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National all-star



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Carman's pop superstar Faouzia was recently invited to sing O Canada at the NHL All Star Game on Feb. 5 in Las Vegas, Nevada.

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Faouzia sings O Canada at NHL All-Star-Game

By Becca Myskiw

Carman's very own superstar sang O Canada in front of hockey's biggest names and millions of fans.

The NHL asked Faouzia to sing the Canadian anthem at the NHL All-Star Game on Feb. 5 in Las Vegas, Nevada. The singer-songwriter said she obviously said yes, feeling honoured to have been approached.

"I've been surrounded by hockey my entire life," she said. "So, it feels surreal to be a part of something so big like this."

The Saturday game was played in a three-game, three-on-three tournament. The Metropolitan division played the Pacific division in game one, Central against Atlantic in the second, with each game's winners facing off in the final.

Faouzia sang O Canada first, followed by American artist Blanco Brown, who sang The Star-Spangled Banner. Other artists lined up throughout the weekend to perform.

In the first game, Alex Ovechkin's team faced off against Connor McDavid's. Ovechkin tested positive for COVID-19 before the game and was replaced by Claude Giroux as captain while Tom Wilson replaced him

as a player. Even with the change, the Metropolitan division beat the Pacific 6-4.

Nathan McKinnon's team then played Auston Matthews' team. MacKinnon was also replaced as captain by Joe Pavleski due to injury. Roman Josi replaced him as a player. The Central division defeated Atlantic 8-5, sending Pavleski's team into the final against Giroux's. Giroux ultimately took all and won the All-Star Game.

Faouzia said to prepare for her big moment singing the anthem, she sang every day and ensured she remained calm. She said performing the anthem in T-Mobile Arena was exciting because hockey has impacted her life and this was her first time in Las Vegas.

The game came just four days after the release of her music video for her newest single, Puppet. The song originally released October 2021 has gained over 4.5 million listens on Spotify. Her music video came out on Feb. 1.

Now, the Carmanite said she's working on lots of music, so people can expect to see lots more from her this year.



STANDARD PHOTO SUBMITTED

Faouzia performed O Canada at the National Hockey League All-Star Game, while American rapper Blanco Brown, sang the United States national anthem.

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Art classes coming to GPAC this spring for local youth

By Becca Myskiw

A local artist uses her skills to teach youth the different art styles.

This spring, Desiree Penner is teaching eight weeks of art classes at Golden Prairie Arts Council (GPAC). Each class will focus on a different artist — who they were, where they created art, what inspired them, what techniques they used.

"I think that it's really an amazing opportunity for youth to have a little bit of an intro to some of the greatest artists and a chance to look at images of their work and study their work," she said. "But also take their techniques they see in their art pieces and bring it into their own practice."

Penner knows she'll teach students about some of the artists Vincent Van Gogh, M.C. Escher, Henri Matisse, Claude Monet, and Pablo Picasso. Along with the different art styles, students will use other mediums, including acrylics, pastels, charcoals, graphite pencils, and more.

Van Gogh was an impressionist painter who wasn't successful when he was alive. He suffered from depression, is known for cutting his ear off, and created some of his most famous paintings when in a mental asylum. Van Gogh's work became extremely famous after his death when

his sister-in-law published his work.

He painted landscapes, still life, portraits, and most famously, self-portraits. One of his most known series is sunflowers in his one-of-a-kind style. Penner and her students will study this series, she'll bring flowers to class, and the young artists will paint those in the same style as Van Gogh.

Monet and Matisse were impressionists as well. Picasso was a painter, sculptor, printmaker, and ceramicist who did a lot of fun cubism pieces. Escher was a graphic artist who did a lot of optical illusion pieces.

There will be classes for children aged seven to 11 from 10:30 a.m. to noon and 1:30 to 3 p.m. on Saturdays beginning March 5. Classes for teens will be held Wednesdays from 5 to 6:30 p.m. starting March 2.

Each class is \$30 and all eight are \$240. The price includes all supplies and the teaching time. Penner said there are seven spots per class, so she urges people to sign their children up quickly to ensure they get a spot.

"It's an opportunity for youth to explore different mediums they haven't used before or maybe different styles," she said.

To register, call GPAC at (204) 745-6568 or email gpaccarman@gmail.com.

Celebrating I Love to Read Month with Olympic Spirit

By Becca Myskiw

February is I Love to Read Month and some Elm Creek School students dressed up as their favourite book characters on Feb. 7.

The school's 2022 I Love to Read Month theme is "Read for the Gold" to coincide with the Winter Olympics. Each grade has been assigned a country to support and count medals. Kindergarten is Austria, Grade 1 Norway, Grade 2 Belarus, Grade 3 France, Grade 4 Sweden, Grade 5 is Netherlands, Grade 6 Finland, Grade 7 Sweden, Grade 8 Japan, Grade 9 Germany, Grade 10 Russia, Grade 11 the Czech Republic, and Grade 12 is South Korea. Each class also made a flag of their country to put outside their room.

To get medals, teachers set their own goals with their classes, one for gold, silver, and bronze alike. Goals may depend on the number of pages read or the number of books read, depending on their students and grade. On Feb. 24, the last day, students who achieved their goals will get certificates and prizes for those who reached gold.

Also this month, Elm Creek School students will get mystery readers and before they come, students get three clues to guess who it is. Students will also participate in Drop Everything And Read (DEAR) sessions, Olympic themed gym classes, reading BINGO, and book club activities.

On Feb. 1, the school had opening ceremonies for I Love to Read Month's Read for the Gold, then Book Character Day was postponed from Feb. 3 to Feb. 7 due to weather. Next, they dressed as their favourite Olympic sport, then left positive notes for each other on Valentine's Day, and will wear pink shirts on Feb. 23 for Pink Shirt Day, Anti-Bullying Day.



STANDARD PHOTOS SUBMITTED

Elm Creek School kicked off I Love to Read Month last week. Students and staff got creative, some dressing as Ravenclaws, Where's Waldo, Harry Potter, the Cat in the Hat, and Spider-Man.

On Feb. 24, the school will host their closing ceremonies, students will be able to make a tent on their desks to read under, and it will also be pajama day.

I Love to read Month is a month-long celebration of reading in any capacity. The Manitoba Reading Association made

their theme for 2022 "Moving Forward with Hope", a theme they hope encourages everyone to move forward with friends and family with hope to recover from the pandemic in creative ways.

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Rural drivers more likely to go seatbelt-free: MPI

More Winnipeggers, meanwhile, caught on their phones while driving

By Voice staff

Rural Manitobans are more likely to drive seatbelt-free compared to their urban counterparts, a study by Manitoba Public Insurance has found.

A road safety observation study commissioned last fall by MPI found that 10 per cent of all rural drivers observed were not wearing their seatbelt, compared to three per cent in the Winnipeg capital region.

The worst regions for non-seatbelt use were Interlake and Parkland at 16 and 14 per cent respectively.

Meanwhile, Winnipeg drivers were found to be much more likely to be using their cellphones behind the wheel.

The use of an electronic communication device (ECD) was higher in Winnipeg (10 per cent) compared to rural areas (three per cent).

"The findings of this study will be

used as a benchmark to monitor behaviour change over time, and shared with the Manitoba Association of Chiefs of Police for the purpose of planning future enforcement and awareness campaigns," noted Satvir Jatana, MPI's chief customer officer.

The study was conducted in September and observed nearly 29,000 vehicles in 46 towns and cities across Manitoba.

A few other interesting things the researchers found:

- Overall, seven per cent of all drivers observed were using an ECD in some capacity.
- ECD use appeared to be higher in areas with traffic lights.
- ECD use is highest among younger drivers.
- Overall, seven per cent of all drivers observed were not wearing their seatbelt.
- Those driving trucks had slightly higher rates of not wearing a seatbelt compared to passenger cars or vans/SUVs.
- Drivers in rural areas wore their seatbelt less often across all age groups.
- In cases where the driver was not

wearing their seatbelt, 54 per cent of passengers were also not wearing their seatbelt.

"High-risk driving behaviours places all motorists at risk on our public roadways," said Jatana. "This study confirmed too many drivers continue to exhibit high-risk behaviours which can easily be changed."

