to increase surgical capacity and institute same day surgeries particularly for hip and knee joint replacements.

“The shift to same day surgery has enabled patients to recover safely in the comfort of their own homes and has enabled patient beds to remain available to those who need them.

“The success of this program further highlights the importance of the capital expansion currently underway,” she added. “The expansion of the acute care in-patient capacity and community services will further strengthen a network of resources that make this centre an important hub of medical services.

Offering more day surgeries for hips and knees is good for our health care system and good for Manitobans, said Dr. Hany Asham, an orthopedic surgeon at BTHC.

Asham said increasing their surgical

capacity by 30 per cent was a tribute to the very talented orthopedic team at the hospital.

“These outcomes are largely due to the introduction of same day surgery. Up until six months ago, a hip and knee replacement surgery was handled as an in-patient surgery procedure ... I have seen first hand how this transformation of services has positively impacted the lives of our patients.

“Recovering at home after same-day surgery gives patients the comforts of their own environment as they heal and access physiotherapy and rehabilitative treatments as part of our continuum of care,” said Asham. “I’m encouraged to see the expansion of same day surgery across the province, and we look forward to continue our work with the task force.”

“It’s a notable achievement. More than 6,000 of these procedures were completed,” said task force executive director David Matear.

“Service delivery organizations not only completed their baseline targets, many went above and beyond those targets,” he said, noting particularly how BTHC exceeded its target by 139 above the baseline target of 500, so those “639 cases in one year is a sizeable accomplishment for rural centres.”

He credited the overall improvements to innovation born out of necessity, as wait lists increased further during the pandemic as well as due to an aging population. “Under extreme circumstances, the need was there to innovate, and everyone rose to the challenge for the betterment of all.”

An advertisement for Archway Dairy Solutions. It features a horse's head and a cowboy hat. The text includes "ARCHWAY DAIRY SOLUTIONS", "COME VISIT US IN STORE!", "Wrangler TOUGH DUCK", "CANADA WEST BOOTS", "ROPER", and "NAT'S". At the bottom, it says "WORKWEAR & WESTERN WEAR HORSE & SMALL ANIMAL SUPPLIES" and "260 MAIN ST. N. CARMAN 204.745.3400".



Town of Carman Branch Pick Up MAY 23 – MAY 29



carmanmanitoba.ca

Dufferin Agricultural Society announces partnership with Ark New Tech

By Ty Dilello

The Dufferin Agricultural Society (DAS) is excited to announce a new partnership with ARK New Tech, the Kubota dealer in Morden and Manitou. This partnership includes a sponsored 36-month lease on a L3902 Kubota tractor with harrows, which was delivered to the Carman Fairgrounds on May 12.

In addition to the tractor, ARK New Tech will also be adding on a cash sponsorship for the next three years. They will be sponsoring the shuttle service so that anyone without a vehicle can have the opportunity to visit the fair, and they will be providing the use of two side-by-side to help transport people around the fairgrounds.

Naming rights for the two arenas are also a significant part of the partnership. ARK New Tech will have their name displayed prominently on the arenas, giving them exposure and helping them get its name out to the community.

One of the most exciting parts of this partnership is ARK New Tech's willingness to accommodate the needs of the Dufferin Agricultural Society. This type of flexibility and willingness to work together is a testament to the strong partnership that has been established.

"This is just great," said Bernie Townsend, President of the Dufferin Agricultural Society. "We've been working with KB Marketing, and they were able to secure this deal for us. So it's amazing and a step in the right direction as we move towards making the DAS grounds more accessible year-round and increase opportunities for rentals and other events to be hosted on our fairgrounds."

The new Kubota tractor will be seen in action during the Denim and Dust Rodeo Series and at the beloved Carman Country Fair, which is scheduled for July 13-15. This new partnership will surely en-



STANDARD PHOTO BY LORRAINE STEVENSON

Laura Kehler, Dufferin Agricultural Society's Light Horse Committee chair and DAS president Bernie Townsend (centre), on behalf of the agricultural society, took delivery of a brand new Kubota tractor and groomer from A.R.K. New-Tech owners Ryan Fehr and Jay Knight, left to right, on May 12. A.R.K. New-Tech has committed to a three-year sponsorship of the ag fair. Also pictured (far right) are representatives of KB Marketing Nathan Krahn, Daniel Sukkau and Karina Bueckert.

hance the overall experience of these events, with the shuttle service, side by sides, and newly sponsored equipment, bringing a fresh and dynamic energy to the fairgrounds.

"The DAS is grateful for the generous support and collaboration of ARK New Tech," said Townsend,

"and looks forward to a long and successful partnership dedicated to making the DAS grounds a hub for community events and a source of pride for the area."

Organizers to create Every Child Matters garden for reflection

Garden will honour memory of children who died attending residential schools

Submitted by the Manitoba government

In consultation and collaboration with the organizers of the Every Child Matters flag display at the Legislative Building grounds, the Manitoba government is creating a new permanent garden on the grounds in memory of thousands of Indigenous children who never returned home

from residential schools in Manitoba and across the country, Consumer Protection and Government Services Minister James Teitsma announced Saturday.

"Over the past several years, Canadians have become increasingly aware of the harms caused by the residential school system," said Te-

itsma. "The new Every Child Matters memorial garden will create an opportunity and a place for reflection for Manitobans in honour of the memory of the children who never returned home to their families from residential schools, as we continue to work toward reconciliation."

The new garden will be on the south grounds of the Legislative Building alongside Assiniboine Avenue and



Continued on page 7



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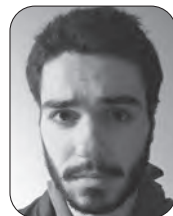
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COVID infections, hospitalizations increase first week of May

By Patricia Barrett

COVID infections and hospitalizations rose during the first week of May, according to the provincial government's respiratory surveillance report for the period April 30 to May 6 (reporting Week 18).

There were 105 new COVID infections detected by PCR testing. There were 96 new infections reported the previous week. Provincial COVID data are underestimates of the true number of infections as the government restricts access to PCR testing. Rapid antigen tests aren't tracked.

Forty-eight people were hospitalized with COVID including 10 patients admitted to the intensive care unit in Week 18. There were 39 people hospitalized the previous week with two people admitted to the ICU.

Two people died from COVID in Week 18. There were six deaths reported in Week 17 and 10 deaths the week before that.

Numbers are calculated using comparisons of total outcome data between the current and the previous week's report.

Manitoba's COVID death toll is currently 2,499 according to the federal government's COVID webpage as of April 29. Canada's death toll has reached 52,231.

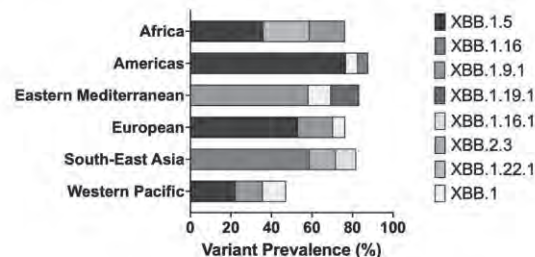
Wastewater surveillance data for Winnipeg and Brandon to April 25 indicates sustained COVID activity, states the Week 18 report. The Week 17 report provided wastewater data up to the same date, April 25, so it's unclear whether that activity changed in Week 18.

There were four new cases of influenza A and five new cases of influenza B reported in Week 18. There were four new hospitalizations for influenza but no deaths. There were two and five new cases, respectively, reported the week before, with no hospitalizations and deaths.

There were 10 new cases of respiratory syncytial virus (RSV) in Week 18. There were 15 cases the week before.

OTHER HEALTH NEWS:

Figure 5. Top three SARS-CoV-2 variants (including non-VOIs/VUMs) by WHO region, week 12 to week 16 of 2023



WORLD HEALTH ORGANIZATION

In the Americas region, XBB.1.5 is the most prevalent COVID omicron subvariant followed by XBB.1 and XBB.1.16.

-There were over 2.7 million new COVID cases and over 17,000 new deaths from the virus reported worldwide over the period April 10 to May 7, according to the World Health Organization's epidemiological update published May 11.

In the Americas region (North, Central and South America), XBB.1.5 is the most prevalent COVID omicron subvariant followed by XBB.1 and XBB.1.16.

A few recent studies on vaccine effectiveness of monovalent and bivalent (targeting two virus strains) COVID vaccines show there is either marginal vaccine effectiveness of the bivalent vaccine or no difference.

Two studies from the U.K. and France have shown "marginal (approximately 10%) higher VE [vaccine effectiveness] for bivalent vaccines against Omicron infection" while one study from Canada showed "no difference in VE between monovalent and bivalent vaccines against hospitalization," states the epidemiological report.

-Manitoba's Shared Health organization said 55 nurses have been hired in the provincial government's nursing float pool since it was formed last year, and that they're working shifts in rural and northern communities.

"Our government is healing health care by bolstering the health-care system's workforce and improving patient care and staff well-being," said

health minister Audrey Gordon in a May 9 statement on Shared Health's website.

The float pool is lessening the reliance on overtime and agency nursing, she added.

-The NDP released figures last week showing the provincial Conservative government cancelled over 2,600 surgeries at Winnipeg facilities over the course of more than a year.

Based on the results of a freedom of information request, the NDP said it found 2,623 surgeries had been cancelled between November 2021 and January 2023.

Of those cancelled procedures, 576 were orthopedic surgeries including hip and knee surgeries. Grace Hospital had the highest number of cancelled obstetrical surgeries with 247. The Pan Am Clinic had 151 cancelled surgeries, Concordia Hospital had 147 and the Health Sciences Centre had 31.

"Every cancelled surgery is a person waiting in pain and discomfort for longer. Brian Pallister created a staffing crisis in our hospitals and Premier Stefanson has made it even worse. Their cuts have been devastating to our healthcare system," said NDP leader Wab Kinew in a statement. "Manitobans deserve timely access to healthcare, including surgeries. It's time for real leadership that will put the healthcare needs of Manitobans first."

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Maxime Bernier running for Portage-Lisgar seat

By Ashleigh Viveiros

People's Party of Canada leader Maxime Bernier announced Friday he will be running for the Portage-Lisgar seat in the upcoming federal by-election.

