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Magic of Christmas

STANDARD PHOTO BY LORRAINE STEVENSON

Carman's Public Works staff Curtis Kippen, left, and Frank Graham inspect the town's inventory of stars, bells, candy canes, and other Christmas decor as their crew prepares for the approaching festive season. Staff begin putting the decorations up on Hydro poles each year in November, a local tradition dating back nearly a century. Carman was one of the first small towns in Manitoba to start decorating business districts with multi-coloured Christmas lights and brightening up long, dark winters during the Great Depression. All of Carman's Christmas decorations were made by the town's public works crew.

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Holiday Smile Cookies support local cheer boards



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The Tim Hortons in Morden (left), Carman (right), and Winkler got some help from volunteers to create Holiday Smile Cookies, partial proceeds from which went to the Christmas Cheer Board campaigns in each community.

By Lorne Stelmach

The Tim Hortons locations in Winkler, Morden, and Carman did their part to support the local Christmas cheer board campaigns last week.

The restaurants were donating 100

per cent of the proceeds from the sale of their Holiday Smile Cookies Nov. 13-19 to be split with the local cheer boards and Tim Hortons children's camps.

The team in Morden along with

overwhelming support of Morden Cheer Board volunteers led the way in making and selling over 5,700 cookies. This means each of the charities will receive over \$4,200

In Winkler, they sold 3,790 cookies for a total of \$2,842.50 each for the Winkler and District Cheerboard and children's camps.

And the Carman location sold 3,721

cookies for a total of \$2,790.50 for each charity.

"We are very happy with the first promotion of the holiday smile cookie," said owner Jeff Doerksen on Monday. "Linda and I want to thank our valued guests, our charity of choice and our amazing team for making this such a success."

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LOT 1

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Cheer Board expecting busy year

By Ty Dilello

With many families continuing to struggle with the costs of living, the Carman and District Cheer Board Christmas hamper program is preparing for a busy season.

The local Cheer Board officially launched its seasonal campaign on Nov. 13 and will conclude on the delivery day Dec. 21.

The Carman and District Christmas Cheer Board regularly services Carman and its immediate rural community as well as Elm Creek, Haywood, Fannystelle, St. Claude, Roland, and Sperling.

The committee relies on the community to support the efforts to ensure that each family in need will receive a hamper this Christmas.

Although the registration for hampers has just opened, the committee anticipates that they will have to provide food and gifts for approximately 175 hampers this year.

The Christmas Cheer Board is asking for donations of gifts for children from newborn through age 12 and personal hygiene items, such as shampoo, body wash, soap, deodor-

ant and disposable razors.

Collection boxes can be picked up by Cheer Board volunteers on the morning of Dec. 19 or dropped at the Carman Community Hall by noon. Given the choice, they would prefer collection boxes placed in the community to collect gifts rather than food.

Again, the Cheer Board would also prefer monetary donations over food donations this year.

For those wishing to make a monetary donation and curious about the cost of a hamper, it would be estimated that the groceries for a hamper for a family of four would be \$150. This is just for the food items included in the hamper.

The approximate cost for a complete hamper (toys, hygiene items and food) would be \$300.

Monetary donations may be mailed to the treasurer, Tracy Owen, at Box 1555, Carman MB, R0G 0J0. You can also email the Cheer Board with any questions at carmanchristmas@gmail.com, and e-transferring of donations may be made through carmanchristmas@gmail.com.

One-Stop Shop in the Hall returns this Saturday

By Ty Dilello

The Carman Family Resource Centre and the Carman Kinettes are excited to bring the One-Stop Shop in the Hall to the community on Nov. 25.

At this year's market, guests will have 60 tables to shop from, with many crafters and vendors, some returning from previous years and others new to the sale.

The Carman Kinettes will take care of the kitchen, where shoppers will

find delicious home-cooked and homemade food available for purchase. They always do their best to keep their prices affordable for everyone.

The One-Stop Shop in the Hall will be held on Nov. 25 from 10 a.m. to 3 p.m. at the Carman Community Hall. A voluntary silver collection is at the door, and all proceeds from the One-Stop Shop will stay in the community supporting the Carman Family Re-

source Centre. The Carman Kinettes will be supporting the Carman Travel Club.

"We look forward to seeing everyone at the sale, and having everyone

shopping local and supporting local organizations, and enjoying this community event," said Michelle Bergsma, executive director of the Carman Family Resource Centre.

Knox and Malmquist named Volunteers of The Year



STANDARD PHOTO BY RM OF THOMPSON

The RM of Thompson recently announced that Judy Knox and Terry Malmquist are the 2023 Volunteers of the Year Award recipients. Pictured, Terry Malmquist, left, Judy Knox, middle, and RM of Thompson Reeve Brian Callum.

By Ty Dilello

The RM of Thompson recently announced that Judy Knox and Terry Malmquist have been named the 2023 Volunteer of the Year Award recipients.

The award was presented at the Miami and Area Foundation supper on Nov. 4 by Reeve Brian Callum, who notes that the many community clubs in the RM are made possible by the work of many dedicated community volunteers such as Knox and Malmquist.

"Terry and I appreciate receiving the volunteer award from the RM of Thompson and the Village of Miami," said Judy Knox. "We are both excited

and happy in being chosen for this award. We have a great value and deeply appreciate our community."

Knox and Malmquist have always enjoyed contributing to the community whenever they can.

This year, some of their volunteering was helping out at the new Blair Sharpe Active Living Centre in Miami, working in the Memory Garden, and helping at the Miami Railway Station Museum and playing music and different events and places within the RM.

"A quote that came to me is 'volunteers do not necessarily have the time; they just have the heart,'" said Knox.

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Lana Meier



SALES & MARKETING
Brett Mitchell



SALES & MARKETING
Gwen Keller



REPORTER/PHOTOGRAPHER
Dennis Young



REPORTER/PHOTOGRAPHER
Ty Dilello



REPORTER/PHOTOGRAPHER
Jennifer McFee



GRAPHIC DESIGNER
Nicole Kapusta



GRAPHIC DESIGNER
Tara Gionet



DISTRIBUTION
Christy Brown



CLASSIFIED ADMINISTRATOR
Corrie Sargent



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Our commitment to you: we want to help build stronger communities through articles that both inform and entertain you about what's going on throughout the Pembina Valley. This is your community newspaper—let us know what you want to see in it.

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

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



“It’s happening right here in our valley”

By Lori Penner

Altona’s Steps Toward Reconciliation group partnered with Genesis House for a special free screening of the film *Rustic Oracle* at the Community Exchange in Altona Nov. 7.

Rustic Oracle addresses the national tragedy of missing and murdered Indigenous women and girls. It tells the story of a grieving family: a young Mohawk girl losing her innocence as she discovers the cruelty of the adult and settler world, and an estranged mother and daughter finding their way back to each other.

Set in the late ‘90s, the film is told from Ivy’s perspective as an adult looking back at her childhood and piecing together her memories. Ivy is constantly being shielded from the events around her but is always listening and watching how the adults in her

life are dealing with the disappearance of her older sister.

Although it deals with tragedy and trauma, *Rustic Oracle* remains hopeful, and draws on scenes where a community of women support Ivy and Susan’s journey.

