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Save our family

STANDARD PHOTO SUBMITTED BY DARIA LUKIE

Daria Lukie runs the Ukrainian Youth Association program in Winnipeg and assisted with organizing a large-scale rally at the Winipeg Legislative grounds last Saturday. Her mask says, Honour to Ukraine, ready to defend.

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Local ties run strong to Ukraine

By Jennifer McFee

The Russian invasion of Ukraine is hitting close to home for many Manitobans with Ukrainian roots.

For Daria Lukie of Stony Mountain, she's doing all she can to keep connected to family members in Ukraine while also raising awareness about the perilous situation.

All four of Lukie's grandparents were born in Ukraine, and her family continues to maintain a strong connection to their heritage. Ukrainian was the first language spoken by Lukie and her cousins, who attended Ukrainian bilingual school. Growing up, they also spent three hours every Saturday at Ukrainian school in Winnipeg's North End and another two hours at Ukrainian Youth Association.

Now Lukie shares the country's history, culture, traditions and life skills by running the Ukrainian Youth Association program on Saturday mornings herself.

"For my whole life, I've learned about what Ukraine has gone through, including why we became a sovereign state in 1991 and why we had the Holodomor famine in 1932,"



STANDARD PHOTO BY DARIA LUKIE

The anti-war protest at the Manitoba Legislative grounds drew a massive gathering.

she said.

"Never did I think I would actually have to utilize the knowledge to educate others because we're dealing with history repeating itself again."

The Ukrainian Youth Association operates branches around the globe, with prominence in Canada due to the large Ukrainian population, she added.

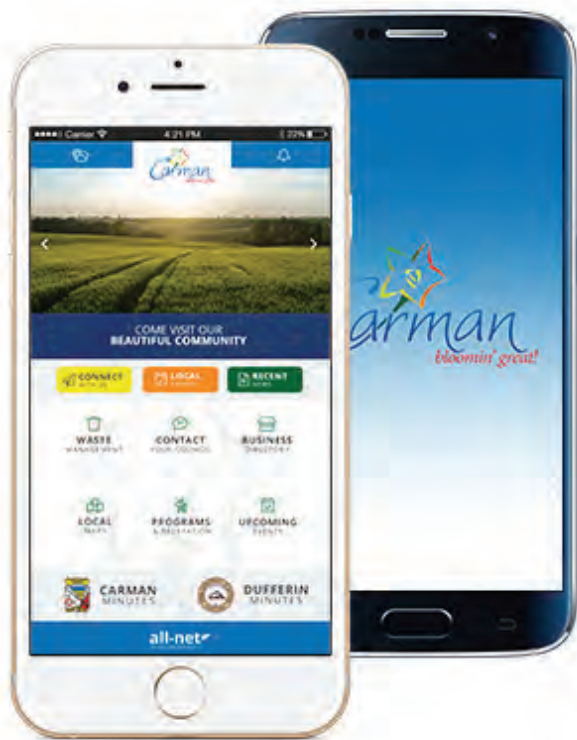
"Our Ukrainian Youth Association's motto is 'Honour to Ukraine, ready to defend,' which came out of years and years of Russian invasion," Lukie said, pausing to cry.

"Living in Canada and being Ukrainian makes us feel so helpless because we can't go there and be boots on the ground, ready to defend. I'm trying to do everything I can to feel helpful

here."

In an effort to raise awareness and ward off feelings of helplessness, Lukie assisted with organizing a large-scale rally on Saturday. The event drew an estimated 5,000 Manitobans to the legislative building, which was lit up blue and yellow to represent the colours of the Ukrainian

Continued on page 5



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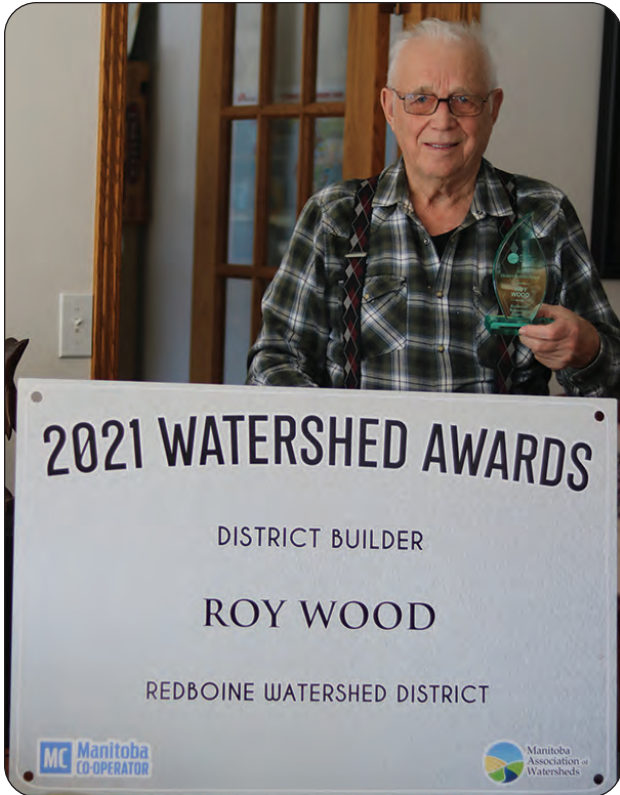
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Wood receives 2021 Redboine Watershed District Builder Award



STANDARD PHOTO BY BECCA MYSKIW

Roy Wood recently received the 2021 Redboine Watershed District Builder Award for his dedication to the preservation of the watershed.

By Becca Myskiw

A local retiree won a distinguished award in 2021 for his dedication to the Redboine Watershed District.

Roy Wood spent many decades of his life on various committees looking out for the land he lives on. He started farming when he was 20 and quickly be-

came interested in the area he farmed.

Wood served as a councillor for the rural municipality (RM) of Dufferin, director and president of the Pembina Valley Development Corporation, and a committee member and chairman of the development team for the Stephenfield Lake Watershed Management Plan around the same time.

He was “instrumental” in forming the La Salle Redboine Conservation District in 2002. He was appointed to the Boyne River Sub-District then elected to their executive board in the first election. He stayed on for 18 years, sharing his love for and commitment to soil and water conservation with everyone. Wood’s role with the La Salle Redboine Conservation District led to him having a position on the Manitoba Conservation District Association board for eight years (2011 to 2019). He missed as many meetings as he can count on maybe one hand.

The La Salle Redboine Conservation District board recently transitioned to the Redboine Watershed District, Wood being the last chairman of that board. He retired from the executive team in 2020, then retired from the Boyne River Sub-District a year later, hoping new members would come in to make their mark on the new watershed district.

Wood continues to work with the district, though, being a source of information and helping with project ideas.

He has various other accomplishments on the many boards — water retention projects, erosion control projects, shelterbelt projects, the Pelly’s Lake Project, and more. He’s still a Boyne Morris River IWMP Project Management Team member.

In November, all of Wood’s years of commitment to the Redboine Watershed District were recognized with the 2021 Redboine Watershed District Builder Award. He said receiving that was a surprise — an awesome one.

“Like my great-grandson would say, ‘I think grandpa you were blown away,’” said Wood.