The Quebec native gathered supporters in Portage la Prairie to unveil his plans. He began by lamenting that Canada is no longer the country he grew up in.

"Our country is at its lowest point in living memory," he said. "For years we've gotten less and less for our dollar, and what we get is not the same quality. Inflation is eating away our standard of living, government and household debt has skyrocketed, and, as you know, our health care system is hopelessly broken.

"But even worse than the state of our economy is the state of our culture. We are living in highly immoral times. Everywhere you look you see examples of moral and cultural degeneracy.

"Radical cultural Marxists have seized control over our educational system, the mainstream media, and governments," Bernier continued. "They push a program of anti-life, anti-family, and anti-Canadian values. Gender ideology and the trans movement are promoting the confusion and mutilation of our children. It is very sad what is happening in our country."

Bernier went on to attest that "extremists" are bent on destroying "Canadian society as we know it and upending the traditional structures of life which have underpinned our civilization. Their insanity is undermining our traditions, our history, and nation."

He noted those who speak out about this are "silenced and smeared as intolerant, racist, and transphobic."

Bernier went on to state the Conservative Party of Canada is "morally and intellectually corrupt" and refuses to "fight these necessary cultural battles."

Bernier was a member of the Con-

servative Party from 2006-2019 and held numerous ministerial roles in Stephen Harper's caucus.

He unsuccessfully ran in the party's 2017 leadership election and then left to form the People's Party of Canada in 2018.

He ran for his former seat in Beauce, Que. in the 2019 and 2021 elections as a PPC candidate, losing both times to the Conservatives.

Bernier says Portage-Lisgar reminds him of his own riding back home.

"When I visit Winkler, Morden, Portage, and many other communities in this riding, I am reminded of Beauce where I grew up, the riding that I represented for 13 years," he said. "Beauce is a rural riding with the same values like you here in Manitoba.

"But I'm also reminded of so many special corners of our country that I have had the privilege of visiting in my years of campaigning to give a voice to the voiceless," Bernier said. "When I talk to people here and across the country, I keep hearing that they feel forgotten by an Ottawa elite class focused on pet social issues that are irrelevant to us.

"I have a message for those who feel forgotten here in Portage-Lisgar: you will not be forgotten anymore. I will be your voice in Ottawa."

In the 2021 federal election, the PPC garnered 22 per cent of the vote in Portage-Lisgar. Conservative candidate Candice Bergen, who retired from politics in February midway through her fifth term in office, won the riding with 52 per cent of the vote.

Running for the Conservatives this time around will be Portage native Branden Leslie, who won the party's nomination last month. Late Monday evening the Liberals announced Kerry Smith as their candidate for the riding. No other candidates have been announced.

Over the weekend, Prime Minister Justin Trudeau announced the Portage-Lisgar by-election will take place on June 19.



SCREENSHOT

People's Party of Canada leader Maxime Bernier announced Friday he will be running for the Portage-Lisgar seat in the upcoming federal by-election.



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McNair graduates from medical school

By Ty Dilello

Roseisle's Bobby McNair has recently graduated from medical school at the University of Manitoba, and is passionate about becoming a family doctor in rural Manitoba.

Before coming to University, McNair graduated from the Notre Dame de Lourdes high school. He is also an accomplished golfer, playing for the University of Manitoba team. He's well known in the Carman area, having worked at the Carman Golf Course in the summers and working days at Aubin Nurseries.

On May 6, he took part in the Annual Traditional Graduation Pow Wow, which is a celebration of culture and achievement for Indigenous graduating students and a deeply personal and reflective moment for them.

"To have a celebration that celebrates not only my achievements of becoming a doctor, but also my Indigenous

identity, there's something really powerful about those ceremonies," said McNair. "To be able to have that in one special day, to celebrate myself and my colleagues who are there, is really a special experience."

"I CAME TO UNIVERSITY EXPECTING TO GET AN EDUCATION AND THEN A JOB AFTERWARDS, BUT I DIDN'T ANTICIPATE THAT I WOULD HAVE SO MUCH GROWTH AS A METIS PERSON,"

McNair notes that his most significant accomplishment from his time at the University of Manitoba was learning more about his identity as an Indigenous person.

"I came to University expecting to get an education and then a job afterwards, but I didn't anticipate that I would have so much growth as a Metis person," said McNair. "I met a ton of other Metis students in my time there, and so in spending time with others, we learned about our culture together, which was very cool and special."

Now that he's graduated from medical school, McNair plans to become a



STANDARD PHOTO BY BOBBY MCNAIR

Roseisle's Bobby McNair recently graduated from medical school at the University of Manitoba. He is passionate about becoming a family doctor in rural Manitoba.

rural doctor in the area he grew up in. There is currently a major gap in rural healthcare in family doctors, and the need to get more practitioners in the area is critical. McNair and others who have recently graduated are hoping to close that gap.

"Métis people are the fastest-grow-

ing population in Manitoba. If I can be a Métis doctor who can relate to Métis and Indigenous people, I think I can make that much more of a difference. To be able to do this job and help out in rural communities is something that I'm very excited about."

Carman annual plant sale May 25-27

By Ty Dilello

Carman Garden Club's annual plant sale is coming up on May 25-27 and will be held at the Carman MCC store.

The Garden Club has partnered with the local MCC store to host a huge plant sale as local gardeners donate extra house plants and perennials to the Garden Club.

"Community members cheerfully donate their perennials, and club members assist in digging and acclimating the plants prior to the sale," said Barbara Lepp of the Carman Garden Club. "By splitting perennials, they grow healthier and live lon-

ger. Buying plants that come from local gardens ensures that they are suited for this growing region and tend to transplant successfully and grow well."

Proceeds from the event will support the Garden Club events, such as the Junior Garden Club and garden-related projects in town. The junior gardeners pay a \$5 registration fee and receive all their plants and seeds free of charge. Adults provide tips and support to them as they learn to grow flowers and vegetables. The junior gardeners can then display their produce and flowers at the Farmer's Market in August.

The Carman Garden Club has contributed to many groups, including the Palliative Care gardens at the hospital and Boyne Towers gardens, Boyne Library programs, Visions of Independence, the Community Wellness Group, Dufferin

Agricultural Society Exhibition Hall, and a scholarship program. In addition, the Garden Club meets monthly, hosting speakers to offer advice on many aspects of gardening and landscaping. Meetings are open to the public, and speakers and topics are shared on its Facebook page.

"The plant sale is mutually beneficial to those who donate, the buyers, the community and to the Garden Club," said Carman Garden Club president Charlene Veenendaal.

The Plant Sale is one of the Garden Club's major fundraising activities, and the summer Garden Tour is the other. Community members are invited to purchase a ticket to tour local gardens and see beautiful plants and landscapes. It has been a very popular event for several years, and this year's event will be held on July 22.



STANDARD PHOTO BY BARBARA LEPP

Carman Garden Club's annual plant sale is on May 25-27 and will be held at the Carman MCC store.

Let's start summer with a CLEAN SWEEP



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 join in. Hosted by Carman and Dufferin Communities in Bloom

Winkler author, life coach releases first book



STANDARD PHOTO BY ASHLEIGH VIVEIROS

Anita Froese with her new book, released at a launch event at Winkler Arts and Culture last week. It's available now online and at local retailers.

By Ashleigh Viveiros

Anita Froese's vision board is one task lighter after the launch of her first book, *The Struggle to Be Real*, at the Winkler Arts and Culture Centre last week.

The health and life coach has poured a lifetime of lessons learned from personal experiences into the book, which seeks to arm readers with tools to access their authentic selves.

"It's been a dream of mine for about 10 years now," Froese shares. "I started writing a year ago and for me, really, it was therapy."

"I'm a life coach and I'm always telling my clients to journal, because it's free therapy. So that's what this started out as. And then it got to the point where I thought, okay, I think there's a book here."

Aimed primarily at female readers, *The Struggle to Be Real* looks at the pressure society places on women to be perfect, and the debilitating effect that can have.

Using her personal anecdotes coupled with life coach observations, Froese addresses themes that include worthiness, motive, imposter syndrome, staying focused on life goals, and the imaginary world of social media, among others.

"I just want women to know that they are beautiful just the way they were created," she says. "The whole shame culture, you don't need to live there, you don't need to be in fear of it."

"I just want people to be encouraged that they're not alone, that they should be able to find their circle of trusted friends they can talk to, and not to live in shame and guilt."

There are also chapters dealing with challenges that can arise in a marriage and discussing the "seasons of change" every woman goes through in her life.

If there's one thing Froese hopes readers will take away from this

book, it's advice to "find some healing and find peace" in their lives.

Since the book came out a few weeks ago, Froese had already received a lot of positive feedback that has her feeling pretty encouraged it's having the impact she hoped it would.

One early reader shared, "I've had people in my life that have already benefited from your transparency."

Hearing things like that get Froese choked up and makes all the hard writing work over the past year worth it. It also has her pondering whether a second book is in her future.

"I feel like maybe there's another one in there," she says.

The Struggle to Be Real: The Journey to Being Authentic is on the shelves at Winkler's Shopper's Drug Mart, the Trust God Now book store, and at the Outpost Grill.

You can also purchase it from Froese's website, thefortifiedlifestyle.com.

> EVERY CHILD MATTERS, FROM PG.3

will feature a mix of orange annuals and perennials such as lilies, roses and marigolds. Later this spring, a memorial plaque and bench will be installed for visitors to sit and reflect, the minister said.

The orange Every Child Matters flags currently on display on the north side of the Legislative Building grounds will be relocated to the new garden this weekend, led by the organizers of the display. The flags will be replaced with the garden flowers as soon as weather allows in order to create a more permanent tribute to the children, the minister said, noting that organizers who initially created the flag display have selected meaningful plants in consultation with an elder.

"It has been our absolute honour taking on the task of installing and maintaining the Every Child Matters flag display. We could have

never predicted the immense impact that our actions would have on the community," said Tara Martinez, co-organizer of the display installation. "Over the last two years, many Indigenous and non-Indigenous supporters of the Children First Society of Canada have helped to make this happen, proving that although we don't always agree on past transgressions, we can choose to move forward in a positive way."

