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STANDARD PHOTO BY DENNIS YOUNG

The Kippen family, including mom Teresa, dad Andrew and children Owen (12), Mason (9) and Kynsley (6) enjoyed the outdoors snowmobiling behind their home in Elm Creek on New Years Day.

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MP Candice Bergen says 2021 is all about economic recovery

By Becca Myskiw

The past year brought changes for many, and Portage-Lisgar MP Candice Bergen is no exception.

Bergen was appointed Deputy Leader of the PC Party of Canada in 2020. But before she had that role, she was the House Leader.

While she was House Leader, Bergen had to negotiate around emergency pieces of legislation like the CERB and rent relief. She's proud of her work on that but said she and her party were also able to hold the Liberals back when they wanted to do certain things without parliamentary oversight.

"I know that would matter to the people in Portage-Lisgar," she said. "But also, to all Canadians."

Bergen's main goal for 2020 was the same one she said she has every year: to get out into her riding as much as possible. COVID-19 and its restrictions made that goal difficult for her.

To meet people and talk to business owners in Portage-Lisgar, Bergen had to readjust her methods. So, she did a lot of virtual meetings and phone calls with people that she wouldn't be able to meet at a store or in a coffee shop.

When the restrictions were more relaxed in the summer months, Bergen

went out and did tours to meet with as many people as she could. When she heard about community events, she did her best to be there and she was able to deliver some wreaths for Remembrance Day.

"I think I did well, but it doesn't feel like I met my goal," she said. "I'm a people person, I like talking to people."

Bergen also tries to be a mentor for young women in politics as much as she tries to encourage them to get involved.

"When mentoring women of all ages we need to say have you thought about working in politics, or have you thought about applying for that promotion," she said. "Because as women, we don't often see ourselves in those roles."

She said it's not all about gender, though. Bergen wants to get by on her merit, not her gender, and she thinks it's the same for all women in all fields of work.

In 2020, Bergen was also working on providing the people in her riding with better internet. She was bringing police officers, medical professionals, and counsellors together to talk about the meth crisis in the area and what resources the people suffering from it

need.

"I'd like to see that continue because that has not gone away with COVID," she said.

Parts of those drug meetings taught Bergen about the problems that are unique to rural areas.

"Drug problems in rural areas are different than drug problems in urban areas," she said.

Along with continuing her work on that, Bergen will be starting work on getting the population back to as much normal as she can starting with the economy.

"My heart does feel heavy when driving through the riding and you see closed doors and people at home," she said. "It's hard because you know what that means."

She said the pandemic has forced many business owners to close their doors for good, while others have just closed them for the lockdown. She said 2021 is about opening business doors again and encouraging people to get back to work.

"We want to see and we're going to be talking about ideas where the Canadian economy should be firing on all cylinders," she said.

Bergen said the key to reviving the economy is by getting Canadians



SUBMITTED PHOTO

MP Candice Bergen said in 2021, she's working to revive the economy by encouraging people to get back to work.

back to work and she doesn't see the Liberal government's incentive to do that, which is why it's a main priority of hers.

Snow Removal Reminder

In the Town of Carman all vehicles shall be removed, and people must refrain from parking on public streets and lanes during and after snowfall events which require the removal of accumulated snow.

In the RM of Dufferin and in the Town of Carman please refrain from putting snow on roads and streets when you are clearing your driveways. It creates extremely unsafe conditions.

Just a reminder - Trailers in the Town of Carman can only be parked on streets while actually engaged in loading or unloading. A trailer cannot be left unattended or unattached on any street.



Christmas cheer for patients



STANDARD PHOTO SUBMITTED

Head Nurse, Enid Sweeney received the flowers on the Hospital's behalf. Pictured left to right, Kathie Findlay, Darlene Pritchard, Enid Sweeney and Lal Froebe.

Submitted

Every December, Carman Health Auxiliary member deliver fresh carnations to Carman Hospital patients. It is their hope that this small token will bring cheer to patients who may be spending Christmas in the hospi-

tal.

Due to the COVID-19 pandemic fresh flowers are not allowed in the Hospital. In place of the carnations, patients will receive a stem of artificial poinsettia this year. The staff will distribute them once they are sanitized.

Baseball Back in the Day....Carman and lights 1955+



STANDARD PHOTO SUBMITTED
The sawed-off stumps from the lights were removed in 2007 in preparation of the 2008 Manitoba Summer Games.

By Dennis Young

Each previous season accumulated huge debts, which annually the Carman Baseball Company struggled to pay. Last summer was no different and with very little financial interest being shown by supporters, the Cardinals hung up their cleats as far as the Man-Dak league. In fact there would not be any Man-Dak in Manitoba as Brandon pulled out as well leaving an all U.S. league with Minot, Williston, Bismark and Dickenson.

So diehard fans concentrated their efforts on fielding a team of locals in the S.E.M.B.L.. Current clubs from Miami, Roland, Plum Coulee and Winkler welcomed Carman and Morden for the 1955 season. At the league meeting in Roland, Carman was not in favor of the short 10 game schedule. The other delegates believed 10 was enough considering most players were farmers so the games started May 23 and ended June 27. Four teams made playoffs with the finals a best of

3. It was a far cry from the time commitment Cards and their fans made in years past.

To ensure there would be of a distinctly local character, a ruling was adopted that prohibits teams using players outside a 15 mile radius. A max 18 players may be signed and no new ones after June 15th. The player pool would be less talented, so it was Fred Walker and Wes Nichols job to field a team fans would still follow.

They held work outs and on paper the club appeared to be well stocked. A group of Graysville boys who had won the 1954 juvenile provincials with Miami were out as was John Murray coming off his summer with the '54 Cards. Others included Fred VanKoughnet, Armin Gitzel, Wayne Phelps, Bobby Lees and Jim Swanton.

Although unable to lend financial support to this new ball team, the Company shareholders agreed to allow them to use the playing field and the lighting plant as long as there was no cost to the company. Being the only park with lights in the loop, other teams considered playing home games here too. That is if the Company could make this year's power payment.

The shareholders decided to canvas the town in an effort to raise enough money to meet that payment on the floodlights. Canvassers managed to collect just \$512 of the payment needed of \$740 (\$7122 today), due May 1st or before game time May 23rd to keep the lights on for the opening of the South East Manitoba Baseball League. The Manitoba Power Commission then reconsidered and gave their district supervisor permission to turn the power on until June 15th providing the overdue amount would be paid by then.

The season opener was versus the other newcomer Morden who had former Card Weldon Ridley behind the plate. And in Miami, Almer McKlerlie was catching as well. Interest in the league was surprisingly high with inquiries of game times coming from surrounding areas. While admitting the loop was no Man-Dak, it was the opinion that it can be just as interest-

ing. The executive was still hoping more community spirited citizens will come forward with donations to keep the lights on too.

By 1959 however the company's outstanding debt to the Manitoba Power Commission had grown to about \$2,000 (\$19,420 today) and the Carman Town Council made a settlement for half that amount, thus assuming control of the floodlighting plant.

A major \$2,000 restoration of the ball diamond and lights in 1967 put Carman in a position to host some of the Pan Am baseball games that year. The glory days had returned, if only for a very short time. In the late 1970s with the Carman Goldeye Seniors and Juniors both enjoying successful

campaigns, the once proud floodlight standards were dealt a crippling blow when Hydro rates jumped from about \$500 to \$2,500 per year.

By 1985, the weathered poles were splitting at the top. Lights were starting to fall off the supports, and the system was declared a hazard. That June, before baseball season got under way, workers removed the lights and cut the poles down in height. The sawed-off stumps, now 50+ years old, stood firm guard around the ball diamond until 2007 when they were pulled out preparing for hosting the 2008 Manitoba Summer Games.

An end to two eras....pro ball and a lite diamond.

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PUBLISHER
Lana Meier



SALES & MARKETING
Brett Mitchell



SALES & MARKETING
Gwen Keller



REPORTER/PHOTOGRAPHER
Dennis Young



REPORTER/PHOTOGRAPHER
Becca Myskiw



REPORTER/PHOTOGRAPHER
Jennifer McFee



GRAPHIC DESIGNER
Nicole Kapusta



GRAPHIC DESIGNER
Tara Gionet



DISTRIBUTION
Christy Brown



CLASSIFIED ADMINISTRATOR
Corrie Sargent

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

"This is not the time that we relax our efforts against this virus"

By Ashleigh Viveiros

It's too soon to say what impact holiday revellers may have had on the COVID-19 numbers in Manitoba, or whether code red restrictions will be loosened in the weeks ahead, the province's chief public health officer said at Monday's press briefing.