Driver distraction is a leading contributor to fatal crashes in Manitoba, linked to nearly 50 per cent of all fatalities and 37 per cent of all serious injuries in 2020, according to MPI data.

Getting caught using a hand-held electronic device while driving comes with a \$672 fine, a three-day driving suspension for first-time offenders, and a drop of five levels on one's Driver Safety Rating scale. A subsequent conviction results in a seven-day driving suspension and moving down the DSR scale five more levels.

Not wearing a seatbelt could net you a \$200 fine and two levels lost on the DSR. A person is more than 50 times more likely to be killed and almost four times more likely to be seriously injured when not wearing a seatbelt, MPI says.

MSTW Planning District saw solid growth in '21

By Ashleigh Viveiros

The pandemic didn't put much of a damper on growth across the region, according to the Morden-Stanley-Thompson-Winkler (MSTW) Planning District's year-end report.

General manager Glen Wieler says that while there were some challenges for builders—chief among them being access to and cost of materials—the permit numbers for 2021 were right in line with expected growth.

"Overall, when I look at '18, '19, '20, a lot of the numbers are a little higher than that as well, so it has been, comparing the last three years, still a very good year," he said.

The start of 2021 saw a renewed focus on residential building permits, as people tackled a myriad of home im-

provement projects.

"The back patio, putting an addition on the house, adding onto the garage, doing a man cave—across the board there was just lots of stuff going on," said Wieler.

"That typically slows down for the fall and winter," he observed. "But then we saw a lot of the industrial and commercial activities start, and that's still going quite strong."

Across the region, construction work valued over \$108 million, with Winkler leading the way with \$52.8 million of that.

"Generally Winkler is close to half of everything that happen within our area ... that's very consistent with previous years," noted Wieler.

The city did see a decrease in to-

tal permits (from 275 in 2020 to 263 in 2021), but the value of the work jumped from \$40.2 million in 2020 to \$52.8 million in 2021.

Commercial improvements (\$10.2 million) and new commercial developments (\$9.3 million) together spurred much of the growth in Winkler last year.

Nearly another \$4.7 million was accounted for by way of industrial improvements and new builds, while residential building projects totalled over \$22.6 million (\$13 million of which were new single family dwellings).

Morden saw not only 40 more building permits last year over the year

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Boyne River skating trail continues to draw tourists

Carman council news Feb. 10

By Becca Myskiw

Carman is becoming a hub for winter entertainment thanks to the Boyne River Keepers and their dedication to its river trail.

The group reported to the Carman council during the Town's Feb. 10 meeting the skating trail is being well used this winter. Member Tracy Enns has also given several radio interviews about the attraction, only gaining excitement across Manitoba.

"It represents the great community that we live in," said Enns. "And it has brought a lot of outside people to Carman."

Along with upkeep of the skating path, the Boyne River Keepers have installed solar lights at Fisher Trestle Bridge and have plans to purchase seven more sets. Enns said those lights will go on more bridges to add light and a kind of ambiance to the trail.

The group was also looking at how to become a not-for-profit, but it was a long process that they decided it wasn't necessary, so they are not mov-

ing forward with the idea.

As the Boyne River Keepers are gaining traction along with the Boyne River itself, they're currently constructing a website to be available to anyone with an internet connection. They currently have a Facebook page, but Enns said not everyone has the platform, and they want to be available to anyone who needs.

They're currently designing a logo and once it's ready, their website will be live. It will include photos, information on past, current, and future events, river conditions in each season and will give people the opportunity to become a Boyne River Keepers member.

Enns said there is some open water on the Boyne River skating trail right now, and she reminds people that whenever on the river to remember it is a body of water and to use care and caution on it.

In other council news:

- Carman Dufferin Communities in Bloom is holding a quilt raffle to

raise funds for the 2022 season. They are also applying for \$6,000 worth of grants. They plan to divide into small groups to focus on three main areas this year: improving the business area on 1st Street, getting local groups to function cohesively, and improving the pocket park by Newman Hand Insurance.

- Golden Prairie Arts Council's winter concert series is still on hold due to COVID-19 and restrictions. There is no update yet on when it will happen.

- The Dufferin Agricultural Society is working toward holding an event in some form this year while also establishing a barrel racing grounds committee. Unfortunately, they were short \$11,000 in 2021 and are currently looking at fundraising options.

- The Carman Dufferin Fire Department responded to seven emergencies in January — one fire, one alarm going off, four motor vehicle collisions, and one other. Their average time to arrive since dispatch was 13 minutes.

- The Finance and Administration Committee agreed to accept a grant

from the Carman Area Foundation on behalf of Carman Elementary School kitchen project. However, they don't know if donations will be permitted as the Town of Carman does not own the land.

- Travis Parsons, general manager of the water services branch for the provincial government, forwarded the capital request for 2023-2028. It includes projects such as opening the next cell in the sewage lagoon, a lift station for further development in the southeast portion of Carman, and a sewage treatment discharge upgrade.

- The provincial government requested an extension of the agreement for the Water Reservoir Project because of the funding available to complete the upgrading of two additional water mains to improve pressure in town.

- The Carman Water Treatment Plant has forwarded the 2021 Annual Compliance Audit. The non-compliance incident reported was the failure to submit an Advisory notification Plan, something manager Darcy Hayward said he didn't know he needed to do. He has since sent the document.

Public health restrictions on their way out: Stefanson

By Ashleigh Viveiros

Manitoba is speeding up its plans to do away with most public health restrictions before spring.

Last Friday, Premier Heather Stefanson and Chief Provincial Public Health Officer Dr. Brent Roussin unveiled the new public health orders that went into effect on Tuesday, Feb. 15.

There are no longer any capacity limits at venues such as restaurants, entertainment venues, and indoor and outdoor sporting events. Nor are there restrictions on any gatherings at private residences.

Capacity limits have been removed as well for outdoor public gatherings, though indoor public gatherings are limited to 50 people unless proof of vaccination is required.

Youth age 12 to 17 participating in indoor sports and recreation are no longer required to provide proof of vaccination or recent testing.

There were no changes to retail and personal services.

There are no longer self-isolation requirements for close contacts of someone who tests positive for COVID-19, and self-isolation for people who live in a household with others who have symptoms is now only recommended, not required.

Likewise, people entering Manitoba from another province no longer need to self-isolate, though those coming in from international destinations still need to meet requirements under the federal Quarantine Act. Travel restrictions to northern Manitoba remain in place.

The past two years have been filled with financial hardships and countless missed celebrations and life experiences, the premier said.

"Manitobans have put their lives on hold and it's time that we give them their lives back," she said. "Today we offer hope to those who have been waiting for a long time to see that light at the end of the tunnel."

"The restrictions have placed many burdens on Manitobans, and now that we see the pressure of our hospital system starting to ease it's our responsibility [as] government to ease those restrictions on Manitobans."

The province intends to take the next step on March 1, removing proof of vaccination requirements entirely.

Starting March 8, notification of close contacts in settings such as personal care homes, shelters, and health-care facilities will no longer occur.

Finally, mask requirements and oth-



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Continued on page 10

“This situation is completely and utterly unacceptable”

RCMP warn protestors against blocking access to health care facilities

By Standard staff

As slow roll protests continue across not just Canada but right here in Manitoba, RCMP are making it very clear there are certain actions that will not be tolerated.

In a social media post last week, Manitoba RCMP noted that a 74-year-old man found himself stuck behind the convoy of protestors making their way between Morden and Winkler on Feb. 3, deliberately slowing traffic in protest of COVID-19 vaccination mandates.

Police say the man was trying to drive his 82-year-old sister to Boundary Trails Health Centre, as she was in dire need of medical care.

The convoy would not let the man

get around them, and he didn't have a cell phone to call police or an ambulance for help.

“He feared deeply for his sister's health. It took him over an hour to drive three kilometres before she could get the urgent care she needed,” RCMP say.

“This situation is completely and utterly unacceptable and it cannot be repeated. The Manitoba RCMP will continue to closely monitor these demonstrations and will not tolerate any blocking of roads or highways that lead to hospitals.

“We uphold and recognize the right to peaceful demonstrations. However, it is not a right to prevent fellow Manitobans from accessing emergency

medical care.”