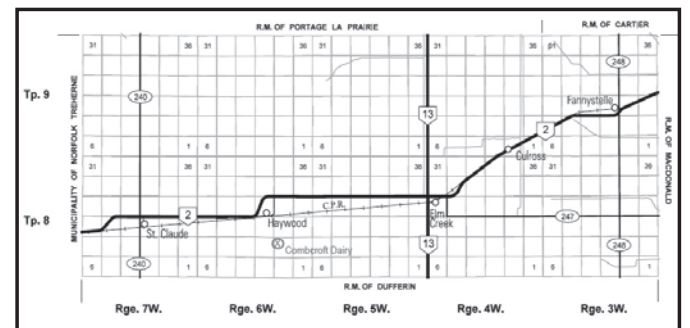
The Truth and Reconciliation Commission of Canada has documented 6,000 children who died while attending residential schools across the country. The commission estimates that of the 6,000 documented deaths, 338 children died while attending such schools in Manitoba. However, the true number of children who died while attending these institutions is likely much higher.

Attention Residents of the Rural Municipality of Grey

Share Your Views

concerning the proposed expansion of a dairy operation COMBCROFT INC. (TRC 12-098)

The Manitoba government has received a proposal from Combcroft Inc. to expand its operation at NW 11-8-6W from 255 to 400 animals (510 to 800 Animal Units).



If you would like to share your opinion concerning this proposal, you are invited to contact the Manitoba government by sending either an email or letter with your name clearly identified to (TRC@gov.mb.ca) specifically referencing **TRC 12-098** no later than **June 18, 2023**. After this date, the Livestock Technical Review Committee will complete its assessment of the proposal.

Information submitted in response to this proposal is considered public information and will be made available to the proponent and placed on the public registry.

For more information:

Please visit http://www.gov.mb.ca/mr/livestock/public_registries.html or the Rural Municipality of Grey at 27 Church Avenue East P.O. Box 99, Elm Creek MB R0G 0N0.

Technical Review Co-ordination Unit

Municipal Relations
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Winnipeg, MB R3G 0N4
Fax: (204) 948-4042



Manitou Opera House is hosting a 'hoedown'

By Lorne Stelmach

Scott Woods sees it as not happenstance that a show like his "Old Fashioned Hoedown" particularly sells well in rural communities.

His shows encompass the values of yesteryear, although with the technology of today in using state of the art sound and stage lighting with GoPro cameras and big-screen projections.

"Our show definitely is somehow more of a rural attraction ... they love our show because it's traditional country music and fiddle music," said Woods, who brings his act to the Manitou Opera House Thursday, June 1. Proceeds go to support the Manitou Opera House Foundation. "We don't necessarily try to avoid the big cities, but we often aren't in the big cities ... we'll play in smaller venues in the outskirts.

"It's a very home-spun, grassroots type of show, not unlike what you would have seen on the Hee Haw show or the Tommy Hunter show or Don Messer's Jubilee," said Woods. "There's a real variety of music, and we have some costumes and some corny humour, and we have a Canadian step dancing champion with us, so there's lot of stuff for everybody."

Woods picked up the torch from his dad Merv, who started playing old time music in 1944 as a youngster. By 1950, he had formed his own band known as The Merv Woods Orchestra, and they soon became very busy playing for dances, socials, garden parties, weddings, anniversaries and more.

The Woods Family shared their love of old-time music with others all across Ontario and the northern United States for many years. By the

mid-1980s, Merv's role as leader of the band was passed on to Scott and The Scott Woods Band was formed.

Keeping the tradition started by his dad, Woods and the band have expanded their travels right across the country and are now playing fundraising concerts. They help to raise hundreds of thousands of dollars every year for churches, charities, and community organizations.

The Old Fashioned Hoedown is a true variety show with fiddle music, traditional country, gospel, dancing and lots of family-friendly humour. The name is taken from the Gene Autry song by the same name with the lyrics that "when lady luck gives you the throw down, and old-man worry starts to mow down, there's nothing like a good old-fashioned hoedown to chase your blues away."

"You certainly don't have to be a fiddle or country music fan to enjoy the show," reflected Woods. "I try to build the show so there is always something different to see and hear, and your emotions will vary from excited, happy, and fun to serious and even sad."

Woods is a multiple winner of the Canadian open fiddle contest and the Canadian grand masters fiddling competition, and was named Canadian fiddle entertainer of the year. In 2018 he was presented the lifetime achievement award from the Canadian Grand Masters Fiddling Association.

His antics include his famous trick fiddling such as where he walks on a barrel and does a running somersault while playing his fiddle.

Joining him on this tour is his sister

Kendra Norris, who is a champion fiddler herself and who also sings and plays accordion and piano. She is known for doing her tribute to "cousin Minnie Pearl."

Playing drums, fiddle, singing and dancing is 18-year old Leo Stock. Stock recently won the Canadian open step dancing championship.

Backing everyone up is another champion fiddler: Germain Leduc from Valleyfield, Quebec, who not only plays fiddle but accompanies on piano and bass.

Woods especially looks forward to coming to Manitoba, as he recalled one of his first shows outside of Ontario being in 1986 at age 15 when he was a featured guest at the Winston Simpson fiddle festival in Carman.

"I realized then how much this Manitoba crowd loved to dance and loved the fiddle music ... as soon as the fiddle starts, that floor would fill up. They absolutely loved it, so I've had a soft spot in my heart for Manitoba ever since."

The Manitou stop is part of 39 shows across five provinces—their first real tour since before the pandemic.

"It's so nice to get back out there. We're hearing lots of comments from people even now that this is their first venture out to anything social since COVID," Woods said.

"The biggest challenge is to get those folks back in the habit of doing things. After being told to stay home and do nothing for so long, many people have just become complacent and don't even look for social activities. But as a society, we need that interaction—especially the seniors.

"Our show is the perfect fit," he con-



SUPPLIED PHOTO

Fiddler Scott Woods and his Old Fashioned Hoedown comes to the Manitou Opera House on June 1.

cluded. "The little things like going out for an evening of fun and entertainment is what we have been longing for and now is the time to get back out there and do it."

Tickets for the show are available by e-transfer by calling Lindy at 204-242-4287. You can order with a credit card by calling the Scott Woods Band office at 1-855-726-8896 toll-free.

It is rush seating only, with the doors opening at 6 p.m.

Manitoba government providing historic tax relief

Low tax plan to make manitoba more affordable to live

Submitted by Manitoba government

The Manitoba government is making historic investments that will bring total tax and affordability measures to more than \$1.8 billion between 2022 and 2024, providing \$5,500 in total savings for the average two-income family by 2024, Finance Minister Cliff Cullen stated last week.

"We have a Low Tax Plan to make

Manitoba a more affordable place to live, and a more competitive place to do business," said Cullen. "This means creating a positive atmosphere for economic development with new opportunities for Manitoba businesses to grow. Our historic tax relief will help the economy prosper because we understand that affordability and tax competitiveness is the key to creating good local jobs for Manitobans."

This year, the School Tax Rebate for residential and farm properties increases to 50 per cent in 2023 from 37.5 per cent in 2022. The average rebate to a homeowner will increase to \$774 in 2023 from \$581 in 2022. Rebates are

delivered the month in which municipal property taxes are due and will begin being received in Winnipeg and Brandon in June.

Owners of other properties including commercial, industrial, institutional properties will receive a 10 per cent rebate of the total of both the school division special levy and the education support levy payable.

"It would be naive to understate the importance of Manitoba's growers to our provincial economy," said John Graham, prairie director, Retail Council of Canada. "These primarily national brands provide over 17,000 jobs, pay tens of millions of dollars

in annual taxes, support hundreds of charities, as well as being critical champions of Manitoba growers and food producers. Arbitrarily determining who receives a rebate on the taxes they pay based on who owns a company or the size of their contributions to Manitoba's economy not only undermines the importance of fairness and trust, it's simply bad tax policy. Tax rebates allow retailers to lower prices, create jobs and invest in their businesses."

To learn more about the School Tax Rebate, visit <https://www.gov.mb.ca/schooltaxrebate/index.html>.

Community garage sale at Sperling Rink, rain or shine

By Autumn Fehr

After a community call-out, an event hosted in Sperling years ago is returning with a revived look.

On June 10, from 9 a.m. to 2 p.m., at Sperling Rink, community members can shop till they drop with various pieces to snatch up.

Rain or shine, the indoor garage sale will take place rink-side from 10 a.m. to 2 p.m. A pancake breakfast will kick off the event from 9 a.m. to 11 a.m. Prices for adults are \$10, and kids, are \$5. There will also be a bake sale fundraiser happening on-site to help support a community member headed for brain surgery in Toronto.

"We are hopeful that this event will be successful and can become an annual event for not only our community but also all our neighbouring communities," said Melissa Debnar, arena director with the board.

Sellers can arrive to set up from 8 to 10 a.m. and can sell anything they wish. There will be 40 booths at the event. Each booth is eight ft by eight ft.

"We are planning to pack many treasures into the building. Something for everyone," said Debnar.

Shoppers can find treasures from various price points, as sellers will price their items.

The garage sale will act as a fundraiser for the Sperling Community Center District, with funds from the booth rentals and pancake breakfast going toward much-needed upgrades at the centres.

"This event is important for our community in Sperling as it gives us an opportunity to open our doors again after a few years of not being able to. We hope to bring all the communities around us together for everyone to have the opportunity to meet their neighbour. Sperling Community Center District is happy to open the doors to the Sperling arena to show what our community has to offer," said Debnar.

Limited spots are available, so sellers must register by contacting Melissa at 204-782-4795 or debnarmelissa@gmail.com. The space is just \$10 to rent and is paid on the day of the sale. Sellers must supply their tables. Although registering is not mandated, sellers must do so to be guaranteed a spot for the day.



Government provides \$1.2 Million for youth to build skills, enter the workforce

Submitted by the Manitoba government

The Manitoba government is providing youth in Manitoba with the opportunity to experience their first jobs in a supportive environment that gives them the confidence and skills needed for work, Economic Development, Investment and Trade Minister Jeff Wharton announced Monday.