To receive the award, someone from the local watershed district had to nominate him, and he doesn’t know who it was, but he’s beyond grateful to have even been considered.

When he received the award at the November banquet, Wood retired from the district board.



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Dufferin Historical Museum is looking for new members

By Becca Myskiw

The Dufferin Historical Museum needs new members and new ideas.

Currently, the historical museum has 15 members. Many of them are getting older, though, and aren’t able to do as much as they used to. Member Karen Maxwell said they need more people to do more and get some fresh ideas for sprucing up the establishment.

Museum members volunteer whenever and wherever necessary. They can show visitors around, weed the outdoor area, clean the museum, prepare for open and close each day and for the seasons, clear snow, and sit and have coffee with other members.

Members can show the old fire cart, old quilts, the wood stove kitchen centre, the many sports memorabilia, the church minister stand with confessional from St. Daniel’s, war memorabilia, agriculture memorabilia, and more.

“[The museum] showcases a lot of the history in Carman,” said Maxwell. “It shows our forefathers, who they were, what they did, and how they made Carman a community.”

Membership is \$10 each year for an adult or \$25 for a family of four. Daily admission is \$8 for an adult, \$5 for a student, and free for children un-

der five. When Maxwell became a member, she walked into the

Continued on page 8

Hellar & Lauren Nakonechny are pleased to welcome back Aaron Nakonechny, BComm, CPA to Nakonechny & Power Chartered Professional Accountants Ltd.. Aaron received his Chartered Professional Accountant (CPA) designation in December, 2021.

Aaron spent the past 3 years working for BDO based in Portage la Prairie on the audit and assurance team. His roles included preparation of assurance engagements as well as compilations for corporate and personal tax clients.

Aaron’s journey to obtaining his CPA included a Bachelor of Commerce from Athabasca University in 2018 while raising his family. The next three years included the intense journey through the CPA program involving both educational and professional experience requirements, ultimately receiving his designation in 2021.

Aaron was raised in Carman, Manitoba and continues to be a presence in the community as a coach and mentor for minor sports including hockey, soccer, and baseball. He remains a member of the Carman Cardinals baseball team and enjoys golf throughout the summer. His winters include many hours spent at the rink coaching and watching hockey as he and his wife Sheena raise their three boys Nixon, Oaklan and Jensen.

Aaron is happy to return to working in his hometown and continue as a member of the community. He looks forward to being a part of the family business that has operated in Carman for the past 45 years.



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Carman ER back up and running; staff welcomed back by community



Carman Community Health Centre was thanked for extending their hours during the emergency department's closure. (Left to right) Candy Major, Dr. Afrose, Carol Ann Dracass, Crystal Moreton. Missing from the photo, Dr. Ali Nejad, Dr. Vermeulen, Dr. Atchison, Ainsley Reimer, Maureen Lemky.

By Becca Myskiw

Carman Memorial Hospital Staff were welcomed last week with open arms, gift baskets, and banners.

Some hospital staff were redeployed to other health centres in the area while the operating room and emergency room had necessary upgrades. Their first day back on home soil was Tuesday, Feb. 22, and community members were there when they walked in.

Debbie Iverson of Carman Wellness Connections and Betty Park of the Carman Health Auxiliary planned the warm welcome after Southern Health-Santé Sud held a meeting to

let stakeholders know about the closure.

"They were saying how staff had to be redeployed during it," said Iverson. "It made us really kind of think about what they've gone through and all the flexibility they've had to have with all the COVID demands, and we just thought was a great opportunity to show our appreciation."

The two ladies decided they wanted to do something that would involve the community and create a welcoming environment for hospital staff. So, they made a "Welcome Home" banner for staff coming back after being



STANDARD PHOTOS SUBMITTED

Carman Memorial Hospital staff were welcomed back to work last Tuesday with gift baskets and balloons thanks to community members.

redeployed and put it at the nurse's station with balloons and gift baskets.

They also collected words of encouragement from community members and organizations, put them on a banner, and hung it in the hospital for a general thank you to all staff. They also had gift baskets and flowers there, which organizations donated funds to cover.

The Carman Community Health Centre extended its hours of operation while the emergency room was closed. Carol Ann Dracass on the support staff there said Southern Health worked with their doctors to see if extended hours were possible — and

they were — so clinic staff worked into the evenings and weekends to ensure Carmanites had care if needed.

"It was for issues that were relatively urgent but didn't require ER services," she said. "We could provide a bridge to close that gap."

Iverson and Park made sure to thank the health centre with their gift baskets and flowers. Dracass said it was lovely, and all staff appreciated the gesture.

"We would have happily stepped in without that sort of thing just because we've got a really great group of staff and providers that really want to see people in our community and surrounding areas be taken care of," she said.



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Corrections

Staff

In the Feb. 3 edition of the *Carman-Dufferin Standard* in the article, "Contractors weigh in on roof snow clearing: when, why, who, how," Wayne Hiebert said most roofs could withstand 28 pounds of snow per square foot, and one cubic foot of snow weighs a pound. He recently noted his equation was wrong, and this information is false — one cubic foot of snow weighs approximately 20 lbs, according to Ken Hellevang from the University of North Dakota.

In the Feb. 24 edition of the *Standard*, in the article "Celebrating women in business: International Women's Day March 8", we wrote that Cheryl Bartley took over the florist in 1985. Bartley actually took over in 1994 from her mom, Gwen Last, who initially purchased it in 1985. We apologize for the mistake.

> UKRAINE, FROM PG. 2

flag.

"The Ukrainian Canadian Congress reached out to a couple of us to ask if we could plan something. So Thursday morning, we had a Zoom meeting and then it ballooned into this humungous event," she said.

"Politicians from every major party came, and James Bezan spoke at it. We sang the Canadian anthem and the Ukrainian anthem. We chanted and sang traditional Ukrainian songs. We're trying to be loud so more and more people will come forward."

The purpose of the Winnipeg rally, and other similar events across the country, was to increase awareness in the hopes of affecting change.

"We'd like to see a resolution to this sooner rather than later. It's been really tough hearing people say this is going to be a long drawn-out fight, so we're trying to stay optimistic," she said.

"If there are levers that each country can pull, then there is a potential that this will be resolved sooner."

An important step is removing Russia from SWIFT (Society of Worldwide Interbank Financial Telecommunication) banking communications platform, Lukie said.

"It's also important for NATO to declare a no-fly zone over Ukraine," she added.

"Ukraine has strength on the ground, but they don't have the capacity or resources to protect the sky."

In addition to bolstering awareness efforts here in Canada, Lukie endeavours to keep in contact with her family members living in Ukraine.

"One of my mom's cousins has two sons who are around my age, so they're probably in their 30s. Both of them are staying to fight," she said.

"My mom's cousin left to go to Poland with her daughters-in-law and their babies. They all packed into a car, bringing whatever they could. They headed to the border and sat in a line for about two days with the tod-

dlers and babies in the car. We found out that they finally got to Poland, which is awesome but it's also really scary."

Another cousin said they'd be staying in Ukraine "until the end." Lukie hopes that means until the end of the battle, but she dreads the thought that it could mean until the end of Ukraine.

