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The Carman-Dufferin

TAILDARD

THURSDAY, JULY 6, 2023

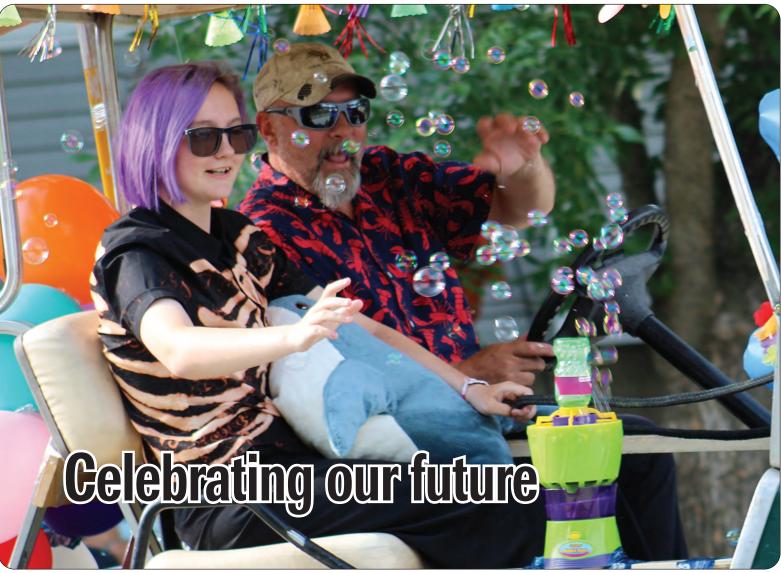
LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY





VOLUME 3

EDITION 27



STANDARD PHOTO BY LORRAINE STEVENSON

Governor General Award winner and recipient of five other awards and scholarships Scout Ryan waves during the small outdoor parade of Elm Creek graduates that followed grad ceremonies June 28.

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Carman Elementary students meet Holcaust survivor

On June 20, the Grade 4/5 class at Carman Elementary, which is taught by Lisa Pinkerton, had a very informative Zoom meeting with 87-yearold Holocaust survivor Claire Baum.

Pinkerton's class had recently read/ studied the autobiography of Claire Baum, who was a Jewish girl in hiding for three years during the Second World War in the Netherlands. When Holland was finally liberated in 1945 by Canadian soldiers, Baum and her sister reunited with their parents, and they all moved to Canada.

The David Azrieli Foundation oversees a Holocaust Survivor Memoirs Program, which collects, archives, and publishes memoirs of Holocaust survivors who later immigrated to Canada. The Foundation provides free copies of these memoirs, in both English and French, to schools and universities across Canada. And that's how Carman Elementary got a hold of Baum's book. The memoirs are also available for the general public to purchase online.

"My class studied the differences between historical fiction and autobiographies this year," said Lisa Pinker-



Spencer Bell talking with Claire.

ton. "We read a historical fiction story about a Jewish girl in hiding during WW2 (from the Dear Canada series). I was looking for a similar autobiography for our unit when I took a professional development session with the David Azrieli Foundation and learned about their memoirs program."

Pinkerton then ordered copies of Claire Baum's autobiography, The Hidden Package and each student got their own copy to keep.



STANDARD PHOTOS BY LISA PINKERTON

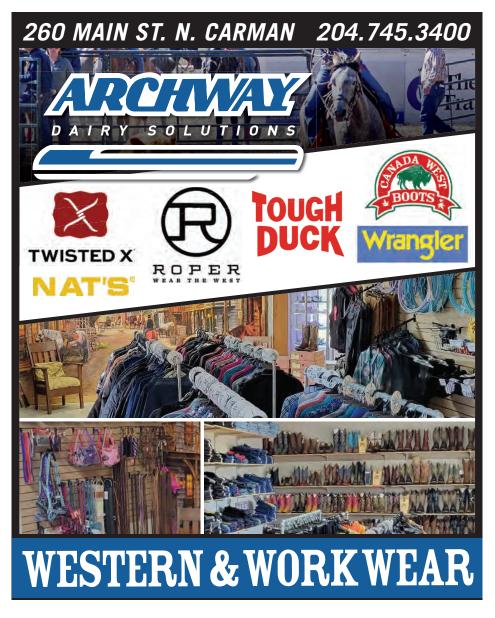
The Carman Elementary Grade 4/5 class had a very informative Zoom interview with Holocaust survivor Claire Baum.

"We read the book together as a class and had a lot of great discussions about what they might do in similar situations and how difficult it can be to stand up for what is right," said

Pinkerton. "We were thrilled to learn that because we studied her autobiography, we would be able to arrange a

Continued on page 3





Vanderveen makes substantial contribution to BTHC

By Ty Dilello

Vanderveen Commodity Service in Carman has made a substantial donation of \$250,000 to go towards the Boundary Trails Health Centre's (BTHC) capital campaign to expand its hospital.

"The facility that Boundary Trails has in Winkler is great for everyone," said owner Andy Vanderveen. "It serves the whole Pembina Valley, and with its expansion, it helps services in the Carman area as well. It's better than having to drive to Winnipeg or Brandon for sure."

The \$100-million project at Boundary Trails will be completed in phases, with Phase 1 slated to begin this

year. Within a few years, the southern Manitoba region will have its expanded hospital with more beds, a new, state-of-the-art operating room, an expanded Emergency Department, and the Cancer Care unit being doubled in size.

"It's worth the donation and the support to help see it through," said Vanderveen. "They were raising money for this expansion, so that's why the decision to made."

Please contact the BTHC's Foundation office to discuss multi-year pledges for the expansion or make a donation at 204-331-8808 ext. 2 or office@bthcfoundation.com

Vanderveen Commodities BIHC Expansion

STANDARD PHOTO BY JENNIFER CHING-FAUX

Vanderveen Commodities donated \$250,000 to the Boundary Trails Health Centre Foundation capital campaign last month. Pictured left to right: Brock Vanderveen, Brett Vanderveen, Andy Vanderveen, Jesse Vanderveen, and BTHC Foundation Chair Ben Friesen.

> SURVIVOR, FROM PG. 2

Zoom call with Claire. The students generated questions, and each person got to come up to the computer, introduce themselves, and ask their question.

Baum has been presenting to students for 25 years, most often to high school students, and she was very impressed with Pinkerton's class over the onehour Zoom call on June 20. She noted that their questions were amazing and that they were better interacting on the Zoom call than many high school students she has worked with.

"I am so proud of my class and grateful for this amazing opportunity. I told them beforehand that, given the age of the survivors, this could very well be a once-in-a-lifetime opportunity for them."

During the Zoom call, Baum talked about how today's children are spoiled and how we take so much for granted. She also said that we have no idea what real hunger is. One student asked if she holds any grudges about the past, and she said no - that we should never hold a grudge and not take anything for granted because it can all change quickly.

Here are some quotes about the experience from the kids in Pinkerton's class:

"It was extremely cool to meet a real Holocaust survivor over a Zoom call," said Callen Unger.

"It's good because now if someone says something wrong about the Holocaust, I have more insight and can correct them," said Garrett Green

"It was fun to ask questions and get answers from her," said Bentley Somers.

"It was nice to actually hear her story and her voice and not just read the book. No one believes I actually met a Holocaust survivor," said Mackenzie Collingridge.

"It was really cool to see her in person after reading her book," said Nevaeh Fitzgerald.

"It's quite interesting to learn about this sad experience face to face with a real Holocaust survivor," said Natalie

"It was a really fun opportunity to meet Claire and learn about her true story," said Jorja Best.

To read Claire Baum's story, please check out the website at https://memoirs.azrielifoundation.org/exhibits/ liberating-our-stories/clair-baum/ to get a copy of The Hidden Package.

Carman Manitoba is a river town! Our meandering waterway is the tie that binds our entire community. We love to roll out the welcome mat and point visitors from near and far to our hidden gem, our beautiful Bone River. We are delighted to see people kayak, fish, canoe, hike, walk, snowshoe, skate, bicycle, toboggan, birdwatch, and just generally get out with nature!

The downtown Ryall Park River Launch will become the central meeting spot for all our year-round river



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EDITORIAL > VIEWPOINTS > LETTERS

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Ty Dilello 1-204-250-6322

Regional Connections saw record numbers in '22-23

By Ashleigh Viveiros

It was a record-setting year for Regional Connections Immigrant Ser-

At the non-profit's annual general meeting in Winkler last month, executive director Steve Reynolds shared they reached a new high for new arrivals, with over 1,600 people moving to their service area (which stretches across the Pembina Valley and also includes an office in Dauphin) and more than 4,000 clients helped overall.

A good number of those newcomers came from Ukraine in the wake of the Russian invasion.

"About 40 per cent of our newcomers last year were Ukrainians arriving on the emergency travel visa," Reynolds noted.

As a result, a full 55 per cent (895 people) of new settlement clients at Regional Connections over the past year came from Ukraine. Rounding out the rest of the top ten were newcomers from India (190 people), Philippines (185), Nigeria (118), Mexico (52), Russia (43), Germany (40), Bangladesh (35), Pakistan (33), and Kazakhstan (33).

The increased numbers coupled with a return to more normal operations post-pandemic made for a busy year indeed.

"Lots of our activities were well above targets from what we had planned for due to the new arrivals," Reynolds said. "But our staff were all flexible and responsive and just focused on helping people however we can."

The ways they help newcomer families are varied, the reports from the agency's various program leads showed.

Tina Barkman, Settlement Program director, shared the focus of their work is to help immigrants settle and integrate into their new communities and adapt to life in Canada.

Settlement workers sit down with all newcomer clients to do a needs assessment and create a personalized settlement plan for them. They

also host information and orientation events and provide referrals to local and government services.

In the past year, settlement workers assisted people from 75 countries speaking 57 different languages.

Their services were also expanded to include more in-person availability in Carman, Morris, and Rosenort as immigrant numbers increase there.

Meanwhile, the Employment Program's three divisions saw hundreds of people helped in 2022-2023, shared coordinator Jessica Lopez.

The program includes Employment Assistance Services, which helps newcomers in their job searches; Professional Bridging, which assists internationally-educated professionals obtain their licenses so they can find employment in their fields; and the Gateway to Work Experience for Newcomers (GWEN) program, which helps unemployed or underemployed newcomers learn workplace specific language and essential skills and gain entry-level work experience.

"87 per cent of our participants gain employment after completing the GWEN program," Lopez shared, noting they ran four cohorts in this first year of the program.

Another program wrapping up its first year in operation is the Resettlement Assistance Program (RAP), which focuses on government-assisted refugees.