"We're starting to see our case numbers coming down, and while our restrictions are due for review, we need to ensure that this is not the time that we relax our efforts against this virus," said Dr. Brent Roussin.

"Our test positivity rates are still quite high," Roussin continued. "The hospitalization and ICU numbers are still high, and it's also too early to know what the effects of what gathering over the holidays may have had on our numbers."

The current public health orders are slated to expire on Friday. Roussin said health officials will be reviewing the caseload numbers throughout this week as they work to draft the new restrictions.

Five additional COVID-19 deaths were reported on Monday, bringing Manitoba's total to 688.

There were 118 new cases of the virus as of that morning, bringing the total number of lab-confirmed cases

in our province to 25,244.

At press time, Manitoba had 4,423 active cases of COVID-19 and 20,133 recoveries. There were 245 people in hospital with active COVID-19 and another 95 patients needing care who had the virus but are no longer considered infectious. Forty-one ICU beds were filled with COVID-19 patients (35 with active cases of the virus).

The five-day COVID-19 test positivity rate on Monday was 10.7 per cent provincially and 11.8 per cent in Winnipeg.

Locally, the provincial dashboard had Winkler with 32 active cases of COVID-19 and five deaths, Morden with four active cases and two deaths, Stanley with one active case and one death, four active cases and one death in Carman, 12 active cases and three deaths in Altona, 10 active cases Lorne/Louise/Pembina, eight active cases and two deaths in Morris, and no active cases but one death in Roland/Thompson.

Roussin continues to urge Manitobans to do their part to help slow the spread of the virus.

"Right now we all need to continue to focus on those fundamentals to protect yourself, your loved ones, our

neighbours, our co-workers, our communities," he said. "We're asking people to stay home as much as possible, certainly stay home when you're sick. Go for testing when you're sick, even with mild symptoms."

The new, more contagious variant of COVID-19 reported elsewhere has not yet shown up in Manitoba, but it is already in other parts of Canada, Roussin noted.

"We're advising all international travellers to be tested for COVID-19 upon arrival in Manitoba, even if they are not showing symptoms," he said. "And again on day seven after their arrival, even if they remain asymptomatic."

International travellers need to observe the full 14-day self-isolation period regardless of symptoms and test results.

Vaccine rolling out

On the vaccine front, 3,432 people had been vaccinated for COVID-19 as of the start of this week.

The RBC Convention Centre vaccination super site in Winnipeg opened on Monday. Thousands more appointments for the vaccination of eligible health-care workers were scheduled all through this week.

letter to the editor

Letters to the Editor:
letters@carmanstandard.ca

Bouquet from the Boyne River Keepers

I am writing on behalf of Boyne River Keepers. We wish to express our thanks to the Town of Carman and the Carman Golf Club for their efforts to clean up the riverbank along the old clubhouse site. Your work was noticed and very much appreciated. Thank-you!

Also, we are excited to see how this community has embraced a range of recreational activity on

the frozen river this early winter. Thank-you to those who have flooded and maintained their own skating rinks. I am sure the neighbourhood children are enjoying the chance to skate where skating began. The skating pathway down the centre of the river has also caught the enthusiasm of many in our town. Through our windows we see skaters on the 'skateway'

on a daily basis. Thank-you for your ingenuity and commitment to keep the surface flooded and the snow cleared. It would be lovely to continue this in the following years.

When a community pulls together like this, it is amazing to see what we can accomplish! Please stay safe on the beautiful Boyne River.

- Kathleen Anderson for Boyne River Keepers

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The Winkler Morden Voice *The Selkirk Record* *Stonewall Teulon Tribune* *THE EXPRESS WEEKLY NEWS*

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letter to the editor

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My early memories

One of my early memories of Carman was the whole family going to the Memorial Hall to see Charlie Chaplain. This was really something to see this funny little man running around. Later they showed lots of films of cowboys – Gene Autry, Roy Rogers and the Lone Ranger. If Dad took us to Carman on Saturday night we could usually find our Uncle Harold there. He would always take us to the Rex Café for ice cream cones.

One of the best places we ever went was to the Carman fair. Everyone was there! The grandstand was huge, lots of animals, rides and carnival treats.

We packed big picnic baskets to eat at the fair. We really had to look for our car at night as the parking areas were so dark. I took my first airplane ride at the Carman fair. It was a small two seater. We hit the telephone wires as we took off and had to make a quick landing. It was a real thrill.

One Saturday five of us decided to go to the pub at the Ryall Hotel. One of us kept getting kicked out because he was too young to be there. He kept coming back in. Finally we decided we should all leave as we were all under age.

- Bert Cummer

Might humidity cure COVID-19 epidemic?

Aerosol and Air Quality Research Journal (aaqr.org) has published a discussion of the role of relative humidity in the airborne transmission of COVID-19. Aerosol scientists concluded that if the relative humidity is below 40 per cent, the virus-laden small droplets exhaled from infected adult lungs will endure as small aerosols suspended in air, infecting others wherever the air circulates.

But if the relative humidity is increased above 40 per cent, the exhaled droplets will pick up more moisture from the wetter air, increase in size and fall from the air. This is similar to how dust particles in the atmosphere attract moisture from humid air to form clouds and then a cleansing rain.

Published in July 2020, this aerosol research seems to not yet have been communicated to our public health officers, as they do not yet suggest

>40 per cent RH to prevent enduring contagious aerosols of COVID-19.

World epidemiology appears to validate this. All small islands and humid coasts have less epidemic contagion (are never <40 per cent RH), yet all regions where air within buildings is now heated now have epidemics (often <40 per cent RH) -- due to warm air being able to hold more water vapor than can cold air, and thus air becomes relatively drier when heated.

Aerosol scientists also advise to wear masks to increase the humidity that virus-laden droplets first encounter, and to halt the velocity of exhaled air.

Suggest, during viral epidemics:

- Via licensing require all public places be >50 per cent RH, and advise the public to not enter any building having <40 per cent RH.

- Advise keeping water on simmer until condensation forms on windows, and if COVID symptoms then contain forced air heat within basements to prevent aerosol circulation in homes.
- Require hands protection, such as loose mitts, if touching public-owned surfaces.
- Require masks or niqabs if persons are close or air is dry.

The lesson from COVID-19: We first learned to survive in cold regions by wearing furs. Then we learned to heat air and retain it in buildings. Now we learn to always add water to heated air to prevent aerosol viral epidemics.

Challenge: Let's use humidity, masks and mitts to tame the epidemic ourselves, months before vaccines arrive.

I have supplied air humidifiers into my mother's seniors home.

- Grant Rigby, M.Sc.Food, farmer.
www.grantrigby.ca

RCMP remind operators of off-road vehicle laws and safety

By Standard staff

With snowmobile season fast approaching, the Manitoba RCMP are trying to get the word out about the rules for off-road vehicles. Every year, RCMP respond to numerous calls about snowmobiles, all-terrain vehicles, dirt bikes, and other off-road vehicles (ORV). If you're planning on taking one of these types of vehicles out on public land (ditches, roads, groomed snowmobile trails, or Crown land), the following rules apply:

- The ORV must be registered.
- You must be at least 14 years old to operate an ORV without supervision.
- 12-13-year-olds must only operate an ORV under the direct supervision (within direct sight) of a parent.
- You must be at least 16 years of age and possess a valid driver's licence in order to operate across a roadway or shoulder.
- You cannot operate an ORV with more passengers than the ORV is designed to carry;
- Everyone riding an ORV must wear an approved helmet, unless the vehicle is equipped with occupant roll-over protection and seat belts (and the seat belts are being used) or the vehicle is being used for farming, commercial fishing, hunting or trapping operations.
- You must not operate on the roadway or shoulder (see Section 34 of the Off-Road Vehicle Act for exceptions for agricultural purposes).
- You may only cross a roadway or shoulder at an intersection or designated ORV crossing such as a snowmobile trail crossing, and must hold a

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Learn more about becoming an immunizer and other jobs at manitoba.ca/vaccine

Continued on page 9

JANUARY IS THYROID AWARENESS MONTH: Thyroid Disease: Know the Facts



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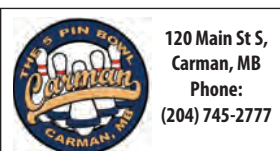
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Thyroid abnormalities are very common, yet before the founding of the Thyroid Foundation of Canada in 1980, no lay organization existed in North America to promote public education about thyroid disease and to promote public support of thyroid research.