"That's what nobody wants to believe. That's why we're trying to work so hard in Canada to increase awareness and to call for further action from our government and from different organizations to do more — and even just the general public," she said.

"I sent a video of us singing the Ukrainian anthem to my cousins in Ukraine. For one of the cousins who is fighting, his job has been protecting gas stations so people can get fuel if they are fleeing and becoming a refugee. He messaged back =in Ukrainian, saying, 'Well done. We are so grateful for your support. We understand more and more that we are not alone.' That's why we're doing this."

For anyone who would like to learn more about the background leading to the current situation, Lukie suggests watching the Netflix documentary Winter On Fire: Ukraine's Fight for Freedom.

And in anticipation of a humanitarian crisis, Lukie suggests Canadians can also consider donating funds to organizations such as the Canada-Ukraine Foundation's humanitarian appeal (<https://www.cufoundation.ca/>) and Canadian Red Cross.

Likewise, Lukie and many other Ukrainian Canadians are donating to military resource groups. Ukrainian-focused options include SaveLife UA (<https://savelife.in.ua>) and National Bank of Ukraine's special fund.

Another option is to write letters to MPs through a template posted on the Ukrainian Canadian Congress website at www.ucc.ca.

At the same time, Lukie stresses the importance of sharing accurate information.



STANDARD PHOTO BY BECCA MYSKIW

Demonstrators gathered Saturday for their part in protesting Russia's massive military operation in Ukraine.

"Be very careful where your sources are coming from, especially on social media," she said. "One of Russia's tactics is to spread misinformation, including old footage to try to scare Ukrainians into thinking it's a lot worse than it really is."

In the face of uncertainty, Lukie feels hopeful when she sees people around the world banding together to support Ukraine.

"Ukrainians have fought so long and hard to be able to speak Ukrainian, practise their religion and continue to uphold their traditions. The fact that it's being compromised again is hard to believe," she said.

"But Ukraine's advantage is that they have the strength and the willpower to continue. Ukraine is not stepping down."



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Third dose protection of mRNA COVID-19 vaccines wanes

By Patricia Barrett

The protection offered by COVID-19 mRNA vaccines declines over time after the third dose, according to an American study released last month.

The U.S. Centers for Disease Control and Prevention study found that the effectiveness of the third dose of mRNA vaccines (Pfizer-BioNTech and Moderna vaccines or a combination of the two) dropped to 66 per cent against emergency/urgent care and 78 per cent against hospitalization after four to five months. It dropped even further as more time passed since the receipt of the third dose.

The study titled, "Waning 2-Dose and 3-Dose Effectiveness of mRNA Vaccines Against COVID-19-Associated Emergency Department and

Urgent Care Encounters and Hospitalizations Among Adults During Periods of Delta and Omicron Variant Predominance — VISION Network, 10 States, August 2021–January 2022," was published online Feb. 11 as an early release in *Morbidity and Mortality Weekly Report*.

Previous research showed protection waning after two doses of an mRNA vaccine, but it was unknown how the vaccines would hold up after three doses, particularly against the delta and omicron variants.

Vaccine effectiveness was assessed using emergency/urgent care data and hospitalization data for people aged 18 and older in the U.S. at various points after they received a second and a third dose of vaccine dur-

ing the periods when the delta and omicron variants were the predominant strains.

Although it was hyped as a milder variant, omicron mounted a stronger defence against the vaccines than delta had. Researchers found that the third dose effectiveness against both emergency/urgent care and against hospitalization was lower during the omicron-dominant period than it was during the delta-dominant period.

"During the Omicron period, VE [vaccine effectiveness] against ED/UC [emergency department/urgent care] visits was 87 per cent during the first two months after a third dose and decreased to 66 per cent among those vaccinated four to five months

Continued on page 7

Letters to the Editor:
letters@carmanstandard.ca

letter to the editor

We all have rights, we are all human

This freedom truck convoy and others around the world are made up of people world over who are fed up with elites whether media, politicians, climate change elite and globalists.

The globalists over a generation destroyed the manufacturing sector of the West and off sourced it to China and made trillions doing so. That's why Americans voted for Trump twice only to have it stolen the last time. That's why Brexit happened in spite of the fierce alarmist antics of the elite.

The global warming elite had the gall to tell oil workers that their entire industry will be shut down by fiat like Green MP Elizabeth May did in 2019. We have runaway inflation due to climate change elites carbon taxes and energy poverty for millions because of their uncanny ability to choose by fiat the most expensive energy source under the guise of thinking that they're saving the planet.

COVID lockdowns resulted in twenty percent of all single outlet small businesses to go bankrupt across the Western world. The Western corporate elite are thrilled about this because this eliminates their competition.

The liberal elite media called for millions of Americans who voted for Trump to be "deprogrammed" Trump supporters a "cult." The Washington Post chillingly called that the "media should refuse to humanize the (Convoy) protesters." Sounds like 1930s Germany. The CBC calls those who rally for freedom, "far-right" I call it being human.

Elite politicians call the common man, "smelly Walmart shoppers", "basket of deplorables" have "neanderthal thinking" call American parents angry about Leftist indoctrination in the schools "domestic terrorists." Elites call the trucker convoy an "insurrection."

PM Trudeau calls the unvaccinated "racists", "fringe minority", "misogynists" and adds chillingly "do we tolerate these people?" French President Emmanuel Marcon chillingly

asked about the unvaxxed, "how do we reduce that minority?"

The biggest divide in Western civilization is the blue-collar common man vs the globalist political, green and media elite. They want to live their lives without being told how to live it. Freedom of conscience is the greatest single enemy of the elite. Look at the brutality of the past two years of COVID rules and years more of cancel culture and 'woke' garbage. An emergency that lasts two years is a power grab.

The NDP for decades claimed to stand with the marginalized and the blue-collar worker. A trucker is the ultimate blue-collar worker. The unvaccinated are the most marginalized group of people in the West (outside the womb). Yet the NDP utterly mirrors the global elite in regards to the trucker convoy.

Tucker Carlson said on his Feb. 10 broadcast that this is probably the most successful western human rights protest in a generation. Message to the ruling class; we will only be pushed so far.

- Stanley Reitsma, Carman

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Accessible employment in Manitoba is mandatory on May 1

By Becca Myskiw

On May 1, 2022, all Manitoba employers with one or more employees will be required to make accessibility a regular practice.

In 2019, the Legislative Assembly of Manitoba passed the Accessible Employment Standard Regulation, which applied to full-time, part-time, seasonal employees and apprentices. Essentially, it's to make accessibility a standard practice for employers when recruiting, hiring, and supporting employees who "experience barriers in the workplace."

A few things the regulation states:

- An accommodation is reasonable for an applicant if required to access the materials or activities used in

the selection process and wouldn't result in undue hardship to the employer. Accommodation is also reasonable if the employee needs it to perform their job or access the benefits.

- The employer must establish and implement measures that reasonably accommodate disabled employees and applicants.

- Large employers have to document the measures and make them publicly available and inaccessible format on request.

- When recruiting, employers have to let applicants know of accommodations available.

- Accommodation training must be provided to recruiters, managers, coordinators, supervisors, pro-

motors, those in charge of redeployment and termination, and those implementing policies.