In the end, we see that the adult Ivy has been telling this story to her own daughter, with hope that she will break the cycle of Indigenous generational trauma.

There were tears on many faces in the audience during the film’s closing credits.

Following the screening, an elder from Roseau River Anishinaabe First Nation and her two daughters, STEPS committee members, as well as Genesis House staff, and representatives from the REDress Project were on hand to

participate in a sharing circle about the film and the ongoing issues it illustrates.

Elder Lois Thomas said sharing stories about missing and murdered Indigenous women and girls is important, not just to raise awareness or empower women but also to let those who have lost loved ones know they’re not suffering alone.

“It’s not something I ever want to go through with my own daughters, but it’s something our people face on a daily basis,” Thomas said. “As a mom, knowing other people who have lost daughters, it feels very heavy at times. I worry more. I get upset when my daughter doesn’t answer her phone. It’s always on your mind.”

Denise Thiessen and her daughter-in-law Courtney Yeo-Thiessen coordinate

the REDress project in the Pembina Valley. They have over 100 red dresses that they display at various installations, each with a story representing an Indigenous woman or girl who is missing or murdered.

They brought a small display of red dresses to the screening event to represent the stories of several area women whose lives have ended in tragedy.

As a school teacher who also works with Indigenous youth, Yeo-Thiessen said, “Knowledge is power and knowing that this situation does affect us. This is not just happening in Winnipeg or Toronto or Calgary. It’s happening right here in our valley. The REDress Project is about evoking discomfort and a feeling of wonder. It should make you feel those things. This is a tangible thing we need to

Snap, share, and win a chance to support your community

Enter Lallemand’s ‘Hometown Roots’ photo contest

By Lana Meier

Lallemand Plant Care is pleased to unveil the specifics of the 2024 Hometown Roots Contest, with an even simpler entry process. Just capture a photo for a shot at supporting your community through a generous \$5,000 contribution from Lallemand.

“We are thrilled to bring the Hometown Roots Contest back to Canada for a third year, and we can’t wait to

see all of the amazing submissions,” says Anne Favre, Strategic Marketing Director – USA & Canada, Lallemand Plant Care. “Being a family-owned company, this contest is a way for us to continue to support our communities.”

Entering the contest is easy: Take a photo that you feel celebrates agriculture and your community. Upload it at www.lallemandhometownroots.com and include a brief summary of how the photo represents what makes your community or farm special. You can submit one photo per week, and no purchase of any kind is necessary to enter or win.

The contest will run from November

13, 2023 to July 31, 2024. Three prizes will be awarded, each comprising of a \$5,000 cheque that can be donated to a local community organization or charity chosen by the winner. One prize of \$5,000 will be given to a winner from Alberta, Manitoba, and Saskatchewan, respectively.

Over the course of three consecutive years, Lallemand has recognized 11 growers in Canada and the U.S. through the Hometown Roots Contest, resulting in a total donation of \$55,000 to support their respective communities.

For more information and full contest rules, visit www.lallemandhometownroots.com

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Miami Museum acquires rare fall out shelter

By Ty Dilello

The Miami Railway Station Museum has secured and relocated a former Cold War-era fallout reporting post (FRP) to its museum.

In the spring of 1962, at the height of the Cold War, the Canadian government began building a nationwide Nuclear Detonation and Fallout Reporting System (NDFRS) to measure the pattern and intensity of radioactive fallout in the event of a nuclear attack on major cities like Winnipeg.

The FRPs were part of the Nuclear Detonation and Fallout Reporting System or NDFRS, a network of small fallout shelters constructed across Canada between 1959 and 1963.

The shelter would allow evacuees from the cities to be directed to the least contaminated areas. Most FRPs were built on government property and would have been staffed by volunteers from government organizations like the RCMP and Mines and Renewable Resources (MRR). Many, however, were operated by private and semi-private organizations like the railways and post office. The one in Miami was operated by CN Rail and would have been staffed by the Station Agent (in this case, Howard Lynds, who ran the station from 1954 to 1966).

As soon as an attack was announced, volunteers were to descend into the FRPs and remain there for up to two weeks, using radiation detection equipment to monitor fallout levels on the surface. This data would be transmitted to filter centres (in Brandon and Pine Falls) for processing before being passed along to the CBC station in the Emergency Government Headquarters (the 'Diefenbunker') in Ottawa to be broadcast across the nation.

The plan was to build 2,000 FRPs



across all ten provinces, but only 1,200 were completed by 1963, when the project was cancelled due to budget overruns and fatal flaws in NDFRS's design. For example, communications for many FRPs were by regular telephone lines, which ran through exchanges located in cities likely to be attacked. Thus, if a nuclear war started, much of the system would immediately be rendered useless.

In June of 2022, historian and author Gilles Messier visited Miami Station looking for a fallout reporting post (FRP) that had been buried just west of the station building in the early 1960s and was later removed by the CNR in the early 1970s.

The Miami Museum board had been aware of the post because some residents had been inside it at some time and had told the former board chair, Gordon Docking, about it.

It was Messier's idea that the Museum replace the shelter with another and use it as an exhibit. The board agreed, and Messier set out to find one that could be moved to Miami.

After researching, Messier found at least four that the Museum could propose to move. Unfortunately, most of these weren't available for a variety of reasons. The greatest chance was with a FRP at Big Whiteshell. However, due to some issues, this one was not going to be



STANDARD PHOTOS BY WILLIAM PREVOST

The Miami Railway Station Museum has secured and relocated a former Cold War-era fallout reporting post (FRP) from Moose Lake, near the Northwest Angle, to its Museum.

made available to the Museum.

"By this time, it had been over a year of searching and being turned down," said Joan Driedger of the Miami Railway Station Museum. "Finally, through Gilles' persistence, the FRP at Moose Lake was made available. It was originally offered to a local museum, but the board reluctantly decided they didn't have the resources to move and use the FRP as an exhibit."

The FRP was from Moose Lake, north of Sprague and near the Northwest Angle. It sat on the site of a (since demolished) forestry fire watch tower. A Type B shelter was installed on the grounds of the Miami Railway Station in 1963, but like all railway-operated FRPs, it was demolished in the early 1970s.

The Moose Lake FRP consists of a 10-foot vertical metal tunnel that led down to a horizontal corrugated-metal cylinder, about 14 feet long and eight feet in diameter, that housed the radiation monitoring equipment, storage shelves for food, water, and other supplies, and beds for two people.

Messier and the board finished the necessary paperwork from Manitoba Parks, got permission from the RM of Thompson council to set up the FRP

at the site in Miami, and waited for an excavator and mover to be available to move.

"Allan Jones and his crew of Horizon Earthworks did an excellent job of gently removing the FRP and transporting it to Miami and setting it down just west of the Museum, about

Continued on page 6




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Flashback...Ken Draper and the Blue Bombers

By Dennis Young

Carman's Ken Draper played for the Winnipeg Blue Bombers, but he never played football and was never in the CFL. Confused? You see, until the 1950s, football was referred to as rugby and the league was the CRU Canadian Rugby Union.

Ken started to play the game at St. John's College at the high school level, but after two years was playing in the city's junior league for the St. John's Roamers. There, he won the praise of famed sportswriter Scott Young, who called him "one of the most powerful plunging backs in the league and, by all odds, the best junior blocking back in Manitoba!"