Thyroid disorders for the most part are treatable; however, untreated thyroid disease can produce serious results in other parts of the body. Improved public awareness and understanding of thyroid disorders will enable patients and their families to cope more effectively with the sometimes disturbing course of thyroid illness. In this way individuals will also be better equipped to play a role in alerting their physicians to a suspected thyroid condition that may otherwise be difficult to diagnose in the sometimes slowly developing initial phases.

THE THYROID GLAND

The thyroid gland is a small butterfly-shaped gland at the base of the neck. It weighs only about 20 grams. However, the hormones it secretes are essential to growth and metabolism and regulate body function.

TYPES OF THYROID DISEASE

There are many types of thyroid disease. However, the main conditions present in most thyroid illnesses are hypothyroidism (thyroid under activity) and hyperthyroidism (thyroid over activity).

THYROID NODULES AND THYROID CANCER

Thyroid nodules are common and often require no treatment

but should be investigated since a small proportion of them are cancerous. The majority of thyroid cancers have a favourable prognosis and require a multidisciplinary approach. The team may include endocrinologists, radiologists, surgeons, pathologists, nuclear medicine specialists and sometimes oncologists. In the past years there has been a rise in the number of thyroid cancers being identified, largely due to the incidental discovery of small low risk cancers related to the increased use of neck imaging for other unrelated conditions. There has been no change however, in the mortality rate.

SYMPTOMS OF THYROID DISEASE

Signs and symptoms of hypothyroid and hyperthyroid conditions include:

Hypothyroidism

Slow heart beat
Muscular weakness
Sensitivity to cold
Dry skin
Slowed mental processes and poor memory
Constipation
Increased size of the thyroid
More on Hypothyroidism

Hyperthyroidism

Rapid and/or forceful heartbeat
Tremor
Muscular weakness
Weight loss in spite of increased appetite
Restlessness, anxiety and sleeplessness
Sweating and heat intolerance
Diarrhea
Eye changes
Increased size of the thyroid

More on Hyperthyroidism

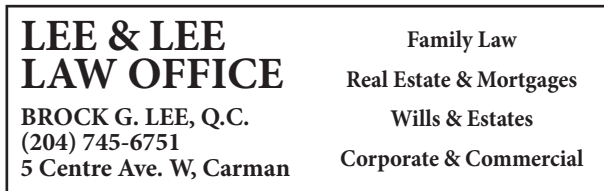
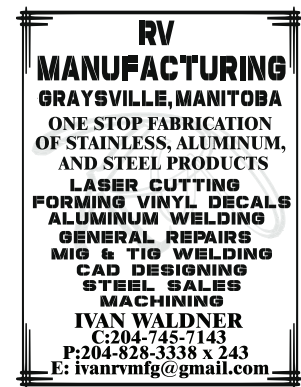
Each person's experience of thyroid illness differs depending on a number of factors; a patient will not necessarily have all (or even any) of the above symptoms and some patients have the symptoms in the absence of thyroid disease, perhaps due to other causes. A physician should be consulted if thyroid illness is suspected.

THE EMOTIONAL ASPECTS OF THYROID ILLNESS

There may be emotional reactions to thyroid illness. Hyperthyroid patients often feel unusually nervous or irritable. Hypothyroid patients can feel unusual fatigue or depression. It is important for thyroid patients and their families to understand that these reactions are common and if thyroid disease is the cause, then likely to resolve with treatment. It is also important to realize that some thyroid disorders develop very gradually and it can take a while before they disappear after treatment has been initiated. Since symptoms may not be easily recognized at first, subtle reactions in emotions or behaviour may be the only visible signs of thyroid disorder.

PROGNOSIS

Most patients with significant hypothyroidism need life long therapy with thyroid hormone replacement, and life long monitoring to ensure that the dose of thyroid hormone maintains thyroid function tests in the normal range. Occasionally some forms of thyroid dysfunction can resolve, for example viral thyroiditis can resolve in a relatively short period of months. Graves' (auto-immune) hyperthyroidism can go into remission, but may return. Sometimes mild abnormalities in thyroid blood tests do not require treatment in the absence of symptoms (subclinical thyroid dysfunction), but still requires monitoring.



Carman mayor recalls all the triumphs of a challenging year

By Becca Myskiw

Carman mayor Brent Owen said 2020 turned out to be a good year, all things considered.

It started off as a normal year with budget planning, infrastructure projects, and community grants. The town's strategic plan helped the council to map out those decisions, he said.

Soon, construction on the town's water reservoir project started and it's expected to be completed in spring of 2021, right on schedule. This project was funded by all three levels of government.

The Boyne Regional Library had their grand opening after the renovation

and expansion, which was completed in March and the Carman-Dufferin Fire Department received their new "much anticipated" fire truck.

"The arrival of COVID-19 brought much uncertainty," said Owen. "Communication both internal and external helped us adapt and respond to the ongoing changes as they evolved."

He said the community found new ways to meet the challenge of the pandemic in summer. The successful farmer's market, swimming lessons, and sports proved that.

The market moved to a new location by the fairgrounds, swimming lessons had smaller class sizes, and golf, tennis,

camping, boating, and kayaking all got residents outside to enjoy the summer months.

In the summer, construction season continued, working on the water distribution lines, street repair, and the instillation of new sidewalks. Carman Minor Ball worked on their "field of dreams", adding irrigation, backstops, fencing, and grass planting. The Boyne Lodge project is still ongoing along with the fiber internet project and the Blue Crescent Hotel project.

"As we look forward to 2021, the resiliency of our community will once again prove that no obstacle will hinder progress," said Owen.



Carman mayor
Brent Owen

Province provides \$5 million to support Manitoba restaurants

Submitted by Manitoba government

The Manitoba government is providing \$5 million to the Manitoba Chambers of Commerce to develop a program that provides financial relief to dine-in restaurants that have been affected financially by the province moving to Critical (red) on the #RestartMB Pandemic Response System and resulting public health orders, Premier Brian Pallister announced on Dec. 22.

"Manitoba's restaurant community has made significant sacrifices in order to help halt the spread of this deadly virus and protect all Manitobans during this crucial time in our fight against COVID-19," said Pallister. "Many businesses have taken on additional costs to adapt their operations to comply with public health orders and safely provide Manitobans

with the services they rely on while supporting their efforts to stay home. Our government continues to work with the business community to identify industry needs and help target our support to help offset new expenses."

Based on a recommendation from business leadership and stakeholders, the \$5-million Dine-in Restaurant Relief Program will be delivered by the Manitoba Chambers of Commerce in partnership with the Manitoba Restaurant and Foodservices Association. The program will be designed to provide a rebate to dine-in restaurants across Manitoba that have shifted to a delivery model as a result of moving to Critical (red) and subsequent public health orders. The rebate will help offset additional costs related to food delivery services, whether a restaurant provides its own delivery

service or uses a third-party delivery company.

"In a time when the restaurant industry in Manitoba has experienced significant revenue losses due to the

pandemic and code red restrictions, we are pleased to see our provincial government creating this initiative to

Continued on page 8

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Christmas card campaign gets a big response

By Lorne Stelmach

A Morden resident was pleasantly overwhelmed with the response to her campaign to collect and send Christmas cards to local seniors.

Shannon Vaughan had been uncertain what to anticipate when the idea came to her, but it certainly exceeded her expectations.

"It was an amazing response," said Vaughan, who estimated they collected and delivered around 600 cards before Christmas.

"I kept calling different residences, and I just had to keep moving on to the next one. I ran out of residences in Morden that I could get a hold of ... so I moved on to Winkler and then I moved on to Carman as well.

"It just shows the generosity here," said Vaughan, who had originally put the request for cards out through the In The Know Morden Facebook group.

"Some of the messages in the cards made so emo-

tional because they were so sweet and thoughtful," she continued. "It shows me how nice people are in this area, and they wanted to jump on board with this idea."

Vaughan's friend Tara Routhier did a lot of the legwork in collecting the cards, and together they saw a range of support and involvement materialize for the effort.

Sonia Funk donated over 200 of her Christmas CDs to be gifted to seniors and care home staff, and a wide array of residents, schools, classes, teachers, and various groups made cards.