Police urge anyone who finds themselves in a similar situation, assuming they have a cell phone, to call 911.

Meanwhile, protestors last week set up shop at the Emerson border crossing, completely blocking Highway 75 with semi-trucks, farm equipment, and passenger vehicles.

Traffic on the highway was still being blocked by about 75 vehicles at press time, though RCMP note emergency vehicles and some livestock transports had been allowed to pass through the blockade. No tickets have been issued and no arrests have been made.

Protestors have also occupied the area around the Manitoba Legisla-

tive Building, sounding off horns and demanding an end to public health measures.

And another local convoy met between Morden-Winkler Saturday morning to head into Winnipeg via Highway 3 to participate in protests there.

Meanwhile, Manitoba public health officials on Friday announced a relaxing of restrictions starting this week Tuesday with plans to do away with them entirely by mid-March, including mask and vaccination mandates, citing a lessening of COVID-19's impact on the health care system.

Pembina man killed in vehicle rollover Saturday

Staff

An 86-year-old man from the RM of Pembina was killed when his vehicle went off the road over the weekend.

Pembina Valley RCMP were called to single-vehicle rollover on Road 17 North near the intersection of Road

43 West in the RM of Pembina on Saturday just before noon. Police say the initial investigation has determined the vehicle was travelling west on Road 17N when it left the road. The driver and lone occupant was pronounced dead at the scene.

Speed and alcohol do not appear to be factors in the collision, police say, noting that visibility was poor and road conditions were icy at the time of the accident.

RCMP continue to investigate.

> MSTW GROWTH,
FROM PG. 4

before but also a huge jump in value—from \$18.1 million in 2020 to \$30.4 million in 2021. Commercial projects totalling \$11.4 million and residential projects of \$16.4 million led the way there.

Meanwhile, the RM of Stanley saw 19 more permits for the year at 155 in total and values that rose from \$11 million in 2020 to \$21.3 million last year (\$11.7 million in new single family dwelling builds being the highest valued category).

The RM of Thompson added 10 more building permits in 2021 with 23, valued at \$3.8 million—a big jump from the \$843,000 reported the year before. Thompson saw its greatest growth come by way of single family homes (\$1 million) and new commercial projects (\$1.2 million).

As the building boom continues, Wieler reminds residents to make sure their permits are in order whenever they tackle a new build or improvements to existing properties.

“I'd like to remind people come spring that if they're putting pools in they need to be permitted and properly fenced for safety and security,” he said, adding permits ensure that this and other projects are done to code and taxed fairly.

He noted that most people are pretty good about heeding permit requirements, especially in the urban centres.

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Local equine specialist brings horse first aid course to Miami

By Becca Myskiw

A group of locals hit the Double Z Arena last weekend to learn about standard horse first aid.

Kelsey Wood, owner of Wood Ridge Equine & Canine Services, brought her expertise to the people of Miami on Feb. 12. She worked as a trail guide and feedlot pen rider in Alberta after high school and attended Olds College there, graduating with a Bachelor of Applied Science Degree in Agribusiness.

Wood moved back to Manitoba in 2015 and settled into her home just outside of Miami with her family and herd of animals.

"In the winter of 2020, I decided that it was time to reinvest in my life's passion which is working with horses, and in the spring of 2021 Wood Ridge Equine Services was born," she said. "At first, I wasn't 100 per cent sure on what I wanted to offer through my business, but I soon connected with Equi-Health Canada and took their instructor training to become an independent Instructor teaching Equine Health and Emergency First Aid Courses."

Wood then got her instructor certification with Canine Health Canada, too, so she can teach both equine and canine first aid. That's when the "& Canine" was added to her business name.

Two months ago, Wood Ridge Equine & Canine Services was voted as Equi-Health Canada's Up

and Comer of the Year. The business offers emergency first aid courses on horses and dogs, which Wood recently brought to the Double Z Arena in Miami.

The full-day course covered common illnesses and injuries horse owners could encounter, what to tell a vet when you call them or how to condition your horse to accept treatment. Participants also learned the signs for colic, choking, collapses, burns and eye injuries along with what to do when your horse is in a cast, in shock, identifying hoof diseases and sources of pain, and dealing with anything else that may arise.

The training for horse owners was theory and hands-on. The hands-on portion had the horse owners learn different bandaging techniques, identify back pain, and monitor and take vitals.

"These are important topics to discuss and learn how to respond to as they are more common to occur and can range from mild to severe in nature," said Wood.

She said the most critical thing for equine first aid is to know your horses. Know what's normal and abnormal for them, learn how to take their vitals and what they mean. In an emergency, remain calm, identify the problem, assess the situation, help how you can, and reassess the horse regularly until the vet arrives.



STANDARD PHOTO SUBMITTED
Kelsey Wood taught equine first aid to locals at Double Z Arena last weekend.

Pandemic parenting woes acknowledged in MPS seminar

By Nicole Brownlee

A Winnipeg psychologist researching the impact of the COVID-19 pandemic on parents and their children is hosting a seminar to connect with parents and offer support.

Dr. Leslie Roos is an assistant psychology professor at the University of Manitoba and an investigator for the Children's Hospital Research Institute of Manitoba. Roos' research focuses on developing clinical programs to support the mental health and parenting needs of families affected by chronic stress.

"Early on in the pandemic, we started doing some research in Canada and elsewhere on how family mental health was going," said Roos.

The challenges and stress of the pandemic continue to have a significant impact on families' mental health, which has pushed Roos and her team to learn how to improve virtual care to meet families' needs.

Roos' team has used online surveys, a parent advisory panel and online forums to dig into what parents need.

"We pull data from thousands of responders," said Roos.

"Some of the parents are really worried about persistent effects of the pandemic on their own relationships, kids' mental health."

Through the Manitoba Psychological Society, Roos will discuss "Parent-

ing During the Pandemic: Supporting Families of Young Children through Innovations in eHealth Technology" on Feb. 18 from 2 p.m. - 3 p.m. with Lindsay Berard and Bailin Xie.

The team will describe current research about the scope of parent mental health needs, their importance and address the impacts of family stress on kids.

Innovations in virtual care and app-based services will also be reviewed to remind parents to access support when they need it.

"Before the pandemic, it often felt like I was working hard to convince people that mental health is health, and I don't make that argument anymore," said Roos.

"I don't need to spend a lot of energy convincing people."

The pandemic has caused mental health resources to be more accessible online, the government to invest in mental health services and acknowledge the necessity of balanced mental health.

"I'm really optimistic we'll have long-term positive impacts," said Roos.

Roos said she hopes parents will learn more about the impact of the pandemic on families, consider resources and feel less alone after the seminar.

"Starting these conversations re-

duces the stigma, and you learn about some of the great work going on in the province." For more information, visit www.mps.ca.



New Opportunity for Farmers

Growing Outcomes in Watersheds (GROW) is a new initiative that recognizes the valuable role farmers play in improving the environmental health of the agricultural landscape.

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- ✓ perennial cover for sensitive land
- ✓ soil health improvements
- ✓ shelterbelt establishment

For more information on GROW or to connect with your local watershed district, visit www.manitobawatersheds.ca, or call 204.945.0002.



Carman's only glass only shop offers one-of-a-kind service

By Becca Myskiw

There are several autobody shops in the community, but only one glass only shop.

Bradburn Auto Glass opened its first shop in Carman four months ago, where they work strictly on anything glass-related for automobiles. Owner Adam McCullough is currently doing all the work, but he is hiring.

Bradburn Auto Glass is mobile, and their shop is at 43 4th Ave SE. In the summer, McCullough can go to a client's place and do all his work on their driveway, but he requires a heated space to work in the winter. He's looking for an extra set of hands so he can have someone always at the shop, ready to take a vehicle in, while someone else can be doing mobile calls.

McCullough works on more than just passenger cars, too — he does heavy trucks, heavy equipment, motorhomes, and classic cars. And he fixes more than just windshields — anything glass in the vehicle, he can make new again. That includes the side windows, sunroofs, and anything that would make those rolls down and up. He even fixes the power in windshield wipers and windows.