In a Feb. 11 letter, Kathryn Gerrard, deputy minister of the Department of Families and Director under The Accessibility for Manitobans Act, said accessible employment levels the playing field, improves productivity and makes workplaces healthier and safer for everyone at little to no cost.

According to Statistics Canada, in 2017, one in five Canadians 15 years and older had a disability. That's 6.2 million people or 22 per cent of the total population. In Manitoba, that number is one in four — 234,000 people.

The report shows that women were

more likely to have a disability than men. The most common ones were related to pain, flexibility, mobility, and mental health. And among people aged 25 to 64, those with disabilities were less likely to be employed than those without.

"While Manitobans with disabilities are already an important part of our provincial workforce, they also represent a skilled segment of unemployed individuals looking for work," said Gerrard.

The entire Accessible Employment Standard Regulation can be found at https://web2.gov.mb.ca/laws/regs/current/_pdf-regs.php?reg=70/2019.

Rules for visitors to long-term, acute health care facilities loosening

By Staff

Long-term and acute health care facilities are taking a phased approach to broadening in-person visitation in the coming weeks.

Shared Health announced on Tuesday, Feb. 22, that it was enacting phase one of expanded visitor access.

In this phase, fully-vaccinated general (social) visitors are allowed in long-term care and acute care facilities. Photo ID and proof of vaccination is required.

Unvaccinated visitors or those who do not wish to provide proof of vac-

ination are allowed to visit in designated visitor shelters and spaces (long-term care only).

In emergency departments and urgent care centres and for outpatient appointments, patients may now identify one fully vaccinated essential care partner to accompany them. Access is subject to the ability to maintain physical distancing from all other patients and essential care partners. Proof of vaccination and photo identification is required.

"The decision to expand visitation reflects recent changes to public

health orders and takes into consideration current COVID-19 hospitalization rates and the number of active outbreaks at health-care facilities," Shared Health said in a statement.

Future phases will be rolled out in the weeks ahead.

"Timing of these changes may vary by health region and individual facility," the agency noted. "As has been the practice throughout the COVID-19 pandemic, access to health-care facilities may vary from changes to public health orders. This is due to the increased vulnerability of residents

and patients to the most severe effects of the virus."

Medical masks are still required at all health-care facilities. They are provided to visitors as they arrive.

"We are very pleased to see the provincial situation stabilizing and look forward to once again welcoming family and friends for visits, celebrations and activities," those updates stated. "Visitor access will expand gradually over the next several weeks and we thank you for your patience, cooperation and respect for the guidelines as they change."

> THIRD DOSE PROTECTION WANES, FROM PG. 6

earlier," the researchers wrote. "VE against hospitalizations was 91 per cent during the first two months following a third dose and decreased to 78 per cent four months [and longer] after a third dose."

Five months after the administration of a third dose, the vaccines' effectiveness dropped to 31 per cent (during the omicron period), although the researchers say that estimate is "imprecise" because fewer data were available on people at or beyond the five-month period.

Data on second dose effectiveness (against omicron) showed similar declines.

For emergency/urgent care visits, for example, the vaccines' effectiveness dropped to 69 per cent within two months after the second dose. At five and more months after the second dose, the vaccines' effectiveness declined to 37 per cent.

The delta variant was found to be less resilient than omicron to the vaccines, but the effectiveness of three doses of vaccine also declined against this strain. Vaccine effectiveness

was 97 per cent against delta within two months of vaccination and declined to 89 per cent among those vaccinated four or more months earlier.

The researchers looked at 241,204 emergency department and urgent care visits, and at 93,408 hospitalizations in 10 U.S. states between Aug. 26, 2021, and Jan. 22, 2022.

The researchers acknowledged a number of limitations to the study, including failure to capture data on COVID infections that were not "medically attended," a relatively short period of time (average 49 days) to observe the performance of the third dose, a small number of COVID-positive patients in the most "remote" time period after vaccination, and lack of information about waning by age group or immunocompromised status.

As well, they weren't able to determine what dosage (for the third shot) was administered to people.

"This study could not distinguish whether a third dose was received as an additional dose as part of a primary series (as recommended for

immunocompromised persons) or as a booster dose after completion of a primary series," they wrote.

The results could have also been confounded by a lack of identification of the viral strain.

"Genetic characterization of patients' viruses was not available, and analyses relied on dates when the Omicron variant became locally predominant based on surveillance data; therefore, the Omicron period of predominance in this study likely includes some medical encounters associated with the Delta variant," they wrote.

The trend of decreasing mRNA vaccine effectiveness since vaccination with three doses "was significant," researchers wrote. The implication is that fourth doses for the general public may have to be considered.

"The finding that protection conferred by mRNA vaccines waned in the months after receipt of a third vaccine dose reinforces the importance of further consideration of additional doses to sustain or improve protection against COVID-19-associated ED/UC encounters and COVID-19 hospitalizations," they wrote.

Manitoba recommends a fourth dose of vaccine for immunocompromised people.

The World Health Organization has repeatedly warned against the use of "blanket booster" programs and has also advised countries against a premature lifting of public health measures (e.g., masking, social distancing) in an attempt to restore a sense of normalcy.

Manitoba public health officials said last week that vaccination rates are partly behind the plan to drop protective measures against COVID, which has killed 1,675 Manitobans as of Feb. 25.

Over the past few months, the province severely restricted PCR testing to detect COVID and didn't release wastewater data showing the extent of infections, but it has repeatedly said that new daily infections are an undercount. Protective measures such as capacity limits and mandatory masking are being abolished this month.

Worldwide, COVID has killed 5,922,047 people, according to the WHO data as of Feb. 25.



RCMP PHOTOS

RCMP investigating thefts at Sun Valley RV

By Staff

Pembina Valley RCMP are investigating the theft of several catalytic converters from vehicles at Sun Valley RV on Hwy. 3 this winter.

On Jan. 29 at approximately 4 a.m., four unknown suspects entered the property in a grey Chevrolet Cruze and removed catalytic converters from six units.

Police believe a red early- to mid-

2000s Honda CRV may also be involved and are currently exploring numerous leads in relation to this investigation.

RCMP are asking anyone with any information about this incident to contact the Morden, Carman, or Manitou detachments or Manitoba Crime Stoppers at 1-800-222-8477.

Program to help more Manitobans quit smoking expanded

Submitted by Manitoba government

The province is providing \$300,000 to support an expansion of the Tobacco Quit Card and Counselling Program to all regional health authorities in Manitoba, Mental Health and Community Wellness Minister Sarah Guillemard announced Feb. 22.

"Quitting smoking is a complicated process that can take many tries. We want to support all Manitobans to quit smoking by providing resources and counselling, which will support their health and well-being," said Guillemard. "We are thrilled to help Shared Health expand this successful program to offer supports to smokers across the province."

The Tobacco Quit Card and Counsel-

ling Program is managed by Shared Health and targets lower-income individuals who wish to quit smoking. The additional funding will expand access to nicotine replacement therapy to people throughout rural and northern Manitoba and support more Manitobans who want to quit smoking, the minister added. This program builds on the success of the Winnipeg Regional Health Authority's nicotine replacement therapy program.

