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Outdoor fun

STANDARD PHOTO BY BECCA MYSKIW

River Proutt, left, Johnny Zastre, middle, and Josey Friesen hit the Boyne River trail on Saturday afternoon to enjoy the warm winter weather together.

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Border Hills Honey growing year after year

By Becca Myskiw

Almost 10 years after its start, Border Hills Honey has grown more than 46 times its original size.

The business began in 2013 when Josh Wiebe was looking for a way to “offset the costs of returning to country living.” He came across honeybees and the honey business and was instantly fascinated to make a living by caring for insects.

“This fascination led to the purchase of five honeybee colonies that spring and was the start of what would be Border Hills Honey,” said Wiebe.

The business strives for self-sustainability. Their first goal, Wiebe said, is to ensure their bees are well cared for and are healthy because those bees make the most honey. They rely on splitting their new colonies of bees with the queens they raise on their farm because it offsets the costs of buying.

“This is more labour intensive but allows us to ensure the bees we keep are well suited for our Canadian climate, low stress, and of the highest quality,” he said.

In 2022, Border Hills Honey has 232 honeybee colonies — 46.4 times their original number. Wiebe is the presi-

dent and CEO, and Kayla Wiebe is the vice president. Their hives are set up south of Carman around Roland and they have arrangements with local farmers to keep their bees near the crops that offer the best flowers for honey producers.

The beekeeper’s workloads are intense in spring, summer, and fall, said Wiebe. In spring, the hives are inspected weekly to ensure they have room to grow and that they have the food they need for that growth.

From around June 15 to the end of August is honey season, meaning the bees are now strong and don’t need constant attention other than Border Hills Honey, making sure the insects have room to pack away honey. Then, preparation for winter begins in September, and by November, the bees are ready for the cold.

Wiebe attributes the growing success of the business to their sustainability focus, making their products widely available, and the community support they receive. They set up at farmer’s markets across Manitoba, which they call a grassroots way of building awareness of their products.

“People love to connect with the

Continued on page 6



Josh Wiebe is the president and CEO of the business.



Kayla Wiebe is the vice president of the business.



STANDARD PHOTOS SUBMITTED

Border Hills Honey is based in Roland. They’ve multiplied their number of hives by more than 46 in their nine years of business.

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MEMBER VOTE
January 25 - 27, 2022

HOW TO VOTE:

- 1 www.accessvotes.ca**
Voting begins at 9:00 am CST on January 25th and ends during the Special Meeting of Members on January 27th.
- 2 At any Access, Noventis or Sunova CU branch**
January 25, 26 and 27 during branch operating hours.



SPECIAL MEETING
January 27, 2022 6:00 pm CST

Voting will conclude during a **pre-registered**, virtual **Special Meeting of Members on January 27, which will begin at 6:00 pm CST.** Vote results will be announced prior to adjournment.

If you have questions or to pre-register to attend the Special Meeting of Members, connect with us:

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Visit: cusuccess.ca

Email: together@accesscu.ca

Local businesses closing for the month due to rising COVID case count

By Becca Myskiw

With the current rising number of COVID cases, some businesses in the area are closing their doors indefinitely.

After their Christmas break, Scotswood Links in Elm Creek decided not to reopen their restaurant and lounge. General manager Clark Sisson said at the time, more public health restrictions were on the way, and case numbers were beginning to go up.

"It was clear to us that a lot of people would get infected during this wave," he said. "Public health orders allow us to stay open, but financially it just doesn't make sense right now for us."

He said people are understandably hesitant to head out now and take-out alone isn't bringing in enough money. Along with that, Scotswood Links has a small core staff during the winter months, so if one gets sick and can't come in, they'd have a hard time filling their shift on short notice. The extended break and remote learning put pressure on his staff to stay home with their children instead of working. So far, the golf course knows they'll keep their restaurant and lounge closed for January, making the decision to either stay closed or remain open later in the month.

"For us, we are obviously a lot more busy during the golf season," said Sisson. "When restaurants were closed down prior during golf season, our restaurant stayed open for takeout. It's never easy to decide to close down, even during the quietest part of the season."

Most of Scotswood Links' part-time staff have other jobs to pay their bills with, but they're out of



STANDARD PHOTO SUBMITTED
Increased COVID case counts force a number of businesses to close their doors temporarily.

the extra hours and tips they would have got at the course.

For now, Sisson said they're looking forward and hoping to have another chef's table in February and again in March, but they're waiting for people to be more comfortable dining in. To ensure everyone is comfortable as can be, they encourage everyone to get vaccinated.

Boyne Regional Library and Nine Lives Fashions have also closed their doors to the public, with both still offering curbside pickup.

Librarian Sandra Yeo said they closed simply due to the surge of COVID cases in the community. They don't have a reopening date, but they are offering curbside pickup for those needing new reads. To place the order, people can call the library at (204)745-3504 or email them at carmanlibrary@outlook.com, then pick up their books during open hours. Book return is open 24/7.

Marge Warkentin, owner of Nine Lives Fashions said they closed for three reasons: A large number of COVID cases in Carman, employees needing to be home with their children for remote learning, and "the reality that January has traditionally not been a busy season for shopping at consignment stores."

They are still offering in-person shopping for those who want new finds. To book an appointment, people can call (204)745-3632 or (204)745-2874. They can also email mdwarkentin@gmail.com or message the business through their Facebook page.

Outdoor learning under the sun

STANDARD PHOTO BY BECCA MYSKIW

Theo Prich spent his Saturday afternoon learning to skate on the Boyne River trail. He and his family came onto the river off of 4th Street SW where a gradual decline leads to three benches on the side of the ice. Skaters can also head onto the ice by taking the newly installed stairs at Ryall Park.



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Province shifting from prevention to mitigation with COVID-19

By Ashleigh Viveiros

As the more contagious omicron variant of COVID-19 continues to spread, Manitoba is shifting its focus from prevention to mitigation, officials announced last week.

Premier Heather Stefanson was joined by Health Minister Audrey Gordon, Deputy Chief Public Health Officer Dr. Jazz Atwal, and Vaccine Task Force medical lead Dr. Joss Reimer at a news conference in Winnipeg Jan. 12.

"COVID-19 is no longer an emerging illness," said Dr. Atwal. "It is here to stay, and our ability to contain the virus is limited. It is highly likely that everyone will be exposed to the virus in the coming weeks.

"Some Manitobans will have immunity from a previous infection or vaccines," he continued. "This will make COVID cases less severe, but the sheer number of cases still has the potential to overwhelm our health care system, which is something we are monitoring closely."

Due to how fast omicron spreads compared to earlier forms of the virus, the province is moving away from individual case management to instead managing risk at the community level, Atwal said.

"We have to shift to mitigating the impact of COVID-19 and away from containing the virus," he said, stressing that this shift "does not mean public health has given up the fight against COVID-19. It means we are shifting our approaches to focus our efforts and our resources to best manage the risks."

That includes increasing vaccination appointments, shifting medical staff to needed areas, and also identifying those patients eligible for antibody and antiviral treatments, Atwal said.

Premier Stefanson urged Manitobans to continue to do their part to protect themselves.

"As Manitobans we all have a role to play. Follow the fundamentals. Mitigate your own risk and get fully vaccinated," she said. "Vaccines work. And

now more than ever with the omicron variant circulating throughout Manitoba it's crucial that all Manitobans get fully vaccinated, including the third dose when you're eligible."

Stefanson was asked repeatedly whether the government had received recommendations from public health for stricter restrictions to try and curb the spread of omicron.

"We have already some of the most stringent rules in place. We put those in place, also, just a reminder, earlier than other provinces," she said in response.

The premier also noted the government is taking advice from more than just public health officials.

"I think what we need is to go and have a more balanced approach moving forward," she said. "I certainly have been reaching out to [the] business community, we know that pediatricians were out earlier this week talking about the importance of getting kids back to school. This is all of the advice that we need to get from professionals out there, so it's not just falling at the feet of public health.