He said the most common thing he does is windshield replacement or

stone chip repairs. A windshield takes a couple of hours, and a stone chip repair is just 30 minutes. McCullough said if someone needs something fixed and they're close by, he'll go to their work or home, take their vehicle to his shop, fix the glass, and then bring it back to them.

The second most common thing he fixes is the back window because "everyone likes to drive their quad right through."

McCullough started his career working in an autobody shop, then moved to a glass only one in Winnipeg. He said in his opinion, taking a vehicle to get the windows fixed at a glass-only shop is a better option than an autobody.

"If you get your window done at a body shop, they're supposed to know how to do it, but they might do two of them a week," he said. "Whereas I do five, six, seven every day. I do it all day, every day, it's all I have to think about."

When he was working in a body shop, he said there was always lots to think about and lots to know how to fix. However, that's not the case at a glass-only shop.

"Any time you can focus on one part and specialize in it, you're better at it,"



STANDARD PHOTO SUBMITTED

Bradburn Auto Glass is Carman's only glass-only shop, meaning they specialize on everything to do with glass on vehicles.

he said.

Bradburn Auto Glass currently has two mobile vehicles and one shop in Carman. McCullough does work as far as Selkirk. They take care of all

communication with Manitoba Public Insurance (MPI) for their clients, making the whole process as stress-free as possible.

Chamber looking forward to 'Surviving February'

By Becca Myskiw

The Carman and Community Chamber of Commerce's February meeting focused on what's to come.

On Feb. 8, the board had their monthly meeting, discussing the start of 2022.

"We were in a little bit of a lull after a very busy December," said president Marni Harrison. "But are looking forward to the opportunities 2022 will bring."

One of those opportunities is their Surviving February initiative, a competition that gets residents supporting local businesses. In teams of four, each member purchases a \$25 gift certificate from any chamber member and registers by handing it in. Then, every day for 14 days starting Feb. 14, excluding Sundays, five names will be pulled from those entered. The first four names are people eliminated from the competition, but the fifth name receives four gift certificates. On the final day, names will continue to be pulled until one remains. The final name will be the ultimate survivor and wins the remaining 60 gift cards.

Surviving February helps everyone — shoppers and store owners alike — with getting over the post-Christmas shopping slump. In addition, it makes supporting local fun while doing it.

The meeting also noticed Alice Veenendaal's retirement from owning Evensong. She sold the store to Michelle Weir and Tracey Falk who are excited to keep the values the same while adding a twist of their own. The pair expects to open the new Evensong in a couple of weeks.

The Chamber also noted that 2022 membership packages were sent out and everyone should have received them by now. They're once again offering their "Sponsor a Member" program that allows an existing member to sponsor an incoming one for \$50. The program enables businesses to experience what being a Chamber member is like without the full fee.

The financials showed that the Chamber has over \$60,000 of assets and \$15,000 in total liability due to Chamber Bucks payable in the first month of the year. The budget for memberships was \$20,000 for the year, but they have received almost \$2,000 more so far.

As of Feb. 8, the Chamber has spent \$6,417.25 on membership expenses, paying their executive director, paying for their Manitoba Chamber of Commerce membership, on their website, and on office equip-



STANDARD PHOTO SUBMITTED

The Carman and Community Chamber of Commerce are encouraging residents to shop local.

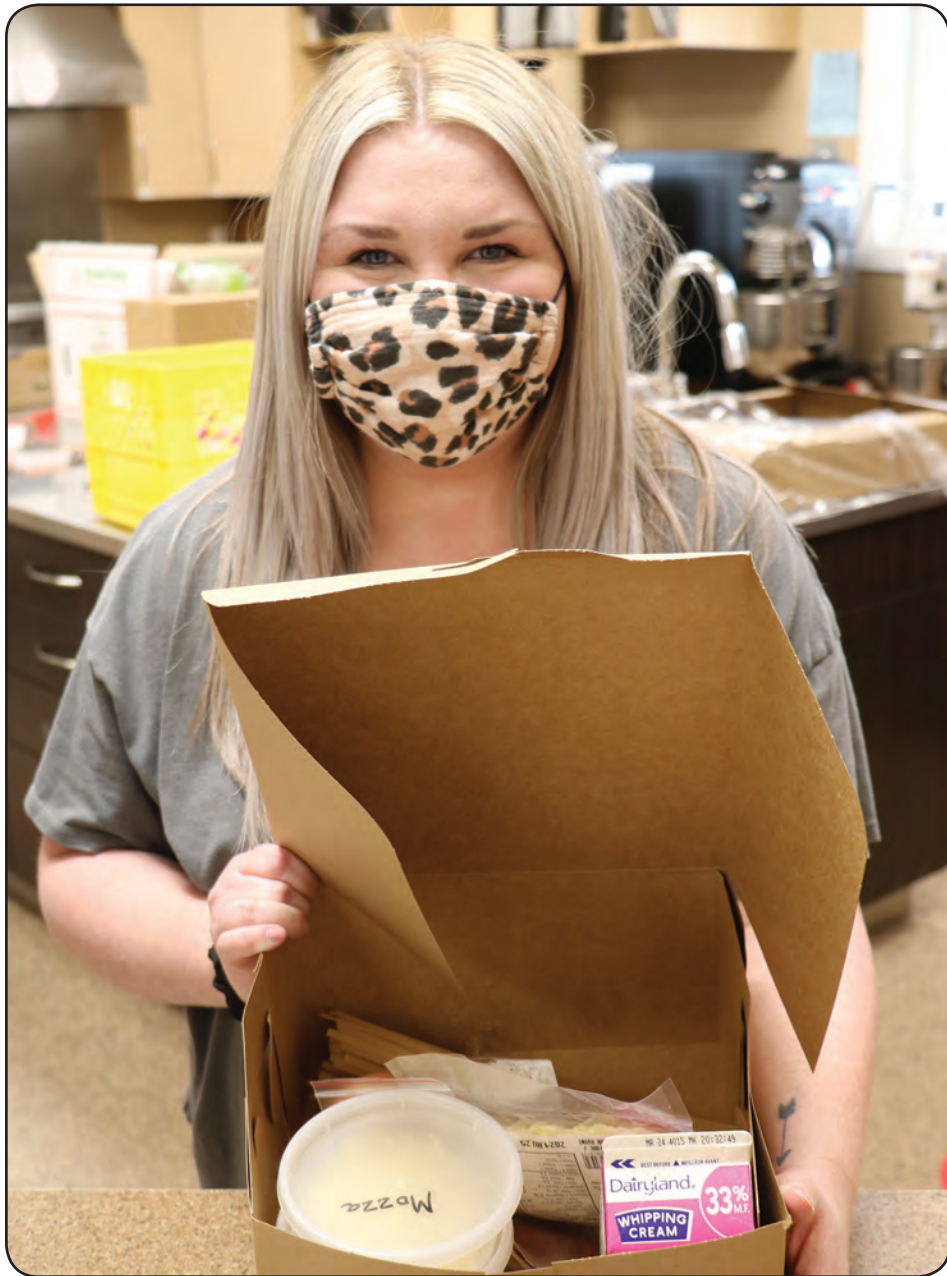
The next Carman and Community Chamber of Commerce meeting will be on March 8.

Blaine Pedersen
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Enjoy a Big Night In in support of Big Brothers, Big Sisters



STANDARD FILE PHOTO

Big Brothers Big Sisters of the Pembina Valley executive director Jenelle Neufeld with the meal kit they offered for last year's Big Night In event.

By Ashleigh Viveiros

Big Brothers Big Sisters of the Pembina Valley is teaming up with Mulligans Restaurant & Lounge in Winkler for the second annual Big Night In next month.

Tickets are on sale now for the March 2-3 fundraiser, which the mentoring agency is hosting in lieu of its usual Bowl for Kids' Sake.

Executive director Jenelle Neufeld said they're thrilled to be partnering with the restaurant on this.

"We wanted to support a local business, so we figured partnering with Mulligans was a really good choice," she said. "They have incredible food and they support organizations in the community."

Having the restaurant on board does change the event somewhat from last year, where participants were given a box of ingredients and a link to a video to follow along to create their meal. It was well-received, but they decid-

ed to mix things up this year—ticket holders will simply pick up their ready-to-enjoy meals from the restaurant as a takeout order.