"Our government is committed to supporting young Manitobans so they can build their skills and engage with the workforce through this supportive model," said Wharton. "The

programs funded through the First Jobs Fund help youth develop the skills necessary to be successful in the future."

The First Jobs Fund supports registered non-profit or non-government organizations to implement programming for youth aged 15 to 29 facing barriers to employment, up to a maximum of \$300,000 per organization.

The two programs available include: - a job readiness program which de-

velops employability skills and provides mentorship, job coaching and life skills to youth participants; and

- a wage subsidy program which provides a minimum of seven hours of employment per week and at least 150 hours of employment to youth participants.

Last year, more than 300 Manitoba youth had the opportunity to build skills in their first job through the First Jobs Fund. These young people have gained valuable experiences that have supported them in their

further education and career paths, the minister noted.

The fund prioritizes projects that support Indigenous youth, include paid work experience, and provide skills and experiences in key economic sectors and for in-demand jobs, said the minister.

Applications for the First Jobs Fund are open until July 31.

For more information and the application form, visit https://gov.mb.ca/wd/ites/youth/first_jobs_fund.html.

letter to the editor

Letters to the Editor:
news@carmanstandard.ca

Keep on having fun

Might I point out a different solution to this apparent dilemma at the LUD of Miami meetings?

Change the bloody meeting time so Councilor Cox can attend, she has a job that will not allow her to miss time at work, and if any of you had jobs, you would know what that is like.

In this fashion, you will have accomplished the following:

- Established a quorum at the meetings
- Met the Municipal Act requirements
- Protected the public (to use the Reeve's words)
- Not completely undone all of the good efforts that have been made at that table
- Kept your credibility
- Not gone against the advice of the Province
- Not have to spend our tax dollars on a lawyer

Keep on having fun down there folks.

- Royce Burnett
Proud past councilor

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: news@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.

Notre Dame Arena needs your vote to win \$25,000

Voting period begins on May 15 until May 31

By Annaliese Meier

The Growing Home with BASF initiative is a great way for local organizations to get an extra boost in funding.

This exciting program is offering three prizes of \$25,000 each to organizations across the Prairie provinces, including Manitoba, Saskatchewan and Alberta. And right now, one of those top contenders is the Notre Dame Arena. With your help and vote from May 15-31, this incredible organization could be just one step closer to their goal of repairing the local arena. – but they need YOUR vote to make it happen.

The arena operates with the dedication of volunteers. The arena board, kitchen committee and community members all contribute to the rink operations and financials. They all devote countless hours so our community can enjoy the arena and all the activities it provides. They have formed an 8-member sub committee “Rajeunissement Arena Rejuvenation” working to complete this project. Their goal is to raise money through local fundraisers and grants.

The next project is to replace the original arena roof and insulation, change the exterior tin, install heaters for the viewing stands, repair any damage from leaks, and refresh the viewing area and bleachers. Total cost of the project is estimated at \$1.2 Million.

This year, BASF Canada Agricultural



tural Solutions launched a new community investment program, offering rural farming communities a chance to share what matters most to them. Community members will have the chance to rally around and raise support for their local organizations.

“Farming is the biggest job on Earth and wouldn’t be possible without the inspiring community support seen throughout the agriculture industry,” says Nicole McAuley, Head of Communications and Public Affairs for BASF Canada Agricultural Solutions. “We are thrilled to have the opportunity to recognize and contribute to the essential institutions that connect and strengthen farming communities across the prairies.”

Growers and their rural communities are the heartbeat of Western Canada and BASF is proud to support those communities. Participants are encouraged to nominate local organizations and initiatives on which their communities rely, from recreation centres to playgrounds, and volunteer emergency services to food pantries. Nominations were judged based



STANDARD PHOTO SUBMITTED

The Notre Dame Arena needs your vote to win \$25,000 from the Growing Home with BASF initiative. Voting takes place between May 15-31 and only one vote per email address per province is eligible.

on criteria including alignment to Canadian agriculture and alignment to BASF’s values—building safe and healthy communities; diversity, equity and inclusion; and developing future leaders in agriculture.

Following the nomination period, 15 finalists—five from each province—were selected and announced for public voting to select one winning organization in each province. Voting will be available throughout Canada, with the three winners to be

announced in June.

The Notre Dame Arena is one of the five nominated for Manitoba. Help them win the \$25,000 by casting your vote.

Voting is officially live and you can cast your vote here: www.agsolutions.ca/growinghome

Eligible voters (Canadian citizens above the age of 18) can vote for one organization in each province (total of three votes per person) between May 15-31. Once an eligible voter selects their three votes, they will need to input their email address to confirm and submit. Full terms and conditions of the entire program are available on the website.

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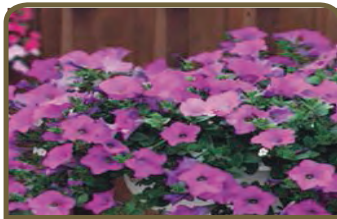
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Access CU donates \$500K to BTHC expansion

By Lorne Stelmach

Fundraising for the expansion of Boundary Trails Health Centre (BTHC) has passed the \$8 million mark thanks to a large contribution from Access Credit Union last week.

The \$500,000 donation presented Thursday moves the BTHC Foundation campaign closer to its \$10 million goal.

“We see it as a fantastic challenge to get it done,” said foundation chairperson Ben Friesen.

“It doesn’t make us sit back and say oh now we’re going to relax ... this just gives everybody a really good boost to know that this community still supports us and has from the start ... I’m sure we’ll get the balance figured out here in the next month or two.”

The Access Credit Union contribution is to specifically support the youth and child rehabilitation centre. Those services are currently spread out in community settings but will be centralized at the expanded hospital.

“To me, this is a perfect fit with what our membership is seeking and how we support our various communities,” said Larry Davey, president and CEO of Access Credit Union. “Boundary Trails impacts so many of the communities we’re in; we’re just happy to support them in this expansion.”

“I think this proves what bringing the various credit unions together can allow us to do,” he added. “We’re able to contribute that much more to our communities to make sure they’re sustainable and that we’re working together long term to make each community effective.”



STANDARD PHOTO BY LORNE STELMACH

Representatives of Access Credit Union stopped by Boundary Trails Health Centre last week to present BTHC Foundation reps with a \$500,000 donation towards the hospital's expansion project. Fundraising has reached \$8 million. The goal is \$10 million.

“It’s just absolutely fantastic ... it’s showing the community support this expansion has,” said Friesen. “We know the community has been behind us all the way from when we started this expansion, and even before that we had a lot of calls.”

The campaign has received a number of significant financial boosts of late, including a joint \$3.6 million commitment from the City of Morden, City of Winkler, and RM of Stanley as well as a \$250,000 donation from the Winkler Co-op.

Friesen said there could still be more larger corporate donations to pursue, but they will also be looking to go to the general public for support.

“We have a lot of other people that

we’ve been talking to ... we know there’s more to come,” he said. “We’ll be switching our focus a bit more to just make it a really open to the public ... we’ve had a number of people say so how do we get involved?”

The \$100 million expansion to BTHC

includes the addition of a new community services building and an in-patient building, in addition to renovations to existing space in the facility.

The project will add 24 medicine beds and eight level two nursery beds to what is currently a 94-bed hospital.

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- Indaziflam
- Chlorsulfuron
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- Aminocyclopyrachlor
- Aminopyralid
- Difluzenopyr
- Metsulfuron-methyl
- Picloram
- Mecoprop-P
- Adjuvant
 - o Surfactant blend
 - o Solvent (petroleum hydrocarbons)

Any person may, within 15 days after the notice is published, send a written submission to the department below, regarding the control program or register with the department their written objection to the use of pesticide next to their property.

**Environmental Approvals Branch
Manitoba Conservation and Climate
1007 Century Street
Winnipeg, Manitoba R3H 0W4**

Your FARM



MFGA Grazing Mentors to support MB Watershed Districts rotational grazing BMPs

Prairie Watersheds Climate Program (PWCP) adds peer-to-peer influencers, experienced grazing mentors to mix

Submitted by MFGA

Manitoba farmers interested in the rotational grazing Best Management Practices (BMPs) within the Prairie Watersheds Climate Program (PWCP) led by the Manitoba Association of Watershed Districts (MAW) received great news last week.

Manitoba Forage and Grassland Association (MFGA) has provided

MAW with a list of around 15 grazing experts located across the province for Watershed Districts (WD) to connect farmers with grazing mentors and experts to help bring their PWCP aspirations forward around grazing plans and better understanding grazing practices and BMPs.

"MAW is pleased to announce the PWCP rotational grazing support available to watershed districts through MFGA," said Garry Wasylowski, MAW board chair. "MFGA has been a strong partner within the Prairie Watersheds Climate Program, and we look forward to their services being available to support Manitoba's Watershed Districts in their delivery of the rotational grazing BMP."

The MFGA Grazing Mentors all come from within the MFGA network, either board members or sup-

porters. The group's grazing plan approach will be organized by Larry Wegner, MFGA board alumni. Watershed Districts may use the provided MFGA mentors list to connect farmers with available mentors. MFGA mentor services to Watershed Districts may include services such as: one-on-one mentorship to answer entry level questions, Watershed District support for application review as well as rotational grazing questions.

"The role of MFGA in providing grazing mentors is a great fit for us and we thank PWCP leaders for the opportunity to show our leadership and mentoring abilities on a farmer-to-farmer basis," said Lawrence Knockaert, MFGA chair. "Many of the leaders on our MFGA Board and among our grazing mentors are leaders on grazing and regenerative

agriculture practices and fully understand what needs to be discussed around grazing plans that help access some of the PWCP Rotational Grazing funding for farmers."

The MFGA Grazing Mentor list will help Watershed Districts facilitate increased uptake of the Rotational Grazing BMPs of the PWCP, an up to \$40 million program led by MAW through Agriculture and Agri-Food Canada's On Farm Climate Action Fund to producers in Manitoba and Saskatchewan to accelerate their adoption and implementation of on-farm Beneficial Management Practices (BMPs) to reduce Greenhouse Gas (GHG) emissions, support production efficiency, sustainability and resiliency on their farm operations.