"Making a healthy choice to quit smoking should not come with any barriers, but the reality is that some people can be challenged by the cost of some of the tools and treatments available," said Michelle Meade, manager, chronic disease collabora-

tive at Shared Health. "By providing means and supports as well as education and interventions, the Tobacco Quit Card and Counselling Program has helped a number of participants quit or reduce smoking. With this expansion, many more Manitobans will now be able to access the program and get the help they need to live a healthier life."

Tobacco use is a significant factor in chronic disease and remains the leading cause of preventable death in Canada. According to the Canadian Cancer Society, it is also the most significant risk factor for cancer, causing about 45,000 deaths per year.

"The initial three-year demonstra-

tion initiative delivered in partnership with the province, MANTRA and the Winnipeg Regional Health Authority provided valued nicotine replacement therapy and cessation counselling to hundreds of Manitobans leading to many successful quit stories," said John McDonald, executive director, Manitoba Tobacco Reduction Alliance (MANTRA). "Being able to continue this program as a co-ordinated provincial effort demonstrates the value of nicotine replacement therapy programs and how they can help drive more effective outcomes for Manitobans."

For more information on quitting smoking, visit www.gov.mb.ca/mh/tobacco/quitting.html.

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> MUSEUM, FROM PG. 3

museum, paid the fee, and said she'd like to get involved — and she loves it.

"Become a member to keep the history alive," she said. "Without people showing an interest, it'll die."

There's no better time to get involved. The museum opens on June 1 every year, and they have many plans for this summer. Maxwell said they're hoping to have something at the fair if it happens, they're partnering with Golden Prairie Arts Council (GPAC) on a project, and

they're looking for new ways to get out into the community. She also said the museum would be keeping some restrictions for visitors. They don't think they'll keep the mask mandate, but they'll only let in two families at a time, ensure social distancing is being followed, and they'll have hand sanitizer readily available.

Maxwell said last summer; they had 176 signatures in their guest book, which is less than half of what they usually get. They're hoping that with new members, they can attract new visitors.

Years of worship... Grace St. John's Church

By Dennis Young with notes from Gwen Last

The property was bought along the Boyne River in 1892, and a church was built to replace services in homes or the minister's house. Soon, a choir and a Ladies Group started up, and the future of the Anglican Church was on its way. When the St. Peter's Anglican in Rosebank closed in 1933, it was moved into Carman as a Parish Hall for Sunday School and many activities. By 1948 the original Rectory was claimed to be a disgrace, so plans to build a new one to the north started. Fundraising became a priority for the next decade. In 1950 the Lutheran families began to gather at the Graysville Anglican Church to worship until purchasing land of their own and becoming the Grace Lutheran Church in 1952. The St. John's congregation would meet here while

theirs was torn down and the new one being built during the early 60s.

Completion was in 1965 after years of planning, worry and work. The first service was an Ecumenical Service with overflowing attendance. A new organ, big choir loft, comfortable pews, padded kneeling benches, free-standing altar and a Parish Hall for teas, lunches and more.

St. John's flourished in those days, but there were difficult times ahead, including two floods, renovations and diminishing numbers beginning in the 90s. Grace, too, was experiencing the same congregation concerns, and it was suggested that they join. The two formed what was referred to as "Marriage Counselling," alternating Sunday services until in 2001 Grace "married" full time into St. John's.

With this amalgamation and subsequent sale of Grace's church (now the



STANDARD PHOTO SUBMITTED

St. John's Anglican Church, Carman 1891-1961

Baptist Church), many improvements could be accomplished at St. John's. An elevator, new windows, office space etc., all became a reality once these two "families" joined.

One could hear a variety of music on Sundays with children playing active roles. Noon lunches, pageants and

meetings are just a few events that followed those years, keeping this facility busy and worthwhile. This congregation, from 1892, was and is made up of people from different faiths, Churches and places but always a happy congregation now called the "Family of Grace St. John's."

How and why to recycle properly: MWM Environmental

By Becca Myskiw

Recycling saves the planet, but some locals aren't doing it correctly, even with Carman's easy system.

MWM Environmental picks up Carman's garbage and recycling every week. They take the trash to the landfill and the recycling to the plant, where they separate it, bale it, and send it off to become something new again.

The only problem is that when someone puts something in the recycling that shouldn't be there, it goes into the truck with everything else and contaminates that entire load.

According to Busch Systems Canada, a recycling and waste solution company, Canadians recycle about 30 per cent of all waste, even though 75 per cent of it is recyclable. That number gets significantly smaller when a whole load has to go to the landfill because someone's dog poop contaminated an entire load of recycling.

General manager of MWM Environmental, Tim Oliver, said items like dog poop might seem small, but when it gets into the truck, it gets smeared all over everything else, ruining the load.

"When in doubt, throw it out," he said. "Just for the simple fact that when these products go to the recycling facility, it's got to be handled multiple times before it's turned into a bale and shipped away to be turned into multiple products."

MWM Environmental has a tag system for people who don't recycle properly. If they have a contaminant in their bin, they get a yellow tag on

the first and second offence. They get a red tag on the third offence, and their bin won't be taken until the contaminant is removed. Some fees come with contamination.

Recently, though, they've seen many contaminants in Carman bins. The when in doubt rule is good, he said, but education is better. The Business shares on their social media recycling tips specific to their plant.

Do recycle:

- Newspapers, magazines, flyers, office paper
- Glass bottles and jars
- Cardboard and boxboard
- Steel food and beverage containers
- Aluminum food and beverage containers
- Cartons
- Plastic containers

Don't recycle:

- Aluminum foil and foil plates
- Clothing and textiles
- Dishes and ceramics
- Disposable coffee cups
- Electronics
- Foam packaging
- Food waste
- Animal waste
- Plastic bags
- Paper towels, tissues, napkins

He said recycling could be difficult as every plant is different, but some contaminants are ignorant. MWM Environmental sees a lot of diapers, food waste, cat litter, and dog poop in the

blue bins, which the drivers can't usually know until it's in the truck touching everything else.

Busch Systems Canada currently ranks last out of 17 countries for recycling, with a "D" on the municipal waste generation report card, yet Ca-

nadians produce some of the most waste.

"We're providing a better, sustainable future for everyone that's involved," said Oliver. "Somebody's got to help with creating that sustainable future by recycling."



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Liver Health Month 2022



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Some car owners sink their time, money and effort into caring for their high-performance vehicle. Others care only the bare minimum, ignoring the oil leaks, the spreading rust or the concerning noises, just hoping that it will always start up in the morning.

Your liver is your body's engine, and the reality is that when your liver stops and breaks down, your body does too.

Your liver requires high-quality fuel, regular maintenance, hazard protection and some loving care. Filling up your liver with the wrong stuff and leaving it idle for too long can cause liver diseases like non-alcoholic fatty liver disease (NAFLD) to develop.

NAFLD is a liver disease which starts with fat accumulation in the liver without excessive alcohol consumption. Despite it affecting over

7 million people in Canada, close to 90% of Canadians report having little to no knowledge of the disease ever before. Unfortunately, if left untreated, NAFLD may progress to more advanced disease, such as non-alcoholic steatohepatitis (NASH). The good news is that NAFLD can often be prevented or even reversed if it is detected before permanent liver damage has occurred.