Tickets are \$100 and include a dinner featuring ribs, coleslaw, potatoes, brownies, and your choice of a bottle red or white wine or a non-alcoholic beverage.

"Each meal will serve two people," Neufeld said, calling it a fun date night for couples that does double-duty as a way to support for a great cause.

Last year's Big Night In was a success, raising about \$14,000 for the non-profit's mentoring programs and prompting them to extend it to two nights this year.

It's been a challenging time to try and figure out how to host fundraising events that meet public health orders and aren't at potential risk of being cancelled should those orders change, Neufeld said.

Big Bros has tried to host a few trivia nights in recent months, for example, but found most people aren't quite comfortable gathering in that way just yet.

"You have to find something that people are going to want to participate in, and I think food is always a good option," Neufeld said, laughing.

Big Night In is the perfect solution, she added, as restaurants are able to offer takeout no matter what for everyone to enjoy from the safety and comfort of their own homes.

Proceeds go to support Big Brothers Big Sisters' community, in-school, and group mentoring programs.

Neufeld said they were able to host a few Go Girls! group sessions over the past year, and while the in-school mentoring matches have been on hold, many ended up transitioning into community matches to provide a bit more flexibility for the Big and Littles to get together outside of school hours.

In all, 15 kids have been meeting or staying in touch in other ways with their volunteer mentors.

"All of the restrictions and everything that's been going on the past two years has changed our expectations as an organization for what a match looks like," Neufeld said, observing that while they used to ask volunteers

to get together with their Littles for a few hours every week, "now we're at the point where we're saying, 'Maintain your connection, maintain your relationship however that looks like to you, as long as you're both on the same page.'

"It's working. We've had a few matches close due to complications with the pandemic ... but not nearly as many as I had thought we might."

Challenges remain, however. Neufeld said that while the 2020-2021 fiscal year's shortfalls were able to be offset by numerous pandemic-related grants, many of those sources of funding don't exist this year, putting a bit of a question mark over the agency's financial outcomes for 2021-2022 and beyond.

"Compared to last year, this year will be a lot different financially for us as we end our fiscal year. But, our fiscal year ends March 31, so we're hoping this will be a last little push to bring in a good chunk to put towards our operating expenses for the year."

Big Night In tickets are available by calling Mulligans at 204-325-9499 from now until Friday, Feb. 25.

The meals will be available for pickup from 5 p.m. until closing on Wednesday, March 2 and Thursday, March 3.



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Incredible creatures: The changing rules of romance

By John Gavloski

On Valentine's Day, people often offer presents or cards to those close to them, or have a special meal. Many insects are also gift-givers. Sometimes the treats provided can help attract a partner and improve reproductive success. These are known as nuptial gifts. In honour of Valentine's Day, this month's Incredible Creatures will explore how a local species of butterfly can advertise and provide a nutritious gift for his mate, and how an altered environment has resulted in less choosy females.

Female cabbage white butterflies like their nitrogen

Cabbage white butterflies (*Pieris rapae*) are a common sight in Manitoba in late-spring and summer, although some may mistakenly think these white butterflies are moths. Larvae of this butterfly, which are called imported cabbageworms, are green with a thin yellow line down their back, and feed mainly on cruciferous plants. Male and females of this butterfly are easy to tell apart, because males only have one black dot on their forewings, whereas females have two dots. Adults avidly visit flowers, and

they will also feed on moist earth and mud puddles. Nitrogen plays an important role in mate selection in these butterflies. A nutritious nuptial gift, containing lots of nitrogen is passed from males to females during mating, and is an important source of energy for female butterflies.

What a butterfly sees in the wings

Nitrogen also affects wing pigmentation in cabbage white butterflies. They can determine the quality of a potential mate by visually assessing the pigmentation of the wings. The wings of these butterflies look different to other butterflies than they do to us though. The mostly white wings of the cabbage white butterflies absorb a lot of ultraviolet light that humans cannot see, but butterflies can see clearly. So to us the wings look white, but to a female cabbage white butterfly, the wings of the male may appear a bold violet. Females know the brighter the violet, the more his nutrient package is rich in proteins. When the male is trying to court the female, he will fly below the female, engaging in a series of pendulum like "sweeps" below her. This dance allows him to showcase the bright colours on

the upper surfaces of his wings that females prefer. If his courtship flight is successful, the female will land on a plant or other substrate below and allow him to mate with her.

Nitrogen makes for less choosy females

Researchers wondered how differences in nitrogen availability, specifically due to man-made influences, might affect mating behaviour and physiology of cabbage white butterflies. To test this, they compared cabbage white butterflies from a non-agricultural population with a population from an agricultural setting where fertilizer has significantly increased nitrogen availability. Several differences became apparent between the two populations. While females from the non-agricultural site typically mated with more than one male, agricultural females tended to mate only once, thus receiving fewer of the nutritious nuptial gifts. In agricultural environments where nitrogen is abundant, female cabbage white butterflies depend less on nuptial gifts from males, and were less choosy when selecting a mate. Also, the toothed structures used to break



PHOTO SUBMITTED

Cabbage white butterfly

down nuptial gifts were reduced in agricultural females' reproductive tracts, indicating a reduced need for the nutrients. In addition, both males and females from the agricultural population had increased wing pigmentation. These results suggest that changes in nitrogen availability can affect cabbage white reproductive behaviour and physiology in a many ways. As their world changes, so do the rules of romance for cabbage white butterflies.

> HEALTH RESTRICTIONS, FROM PG. 5

er restrictions will be lifted effective March 15, the province has said.

"Based on our data, on our modelling, we can see that omicron has peaked and is beginning to subside in Manitoba," said Dr. Roussin. "All the indicators that public health considers are moving in the right direction at this point."

Monday's COVID-19 bulletin noted data from the seven days ending Feb.

10 showed a 12.2 per cent decrease in new hospitalizations due to the virus from the week before and a drop of 11.8 per cent in new COVID-19 ICU cases.

The provincial online dashboard had the total number of hospitalization of people with COVID-19 at 633, including 40 ICU patients. The death toll due to COVID-19 was at 1,637—up 37 from the Monday before.

With numbers starting a downward trend, Roussin said Manitoba is moving into a transitional phase in its mandates, moving from public health restrictions to recommendations.

The public health orders were always intended to be temporary, he said.

"We knew that this pandemic would come to an end, we knew that the public health restrictions would come to an end, and we are now on that path moving forward."

Manitobans not yet vaccinated are

still encouraged to do so, Stefanson said.

"As a government we have encouraged as many Manitobans to get vaccinated as possible and we will continue with those efforts," she said. "But it's time for a new normal to begin in Manitoba."

"We need to end the divisiveness between families, between communities. We need to move forward. It's time to bring Manitobans back together again."



FOR TAX TIME

Stick to THE PROS!

Every year, when the time comes to complete your tax return, you wonder what would be the best way of going about it — ask a member of your family who's good with numbers, use some accounting software, or go see an accountant? One thing is certain: you can never go wrong with an expert. Are you hesitating because of the cost? Here are five reasons why an accountant is your best option.

1. You're not comfortable with numbers.

Completing a tax return requires some skill in book-keeping and personal finances. You may waste a lot of your time if you're not comfortable with numbers.

2. Your situation is complex.

If you're self-employed, a business or rental property (income property) owner, or if your life situation has changed recently (divorce, early retirement, illness, etc.), your tax return could give you some problems.

3. You're not immune to error.

While some software programs are easy to understand, completing a tax return is often more complex than it seems. One small mistake can be far more costly than the services of an accountant.

4. Maybe you don't know everything.

Taxpayers who file their own tax returns often omit such things as medical expenses, for example, and don't always know which refunds they are entitled to and which programs they are eligible for.

5. You'll get sound advice.

Lastly, calling on the services of an accountant means benefiting from the best possible advice, especially with regard to the best time to make a claim.



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Miami residents build 12-foot-tall snow slide

By Becca Myskiw

Thanks to a group of volunteers, there's a new way to have fun in Miami.

A new 12-foot-tall snow slide has gone up in the park in town just off Highway 23. So when a group of locals, some parents and some not, came to council wanting to build something for the children to do in winter, they found council wanted the same thing.