Program leader Russelle Collantes noted they've been working the kinks out of the program—language is often a big barrier for people who find themselves fleeing to Canada from their homelands—but are seeing great progress.

"Before arriving in Canada, our clients were full of fear and despair, not knowing what the future would hold for them," he said, explaining staff work to allay those fears and connect people with other Regional Connections programs so they can learn English, find work, and settle into their new community.

"As one, we are all helping our cli-



PHOTO BY ASHLEIGH VIVEIROS

At the Regional Connections AGM last month, executive director Steve Reynolds shared some of the successes of the past year.

ents to divert their fears and anxieties to endless opportunities and a new beginning here in Canada," Collantes said. "We are passionately working to earn their trust, to make them feel welcome, so at night they can say, 'We are finally home.

The AGM also heard success stories from the Home Instruction for Parents of Preschool Youngsters (HIPPY) program, the Settlement Workers in Schools program, the Language program (English classes), and several others that seek to welcome and aid newcomers in a myriad of ways.

Financially, Regional Connections ends the year with a surplus of \$72,629—a far cry from the deficit of over \$15,000 from the year before.

It received nearly \$4.7 million in revenue in 2022-2023, mainly from the federal and provincial governments. On the other side of the sheet, its expenses came in at just over \$4.6 mil-

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Flashback...1960 Tigers, provincial finalists

The Carman Tigers earned a spot in the Manitoba Bantam B ball finals defeating Virden in a best of three. Game 1 was a convincing 16-6 victory, but Virden came back with a 4-2 victory of their own. The third and final game, saw the Tigers behind 5-2 after just one inning but came back for a 10-5 margin. The boys played Kenton for the Manitoba Championship, but the locals were outclassed by a superior team 11-3 and 16-6. A team windup was held at McEachern potato shed with a presentation made to Coach Joe by Don Stout and Bill North.

The Carman Bantam B Tigers are the new champions of the South-Central Bantam B Baseball League. Coach Joe Pethybridge, who coaches the team through the entire regular schedule and play-off without a defeat, poses with the boys. In the back row, left to right, are Terry Keith, Brian Garnett, Ray Garnett, Peter Sanderson, Blake Sylvester and Don Stout; middle



row: Malcolm McEachern, bob Billing, Jack McKay, Neil Strachan and Bill North; front row, Doug Stewart,

Gary McEachern and Tyson Palmer

Statement from Finance Minister Cliff Cullen on Tax Freedom Day

Submitted by Manitoba government

For the second consecutive year, the Fraser Institute has named Manitoba the number one province for Tax Freedom Day, the day of the year when the average individual has earned enough money to pay their taxes. For 2023, Manitoba reached that day on June 6, ahead of all other provinces.

Whether it is filling up the gas tank, buying groceries or cooling a home, the purchases Manitobans make daily are becoming more expensive. As Manitobans continue to face a rising cost of living, providing historic help to make life more affordable for Manitobans remains of critical importance to the Manitoba government.

Introduced in Budget 2023, new and enhanced tax measures will bring Manitoba's personal income taxes in line with other provinces. The changes in personal income tax will allow families to keep more of their income

and will attract interprovincial migration to grow the economy.

Incremental savings from all tax breaks, school tax rebates and affordability payments from 2022 to 2024 will total more than \$1.8 billion. That is more than \$5,500 for an average two-income family.

A reduction to Manitoba Hydro fees will have a favourable effect on electricity rates and save ratepayers \$190 this year and more than \$4 billion over the next 20 years. Manitoba Hydro's rate application to the Public Utilities Board is now only an increase of two per cent over each of the next two years compared to the proposed 3.5 per cent rate increase.

In addition, starting on July 1, Manitobans will see an increase in takehome pay on paycheques due to the largest ever enhancement to the basic personal amount to \$15,000. The savings to Manitoba taxpayers in 2023 will total \$311 million, with tax savings up to \$524 for individuals or up to \$1,048 for a two-income family compared to 2022.

In the last year, Manitoba's economy emerged faster and stronger than anyone could have anticipated. Over the last year, we have seen significant economic growth in our province and an influx of skilled immigration. We see tremendous opportunities ahead with continued improvement in our fiscal position as we work to create the right conditions for sustained economic growth.

Our government remains focused on maintaining a strong, sustainable fiscal foundation that will provide better services to all Manitobans. This includes investing in front-line services and lowering taxes to make life more affordable for Manitobans and more competitive for Manitoba busi-

Tell us what you think

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

Youth Job Centre open for business



Brandon Havixbeck

The Carman Manitoba Youth Job Centre (MYJC) is sponsored by Manitoba Education and Training in partnership with the Town of Carman and RM of Dufferin, and serves the communities of Carman, Elm Creek, Graysville, Miami, Roland, Sanford, Stephenfield Provincial Park, Sperling, and Starbuck.

Brandon Havixbeck is the Carman and area MYJC Youth Engagement Leader for the summer. He completed his first year of study at University of Manitoba and is very excited to be involved in the community.

The MYJC is designed to meet the employment needs of students and youth, as well as the needs of employers who have vacant positions to fill, by offering a free referral service to those who wish to hire an eager, hard-working young person.

Employers of all types – business and household - can take advantage of the free services the Centre provides. Only the most qualified candidates are referred, and the employer always has the final hiring decision.

Young adults, students and youth over 13) who are seeking full-time, part-time, or casual employment, need help with a resume, or want to expand their job search or interview skills are encouraged to drop by the Center.

The Odd Job Squad, for ages 13, 14 and 15, is a great place to gain work experience by running events put on by the Carman Youth Job Centre.

If you have any questions or employment needs, email: Brandon. Havixbeck@gov.mb.ca or call 431-344-0206 or stop by the MYJC office at 12 - 2nd Ave. SW from 8:30 a.m. – noon and 12:45 p.m – 4:30 p.m., Monday through Friday

Carman's first yard of the week



STANDARD PHOTO BY LEORA COLLINGRIDGE

The votes have been counted and Carman and Dufferin Communities in Bloom (CIB) has begun its second annual Yard of the Week recognitions. This week's recognition goes to Don and Laura Skeavington for their beautifully landscaped yard on 2nd St. SE. Don and Laura have put great care and work into their lovely yard. CIB's metal flower sign, created by local metal artist Melissa Emerson-Froebe, has been placed on their yard for the week, and a stunning flower basket from Vanderveen's Greenhouses Ltd. was presented to the Skeavingtons by CIB volunteer Paula Learmond in appreciation for the many hours they spend beautifying their yard each year.

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Public Notice is hereby given that Enbridge Pipelines Inc. (Enbridge) intends to conduct the following Pesticide Program from June 1, 2023 – November 15, 2023, to control noxious weeds on Enbridge ROW's, temporary workspaces, stations and various facilities along the Enbridge Mainline and Bakken corridors. *The herbicide active ingredients to be used include:*

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- Carfentrazone-ethyl
- Pyraflufen-ethyl
- Bromoxynil
- Clopyralid
- Glyphosate
- Dicamba
- 2, 4-D
- 2, 4-DB
- Aminopyralid
- Propyzamide
- Indaziflam

- Chlorsulfuron
- $\bullet \ Fluroxypyr$
- Aminocylcopyrachlor
- Aminopyralid
- Difluenzopyr
- 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

Driving on closed roads prohibited

Submitted by Manitoba government

The Manitoba government's amendments to the Highway Traffic Act under Bill 46 come into force last week, which creates new offences for driving on a road that has been closed to traffic.

"We have heard from the RCMP that drivers ignore road closure signs and barricades and proceed to use roads that have been closed due to severe weather and other hazardous conditions," said Transportation and Infrastructure Minister Doyle Piwniuk.

"This puts motorists, law enforcement, emergency responders, operators of snow-clearing equipment and road maintenance staff in danger."

Amendments to the preset fines and offence description regulation under the Provincial Offences Act establish the following preset fines for new Highway Traffic Act offences:

- \$298 for driving a light vehicle (such as a car, SUV or pick-up truck) on a closed road;
- \$672 for directing a person, such as an employee, to drive a light vehicle on a closed road;
- \$672 for driving a heavy vehicle

on a closed road; and

- \$1,296 for directing a person, such as an employee, to drive a heavy vehicle on a closed road.

In addition to fines, individuals convicted of driving on a closed road will be penalized two demerit points. Law enforcement will also have the option of sending drivers to court in very serious cases where fines may be applied of up to \$2,000 for offences involving light vehicles and up to \$5,000 for offences involving heavy trucks and buses, the minister noted.

"Far too many times we have seen vehicles ignore the barricades or find ways around them, such as using service roads, and it is very dangerous," said Insp. Michael Gagliardi, officer in charge of traffic services, Manitoba RCMP. "It has always been illegal to go around a road-closure barricade, but these amendments provide a more effective way for us to enforce this type of offence as it is now a specific charge under the Highway Traffic Act. This will help us in our efforts to keep Manitoba roads safe for everyone." The amendments bring Manitoba in line with other provinces including B.C., Ontario and Saskatchewan.





- Carman Collegiate
- Dufferin Christian School
- Elm Creek School
- Miami School
- École Regionale Notre-Dame
- St. Claude School Complex

CLASS OF 2023 • CLASS OF 2023



Elm Creek graduate Wyatt James enjoys a chat following his grad ceremonies with friend Jayci Best.



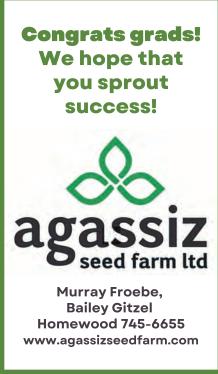
Holly Church receives her high school diploma from Carman Collegiate's principal Mary Reimer.

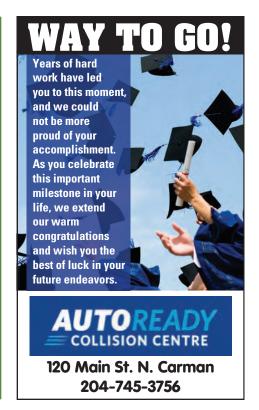


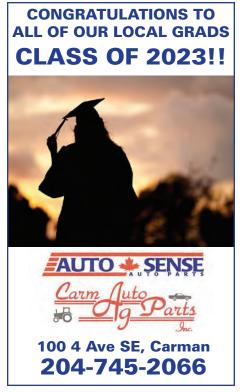
STANDARD PHOTO BY LIANNE T PHOTOGRAPHY

The 2023 Dufferin Christian School grads toss their caps outside after the ceremony.