He tried out for the Bombers in 1939 and, by 1941, had played in his first of three Grey Cups. For playing 16 games a year and practicing every day, Ken was paid an annual honorarium of \$100. That was the average salary, with the best getting \$1500. There was no professional football in Canada, as it was considered recreational. The player jumped at the chance to play for the Bombers... pay or no pay. "You had to love it," said Ken in a 1976 interview. "I often wonder why I

played at all as you took such a beating. You never played a game without getting hurt." His two wrecked knees were a testament to that.

"I worked at a bank for an occupation, but football was my avocation." The practice began right after work, where we banged heads until nine and then often went without supper until 10."

They played out of the Osborne Stadium, with a capacity of 5,000, and travelled by train to the two other west teams (Regina and Calgary) with no interlocking schedule with the east. Those were golden Bomber years as kings of the West. They were the first Western team to win the Cup in 1935 and then again in 1939 and '41 with Ken Draper.

Prior to the 1941 match, Ken was photographed getting a shoeshine. In the *Globe and Mail*, it was reported he told the attendant, "tomorrow night, I hope you're able to tell the folks you polished the shoes of a football champion."

The prediction was correct as the Bombers came away with a narrow 18-16 victory in the "Greatest Rugby Battle Ever Seen in the East."

In Ottawa's last-minute field goal attempt, their kicker missed after going 33 in a row.

Ken remembers that day that Coach Reg Threlfall used only 15 players throughout the 60 minutes. Teams dressed 22, but there were no separate defence and offence.

"When the ball changed hands, one or two fellas might wander off the field, but that was all," said Ken.

Coach Threlfall had confidence in Ken, too.

"When that baby sticks his nose through the line, he's likely to run hog wild! That boy will cut somebody's legs clean off when he gets at 'em." Ken was reluctant to qualify such a quote but does recall two big plays.

"I recovered a key fumble to win a game. However, I admit it was out of exhaustion than anything else. The other, well, I tackled a teammate and felt like crawling down a gopher hole."

After returning from the War in 1948, Ken would be the 1st Canadian football player to go on strike. The players were alone, without agents to negotiate for pay or medical attention. So, He and 10 other Bomber players protested for just three days, but according to Ken, it paved the way for professionalism.

"Player contracts began being negotiated that very year and the game was headed into a new era," said Ken.

It was the start of scouting, bidding for players and everything that made football a business.

That was his last year as a Bomber, but in the 1960s, he coached Carman



PHOTO SUBMITTED

Ken Draper ran and blocked for the Winnipeg Blue Bombers!

Collegiate football after scrounging every bit of secondhand equipment he could from Winnipeg teams. They would play an informal schedule versus Neepawa, Landmark and St. John's, but school boards cut the program with the rising costs of education taxes. Ken was content to watch other guys on TV for the remaining years.

A PRAIRIE CHRISTMAS THE NADEAU ENSEMBLE

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> FALL OUT SHELTER, FROM PG. 5

where the original FRP was buried," said Driedger.

The FRP is in excellent condition with little rust on the exterior, considering it was buried 60 years ago.

Miami Station Museum plans to eventually make the FRP available for visitors to enter and learn about its proposed use and contents. Messier has done extensive research on the FRP and has been able to locate many of the supplies that would have been in the interior of the FRP and prepared several interpretive panels.

The Miami FRP project seeks to restore the Moose Lake FRP to its period condition had NDFRS become operational, complete with all the proper radiation monitoring equipment, emergency rations, survival equipment and other provisions. As the original entrance hatch and shaft pose a serious injury hazard, a door will be cut in one end of the shelter to allow the interior to be safely accessed

by visitors.

"Right now, the board members, my husband Edwin and other volunteers, and Gilles are working on setting up the FRP and protecting it from the winter weather. This journey took eighteen months to get us to this point. There is much more to do, but we are looking forward to completing the whole project early next summer," said Driedger.

"I must thank Gilles Messier for his persistence, William Prevost of Manitoba Parks for his support and assistance, the RM of Thompson for their advice and patience, and Horizon Earthworks for the willingness to tackle this project and the professional manner that the move was carried out. I also would like to thank the members of the board of the Miami Railway Station Museum for their support and encouragement. It's been a journey, and it's not over yet."

Wine Survivor fundraiser ongoing for Boyne Regional Library

By Ty Dilello

Wine Survivor is an ongoing fundraiser for the Boyne Regional Library in Carman. This year, the funds will go toward library programming, which may include youth, adults, and seniors in library activities, workshops, and crafts.

Anyone over 18 years of age who would like to support the library programming and win some wine before the holiday season is encouraged to join. Gather a team of four members that are all 18 years of age or older, create a fun name, and bring your registration to the library before Nov. 24 at 5 p.m. Registration is \$60 per team and four bottles of wine with a value of at least \$15 per bottle. The library will accept up to 25 teams.

"We have a growing number of patrons who come to the library to participate in our programming, and Wine Survivor is a way to support this," said Lynsey Hannah of the Boyne Regional Library. "We offer programs for people to gain important skills, learn something new, and connect. Making connections at the library can have profound effects on your own life and the lives of your neighbours. We are grateful for com-

munity members who attend our programming, and thank those who will participate in this fundraiser to make it fun and successful."

Wine Survivor is a daily elimination type draw, with daily winners and one final wine survivor. All team members' names are individually added to the draw. Ten names will be drawn each day, Tuesday to Friday, beginning on Nov. 28.

The first nine names drawn each day will be eliminated from wine survivor, but the tenth name drawn that day will receive up to eight bottles of wine for their team. This will continue until Dec. 13 (or until at least ten names remain). On the final draw date, all previous winners will be added back to the draw, and an elimination draw will occur until one name is left. That last name is the Boyne Regional Library Wine Survivor, and they will win up to 28 bottles of wine for their team.

Daily winners and eliminations will be posted to the library's social media pages, website, and bulletin board.

You can find more information at <https://sites.google.com/site/boynerregionallibrary/wine-survivor>. You



STANDARD PHOTO BY BOYNE REGIONAL LIBRARY

Anyone over 18 years of age who would like to support library programming and win some wine before the holiday season is encouraged to join the Wine Survivor fundraiser that is ongoing at the Boyne Regional Library in Carman.

can also follow Boyne Regional Library on social media: [instagram.com/carmanlibrary/](https://www.instagram.com/carmanlibrary/). <https://www.boynerregionallibrary.com/>

Sing, celebrate Christmas cheer at annual fundraising concert



STANDARD PHOTO SUBMITTED

The Sonatrice Singers have organized and will perform at the annual Christmas Cheer Concert.

By Lana Meier

The annual Christmas Cheer Concert is Dec. 3 at 2 p.m. in the Carman United Church, with the proceeds going to the Carman and District Christmas Cheer Board.

The December fundraising concert, organized by Sonatrice Singers, has a long history.

Between 1974 and 1986, proceeds

went to various charities. The Halleluia Chorus concert in 1978 raised \$308.19. Venues varied from the high school gym, the school theatre and the community hall to participating churches. In 1982, there was no Christmas concert, as Sonatrice celebrated its 10th Anniversary with a special November concert.