John Friesen was one of the volunteers on the project. He said they started planning for the snow slide to be built in summer, but there were delays, and it became a winter project.

The Miami Power Toboggan Club is the leading group behind the slide. They've developed the snow trail in the community and the snowmobile shack/activity centre just six miles northwest of town.

"We wanted to do something a little closer to town," said Friesen. "If people want to do something in winter, but they don't have a snowmobile, now there's this."

The snow slide is 12 feet tall and over 30 feet long, with what Friesen describes as a decent angle for sliders. It faces northeast, and passersby can see the snow slide from the highway, making it an attraction. The main structure is up — the slide and the tower — but there are still a few finishing touches to be done.

The volunteer group wants to add lighting to it to be used in the dark. They also have some sculpting to do at the bottom and are deciding on whether or



STANDARD PHOTOS SUBMITTED

A group of volunteers recently built a 12 feet tall and over 30 feet long snow slide in Miami. The grand opening was on Saturday.

not to add a play area underneath the tower. Most of these, with the exception of the snow sculpting, will be done in the summer when the weather is nicer.

To celebrate the opening of the brand new structure, the Miami Power Toboggan Club hosted a sort of grand opening event on Saturday, Feb. 12. People came out for hot chocolate, a wiener roast, and a bonfire dressed in their ski pants and jackets while

taking their turns trying out the snow slide on toboggans, tubes, and anything else that would work.

As volunteers completed the project, they only had to pay for the supplies. Friesen said most of them were donated or covered by grants and the following sponsors: RM of Thompson, Miami and Area Foundation, Pembina Co-op, Miami 4H Activity Club, Ice & Fire Photo and MWM.

Where are they now? Catching up with Kelly Stout

By Dennis Young

This feature will attempt to renew some acquaintances with those who called Carman and area home at one time or another. I have randomly selected people to answer questions of their past and present so the readers can be brought up to speed on their lives.

Q. Firstly let's get familiar with you again. When did you live in Carman?
1970 to 1982

Q. Did you attend school here?
Yes.

Q. What did you do for jobs as a student?

Everything including delivering papers, cutting grass, at Aubin's farm, at feed lots, anything that someone would pay me lol.

Q. What activities did you participate in as a student?

All sports but my top ones were golf, hockey and badminton.

Q. Did your family live here? Who and what did they do for a living?

My Step Dad Larry Stout ran a retail store and also worked at the Co-op for many years. Mom, Helga, was a stay at home mom and helped at Larry's store too.

Q. Do you have family living here?
Yes, Larry is still kicking but mom passed in 2018.

Q. What got you to leave Carman and where?

More money of course so I moved to Winnipeg to work with Beaver Lumber. Then I moved to Regina in 1982 to work in the Rail car business. Still in the Rail business today.

Q. What was your chosen career after school?

Once I found the Rail Car business, I stayed with it as my career. Been at GATX Rail for 20 years. I'm Continuous Improvement Manager for North America.

Q. Did you move here for career?
No my family moved to Carman to be part of Larry's family.

Q. Did you move around lots in career or life?

Yup six times. Winnipeg, Regina, Calgary, Sarnia, Red Deer and then back to Sarnia.

Q. Did you meet your spouse here or where?

I met Ronda right here in Carman.

Q. Did you raise any children here or where? Names, where now and doing what?

We have Cody (1992) and Kaitlyn (1989) both are in Sarnia now. Cody works for Factor Gas and is a Pro long driver. Kaitlyn owns her own business refinishing furniture. For Grandkids,



STANDARD PHOTO SUBMITTED

Kelly Stout (fourth from left) and family.

Cody has Mavrick (2 years) and one coming in six months. Kaitlyn has Olivia (5 years).

Q. What do you do now? Retired?
One more year of work whoop whoop!

Q. What passes your leisure time? Hobbies? Sports?

Lots of golf.

Q. Have you travelled for leisure and where?

We have gone on many 7 day all inclusions that there are too many to list.

Q. Any future plans? Do you have to do list?

Golf the top 100 world golf courses.

Q. Do you ever return to Carman?
Every year you bet!

Q. What are some of your fondest memories of your Carman days?
My hockey days and Carman's golf course.

Q. Any last words you wish to send to our readers?

Work hard, play hard and retire easy.

If you are interested in reaching out to Kelly Stout, send me an email, denjohny-oung@gmail.com and I will put you in touch.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

League champions



STANDARD PHOTO SUPPLIED BY KELLY RICHARDSON

The Elm Creek U11 girls, double roster team won gold in their league playoffs this past weekend. The girls were undefeated during round robin play and the semi-finals where they defeated Morden. The girls then went on to defeat Landmark 7-1 in the finals. Pictured left to right, back row, coaches, Ian Lepp and Kelly Richardson; middle row, Bailey Dyck, Makenzie Bartlett, Sadie McKay, Ainsley Richardson, Kinsley Friesen, Reece Fotheringham, Casey Winkler, Eden Lepp, Camryn Armstrong, Paige Windus, Milania Melnic and goaltender Holly Vosenek. Missing from the photo is Lexi Philippe.

Notre Dame knocks off Beavers



STANDARD PHOTO BY DENNIS YOUNG

The Beavers' Jack Lotscher, left, and A.J. Nychuk battle for the puck against the Notre Dame Hawks during SEMHL playoff action last Saturday in Carman.

Winkler Flyers lose two to Pistons, Steelers

By Ashleigh Viveiros

The Winkler Flyers found themselves on the losing end of two 4-1 games last week.

On Wednesday, Feb. 9, the team welcomed the Steinbach Pistons to town for a rematch, having bested them in two games the previous week.

This time around, though, it was the Pistons who came out on top. After Troy Hamilton opened scoring in the first period with what proved to be Winkler's only goal of the night, Steinbach added two more that period and then another two in the third, including an empty-netter.

The Pistons outshot the Flyers 34-25, Winkler goalie Dylan Meilun making 30 saves.

Two nights later the Flyers found themselves in Selkirk playing the

Steelers. Once again Winkler was kept to just one goal—scored by Hamilton early in the third period—while their opponents managed two in the second and two more in the final frame (including one on an empty net) en route to victory.

This time around it was Malachi Klassen in goal for Winkler. He faced 26 shots and made 23 saves while his teammates sent 29 the other way.

The Flyers' hopes of revenge against the Pistons Sunday night in Steinbach were foiled due to poor weather and road conditions.

This week the Flyers head into Winnipeg to face the Blues Tuesday night and then play the Steelers in Selkirk Saturday. The team are heading into the final few weeks of the Manitoba Junior Hockey League regular season

in third place in the East Division standings with a record of 24-15-1-1 for 50 points. That puts them a full 13 points behind the Pistons in first and four points behind the Blues in second place.

Staff

The Carman Beavers' season is suddenly over.

Carman was defeated 3-1 by the Notre Dame Hawks in a South Eastern Manitoba Hockey League Survivor Series game on Saturday.

Brian Michiels gave the visitors a 1-0 lead at 15:34 of the opening period and then Vincent Grift and Griffen McLean made it 3-0 by the 4:17 mark of the second period.

The Beavers' cut into that lead when Taylor Fisher scored a power-play goal at 12:40 of the third period, assisted by

Darren Bestland and Jake Dudar.

Carman goaltender Steve Christie made 26 saves in the losing cause.

In the other Survivor Series game, the Winkler Royals doubled the Altona Maroons 4-2 last Friday.

With the win, Notre Dame now advances to play Winkler in a best-of-three series.

The winner of that series will play the Portage Islanders in a semifinal series. In the other semifinal, the Warren Mercs will take on the Morden Bombers.

Hawks trying to hang on

By Lorne Stelmach

The fate of the male U18 Pembina Valley Hawks may have already been decided heading into their regular season finale this weekend.

The Hawks came into the week in ninth place at four points behind of the Winnipeg Bruins in the race for the eighth and final playoff spot after falling to the Bruins 5-2 this past Sunday, so it set up a must-win situation with the Hawks hosting them in Morden Wednesday.

If Pembina Valley found a way to overcome the Bruins, their task would not be any easier than with fourth-place Yellowhead Chiefs here for a doubleheader Saturday and Sunday.