• Class of 2023 • Class of 202





















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here and now. Do good, be kind, be humble

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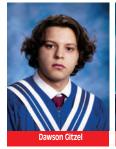








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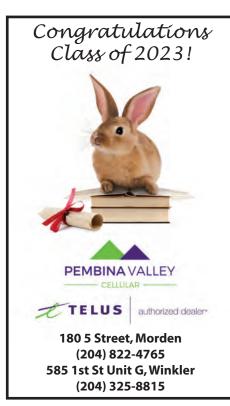
















Congratulations to all the 2023
Graduates!



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Carman Collegiate celebrates 2023 graduates

By Ty Dilello

Carman Collegiate graduates celebrated new beginnings, and the past four years at their graduation ceremony in the school's gymnasium on the afternoon of June 28.

Carman's principal, Mary Reimer, served as the chairperson and spoke to kick things off, saying, "To all of our graduates, the school's staff and I are so excited for each of you as you continue your journey outside of Carman Collegiate. You are all going to go on and do great things from here. And we wish you all the best."

Kyle MacNair brought greetings to the forty-one graduates on behalf of the Prairie Rose School Division (PRSD).

"Today is a great day for you all," said MacNair. "These four years have prepared you for the next journey as you follow your dreams and goals. Whatever you choose, stay true to yourself and your dreams."

Debbie Sutton, who served as most of the graduate's Grade 2 teacher at Carman Elementary, was the guest speaker and told grads to stay humble and follow their dreams.

"I am so proud of each of you for graduating from high school," said Sutton. "The world awaits you all."



STANDARD PHOTOS BY TY DILELLO

Carman Collegiate graduates celebrated the end of their high school career with a traditional cap tossing.

Kiera Johnston, Cassidy Phillips and Zoe Pritchard gave the Student Address for the 2023 class as they spoke proudly before a crowd including family, friends, and guests.

"Thank you to everyone who has worked to make this day possible," said Kiera Johnston. "To our teachers, we appreciate your endless patience with us, despite our inability to stop talking (or barking). Parents, from bringing us to practices and games of our sports to teaching us how to drive, you

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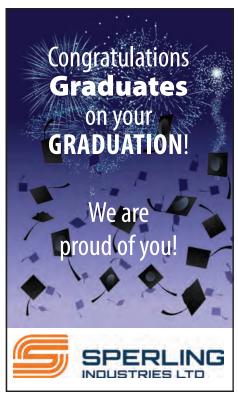


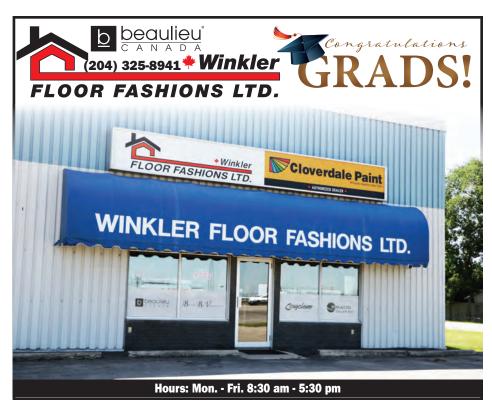














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have always been there to support us through our failures and successes. You may not have heard this as often as you should have, but we really do appreciate everything you have done for us."

"In March of 2020, we were blessed with a two-week spring break that turned into the next two years of our lives," added Cassidy Phillips. "The hardships we endured through this difficult time were nearly unbearable. Seriously though, we managed to make many lasting memories over the years."

"Today is a day to reflect on how far we've come during our time as a group," said Zoe Pritchard. "We should be proud of this major accomplishment as the past 13 years have been riddled with challenges. We have seen each other through personal struggles, and we experienced tragedy as a grade early on. Today we have a chair to honour our friend and classmate, Aiden McIntyre, who we

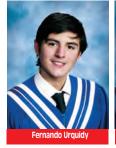


Cassidy Phillips receives the Staff Award from teacher Amanda Rheault Phillips had an average of 97.1% in Grade 11/12 which was tops for the school and why got the Staff's Award for her high marks in addition hockey coach Michael Heatherington. to her character.



she was awarded the Governor General's Medal. She Logan Cramer receives his high school diploma from Carman's

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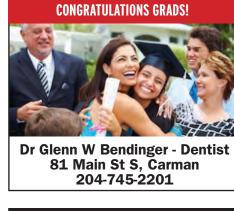






















Cassidy Phillips received the Staff Award and is surrounded by the finalists. Left to right, Ryan Orchard, Kiera Johnston, Mary Reimer, Cassidy Phillips, Amanda Rheault, Sydney Last, Reid North, Madeleine Saquet.

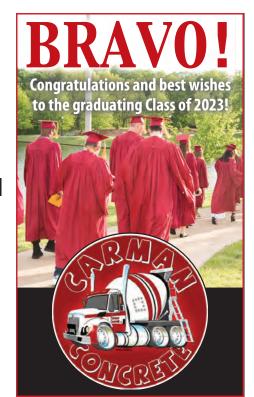
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lost too soon. We will continue to carry his memory with us into the next chapters of our lives."

"As we move forward from this day, we are certain that each and every one of us will have great success in our future endeavours," said Johnston. "With the foundation we have built

together as a class, we can be sure we have the skills necessary to pursue our dreams with confidence. We're all here thanks to the hard work we have done, making this accomplishment well deserved. Be proud of yourself, and as everyone is telling us, it's time to move into the real world. Congratulations, Class of 2023, we finally did it."

The two most significant awards were the Staff's Award and Governor General's Award, which both went to Cassidy Phillips. Phillips was copresident of the Student Council this year, and she also took part in Philanthropy. In the fall, Phillips will be attending the University of Manitoba, where she hopes to find a field of science that she is passionate about.



















CARMAN COLLEGIATE 2023 GRADUATION

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Intro to Calculus ant Advanced Math 40S School Spirit Applied Math 40S Applied Math 40S **Entering Education CANDO Spirit Award Deserving Student** Metalworks 40S Applied Tech 40S Biology 40S Foods 40S Furniture Design 40S Current Topics in First nations, Metis & Inuit 40S PhysEd 40F PhysEd 40F Athletic Bursary Athletic Bursary Athletic Bursary Academic Award **Deserving Student** entering Post Sec Health entering medical field entering medical field entering medical field entering university

Chem 40S Best overall Science Student Entering U of M with highest overall marks Essential Math 40S **Envirothon Member** entering Post Sec entering agriculture **Trades** employee employee employee

Madeleine Saquet Reid North Madeleine Saquet Cassidy Phillips

Caitlin Anderson Kiera Johnston Sydney Last **Emery Wiebe** Ryan Orchard Sydney Last Ashlee Verhaeghe Tyler Doell Caitlin Anderson Sydney Last Reid North **Dawson Gitzel** Ryan Orchard Logan Cramer Ryan Orchard

Madeleine Saquet

Jillian Klassen Reid North Zoe Pritchard Madeleine Saquet Reid North Cassidy Phillips Reid North Cassidy Phillips Sydney Last Madeline Saguet Reid North Taryn Neufeld Ryan Orchard Bailey McArthur Gracie Unrau Ali Henderson

Kinette Club of Carman Volunteering English 40S Trans Focus Klos Realty English 40S Lit Focus Klos Realty Klos Realty English 40S Lit Focus Physics 40S Klos Realty Klos Realty Topics in Science 40S Klos Realty Essential Math 40S LCL Construction Ltd. entering a trade Lewis J. & Pearl C. Roth Entering Post Sec. Lifetouch **Deserving Student**

Former Student

Entering Trades

entering medical field

Deserving Student

Deserving Student

Deserving Student

entering Post Sec.

Roland Resident

Entering Trades

Roseisle Resident

Deserving Student

PreCalc. Math 40S

Deserving

Manitoba Canola Growers Association Mandy Kalynuik-McGorman

Memorial Scholarship **Mapdot Builders** MB Nurses Union Local 89 MMJS Law Office MMJS Law Office Nakonechny & Power

Nakonechny & Power PRTA Prairie Rose School Division Award Prairie Rose School Division Award

Prairie Rose School Division Award Roland & District **Chamber of Commerce** Roland & District

Chamber of Commerce Roseisle Friendship Club Sperling Industries Syl's Drive Inn

Syl's Drive Inn Vanderveen Commodity Service Ltd. Agriculture Vanderveen Greenhouses

PhysEd 40F **SPECIAL AWARDS:** Governor General's Medal Carman Collegiate Staff 2022

Zoe Pritchard Bailey McArthur Cassidy Phillips Madeleine Saquet Reid North Fernando Urquidy Taryn Neufeld Leland McFarlane-Kiera Johnston Cassidy Phillips

Deserving Student Zoe Pritchard

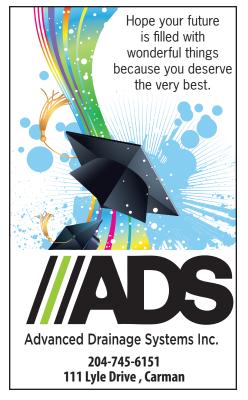
Ethan Measor Jillian Klassen Ashlee Verhaeghe Kamryn Nicolajsen Dawson Gitzel Rylee Nykyforak Reid North Acad. Excellence & Honour Roll Caitlin Anderson Acad. Excellence & Honour Roll Kiera Johnston Diligence & Commitment Maddy Saquet

Roland Resident Caitlin Anderson

> Zoe Pritchard Ethan Harder Felix Parvis Haylee Ducharme Cassidy Phillips Dawson Gitzel Randi Doell

Ryan Orchard

Highest Overall Average Cassidy Phillips **Cassidy Phillips**









Dufferin Christian School



It's All in God's Plan: DCS Graduates 20 students

Ry Recca Myskiw

It was an evening to remember for the 20 graduates of Dufferin Christian School (DCS).

After 13 years of education, they've made it — another 20 adults are headed into the "real world." In the Carman West Canadian Reformed Church, as tornado watches and warnings flew around outside, the graduates of DCS made their way down the aisle, pews on either side of them, tassels swaying on the right sides of their caps.

"Graduates, this is it," said Sheldon Winkel, this year's guest speaker. "When I first moved to Carman, you were beginning Grade 5 with Mr. Balch... four years of middle school until high school — a nostalgic thought for many of you I assume."

Winkel then made a joke about still not being ready for this graduating class when they reached his room in high school. When they were in Grade 9, he taught them science and they studied electricity.

"The current of a circuit is equal to the voltage of the power supply divided by the resistance of the load," he recited. "Your eyes glazed over as they glaze over now."