Concerts held on the first Sunday


in December became more regular in the 1990s, with proceeds going to the Christmas Cheer Board.

In 2012, the donation was \$1414. Last year, thanks to the ongoing generosity of people in and around Carman, over \$5000 was raised for the Cheer Board.

This year, participating groups include the Carman United Church Choir; Ecole Carman Elementary School Choir; Carman High School Band, under the capable direction of Paula Kirkland; the versatile ukelele group; Active Living Centre Choir; and the Sonatrice Singers. This program will prime patron's Christmas spirit.

Resident's are asked to mark the afternoon concert

on their calendars, and, once again, give generously to support citizens through the Carman and District Cheer Board.




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“The Nadeau Ensemble: A Prairie Christmas” Children’s Concert

By Lana Meier

A Prairie Christmas is returning to Fannystelle to continue the tradition of music making and joy for the holidays.

The Nadeau Ensemble will be performing two concerts at the Sacred Heart Church in Fannystelle on Tuesday, Saturday, Dec. 2 and one in Winnipeg at the Club Regent Casino at 7 p.m.

Fannystelle’s own Janelle Nadeau leads this critically-acclaimed ensemble.

“I love playing music because I like to touch people’s heartstrings. When I get to play for someone and we are completely connected, that to me is an extremely important moment. I find that we’re all so busy; we’re doing so many different things constantly that it is really wonderful to be able to just take a moment and not have to hold your phone and reply to emails or do the things you have to do. This is just something for the listener. As a group, we like to pick pieces that reflect our childhood and really resonate with us. So I hope when people listen to our concerts they feel the same way with the music that we create for them,” Nadeau shared in her video.

Nadeau and the ensemble will share holiday favourites like Silent Night, Carol of the Bells and Joy to the World along with storytelling making this show an annual favourite for generations of families. The show uplifts musicians across a variety of backgrounds and features breathtaking performances of a variety of instrumentation including: harp, hurdy gurdy, cello, harmonium, nyckelharpa and more. “When people bring people they love, and they have this shared moment together because of the music that they hear, that is the most incredible feeling in the world to be able to create that for someone,” shared Nadeau.

The family-friendly show uplifts the joyfulness of the winter season and the storytelling that the Nadeau Ensemble is famous for immerses you in an unforgettable musical experience.

Join Nadeau and guests for holiday classics that generations of families have known and loved.

For the first time, the ensemble will present an afternoon Children’s Concert catering to the little ones. The concert is a one-hour performance at 3 p.m. with interactive instrument



STANDARD PHOTO SUBMITTED

Fannystelle's Janelle Nadeau will present A Prairie Christmas - The Nadeau Ensemble at the Sacred Heart Church on Dec. 2.

demonstrations, a carol sing-a-long of Silent Night with the show wrapping long before your night time routine.

The evening concert is at 7 p.m. but is sold out. If you would like to hear this group, please consider taking a drive to the Club Regent Casino on Tuesday, Dec. 5 as it will feature the Christmas classics everyone knows

and loves. The show unlocks the warmth of the holiday season shared in our community brimming with Christmas spirit.

For the Fannystelle show, tickets can be purchased on Eventbrite or by calling Rachele at 204-745-8591. For the Winnipeg concert, tickets can be purchased through Ticketmaster.



We would like to recognize the businesses who donated, either cash or an auction item.

A special thanks to all of those who supported our 30th annual Carman Curl for Cancer.

Fossil museum gets new high-tech 3D printer

By Lorne Stelmach

The Canadian Fossil Discovery Centre in Morden has made a major addition to its arsenal of equipment with the recent acquisition of a high-quality 3D printing system.

It offers the CFDC almost unlimited potential in terms of its use, executive director Adolfo Cuetara suggested last week.

"It's a dream come true to have a 3D system like this with a scanner and printer ... it's important for the future of the fossils and the research," he said. "It opens up so many opportunities for more collaboration with paleontologists all over the world because they don't need to come physically to study the fossils ... so it's a really good tool for research.

There are many possibilities such as creating missing pieces from a fossil set or even creating replicas for sale.

"You can scan the fossils and reconstruct the parts that are missing ... even if you have other specimens from the same species but a different size, you can scan bones that are missing ... then you can print in a different size, so you can make the good size to match the bones that are missing," said Cuetara. "It's going to be an incredible tool for us."

This was a special project the CFDC has had in mind for some time, and Cuetara noted it was at least a year-



STANDARD PHOTOS BY LORNE STELMACH
CFDC executive director Adolfo Cuetara is excited by the potential the museum's new 3D printer has for fossil reconstruction.

long process to secure all of the funding for it.

There were grants including one through the provincial Building Sustainable Communities program for \$62,075 and another through the Canada Cultural Spaces Fund for \$67,595. Then there was also \$6,600 from the Signature Museums Endowment Fund, along with CFDC funds.

"The tricky part was to find the funds. This is almost a \$130,000 investment overall," said Cuetara. "It's a long process, and you need to have a very clear, detailed idea of what you want to do ... you

have to really convince them that this is a worthwhile project."

The system includes a powerful, dedicated laptop, a 3D scanner, and a professional 3D Printer ProJet 6000.

The system has already been put into use for two important projects including the scanning, printing, and reconstruction of the skull of a Tylosaurus peminensis mosasaur which belongs to the Miami Museum and is currently on loan to the CFDC.

"It opens lines of collaboration with other institutions.



It opens up opportunities for research. It opens as well the opportunity to make new displays with the fossils that you have," said Cuetara.

"Now we have time to work with this ... it's a nice thing to have to work with over the winter ... we can't go into the field ... so it's a nice thing to have to keep the work going," he concluded. "This was one of the big goals that we've had in the last few years ... we are really happy and satisfied."

Pre-cadet training program geared for Indigenous youth

By Jennifer McFee

Indigenous youth have the chance to apply for a specialized RCMP pre-cadet training program and learn about potential career opportunities.

All First Nations, Inuit and Métis youth aged 19 to 29 are invited to apply for the Indigenous Pre-Cadet Training Program.

Through this program, participating Indigenous candidates can experience a modified three-week RCMP training experience at the Regina-based training academy.

During this training, the participants will learn skills to help them prepare to apply to become a police officer. After the program, they'll receive ongoing support and guidance as they go through the application process.

"It gives indigenous youth the opportunity to experience a training session and a first-hand view of what a possible career in police work might entail," said Cpl. Maureen Greyeyes-Brant, a graduate of the program who

is now the national co-ordinator.

Candidates must be Canadian citizens of First Nations, Inuit or Métis descent who have a Canadian high school diploma or equivalent. In order to be considered for the program, they will also need to pass an enhanced reliability security check and they must be in good physical condition.

The RCMP will cover the costs for all successful candidates, including their travel, meals and accommodations.

The application deadline is Dec. 5.

To learn more, email Brett.Montour@rcmp-grc.gc.ca or Debbie.Beck@rcmp-

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Lash and brow services available at Birch and Honey

Tenacious lash tech expands services

By Becca Myskiw

Locals can now get their lashes and brows done right at home.

Samantha McGillivary is now offering her services at the Birch & Honey Salon, giving the community one more reason to stay local.