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Where are they now? Catching up with Britni Bartley

By Dennis Young

This feature will attempt to renew some acquaintances with those who called Carman and the area home at one time or another. I have randomly selected people to answer their past and present questions 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?

We moved to Carman from Roland in 2000.

Q. Did you attend school here?

I attended Carman Collegiate grade 7-12

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

Working at Carman Florists for my Mom was my first job that lasted for many years. I worked for the Rec Commission in numerous positions at the Pool, in the office and as an aerobics instructor. I served at the Golf Club too.

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

I was the pitcher for our Varsity Fastball team. I played varsity soccer and coached softball. I was the chairman of the Volunteer Group, where we organized various events such as the Christmas Cheer Board/Santa Breakfast. And I always provided the music during the Carman Cougars hockey games!

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

My parents (Cheryl and Ron) grew up in the Carman/Roland area. My mom purchased Carman Florists in 1994 from my grandparents Reg and Gwen Last but has since retired. My Dad farmed and now works for McIntosh Ventures.

Q. Do you have family living here?

My parents and my brother Andrew.

Q. What got you to leave Carman, and where?

I left Carman after grad in 2002 to Winnipeg to attend the University of Manitoba.

Q. What was your chosen career after school?

I attended the U of M and obtained a Bachelors's in Kinesiology. As a certified personal trainer, I worked at Shapes Fitness Centre. I ended up on the job search almost a year later and got a part-time job with MPI at Image Fitness Centre during personal training.

Q. Did you move around a lot in your career or life?

Yes, I sure did!

As a Case Manager at MPI, I continued my education in the Rehabilitation Case Management field. A few years later, I went back to University for a Bachelors's of Ed. In 2012, I returned to the disability case management career with the WRHA as a Disability Case Manager and had been there for 9.5 years! I am now a Certified Disability Management Professional; my role is to assist employees on their return to work who have been injured/ill and coordinate any accommodation needs with the employer.

Q. Did you meet your spouse here or where?

Steve and I met in 2005 and have been married for eight years. Steve works for True North Sports and Entertainment, managing and creating all in-game production for the Winnipeg Jets and is the owner of Steve Godkin Productions.

Q. Did you raise any children here?

We have two children. Chase (8) and Bria (6)

Q. What else have you made career-wise, where and how long?

In 2016, I partnered with MONAT Global -



Britni Bartley

a naturally based, anti-aging haircare & skincare company. I started for the products, but the impact

Continued on page 15

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March 8

International Women's Day



Celebrating women: A netwo

By Becca Myskiw

In a world where gender is not equal, where discrimination and stereotypes are everywhere, one day a year is dedicated to breaking the bias.

International Women's Day is on March 8 this year, and it's all about recognizing and celebrating women's and girls' social, economic, cultural, and political achievement. However, the Carman community celebrates local women's economic achievements every day by supporting the many women-owned businesses in town.

The Carman and Community Chamber of Commerce have 47 women-owned businesses as members. Almost 10 of them are self-care ones.

The oldest salon in town has one of the newest owners. Cut of Class opened in 1988 when Stacey Denhey's mom started it. Denhey spent her childhood in the shop on Main Street, growing up around the scissors, hair colour, and chatty women.

"I liked the creativity of it," she said. "To be artistic, the fashion."

So, once she graduated high school, she went to school to become a hairstylist, and at 19, she had her chair at Cut of Class. As Denhey's clientele grew, so did the salon. Soon she was working with more than just her mom, and they were offering nails, lash extensions, and hair extensions. She was excited to be surrounded by other talents. Just two weeks ago, she became the owner of the salon.

Collaborating is one of her favourite parts of the job. She said there isn't competitiveness between the stylists in Carman, even though there are so many.

"We all offer something different," she said. "We all offer something unique that fits our clients. We talk with each other a lot too."

Adrienne Sawatzky, the owner of Diamond Hair Salon, agrees. She's been doing hair since she was 15 and in high school, where she got certified. She said she always enjoyed playing with hair — whether her horse's main and tail or her Barbie doll's hair.

Once she got into colour,

the craft was ingrained in her. Sawatzky worked in Niverville out of school for two years, then in Winnipeg for three years at a salon, did hair in-home care, then moved to Carman in 2006, had her son in 2007, and started working at Cut of Class in 2008.

After 10 years with Denhey, Sawatzky decided she wanted to live her dream and open her salon, offering services and doing things her way. She opened Diamond Hair Salon in May of 2018. She's the only stylist in her salon and makes it a place where her clients can relax and have one-on-one time with her.

She offers everything someone might need — trims, colours, styles, highlights, and for people of all ages.

"The best part about Carman is that I can do all the family's hair," she said. "You get the great-grandkids all the way up to the great-grandmas, which is really cool because I'll have the kids after school, and I'll say, 'you know who I saw today?'"

She also likes the community she feels within the Carman hair-dressing world.

"I think it's really nice to share my passion with a lot of other women," she said. "We all are so similar. I'm friends with a lot of them." Jeanne Karlenzig opened Birch and Honey Beauty four years ago. She offers a variety of aesthetic services in the same building as Birch and Honey Salon, and she said there's plenty of room for everyone in the industry.

Karlenzig's job, like the others, is to make her clients feel their best while not feeling too vulnerable to get there. She offers brows and lash services along with body sugaring. She said it's necessary they have options on whom they think does the best work and makes them feel their best.

Jessica Woods owns a skincare business within Carman's self-care world, and she said everyone around her, regardless of what they do, is super supportive.

"We totally just get each other," she said. "I love this community and the women. Even with other self-care providers, I don't feel competition."


She said if her client wants something that she knows



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Day



Adrienne Sawatzky
Diamond Hair Salon



Jeanne Karlenzig
Birch and Honey Beauty



Carlene Reimer
Oak and Son salon



Stacey Denheyer
Cut of Class



Jessica Woods
Body by Jess

work of salons

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...ryone in...

...someone else in town can do better, she'll send her client to them. That gives the client the best outcome, and it supports her friends.
...Carlene Reimer opened the Oak and Son hair salon earlier this month. When she opened, many of...

...the other women congratulated her and genuinely wished her the best. "It's so nice when not everyone's a cutthroat type of person," she said. "Especially when they're in the same industry."

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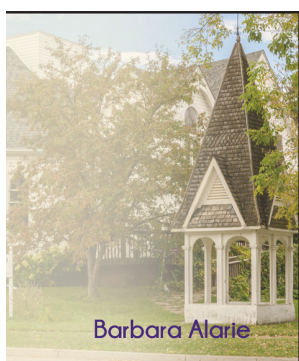
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New health care centre going up in Winkler

By Ashleigh Viveiros

A project that's been years in the making is expected to break ground in downtown Winkler later this year.

The Winkler and District Health Care Board announced on Friday that the former Winkler Co-op gas bar site is going to be home to the region's newest health care centre.