"At the end of the day, we'll take advice from public health, but we will be taking advice from other Manitobans as well moving forward," Stefanson said. "We need to start looking at longer term and how we're going to live with this virus."

Stefanson said the province has plans in place to provide the health care system with needed resources and staff, including bringing in internationally trained nurses to fill some of the gaps.

"As a government we are committed to providing additional support and staffing help as we continue to navigate these unprecedented COVID challenges."

Vaccine protection

Officials continue to stress the importance of vaccination when it comes to protecting oneself against severe COVID-19 outcomes.

Dr. Reimer shared data compiled in

Manitoba from Nov. 22 to Jan. 3 that shows someone with just one dose of vaccine is three times less likely to end up in an intensive care unit due to COVID-19 than someone who is unvaccinated.

Further, someone with two doses of vaccine is 19 times less likely to need ICU care than an unvaccinated individual. That number jumps to 139 times less likely once you receive the booster shot.

Similarly, the risk of death for a vaccinated person compared to an unvaccinated person who contracts COVID-19 is 63 times less likely with three shots, 19 times less likely with two, and 11 times less likely with one dose.

"The vaccine is not providing the protection we had hoped against omicron infection overall," Reimer said, acknowledging that vaccinated individuals can still contract the virus, though they generally fall far less ill with it than unvaccinated individuals. "This data—that comes from December and is Manitoba data—is very reassuring about how we can continue to protect ourselves against ending up in the hospital or worse."

Manitoba has a limited number of intensive care unit beds—beds that are needed as well for non-COVID-19 health care emergencies—so keeping people out of them is paramount. Before the pandemic, Manitoba's ICU capacity was 72. Now there are around 110 beds.

As of Monday, there were 601 people hospitalized with COVID-19 in Manitoba and 47 people in ICU.

In Monday's COVID-19 bulletin, the province noted that over seven days ending Jan. 13, there were 335 new hospitalization—a 40.2 per cent increase over the previous week—and 37 new ICU cases—an 85 per cent increase.

The province also announced 20 more deaths due to COVID-19 on Monday, bringing the death toll to 1,463.

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A financially successful year for Carman chamber

By Becca Myskiw

Last year was the most successful yet for the Carman and Community Chamber of Commerce.

The Chamber's January meeting was held virtually on Jan. 11. Members reviewed the income statement for 2021, which showed the Carman and Community Chamber of Commerce's total revenue for the year was \$66,711.48 on a budget of \$44,850. The largest source of increased income was from memberships, which generated \$20,600 in 2021, \$3,600 more than the budget.

A basic annual membership was \$125

and \$50 for non-profits. A membership lasts from Jan. 1 to Dec. 31.

The chamber's expenses were up \$1,000. Expenses totalled \$35,672.21 on a budget of \$34,645. The chamber netted \$31,039.27 for the year on a budget of \$10,205. The Carman and Community Chamber of Commerce's largest expense was executive director Jodi Winkler's \$18,200 salary for the year.

Last year, the chamber's total revenue was \$29,935.37 and their total expenses were \$32,265, netting them a loss of \$2,329.86. In 2021, memberships generated \$3,375 more than 2020 and

the chamber golf tournament made over \$18,000 more than last year's tournament. Those, along with the extra government funding and various Manitoba chamber grants, helped the chamber to have a successful 2021.

"We are hopeful that we see new faces on the various committees and that you bring us your ideas for how we can be of assistance to you going forward," said president Marni Harrison.

Also at the January meeting, the chamber talked about the many highlights in December. The main one was awarding \$6,700 in Chamber Bucks to

67 people for the 'Keep the Cheer Here' campaign, the \$1,000 Chamber Bucks donation to the cheer board, \$500 to the BackDoor Youth Centre, and \$2,000 worth of gift cards for local healthcare workers. As people head into the post-holiday shopping lull, Harrison encourages everyone to focus on shopping local in the coming weeks. The chamber also hopes to see new members in 2022.

To help grow those numbers, existing members can sponsor a new member for \$50. Membership packages for the year will be sent out soon.

Accessing health services while emergency department closed

By Becca Myskiw

The Carman Memorial Hospital's emergency department is closed currently, and Southern Health-Santé Sud reminds people where to go for which health concerns.

The hospital is undergoing upgrades to its heating and ventilation systems, and as a result, its emergency services won't be back in service until mid-February. However, Southern Health

reminds you that if you are seriously ill, to call 9-1-1 and you'll be taken to the closest centre by ambulance with an open emergency department. An emergency is a life-threatening condition such as an accident, a stroke, severe difficulty breathing, a heart attack, sudden severe headache, seizure, and severe burns.

For non-urgent, non-life-threatening issues, go to your family doctor

or physician or call Health Links at 1-888-315-9257 to get more information.

Urgent care is available at the Carman Community Health Centre Monday to Friday from 5 p.m. to 8 p.m., Saturday from 10 a.m. to 4 p.m., and Sunday from 10 a.m. to 2 p.m. Call ahead before going. There is also 24/7 urgent care available at Boundary Trails Health Centre and the Portage

District General Hospital. Go to urgent care urgent, non-life-threatening concerns such as breathing difficulties, cuts, eye irritations, falls, minor broken bones and fractures, sprains and strains, and urinary tract infections.

Southern Health says if you are unsure about your condition and which services to access because of it, call Health Links and 1-88-315-9257.

Schools no longer notifying COVID close contacts

By Ashleigh Viveiros

Manitoba is changing the way it does contact tracing when it comes to staff and students getting sick in schools.

Education Minister Cliff Cullen announced last week that schools will no longer provide close contact notification and notification letters on individual cases.

"We are dealing with a different virus," he said, referring to the more contagious omicron variant that is causing Manitoba's number of cases to skyrocket. "This means we must shift the way we case manage and contact tracing occurs."

Moving forward, schools will report on absenteeism due to the virus instead of close contact notifications, Chief Provincial Public Health Officer Dr. Brent Roussin said.

"Given that transmissibility of omicron, given the shorter incubation period, it's not possible to manage cases at that individual level anymore," he said. "We have to focus on managing that risk at the community level."

Public health officials will continue to monitor confirmed cases in schools for evidence of increased transmission above levels expected in the community. Should that occur, officials may recommend a period of rapid antigen testing or other preventive measures in a school, such as reduc-

ing higher-risk activities. Periods of remote learning are also a possibility in facilities where high transmission is affecting school operations.

"We know COVID is here with us, it's going to be here with us for the foreseeable future, and so we have to not consider that we're going to eliminate this virus—we need to find ways to mitigate our risk related to this virus," Roussin said.

Looking at the data related to school-age children who contracted COVID-19 over the past month, Roussin said the risk of severe illness requiring hospitalization for most kids is relatively low.

"So we also need to weigh what are the benefits of having these children in school ... and we know that is very large, there's a huge benefit to having kids in class learning," he said, pointing to improved mental health for students and better learning outcomes when it comes to in-person learning. Those benefits are "outweighing the risks."

Cullen echoed that sentiment, noting as well that investments have been made in schools to mitigate the risk of COVID through rapid testing programs, medical masks and other personal protective equipment, enhanced cleaning measures, and improved ventilation systems.

Manitoba students headed back to in-person classes on Monday.

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Bomb shelter delivered thanks to the generosity of Pembina Valley

By Becca Myskiw

Thanks to the Covenant Cup Golf Tournament in August, a bomb shelter has been donated to a Kindergarten class in northern Israel.

On Aug. 28, Taylor Polstra from Winkler hosted the event with the dream of raising \$50,000 to buy a bomb shelter for the people of Israel. According to OperationLifeShield, a bomb shelter provider, the area "has been under constant threat of destruction since the day it was established."

Terrorist groups in Lebanon and Gaza sent thousands of missiles into Israeli cities each day. Since 2001, over 22,000 have been fired. Those living near the border usually only have seconds to find shelter once the rocket sirens go off. A bomb shelter in areas

such as these is the difference between life and death, says OperationLifeShield.