After going "stir crazy" during the pandemic, McGillivary decided to pick up a new skill. She started taking courses on eyelash extensions, then branched out to lash lifts and finally

to brow lamination.

After learning the craft, McGillivary took some time off to focus on her career as an underwriter.

In the last month or so, though, she's been back at it, perfecting and upgrading her skills. Now, McGillivary is at Birch & Honey a few times a week, doing lash lifts, lash tints, brow lamination, brow tint, brow henna and lash extensions.

"Being at the salon has been a game changer," she said. "I'm meeting so many new people."

Right now, McGillivary is focusing on getting the word out about her working at the salon. She's there

two to three days a week, typically on Tuesdays (10 a.m. to 7 p.m.) and Fridays (10 a.m. to 4:30 p.m.).

She also offers her services on Saturdays, but is keeping her hours lower so she doesn't burn herself out working her day job and at the salon, she said.

To stay up to date with McGillivary's hours and offerings or to book with her, follow her on social media @archesbeauty. She's currently learning new skills and will be offering even more services in the near future.

McGillivary strives to offer all of her services to the best of her abilities, that's why she's always learning and

bettering what she can do, she said.

"Anyone who knows me knows I struggle to stay in one place," she said. "I'm a multi-passionate person. I constantly need to learn new things."

McGillivary knows being at the salon will open her up to more clientele and give her more opportunities within Carman. She said she's excited to be part of the women entrepreneur community in town and is looking forward to learning from them as her business progresses.

Birch & Honey Salon is now offering Brow Lamination. Call for details (204)745-3500 or book online at: birchandhoney.salonmonster.com

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Elm Creek Cobras captures volleyball zone title

By Ty Dilello

The Elm Creek School Varsity Boys Cobras volleyball team has had a successful season. On Nov. 9, they captured the Zone 4 'A' championship banner for the second year in a row, defeating Mennonite Collegiate Institute (MCI) in three straight sets. In both seasons, the team was undefeated in zone play.

In addition, Elm Creek is ranked first overall in the province for 'A' schools by MHSAA (Manitoba High School Athletic Association). They played in four tournaments this season, winning the Northland Parkway Colle-

giate consolation side, coming second in Treherne, and defeating both teams at the Shaftesbury Collegiate mini tournament.

The Cobras advanced to the provincial finals after winning a provincial qualifier event that they hosted in Elm Creek on Nov. 18. The Cobras were undefeated 3-0 in the round robin with wins over the Ste. Rose Celtics, Pointe-des-Chênes Cavaliers and Minegoziibe Anishinabe Talonsto. Elm Creek punched their ticket to the provincial finals being held at Fisher River Cree Nation, beginning on Nov. 30.



STANDARD PHOTO BY ASHLEY COOK

The Elm Creek Cobras varsity boys volleyball team have captured the Zone 4 A championship banner for the second consecutive year.

Hawks looking to end losing streak

By Lorne Stelmach

Only one goal was the difference in possibly producing different results this past weekend for the female U18 Pembina Valley Hawks.

Instead, the narrowest of losses in three games now has the Hawks stuck in an eight-game losing streak.

Pembina Valley returned from a break in league play with a three-game weekend that saw them fall 3-2 Friday to Interlake, 4-3 Saturday to the Winnipeg Ice, and 2-1 Sunday to the Eastman Selects.

The Hawks trailed 2-0 and 3-1 at the intermissions against Interlake but could only get one back in the final frame. Sophia Cox and Emma Durand scored for the Hawks while Kasia Rakowski made 25 saves off 28 shots on goal. Her teammates fired back the same number. A three-goal

second period had Pembina Valley up 3-2 on the Ice after 40 minutes before Winnipeg scored twice in the third period. Jessica Anderson had a pair for the Hawks with the other goal coming from Emma Durand. Shots on goal were 38-23 for Winnipeg, with Rakowski making 34 saves.

A third straight close game Sunday then saw all the scoring done in the second period with Anderson getting the lone Hawks' goal. Rakowski made 30 saves as Eastman held a slim 32-30 edge in shots on goal.

Pembina Valley has slipped to seventh place at 3-8-0 for six points, which has them ahead of only Central Plains at one point and just behind Interlake at seven points.

The lone Hawks' game coming up is Sunday afternoon when they host the Winnipeg Avros.

Beavers can't get into win column

By Ty Dilello

The Carman Beavers suffered another pair of losses last week of the season after falling 7-0 to the Notre Dame Hawks and 6-2 to the Winkler Royals. With the two losses, the Beavers move to eighth place in the SEMHL standings with a record of one win and four losses.

During the game on Nov. 15, the Beavers struggled to get their offence going against Notre Dame. Beavers goaltender Luke Zacharias stopped 36 shots in the 7-0 loss.

Eli Carels led the way for Notre Dame with a pair of goals, while Sean Christensen, Karl Conrad, Richard Lesage, Vincent Grift and Christian Prejet had the other tallies for the

Hawks.

On Nov. 19, the Beavers put up a better fight, but still game out on the losing end against Winkler by a 6-2 count. Carman's goals on the night were scored by Fraser Mirrlees and Ben Dalke. Luke Zacharias stopped 43 shots in net for the Beavers once again in the loss.

Keith Grondin had two goals for the Royals, while Cody Friesen, Aaron Lewadniuk, Marlin Froese and Remi Laurencelle had the other goals for Winkler.

The Beavers are back in action with a home game against the Portage Islanders on Nov. 25. The puck drops at 7:30 p.m.

Phillips off to Nationals

By Ty Dilello

The Last Mile Athletics Club in Carman will send Nate Phillips, Sara Gross and Nathan Dyck to the 2023 Cross Country Nationals in Ottawa this week. Marina Gross will also be coming up from the University of Toledo (Ohio) to compete as a U20 athlete.

Nate Phillips will be competing in the U18 6KM men's race, and so far, there are over 300 athletes that are planned to be in his race.

"I am looking forward to seeing and competing with some runners I have met over the past two years," said Phillips. "I am looking forward to the course. It will be a tough grind with a steep hill at the beginning and, later on, a few hundred meters of sand. I will need to quickly switch gears to accommodate this. On longer-distance runs like this, and on tough courses, it comes down to whoever can handle the most pain. I hope to finish in the top 20."

Phillips, Gross and Dyck would like to acknowledge the Carman Kinettes for their financial support to their Last Mile Athletics Club, as



STANDARD PHOTO BY NATE PHILLIPS
Nate Phillips will be one of four Carman athletes competing this week at the 2023 Cross Country Nationals in Ottawa.

they have been assisting with the travel costs to this event.

Hayward has sights set for U18 Nationals

By Ty Dilello

Carman's Shaela Hayward and her squad have had a strong start to their 2023-24 curling season.

Team Hayward consists of Shaela Hayward, Keira Krahn, Rylie Cox and India Young, all Grade 12 students at Carman Collegiate.

"The season has gone great so far," said Hayward. "We've played in five events and have made the playoffs in all of them except for the women's event that we played in at the beginning of the season."

In addition to competing in their events, the team has been working hard at fine-tuning their game and has added a new co-coach and team mentor, Ron Westcott, who has a plethora of curling knowledge with over 60 years of experience in the sport.