Against the Bruins this past Sunday, three unanswered third period goals propelled Winnipeg to victory after the Hawks had fought to tie it up at two apiece. Carter Sotheran and Keston Worley scored for Pembina Valley, while Raiden LeGall made 35 saves as Winnipeg outshot the Hawks 40-28.



AFTER 45 YEARS OF RUNNING THE TIME CLOCK AT CARMAN BEAVER GAMES, HE HAS RETIRED! THANKS FOR YOUR DEDICATION RAY!!



Hawks look to thaw Ice in first round of playoffs

By Lorne Stelmach

The female U18 Pembina Valley Hawks not only closed out the regular season with three wins in a row but also wrapped it up with a victory over the team they now need to vanquish in the playoffs.

The 3-1 win Sunday on home ice in Morden over the Winnipeg Ice offered a preview of the quarter-final series that kicks off Thursday in Winnipeg.

The teams split their regular season series with two wins each, so the fourth-place Ice and fifth-place Hawks are evenly matched.

The Ice finished at 15-10-3 for 33 points followed by Pembina Valley, which got their record to .500 at 14-14-0 for 28 points with a 5-4 win Friday over the Eastman Selects followed by the victory over the Ice.

"The team feels really good after this past weekend's results. The girls are buying in, and they're ready to go," said coach Dana Bell on Monday.

"The Ice aren't a team we can take

lightly. We have to play a solid 60 minutes of hockey," he said, sounding very optimistic about their chances. "Our defensive zone is strong right now. We are doing the right things.

"Our atmosphere in the dressing room right now is super exciting. The girls are pumped and ready to go."

The Hawks held period leads of 2-0 and 4-2 over Eastman and then hung on in the final period with Tria Enns backstopping the win with a 35 save performance as Pembina Valley was outshot 39-36.

Abbey Bourdeaud'hui led the way with a pair of goals while also contributing were Gracie Carels, Janik Grenier, and Quinn McLaren while Erica Fijala chipped in with a pair of assists.

Kaylee Franz then stopped 29 of 30 shots Sunday as the Hawks hung on after taking a 2-0 first period lead on the Ice, who were outshot 38-30. Scoring for the Hawks were Jessica Anderson, Cambree Martens, and Mya Pearce. The best of five quarter-final is scheduled to continue with game two



STANDARD PHOTO BY RICK HIEBERT

A falling Marissa Fehr tries to tip a Pembina Valley shot past Eastman goalie Mia Jones in Friday night's game in Morden. The Hawks won 5-4 and then downed the Winnipeg Ice 3-1 on Sunday to wrap up the regular season in fifth place.

in Morden Saturday and game three in Winnipeg Sunday. If the series is extended, game four is planned for

next Wednesday in Morden.

Cougars tied for first in the league after two more wins

By Becca Myskiw

The Carman Cougars are now tied for first place in Zone IV High School Hockey.

The Cougars played two games last week, one on Wednesday and one on Sunday — with wins in both.

On Feb. 9, Carman faced off against the Pembina Tigers. Gavin McCallum opened the scoring with two goals in the first, while the Tigers answered with one of their own. Anthony Lehmann got the first goal in the second, followed by Ryan Orchard, and again by McCallum, netting him a hattrick.

The third period saw two more goals from the Cougars thanks to Slade Sotheran and Orchard, but the team was outdone in the last 20 minutes by the Tigers, who notched three goals of their own.

The third period was busy not only in goals but also in penalty minutes. Carman served seven penalties, and the Tigers six.

"It was fortunate we had a significant lead before this happened or we might have let this game slip away," said head coach Jeff Park.

The Cougars still came out of

Wednesday's game with a 7-4 win, adding to their win streak.

On Feb. 13, the Cougars played the Mavericks. Sotheran got the game's first goal, followed by Sam de Rocquigny and Lehmann. Carson Park and Orchard scored in the second and Lehmann got another in the third along with Colty Plaitin and McCallum.

Park said Lehmann actually got a hattrick, but the game sheet was marked in correctly. He and Plaitin each had a four-point night.

"Maysen Mazurat was strong in net,

making some remarkable saves and only gave up one goal," he said.

The Mavericks found the net once with 6:35 remaining in the third, giving the Cougars an 8-1 win and a 16-game win streak.

The Carman Cougars are now 17 and 3, tied for stats with the PCI Trojans, who were ahead of the team by one win until last weekend. The Cougars played again on Monday and Wednesday, their last two games of the regular season schedule.

Twisters riding high on three-game win streak

By Lorne Stelmach

The Pembina Valley Twisters are looking to maintain momentum as they enter the stretch run toward the MMJHL playoffs.

The Twisters, who will be looking for a chance to defend their 2019-20 title, picked up a pair of wins last weekend to extend their current win streak to three games.

Pembina Valley humbled the cellar dwelling St. Boniface Riels 11-3 Friday and then edged the Fort Garry Fort

Rouge Twins 4-3 Saturday. They have now won nine of the last 10 games after starting the new year with a pair of losses.

A number of players padded their stats Friday as the Twisters took period leads of 3-1 and 7-1 on St. Boniface, including league leading scorer TJ Matuszewski having a pair of goals and a big six point night.

Nathan Ayotte and Travis Penner each scored a pair as well, while Mer-

ek Degraeve and Tyler Van Deynze chipped in four and three assists. Also scoring were Ethan Carels, Riley Goertzen, Mike Heppner, Tristan Day, and Jordan Keck.

Martin Gagnon made 29 saves as the Twisters held a 41-22 edge in shots on goal.

The Twisters did all their scoring in the second period against the Twins, including three unanswered markers.

Ayotte, Penner, Curtis Rebeck and

Caelen Russell scored for Pembina Valley, which got 27 saves from Logan Enns with the shots 41-30 in the Twisters' favour.

Pembina Valley improved to 26-7-4 for 56 points and are three back of Transcona in second place and six behind St. James in first.

This week, the Twisters face River East Tuesday, the Raiders Friday, and the Jets on Sunday.

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CARD OF THANKS

The family of the late Myrtle Young express their thanks to the nurses and staff at Manitou Care Home, Palliative Care, Doyle Funeral Home and Rev. Ken Thomas for his pastoral care and presiding at the service. Thank you to those who braved the cold weather to attend the service and for friends, neighbours and relatives for all your support, phone calls, messages, cards, flowers, food and donations. It is so very much appreciated. Thank You.
-Family of Myrtle Young

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OBITUARY

Ron Czarnecki
1955-01-07 – 2022-02-06

It is with deep sadness that the family of Ronald (Ron) Czarnecki announce his sudden passing on February 06, 2022.

Ron was born in Roblin, Manitoba on January 7, 1955. Ron is survived by his wife Shelley, his children, Gail Daeninck, Jason Czarnecki (Danielle), Tara Fullerton (Darrell) and Jason and Danielle's children Billy, Carter, and Blake; Stacey Denheyser (Craig) and Stefanie Teixeira (Leonardo) and Craig and Stacey's children Connor and Nash. He is also survived by his brother Richard, sister Sharon Otto (Jim) and their son Chris, sister Angela Olson (Gary) and their son Tyler as well as an aunt and uncle, several cousins and their families.

Ron was predeceased by his parents William and Rita.



Ron started his education in a 1 room school house (Gilbert School) in Shortdale and completed high school in Roblin. While going to high school Ron started working in the office at the Roblin Co-op. While working in Roblin he met and married his first wife Clara (Zimmer). Ron and Clara had three children. Ron and Clara divorced while they were in Neepawa, Mb. where Ron continued his career at Co-op. He then moved to Elm Creek Co-op where he retired after a total of 42 years of service with Co-op. After he retired he looked after the Manor in Elm Creek until January 2022.

Ron met the love of his life Shelley in 2002 while getting his hair done by her at her salon, Cut of Class in Carman. They married in 2004. When space became available beside the office in the Carman Coop grocery store, Ron and Shelley moved her salon there. When the Co-op decided to expand the store in 2015, Ron and Shelley took this opportunity to expand the salon. Ron was very handy with carpentry tools and he used these skills to build and maintain their Salon and home. Ron also did all the bookkeeping for the salon and enjoyed running the business along side Shelley and their daughter Stacey.