The golf tournament ended up raising \$51,000, which bought a bomb shelter that fits 35 people, with money left over. The money not used went to OperationLifeShield, who will pay for part of another bomb shelter in an area that needs it.

"It was so amazing to see how all the details came together and how generous the Pembina Valley is," she said.

The Kindergarten class in northern Israel that received this shelter has 26 students and three teachers, all of whom can fit comfortably in it when necessary. It was delivered and dedicated to the class on Dec. 29, 2021 and sits right outside their door so they can get to it in lots of time.

The shelter donated is a cube shape that weighs 35 metric tons. It has an internal space of 4.2 square meters, running 2.10 meters high, two meters wide, and three meters in length. It comes with a steel blast door, an emergency window and ladder, wiring, and ventilation.

The dedication video is on Covenant Cup Golf Tournament's Facebook page for those wanting to see it.

"There was not a dry eye in the place," said Polstra. "Everyone was crying because they were so relieved and thankful."



STANDARD PHOTOS SUBMITTED

The Covenant Cup Golf Tournament held in Winkler in August raised \$51,000 that paid for this bomb shelter that was delivered to a Kindergarten class in Israel last month.



The bomb shelter is right outside the class's classroom, ensuring the students can get to it when necessary.

Seventy-two golfers played at the event, each paying a registration fee of \$125 to do so. However, Polstra said there were way more donations than golfers, and they surpassed her dream goal.

With the shelter now at the HaMa'apalim Kindergarten class in Maalot, Polstra knows it will save lives. "Bomb shelters truly save lives," she

said. "The people in the Pembina Valley are truly generous. They made this happen."

And the plaque on the shelter says, "This shelter was donated by the people of the Pembina Valley in Manitoba, Canada, Ezratek Inc. and the International Christian Embassy Jerusalem - Canada for the safety of our dear friends in Maalot-Tarshiha."



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For more information or questions please contact Caddie Crampton, email exedir@carmanareafoundation.com phone 204-750-4237, or contact Granting committee Chair Arthur Cameron, phone 204-343-2314.

> BORDER HILLS HONEY, FROM PG. 2

producer of their foods," said Wiebe. "We bring along a live bee display which is a hit with children and adults alike, allowing them to feel an even greater connection with the process of bringing honey to their table."

Through their fundraiser options as well, Border Hills Honey has been able to give back

to school projects, daycares, and other organizations and activities. Wiebe said all their fundraisers include their available products and return 25 to 30 per cent of the sale price to their supported cause.

Border Hills Honey offers creamed honey, flavoured honey, beeswax candles, lip balms, and more beeswax prod-

ucts. Their products are sold at Homestead Co-op, Toews Printing & Office Supply, and Golden Prairie Arts Council in Carman.

The business will continue to strive to bring high-quality products to their customers, sustainably care for their bees, and grow their beekeeping as a result. Wiebe said they hope to have 400 hives by the end of next year.

Rooted in the Prairies

By Becca Myskiw

The St. Claude School Complex received \$2,500 to put towards their new playground structure.

Canterra Seeds asked its seed grower shareholders and farmers to nominate a cause “dear to their hearts” that could receive one of 10 \$2,500 donations from the company’s Rooted in the Prairies Project.

The program celebrated 25 years in the business for Canterra Seeds.

“Our seed growers, farmer customers, and seed retailers are an integral part of our company and their communities,” said David Hansen, president and CEO of Canterra Seeds. “The Rooted in the Prairies Project was one way we could thank them and support their communities the way they’ve supported us for the last 25 years.”

In a news release on Jan. 11, the company announced the 10 recipients of the \$2,500 grant. Shareholders who nominated a winning cause also got the option to match or amplify the donation. Half of the recipients received a matched or amplified donation. With that added money, the Rooted in the Prairies Project donated over \$161,000.

One of the winning recipients was the St. Claude School Complex to

support construction in their new playground structure. R-Way Ag Ltd. nominated them to receive the money. As a result, the school complex’s playground structure project now has \$2,500 more to pay for it.

Kody Webber, president of the St. Claude Advisory Council, and Guy Rouire, president of R-Way Ag were both unavailable for comment on the donation, but on Nov. 11, Webber thanked Rouire, R-Way Ag, and Canterra Seeds for the money.

The \$2,500 grant went to the overall cost of the playground project, which was completed in the summer of 2021. The new structure is going up in three phases, the first is finished with things for students to climb on, swing from, and jump on. The first phase cost a total of \$24,500. Other winners of the Rooted in the Prairies Project were the Hospice Society of Camrose in Alberta, the Wadena RE/MAX Curling Club in Saskatchewan, the La Glace Ag Society in Alberta, the Wrentham Volunteer Fire Department in Alberta, the Broken Arrow Youth Ranch in Saskatchewan, Speaking Through C.R.A.I.G. Solutions Inc. in Saskatchewan, Lots a Tots Daycare in Manitoba, Biggar Revitalization Project in Saskatchewan, and Three Hills Health Care Auxiliary Society in Alberta.

Carman council news in brief

By Jennifer McFee

•The water tower will remain in town. Mayor Brent Owen said he felt it was iconic to keep in the community. The construction company Total Demolition will be keeping the water plant property fenced for the rest of winter, and council can decide where to put the tower permanently. The company will leave it in the community for the price of scrap metal.

•Insp. Mark Anderson advised that the RCMP has adopted a vaccination policy and asks that all municipal support staff be fully vaccinated. For any municipal employees working in an RCMP facility who are not fully vaccinated, they are asking for a rapid test protocol to accommodate the employee. The finance and administration committee asked that the town’s vaccination policy be sent to the RCMP and requested that it be followed.

•On Dec. 28, new public health orders shut down tournaments and required 50 per cent capacity for spectators at the arena. The annual three-on-three tournament was cancelled due to public health restrictions. It was originally scheduled for Jan. 4 on the arena’s A and B side, and 12 teams were supposed to play.

Staff did painting touch-ups, organizing and cleaning the arena when the arena had to close due to ice cancellations because of COVID. The younger groups’ games have been moved to the A side instead of using B side so people can watch the games.

•A \$15,000 Farm Credit Canada grant will cover the cost of new LED lighting on the A and B side of the arena ice surfaces, and the work will be completed during the 2022 off-season. The \$2,400 labour costs are not covered.

•Eight additional fire pits will be purchased for the campground in 2022 from Sperling Industries, which donated eight fire rings in 2021.

•Film work will be done in Carman for the movie Unspoken on Jan. 20 and 21. The film crew will bring their own food service, and they have rented the hall for feeding the cast and crew. They planned to contact all businesses and the school division office to tell them about the filming in Carman. In addition, they have asked that the town banners be taken down for the days they are in town. However, they would like the town’s Christmas lights to be left up.

Flashback 215 Main St. N



STANDARD PHOTOS SUBMITTED

Walter Wiebe built this building in 1977 on farm land purchased from Ross Laycock and ran his implement business there until 1986. It was then converted into the automobile dealership, Delaquis Ford Mercury Sales Ltd. owned by Ron and Janine Delaquis. The Delaquis’s moved to Hwy #3 and Wes Burtnik changed the dynamics here once again into a retail tire and auto repair store in 1994. For the next nine years Burtnik operated Wes’s Tire Shop until he sold it to Dennis Doerksen in 2003. It remains as Wes’s today.

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Notre Dame ski trails are getting chalet for next winter

By Becca Myskiw

Cross country skiing is about to get a whole lot warmer with a chalet being built on La Perdrix Trails.

Birch Mountain Sports moved from Roseisle to the Notre Dame de Lourdes area a few years ago with the plan of opening cross-country skiing trails in the area. They hosted various events, including the Manitoba Games, provincials, a running relay, and a learn to ski program at the previous location, but when a family member bought the land that used to be her husband's grandfather's in Notre Dame, Audrey Comte and her husband couldn't resist moving locations.