"Ron has brought a ton of knowledge and experience and has helped us focus on strategy, communication and ice reading," said Hayward.

Team Hayward's season highlight

to date was capturing the MJCT Tour Event at the Heather Curling Club in Winnipeg from Oct. 20-22. That weekend, Hayward went 3-1 in the round-robin to advance to the playoff round. They defeated Julia Van Ryssel in the semifinals by a 6-2 score before overcoming Zoey Terrick 7-3 in the final.

"It was great to win our first MJCT tour event at the Heather in October. We played solid all weekend and controlled almost every game we played. The work and changes we have made are paying off."

Team Hayward's primary focus this season will be the U18 Provincials and earning a spot at the Canadian U18 Championship in Ottawa. The Asham U18 Provincials will be held from Jan 3-7 at the Selkirk Curling Club.

"We are also excited to be hosting the U21 Provincials in Carman this year and can't wait to play in front of our home crowd."



STANDARD PHOTO SUBMITTED

Carman's Shaela Hayward has been one of the top teams this season on the Manitoba Junior Curling Tour (MJCT) and are hoping to earn a berth to the U18 National Curling Championship. Left to right: Rylie Cox, India Young, Keira Krahn and Shaela Hayward.

Hawks put up a good fight, but lose to Southwest

By Lorne Stelmach

They put up a good fight, but the male U18 Pembina Valley Hawks came up short in a pair of games against one of the top teams in the league this past weekend.

A 4-2 loss to the second place Southwest Cougars Friday in Souris was followed by a 4-3 overtime defeat in the Saturday rematch in Morden.

Spencer Sabourin and Ben Dias had

given the Hawks a 2-0 lead in game one, but the Cougars came back with four unanswered goals including an empty net marker in the final minute to seal the deal.

Southwest's Jack Clark provided the difference with two third period goals including a penalty shot marker and a powerplay goal.

Ryler Gates helped keep it close in stopping 36 of 39 shots, with South-

west overall holding a 40-29 edge in shots on goal.

Bryson Yaschyshyn had an equally busy night in net Saturday as he made 40 saves. The Hawks were outshot 44-20.

Pembina Valley held period leads of 2-1 and 3-2 with goals coming from Sam Delaquis with a pair and a single from Lane Apperley, but the Cougars scored 1:08 into overtime to pick up

the extra point.

Pembina Valley remains in ninth place at 6-9-1-2 for 15 points. They are two back of Eastman and even with Yellowhead, but the latter have three games in hand. Three back of the Hawks are Parkland and Norman.

The Northstars welcome Pembina Valley to Thompson this weekend for games Saturday and Sunday.

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THURSDAY
NOVEMBER 30
8:00PM**



Check semhl.net for the full schedule!



Twisters drop third in a row

By Ty Dilello

The Pembina Valley Twisters suffered their third consecutive defeat, this time a 6-1 loss against the St. James Jr Canucks on Nov. 17. With the loss, the Twisters move into seventh place in the MMJHL's standings with a record of 5-7-2.

The Twisters found themselves in a familiar position - trailing for the entire game. Despite a goal from Riley Goertzen in the second period, assisted by Merek Degraeve and Derek Wiebe, that's as close as they would come to evening the score after giving up two goals in the first period.

St. James would pull away in the third period with four answered goals to win the game 6-1. Logan Enns stopped 47 shots in the Twisters' goal in the loss.

"St. James is a very skilled and tough team

to play against," said Pembina Valley Twisters head coach Braeden Beernaerts. "We played with them for 40 minutes, but a few mistakes got taken advantage of in the third period and the score didn't exactly reflect how the game went. To break this losing streak, we have to get more pucks to the net, keep it simple, and out work the opposition for a full 60 minutes."

Despite the team's recent string of losses, Twisters' Derek Wiebe remains a top performer in the MMJHL, holding fourth place in the scoring race with 24 points accumulated over 14 games.

The Twisters are back in action with a home game on Nov. 21 against the St. Vital Victorias. The puck drops at the Morris Multiplex at 8 p.m.

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

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

Sudoku Answer

T	R	O	S		E	N	I	C	O										
S	E	O	R		N	E	M	S	D	D	O	W	S						
E	I	O			O	W			V	E	L	V	D						
Y	A	O	T	V	D	N	E	M	W	O	O	C	O						
T	I	O	O	N		N	E	G											
S	V	A	B	A		C	I	R	E	R		N	M	R	W				
N	E																		
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S	E	V	E		H	C	V	E			X	V	L	V					
M	I	D	S	C	O	W		V	A	V	R	V	W						
V	M	A	S	E	S	E		D	E	R	V	W	T	S					
I	B	U	S																
S	S	E	N	I	D	D	I	G			N	O	V	O					
G	N	K	S																

Crossword Answer

CROSSWORD

- CLUES ACROSS**
- 1. Nocturnal S. American rodent
 - 5. Requesting
 - 11. Give temporarily
 - 12. Happiness
 - 16. Military branch
 - 17. -, denotes past
 - 18. Middle Eastern city
 - 19. Air hostesses
 - 24. Partner to Pa
 - 25. Percussion instrument
 - 26. Popular computers
 - 27. Decrease light
 - 28. Valley in the Osh Region
 - 29. "To _ his own"
 - 30. Absence of difficulty
 - 31. Notice announcing intended marriage read out in church
 - 33. Trims by cutting
 - 34. Impact
 - 38. Military member
 - 39. A French river
 - 40. Member of prehistoric people in Mexico
 - 43. Messenger ribonucleic acid
 - 44. Musician Clapton
 - 45. Greek sophist
 - 49. Largest English dictionary (abbr.)
 - 50. Narrow valley
 - 51. A way to disentangle
 - 53. Indicates not an issue (abbr.)
 - 54. Recommending
 - 56. Genus of legumes
 - 58. Friend to Larry and Curly
 - 59. Off-Broadway theater award
 - 60. Fencers
 - 63. Small Eurasian deer
 - 64. Denoting passerine birds
 - 65. Separate by category

- CLUES DOWN**
- 1. Colorless fluid part of blood
 - 2. Of a main artery
 - 3. Photographic equipment
 - 4. Confirms a point
 - 5. Developed over time
 - 6. Not the leader

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			
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34	35	36	37									38							
39								40	41	42									
43								44								45	46	47	48
49								50							51	52			
53														55					
56						57								58					59
60																			63
																			65



- 7. _ Lang (country singer)
- 8. Adults need one
- 9. Nests of pheasants
- 10. Antelopes
- 13. One quintillion bytes (abbr.)
- 14. Japanese three-stringed lute
- 15. Type of cat
- 20. Cools your home
- 21. The ancient Egyptian sun god
- 22. Pouches
- 23. Trigraph
- 27. Form of Persian spoken in Afghanistan
- 29. _ route
- 30. Body part
- 31. Bridge building degree
- 32. Indicates position
- 33. Political action committee
- 34. Tasty snack
- 35. Part of a quadruped


- 36. Locate
- 37. Pitching statistic
- 38. Of I
- 40. City in Utah
- 41. Football players in the trenches
- 42. Hammer is one
- 44. A "nightmarish" street
- 45. Performers
- 46. Slang for cut or scrape
- 47. More breathable
- 48. Most slick
- 50. Provokes
- 51. Home to college's Flyers
- 52. Sodium
- 54. Large fish of mackerel family
- 55. Zero
- 57. _ and behold
- 61. The Palmetto State
- 62. Popular Tom Cruise movie franchise (abbr.)