Continued on page 15

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Rocking W charity race returns to Carman June 16-17

By Ashleigh Viveiros

Last year's inaugural Rocking W Rick Wiebe Memorial Charity Barrel Race was such a success in Carman that organizers are bringing it back there once again. The event takes over the Dufferin Ag Society Fairgrounds June 16-17.

"We're making a permanent move to Carman," says Rocking W Barrel Racing Productions CEO Dusty van der Steen, who notes the charity race—which has run for years but returned post-pandemic with a new name—has simply outgrown her family farm. "To host the number of people that come to compete and to watch, we just don't have the room anymore.

"Carman's facility is fantastic. The arena is great, there's barns and parking, the campground is there," she says, adding the ag society and the community gave them such a warm welcome in 2022 that they knew it would be the right fit moving forward.

This year they're super-sizing the weekend with a few other competitions on top of the charity race, including a Dash for Cash Slot Race and the Rocking W Open 4D.

"We wanted to have more stuff going on here," van der Steen says. "With the price of fuel and the cost of everything these days, competitors were telling us they wanted to have an opportunity to travel once to compete in more events."

With 100 entries, the slot race is set to have a payout of \$26,000.

"It's a chance to win a lot of money," says van der Steen, noting there aren't many events like this in our neck of the woods. "So we're excited to be one



STANDARD FILE PHOTO

In addition to the annual charity barrel race, Rocking W is also hosting a slot race and an Open 4D June 16-17.

of the first in our area with this."

Those two events take place on the Friday, June 16 (the slot race at 1 p.m. and the barrel race at 7 p.m.). The Rick Wiebe Memorial Charity Barrel Race then runs on the Saturday, June 17, starting at 1 p.m.

Last year's charity race raised nearly \$29,000 for South Central Cancer Resource, and van der Steen hopes to hit—and possibly exceed—similar heights this time around.

The race is named in memory of her late father, who lost his battle with cancer in 2020.

"I know he'd be proud of me for doing this and supporting South Central Cancer Resource, as they really are a key support for cancer patients and their families while they're going through treatment.

"They don't have any government assistance. They rely on fundraisers like ours," she adds of the agency, which offers support programs and educational resources to cancer patients across southern Manitoba. "So we're very happy to support them so they can do what they need to for local patients."

Full details about all three events, including competitor registration information, are available online at www.rockingw.com.

Admission for spectators is free, but bring some cash along to take part in the silent auction and enjoy chow from the food trucks.



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Carman Food Pantry looking for donations

Matching donation, up to \$1,000 from June 8-21

By Ty Dilello

Carman Homestead Co-op will match donations made to the Carman and Area Food Pantry from June 8-21 up to \$1,000.

Donations can be made by cheque, credit or debit card, or cash at the Carman Co-op store during these two

weeks. Your donations will provide food for households struggling to put food on the table in our area.

In the meantime, the Carman and Area Food Pantry have put up donation bins at various locations in the community to collect donations of non-perishable food items and toiletries for the Food Pantry.

“Harvest Manitoba has been supplying almost all the food that is distributed through our Food Pantry,” said Evelyn Rempel Petkau, Chair of the Carman and Area Food Pantry board. “As the need continues to grow across the province, the resources of Harvest Manitoba are increasingly being stretched as they supply more than 360 food banks all across

the province. Therefore, we are looking to our own community to help meet needs in our area.”

The Carman Food Pantry has placed donation bins around the community for people to donate non-perishable food and personal hygiene items such as soap, shampoo, toothpaste, etc.

“Through the support of our community, we hope to add to supplement what we receive from Harvest Manitoba and, over time, become less reliant on them as our sole provider.”

If you require additional information about the Food Pantry or are interested in volunteer opportunities, please phone the Food Pantry’s number at 204-745-6013



STANDARD PHOTO BY BOB PAULS

Carman Homestead Co-op will be matching donations made to the Carman and Area Food Pantry from June 8-21, up to \$1,000.

> ROTATIONAL GRAZING, FROM PG. 12

The Prairie Watershed Climate Program through the On Farm Climate Action Fund may fund producers for the adoption or expansion of planning and implementing grazing rotations in their operations. For rotational grazing, these include:

Infrastructure to support the Rotational Grazing Plan

- \$18,000/quarter to a maximum of \$75,000. Includes all eligible fencing and watering systems.

Improving Pasture compositions by seeding legumes such as alfalfa/sainfoin

- \$35/acre, up to \$75,000

Creation of Grazing Management Plan

- 50% of cost of the plan, up to \$400

Eligibility Requirements Funded Practices must:

- Be new practices for an operation, or

- Be expanded from what has been practiced in prior years on new land or new acres than prior years,

- Have a rotational grazing plan provided that supports the new practice, and

- Provide a rotational grazing plan that is recommended by a licensed agronomy professional (with demonstrated competency in the agronomy practice area that may include the CCA designation).

For more information: Duncan Morrison, MFGA Executive Director, 204.770.3548, Duncan@mfga.net



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get inspired

> MEAL IDEAS



Peanut Butter and Jelly Sweetpotato Taquitos

basket and lightly spray with olive oil spray. Cook sweetpotatoes 10 minutes, shaking basket 1-2 times to toss sweetpotatoes.

Transfer cooked sweetpotatoes to medium bowl; add peanut butter and mix well.

Lay tortillas on counter and place 1-2 tablespoons sweetpotato mixture on each tortilla.

Add blueberries and raspberries next to sweetpotato mixture.

Roll each tortilla tightly. Place rolled tortillas, seam sides down, in air fryer.

Spray tortillas lightly with olive oil spray.

Cook in air fryer 6-7 minutes.

Recipe courtesy of Tracy Shaw on behalf of Healthy Family Project

Prep time: 5 minutes

Cook time: 20 minutes

Servings: 8

1 cup sweetpotatoes, peeled and diced small

nonstick olive oil spray

1/2 cup peanut butter, preferred nut butter or nut-free butter

8 small, low-carb flour tortillas

1 cup blueberries, washed and dried

1 cup raspberries, washed and dried

Preheat air fryer to 400 F.

Add diced sweetpotatoes to air fryer



Yellowfin Tuna and Artichoke Pasta

To make artichokes: Preheat oven to 425 F. Fill bowl with cold water and juice of one lemon.

If using fresh artichokes, trim tops of artichokes and tougher outer leaves. Using vegetable peeler or small paring knife, trim stems. Once prepped, cut fresh artichokes in half. If using canned artichokes, drain well and quarter lengthwise.

Place artichokes in lemon water.

Let soak 2-3 minutes, drain and pat dry with kitchen towel.

In casserole or baking dish, arrange artichokes and add juice of remaining lemon, quarter lemon and add lemon wedges to dish.

Add olive oil and salt and pepper, to taste.

Roast 25-30 minutes, or until tender.

To make pasta: Bring large pot of water to boil.

While water is coming to boil, place large skillet over medium heat and add olive oil and butter. Add garlic; red pepper, if desired; and salt, to taste, and swirl 1 minute. Add white wine or stock and let reduce by half.

When water comes to boil, salt water, add pasta and cook 1 minute less than directions. Reserve 1/2 cup pasta water before draining.

Add artichokes to large skillet with tuna with its oil and gently break up with back of wooden spoon or paddle.

Add lemon juice and reserved pasta water to skillet along with drained pasta, cheese and half the parsley, mint and pistachios. Toss to combine, top with remaining parsley, mint and pistachios and serve.

Recipe courtesy of Rachael Ray on behalf of Genova Tuna

Prep time: 15 minutes

Cook time: 40 minutes with fresh artichokes (25 minutes with canned)

Servings: 4

Artichokes:

Cold water

12 small, fresh artichokes or 2 cans artichoke hearts in water

2 lemons

3 tablespoons extra-virgin olive oil

salt, to taste

pepper or red pepper, to taste

Pasta:

Water

2 cans (5 ounces each) Genova Yellowfin Tuna in Olive Oil

2 tablespoons extra-virgin olive oil

4 tablespoons butter, cut into tabs

4 cloves garlic, chopped

1 teaspoon crushed red pepper (optional)

salt, to taste

1/2 cup white wine, chicken stock or vegetable stock

1 pound spaghetti or linguine

1 lemon, juice only

1 cup grated Pecorino Romano cheese

1/4 cup chopped fresh Italian parsley, divided

1 small handful fresh mint, chopped, divided

1/4 cup toasted pistachios or pine nuts, chopped

Let's talk about insomnia



By Gwen Randall-Young

Fundamentally, insomnia happens because the mind cannot relax. When the mind cannot relax, then the body cannot either. Relaxation is a natural state in members of the animal kingdom. Our pet can be running around, playing with us, or wrestling with a toy. They have lots of energy and are stimulated. Then, a few minutes later we find them peacefully dozing while their bodies seem completely limp.

Babies are like this after being fed, and long ago adult humans were like this too. Early humans were right brain dominant, without language. The right brain is abstract, and emotional. With language came an increasingly dominant left brain, the logical analytical part.

Over time the left brain became more and more dominant. With the rise of technology, humans are more alert and tuned into that technology. The left brain became very busy. No longer thinking only of the next meal, fighting or mating, it was like there was ongoing dialogue within the brain. Everything speeded up.

Now we could worry about the future or lament the past. We could create worst case scenarios and wonder what others thought of us. The brain did not stop when we slept. We did not hear it when in deep sleep, but when we came out of that phase, the inner chatter woke us. If the chatter was about something we worried or were anxious about, a whole new train of thinking could begin so then we could not go back to sleep.

Further, if our life situation creates stress, the muscles contract which makes it harder to sleep. With a tense body relaxation is not possible.

Many turn to sleep medications, however those do not get to the root of the problem, and if we stop taking them, sleeplessness recurs. The body and mind have not learned to shut down.

Of course, caffeine, alcohol, a full stomach, and too much technology before bed also affects our sleep.

Notwithstanding a neurological disorder, I think most sleep problems would be resolved if we completely relaxed the body and quieted the mind. This is not something we can do overnight (pun not intended). We must train ourselves to relax our muscles and gain control of the mind, so at night we can shut it off just like a television.