Comte and her husband own and operate Birch Mountain Sports. Upon first getting to the space in Notre Dame, they cleared the trails and groomed them once it snowed, officially opening La Perdrix Trails in 2019.

There is 4km of groomed and un-groomed trails there with enough space for cross country skiers, snowshoers, tobogganers, and walkers alike. In addition, the whole area is protected by wildlife management, so the trees and bushes can't — and won't be — cut down.

Last year, Birch Mountain Sports had the second-highest membership numbers in Manitoba. Membership includes free use of the equipment they rent out, including 45 sets of skis and nine pairs of snowshoes. It's \$40 for one person for the season or \$80 for a family. Anyone can use the trails at any time.

As 2022 is the business's third year maintaining the trails, Comte said they wanted to make the whole experience more enjoyable for everyone. Manitoba winters are cold, and though they have a fire pit for people to warm up with, that's all they have. So, last summer, they decided they would build a chalet for the skiers and snowshoers to use.

"We just have the equipment shack for the skis right now," said Comte. "There's no heat. Basically, you go in, get your equipment, sign in, and leave. So, the chalet will be a place



La Perdrix Trails is getting a chalet next winter. It's currently being built by the Birch Mountain Sports team.

where people can warm up and have a hot chocolate by the woodstove."

Birch Mountain Sports' people are building the chalet. They have their own carpenter on the team, had Beat Christian from Carman mill the wood, and stored the wood in their son's barn so it could cure.

Comte said they got their wood from a family in Treherne and one in Notre Dame de Lourdes. They both had blown down trees either in the way or sitting in their pastures, so Birch Mountain Sports came in and took it, then Christian spent a week milling it into the sizes necessary.

Once the wood was cured and ready in late fall 2021, the Comtes and their team built the 16x24 insulated platform for the chalet. It will have two decks and so far, the south deck is finished. The chalet is currently being built in a shop to continue work on it throughout the cold winter months. Comte said that they'll move it to its new home once it's ready. Once it's finished, the La Perdrix Trails chalet will be a red Quonset style, complete with a loft.

"It will be usable next winter for sure," she said.



STANDARD PHOTOS SUBMITTED

(Left to right) Victor Chappellaz from Notre Dame holding the wood, Beat Christian from Carman doing the milling with his equipment, and Normand Bosc from Notre Dame helping.



Audrey Comte, left, and Betty-Jean Checkley from Portage la Prairie got their hands dirty to prepare the wood for the chalet.

Comte is excited for those who stay active in winter to have a place to warm up. They currently have an 80-year-old man who hits the trails twice a day and many young families would benefit from the heated break. She's also hoping the chalet will bring in more people to try the winter activities.

"We like to promote winter sports, health, and fitness," she said. "We want to get people outside. So they can hike, snowshoe, pull a toboggan, and ski. Whatever they want."

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SCRL annual family PJ party goes virtual this year

By Lorne Stelmach

The South Central Regional Library's annual family literacy pajama party is a go for 2022, though it will be held online due to pandemic restrictions.

"It's too bad that we can't do it in person, but it is safer this way," said director of library services Cathy Ching.

"Our last one was in 2019 before things shut down," she noted. "So we're looking forward to when we can have everybody back in their PJs and have people reading stories to children in person again, but this is the safest way for now."

Instead of gathering at the library, families are invited to tune in to the SCRL's YouTube channel on Thursday, Jan. 27 at 7 p.m. for a virtual celebration. The video will also remain up afterwards for later viewing as well.

Ching said library staff have been

hard at work to prepare a video that will be as entertaining and engaging as possible.

"They're recording stories at the Winkler branch. They're bringing in some of the staff members' children to be our audience, and they're going to read the stories," she explained.

One factor working in their favour now, she noted, is that the library has a subscription that gives them access to using some material otherwise under copyright restrictions.

"That's kind of nice because that was a limiting factor in terms of what books we could read before, so now we have a lot more options."

This event has always been a popular one at SCRL's various branches across the region. Ching noted that one upside to doing it online is that it is potentially accessible to even more people than usual.

"We were limited, no matter what,



STANDARD PHOTO SUBMITTED

An in-person event isn't possible this year, but the South Central Regional Library still invites families to come enjoy a virtual pajama party Jan. 27 in celebration of Family Literacy Day.

because of capacity, and this way people can watch our videos whenever it suits them the best, so we're hoping

the classroom teachers will show the stories during school time."

Winkler's Valley Fiber named top gaming ISP by PCMag

By Lorne Stelmach

Valley Fiber recently received recognition for providing top level service particularly for the gaming sector, but the honour goes deeper than that in the eyes of CEO Hank Wall. Cited recently by *PC Mag* as being a top gaming ISP in 2022, the technology that makes what they provide good for gaming is also good for business, Wall suggested last week.

"Any time you get recognition for being the best ... it's always awesome to be able to step back and acknowledge that you've been able to accomplish what you set out to be able to do," he said. "Being in the industry for only three years, and your competing against competitors who have been in the industry for 30 plus years, that's always a huge feather in our hat."

PC Mag cited Valley Fiber for being among the best with heady numbers backed up by the measured quality of the connections. When it comes to gaming, a high-quality internet connection is more important than having the fastest download and upload speeds, noted the magazine.

"Valley Fiber will install a duct and fiber to every building in its ever-growing service area, and from the quality it's offering, everyone should want it. Gamers should be flocking to the 'town' of 12,660," it said.

"The really cool thing to take away from this too is that the reason why we won the award is we ultimately have the lowest latency and the lowest jitter," noted Wall, who likened la-

tency to being basically how fast you can get from point A to point B.

"For gaming, it's extremely important, but it's also extremely important for telecommunications ... you can also do multimedia extremely well," he said. "Not only can you game well,

but you can also work from afar very well, and that's really critical for us because we obviously are aware of what's happening with COVID. We understand people have to work from home and businesses have to adapt.

"Ultimately, that's what technology

should do for you. Technology should allow you to do things the same, as close as you can, to the same experience as if you were there," Wall said. "This is step one in the greater technology play, but this is the biggest."

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PRSD wraps up successful first semester of AP classes

By Becca Myskiw

The first semester of advanced placement (AP) classes in the Prairie Rose School Division (PRSD) has finished, and the teachers are happy with their students' progress.

PRSD's AP program has four classes: math, ELA, biology, and chemistry. Carman Collegiate vice-principal Mary Reimer teaches ELA, Carman Collegiate teacher John Paul Jamieson teaches math, and St. Paul's Collegiate teacher Jeff Baty teaches the sciences.

Reimer said they chose these courses because they're the ones most students go into after high school. Jamieson said they're the common ones offered in new AP programs, and they provide a good variety for different types of learners. Each class was 100 per cent online as they're open to students from four different high schools who couldn't get together each day in person. Each lesson was also backed up, so the students had flexibility if they missed one or needed to go over the content again. They were the same time as a regular class — 67 minutes.

In ELA there were 32 students, math 33, and the sciences each had 28. Each teacher said their students finished the semester with marks where they

should be, and they were pleased with each student's results.

The student in AP ELA focused heavily on the writing process and critical thinking skills.

"We spend a lot of time sharpening our deep reading skills," said Reimer, which is critically analyzing text, considering whose voice is represented, whose voice remains unheard, and the author's purpose.

In AP math, the students introduced pre-calculus and applied 20SA. In AP sciences, they had four units of study: Ecology, Weather, Chemistry, and Physics. Ecology and Weather are done together, focusing largely on northern Manitoba and the aquatic systems in the province along with the "interplay with weather and climate." The Chemistry unit has students explore chemical reactions and teaches them to name, balance, and predict products while giving them a foray into acid-base chemistry. Then, in Physics, they focus on motion, mainly with the context of students and driving as they'll be getting their licenses soon. Baty said the specifics range from velocity to momentum to braking distance and Newton's Laws.