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 Pursuant to Section 194 of The Municipal Act, notice is given that the financial statements and auditor's report for the Rural Municipality of Grey for the fiscal year 2022 are available for inspection by any person during the regular office hours of the Rural Municipality of Grey office at 27 Church Avenue East in Elm Creek or on our website at www.rmofgrey.ca. Dated at the Rural Municipality of Grey this 16th day of November, 2023.
 Kim Arnal, CMAA
 Chief Administrative Officer
 Rural Municipality of Grey


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On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter:


CARMAN-DUFFERIN-GREY BY-LAW NO. 23-2023 BEING AN AMENDMENT TO THE CARMAN-DUFFERIN PLANNING DISTRICT ZONING BY-LAW NO. 4-2014, as amended.

HEARING LOCATION: Memorial Hall 12 2nd Ave SW, Carman MB Council Chambers	
DATE & TIME: December 13, 2023 8:00 A.M.	
GENERAL INTENT: To re-designate the portions of land highlighted red on the attached map:	
FROM: Residential Mobile Home Zone TO: Residential Single-Family Zone	

AREA: Part of NE ¼ 25-06-05 WPM
 Being Parcel 2, Plan 1204 MLTO

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 Phone (204) 745-2301
 Email: planning@townofcarman.com


A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request. Please note that all Provincial guidelines pertaining to COVID-19 will be followed.


FARMERS AND RANCHERS
 Plan to attend the Bred Cow sale
Saturday, November 25th at 1:00 p.m.
Ashern Auction Mart

The complete herd dispersal sale of Martin Wildhager
 100 2nd calving cows
 60% sim angus red cows
 40% sim angus black cows
 Bred to calving ease black angus bulls
 Turned out to start calving April 1st
 Full health program on herd scourbos 9 and blackleg this year
 A quiet set of cows from a reputable operation.

60 Bred heifers from David Ives
 60 Top Quality Heifers
 65 % Char x 35% Red Simx
 Bred to low birthweight
 Red Simmental Bulls
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OBITUARY



George Philip Roy Patterson

It is with great sadness that we share the passing of my father, Phil Patterson, due to ongoing health complications. My dad passed away peacefully in his sleep in the hospital and we are comforted to know that he has been reunited with my mother, who we lost in 2011.

We invite you to join a celebration of my father's life at Doyle's Funeral Home in Carman, Manitoba on Saturday, November 25th from 2-4 p.m.

My dad led a wonderful life and he enjoyed reminiscing about our international travels, the fur business and many fun gatherings with friends and family. Please raise a glass of single malt in his honour and remember the joyful moments you have shared with him.

My husband Ryan and I would also like to extend our sincere appreciation to my dad's neighbours, the Carman Hospital, and the Carman community who cared for my father as though he was their own family. We are forever grateful for your kindness and compassion.

Shannon Patterson

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

OBITUARY



Susana (Susan) Giesbrecht

Susana Giesbrecht (nee Peters), aged 95 years and five months, of Carman, MB passed away on Thursday, November 16, 2023 at the Boyne Lodge in Carman with family at her side.

Susana was born to David D. and Margaretha Peters on June 17, 1928, in Loma Plata, Paraguay, South America.

She is survived by her children, Edwin (Anne) Giesbrecht, Marilyn (Allen) Thiessen, Larry (Luanne) Giesbrecht, Richard Giesbrecht, Nancy (Darren) Dobbyn; nine grandchildren and 18 great-grandchildren, as well as her sister Sarah Neufeld and other brothers-in-law and sisters-in-law.

She was predeceased by her loving husband, Heinrich (Henry) Giesbrecht; her parents, one brother, two sisters, and many brothers-in-law and sisters-in-law.

Mom married Dad on October 28, 1951 and shared just over 64 years of marriage until Dad's passing on January 14, 2016. Mom was an excellent mother to her five children: cooking, baking, gardening and sewing for them. Her love showed through in many ways and her hearts desire was to see all of her children loving, walking with and serving the Lord.

Mom will be remembered and missed by her children, grandchildren, great-grandchildren, her sister and other extended family members and friends.

The family wishes to express their sincere appreciation and gratitude for all the prayers, visits and words of encouragement to Mom while she was living in the Boyne Lodge. We would also like to thank all the staff at the Boyne Lodge for the wonderful and exceptional care given to our mom during her time there.

Funeral service was held on Tuesday, November 21, 2023 at the Friends Community Church, Carman. Interment took place in the Graysville Mennonite Church Cemetery.

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

OBITUARY



Jacob Kroeker

On November 11, 2023, Jacob (Chiz) Kroeker passed away in the palliative care unit of Carman Hospital at the age of 97 years. His wife Helen (Penner) of 73 years was by his side.

Jacob was born on June 17th, 1926 to Kornelius and Elizabeth Kroeker. He was born on the farmyard at Culross.

He is survived by his wife Helen, six children and their families.

Funeral service for Jacob Kroeker was held at Crossway Church, Elm Creek on Thursday, November 16, 2023.

The family would like to thank the Carman Memorial Hospital staff and the paramedics who assisted us. They went above and beyond with the care they gave to Chiz and we are so grateful.

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

OBITUARY



Rose Leclair

Rose Leclair, 80, of Headingley passed away peacefully at Grace Hospice on November 15, 2023. After a long and valiant battle with cancer, Rose had her beloved husband Leo Leclair, and her loving family, by her side.

Rose was born to the late Merle Davies in Roseisle, Manitoba on October 4, 1943. She was raised in Carman and attended Carman High School.

Rose married Leo Leclair on July 27, 1963 in Carman. After moving to the Winnipeg area, they raised four children in Headingley where they lived for over 40 years in a house on Manitoba Street. Rose was lovingly devoted to her family as a wife, mother and homemaker. She was the heartbeat of the home and always shared pure and unconditional love.

Rose was always kind, caring and compassionate toward others.

She was known to strike up friendly conversations with strangers at the grocery store. She was positive and warm and had many friends. She also had some very special friends who she stayed committed to and in touch with for many years.

Rose was an active member of the community, and was always ready to help out, volunteer and contribute to a local cause. She worked at the Headingley Post Office on McIntosh Road.

Rose spent many years going camping at Stephenfield with Leo and her kids, as well as relatives and friends. She also travelled with Leo to many destinations and countries around the world while Leo worked for Air Canada. Rose had such zest for life.

Rose was always active in her children and grandchildren's lives and would glow with pride when she was able to celebrate their achievements. She was always there at school plays, baton or tap-dancing lessons, cadets, gymnastics competitions, baseball, volleyball, hockey games and watching racing at the track.

After leaving her home on Manitoba Street, Rose and Leo lived at Heartland Estates also in Headingley and then at Sturgeon Creek Residences in Winnipeg. She loved participating in the social activities in both residences and was adored by all.