The first step is to pay attention. Lie down and notice your body. Then tell the muscles to relax. You should feel a little release. Then tell it to relax more. You can keep doing this and never reach the point where there is nothing left to relax! You will become aware of how much tension is in your muscles. Yoga is great for relaxing the body.

Next, notice what your mind is doing. Is it re-running films of your past experiences? Is it worrying about some person or problem? Is it re-playing the day or planning or worrying about the next day? Is it re-playing conversations? All of these will make it hard, or for some, impossible to sleep.

Start with assessing yourself. Read up on sleep hygiene. You do have the power to learn to put yourself to sleep.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration.



Easy Homemade Salsa

Recipe courtesy of Healthy Family Project

Cook time: 10 minutes

Servings: 6

1/2 small RealSweet sweet onion, halved

5 mini sweet peppers, seeded and quartered

3 Roma tomatoes, quartered

1 1/2 limes, juice only

1/4 cup fresh cilantro

1 1/2 teaspoons garlic salt, or to taste tortilla chips

In food processor, blend onion, peppers, tomatoes, lime juice, cilantro and garlic salt until desired consistency is reached. Serve with tortilla chips.

Mennonite Historical Society hosts AGM at Neuberghthal

By Lori Penner

The Manitoba Mennonite Historical Society (MMHS) annual general meeting Saturday drew a large crowd to the historic Commons Barn in Neuberghthal.

Since it was founded in 1958, MMHS has continued to foster an understanding of and respect for the history and beliefs of the Mennonite people in the past and present, and to challenge them to give new expression to this heritage in the future.

The MMHS works with communities to promote historical research and publications, search out and preserve historical sites and Mennonite cemeteries. They also organize lectures and provide resources for school and organizations and encourage the expression of the Mennonite experience in various areas, such as literature, drama, history, fine arts, music, geography, sociology, and religion.

They also work in cooperation with various Mennonite archives and museums to collect, preserve, and exhibit articles and documents of historical value.

Members and standing committees come from across the province.

MMHS president Conrad Stoesz reflected on 2022 and how things have become busier as resume many of their activities post-pandemic.

This included the unveiling of a plaque near Niverville which marks the buildings that Jakob Schantz built to house the Mennonite pioneers for the first few weeks as they prepared to build new communities east of the

Red River.

Their society magazine, *Heritage Posting*, under the guidance of Glen Klassen, continues to thrive, and this was the first time in several years that MMHA representatives were able to attend national meetings in Saskatchewan.

Stoesz noted a number of important anniversaries in their communities.

"This past year marked the 100th anniversary of the move of 7,000 Mennonites to Mexico because of heavy handed assimilation policies of the provincial government in Manitoba and Saskatchewan. MMHS members were active in helping Mennonite Heritage Village, MHSC, and the Plett Foundation bring to fruition a traveling exhibits to mark the anniversary."

That exhibit is on display at the MHC Gallery in Winnipeg and will spend the next two years traveling through Ontario and Western Canada.

Stoesz also noted that next year is the 150th anniversary of Mennonites in Manitoba, 2025 is the 500th anniversary of the Anabaptist Movement, and 2026 the 100th anniversary of Mennonites in Paraguay.

The MMHS is encouraging communities to consider marking Manitoba Mennonite 150th in some way.

"Commemorating anniversaries and important events within a community is crucial in preserving and understanding the shared history and values that shape its identity," he said. "It provides an opportunity for community members to come together, reflect on the past, and consider a



STANDAR PHOTO BY LORI PENNER

During their general annual meeting in Neuberghthal on April 29, MMHS president Conrad Stoesz provided an overview of events and projects the society was involved in during 2022.

legacy they wish to leave for future generations. It also helps to keep the memory of key moments and individuals alive, which can be a source of inspiration and pride."

Stoesz told the audience that despite challenges such as lack of volunteers, increased costs, and reduced income, the work that the MMHS does is essential to the communities they serve.

"Let's remember that we're not just collecting dusty books, torn documents, or broken furniture, but we are

helping our communities to define their identity—our identity."

Stoesz also acted as keynote speaker at the AGM, transporting guests back 130 years as he revisited the split of the West Reserve Bergthtal in Manitoba and the formation of the Bergthaler and Sommerfelder churches in the 1890s.

The AGM also included a viewing of

Continued on page 18

Flashback...The Ink Spots and the Carman Fair

By Dennis Young

Those who attended the 83rd Carman Fair of 1962 celebrated the opening of the \$200,000 Agricultural Coliseum (arena), saw record light and heavy horse entries, witnessed a sound harness racing field and were part of the 18,000 who enjoyed a variety of grandstand acts.

Patrons were entertained by a high wire walker, a balancing duo, a canine show and a curvaceous dance routine but it was the fabulous Ink Spots who stole the show. The four swinging singers sang old favorites and up tempo tunes that made everyone clap in rhythm. The foursome answered repeated encores to thunderous applause and whistles.

The original lineup was inducted into the Rock and Roll Hall of Fame in 1989.



The Ink Spots entertained at the 8rd Carman Fair of 1962.

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Two events planned this summer at new Deadhorse Creek Speedway

By Ashleigh Viveiros

Stock car racing is making a return to the Pembina Valley this summer.

A grassroots group of motorsports enthusiasts formed the Valley Motorsports Association in February with an eye to getting the former ALH Motor Speedway back up and running in some form.

The track, which from 2009-2019 offered weekly races during the summer months, never reopened after pandemic restrictions eased, and the loss has been keenly felt by racing fans and drivers alike, says association president Chris Unrau.

"It came up this winter, following on the restrictions coming off and trying to figure out what we're all missing in our community that we had prior to COVID," he says of how the group came about.

They reached out to the new owner of the speedway (who bought the property to use part of it as a gravel pit), and they've agreed to lease the track out to them for two big events this summer: the Watermelon Cup July 7-8 and the King of the Corn races Aug. 25-26.

"They wanted to see the race track

running but didn't have any experience or knowledge of how to do it, so we came up with this concept," Unrau says, noting they're rechristening the track as the Deadhorse Creek Speedway.

"Several of us who've been around the racing world for a while, we would like to do this but we don't want to do it every week like the way the track has been run in the past," he notes. "So we thought let's just put on a couple of really, really good events that the community can enjoy and be a part of."

Both events will serve as fundraisers for the Boundary Trails Health Centre expansion project.

"We're pretty excited about that," Unrau says, "and really looking forward to getting the track going again."

The two weekends will feature several classes of dirt oval stock car racing—pure stocks, street stocks, super trucks, midwest modifieds, and one final class that's brand new to this area.

"We're really going to swing for the fences and we're aiming to get some late models in," Unrau says. "Those are the really powerful, fast race cars



STANDARD FILE PHOTO

Race car driving returns to the Pembina Valley this summer at the former ALH Motor Speedway, now called Deadhorse Creek Speedway.

... they've never been run at the speedway here before."

Racing will of course be the focus of the day, but both weekends will also include other activities for the whole family: food truck concessions, live entertainment, beer gardens, a candy toss and bouncy castle for the kids, fireworks, pit-party cookouts, and more.

"We really want to make it a fun, family environment. A festival-type

atmosphere," Unrau says.

Unrau notes they're going to be looking for volunteers to help out with the races. Sponsors are also needed.

The Valley Motorsports Association and the Deadhorse Creek Speedway expect to have their social media pages up soon for people to connect with them through and stay up-to-date on their plans for this summer and beyond.

Indigenous Women Entrepreneurship Fund is helping Indigenous businesswomen

Submitted by CCAB

Canadian Council for Aboriginal Business' (CCAB) Indigenous Women Entrepreneurship Fund (IWEF) was created to assist Indigenous women who have traditionally faced significant obstacles accessing financing through the usual means.

The fund, which is presented by LNG Canada with a contribution from Paper Excellence, is open to Indigenous women-owned businesses that have encountered systemic barriers to lending relationships and have been impacted by the pandemic.

"Women are elemental in the achievement of Indigenous economic prosperity yet, securing affordable financing remains one of the most arduous challenges for Indigenous women entrepreneurs. The lack of access to networks and financial institutions, property for collateral and credit are all factors that we must overcome," says Tabatha Bull, president and CEO, CCAB. "We are thrilled that LNG Canada and Paper Excellence are taking meaningful action to support Indigenous women entrepreneurs and help grow the Indigenous economy."

CCAB research has demonstrated that access to appropriate credit and lending is one of the main barriers for Indigenous businesses. The Indigenous Business Survey, Phase II:

Indigenous Women Entrepreneurs, which was released in 2021 by CCAB, found close to half (47 per cent) of Indigenous women-owned businesses report no current lending relationships with any financial institutions, compared to almost one-third of male-owned businesses.

"LNG Canada is committed to supporting the advancement and empowerment of Indigenous women entrepreneurs. Indigenous women's economic empowerment and inclusion is a direct response to the Calls for Justice," said Hope Regimbald, LNG Canada's Indigenous and Stakeholder Relations Lead. "Access to capital and financing is critical, which is why opportunities provided through the Indigenous Women Entrepreneurship Fund are so important. We commend Canadian Council for Aboriginal Business for their efforts to enable Indigenous prosperity and remove systemic barriers facing Indigenous women."

This is the third year the fund has been made available, and applications for the \$2,000 grants will be open until May 19, 2023, at 5 p.m. There is one week left to submit applications for the Indigenous Women Entrepreneurship Fund.

"Paper Excellence recognizes that a rising tide lifts all boats – that when

Indigenous business does well, we all succeed doing business right means building business together," said Lana Wilhelm, Manager, Indigenous & Community Relations. "We are pleased to be a part of empowering Indigenous women entrepreneurs to build their businesses. And we thank Canadian Council for Aboriginal Business for giving members like us this opportunity."

Former recipients are saying that these grants have been transformative to their businesses and lives. More than 40 Indigenous women who own businesses have received grants to date.

"I am a proud member of Sapotaweyak Cree Nation with two children, and owning your own business isn't always easy, but grants like this sure do help," says Brandy Bulycz, the owner of Freedom Embroidery and an IWEF recipient last year. "With this grant, I was able to purchase stock, as well as do some promotion for my business. The help is appreciated more than you know."