He said the only thing standing in between the class and their thoughts of their lunches then was the impending math lesson, a "beautiful tool" of



STANDARD PHOTOS BY LIANNE T PHOTOGRAPHY

Dufferin Christian School's graduating class of 2023.

science. As that math lesson then stood in between the class and their food, one math lesson stood in between them and their diplomas, he said.

Winkel then gave the class a math lesson right there in the church at the ceremony. They first entered school in 2010 as a Kindergarten student, and now, 13 years later in 2023, they're moments away from getting their diplomas. 2010 and 2023 are both Harshad numbers — numbers divisible by their

own sum. Their homework last night was to divide each number by their sum.

"A number divisible by the sum of its digits is a Harshad number. What about us? Are we divisible by our own sum?" he asked. "You know the problem with division. You often end up with a number smaller than the original. Sometimes we are the divisor, the number causing division. Sometimes we

Continued on next page





























Dufferin Christian School

Congratulations to the Graduating Glasses of 2023

Continued from previous page

are the quotient, the number that remains after the division. Sometimes we're the remainder, the number that might appear unaffected by the division, simply watching the division occur."

Proverbs 19:21 says "Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand." That, however, does not mean we shouldn't plan. Winkel then cited Proverbs 16:3, which says "Commit your work to the Lord, and your plans will be established.

He told the class planning is not wrong, but there is a command for it. This last year, for example, each graduate made a number of plans — plans for graduation, plans for work, plans for education, plans for the summer, etc. Whatever your plans, he said, submit them to the Lord's will.

"We all have different gifts, and so God's plan for each of us is different, but we all have Christ as our example," said Winkel. "He worked as a carpenter, he gave food to the hungry, he provided healing, he spent time with the children, he taught, he lent an ear to the many questions and concerns of

the people and his disciples, even when exhausted. He poured Himself out. Pour yourself out for the hungry and afflicted. Whatever your gifts, this is God's plan for your lives. Pour yourself out, that you may be blessed to be a spring of water for others in your lives. Why? Out of thankfulness to God."

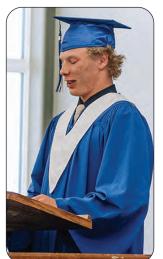
Valedictorian Zane Van Assen started his speech a little differently, meaning he didn't pose a math question. He started instead with this year's bible verse the grad class chose: Proverbs 19:21. He said though they all have plans and they hope they'll happen, but whatever does happen is God's plan.

"Plans come with expectations, demands, needs, and desires," said Van Assen. "We have our plans that change, fall apart, fail miserably, give sorrow and joy, help us grow, be humble, and help us learn to serve God. We only learn to serve him if God's overall plan is what we accept as the direction in our lives."

He posed the questions: how do we set acceptable expectations that we are able to achieve? How do we achieve or not achieve this and honor God and his purpose through this? How do we understand what our real needs and our desires



Carina Rook received the Governor General's



Zane Van Assen giving the valedictorian speech.



Guest speaker Mr. Winkel.



Kylynn Vischer accepts her diploma from principal Chris deBoer.

Referencing Ecclesiastes 12 verses 13 and 14, Van Assen said the whole duty of man is simply to fear God and to do his commands. Whether things turn out the way you hoped for or didn't, life will be fulfilled thanks to



Cater Veenendaal shakes hands after the ceremony.

God.

Because the class's graduation text is about planning for the future, Van Assen took a look at the past. How their first years in school were

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CLASS OF 2023 • CL







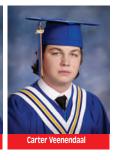










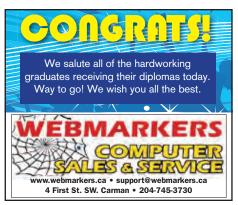














Dufferin Christian School



• CLASS OF 2023 • CLASS OF 202



Dufferin Christian School's 2023 graduating class in their suits and gowns.

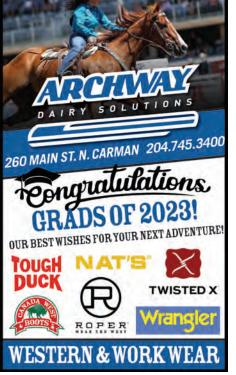
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normal, how their world shifted during the pandemic.

"It was God's plan that we learn fractions in Grade 6 six times over and it was his plan to disrupt the world with the pandemic," he said. "It made us understand how much we are in need of our friends and family. They give us a lot of the support we need to get through life."

Van Assen then mentioned teachers and moments that stood out to the class. He encouraged everyone to make an effort to meet up in life and to be there for each other during hard times

He ended his speech by apologizing that it took DCS 50 years to develop a class as good as theirs. Van Assen then thanked everyone who got the class to the finish line and reminded his peers that wherever life takes them, it's all in God's plan.

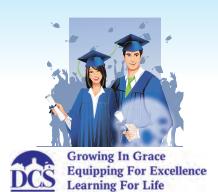


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"Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand." Proverbs 19:21

• Class of 2023 • Class of 2023 • Class of 2023 •





Elm Creek School



Elm Creek grads turn the page to the next chapter of life

Bv Becca Mvskiw

As families and friends cheered for Elm Creek School's graduating class of 2023, clouds grew dark and tornado watches swarmed around outside.

The evening started with 11 grads making an entrance, the men in dazzling suits, the women in radiant gowns, each a different colour than the one before. Family, friends, and teachers sat watching as each grad made their way to the front, their tassels swaying on the right side of their caps.

Principal Jesse Thomaschewski opened by congratulating the class on making it to the finish line. He said though they're a small group, they're influential, and he encouraged them to take pride in the accomplishments that led each of them to this milestone.

"Your high school journey has had more mountains and valleys compared to most, with most of it being filled by a pandemic and the challenges that came with it," he said. "Adapting on the fly? A breeze for you. Online learning or courses in the years to come? You've got it on lockdown."

Thomaschewski went on to outline just a few of the many ways this particular class has contributed to the community during their time at Elm



Elm Creek principal Jesse Thomaschewski presents Class of 2023 graduate Scout Ryan with the Governor General's Bronze Medal Award June 28.

Creek School:

- Working part-time within Elm Creek and nurturing connections with others
- Taking on mentorship roles as coach to school sports teams
- Volunteering within the younger classrooms whether it be for physical education or art
- Lending a hand volunteering at the town's manor

Valedictorian Maclean Janzen then kicked off his speech by posing a question to his 10 classmates: Was this the end of their teachers dragging them to the finish line or was this the



STANDARD PHOTOS BY LORRAINE STEVENSON

Elm Creek's 11-member Class of 2023 prepare to toss their hats and begin celebrations with family and friends following their graduation ceremony at Crossway Elm Creek Church June 28.

end of 13 years of priceless education?

"While a few might agree with the former, I think it is safe to say that the majority of us recognize that we have gained both knowledge and skills that will help us in the future years," he said. "We finally completed chapter one of the book called life."

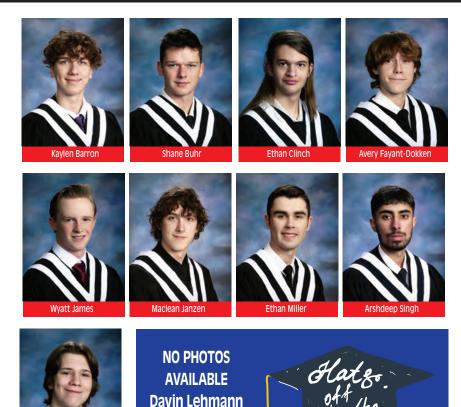
In limbo between chapter one and

chapter two, Janzen took a walk down memory lane with his peers.

"It's like we are finally going to wake up to the reality of life from a long dream, but we still have this moment," he said. "It's like we're on the edge of a dream."

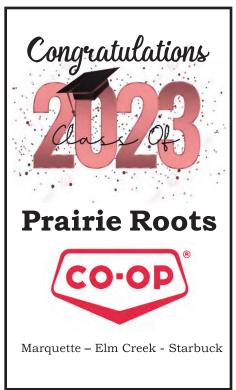
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• CLASS OF 2023 • CLASS OF 202



Scout Ryan





• Class of 2023 • Class of 2023 • Class of 2023 • Class of 2023 •



Elm Creek School





Maclean Janzen gave the valedictorian's speech on behalf of his 11 classmates to graduate from Elm Creek School.

Continued from previous page

He said despite their motivation to learn, their teachers genuinely care about what happens to their now-former students after high school. They each took the time to ready the grads for life after this, whether it be post-secondary school, a job, or something else.

"While it wasn't easy in the past couple of

years, they managed to still get us through high school and remain sane," said Janzen. "Thank you for that."

He went on to joke about the things they were taught and never quite picked up and how that showed on their tests. It wasn't for their teachers' lack of trying, he noted, it was due to the class's mindset of "when

Continued on next page

ELM CREEK SCHOOL 2023 GRADUATION

- 1. CIBC Graduation Bursary Maclean Janzen
- 2. Fund Raisers of Elm Creek Award Shane Buhr
- 3. Vanderveen Commodities Portfolio Ethan Clinch
- 4. Vanderveen Commodities Maclean Janzen
- 5. Prairie Roots Co-op Award Arsh Singh
- 6. Prairie Roots Co-op Bursaries Wyatt James & Shane Buhr
- 7. R.M. of Grey Award Ethan Miller
- Congeniality Award Shane Buhr
- 9. PRSD Honour Roll, School and Community Activities Award Maclean Janzen
- 10. PRSD Diligence and Commitment to Learning Award Ethan Miller
- 11. Richardson-Pioneer Scholarship Shane Buhr
- 12. Richardson-Pioneer Award Ethan Miller
- 13. Prairie Rose Teachers' Association Scholarship Scout Ryan
- 14. Governor General's Bronze Medal- Scout Ryan
- 15. Parent Advisory Council Award Ethan Miller
- 16. Nona Woodward Memorial Award Ethan Miller & Shane Buhr
- 17. Newman Hand Insurance Ethan Miller & Shane Buhr
- 18. ONE Insurance Scholarship Shane Buhr
- 19. Midland Constituency Award Arsh Singh
- 20. John Roth Memorial Scholarship Shane Buhr & Arsh Singh
- 1. Ed Schroeder Math & Science Scholarship Award Scout Ryan
- 22. Val Esau Trades & Technology Scholarship Award Ethan Miller
- 23. Kinette Club of Carman Award Scout Ryan
- 24. Acadia University Scout Ryan
- 5. Charles Schroeder Physics Award Scout Ryan





ELM CREEK SCHOOL THANK YOU!