"I think it sort of gave them something to focus on and an opportunity to do something good for the community," suggested Vaughan.

In Morden, they delivered cards to Tabor Home, Homestead South, Legion House 1 and 2, Elks Place and Cottonwood Terrace, while Winkler had cards taken to Salem Home and Carman had cards dropped off at Boyne Lodge.

Vaughan credited the community for making the project much better than she could have imagined.

"You have helped bring smiles to some seniors in the area and reminded them that we care and are thinking of them especially during the holidays," she said, noting she is considering making this an annual tradition.

"I don't think it's necessarily just because of COVID that seniors might need an extra boost around the holidays. Some of them may not have a lot of family," she noted. "So I might want to do this again."



SUPPLIED PHOTO

A campaign to deliver Christmas cards to local seniors saw upward of 600 go out throughout Morden, Winkler, and Carman.

CARMAN AREA FOUNDATION

Accepting

2021 GRANT APPLICATIONS!!

Does your charitable organization have a project that will benefit the community?

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An application form may be downloaded at www.carmanareafoundation.com or picked up at the Town of Carman office.



Applications must be received no later than **Friday, February 19, 2021 at 4:00 pm**

For more information, please e-mail exedir@carmanareafoundation.com
Or phone Granting Chair
Arthur Cameron at 204-343-2314

> RESTAURANT SUPPORT, FROM PG. 7

ensure some of the additional expenses of operating during this unprecedented time are recognized," said Shaun Jeffrey, executive director, Manitoba Restaurant and Foodservices Association. "We welcome this additional support to keep our restaurateurs' spirits up during this holiday season. We look forward to working with all the partners involved to get these supports to the businesses that need them the most while supporting them as they

rely on this lone revenue stream to keep them viable in the future."

The Dine-in Restaurant Relief Program is the second program rolled out from that \$50 million investment. On Dec. 3, the province announced a \$1.5-million commitment from the fund to help support business, and chambers of commerce throughout Manitoba in developing and promoting their community business. A portion of that funding was also allocated for the

GoodLocal online shopping platform and delivery service in the capital region, which connects local makers and merchants with buyers at www.goodlocal.ca.

The Manitoba Bridge Grant provides an immediate one-time payment of \$5,000 to small and medium-sized businesses, not-for-profit and charitable organizations that were directly ordered to temporarily cease operations or close their publicly accessible physical locations by Manitoba COVID-19 public-health orders in effect on Nov. 12. The province expanded the grant in December to include funding of up to \$5,000 for full-time Manitoba home-based businesses that have been affected by Manitoba COVID-19 public-health orders in effect as of Nov. 12. As of Dec. 21, the province has provided approximately \$43 million to 8,600 successful applicants.

More information on the Dine-in Restaurant Relief Program and how to apply will be available for restaurants in the weeks ahead.

Blaine Pedersen MLA for Midland

Constituency Office Hours

Mon and Tues, 9-4 pm
Friday 9-12pm
195 Main St S - Unit 2 Carman, MB
midlandmla@outlook.com
www.blainepedersen.com



Dufferin Reeve says 2020 showed the community's ability to succeed

By Becca Myskiw

George Gray, R.M. of Dufferin Reeve, said through the challenges of COVID-19, the municipality was still able to get all their priority work completed.

The year started as normal as any other. Gray and the council were working on the budget in January and through to February. They formed lists and documents to establish which projects would be a priority for 2020 and got them approved.

On the list was drainage, road building, gravelling, culvert replacement, spraying, mowing, and more.

"As the year unfolded, we became immersed in the COVID-19 pandemic," said Gray. "That's when everybody's world changed."

COVID-19 gradually became a pre-

dominant factor in the municipality. People were wearing masks in offices and on the streets. The R.M. office was closed, with employees encouraged to work from home. The public works shop was also closed to the public, but the employees were able to carry on business as usual — which made for a "successful" year for the municipality.

Residents abided by the rules and changed with the year as it went on.

"When you live in a rural setting, the calm and quick reaction to the restrictions, shows the strength of our citizens," said Gray.

Most of the priority work was completed in the summer and early fall when restrictions were relaxed, said Gray. The municipality was having meetings under normal settings and the work was getting done under

stressful circumstances.

"We knew it was a matter of time before restrictions would be tightened and implemented again," said Gray.

Then, when the second wave hit and the restrictions hardened again, sports venues and all non-essential businesses were closed. The R.M. employees were back to working from home if possible and the public works employees were still working, but with stricter guidelines of social distancing and mask-wearing.

"The way COVID-19 has changed the way we live and our relationships with each other is historic," said Gray. "The way our community has performed during this time of uncertainty speaks to the ability of our citizens to face diversity and succeed."



RM of Dufferin Reeve
George Gray

Manitoba government announces tax changes coming in 2021

Benefits for business and ratepayers will protect Manitobans' incomes

Submitted by Manitoba government

A number of tax savings that will benefit Manitobans and help to protect their hard-earned income will come into effect Jan. 1 or early in the new year, Finance Minister Scott Fielding announced on Dec. 31.

"Our government is committed to reducing the tax burden on Manitobans while strengthening the services we all depend on," said Fielding. "We are also making changes that will benefit Manitoba businesses and put them on a stronger footing as we work to overcome the financial challenges of the COVID-19 pandemic."

Manitoba personal income tax brackets and the Basic Personal Amount will increase by 2.2 per cent for the 2021 taxation year as they are indexed to the Manitoba Consumer Price Index. As a result, an estimated 3,300 taxpayers are expected to be

removed from the 2021 tax rolls, the minister noted.

Manitoba will also begin phasing out the Education Property Tax in 2021, as committed to in the most recent speech from the throne.

Other changes include:

- increasing the Health and Post-Secondary Education Tax Levy exemption threshold to \$1.5 million from \$1.25 million of annual remuneration. In addition, the threshold below which employers pay a reduced rate increases to \$3 million from \$2.5 million. The new thresholds will benefit approximately 1,000 Manitoba employers including exempting about 220 employers.

- making permanent the Manufacturing Investment Tax Credit that was to expire at the end of this year. It supports businesses that acquire qualified manufacturing and processing

plant, machinery and equipment for use in Manitoba.

- extending the Mineral Exploration Tax Credit for three years to Dec. 31, 2023, supporting Manitobans who invest in flow-through shares in qualifying mineral exploration companies engaged in Manitoba with a 30 per cent income tax credit.

- extending the Cultural Industries Printing Tax Credit one year, promoting the growth of Manitoba's print industry with a 35 per cent credit based on salaries and wages paid to Manitoba employees.

- extending the Community Enterprise Development Tax Credit one year, supporting investments in communities and community-based enterprises. Manitoba-resident investors are eligible for a 45 per cent refundable income tax credit on investments in eligible shares.

- reducing the interest rate on provincially administered tax debts, such as sales tax, health and post secondary education tax levy, fuel tax and to-

bacco tax, to prime plus four per cent from the current prime plus five per cent.

Eligible seniors who have not received their \$200 Seniors Economic Recovery Credit in 2020 are reminded that they are able to claim it when filing their 2020 personal income tax return in 2021.

"Our government values Manitoba seniors and know that they have made extraordinary sacrifices to build our province," said Fielding. "The Seniors Economic Recovery Credit is an important measure to protect our seniors and we encourage all those who are eligible to take advantage of this credit."

The minister also noted that as of Nov. 6, 2020, Manitoba became the first province in Western Canada to eliminate probate fees. Applications made to the Court of Queen's Bench for the probate of an estate of a deceased person no longer require the payment of probate fees.

> OFF-ROAD SAFETY, FROM PG. 5

valid driver's licence (see Section 35 of the Off-Road Vehicle Act);

- You must not carry open liquor or cannabis.

- You must operate the ORV in a safe and prudent manner;

- You must have headlights and tail lights on from 30 minutes prior to sunset until 30 minutes after sunrise.

When operating on private land (yards, farm land, pasture land, etc.), you need to ensure

you have permission of the land owner. While some provincial laws such as the Off-Road Vehicle Act do not apply to private property, the Criminal Code of Canada does. Therefore, operating an ORV while impaired or with a blood alcohol concentration or blood drug concentration over the legal limit is a criminal offence, as is operating an ORV in a dangerous manner.

"This past year, 50 per cent of

fatal ORV collisions involved alcohol and/or drugs," said Sergeant Mark Hume, Officer in Charge of Westman Traffic Services. "In 60 per cent of the collisions reported to police, the operator was found to be driving too fast and either lost control or struck an object."