The lot at the corner of South Railway Ave. and Main St. is right across the street from the bursting-at-the-seams C.W. Wiebe Medical Centre, which opened in the ALG Profession-

al Centre two decades ago and has expanded into several other areas of the building since.

The new, multi-storey facility will put up to 30,000 square feet of much-needed additional space at the clinic's disposal, explained health care board chair Marvin Plett.

"In a strategic sessions a few years ago, the board found space to be a major challenge for growth," he observed, noting the clinic has grown from just 10 physicians in 2000 to 47 physicians, surgeons, and 90 other



SUPPLIED IMAGE

A major expansion to the C.W. Wiebe Medical Centre in Winkler is going up at the corner of South Railway Ave. and Main St. this year.



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The expansion will provide some breathing room for the current roster of health care providers as well as the capacity for the clinic to add more new physicians to meet the needs of the region's ever-growing population.

It will also allow the clinic to bring in more speciality services, Plett said, allowing patients "to stay closer to home for their more speciality care needs."

Health care board member Dr. Don Klassen reflected on the day, two decades ago, when the C.W. Wiebe Medical Centre first opened its doors, having moved from a much smaller clinic building down the road.

The new clinic was built to accommodate double the number of physicians currently on staff at the time, he recalled.

"We had only 11 or 12, but we had

a lot of faith," Klassen said. "You can see where we've come because today we're standing on a cold parking lot celebrating the fact that we're going to have to add another building and that we're going to be able to add another building."

"This is a great project and a great day."

Clinic administrator Jim Neufeld noted that it's been 22 years of consistent growth for the facility thanks to the support of the municipalities it serves.

"To work with the community to make this happen and get us where we are today has been great," he said. "It's another amazing step in this journey, seeing this building show up and the opportunities that are ahead of us for this area in health care."

Co-op general manager Evan Toews

Continued on page 15

Tax time just got easier

What is the difference between refundable tax credits and non-refundable tax credits? What are the eligible deductions for self-employed workers? It isn't always easy to answer all these questions and to know all the programs and deductions which could help you save a lot of money.

TAX CREDITS

Every year thousands of dollars are lost by taxpayers through their ignorance of the system.

Never rely on the government to tell you your rights as far as tax credits are concerned; this is your responsibility, wherein lies the importance of knowing basic tax law.

CONSULT AN EXPERT

The part of the tax system involving personal income tax is becoming increasingly complex and includes many special features, hence the attraction of working with a specialist in this



area. When the time comes to consult a professional, expect him or her to ask you pertinent questions regarding your financial situation so that they can get the best return possible for you.



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> NEW WINKLER HEALTH CENTRE, FROM PG. 14

said they were happy to work with the health care board on the purchase of the property (which has been used for overflow parking since Co-op built its new gas bar down the road several years ago) and they're pleased to see it will be put to such good use.

"This land has served us well for many, many years," he said. "We're really excited that we can be part of the growth ... going from a small number of doctors to a large number of doctors, that really puts us on the map as far as the services and other things we can provide to patients in the greater area."

The health care board will be launching a fundraising campaign for this project, though firm numbers have not yet been released.

The plan is to start construction on the facility in 2022 and have it open in 2023.



STANDARD PHOTO BY ASHLEIGH VIVEIROS
Winkler and District Health Care Board members, municipal leaders, and health care staff braved the cold Friday to gather at the site of what will be a major expansion for the Winkler clinic just across the street from its current location.

> BRITNI BARTLEY, FROM PG. 11

has been much more than that. So today, I am a Disability Case Manager with WRHA, Market Partner with MONAT and a Mom.

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

I love catching up with my girlfriends or going to a Winnipeg Jets game. But my absolute favourite is spending time with Steve and our kids, watching them participate in their sports and activities.

Q. Have you travelled for leisure and where?

Las Vegas is our favourite, which we managed to travel to in Feb 2020. The kids have Disneyworld on their list.

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

Never before has my to-do list been so long or more exciting! Both my husband and I love our full-time careers, and we've each found passions for our future. I plan to continue to grow my Monat team and support Steve in his production business. Let's say we are never bored!

Q. Do you ever return to Carman?

We do! To visit my parents or for a round of golf! And we love attending the Carman Fair.

Q. What are some of your fondest memories of your Carman days?

I have so many memories in what feels like a short period of time. Whether attending the next hockey game or social event, I'll never forget and appreciate how I felt a part of the community. I remember as a child being with Grandpa Reg, he knew everyone in town, and they knew him! He would always stop to say hi to each person. That small-town kindness is truly special. Carman is where I made

long-lasting friendships, and it helped shape the person I am today.

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

You never know where life is going to take you. When one door closes, there is always another opening. You have to take it.

If you are interested in contacting Britni, email: denjohnyoung.ca and I can you connect you.

The Caramel Macchiato. Freshly steamed milk with vanilla flavoured syrup, stained with Espresso & topped with caramel drizzle. \$1 off this month when you mention this ad! (Limit 1 per customer)



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Humane Society reports on a solid year of animal care

By Lorne Stelmach

The Pembina Valley Humane Society remains in sound shape despite the challenges posed by the pandemic.

And, as restrictions now ease, directors of the non-profit organization dedicated to humane and compassionate animal care and welfare remain heartened by not only the support for the work of the humane society but especially for providing homes for animals that come into their care.

"Everyone seemed to be adopting animals last year, perhaps because they were at home so much with all the restrictions," suggested outgoing board chairperson Selena Ducharme ahead of Monday night's AGM.

"We had expected there to be perhaps a slight decrease in adoption numbers and maybe even sadly more returns ... surprisingly, we didn't have that much of it ... it really surprised us, given the world is returning somewhat to normal," she said.

"I think it's amazing, being able to get that many animals into new homes," Ducharme continued. "It's awesome to see animals get into the 'forever' homes ... we do still have some animals that are becoming long term shelter members, but we're doing our best to advertise them and find the best home possible for them."

There wasn't much change in the past year in terms of the 168 animal intakes at the Morden shelter.

About 65 per cent of the 2021 intakes came from within the Pembina Valley, but the shelter took in 23 dogs from partnering rescues, which was substantially more than any other year.

This was in part due to a lack of dogs in the region needing to be surrendered, but there was also a need to assist other animal rescues, especially in northern Manitoba.

It was a successful year for adoptions with 133 in total including 89 for cats and 44 for dogs, which left 35 who otherwise either remain in care or were transferred elsewhere.

Another factor that came into play was a ringworm outbreak amongst the cats that started in August 2021 and continued well into 2022. This put a hold on both adoptions of affected cats as well as new cat intakes unless they had foster homes.

In total, 110 animals were placed in foster homes in 2021 (73 cats and 37 dogs) and 68 of these fostered animals were adopted before the end of the year with another 23 scheduled for adoption at the beginning of 2022, so the continued success of the foster program is something that the organization celebrates and highlights.

"We recognized it wasn't being used to its full potential, so we really started to promote it ... if we can get them in a foster home, that's ten times better," said Ducharme.

Under the circumstances, the humane society fared well financially with a very minor deficit on revenues of \$187,970 and expenses of \$188,597.

Annual revenue exceeded the budget goal by 7.7 per cent with major revenue sources including donations and fundraising under budget but grant numbers at 115 per cent of budget.