Elm Creek School would like to thank all our sponsors for their contributions towards our Graduation.

Fund Raisers of Elm Creek Award Richardson-Pioneer Grain Award & Scholarship Prairie Rose School Division Awards CIBC Bursary

Prairie Roots Co-op Award & Bursaries John Roth Memorial Scholarship

R.M. of Grey Award

Kinette Club of Carman Award University of Manitoba Scholarship

ONE Insurance Award

Vanderveen Commodities Awards

Parent Advisory Council Award

Prairie Rose Teachers Association Scholarship

Nona Woodward Memorial Award

Newman Hand Insurance Scholarship

Charles Schroeder Physics Award

Midland Constituency Award

Acadia University Scholarship

Community Members Contribution Awards

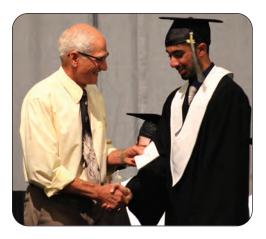
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Elm Creek School



Former math and science teacher Ed awards received throughout the evening. of Elm Creek School including Shane Buhr.

Continued from previous page

will we use quadratic formulas or alliteration when we're turning wrenches?" Some of the memories Janzen brought a pudding spoon in his mouth for three were going to do next. minutes or just the Supercell startup sound — that's alliteration right there.



Schroeder presents Elm Creek graduate Elm Creek principal Jesse Thomaschewski and Derek Tyler, Arshdeep Singh with one of several phys. Ed teacher, presented diplomas to the 11 graduates

"Some of you might be thinking, 'wow these kids had it easy," he said. "Let me tell you, in this way, you're right."

Janzen closed out his speech by looking at chapup were when one of them tried to fit ter two. Now, 11 adults had to choose what they

"Some of us have it all planned out and some are just going to take a breather," he said. "I think Because of the pandemic, this graduat- when life hits us, we might just remember the good ing class didn't have to take provincial ol' times in high school where we were the first



Creek graduate Maclean Janzen, who was valedictorian, accepts from teacher Lisa Carlson, one of several awards

presented during the evening. ones to go to Ma's when it opened in the spring and showed up late to

Janzen went on to receive three awards, including the PRSD Honour Roll, School and Community Activities Award. Scout Ryan received the Governor General's Bronze Medal, which recognizes the student with the highest average in the school,

class because we just needed that last

minute unnecessary Tim's run."



Crossway Elm **Church youth pastor Scott** Isaak gave the invocation.

along with four other awards.

As the ceremony came to a close, each grad's tassel was moved was moved to the left, finally signifying the beginning of chapter



Miami School

Congratulations to the Graduating Classes of 2023

• CLASS OF 2023 • CLASS OF 2023 • CLASS OF 2023 • CLASS OF 2023

































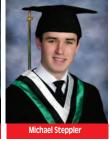






















Miami High School



Miami celebrates the success of this year's graduating class

Bv Tv Dilello

Miami's 2023 graduating class celebrated "the tassel was worth the hassle" at the Miami Community Hall on June 28.

The ceremony celebrated 13 years for the graduating class of 27 students and included several guest speakers.

"Graduates, you made it," said Miami School principal Brandy Chevalier as she addressed the students. "The skills you acquired through your senior year were incredible, and they helped shape you into the strong individuals that you are as you leave our school."

Tania Vanstone spoke on behalf of the Miami Post-Secondary Educational Organization (MPSEO), which has given out \$79,000 in \$1,000 bursaries since 1996. Vanstone then introduced MPSEO Honorary Chairperson Lisa Dyck, the guest speaker for the ceremony.

"Growing up in a small community gives you an opportunity and benefits that you haven't realized yet, and are invaluable as you move forward in life," said Dyck. "Whatever you choose to do in life, the community of Miami will always be proud of you."

Hailey Unger served as valedictorian for the 2023 graduating class and proudly spoke about her classmates in her speech.

"Approximately 13 years, 2,340 days and 56,160 hours is how long our school career has lasted," said Unger. "All that time, but it only felt like one minute. One minute until class is over, one minute



STANDARD PHOTOS BY TY DILELLO

Miami School held its graduation ceremony for its 2023 class of 27 students at the Miami Community Hall on June 28.

until we can leave the school, one minute until practice is over, just one minute."

"Graduation marks the end of an extraordinary chapter in our lives; I'm certain that most of us are already anxious about starting the next one because, unlike our English books, we cannot skip through the pages of life to see how long the next chapter is going to be."

Unger then listed things that she would forget about each of her fellow graduates as she took a few minutes to look back fondly

Continued on next page

MIAMI HIGH MARK RECIPIENTS

	Kelly Angers Transfer	Megan Froebe
	(Essential Math 40S)	Hailey Unger
	McCullough, Mooney, Johnston Selby	
	(Applied Math 40S)	Michael Steppler
	Joan and Ed Driedger	Michael Steppler
	(Outdoor Ed 40S)	
	Stacey's Garden	Michael Steppler
	(Biology 40S)	
	Tania Vanstone	Christina Friesen
	(Music 40S)	
	Westaway Pharmacy	Michael Steppler
	(Chemistry 30S)	
	Roland Air Spray	Michael Steppler
	(PreCalculus 40S)	
	Leann Friesen, Westwind Reality	Chloe Love
	(ELA Comprehensive Focus)	
	Steppler Farms	Michael Steppler
	(Drama 40S)	
	Golden Prairie Arts	Hailey Unger
	(Art 40S)	
Scholarships		
	Miami Horticultural Society	Dominic Kuhl
	(Sr. Diligence)	
	Miami Moose Bursary	, ,
	Patrick Mowbray	
	PRTA Career Scholarship	
	School Spirit	Michael Steppler & Hailey Unger

Anne Dyck Memorial Scholarship Tatiana Hoskins

Dlair Charna Caraar	Tulous
Blair Sharpe Career	•
Blair Sharpe Dramatic Arts Tati	
Brigitte Grenier Memorial	
Carman Community Health	
Cory Rutter Construction	
Gary Smart Memorial	•
Jeffrey Prondzinski Memorial	
Miami Agricultural Society	
Miami Fire and Rescue	. Tatiana Hoskins & Hailey Unger
Miami Power Toboggan	Dominic Kuhl
Miami Recreation and Play	
Miami School Staff	
MPSEO	
Mile 30 Farm Career	Chloe Love
Orchard Grain Farms	Dominic Kuhl
Pembina Creeks Wildlife	Michael Steppler
Refined Health	Chloe Love
Roseisle Friendship	Dominic Kuhl
Ryan Peters Carpentry	Ty Love
SJ Agronomy (Steve Livingston Memorial)	Dominic Kuhl
Westaway Pharmacy Career	Hailey Unger
Carman Legion Ladies Auxiliary	Hailey Unger
Carman Legion Branch	Tatiana Hoskins
Catherine Orchard Memorial	Michael Steppler
PRSD Academic Excellence and School	
Community Involvement	Michael Steppler
PRSD Diligent Commitment to Learning .	• •
Governor General Bronze Medal	



Miami School principal Brandy Chevalier addresses the graduates.





Miami High School

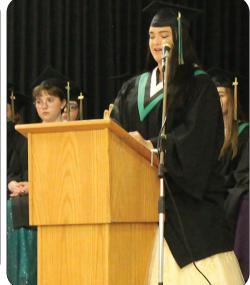
ONGLY ACTULATIONS to the Graduating Glasses of 2023



award from Miami fireman Ray Frost.



Tatiana Hoskins receiving the Miami Fire and Rescue Michael Steppler receives the Governor General's Award Medal from Brandy Chevalier.



Miami School's valedictorian Hailey Unger gives her speech.



Brandy Chevalier gives Joe McEwan his high school diploma and moves his tassel



We're so proud of you, and honored to celebrate graduation day with you! **CONGRATULATIONS!**



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Continued from previous page

Blair Sharpe

on some of the memories from their time at Miami School.

"Thank you to our family, friends and most importantly, teachers," said Unger. "Without you guys, I'm certain that we would not be in this posi-

Access Credit Union - Miami Branch

Friends and Family of Anne Dyck

tion right now. So from the graduating Class of 2023, we thank you."

Miami School also gave awards, scholarships and bursaries, totalling over \$6,000 to its 2023 graduating class. The Governor General's Award Medal was presented to Michael Steppler.

MIAMI SCHOOL Thank You Sponsors

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Mile 30 Farm - Todd & Tania Vanstone Orchard Grain Farm -Mike, Rachelle & Chad

Pembina Creeks Wildlife Association

Doug & Diane Mowbray

Prairie Rose School Division Prairie Rose Teachers Association Refined Health - Dr. Nicole Krapp, ND Roland Air Spray Roseisle Friendship Club Rural Municipality of Thompson Ryan Peters Carpentry SJ Agronomy Services Stacey's Garden **Steppler Farms** Westaway Pharmacy Westwind Realty, Leann Friesen

Miami School, along with the Miami Post-Secondary **Educational Organization** gratefully acknowledges the generous contributions of these sponsors in helping to make our 2023 Graduation a success.



École Regionale Notre-Dame



The Governor General's Academic Medal Michel Préjet



Valedictorians Chloe Deleurme and Anne Dizengremel.





Bourse d'admission Universite Boniface Chloe Deleurme, Lyka Pagcaliwagan, Janique Ploude



STANDARD PHOTO SUBMITTED

Notre Dame graduating class of 2023.