"Of those killed in collisions, one in three were not wearing a helmet. All of these deaths could have been prevented."



Midland MLA Blaine Pedersen reflects on the year, our new normal

By Becca Myskiw

For Midland MLA Blaine Pedersen, 2020 was the year of adaptation.

It's no secret there were many changes and obstacles to deal with this year due to COVID-19, but Pedersen did his best not to let the pandemic take the spotlight in his life.

Just over a year ago, he was appointed Minister of Agriculture and Resource Development. Within that department, they had the goal of combining the three departments of structure, finances, and people into one — Pedersen that goal will be completed in early January of 2021.

Though this project will be completed soon after 2020, it isn't the only one going into the new year. Pedersen said due to the stress of the pandemic, many of his projects in the department that started last year will continue into this one.

He hopes to see the reorganized Ag-

riculture and Resource Development sector function efficiently once it is ready. Work, however, is not the only thing on his mind for 2021.

"I would think my goal would be similar to most Manitobans," said Pedersen. "Have an end to the pandemic so gatherings of family and friends can happen again."

He and his extended family went camping at West Hawk Lake during August long weekend of last year, and Pedersen said it was great. He was also able to go on a fishing trip to the north in June, but he missed out on seeing family from Edmonton due to COVID-19.

"Not being able to be with family and friends to celebrate a wedding or a life well lived has been stressful for everyone," he said.

And that stress has created enormous mental, physical, and financial stress for all Canadians.

He didn't just miss out on seeing his family, though. Pedersen said he wishes he could have met more people in his constituency face to face and visit more communities in the province.

Pedersen also missed out on a September fishing trip, but not because of the pandemic — he had hip surgery that month. He achieved a full recovery and mobility by November.

He also achieved mastering conference calls and video calls on various platforms. With that, Pedersen learned the new phrases along with the rest of the country like "social distancing", "travel restrictions", and "monitoring your health on a daily basis." He said these new ways of connecting with people and living life are going to give respect to the new normal this year.

"The family and financial stresses won't go away anytime soon," he said. "But Manitobans are resilient."



SUBMITTED PHOTO

Midland MLA Blaine Pedersen said 2020 brought the world a new normal.

ECS custodian working through COVID, changing with the times

By Becca Myskiw

A custodian at Elm Creek School (ECS) has seen change after change, but never like the ones 2020 brought.

Herman Neufeld has been keeping ECS spick and span for over 21 years. He got into the job because it was close to home, and he thought it was one he could comfortably retire from when the time came.

That time is nowhere in sight for him — he loves his job.

Neufeld enjoys being around the students and the teaching staff. He said everyone is great to work with and the environment is much nicer than ones he's previously worked in. He called ECS the "icing on the cake."

He used to be a regular custodian — cleaning up messes, ensuring the school was clean, and fixing the odd

chair or table here and there. But this year, Neufeld is working around the clock to do his job.

"There's a lot more spraying, disinfecting, and wiping," he said.

Every day, Neufeld shows up before school starts and gets the building ready for the day ahead. In the winter months, he might have to salt and shovel the sidewalk, but now he also has to sanitize every available surface.

Neufeld has to ensure everything in the classrooms is spaced out and that there's nothing left on the tables or in the desks as they have to be kept empty. He then has to go around and disinfect each surface in each classroom.

Once a room is vacated, he goes in to clean it out. And once Neufeld is done his job at 3:30 p.m., the custodian on the night shift comes in to fog



STANDARD PHOTO SUBMITTED

Elm Creek School custodian Herman Neufeld has worked before COVID and now he's working through it.

you," he said. "But we cope and make the best of things we can."

It was more difficult at the beginning of the school year to keep up with the demands as he got used to what he had to do now, but these days it's just

part of his routine.

Disinfecting and sanitizing are Neufeld's number one priorities these days. And though his job is more stressful now, he said he still loves it.

What's *Your* story?

We want to hear from you.

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

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service?

A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

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

The Carman-Dufferin
STANDARD

the school down and sanitize it for tomorrow.

Neufeld said his days are more stressful now because of the pressure to disinfect and sanitize everything. He's often needed in two places at once.

"Sometimes I'll need to be looking at things, but I can't take and drop the disinfecting part, so it puts more pressure on

Incredible Creatures: The surprising heroes behind chocolate production

By John Gavloski

It is well known that much of our food relies on insect pollinators. Without them there would be much less food. When you hear the word pollinator, what insects do you think of? If you said bees, that is a good answer, as for many food plants their role is critical. There are other plants though that require insects other than bees, such as a moth or flies, for their pollination. When you are enjoying a piece of chocolate, that experience would not be possible without an often unappreciated group of insects. In this month's Incredible Creatures we will explore the role of insects in the production of chocolate.

Not your average flowers

Chocolate is produced in seeds that grow in pods on cacao trees, *Theobroma cacao*. Cacao trees are small tropical trees that grow in the shade of larger trees in Central America, South America, Africa, and Asia. Flowers grow directly from the trunks and lower branches of these trees, and, when pollinated, produce the prized seed pods.

Cacao flowers are a bit different than what most of us think of as flowers. These flowers play hard to get. They're small, little white flowers that dangle vertically from the trunk of the cacao tree, and require tiny pollinators. And they are nearly odourless. At first glance it may seem like they don't provide any nectar, but microscopic nectaries are found on the stems and base of the flowers. The pollen producing parts (anthers) are hidden by hoods and can only be

accessed by tiny insects near the base of the flower. To reach that pollen, a honey bee would be useless. The flowers are not particularly attractive to pollinators, except some little flies.

No flies would mean no chocolate

The heroes of this story are a group of small flies collectively known as chocolate midges. Chocolate midges are very small flies (about 1 to 3 mm) that belong to a group (genus) of midges called *Forcipomyia*. These small flies seem to be the only creatures that work their way into the intricate flowers to pollinate. They most actively pollinate at dusk and dawn, in sync with the cacao flowers, which fully open right before sunrise. Individual cacao trees cannot pollinate themselves. Therefore the flies have to visit some other tree's flower bits, then make its way over to another tree to have a chance at pollinating it.

It's actually amazing that these tiny flies can pollinate the flowers at all. These flies are bad at flying, and they can barely carry enough pollen to pollinate one flower. And each flower only typically lasts between 24-48 hours. Only one out of every 400-500 flowers produce fruit.

Like other flies that are closely related to mosquitoes, the egg and larval stages of chocolate midges are tied closely to moist areas, and they primarily breed in the rainy season. Depending on the species, some of these midges lay their eggs in the rotting cocoa husks in plantations while others find



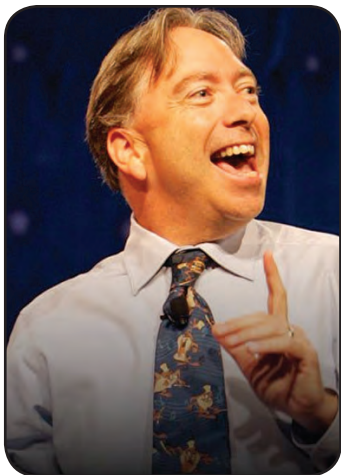
PHOTO SUBMITTED

Cacao tree. Note the pods, and tiny flowers dangling from the trunk and branches.

animal dung the perfect food for their babies. Regardless of the menu, the food has to be wet and rotting.

So next time you are sitting back and enjoying a cup of hot chocolate, raise a toast for chocolate midges. Without these flies, there would be no chocolate! Have a great Christmas. And enjoy some of the entomologically-assisted bounty with your Christmas festivities.

Manitoba Farm Women's Conference going on-line for 2021



SUPPLIED PHOTO

Michael Kerr and Rebecca Gray will be the guest speakers at the January and February online sessions. A March speaker has not yet been announced.

By Lorne Stelmach

An annual event where rural women meet to learn and share ideas to benefit themselves, their families, farms, and communities is moving online this year.

Pandemic restrictions prevent the Manitoba Farm Women's Conference from gathering in person, but organizers still feel it is vital to continue to help promote and advance awareness of what farm women contribute to the industry.

"Today's farm women are becoming increasingly more involved in running the farm," said Catherine Kroeker-Klassen, a farmer from southern Manitoba and vice-chairperson of the board for the Manitoba Egg Farmers.

She not only welcomed having the conference continue but also having the Manitoba government earlier proclaim Nov. 15-21 as Manitoba Farm Women's Week.