The entrepreneurship fund is administered through CCAB's Tools and Financing for Aboriginal Business (TFAB) program to enhance Indigenous entrepreneurship through providing access to development and networks.

A lottery system will be used to award grants. A live draw will be made at a future date at which time 20 recipients will receive grants.

> AGM, FROM PG. 17

the film *Conform: The Mennonite Migration to Mexico*. The documentary explores the challenges Mennonites faced in Canada and their journey to Mexico after the First World War. Director Andrew Wall was on hand to field questions from the audience.

"The idea for the film started in 2019. It took about a year to put together, do all the interviews and the re-enactments," he shared. "It's a complicated sort of nuanced story, based on the research that's been done, and from the archives. We just try to tell the story of how it was."

"This is a story that needs to be told and shouldn't be forgotten. It was a complicated story, and I think both sides didn't really know what they were getting into. There was a portion of the communities who moved away because of the school issue, but the other half remained and adjusted and moved on. Their viewpoints were all valid and their perspective was worth remembering and looking at."

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Central Energy off to strong start to season

By Ty Dilello

The U17 Central Energy team is off to a solid start to their 2023 season in the Manitoba Premier Softball League. Central Energy is in first place in the eight-team league with four wins and no losses.

The Central Energy squad hail from several communities in Central and Southern Manitoba, including Winkler, Stanley, Swan Lake, Portage la Prairie, Morden, Manitou, Altona, Somerset, Mariapolis, and Starbuck.

Central Energy's head coach Cassidy Cunningham has coached most of the girls on the team in the past at U13 and U15 levels. However, this is her first season coaching U17 ball.

"I grew up playing for Central Energy, played a few years of college softball, and it just seemed natural to give back to the organization that gave me so much," said Cunningham. "My parents coached a variety of Central teams for the past 12 years, so I had some awesome role models that pushed me to continue to be a part of the organization. It's been a very

gratifying experience watching these athletes develop into very skilled and knowledgeable softball players over the years."

Cunningham notes that the team has been working hard in the off-season on both sides of their game, and it's showing as Central Energy is off to that hot 4-0 start after a pair of victories over both the Winnipeg Lightning and Interlake Phillies.

"We hoped to start the season with our best foot forward, and I would say we have," said Cunningham. "We have a good base to work with, and I'm excited to see how much stronger the team will become."

The team goals for this season are to win provincials and to qualify and be a top competitor at the Canadian Nationals later this season.

"We have had a solid group of games to start the season, but there is a long season ahead of us with many good teams yet to play. Our goal is to win provincials, so hopefully, we can just keep playing better as the season goes on."



STANDARD PHOTO BY JO-ANNE PROCTER

The U17 Central Energy's pitcher Ava Sanders had a strong game against the Interlake Phillies. Central Energy has four wins on the season and no losses.

Carman Community Justice Committee holding upcoming AGM

By Ty Dilello

The Carman Community Justice Committee is holding their Annual General Meeting on June 5 from 7:30 p.m. to 8:30 p.m. at the Blue Crescent Hotel in Carman. Everyone is welcome, as the Committee encourages people to come and learn more about this community group.

The Carman Community Justice Committee comprises citizen volunteers who represent their community and work in partnership with Manitoba Justice and law enforcement to provide justice services locally.

This group of community people has been firm about making their community a safe and healthy place to live ever since the first Carman Community Justice Committee was formed in 1982.

While the Committee was initially youth-focused, they now receive both youth and adult referrals. The Committee serves the communities of Carman, Elm Creek, Graysville, Miami, Roland, and the RM's of Dufferin, Grey, Roland and Thompson.

Restorative Justice, rooted in shared human values, responds to conflict. The Manitoba Justice or police services will refer cases to a local Community Justice group. These referrals occur where it would be more beneficial to all affected if the offender followed the conditions set out by the Community Justice Committee rather than go through the court system.

Traditional justice is predominately concerned with what rule has been broken, who is to blame and what should be done to the offender for


breaking that rule. Restorative justice gives both the victim and the offender the opportunity to describe the incident and its impact on them. Restorative justice requires that the offender take responsibility for their actions and undertake measures set out by the Justice Committee to repair the harm to the victim, themselves, and the community.

"Restorative processes can help build capacity for success and reduce the chance of re-offending by forming positive connections and relationships within the community while also repairing the harm," said Allison Abbott-Wiebe of the Carman Community Justice Committee.

A successful completion of the process is beneficial to both the victim and the offender. The victim is pro-

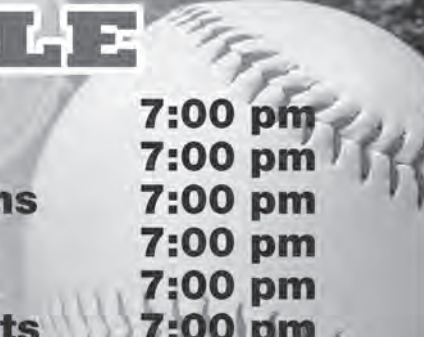
vided reparation, healing, an opportunity for forgiveness, validation, support, and safety. And the offender will experience meaningful, restorative, and respectful consequences, accountability and reintegration into the community.

"Restorative justice recognizes that the community is also a victim," said Abbott-Wiebe. "Crime affects everyone's sense of safety and mental health. Through restorative justice, opportunities are given to build a sense of community and mutual accountability while restoring relationships. The community is encouraged to take on their obligations for the welfare of their members, including victims and offenders, and to foster the conditions that promote healthy communities."



HOME SCHEDULE

May 23	Tue	vs	Winkler Whips	7:00 pm
Jun 16	Fri	vs	Baldur Royals	7:00 pm
Jun 20	Tue	vs	Morden Mud Hens	7:00 pm
Jun 27	Tue	vs	Altona Bisons	7:00 pm
July 4	Tue	vs	Winkler Whips	7:00 pm
July 14	Fri	vs	Pilot Mound Pilots	7:00 pm



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- Tender closes on June 16th 2023**

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Homestead Consumers Co-op Ltd.
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The Redboine Watershed District is currently seeking applicants for the position of **Prairie Watersheds Climate Program Coordinator**

The PWCP Coordinator will work directly with landowners to design & implement Prairie Watershed Climate Program (PWCP) activities in the Redboine Watershed District.

QUALIFICATIONS:

- Post-secondary education or equivalent experience in Environmental Sciences (e.g. Land & Water Management, GIS/ Geomatics, Agriculture etc.)
- Experience with GIS software & GPS/Survey Equipment are highly recommended
- Ability to meet deadlines & follow a budget
- Organizational skills & the ability to work with members of the public are a must
- Must hold a valid class 5 driver's license

DUTIES:

Reporting directly to the Project Manager, & with assistance from the other district staff, the successful candidate will be responsible for:

- Meeting & working directly with landowners in the district
- Reviewing & organizing all PWCP applications and preparing them for the PWCP Committee
- Planning & managing the day-to-day aspects of the PWCP Program across the district
- Organizing & attending PWCP Program workshops, field tours, education days etc.
- Updating & maintaining the PWCP Program database with all PWCP Project information
- Meeting with MB Association of Watersheds staff on PWCP Program planning & initiatives
- Providing regular program updates to the RBWD Administrative Staff & RBWD Board of Directors
- Performing miscellaneous office duties & assorted other tasks as required

Because the PWCP Coordinator position is funded entirely by external funding grants, this position is being offered as a **1-yr Full-Time Contract Position (35hrs/week)**, with the potential for contract extension based on future additional funding for the PWCP Program. This position also includes the potential for 'work from home' opportunities.

If you are interested in applying for the position, please submit your resume & salary expectations before 4:00 pm, Wednesday, May 24, 2023 to:

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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 asset

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

Lana Meier
Email: news@stonewallteulontribune.ca

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The Carman-Dufferin
STANDARD

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ATTENTION STUDENTS:



Carman Legion Ladies Auxiliary #18 is offering two bursaries of \$500 each to a child, grandchild or great grandchild of a Veteran, Carman Legion Branch or Auxiliary member, leaving High School this year to further their education. The Bursary must be used within one year from the day it is awarded.

Application forms are available at Carman Collegiate, Elm Creek Collegiate, Miami Collegiate, Dufferin Christian School or by contacting the Auxiliary Secretary directly at (204) 745-8222.

Applications must be clearly marked Legion Ladies' Auxiliary Bursary and must be received by the Auxiliary Secretary, PO Box 98, Carman, MB. R0G 0J0 no later than Friday, June 2, 2023.

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NOTICE OF ANNUAL MEETING

WEDNESDAY, June 14th, 2023 7:30 p.m.
St. Leon Recreation Centre, St. Leon, Mb

AGENDA ITEMS

- DIRECTORS' REPORT
- GENERAL MANAGER'S REPORT
- AUDIT & FINANCIAL REPORT
- ELECTION OF DIRECTORS
- APPOINTMENT OF AUDITORS

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Royal Canadian Legion
Carman Legion Br. #18 Bursary

ATTENTION GRADUATING STUDENTS

The Carman Legion Br. #18 is offering a bursary of \$500.00 to a child, grandchild, or great grandchild of a Veteran or a Legion member entering post-secondary education. The bursary must be used within one year from the date it is awarded.