• Class of 2023 • Class of 202





















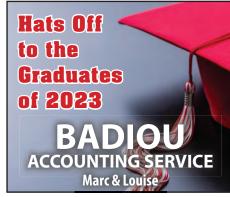


Athlete of the year - plaque - Cedrik Robidoux











École régionale Notre-Dame – 2022-2023 CERTIFICATES

- Anglais: Comprehensive Focus 40S Michel Préjet
- Annuaire et vidéos scolaires 41G Janique Plourde
- Chimie 40S Michel Préjet
- Français: Langue et communication 40S Anne Dizengremel
- Infographie et imprimerie: Travaux pratiques 40S: Marc Grenier
- Mathématiques au quotidien 40S Marc Grenier
- Mathématiques pré-calcul 40S Michel Préjet
- Physique 40S Michel Préjet
- Psychologie 40S Chloé Deleurme
- Athlete of the year plaque Cedrik Robidoux

- AÉFM Claude Vigier \$1,000 Janique Plourde
- The Governor General's Academic Medal Michel Préjet
- Division scolaire franco-manitobaine \$800 Janique Plourde Bourse Lucie et Maurice Boisvert - \$500 - Janique Plourde, Chloé Deleurme
- Caisse Groupe Financier \$500 Lyka Pagcaliwagan
- Bourse Club d'âge d'or \$200 Anne Dizengremel
- Comité culturel de Lourdes \$500 Lyka Pagcaliwagan, Janique Plourde
- Fondation Santé Notre-Dame \$500 Chloé Deleurme, Anne Dizengremel, Lyka Pagcaliwagan
- Parrish & Heimbecker Limited Rathwell \$250 Michel Préjet
- Porcherie Lac du Onze Ltée \$500 Michel Préjet
- Bourse d'admission Université de Saint-Boniface \$2,500 Lyka Pagcaliwagan
- Bourse d'admission Université de Saint-Boniface \$1,750 Chloé Deleurme, Janique Plourde
- University of Manitoba Faculty of Agricultural and Food Science Centennial Entrance Scholarship - \$2,000 - Michel Préjet
- University of Manitoba Queen Elizabeth II Entrance Scholarship Tier I \$3,000 Michel Préjet
- University of Manitoba Chown Centennial Scholarship \$1,000 Michel Préjet
- University of Manitoba Hogg Centennial Entrance Scholarship Tier 3 \$1,000 Anne Dizengremel



St. Claude School Complex



St. Claude graduation

St. Claude School Complex held its graduation ceremony for its 2023 class of 16 students at the St. Claude Roman Catholic Church on June 23.

St. Claude principal Jean Godard spoke to kick things off, saying, "Thank you to all of our graduates this year for showing up every day and striving to be the best person you can be. I'm excited for all of you to see what you will do after leaving high school. Congratulations to you all."

Colleen Philippot then gave the Trustee's address as she is the Ward 2 schoolboard trustee for the Prairie Spirit School Division. "You should all be very proud of what you have accomplished during your time at St. Claude School," said Philippot. "I want to encourage you all to take risks and try new things. Only time will tell whether that risk will turn into a new opportunity of if it's just another twist and turn down the road of your life journey.

Claire Rouire and Tyler Theroux served as co-valedictorians for the 2023 grad class as they addressed a packed crowd full of family, friends,

"I would like to congratulate my class on our achievement. Graduating from high school is a huge milestone - one of many that we will experience in our future," said Claire Rouire. "Looking back at these last 13 years, let's just say it has been a very interesting journey. Many special memories have been made with this class, and I know every single one of us will remember them forever."

"To my classmates - Today is the day we've been dreaming of for the past 13 years," said Tyler Theroux. "This day has lots of mixed emotions - excitement, relief, some sadness and apprehension. I want to thank each and every one of you for amazing memories and years together. Thank you for this incredible journey."

"Our time at St. Claude School Complex has come to an end," added Rouire. "A new path is about to begin as soon as we receive our diplomas, march out of these church doors and toss our caps as high school graduates. One thing I know for sure is that we all have bright futures ahead of us. We will all succeed at anything we



STANDARD PHOTOS BY TY DILELLO

St. Claude's 2023 grad class toss their caps high after the June 23 ceremony.

put our minds to. Congratulations to the Class of 2023 - we made it!"

While the graduates all received their high school diplomas, several awards and scholarships were also handed out, and most graduates received at least one award. Most notably, the Governor General's Medal was awarded to Kasey Kell.

ST. CLAUDE AWARD/ **SCHOLARSHIP WINNERS:**

Advisory Council For Student Leadership – Claire Rouire

Apprenticeship Graduation Award Derick Deleurme

Caisse Financial Group Bursary -

Continued on next page







































Continued from previous page

Tyler Theroux

Comite Culturel de St. Claude et Haywood – Tyler Theroux

Complexe scolaire St. Claude School Francais Bursary – Kaylee de Rocquigny Fortunat and Laurence Champagne Memorial Scholarship – Brayden Spencer

Lactalis Canada Bursary – Claire Rouire

LCL Construction Ltd. – Derick Deleurme

Mountain Foundation Bursary - Claire Rouire

Prairie Roots Coop – Kasey Kell

Prairie Spirit School Division Grad Merit Award x2 – Kasey Kell and Claire Rouire

RM of Grey Scholarship – Kasey Kell

R-Way Ag Ltd. Bursary – Claire Rouire

St. Claude Grad Foundation Bursary – Jacqueline Rey

St. Claude Health District Foundation Inc. Bursary – Kaylee de Rocquigny

St. Claude School Academics Credits Bursary – Kasey Kell

TallBoys Pub & Grill – Rachel Viallet

Webber Ag and Municipal Sales Inc. – Derick Deleurme

ACC Academic Leadership Scholarship – Claire Rouire

ACC One to Watch Scholarship – Claire Rouire

Dr. Dunmore + Team Orthodontics Senior Student Scholarship – Kaylee de Rocquigny

2023 Manitoba's Credit Union Scholar Athletic – Kaylee de Rocquigny

U of M Entrance Scholarship (Queen Elizabeth II Centennial) – Tyler Theroux

U of M Chown Centennial Scholarship – Tyler Theroux

Governor General's Medal – Kasey Kell



Claire Rouire and Tyler Theroux give the valedictorian's speech for the 2023 grad class.



Derick Deleurme poses with family after graduating.



Colleen Philippot gave the Trustee's address to the 2023 class.



Tyler Theroux receives the U of M Entrance Scholarship from St. Claude vice-principal Ryan Mangin.



RRC alumni: rrc.ca/alumni

An old maple tree comes crashing down into the street



STANDARD PHOTO BY BEV MCLEAN

Carman residences on 2nd St. S.W. woke to a sudden crash on the morning of June 28 when one of the old maples came tumbling down. Fortunately there was no damage caused. The weather was beautiful and there was no wind. The town of Carman employees were there to check it out immediately and within a very short time, hours, the tree was all cleaned up and removed. Right photo, twin brothers Liam Paulhus (in red) and Nathan Paulhus were having fun climbing on the branches.







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Canada





Rocking Barrel Charity Race raised over \$30,000

Four-year race total \$90,709.20

By Ty Dilello

On June 16-17, the Rocking W Rick Wiebe Memorial Charity Barrel Race and Open 4D Barrel Race was held in Carman at the Dufferin Agricultural Society Fairgrounds.

The 2023 Charity Race raised a total of \$30,700 for South Central Cancer Resource, which now brings the four-year Race total to \$90,709.20 in total funds raised to date.

Dusty van der Steen has been producing barrel racing events for the past 15 years. He ran a long-standing and successful barrel series for ten years near Winkler/Morden, and it ended due to the pandemic.

"When the Denim and Dust took off during the pandemic years, I decided to step back from the Series and put more focus on the Charity Race event," said Dusty van der Steen, CEO of Rocking W Barrel Racing Productions. "We made it a weekend event with other opportunities to compete, such as the Dash for the Cash Slot Race, which paid out just over \$26,000 this year."

The Rick Wiebe Memorial is in memory of van der Steen's dad, who died from cancer in 2020. Supporting the South Central Cancer Resource through this initiative helps support cancer patients and their families through their cancer journeys.

There were competitors on the weekend that turned out from all over Manitoba, Saskatchewan, and northwestern Ontario.

There were Open Entries in the Charity Race, 30 Youth and 13 Pee Wee entries. Over \$12,000 in prize money was awarded for the Charity Race, and over \$20,000 in prize value for the Charity Race.

The Dash for the Cash Slot Race paid out \$26,275 in prize money. And over \$10,000 in prize money was paid out in the additional races and side pots (futurity and derby categories for young horses, Manitoba bred horses, average between Friday night and Saturday Charity race).

"We had wonderful, cooperative weather for the weekend, as everyone enjoyed their stay in Carman at the Dufferin Agricultural Society Fairgrounds. The event ran very smoothly with next to no hiccups," said van der Steen. "I am just so thankful for the community support and all of the competitors for raising \$30,700 for



Natalie Elias of Reinfeld raised \$3,125.

South Central Cancer Resource. It's our highest fundraiser to date."

HIGHEST FUNDRAISERS:

Open - Mercedes McKay of Altona raised \$1,525

Youth - Natalie Elias of Reinfeld raised \$3,125

THE CHARITY RACE OPEN RESULTS:

1D Champion: Justine Cornelson from Virden

Reserve: Shannon Mullin from Pilot Mound

2D Champion: Bailey Martens from Steinbach

Reserve: Lindsey Schulz from Morris

3D Champion: Jennifer Gomien from East St. Paul

Reserve: Deanna Baker from Wapella, SK

4D Champion: Alex Worms from Manitou, MB

Reserve: Sawyer Billekop from Eriksdale

The Charity Race Youth results:

1D Champion: Natalie Barber from Carnduff, SK

Reserve: Bailey Martens from Steinbach, MB

2D Champion: Rylee Olafson of Morden

Reserve: Meadow Skuce from Carnduff, SK

3D Champion: Morgan Turner of Miami

Reserve: Jemma Day from Virden, MB

The Charity Race Pee Wee Champion: Raegan Friesen from Altona

Pee Wee Reserve: Raelene Husbands from Carman



STANDARD PHOTO BY JOSH RIETZE

Dusty van der Steen presented a \$30,700 cheque in support of South Central Cancer Resource. The funds were raised at this year's Rocking W Rick Wiebe Memorial Charity Barrel Race and Open 4D Barrel Race event.



Krysten Peters of the RM of Stanley rounds a barrel in the charity race.

What's You'v story?

We want to hear from you.

The Carman-Dufferin Standard connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

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

Big Bros Big Sis looks back on a busy year

By Lorne Stelmach

The past year has been one of optimism but with challenges remaining for Big Brothers Big Sisters of the Pembina Valley.

The organization was able to move forward once again with its programs and fundraising post-pandemic, but it also continues to see more of a need than they are able to meet at the moment.

Speaking after their annual meeting last Wednesday, president Rebecca Wiens said their mandate of ensuring that every child in need of a mentor in our region has one remains unchanged.

"Our focus for 2023-24 is to find matches for children on our waiting list, run programs, and facilitate in-school mentoring," she said. "As an agency, we must continue to uncover mentors for youth in need of mentorship."

Finding volunteer mentors is a top priority.

"That is a big challenge because we currently have 17 kids on our waiting list ... and in comparison to the mentors that we have, it's quite a big number," Wiens said. "We are always looking to find new matches and find more people who are interested. That is one of our bigger goals. We hate to not be able to find them support when they're waiting on the list, and some of them age out and some move away and they don't get the opportunity that we can provide."

Otherwise, it was a positive year overall for the organization.