Initiatives like these are necessary to recognize the critical role that women play in the agricultural industry every single day, said Kroeker-Klassen.

"We are farmers in our own right. We choose farming as a career, sometimes aside from a life partner or husband," she noted. "We operate machinery, care for our flocks and herds, handle the finances and feed hungry bellies."

"Making that proclamation was special," she added. "It recognizes the strong contribution that farm women play in growing good food for Canada and shaping the landscape of our rural Manitoba communities."

The aim of the Manitoba Farm Women's Conference is to provide farm and rural women from around the province with an opportunity to expand their knowledge and communicate ideas.

For 2021, given the continuing restrictions, the event will be held through three online Zoom presentations Jan. 13, Feb. 17, and sometime in March (date and speaker still to be announced). Each one will start at 10:30 a.m. and go for about an hour.

The January session will feature Michael Kerr speaking on humour, leadership, and creativity. Kerr will help participants see the lighter side with



Prairie Rose School Division KINDERGARTEN REGISTRATIONS

If your child was born in 2016, he/she is eligible to attend kindergarten beginning September, 2021.

Parents and/or guardians are asked to contact one of the following schools:

École Carman Elementary School
Cecile Affleck, Principal (204) 745-2623

Elm Creek School
Leslie Howard, Interim Principal (204) 436-2354

Miami School
David Langill, Principal (204) 435-2441

Roland School
Brandy Chevalier, Principal (204) 343-2023

St. François Xavier School
Marc Tellier, Principal (204) 864-2868

École St. Eustache
Lindsay Noël, Principal (204) 353-2869

St. Laurent School
Crystal Millar-Courchene, Principal (204) 646-2209

Your child's birth certificate or Manitoba Health Card **MUST** be presented at the time of registration.

Registrations will be accepted between January 11 to 15, 2021, between 9:30 a.m. and 3:30 p.m.

Continued on page 12

> WOMEN'S CONFERENCE, FROM PG. 11

humour at work for less stress and more success as he addresses the idea of leading and laughing during turbulent times.

His presentations touch on how many businesses, families, and individuals are benefiting from leveraging their humour resources, simple but effective strategies for maintaining a

healthier, more optimistic mindset and the mental and physical health benefits of humour and laughter.

The second session in February will feature Rebecca Gray discussing the revamped mental health first aid course as well as some tips for one's overall mental health.

Gray holds a Bachelor of Social Work

from the University of Manitoba and a Master of Education from Brandon University and has worked as a professional foster parent, child welfare worker, behavior specialist and guidance counsellor in the K-12 school system as well as a student advisor and instructor in the post-secondary system. Gray is also a certified mental health first aid trainer and past

president of the Westman School Clinicians Association and Canadian Association of School Social Workers.

For more information on the Manitoba Farm Women's Conference, head to manitobafarmwomensconference.ca. The sessions will be free, but pre-registration is required.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Western Hockey League announces draft date change

Staff

The Western Hockey League announced on Dec. 22 that the 2021 WHL Draft, previously referred to as the WHL Bantam Draft, has been rescheduled and will be conducted in December 2021.

The WHL Draft was originally scheduled to take place in May 2021.

"Moving the 2021 WHL Draft from

May to December allows additional time for players in the 2006 age group to be evaluated following a challenging season due to the COVID-19 pandemic," said WHL commissioner Ron Robison in a statement. "We anticipate minor hockey leagues and tournaments will be fully operational in the fall, which will allow players to compete at a high level once again."

The WHL also announced that the 2021 WHL Cup is tentatively scheduled to be held in October 2021, featuring WHL Draft-eligible players. The event provides another opportunity for eligible players to showcase their talents to WHL scouts in advance of the 2021 WHL Draft.

The 2021 WHL Cup will feature Under-16 teams from each of Canada's

four Western branches - BC Hockey, Hockey Alberta, the Saskatchewan Hockey Association, and Hockey Manitoba - competing for U-16 supremacy in Western Canada.

The 2020 WHL Cup, which was scheduled to be held in October, was cancelled due to the coronavirus pandemic.

COVID-19 cancels Manitoba curling championships

Staff

Selkirk won't be the host of the Manitoba women's and men's curling provincials next month after all.

Curl Manitoba announced on Dec. 21 that those two events, scheduled to take place from Feb. 2-7 at the Selkirk Recreation Complex, along with the mixed doubles curling provincial championship, have been cancelled.

The mixed doubles provincials were slated to be held at the St. Vital Curl-

ing Club in mid-February.

Last season's winners will represent the province at the 2021 nationals which are set to take place in a bubble in Calgary in February and March.

Manitoba's mixed-doubles champions - Krysten Karwacki and Derek Samagalski - have accepted an invitation to participate in Calgary.

Jason Gunnlaugson, the 2020 Viterra champion, and his team from Morris will compete at the Brier for the sec-

ond consecutive year.

St. Vital's Jennifer Jones will make her 16th appearance at the nationals as she was the runner-up to Camp Morton's Kerri Einarson in last year's provincial final. Einarson won the Scotties Tournament of Hearts in February and will be Team Canada at this year's event. But she has not played much since that huge victory in February. Back in March, Team Einarson had just arrived in Prince George, B.C.

for the World Championships when the decision was made to cancel the event because of COVID-19 the day before the competition was scheduled to start. More recently in mid-November, Team Einarson defeated Kelsey Rocque in the opening draw of the Okotoks Ladies Classic but that bonspiel was soon cancelled when the Province of Alberta announced tighter restrictions for battling the coronavirus.

WHL delays start of regular season again

Staff

The Western Hockey League announced on Dec. 15 that it will delay the start of the 2020-21 regular season.

Following further consultation with regional health authorities, the Board of Governors will meet in January to consider potential start dates.

With public health restrictions in

place across Western Canada and the Pacific Northwest U.S., the WHL is not in a position to start its regular season as planned on Jan. 8.

The WHL will continue to work with Government and Health Authorities as they consider schedule options for the 2020-21 season. The WHL has developed a series of protocols in con-

sultation with health authorities that are necessary to protect WHL players, staff, officials, and fans during the COVID-19 pandemic.

"We continue to make every effort to get our season started, but our first priority has always been the health and safety of our players, and everyone associated with the WHL," said

WHL commissioner Ron Robison. "Given the public health restrictions that are currently in effect, we are not in a position to determine a new target date for our season. We will continue to consult with health authorities to determine when it is safe and responsible to get our season started."

Stonewall to host four major baseball championships this summer

Staff

Baseball Manitoba announced the host sights for the 2021 Provincial, Western, and Canadian Champion-

ships last week. And Fines Field will be a very busy place this summer with Stonewall hosting four major events.

The U11 "AA" provincials will be held

in Stonewall from July 16-18, followed by the 21U "AAA" Western Canadian Championship slated for Aug. 13-16.

The 14U girls' Western Canadian

Championship is set for Aug. 20-22 while Baseball Canada's Women's Nationals will run Aug. 19-22 in Stonewall.

get inspired

> MEAL IDEAS



Prep time: 30 minutes
Servings: 2
4 tablespoons creamy peanut butter
3 tablespoons lime juice
2 tablespoons water
4 teaspoons hoisin sauce
2 teaspoons soy sauce
2 teaspoons sriracha
2 French baguette rolls (6 inches each)
1/2 cup cucumber, sliced

RED RIVER CO-OP FOOD STORE

Veggie Sammies with Peanut Butter Satay Sauce

1/2 cup white onion, sliced into thin strips
1/2 cup red bell pepper, sliced into thin strips
1/2 cup purple cabbage
1/2 cup fresh cilantro
In small bowl, combine peanut butter, lime juice, water, hoisin sauce, soy sauce and sriracha; mix well.
Spread sauce on both sides of each roll then layer with cucumber, onion and bell pepper. Top with cabbage and cilantro.