Application forms are available at Carman Collegiate, Dufferin Christian School, and Elm Creek School or by calling the Carman Legion at 745-2454. **The applications must be received no later than Friday, June 1, 2023.**

Applications may be mailed to:

**Carman Legion Br. #18
Box 98, Carman, MB R0G 0J0
Attention: Karen Maxwell**

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> GAMES

SUDOKU

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

Fun By The
Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

E	E	G				O	V	D					
L	L	I				M	E	N	E	R			
D	M	S				V	C	V	V	V			
N	V	R	I			O	A	K	N	B	E		
V	I	V	R	F		D	V	R		J	V	O	
D	L	E	I	F	T	L	V	B	E	S	B	V	
S	I	S	I	S	V	D				N	V	L	V
M	T	E	F	R						T	O	D	I
S	O	B	U	D						S	B	I	D
I	B	B	V	R						M	H	V	
O	V	T								E	B	B	R

Crossword Answer

CROSSWORD

CLUES ACROSS

1. Relative biological effectiveness (abbr.)
4. Chinese philosophical principle
7. Branch
8. Jewish spiritual leader
10. Slang for requests
12. "So Human An Animal" author
13. Rocker Billy
14. British Air Aces
16. Type of tree
17. "Tough Little Boys" singer Gary
19. State attorneys
20. Goddess of fertility
21. Localities
25. Beloved singer Charles
26. Clue
27. Ridge of jagged rock below sea surface
29. Helsinki neighborhood
30. Farm resident
31. Ocean
32. Where ballplayers work
39. Unable to hear
41. Cool!
42. Cape Verde capital
43. One point north of due east
44. Kilo yard (abbr.)
45. Middle Eastern nation
46. It yields Manila hemp
48. People operate it (abbr.)
49. Regenerate
50. Not healthy
51. Chinese sword
52. Mild expression of surprise

1	2	3						4	5	6						
7								8						9		
10			11					12								
13							14	15				16				
17				18				19				20				
21						22	23				24					
						25				26						
				27	28					29						
				30				31								
			32					33				34	35	36	37	38
39	40					41					42					
43						44						45				
46				47								48				
49															50	
															52	

CLUES DOWN

1. Unit of angle
2. Headgear to control a horse
3. Clots
4. Follows sigma
5. A woman who is the superior of a group of nuns
6. Greek units of weight
8. Radio direction finder (abbr.)
9. Systems, doctrines, theories
11. Stony waste matter
14. Bravo! Bravo! Bravo!
15. Hostile to others
18. U.S. State
19. Not wet
20. Something one thinks up
22. Where beer is made
23. Clumsy person
24. Belonging to us
27. Canadian flyers
28. Greek goddess of the dawn
29. Snakelike fish
31. Unhappy
32. Fruit
33. Not good
34. Zero degrees Celsius
35. Goo Goo Dolls' hit
36. Crawls into the head (folklore)
37. Legally responsible
38. Move in a playful way
39. Regarded with deep affection
40. Partner to flowed
44. Native American tribe
47. Head honcho



FARM LAND FOR SALE BY TENDER

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

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

LAND:
 NE 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

House:

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

Announcements Classifieds

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OBITUARY

Florence Edith Irene Pritchard

With sadden, empty hearts we announce the peaceful passing of our mother, grandmother and great-grandmother, Irene Pritchard on May 3, 2023.

She grew up in Swan River, Mb, the second child of Jim and Eileen Leggatt. Mom faced the challenges that life brought her way head on, with everything she had to overcome them and succeed.

In her early years she loved to figure skate and sew. Her career in life was to raise her daughter (Barbara) and she worked in accounting for Matt Tkachyk & Sons and Cargill Grain. Later in life she enjoyed spending as much time as she could with her two granddaughters, (Lacey and Terri), of whom she was extremely proud of and always present for their accomplishments in life. Grandma was always there with open arms and helping hands. As her granddaughters grew, she found time to develop her interests in photography and writing, remodeling and decorating houses. Her quiet times were spent reading, puzzling, making crafts with flowers and painting pictures.

Any time spent with her-great grandchildren (Averie, Chelsea and Quin) was a gift from heaven. Her only wish, was to have been able to spend more time with them.

We cannot express how thankful we are that we had you in our lives. We miss you so much already. Barb (Doug) Martin, Lacey (Brad) Griffin, Theresa Billan, Averie Billan, Chelsea Griffin and Quintin Griffin.

A private family service will take place at a later date.

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

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APPLICATION FOR TENDER FOR R.M. OF DUFFERIN MOWING OF THE GRAYSVILLE PLAYGROUND PROPERTY

The RM of Dufferin is accepting Mowing Tenders for the municipal property within the village of Graysville located where First Street meets Second Avenue for a total of 0.73 acres.

Tenders will be received until 4:00 p.m. on Tuesday, May 30th, 2023. Tenders must be sealed and marked "Tender for R.M. of Dufferin Mowing Graysville" and mailed to Box 100, Carman, MB R0G 0J0 or delivered to the Municipal Office at 12-2nd Ave S.W., Carman. Lowest or any tender not necessarily accepted. For further information please contact the undersigned at 204-745-2301 or via email at cao@rmofdufferin.com.

Sharla Murray, CMMA
Chief Administrative Officer

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Roland Fire Department conducts controlled house burn

By Ty Dilello

On May 6, the Roland Fire Department conducted a controlled structure burn with the Boyne River Mutual Aid District level 1 firefighter's class.

Rick Penner from Carman Dufferin Fire Department (CDFD) was on hand to be the instructor for the day's activities. CDFD and Roland Fire Department also had members there assisting them throughout the day. Training started at 8:30 a.m. and finished up around 8 p.m.

"The burn and training was a complete success for the five students that took part in the controlled structure burn," said Roland's fire chief Donald Roy. "A big thank you to Phil Dyck, the owner of the property, for allowing us to train there."

The Level 1 class Roland held allowed for search and rescue inside a burning structure, roof ventilation, studying smoke and fire patterns inside a burning structure, and many more useful things for prospective fire personnel.

Residents who would like to donate derelict homes, buildings, or even vehicles to the fire department are asked to contact the RM of Roland office, where they will pass on the info to the Roland Fire Department.

"We'd love to do this kind of training more often, but only can when buildings are available to be used."

The Roland Fire Department is also happy to announce that its annual Firemen's Picnic will take place on July 1 from 4:30 p.m. to 1 a.m. There will be a supper by donation, bouncy castles, water games and fire education stations for the kids and adults, music, a silent auction, beer gardens and a fantastic fireworks display in the evening.

"It's our annual fundraising event, and it will be open to the whole family," said Roy. "We're very excited about it."



STANDARD PHOTOS BY DONALD ROY

On May 6, the Roland Fire Department conducted a controlled structure burn in conjunction with the Boyne River Mutual Aid District level 1 firefighter's class.



May 21 to 27, 2023

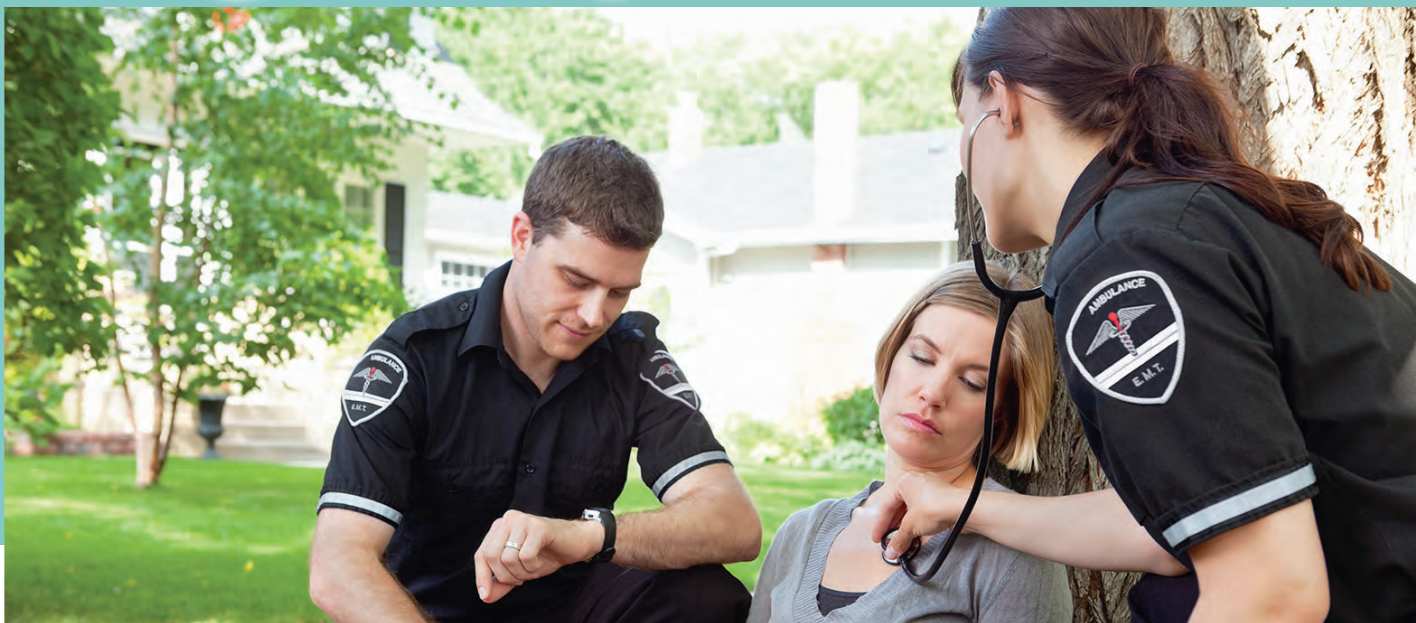
Paramedic Services Week

Honouring our paramedics

Paramedic Services Week happens every year in May. This year, it takes place from May 21 to 27. It's a perfect time to thank paramedics, EMTs and the entire EMS workforce for their service and sacrifices on the front lines of the healthcare system. The job of a paramedic isn't always easy but can be extremely rewarding. Here are four qualities that paramedics must possess.

- **Thrive under pressure.** Paramedics often work in high-stress, life-or-death situations. Therefore, they must be able to stay calm under pressure to effectively administer treatments and make the best decisions for a patient's health.
- **Communicate effectively.** Paramedics must be able to communicate with scared, shocked or stressed patients and their family members to provide life-saving support. Paramedics work in a team and must also be able to effectively communicate with dispatch, nurses and other hospital staff.
- **Solve problems quickly.** Paramedics must react quickly and efficiently in emergency situations. Therefore, they must possess excellent problem-solving skills to evaluate a patient's condition and quickly determine the best way to treat them.
- **Demonstrate empathy.** Paramedics constantly handle situations in which patients are experiencing pain, trauma or suffering. Consequently, they must be empathetic and address the needs of their patients in a sensitive and caring manner.

This Paramedic Services Week, take the time to show your support for the important work paramedics do.



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Thank you paramedics!

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