It did see revenue decrease slightly from 2022 due to a few factors, including not having the charity golf tournament or being able to offer the Minds for Mentors program. However, the revenue of \$104,158 only left the agency with a deficit of \$1,074, as expenses came in \$103,084, allowing for an accumulated surplus of over \$91,000.

There were several vital grants over the last year, including \$18,900 from United Way Pembina Valley and \$17,000 from Healthy Child Manitoba, as well as major fundraisers such as the sale of Smile Cookies at Tim Hortons (which brought in \$18,132) and Bowl for Kids (\$14,349).

"We are quickly bouncing back and trying to find new ways to incorporate the old events we used to have and just try to bring them back and spark interest in the community and continue our organization," said Wiens. "It is a challenge because I believe a lot of us are still in the pandemic mindset ... we're not used to going out. We're getting back into it, but it's still an adjustment.

"I do feel very optimistic. Things have been going very well, and we've had some successful fundraisers and community matches and programs we've been able to hold in schools," she said. "It's been going really well, and we want to continue that growth and make as much of an impact in the lives of littles in our community as we can."

In her report, executive director Jenelle Neufeld emphasized they remain steadfast in their mission to provide youth facing adversity with the transformative experience of having mentors who believe in them.

"Throughout the past year, we have felt our mentoring programming has needed to restart post pandemic," she said, noting support from businesses and the communities it serves has enabled the organization to aim "to expand our reach and provide even more young individuals with the life changing opportunities they deserve. Together, we are building a stronger, more vibrant community where every young person can realize their full potential.

"As we look to the future, we remain resolute in our commitment to continuously enhance our mentoring programs and expand our impact," Neufeld said.

"Great things can happen when we can come together and support each other," said Wiens,

who reflected on how they might be able to sway more people to get involved as mentors.

"I would say that the impact on these kids' lives is huge, and it can be so beneficial to their success and their feeling of community and that they have support, and it really does matter in



SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

Locals victorious at Junior Trap Provincials

By Ty Dilello

The local Pembina Triangle Trap Club, near Roland, hosted the Manitoba Provincial Junior Trap Shooting Championship on June 25, .

Thirty-seven shooters came out from Virden to Lundar, and points in between descended on the local club. The shooters ranged in age from 12 to 18, and good conditions prevailed on the day with a little wind to make the targets dance.

"Things ran very smoothly other than a little wind which made the targets tougher, but everything went very well," said Tyler Brown of the Pembina Triangle Trap Club. "With the provincials being over now, we will continue to be open Thursdays at 7 p.m. and Sundays at 1 p.m. We always welcome new shooters, even if they have never touched a firearm before."

Kelsey Gloor of Brandon won the girls' division with an 85 out of 100, and Nic Neufeld of Morden won the boy's division after shooting a 93 out of 100.

Local shooters included Jill Goff of Elm Creek School, who won the girl's novice trophy and Karissa Giesbrecht of Miami, who won the girl's open trophy.

Goff, who is going into Grade 10, has only been trap shooting for six months which is a short amount of time compared to most trap shooters.

"I would not have been able to do it without all the amazing coaches at Pembina Triangle Trap Club and all



Karissa Giesbrecht of Miami won the girl's open trophy.

the fantastic people in the sport who have helped me along the way," said Goff. "I got involved in this amazing sport through the Manitoba High School Rodeo Association (MHSRA). It is a new event in MHSRA this season, and it is quickly becoming one of my favourites."

Goff was very pleased that she won the girl's novice championship.

"I felt as though all my hard work and practice over the past few months has paid off even though it just started to come together in the past weeks," said Goff. "As for future events, I am hoping to attend the High School Rodeo Association Canadian Finals and am considering attending the Manitoba Trapshooting Association Provincial Championships in Brandon."

Giesbrecht, who is also going into



STANDARD PHOTOS SUBMITTED

The Pembina Triangle Trap Club near Roland hosted the Manitoba Provincial Junior Trap Shooting Championship. Local shooters included Jill Goff of Elm Creek School, who won the girl's novice trophy. Goff receiving the trophy from president Lorne Ross.

Grade 10, was shooting in competition for just the second time. She did the event because she wanted to learn how to shoot without a mount to rest her gun on.

"I loved the last event because it happened right where I practice," said Giesbrecht. "When I was called up to collect my trophy, I felt so happy because I knew that all my family would be so proud and that for me is the most rewarding thing about winning."



Cardinals fall to Bisons

By TyDilello

The Carman Cardinals of the Border Baseball League continue their losing streak after falling in another tough game. Going into this week, the Cardinals are at 2-7-1 on the season, which keeps them in fourth place in the league's East Division.

On June 27, the Cardinals lost a 6-5 heartbreak-

er to the Altona Bisons. Down 6-2 in the final inning, the Cardinals scored three runs to get it to 6-5 but that was as close as they would get.

The Cardinals are back in action this week with games on July 4 (vs. Winkler Whips) and July 7 (at Morden Mud Hens. The games both get underway at 7 p.m.

Hecla Triathlon to be held July 15

Hecla Triathlon website

The Interlake's only triathlon - the Hecla Triathlon - will take place in Hecla on July 15.

As of last Thursday, 145 individuals had registered. Start time is 7 a.m. from the Hecla Marina.

The race started in 2015 and has continued to grow and evolve each year since, and is home to Manitoba's only Long Course race.

The event is a popular destination race and may also have

you feeling like you're somewhere outside of Manitoba.

This year's event will also be the 2024 Long Course Triathlon and Standard and Long Course Aquabike World Qualifier, where the top age group female and male athletes can make their way onto the Canadian national team. The event will be held in Townsville, Queensland, Australia.

The swim course is protected by the marina, guarding from what can be an unpredictable Lake Winnipeg, with only a short run to transition T1.

The bike course is flat and fast, lock and load, and keep your eyes open for wildlife.

Moving onto the run, you will experience both road and trail, skirting the marina and hugging the lake.

This course will provide you both a physically and mentally challenging race, packed with stunning views, showcasing the beauty of the island.

Central Energy U13 and U15 teams win doubleheaders

The Manitoba Premier Softball League for junior women's players is in full swing for the 2023 season. The Central Energy team is made up of players from across Southern and Central Manitoba as they compete with the best young softball players in the province.

The U13 Central Energy team is in third place in their league with a record of 14-8. Most recently on June 25, the U13 team won both games of a doubleheader at home against the Winnipeg Lightning. They won the first game 12-11 and the second game by a 10-2 count.

The U15 Central Energy squad is

now in third place in their eight-team league with a record of 16-10. On June 25, the U15 won both games of a doubleheader with the Westman Magic by 8-2 and 8-5 scores.

The U17 Central Energy team is currently in third place in their eightteam league with a record of 12-6. Central Energy split a doubleheader

with Smitty's Terminators on June 25, losing 7-6 and winning 5-3.

The U19 Central Energy team is currently in second place in their league with a 10-6 record. The Central Energy squad will now spend the summer competing in tournaments, before finishing up their league matches in September.

Girls Baseball development camp to hit Carman

By Baseball Manitoba

Girls Baseball is a series of development programs for girls ages seven to 12 who want to learn to play baseball

- no experience necessary.

The goal is to develop and improve a

baseball skill-set while giving athletes an opportunity to grow and develop in a fun, all-girls setting.

In 2023, Baseball Manitoba will be offering summer camps in July. These events will be led by members of our female provincial teams and will include: T-shirts, progress reports, and skill training.

Dates and locations include July 11

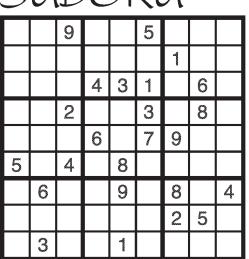
- Carman, July 12 - Souris, July 18 -Stonewall, and July 20 - Winnipeg

Camps, which will run from 10 a.m. to 1 p.m., cost \$25.

To register visit baseballmanitoba.

take a brea > GAMES

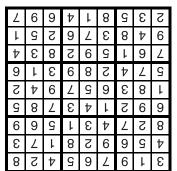
Fun By The Numbers



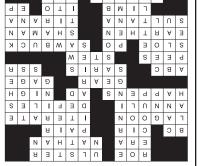
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Here's How It Works:

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



Sudoku Answer



Crossword Answer

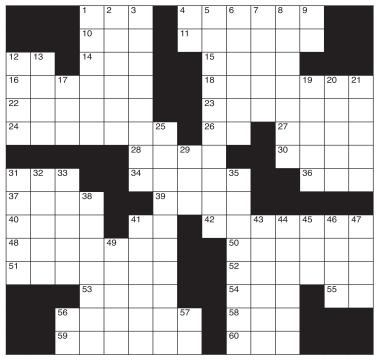
CROSSWOR

CLUES ACROSS

- 1. Small Eurasian deer
- 4. Irish county
- 10. A major division of geological time
- 11. Broadway actor Lane
- 12. Canadian province
- 14. It causes fainting (abbr.)
- 15. Two
- 16. A notable one is blue
- 18. Utter repeatedly
- 22. Rings
- 23. Sullies
- **24. Occurs**
- 26. Publicity 27. Near
- 28. Tools of a trade
- 30. Offer in good faith
- 31. "American Idol" network
- 34. Garments
- 36. Soviet Socialist Republic
- 37. Retired NFL DC Dean
- 39. Hot meal
- 40. A type of gin
- 41. Percussion instrument
- 42. A \$10 bill
- 48. About ground
- 50. Medicine man
- 51. Seedless raisin
- 52. National capital of Albania
- 53. Appendage
- 54. OJ trial judge
- 55. By the way
- 56. Bicycle parts
- 58. Barbie's friend
- 59. In a way, stretched
- **60. Commercials**

CLUES DOWN

1. Make up for



- 2. American songbird
- 4. International organization
- 5. Engravers
- 6. Declared as fact
- 7. Criminal
- 8. Jewelry
- 9. Hospital worker (abbr.)
- 12. Nonsense (slang)
- 13. Town in Galilee
- 17. Value
- 19. Another name
- 20. Sheep in second year before shearing
- 21. Town in Surrey, England
- 25. Appropriate during a time of year
- 29. Creative output

- 31. Recesses
- 32. District in N. Germany
- 33. Rider of Rohan
- 35. The official emblem of the **German Third Reich**
- 38. One who puts down roots
- 41. Scribe
- 43. Painted a bright color
- 44. Tycoons
- 45. Actress Thurman
- 46. Walking accessory
- 47. Crest of a hill
- 49. Member of a North **American people**
- 56. Type of computer
- 57. U.S. State (abbr.)