Recipe courtesy of the National Peanut Board

Prep time: 5 minutes
Cook time: 35 minutes
Servings: 8
2 teaspoons oil
1/2 large white onion, chopped
1/2 green bell pepper, chopped
1/2 red bell pepper, chopped
2 garlic cloves, chopped
1/2 teaspoon salt
1 teaspoon cumin
1 teaspoon chili powder
1 tablespoon tomato paste
1 can crushed tomatoes
1 can whole tomatoes
2 cups water

Very Vegan Peanut Butter Jackfruit Chili

1 can red kidney beans, drained and rinsed
1 can green jackfruit, drained and chopped
1/4 cup peanut butter
cornbread (optional)
tortilla chips (optional)
cinnamon rolls (optional)
Heat large, heavy-bottomed pot over medium heat. Add oil, onion and peppers; cook 3 minutes, stirring often. Add garlic, salt, cumin, chili powder and tomato paste, stirring to coat. Cook 1-2 minutes, stirring constantly, then stir in crushed tomatoes, whole tomatoes, water, kidney beans and jackfruit; bring to boil then reduce heat to medium-low. Simmer 25-30 minutes. Stir in peanut butter and simmer 5 minutes.
Serve with cornbread, tortilla chips or cinnamon rolls, if desired.

Peanut Granola Bars

Prep time: 10 minutes
Cook time: 6 minutes, plus 30-45 minutes cooling time
Servings: 12-14
1/2 cup honey
6 tablespoons unsalted butter
2 tablespoons creamy peanut butter
1/2 cup light brown sugar, firmly packed
1 teaspoon vanilla
1/4 teaspoon salt
2 cups rolled oats (quick or regular)
1 cup bran flakes



1 cup sweetened coconut flakes
1 cup dried fruit (raisins, blueberries or cranberries)
1 cup roasted peanuts, chopped
In large, shallow, microwavable dish, combine honey, butter, peanut butter, brown sugar, vanilla and salt. Microwave at 50% power 2 minutes then whisk to combine and microwave at 50% power 2 minutes.

Add oats, bran flakes, coconut flakes, dried fruit and peanuts; stir to combine. Microwave on high 1 minute. Stir and microwave 30 seconds.

Press mixture into 13-by-9-inch baking dish lined with parchment or wax paper with some extra hanging over edges to easily lift bars out. Use bottom of glass wrapped with plastic wrap to press granola mixture firmly into pan. Allow to cool completely 30-45 minutes. Cut into 12-14 bars.

See past the distractions and dream big

By Shawna Howard

Has the COVID-19 pandemic left you less than enthusiastic about your future? Are you feeling so uncertain that you don't know what to do next? Keep in mind this is merely a season and if you will see past the outward circumstances you can use this time to grow, build character, strength, endurance, to take steps towards Gods will for your life. You have an amazing destiny to fulfil, one with a purpose uniquely tailored to you. You have gifts and talents placed inside of you that will work together beautifully with your life experiences. Once you understand that those specific talents, gifts, strengths and passions are inside of you for a reason; you won't be satisfied with an idle life. You will yearn to fulfil your dreams and calling; seeking out what's been placed on your heart.

If we truly knew the awesome way in which we were created to fulfil a one of a kind purpose; we would run our race focused, driven and determined to block out the ever present distractions that get us side tracked and off course.

Distractions are hard to avoid, especially in today's world. We've all got things to do and obligations to fulfil, but I'm talking about the "unnecessary distractions". They give us a reason to idle, to procrastinate, to merely exist as we waste precious time. It's easy to just coast. The thing is; easy doesn't fulfil, ignite passion or have lasting rewards. Easy leaves us with regrets.

It's time to step out and take a chance on that dream that's been bubbling inside of you! You can try to push it down and ignore it, but it's like a beach ball under the water; you can sit on it, hold it down, pretend it's not under the surface but sooner or later it pops right back up! It will keep surfacing, just waiting for you to take that step of faith!

Your dream may feel out of reach or seem to be taking longer than you'd like, but if you recognize and reduce the distractions, stay faithful and do your part it will happen exactly when it is supposed to happen.

Sometimes we procrastinate. We put off making a move by finding excuses why it will never work out or look for other "distractions" to avoid taking that first step. This is most always because of doubt and fear. Fear of the unknown, fear it won't work out, fear of judgement, fear we haven't heard God right, fear we will lose our friends, fear of failure or rejection and possibly even a fear of success. Can I tell you; fear is merely a feeling. It only has the power you choose to give it. If we make decisions based on our feelings, they will run our life.

Other times we rush ahead trying to force our dream to happen. When we get ahead of ourselves; it rarely works out and we lose our joy along the way.

Every-thing is beautiful in its right timing.

To avoid heartache we must take one guided step at a time; growing in knowledge, truth and wisdom, building character through life experiences. Every single struggle, heartache, disappointment is stretching you, growing you, build-ing your character if you'll let it. You are being moulded for something amazing!

Sometimes we make excuses. Can I encourage you; you are not too old, or too young, you haven't made too many mistakes and that person that said you can't is not the decider. You already have exactly what you need to take the first step. You are smart enough, brave enough and you aren't dreaming too big. Stop doubting!

There may be times when we don't know exactly what to do next, that's where faith fills the gaps. I love this: "Do your part, let God do the rest."

Don't get discouraged when a family member or close friend doesn't support you. You know what God has placed on your heart. Surround yourself with positive people who inspire and encourage you. Ignore the naysayers, they are simply a distraction. It takes no courage at all to be a cynic.

You are desperately needed in ways you cannot even fathom. So you see, if you don't pursue your dream we all miss out.

I hope this message has inspired you to dig deep and step out in faith. Only you can start the process of making your dreams a reality. Don't wait until the end of your life and ask yourself why you never tried.

Some Coaching Questions for You:

1. Do you know what your dream is? Start by writing down your core values, your strengths, life experiences that have built character and what you see for your future.

2. What is it that keeps you up at night and wakes you up early in the morning?

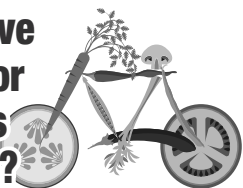
3. Is there something holding you back? Identification is the first step to overcoming.

4. Still unclear? Message me for a coaching tool to help clear the cobwebs. Re-member it's a process, not to be rushed. It's like brushing long hair after swim-ming in a chlorinated pool; a slow and careful process that detangles one knot at a time. The result? Clearly defined, beauty.

If you want help and support in the discovery process, or just don't know where to start, please reach out to me. Together we can uncover your deepest desires and what's holding you back from stepping out into your purpose.

Be bold and courageous,
Shawna Howard Certified Life Coach
Email: daretosoarlifecoaching@gmail.com

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NOTICES

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CARD OF THANKS

Thank you to my dear friends and family for the many ways you made my birthday so special and happy.

-Olive Foote

Remember Your Loved Ones

with an Announcement in the

The Carman-Dufferin
STANDARD
Call 467-5836

DENNIS' WISH LIST!

I am preparing stories on the following subjects:

- Carman Co-op Flying Club
- 1970 Soaring Championships
- Rex & York Cafes
- Carman Bowling Lanes
- Charley Red Star/UFOs

If any of our readers have memories or pictures to share of any of these subjects please forward to me @ denjohnyoung@gmail.com.

Thanks for continuing to enjoy Carman's past!

The Carman-Dufferin
STANDARD

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Crossword Answer

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This position should possess the following skills/knowledge:

- Strong leadership, interpersonal and team building skills
- Demonstrated knowledge of regulations and freight issues
- Intermediate computer skills
- Understanding of the complexity of dispatching loads
- Courteous/friendly/positive representation of ADS
- Effective written and oral skills
- Strong organization and multi-tasking skills

More details available to position candidates.

NOW HIRING: RECEPTIONIST/DATA ENTRY SPECIALIST

Responsibilities of this position include but not limited to:

- Call management /answer multi-line phone, directing calls
- Greeting drive up customers, truckers etc. (no customers in office due to Covid restrictions)
- Data support and filing for manufacturing, freight operations, accounting, etc.

This position reports directly to the Plant Manager

This position should possess the following skills/knowledge:

- Self-motivated
- Energetic
- dependability
- Ability to learn new skills
- Team oriented
- Basic Mathematical skills
- Professionalism
- Strong interpersonal skills
- Intermediate computer skills (MS Office)

• Strong organization and time management
Education Requirements: High School Diploma or equivalent
Preferred Experience:

- 1-2 years office/computer experience
- Effective written and oral skills

More details available to position candidates.

Please send job applications along with resume to:

Gord Unger gord.unger@ads-pipe.com



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OBITUARY



David Leonard Beskorowayny
1970 - 2020

It is with great sadness we announce the untimely passing of David Beskorowayny on December 28, 2020 at the Health Sciences Centre at the age of 50 years.