In his spare time Ron enjoyed playing golf and was a member of the men's league at the Elm Creek Golf Course. Ron and Shelley enjoyed traveling together, boating and fishing with their friends, and watching their grandsons play sports. Ron was avid in ice-fishing with his buddies and son, Jason.

In lieu of flowers please make a donation in Ron's memory to a charity of your choice.

Funeral service for vaccinated individuals will be held on Friday, February 18, 2022 at 2:00 p.m. at Crossway Elm Creek Church, 146 Poplar Ave, Elm Creek, MB. Interment will be at the Elm Creek Cemetery.

Doyle's Funeral Home
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> MEAL IDEAS



Fresh Veggie Spring Roll Bites with Peanut Sauce

1/3 cup Georgia Peanuts, plus additional for garnish, divided

lime wedges, for garnish

Fill large bowl about halfway with hot water. Soak each rice paper in water 15 seconds until malleable. Place rice paper on clean work surface. Place four cucumber ribbons in single layer in center of rice paper. Perpendicular to cucumber, add strip of red cabbage, carrots, 1/2 cup basil leaves, 1/3 cup cilantro leaves, 1/3 cup mint leaves and avocado.

To roll, fold edges of rice paper over each end of filling. Working with side of rice paper closest to you, tuck rice paper around filling and roll tightly.

To cut rolls into bites, use sharp knife and gently move it back and forth. Arrange bites on platter. Repeat with remaining rice papers and filling ingredients.

To make sauce: In small bowl, whisk peanut butter, soy sauce, mirin, fish sauce, 1 teaspoon red pepper flakes and lime juice.

Toast 1/3 cup peanuts by placing in dry pan over medium heat. Move peanuts around until fragrant and toasted, 3-5 minutes. Roughly chop and add to sauce.

Serve spring roll bites on large platter with sauce. Garnish with additional herbs, lime wedges, red pepper flakes and peanuts.

Recipe courtesy of Rachael White (setthetableblog.com) on behalf of the Georgia Peanut Commission

Hot water

6 rice papers

3 mini cucumbers, peeled into ribbons

1/4 head red cabbage, finely shredded

1 large carrot, shredded

1/2 cup fresh basil leaves, loosely packed, plus additional for garnish, divided

1/3 cup cilantro leaves, loosely packed, plus additional for garnish, divided

1/3 cup mint leaves, loosely packed, plus additional for garnish, divided

1 large ripe avocado, peeled and sliced

Peanut Sauce:

1/2 cup creamy peanut butter

1 tablespoon soy sauce

1 tablespoon mirin

2 teaspoons fish sauce

1 teaspoon red pepper flakes, plus additional for garnish, divided

2 tablespoons fresh lime juice



Chicken Tortilla Soup

2 medium garlic cloves, minced

1/4 teaspoon salt

2 corn tortillas (6 inches each), cut into 1/4-inch-wide strips

1 corn tortilla (6 inches), torn into pieces

2-4 tablespoons snipped fresh cilantro

1/4 cup finely chopped avocado

1/4 medium red bell pepper, cut into matchstick-size strips

In slow cooker, stir chicken, corn, broth, tomatoes, onion, sugar, ancho powder, garlic and salt. Cook, covered, on low, 6-8 hours, or on high, 3-4 hours.

Preheat oven to 350 F.

On baking sheet, arrange tortilla strips in single layer. Bake 8-10 minutes, or until crisp. Transfer baking sheet to cooling rack. Let strips stand 15 minutes, or until cool. Transfer to airtight container and set aside.

When soup is ready, transfer 1 cup to food processor or blender. Stir in tortilla pieces. Let mixture stand 1 minute. Process until smooth. Stir mixture into soup. Stir in cilantro.

Ladle soup into bowls. Sprinkle with avocado, bell pepper and reserved tortilla strips.

This recipe is reprinted with permission from "Healthy Slow Cooker Cookbook, 2nd Edition." Copyright 2018 by the American Heart Association. Published by Harmony Books, an imprint of Penguin Random House, LLC.

Servings: 4

1 pound boneless, skinless chicken breasts, visible fat discarded, cut into 1/2-inch cubes

2 cups frozen whole-kernel corn, thawed

2 cups fat-free, no-salt-added chicken broth

1 can (14 1/2 ounces) no-salt-added, diced tomatoes, undrained

1/4 cup finely chopped onion

1 teaspoon sugar

1 teaspoon ancho powder

Talk to kids about what it means to be a friend



By Gwen Randall

Often parents express the concern that their child has no or few friends. This can happen at any age. Whether the child is six or sixteen, parents may be tempted to become involved in trying to change the situation. When is it appropriate to do so, and when should parents hang back, and let things be?

The first question to be addressed is how the child feels about the situation. If the child feels lonely and isolated, then parents need to try to help. However, if the child is quite content, the issue should not be forced. If the child wants friends but cannot make or keep them, we need to look a little deeper.

We are all different, and some children are loners at different stages of life. A child may be more introspective, and love spending time alone pursuing his or her interests. Creative or intellectual development often happens during quiet times, when the child is alone with his or her own soul. Often very bright children require higher levels of stimulation than that available with their peers.

In many cases, in older grades, they establish deep and enduring friendships with a few, or even one kindred spirit. These children should not be made to feel that something is wrong with them because they do not spend more time socializing with a larger group.

Sometimes children need a respite

from being in a school filled with students all day. They just need some quiet time. They may have a need to spend time with siblings and parents, because familial bonding nurtures and strengthens them. We must allow each child to find his or her own comfort level of interaction within and outside of the family.

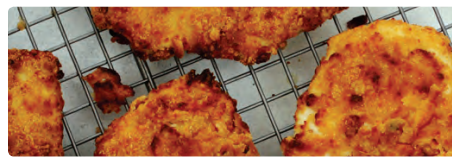
If a child clearly wants more involvement with friends and is having difficulty creating that, there are several ways we can help. First, we need to observe how the child interacts with others. Demanding and controlling, or mean behavior will push others away. Talk to your child about what happens when they approach others. You might find that the child does not know how to reach out, and is just waiting for someone who wants to be friends.

We can teach them things to say to someone they want to play with. I have counselled lonely high school students to simply begin smiling at others. I have modeled conversation starters. Sometimes it takes making an effort.

We can talk to children about what it means to be a friend, and what makes others want us for a friend. Being kind and friendly, sharing, and showing an interest in others are good ways to start. Inviting others to participate in activities shows them you want to be friends.

If lack of friends continues to be a problem, it can be helpful to talk to the child's teachers, to see what is happening at school. If the issue does not become resolved despite your best efforts, a couple of visits with a psychologist who works with children can be very helpful.

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.



Air Fryer Crispy (Un) Fried Chicken

Recipe courtesy of the American Heart Association Servings: 4

1/2 cup all-purpose flour

2 tablespoons minced fresh parsley

1/2 teaspoon ground oregano

1/4 teaspoon pepper

1/4 teaspoon cayenne pepper (optional)

1/2-1 cup low-fat buttermilk

1/2 tablespoon hot pepper sauce (optional)

1/3 cup whole-wheat panko bread crumbs

1/3 cup shredded or grated Parmesan cheese

4 boneless, skinless chicken breasts (about 4 ounces each), visible fat discarded, flattened to 1/4-inch thickness, patted dry with paper towels

nonstick cooking spray

Preheat air fryer to 390 F.

In shallow dish or pie pan, whisk flour,

parsley, oregano, pepper and cayenne.

In separate shallow dish or pie pan, whisk buttermilk and hot sauce.

In third shallow dish or pie pan, stir panko and Parmesan.

Place dishes and large plate in row. Dip chicken in flour mixture then buttermilk mixture then panko mixture, turning to coat at each step and gently shaking off excess. Using fingertips, gently press panko mixture so it adheres. Place chicken on plate. Cover and refrigerate 30 minutes.

Lightly spray chicken with nonstick cooking spray. Arrange chicken in single layer in air fryer basket, working in batches if needed. Cook 10-15 minutes, or until chicken is no longer pink in center and coating is golden brown, turning once halfway through and lightly spraying with nonstick cooking spray.