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Announcements Classifieds Standard



Woods, Garth Ross

At Oakview Place on Monday, June 26, 2023, Garth Ross Woods passed away at the age of 90.

Garth will be lovingly remembered and sadly missed by his wife Minnie (nee Brown) of 64 years along with their two sons: Bradley (Judy) and Daryl Woods. Garth leaves to mourn three grandchildren: Jeremy, Emily and Mitchell and Mitchell's Mom, Robyn. He will also be remembered by his brother Donnie and sister-in-law Helen, along with his nieces and nephews.

Garth was predeceased by his parents David and Hazel Woods, Minnie's parents Henry and Pearl Brown, sister Ruth (Peter) Harris and brother-in-law John (Kathleen) Brown.

Garth was born on the family farm at Culross, Manitoba on June 26, 1933 and grew up in the town of Elm Creek attending Elm Creek School. Garth and Minnie were married in 1958 and began

life together in Winnipeg. In 1965 they purchased their home on Cavalier Drive where they raised their sons, living in the same house for 58 years. Garth worked at Manitoba Hydro for 33 years, traveling to communities throughout the province before retiring in 1989. It was through these travels that Garth met and formed many friendships that would last well beyond his working

Garth enjoyed the outdoors and spent many days in his youth and throughout his life with family and friends hunting. In later years he was a member of the Winnipeg Civilian Rifle Association and the Assiniboia Wildlife Federation. Garth had a strong connection to rural Manitoba and with his family spent countless weekends at the farm of Minnie's parents. For many years, Garth together with his son Bradley, maintained a small beekeeping operation as a hobby at Eriksdale (where they learned the real meaning of hard work).

In retirement, Garth and Minnie enjoyed trips to eastern Canada, Palm Springs and the western Prairies. Gardening, daily walks with the family dog, having coffee with his buddies at Unicity Mall and spending time visiting with family and friends were staples of Garth's daily routine. Above all else, Garth's focus was staying connected with his family, friends and especially his three grandchildren, who were his greatest pride.

A funeral service was held on Friday, June 30, 2023 at 2 p.m. at Crossway Elm Creek Church, with interment in the Elm Creek Cemetery.

In lieu of flowers, donations may be made to the Heart and Stroke Foundation or Elm Creek Cemetery.

Doyle's Funeral Service In care of arrangements



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Rural Municipality of Grey

Chief Financial Officer (CFO) Position

The Rural Municipality of Grey is seeking applications for the position of Chief Financial Officer (CFO). This is a permanent full-time position (35 hours/week).

Reporting to the Chief Administrative Officer, the CFO directs the overall operation of the financial matters for the municipality. This includes, but is not limited to, the overall financial related elements of the municipality such as bank accounts, deposits, transfers, investments, general ledger, journal entries, payroll, payables, receivables, financial reporting, audits, budgets, maintain and analyze the capital asset records in accordance with the Public Sector Accounting Board Standards for Tangible Capital Assets, maintaining files and records for same, supervision and direction of office staff when required and assisting the general public when required.

Oualifications:

- Preference will be given to candidates with an accounting designation (CGA, CMA, CA) or a business degree majoring in accounting.
- A minimum of five years related experience.
- Municipal or related accounting/financial/auditing experience would be an asset.
- Have or willing to obtain the CMMA (Certificate in Manitoba Municipal Administration) designation.
- Thorough knowledge of financial planning.
- Strong working knowledge of computerized accounting
- Advanced skills in all Microsoft Office applications (Excel, PowerPoint, Word), email and internet.
- Excellent communications skills (written and oral).
- Excellent analytical, organizational and problem-solving skills.
- Ability to prioritize work to meet deadlines.
- Ability to work in a small office environment.
- Ability to work well with the general public.

The Rural Municipality of Grey offers a competitive salary with a comprehensive benefits package.

This position will remain open until a suitable candidate is found.

Please submit your resume including references and salary expecta-

tions in confidence to:

Kim Arnal, C.A.O.

R.M. of Grev

Box 99, 27 Church Avenue East Elm Creek, MB R0G 0N0

Phone: 436-2014 Fax: 436-2543 E-mail: kim@rmofgrey.ca

We thank all who apply and advise that only those selected for further consideration will be contacted.

Applicants may request reasonable accommodation related to the application and interview process.

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Prep time: 25 minutes Servings: 8

3 packages (9.1 ounces each) Fresh Express Twisted Lemon Caesar Chopped Salad Kits

2 pounds sliced grilled chicken

16 slices crostini

1 cup chopped hard-cooked eggs

1 cup chopped celery

1 cup diced cucumber

1 cup chopped red onion

1 cup chopped apple

1 cup chopped tomato

Chicken Caesar Salad Charcuterie Board

1 cup shaved Romano cheese

1 cup chopped pecans

1 cup golden raisins

1 lemon, sliced

Place lettuce from salad kits in large bowl; place in center of large round cutting board or platter.

Arrange sliced chicken and crostini around bowl of lettuce.

Place salad dressings and toppings from salad kits in individual small bowls. Place eggs, celery, cucumber, red onion, apple, tomato, Romano cheese, pecans, raisins and lemon slices in individual small bowls.

Arrange bowls in circle around lettuce, chicken and crostini.



Cook time: 25 minutes Servings: 4

4 boneless pork loin chops (each 1-inch thick)

3/4 teaspoon, plus 1/8 teaspoon, kosher salt, divided

freshly ground black pepper, to taste

2 medium peaches, diced 2/3 cup raw pecan pieces

2 tablespoons red onion, diced

2 tablespoons chopped fresh basil

Add salsa on top of each pork chop with remaining salsa on side.



Prep time: 5 minutes
Cook time: 50 minutes
Servings: 4
Spiced Pecans:
1 large egg white
3 tablespoons dark brown sugar
1 teaspoon cinnamon
1/4 teaspoon cayenne pepper
1/4 teaspoon kosher salt
2 cups pecan halves

1/4 cup, plus 2 teaspoons, extra-virgin olive oil or pecan oil, divided

1/4 cup white wine vinegar 1 teaspoon Dijon mustard

1/4 teaspoon garlic powder

1/8 teaspoon kosher salt

pepper, to taste 2 large peaches, halved and pits re-

Grilled Pork Chops with Peach Pecan Salsa

1 teaspoon minced jalapeno pepper 2 teaspoons lime juice

Season pork chops with 3/4 teaspoon salt and black pepper, to taste.

Heat grill or grill pan to medium-high heat. Grill pork chops until browned, about 5 minutes. Flip and cook 5-6 minutes until food thermometer inserted in center registers 135 F.Transfer to plate and rest at least 5 minutes until internal temperature rises to 145-160 F. Gently stir peaches, pecans, onion, basil, jalapeno, lime juice and remaining salt.

Spiced Pecan Grilled Peach Salad with Goat Cheese

moved

6 cups mixed baby greens (such as arugula, spring mix and spinach)

4 ounces soft goat cheese

To make spiced pecans: Preheat oven to 275 F. Line rimmed baking sheet with parchment paper and set aside.

In medium bowl, whisk egg white, brown sugar, cinnamon, cayenne pepper and salt until well combined. Fold in pecans and mix until evenly coated in mixture. Spread in single layer on prepared baking sheet.

Bake 45-50 minutes, stirring occasionally until pecans are fragrant and golden brown. Allow to cool completely.

To make salad: Heat grill to mediumhigh heat.

In small bowl, whisk 1/4 cup olive oil, white wine vinegar, Dijon mustard, garlic powder, salt and pepper, to taste. Set aside.

Brush cut sides of peach halves with remaining olive oil and grill until grill lines

Ask the Money Lady

Dear Money Lady Readers,

I read a study that asked kindergartners if they considered themselves artists, and 100% said YES. When they asked kids in grade 5 if they thought of themselves as an artist, only 10% said YES. That's very interesting - somewhere in those first five years of school, children are getting cues from their peers, parents, teachers, or even society and social media that they aren't that creative anymore. Now add in 25 years or even 50 years and it's easy to see how we are shaped by our friends, family, and society to be nervous, apprehensive, and reluctant to try new things, with sometimes only ourselves as a cheerleader to improve our lives.

To change your circumstances and to improve your life we all know we must set goals. When you set goals, remember they are to challenge you out of that comfort you so want to wallow in. Goals are to be on-going throughout your life. You can't just set a goal, reach it, and then stay there. That's not how it works. Once you reach one goal, you must make another, and another, and another. The goal is not the end. Instead, they are designed to force you to reach for more, to be happier, and hopefully live a life full of great adventures, meeting wonderful people, and having glorious experiences. Here are 5 tips on how to get started on those personal goals to improve your life.

1. Set a goal that motivates you – choose something you can accomplish over a set time frame.

2. Write down your goals dividing them into short-term, (within 12 months) and long-term, (1-5 years).

3. Post your goals where you can see them every day – on your bathroom mirror or the refrigerator.

4. Adjust your goals as you get closer to meeting them.

5. Reward yourself once you accomplish a goal, (dinner out, a spa day, personal item you've always wanted).

Setting and achieving goals, no matter what they are helps us grow, forcing us to step outside our comfort zone, and ultimately increases our self-esteem. It is believed that self-esteem peaks in middle age and then drops after age 60 when



Christine Ibbotson

people enter retirement. In your 40s to 50s we tend to have the highest self-esteem, since mid-life is a time of stable work, family, and romantic relationships. Contrast this to those in retirement who may be experiencing declining health, empty nest syndrome, and obsolete work skills. So, how do we gain greater confidence as we age? Here are 5 tips to boost your self-esteem.

1. Dress well and look good. Having a polished appearance makes you feel better about yourself.

2. Learn something new. Take a class, find a hobby, volunteer.

3. Challenge yourself physically. This could be anything that gets you moving, preferably with other people.

4. Make a list of your life achievements, personal strengths, and talents. Read this list every day.

5. Be kind to yourself. Leave past thoughts in the past and focus on new adventures. Focus on what you can do now and surround yourself with supportive, kind, and loving people.

Strong self-esteem and constant goal setting are the keys to becoming successful in everything you do in life. The only thing missing is your determination to really do it. Once you have all three you will become unstoppable since that unwavering determination to meet your goals, is the iron fist that will crush procrastination and fear.

Good Luck & Best Wishes, ATML - Christine Ibbotson

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6. Send your money questions (answered FREE) through her website at askthemoneylady.ca

appear and peaches become tender, 3-5 minutes. Remove peaches and cut into slices.

Divide greens among four plates. Top with grilled peach slices and goat cheese. Divide 1 cup spiced pecans evenly among salads and reserve remaining cup for snacking. Drizzle each salad with vinaigrette.