He is survived by his wife Leanne; his son Jeff; his sisters Lisa (Rick) Toffan and Bonnie (Russ) Thompson; his brother Scott; his mother-in-law Claire Madsen as well as his in-laws, Gisele (Bill) Harding, Danny (Kathy) Raimbault, Marc (Cheryl) Raimbault, Tracey Raimbault, Lori Hutcheson, Trina (Curt) Wytinck and Ken Hutcheson; his step mother-in-law Elaine Raimbault; as well as numerous nieces, nephews, relatives and friends.

Dave is predeceased by his mother Jeanette Beskorowayny; nephew Dustin Thompson; uncles Morris Boyes and Leonard Boyes; father-in-law Pete Raimbault; brothers-in-law Brian

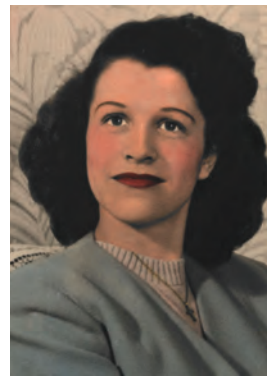
Raimbault and Glen Rogers.

With respect to his wishes, there will be no formal service.

Memorial donations can be made to Spirit of Hope Rescue 821 St. Joseph Street, Winnipeg, MB R2H 3A8.

To view this obituary and leave condolences, please visit www.afh.ca

Adam's Funeral Home
of Notre Dame de Lourdes, Manitoba
in care of arrangements
Phone 204-248-2201



Lucille Marie Tessier Sanders
May 18, 1923 to December 19, 2020

After a long life devoted to family, Lucille passed away at Salem Home, with family at her side.

Her last days were not without discomfort and pain, but thankfully the very final few hours were completely peaceful and blessedly brief.

Mom was an avid sports enthusiast, from figure skating, she always enjoyed reminiscing about her performance in an Ice Carnival in the 1950's in a duet with Miss Doolan; to tennis, golf, baseball, hockey, and even Ski-doo racing in her forties. She reached good plateaus of achievement in several of these sports, but could never compete at the same level of excellence as her beloved husband Barrie attained in golf. She was never jealous of this, just quite proud for the winning ways that made her husband

so happy.

She was a woman ahead of her time; her first choice for career was to join the RCMP; perhaps the influence of her well-loved star Nelson Eddy in the 1936 movie 'Rose Marie' might have been the reason. This not being possible, she became an RN, graduating from the Misericordia Hospital in 1945. She went on to a brief career at the Carman Memorial Hospital, for a time Acting Head Nurse. Although quite young, she had the confidence of Dr. Cunningham, and did not let him down.

Although extremely shy and unassuming, she had a vaudevillian streak in her nature, enjoying participating in amateur contests that were popular for those growing up in the Depression era. She loved to dance. Although those opportunities were rare, she never complained. Her loving caregivers in later years could always count on her to enjoy a few dancing steps when the music moved her, even as she was becoming frail. Marnie and Tawny (and Brenda) were willing and caring dancing partners, bringing past remembered joy to Mom. Thanks for doing that from the heart ♡. Mom was in Marnie's Good Hands for over seven years, and we will never, ever, even if given a hundred years, be able to adequately thank her for her love and devotion to Mom, and to Dad.

Mom was the last surviving member of the Tessier family from Elm Creek, as Dad was the last in his family. Together for over 71 years, the sometimes cruel passage of time stripped away immediate family and contemporaries, but they soldiered on as life went on, long after the thrill of living had gone. Uncomplaining and resigned to God's plan for their lives, they lived up to the moniker their generation has certainly earned, 'The Greatest Generation.' We should be thankful for the bar for our generations being set so high.

The terrible shock of loss is lessened as the realization sets in that our loved ones have been released from the painful prisons that our own bodies can become. This sense that they are in a better place, safe from harm, is appreciated more each day with the healing only time can bring. We all miss both Mom and Dad, but it would only be for our own selfish sakes to want them back from Paradise, where lament and loneliness are no more. It is now but for us to live well, with grace and courage, as they did, and honour their memory in that manner; until we ourselves have the mysteries of life revealed to us, in God's good time. As faith teaches us.

As a gesture of memorial to Mom, offering a kind word to someone, even, or, especially, a stranger, making time to visit an aged relative or friend, or taking stock of personal blessings would honour her.

The care for both Mom and Dad tenderly provided at Salem Home was always professional and heartfelt, especially during the difficult last hours; for that we will always be grateful. Thank you Brenda for saving Mom's life during a medical emergency in her home years ago. You were a beloved and special friend for Mom during the lonely years at home.

Memorial donations may be made to the Boyne Valley Hostel Corporation, Box 910, Carman, MB R0G 0J0.

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

take a break > GAME

X CROSSWORD

CLUES ACROSS

1. Partner to "oohed"
6. Relaxing places
10. Humorous monologue
14. Simple elegance
15. Bearable
17. Disobedience
19. Express delight
20. Gov't attorneys
21. Wake up
22. A type of band
23. Remain as is
24. Turfs
26. Battle-ax
29. Volcanic crater
31. The mother of Jesus
32. One's life history
34. "Rule, Britannia" composer
35. Doubles
37. Jacob ___, American journalist
38. House pet
39. S. African river
40. Broad sashes
41. Establish as a foundation
43. KGB double agent Aldrich __
45. Part of a book
46. Taxi
47. Pancakes made from

buckwheat flour

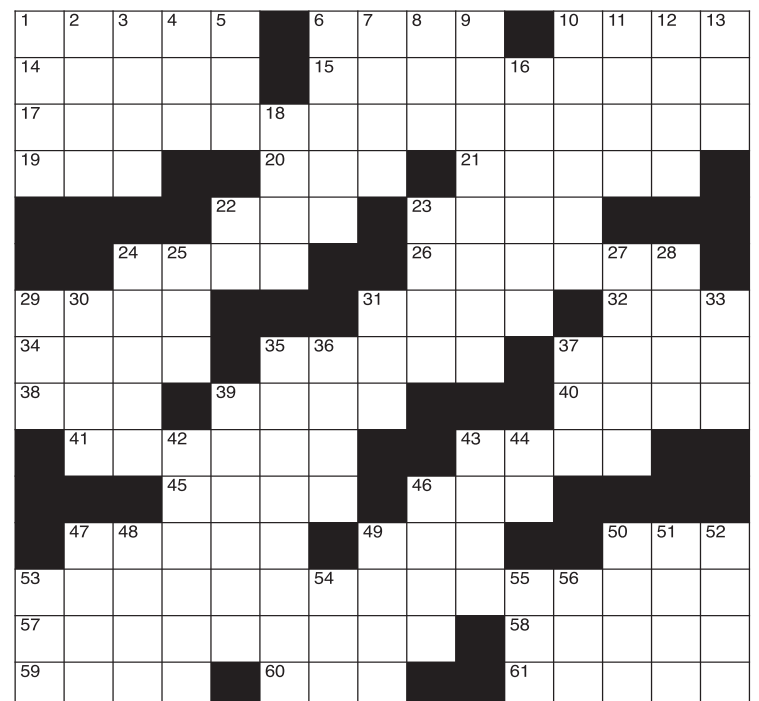
49. Train group (abbr.)
50. Frames per second
53. Have surgery
57. Formal withdrawal from a federation
58. Guitarist sounds
59. Greek war god
60. 2,000 lbs.
61. Helps escape

CLUES DOWN

1. Currency exchange charge
2. River in Tuscany
3. Breakfast dish
4. Defunct European currency
5. Upper class young woman
6. Part of a purse
7. Self-contained units
8. Boxing's GOAT
9. Legislators
10. Flightless birds
11. U. of Miami's mascot is one
12. Floating ice
13. Low, marshy land
16. Seldom
18. Lyric poems
22. Law enforcement agency

(abbr.)

23. Full extent of something
24. ___ Claus
25. Naturally occurring solid material
27. Acquired brain injury behavior science (abbr.)
28. Thirteen
29. Partner to cheese
30. Member of a Semitic people
31. One thousandth of an inch
33. Former CIA
35. Most lemony
36. Engage in
37. Small Eurasian deer
39. Provisions
42. All humans have them
43. Swiss river
44. Storage term (abbr.)
46. Famed Broadway lyricist Sammy
47. Dutch colonist
48. Full-grown pike fish
49. Egyptian sun god
50. Flute
51. Flew off!
52. Scottish tax
53. Young women's association



54. Populous Brazilian city
55. Malaysian Isthmus
56. Pointed end of a pen

Answers on pg 14.

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