Though all went well, the AP pro-

gram is brand new, and with anything new comes a few bumps in the road.

"Any time a new program is launched, particularly one that doesn't have many (if any?) comparables to model off of, there is a sense of venturing into the unknown, both for staff and students alike," said Baty.

He said these students elected to do these courses, and it's admirable of them. The three teachers agree it's been a learning curve for everyone between getting used to having no one else in the classroom, not having reliable internet connections, and having the students take on their own responsibility for succeeding.

They've all managed to settle in, though, and are each building on their digital skills. Jamieson said the virtual courses give students a way to stay connected with their classmates in and out of their own school. Reimer said they've had more students in the program than expected and are retaining those numbers moving forward, so that in itself is a success.

Moving into semester two, Reimer's encouraged. Her students will be moving into poetic texts, drama, and research skills on top of their critical thinking while reading.

"Our students understand how the classes work and are working extremely hard," she said. "I will be curious to see how many students sign up for September."

In math, students will be focused on trigonometry, factors and products, roots and powers, relations and functions, linear functions, and systems of linear equations. Jamieson said now that the students "have their feet under them regarding how the program works", he's looking forward to continuing.

The sciences students will be picking up where they left off with more Ecology, Weather, Physics, and Chemistry.

"In a strange way, the challenges associated with the COVID-19 pandemic have likely fuelled a movement towards digital learning, especially with high school aged students in a more pronounced way," said Baty. "What perhaps even just two years ago may have been a program that would have been met with some concerns is becoming normalized as learning and working happens from home in the adult world. There is the sense that we may have caught the leading edge (or near leading edge) of some changing winds in education."

One Pfizer dose in COVID-positive people reduces death and hospitalization

By Patricia Barrett

Findings from a recent study suggest that COVID-positive people who receive their first dose of Pfizer-BioNTech's vaccine have better odds of avoiding hospitalization and a reduced risk of death.

Israeli and Italian researchers compared unvaccinated subjects to vaccinated people who were found to be COVID-positive on the same day they received their first Pfizer dose or on one of the five consecutive days after receiving their first dose.

Titled "BNT162b2 post-exposure prophylaxis against COVID-19," the study was published Jan. 8 as a pre-print (not yet peer reviewed).

The findings suggest that vaccinating COVID-positive people with Pfizer reduced death in high-risk age groups by about 50 per cent. And hospitalization was found to be "significantly less" for those who were vaccinated.

"This post-exposure prophylaxis could have an advantage of halting, or at least attenuating, the spread of the virus, possibly by reducing its titer in the respiratory track of exposed individuals," the researchers wrote. "This approach is substantiated by the fact that infected patients are spreading the virus prior to the occurrence of

symptoms."

The researchers analyzed nationwide surveillance data from the Israeli Ministry of Health registry, focusing on residents aged 12 and older who were identified for the first time as positive for COVID between Dec. 20, 2020, the start of Israel's vaccination campaign, and Oct. 7, 2021.

Data included the subject's age, gender, first positive PCR date, first vaccination date, hospitalization dates (arrival and discharge) and date of death. Confirmation of a COVID infection was obtained by PCR testing.

Researchers identified 11,690 people as having COVID on the day they received their first Pfizer dose or on one of the five days that followed. The five-day period represents "unintended" post-exposure protection with the vaccine. They matched vaccinated subjects to an unvaccinated control group using gender, age and date of the first positive PCR.

There were 143 deaths in vaccinated people aged 65 and older. In similarly matched unvaccinated people, 280 died. In people aged 55-64 years of age, eight vaccinated people versus 43 unvaccinated people died. In people aged 12-55 years of age, 10 vaccinated versus 22 unvaccinated people died.

Vaccinated people fared better than

the unvaccinated when it came to hospitalizations. In people aged 65 and older, 321 vaccinated versus 430 unvaccinated were admitted to hospital. In people aged 55-64, 81 vaccinated versus 115 unvaccinated were hospitalized.

Even though there are some beneficial COVID treatments, such as Pfizer's Paxlovid antiviral pill, other antiviral drugs and Dexamethasone, the researchers say "additional therapeutic approaches [i.e., post-exposure vaccination] are needed to reduce the loss of human lives."

Vaccination has been found to offer better protection against COVID than natural immunity, they wrote. And giving vaccines after infection occurs is not a new practice; it is an "old approach" used to reduce severe infections such as tetanus, a bacterial infection, and viral infections.

"Thus, active vaccination with the attenuated/killed pathogen or viral associated protein is a very effective mean[s] to attenuate and almost eliminate any infection related symptoms. This approach is now also suggested for Ebola virus infection," they wrote with reference to other research findings. "In accordance, it was recently shown that the overall neutralizing potency of plasma is greater follow-

ing vaccination compared to natural infection with SARS-CoV-2."

The researchers said additional studies should be undertaken to determine if post-exposure vaccination is an appropriate intervention than can be used to reduce illness. Patients who develop severe respiratory symptoms, which include low saturated oxygen, increased respiratory rate and pulmonary infiltrates on chest X-rays, could potentially benefit from vaccination to help prevent deterioration to pneumonitis and adult respiratory distress syndrome.

"Based on our findings, we propose that additional approaches should be investigated to potentially expand the usage of post exposure prophylaxis to reduce COVID-19 morbidity," they wrote.

The United States Centers for Disease Control and Prevention notes on its frequently asked questions webpage that natural immunity offers "some protection" from future COVID infections, but the level of protection may vary. And there is no test that can "reliably determine if a person is protected from infection." It recommends getting a COVID vaccine even if people have had the disease.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Flyers drop two to Waywayseecappo Wolverines

By Asleigh Viveiros

The Winkler Flyers dropped a pair of games to the Waywayseecappo Wolverines over the weekend, but retain their third-place spot in the MJHL East Division standings.

Friday and Sunday's defeats at the hands of the Wolverines brought Winkler's record to 13-1-1 for 40 points, leaving them two points behind the Winnipeg Blues in second and 10 behind the Steinbach Pistons in first. The Selkirk Steelers (34 points), Portage Terriers (31), and Winnipeg Freeze (18) round out the division.

Despite outshooting their opponents 32-22 Friday night, Winkler struggled to crack the nut that was Wolverine goalie Brett Mirwald, who denied all comers save Mike Svenson midway through the second period.

Meanwhile, Waywayseecappo managed a goal in the first, two more in the second, and then one more in the game's final minute shorthanded and on an empty net for a 4-1 victory.

In his time between the posts for Winkler, Malachi Klassen faced 21 shots and made 18 saves.

The rematch two nights later could really have gone either way, both teams barely giving an inch.

The first 20 minutes saw the Wolverines score one at either end of the period, sandwiching a pair of Winkler goals from Derek Wiebe and Gavin Waltz.

That 2-2 tie held all through the second period and nearly two minutes into the third when the Wolverines got their third goal of the night. It proved to be the last time either team would find the back of the net, giving the game to Waywayseecappo 3-2.

The Flyers once again had the edge in shots on goal, this time 35-30. Klassen played the full 60 minutes and made 27 saves.

This week Winkler takes on the Winnipeg Freeze, playing at home Wednesday night and in the city on Friday. Next week will be a repeat—hosting the Freeze once again Friday, Jan. 28, and then playing them on their home turf the next night.

Future flyers

U18 AAA forward Logan Fillion (2004) and defenceman Dobie Unrau (2004) have both signed letters of intent to play for the Flyers this fall.

Unrau was drafted 36th overall by the Flyers in the 2019 MJHL Draft. He has played the last two seasons with the Winnipeg Thrashers, picking up three goals and 20 assists in 30 games so far this season.

"Dobie has continued to take great strides since training camp," Flyers general manager and head coach Justin Falk said in a statement. "Leading with his Hockey IQ, awareness, and ability to manage the game both with the puck and while defending, Dobie has shown tremendous growth in his two-way game.. Dobie has a high ceiling, and we are excited to have him join our program"

Fillion, meanwhile, has contributed seven goals and 11 assists in 28 games with the Pembina Valley Hawks this season.