Rose is survived by her husband Leo Leclair, as well as their four children: Debbie, Bev, Lisa and Ray; their seven grandchildren: Ryan, Brittany, Ricky, Chad, Corey, Lee and Ally; and their one great-grandson Morrison.

The funeral was held at Chapel Lawn Funeral Home at 4000 Portage Avenue in Winnipeg on Monday, November 20th at 2:00 p.m. Rose will be interred at the Holy Trinity Cemetery in Headingley at a later date.

The family would like to thank all the staff at Sturgeon Creek Residences, CancerCare, Health Sciences Centre, St. Boniface Hospital Palliative Care Unit, and the Grace Hospice.

In lieu of flowers donations can be made to CancerCare Manitoba in Rose's name.

Tribute Link: www.chapellawn.ca

Chapel Lawn Funeral Home
204-885-9715

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ONE-STOP SHOP IN THE HALL
Carman Family Resource Centre & Carman Kinettes
Craft and Vendor Sale Saturday, November 25, 2023 10 am - 3 pm
Carman Community Hall
Shop from 60 tables, all under one roof, just in time for the holidays!
Home-style lunch available. Silver collection at the door

Your memory will live forever Engraved within our hearts

get inspired

> MEAL IDEAS



Grapefruit Avocado Bruschetta

Servings: 3
 1 cup Florida Grapefruit sections
 1 baguette, sliced on bias
 2-3 whole garlic cloves, peeled and halved
 3-4 ripe Roma tomatoes, seeded and chopped
 1 large avocado, chopped
 1/2 small red onion, chopped
 1/4 cup chopped cilantro
 2 tablespoons olive oil
 salt, to taste
 pepper, to taste
 Florida Grapefruit segments, for garnish (optional)

cilantro sprigs, for garnish (optional)

Preheat oven to 350 F. Chop grapefruit.

Place baguette slices on baking sheet and toast 5-7 minutes, or until golden brown.

Rub toasted sides of bread with cut sides of garlic cloves; reserve.

In medium bowl, combine tomatoes, grapefruit, avocado, red onion, cilantro and olive oil; season with salt and pepper, to taste. Toss gently to combine.

Spoon grapefruit mixture over prepared bruschetta.

Garnish with fresh grapefruit segments and cilantro, if desired.



Popovers with Cranberry Butter

Recipe courtesy of Shereen Pavlides (@CookingwithShereen) on behalf of the American Egg Board

Prep time: 10 minutes
 Cook time: 45-50 minutes
 Yield: 6 popovers

Popovers:
 1 1/3 cups all-purpose flour
 1 teaspoon kosher salt
 1 1/3 cups whole milk
 4 large eggs
 2 tablespoons avocado or vegetable oil
 nonstick cooking spray
 Cranberry Butter:
 1/2 cup unsalted butter, softened
 2 tablespoons cranberry sauce
 1 pinch salt

To make popovers: In large bowl, whisk flour, salt, milk and eggs until silky smooth. Add oil and whisk to combine. Transfer to pourable pitcher, cover and refrigerate at least 6 hours, or overnight.

Heat oven to 375 F. Place 6-cup popover pan in oven 10 minutes. Remove pan and spray with nonstick cooking spray. Stir batter, divide and pour into cups, filling each 3/4 full. Bake until puffed high and cooked through, 45-50 minutes. To make cranberry butter: In medium bowl, mix butter, cranberry sauce and salt until well combined. Remove popovers from oven and serve with cranberry butter.

Chocolate Cherry Pecan Snack Mix

Recipe courtesy of Emily Caruso of "Jelly Toast" on behalf of the American Pecan Promotion Board

Prep time: 5 minutes
 Cook time: 20 minutes
 Servings: 20
 1 large egg white
 1/4 cup light brown sugar
 1 1/2 tablespoons unsweetened cocoa powder
 1/2 teaspoon vanilla extract
 1 teaspoon salt
 1 tablespoon water

1 1/2 cups pecan halves
 1 cup dried tart cherries
 1 cup small pretzels
 3/4 cup yogurt-covered raisins
 Heat oven to 325 F.

In bowl, whisk egg white, brown sugar, cocoa powder, vanilla extract and salt until well blended. Add water to thin mixture slightly. Fold in pecan halves until well coated. Spread mixture onto parchment-lined baking sheet.

Bake 15-20 minutes, or until mixture is well set. Stir mixture several times during baking. Allow pecans to cool completely and transfer to bowl. Mix in dried cherries, pretzels and raisins.

Signs you may have nutritional deficiencies

By Julie Germaine Coram, Pro Trainer Julie Germaine Coram

Do any of these symptoms sound familiar to you: muscle pain, weakness, tingling in your hands or feet, chronic fatigue, or even heart palpitations? You may not even realize that these could all be related to a nutritional deficiencies, easily corrected by improving your diet in the right area.

It's cold and flu season, so feeling under the weather is certainly not uncommon, but if the flu-ish feelings are frequent and paired with deep body aches, then (essential) vitamin D, which plays a key role in immunity and bone health, could be deficient in your system. Perhaps this is the excuse you need to book that winter vacation (vitamin D comes from sun exposure), but if travel isn't in the budget then adding fortified cereals and dairy products is recommended, along with eating fatty fish 2-3 servings each week.

Cramps coupled with other issues such as dental problems, slow wound healing and splitting hair or nails could indicate more vitamin C and calcium are necessary in your diet. Vitamin D compliments uptake of calcium (see how everything works together in harmony?), so add some fruit to your breakfast, and pair your salmon with a red peppers and broccoli medley for optimal results.

Surprisingly, magnesium deficiency can show as heart palpitations, weakness or tiredness, and is involved in hundreds of your body's muscle and nerve functions, so it's extremely important to combat this common worldwide health issue. You may be at risk if you consume excessive amounts of alcohol, take certain medications, have a diet low in leafy greens, whole grains, seeds or nuts. Magnesium supplements are a good, easy option without having to make drastic, immediate changes to your lifestyle.

If you are a vegetarian or vegan suffering from tingling extremities or exhaustion, then replacing



Fitness and Nutrition expert
 Julie Germaine Coram

some of your plant-based alternatives for ones fortified with vitamin B12 may help. Memory issues and digestive concerns are other possible symptoms of this deficiency.

Making notes about how you feel each day can help when it comes to changing nutritional habits. You can pinpoint your personal issues by recording the foods you've eaten over the week and see if the changes you implement make an impact in how you feel. If this sounds like a lot of work, lean on a professional! I help my clients chart their foods and create diet plans that allow them to eat the things they enjoy while feeling their very best. Don't hesitate to reach out to enjoy my end-of-year promotions! Email julie@juliegermaine.fit

Of course, your symptoms could be related to a more serious condition, so it is always best to see your doctor before making any major changes to your diet, and to ensure you don't miss a more serious illness in the early stages.

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



Grapefruit Paloma

margarita salt (optional)
 4 Florida Grapefruit wedges (optional)

In large pitcher, mix grapefruit juice, tequila and seltzer with ice.

Rim four glasses with margarita salt, if desired.

Divide paloma among glasses; garnish with grapefruit wedges, if desired.

Servings: 4
 24 ounces Florida Grapefruit Juice
 16 ounces silver tequila
 16 ounces seltzer
 ice