"Logan Fillion is a big player who loves to hit and hit hard," noted Flyers director of play personnel Riley Dudar. "He plays mean, is competitive, and can fill a number of positions up and down the lineup while putting



STANDARD PHOTO BY RICK HIEBERT

Winkler's Nicholas McKee tries to get his stick on this shot to tip it past Wolverines goalie Brett Mirwald in Sunday's home game for the Flyers, which went Waywayseecappo's way 3-2.



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Dobie Unrau (left) and Logan Fillion have signed letters of intent with the Winkler Flyers.

up points and creating opportunities for teammates.

"He will be a welcomed addition to

the team and plays a style that will help us win."

Twisters pick up three points in weekend action

By Lorne Stelmach

The Pembina Valley Twisters picked up a vital three points out of a possible four in MMJHL action this past weekend.

More importantly, the one win came against one of the teams they are pursuing, as the third place Twisters doubled up second place Transcona 4-2 Sunday after Pembina Valley had fallen 6-5 to Charleswood Friday in a

shootout.

Two goals within a minute early in the third period provided the margin of victory against Transcona while the Twisters outshot the Railer Express 34-22.

Tyler Van Deynze, Riley Goertzen, Nathan Ayotte, and Jordan Keck scored for Pembina Valley. Martin Gagnon got the win in net with 20 saves.

The Twisters held period leads of 2-1

and 4-2 before Charleswood fought back in the third to force overtime before then winning it in on the third round of the shootout.

Scoring for Pembina Valley were Van Deynze, Goertzen, Keck, Ayotte, and Curtis Rebeck, while Logan Enns made 39 saves with the shots on goal 56-44 in favour of the Twisters. Special teams played a big role with Charleswood going 4 for 8 on powerplays

while the Twisters were 2 for 7.

Pembina Valley remains in third place at 18-6-4 for 40 points, which is 10 behind Transcona and 11 behind St. James, while St. Vital is right on their heels at 35 points.

The Twisters are on the road in Winnipeg this weekend starting with St. Vital Friday night then Fort Garry Fort Rouge Sunday evening.

Bestland scores Beavers game winner in Sunday OT

Staff

Darren Bestland scored the game winner in overtime to lift the Carman Beavers to a 6-5 victory over the Warren Mercs in South Eastern Manitoba Hockey League action on Sunday.

Bestland finished the game with three points.

Trailing 5-3 late in the third period, Warren's James Maxwell and Mitch Hansen scored just 22 seconds apart to tie the score.

Carman's Aaron Lewadniuk had a fantastic game, scoring four goals to go along with an assist.

Quade Froese tallied the Beavers' other goal.

Wes Pawluk, Hansen, and Travis Bobbee also scored for the Mercs.

Rocky Van de Velde stopped 41 War-

ren shots for the win.

Last Thursday, the Beavers lost 5-1 to the Altona Maroons in Carman.

Jared Magne gave Altona a 1-0 first-period lead and then the Maroons went ahead 2-0 on a power-play goal by Noah Martens.

Lewadniuk scored at 15:27 of the second period but Altona's Adam Henry answered with a goal just 1:53 later.

Magne and Nolan McGuire, on the power play, tallied in the third.

Rocky Van de Velde stopped 37 Maroons' shots in the losing cause.

Carman, now 8-3-1-1 and tied for first place with the Portage Islanders, each with 18 points, will visit the Notre Dame Hawks this Thursday at 7:30 p.m.



STANDARD PHOTO BY DENNIS YOUNG
Beavers' goaltender Rocky Van de Velde made 37 saves in Carman's 5-1 home loss to the Altona Maroons last Thursday.

Nominations underway for Recreation Manitoba awards

By Jennifer McFee

Do you know an individual or organization that's made a difference in recreation, parks or leisure?

If so, you might want to consider nominating them for a 2022 Recreation Manitoba Award before the Jan. 28 deadline.

Each year, Recreation Manitoba's awards and recognition program honours individuals and organizations that make an outstanding contribution to advance recreation, parks and leisure in Manitoba.

"The annual presentation of these awards reflects Recreation Manitoba's commitment to celebrate and publicly recognize individuals, groups and organizations who have inspired us and earned our respect," said executive director Shane Ray.

"The nomination form is a simple one-page nomination form, and individuals, organization and facilities are eligible on most categories."

He encourages community members to consider submitting a nomination.

"COVID has highlighted the need

for individuals and communities to be active, be social and connect with each other and nature," he said.

"Individuals and organizations who have continued to find ways to provide this to the community should be lauded for providing this essential and vital service."

Recreation and leisure have taken on even more importance during the pandemic.

"COVID has impacted every aspect of our lives, and recreation and leisure have become central to our ability to cope and recover. The spaces, places and people providing these services and programs to Manitobans have twisted and turned with each change, seeking new ways to support communities and individuals," Ray said.

"A nomination is a simple way to acknowledge this contribution to individuals' and communities' well-being. It is a way to say thank you to those organizations, facilities and individuals for their role in helping us all through these difficult times."

The awards fall under six categories:

- The prestigious Prairie Cross Award honours a professional who has made a significant contribution to recreation, therapeutic recreation, parks or leisure services in Manitoba.
- The Therapeutic Recreation Award of Excel-

Hawks lose to Westman

By Lorne Stelmach

It was another close, hard-fought game for the female U18 Pembina Valley Hawks, but they came up just short Sunday afternoon against Westman.

The third place Wildcats hung on after taking period leads of 1-0 and 3-1 to edge the Hawks 3-2 in Morden.

Kaylee Franz helped keep it close for the Hawks in stopping 27 of the 30 shots that she faced in net, while the Hawks were only able to manage a pair of goals on 39 shots.

Mya Pearce scored both for Pembina

Valley, which remains in fifth place but is slipping a bit further back of the four leaders with a record of 9-11-0 for 18 points. They are nine back of the fourth place Winnipeg Ice while five up on Eastman and six ahead of Central Plains.

The Hawks have a busy three game weekend ahead of them as they head into the final stretch of the regular season.

It starts with visiting the Ice in Winnipeg Friday night before returning home to Morden to host Interlake Saturday and Eastman Sunday.

lence recognizes a professional who has made a contribution in the field of therapeutic recreation in Manitoba

• The Facilities Award recognizes a Manitoban recreation facility, individual or group with outstanding or unique innovations for providing a place to gather, play and connect.

• The Nature Award recognizes the achievements of individuals, groups or organizations that steward recreational, natural, and green spaces that enhance community quality of life.

• The People and Communities Award recognizes the efforts and dedication of individuals, or groups, who lead and advocate the many benefits of the field.

• The Health and Well-Being Award recognizes nominees that have gone above and beyond to increase opportunities for their community to benefit mentally, physically and socially.

To download a nomination package, visit the Recreation Manitoba website at www.reconnections.com. The deadline to apply is Friday, Jan. 28. A selection committee will review the applications and select recipients.

The winners are usually announced as part of an annual conference in March. However, if the pandemic delays the conference, then the timing might change.

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- Monitor and update budgets
- Prepare quarterly and monthly tax returns, along with payroll, operating, and business taxes

Skills Required:

- Experience working in accounts payable and receivable, general ledger, payroll and payroll reports
- Basic knowledge of generally accepted accounting principles
- Proficiency in Microsoft Office and Google Drive as well as SAGE accounting
- Excellent communication skills
- Knowledge of social media
- Compensation is subject to the individuals experience and skill set.
- This position is flexible in location and hours depending on applicant's requirements.
- Deadline for applications is January 24, 2022.

Please email resume or questions to
jason@field2fieldag.com or troy@field2fieldag.com



**TOWN OF CARMAN
MUNICIPAL PESTICIDE
PROGRAM
PUBLIC NOTICE**

Public Notice is hereby given that the Town of Carman intends to conduct the following Pesticide Control Program during 2022:

To control the following insect pests including mosquitoes, elm bark beetles, cankerworms, etc. The proposed dates of application for these programs will be from **May 1, 2022 to October 31, 2022.** The insecticides to be used include: Malathion, Vectobac 200G, and Pyrate.

The public may send written submissions or objections within 15 days of the publication of the notice to the department below.

**Environmental Approvals Branch
Manitoba Sustainable Development
1007 Century Street
Winnipeg, Manitoba R3H 0W4**

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classifieds@carmanstandard.ca
204-467-5836



The Redboine Watershed District is currently seeking applicants for the position of

GROW Program Technician

The GROW Technician will work with landowners to plan, design & implement RBWD GROW Program project activities in the Redboine Watershed District.

QUALIFICATIONS:

- Post-secondary education or equivalent experience in Environmental Sciences (e.g. Land & Water Management, GIS/Geomatics, Agriculture etc.)
- Experience with GIS software & GPS/Survey Equipment required
- Ability to work independently, meet deadlines & follow a budget
- Organizational skills & the ability to work with members of the public are a must
- Must hold a valid class 5 driver's license
- Experience operating tractors, ATVs, UTVs, chainsaws, and other equipment is an asset

DUTIES:

Reporting directly to the RBWD GROW Coordinator, & with guidance from the District Manager and RBWD Resource Technician, the successful candidate will be responsible for:

- Meeting & working directly with landowners in the district
- Planning, surveying, designing and supervising construction of GROW Program projects
- Ensuring GROW Program projects are completed according to approved budgets and with all required permits
- Keeping accurate project files and ensuring GROW Program GIS database is up to date
- Assisting the Resource Technician with surveying, designing and construction of RBWD projects
- Supervising summer staff and organizing summer staff schedules
- Providing regular program updates to the GROW Coordinator & the District Manager
- Assisting with fundraising activities to bring additional external funding into the GROW Program
- Performing miscellaneous office duties & other tasks as required

The RBWD GROW Technician position is a flexible 35-hour work week with pension, and health plan options available.

If you are interested in applying for the position, please submit your resume & salary expectations before 4:00 pm CST on Friday, February 18, 2022 to:

Redboine Watershed District
Box 220, 109 Broadway Street,
Holland, MB R0G 0X0
redboinewd@gmail.com

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UNDER THE AUTHORITY OF THE PLANNING ACT
NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any persons who wish to make them in respect to the following matter: RURAL MUNICIPALITY OF THOMPSON BY-LAW NO 3/08, an Amendment to the RM of Thompson Zoning By-law 3/08, as amended

HEARING: R.M. of Thompson Council Chambers
LOCATION: 530 Norton Avenue Miami, MB
DATE & TIME: February 10, 2022, at 9:30am.

1. **GENERAL INTENT: THAT** the definition for 'Public Utility' in Section 7.7- - 'Basic Service Use Classes' be deleted and replaced with:
5) **Public Utility Service** means any system, works, plant, pipeline, equipment or services and facilities available at approved rates to the public and includes all such carried on by or for the owner of a public utility or the R.M. of Thompson or the Province of Manitoba. This definition excludes Sewage Treatment Sites (Lagoon) and Solid Waste Disposal Sites
2. **THAT** Appendix B- "Permitted and Conditional Use Tab" be amended to include the following under the 'Basic Service Use Class':

Use	AR	AG	MB	MG	RR	RG	RMH	ER	CC	CA	CH	Use Specific Standards
Sewage Treatment Site (Lagoon)	C	C	-	C	-	-	-	-	-	-	-	
Solid Waste Disposal Sites	C	C	-	C	-	-	-	-	-	-	-	

FOR INFORMATION CONTACT:

Dallas Braun, Chief Administrative Officer
RM of Thompson
Box 190 Miami, MB R0G 1H0
Phone: 204-435-2114
Email: cao@rmofthompson.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 8:30 a.m. to 4:30 p.m. Copies may be made, and extracts taken there from.

*****Please note: If you wish to provide comments regarding the application, we ask that you consider submitting your comments in writing to our office by email or mail (drop box also located at the office). Due to limited seating, if you wish to be present at the hearing, we will require you to contact our office a minimum of 2 business days prior to the scheduled hearing so that we can ensure we can meet the physical distancing requirement. Anyone attending the office will be required to wear a face mask. If you wish to participate in the hearing electronically, please contact cao@rmofthompson.com or call 204-435-2114 a minimum of 2 business days prior to the scheduled hearing. Thank you for your understanding and patience.



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OBITUARY



Douglas Bruce Culleton
April 8, 1954 – December 7, 2021

"I shall be released"

Peacefully at the Notre Dame de Lourdes Hospital, Doug left this world.

Gardener, Sawyer, Tree-feller, Wood Burner (amongst other things) and beloved brother of Roger Culleton and Trudy Smyth (Bill). Remembered by many friends.

A shout-out goes to the staff of the Foyer for providing a caring environment for the past five years.

A Celebration of life will be held later this year.

R.I.P

To view the service details 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



Arie Veenendaal

On Thursday, January 6th the Lord suddenly called home our dear husband, father, and grandfather, Arie Veenendaal to be with Him in glory. Arie spent the majority of his life living in the Carman area where he raised a family of six children with his wife Alice Veenendaal (Nijenhuis).

Arie took great pride in whatever work he put his hands to. In early married life, that work was raising hogs and he aimed to have clean floors, and washing sows was common. Along with this Arie spent much time in Winnipeg working in graphic design, marketing, and branding. His attention to detail, fussiness, and artistic flare always left him trying to improve and get the best out of those around him. In his later years, Arie spent more time at home in his garden with his dogs trying to be a "brushstroke on the Lord's canvas of earth." In addition to this, Arie was a very obedient employee of the manager of Evensong.

Times were not always easy and Arie and his family faced many challenges. He always used these times as a calling from the Lord to 'lift his eyes unto the hills'. Serving his creator was his highest priority and having his hands folded was his necessity.

In everyday life, Arie was an active member within the church, school, and local community. Many of us will miss the introduction of a 'two tap on the shoulder, quick wave, and "hey, can I tell you something?"' While he was better known for talking, it was his listening ability where he made the biggest impacts.

The gifts of his kind smile and sense of humour were often used to welcome conversation, regardless if you were a close friend, or a complete stranger who he might've thought was someone else at first.

Arie is survived by his wife Alice Veenendaal and his children, son Eric and Natasha Veenendaal, their children Zachary, Bryan, Cara, Scott, Lily, and Brodie; daughter Michelle and Shane Van Veen, their children Erin, Chelsea, Gavin, and Jillian; son Justin and Annette, their children Damon, Micah, Savannah, and Jonas; daughter Shannon and John Vanderlinde, their children Jordan, Tyrell, Seth, Jade, and Asher; and son Devin Veenendaal.

He is predeceased by his father and mother, four siblings, and his daughter Denise Veenendaal.

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

take a break

> GAMES

SUDOKU

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

Level: intermediate

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

- Breathe noisily
- ___ Nui, Easter Island
- Reddish browns
- Simple shoes
- Produce alcohol illegally
- Home to famed golf tournament
- Tax collector
- Famous people
- Urban area
- Units of syllable weight
- Pituitary hormone (abbr.)
- Dismounted
- Actor Damon
- Vietnamese offensive
- Retail term
- Netted
- Partner to carrots
- Witnesses
- Caulked
- Satisfy
- R&B performer ___ Lo
- Monetary units of Macao
- Give advice, explain
- Possesses
- Turn back
- Gentlemen
- One who fertilizes
- Italian monk title (prefix)
- Parties
- Type of horse
- Cuts in half
- Raises
- Expresses contempt or disgust
- Ancient Italian-Greek colony

CLUES DOWN

	1	2	3	4		5	6	7	8	
9					10			11		12
13					14		15			
16				17		18				
19			20		21				22	
	23			24		25			26	
		27			28		29		30	
			31		32		33			
		34				35		36		37
	38				39		40		41	42
43				44			45		46	47
48			49	50				51		52
53							54		55	
56								57		
	58								59	

- Illinois city
- One of the original disciples chosen by Christ
- Young form of a louse
- Type of powder
- Finger millet
- Share a common boundary
- Assumed as a fact
- Provide clear evidence of
- Invests in little enterprises
- A way to be
- Monies given in support
- Fashion accessory
- Steal
- Becomes less intense
- Geological times
- Hooray!
- Monetary unit
- Male reproductive organs
- Earnings
- Close by
- Small integers
- Fixed in place
- Used to treat Parkinson's disease
- Large, imposing building
- A rooflike shelter
- Stiff, hairlike structure
- Print errors
- To show disapproval
- Body of traditions
- Without
- ___ Clapton, musician
- Dangerous illegal drug
- Infrequent
- Sound unit

get inspired

> MEAL IDEAS



Recipe courtesy of chef Nate Appleman on behalf of Abbott

Vinaigrette:
 1/4 cup oil
 1/4 cup fish sauce
 1/4 cup rice wine vinegar
 1/4 cup water
 2 tablespoons raw sugar
 1 cup chopped fresh cilantro
 1 lime, juice only
 1 clove garlic, minced
 1 small Thai bird chile or serrano chile, chopped
 1/4 head finely shaved green cabbage
 1/4 head finely shaved purple cabbage
 2 carrots, thinly julienned

Skirt steak:
 1 1/2 pounds trimmed skirt steak
 1/2 cup coconut milk

RED RIVER CO-OP FOOD STORE

Marinated Skirt Steak

3 cloves garlic, minced
 2 tablespoons lime juice
 1/4 cup chopped fresh cilantro
 2 tablespoons sriracha
 salt, to taste
 3 cups cooked brown rice
 1/2 cup crushed peanuts
 1 lime, quartered, for garnish

To make vinaigrette: In large bowl, mix oil, fish sauce, rice wine vinegar, water, sugar, cilantro, lime juice, garlic and chile. Toss cabbage and carrots in vinaigrette; refrigerate until ready to serve.

To make skirt steak: Marinate steak in coconut milk, garlic, lime juice, cilantro, sriracha and salt, to taste, at least 1 hour, or up to 24 hours.
 Heat grill to high.
 Grill 3-4 minutes each side until medium rare.
 Let rest 3 minutes.
 Thinly slice steaks against grain and serve with vinaigrette, rice and crushed peanuts; garnish with lime wedges.



Recipe courtesy of chef Nate Appleman on behalf of Abbott

Lemon chicken:
 1 whole chicken, cut into eight pieces
 1 ounce minced garlic
 1/4 teaspoon granulated garlic
 1/4 teaspoon paprika
 1/4 teaspoon smoked paprika
 1/4 teaspoon ground fennel seed
 1/4 teaspoon dried oregano
 1/4 teaspoon ground coriander
 1 tablespoon kosher salt

Potatoes:
 2 1/2 pounds Yukon gold potatoes
 salted water
 oil

Cauliflower:
 1 head cauliflower
 salted water
 ice
 2 tablespoons mayonnaise
 1 teaspoon tamarind or soy sauce
 1 tablespoon chopped parsley

Roasted onions:
 1 red onion
 salt
 oil

For serving:

Lemon Chicken with Roasted Red Onions and Potatoes

3 ounces pitted Castelvetrano or green olives, cut into quarters
 5 ounces wild arugula
 1 lemon, quartered

To make lemon chicken: Marinate chicken in mixture of minced garlic, granulated garlic, paprika, smoked paprika, fennel pollen, dried oregano, coriander and salt; let sit overnight.

To make potatoes: Boil potatoes in heavily salted water until tender. Cool, peel and cut into 1 1/2-inch chunks. Toss with oil to coat; reserve.

To make cauliflower: Cut cauliflower into florets and blanch in salted water 1 minute; shock in ice bath. Remove from ice and dry. Toss with mayonnaise, tamarind and parsley; reserve.

To make roasted onions: Preheat oven to 450 F. Peel onion and slice into 1-inch rings. Toss with salt and oil; roast until slightly caramelized with texture. Chill and reserve.

Preheat oven to 450 F.
 Bake chicken on sheet pan approximately 15 minutes. Add potatoes and cauliflower. Bake approximately 15 minutes then switch oven to broil approximately 10 minutes.
 Squeeze lemon over reserved onion.
 When chicken is crispy and reaches internal temperature of 165 F, remove from oven and add onions and olives. Plate chicken, potatoes, onions, olives and cauliflower on top of arugula and garnish with lemon.

Pay attention to your dreams



By Gwen Randall

Dreams are one way for our subconscious mind to communicate with our conscious mind. The subconscious does not communicate directly, however. It is more like a game of charades, in which the subconscious 'acts out' a message and hopes the conscious mind will pick it up.

The subconscious is where our deepest feelings, desires, fears and vulnerabilities reside. The conscious mind is more like the part we 'dress up' to take out into the world, while the subconscious runs things 'behind the scenes'. The subconscious can certainly sabotage our conscious desires and goals, so it is a good idea to pay some attention to it. If we can decode its messages, there is a greater likelihood that we get all parts of our consciousness working in the same direction.

If you dream of being afraid, of being unsafe, or being chased, the dream may be reflecting your deep feelings of vulnerability. You can look at your waking life and consider in which areas you may be feeling vulnerable. Then you can see what you might do to make yourself feel a little more grounded and secure in that situation, or to look at how you would still be okay even if your worst fears materialized.

If you dream of being lost, it may

be that you are 'off track' in terms of what you really want to be doing in this lifetime. Dreams can also give hints about where our soul really wants us to go, literally figuratively. If you dream repeatedly of the countryside, or of mountains, it may be that your soul yearns to move there.

If you dream of flying, it may be that it is time to give 'wings' to your waking dreams.

If, on the other hand, your dreams are disturbing, and leave you feeling anxious or depressed, and especially if they are recurring, you may benefit from talking with a psychologist. You may have unresolved issues from the past that need to be healed. Sometimes old wounds may be triggered by some current situation, and your conscious mind may not have made the connection. The subconscious may be trying to alert you about something in your life is upsetting you. It could be something related to another person or situation, or it may be something within our own thought processes.

Some people say they do not remember dreams. Sometimes just giving yourself the message, just before you fall asleep, to remember your dreams is helpful. Keeping a notepad by your bed and jotting down even the briefest fragments of dreams can be helpful in recalling them. Once you get up, they may be lost. Pay attention to your dreams, for there may be important subliminal messages in those 'nighttime videos'.

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



Recipe courtesy of chef Nate Appleman on behalf of Abbott

Roasted garlic:
 2 heads garlic
 olive oil
 salt

Frittata:
 oil
 2 medium leeks, sliced
 8 ounces blanched, chopped broccoli
 salt, to taste
 9 eggs
 2 tablespoons chopped fresh parsley
 2 ounces grated Parmigiano Reggiano
 2 tablespoons heavy cream

Cheesy Frittata with Veggies

To make roasted garlic: Preheat oven to 400 F.

Slice 1/4 inch off entire heads of garlic and place cut sides down in 1-liter casserole dish. Drizzle with olive oil and sprinkle with salt; cover with lid.

Bake 35-45 minutes until heads of garlic are soft and light brown. Let cool then use back of knife to squeeze garlic from pods.

To make frittata: Lower oven to 375 F. In saute pan, heat oil over medium-high heat. Cook leeks until soft; add broccoli then season with salt, to taste, and remove from heat.

In mixing bowl, mix roasted garlic, sauteed leeks and broccoli, eggs, parsley, Parmigiano Reggiano and cream; place in 9-inch pie dish and bake approximately 20 minutes until top of frittata is brown. Remove from oven and let cool slightly before cutting and serving.