There was a 1.2 per cent revenue decrease compared to 2020 due to lower adoption and donation revenue, but



SUPPLIED PHOTOS

The Pembina Valley Humane Society is looking for homes for a host of pets, including Amaretto (left), who has been in their care for over a year, and Dino (right) who came to the shelter with some health issues but is now on the mend.

the organization also worked to limit spending where possible, and it is aiming this year for increased revenue from fundraising and to break even overall with a five per cent growth in annual revenue.

As for the shelter, visitation numbers decreased significantly in 2021 compared to other years due to pandemic restrictions dictating the allowed number of people in the building.

Of those people who did come, residents of Morden accounted for 41 per cent with Winkler second at 17 per cent, while visitors from Winnipeg represented 10 per cent—an increase of four per cent from 2020.

Ducharme said they were glad to be able to welcome their cat and dog care volunteers back in early 2021, and they were also grateful to have supporters donating not only much needed supplies to keep the shelter operating but monetary donations as well.

They now look forward to what will be possible this year, including being able to do more community outreach such as school programs once again.

"For 2022, we're really hoping to start expanding that further. We're going to be bringing back our care home visits," Ducharme noted. "Hopefully, with all of this, we can bring back attending community events so we can raise awareness of the shelter and our cause."

And for the long term they also continue to look forward to either expansion of the shelter or a new building, and they see having done a community needs survey as being very much connected to that goal.

"We have a lot of ideas on programs we would like to implement, but we want the community's input," said Ducharme. "That will be translated into how can we incorporate that into either a building expansion or a new build."

MB does away with most proof of vaccination requirements

By Ashleigh Viveiros

Manitoba's return to normal sped up this week, with proof of vaccination in public spaces no longer required as of Tuesday.

Public health officials further announced at a press conference Feb. 24 that the province has also removed the proof of vaccination and testing requirements for designated public sector employees, including education, child-care, and health-care workers.

Dr. Brent Roussin, Manitoba's chief public health officer, said this continued relaxing of restrictions is possible now that the fourth wave of COVID-19 in Manitoba has peaked and is on the decline.

Hospital and ICU admissions have both stabilized, he said.

"These are the projections, among

other indicators, that public health continues to monitor very closely, giving us that confidence to continue on our plan to loosen restrictions in Manitoba," Roussin said.

"We are moving from public health rules to recommendations," he stressed. "We've always known that these rules were in for a temporary amount of time."

While proof of vaccination is no longer mandated by the province to eat in a restaurant or enter other public entertainment spaces, businesses and venues will still have access to the Manitoba immunization card and verifier app should they chose to continue requiring their patrons be fully vaccinated.

The mask mandate in public spaces, meanwhile, is slated to expire on March 15.

Looking forward

Health Minister Audrey Gordon said the province is working on returning the health-care system back to more normal operations in the weeks and months ahead.

"This pandemic has taken a significant toll on all Manitobans," she said. "Together, we can look forward to a coordinated and cautious plan to recover from the intensive demands that COVID-19 has placed on our health system."

Part of that plan is the gradual return of health-care workers who were redeployed to care for COVID patients, the minister said, allowing for a phased resumption of surgeries, diagnostic procedures, and outpatient or community services that were reduced as a result.

"There are currently more than 500

health-care workers across the province who are supporting COVID-related care in an area where they would not usually work," noted David Matear, health system co-lead, Unified Health Sector Incident Command. "As COVID admissions to hospital, including critical care, continue to decrease we will be able to return many of these staff to their usual duties, allowing for the quick resumption of many services that we know Manitobans have been waiting for."

On Monday, there were 474 people in hospital with COVID-19 (204 of them contagious) and 30 people in ICU (14 contagious). The number of deaths due to the virus was at 1,680, up 31 from the Monday before.

Carman hosts 5 Pin Bowling provincials

Top two teams advance to nationals

By Becca Myskiw

On Saturday, the Manitoba 5 Pin Bowlers' Association held their provincials at Carman 5 Pin Bowl.

To get to provincials, bowlers in the league first have to qualify. To qualify, they have to have an average of 220 or less. If they have that, they can then enter their local round to better that average — those with the lowest averages then form the team going to provincials.

This year's provincials saw nine teams total. Three from Westman, three from Central, one from Winnipeg, and two others — one of their best turnouts in years. Carman 5 Pin Bowl has eight lanes, so one team was sitting out at any given time, but each of the teams bowled a total of eight games in a round-robin style tournament on Feb. 26.

Canadian 5 Pin Bowlers' Association president Len Isleifson threw the tournament's first ball. He said. Unfortunately, many people still see bowling as a recreation rather than a sport, but

he explained the differences.

"There's a mindset to it," he said. "Recreation is a time to have fun and keep active. In a sport, there's a mental piece of the game. These are athletes."

Isleifson said the bowlers at Carman 5 Pin Bowl on Saturday watch their meals, train, and practice with a coach. To have the proper resources to excel in their sport, they need it to be seen as such.

An example of that he gave was bowling lanes being closed during COVID-19 while some arenas and soccer pitches were open. Though he understands why the lanes had to be closed, it wasn't easy for the many bowlers across the country to sit still.

Provincials on Saturday went throughout most of the day, ending with a banquet in the evening. The top two teams from the event get to move onto nationals held in B.C. this year.

The Central 1 team got first place in the tournament with a final score of 35. Behind them were Winnipeg 1 and Central 3 tied for second place. It is unclear which of the tied teams will be advancing.



STANDARD PHOTO BY BECCA MYSKIW

Carman 5 Pin Bowl hosted the Manitoba 5 Pin Bowlers' Association provincials last Saturday. Teams played eight games each, with the top two teams advancing to nationals this year.

> March 1, 2022

No longer required to have proof of vaccination

> March 15, 2022

Mask Requirement will be removed

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INSIDE > OUTSIDE > UPSIDE DOWN

Cougars advance to next round of playoffs

By Becca Myskiw

The hot streak continues well into playoffs for the Carman Cougars.

Last week, Carman won their first and second rounds in the Zone IV High School Hockey playoffs, coming out on top in all three games. Carman finished the first round against Morris, with a shutout for goalie Maysen Mazurat.

Carman's Ryan Orchard opened the scoring with the first two goals of the game on Feb. 22 followed by his third in the second. Anthony Lehmann, Slade Sotheran, Coltyn Plaitin, and Carson Park each got two of their own goals. The final score was 14-0, advancing the Cougars onto round two.

Though the score showed the team played well, head coach Jeff Park wasn't as impressed.

"Unfortunately, penalties might have implications for some of the games in the next series," he said. "The next round will be considerably more difficult, and penalties must be minimized going forward, or the season might come to an abrupt ending."

He was right. Wednesday's game against Altona proved considerably more difficult. In game one of round two against Altona's W.C. Miller Aces, the Cougars managed to notch the winning goal in overtime to win the game 3-2.

Carman's Carson Park started the game with one goal that was answered by the Aces a few minutes later.

No one scored in the second period, but the third saw another goal from each team. Plaitin scored for the Cougars'. Sotheran secured Carman their win 2:18 into overtime.

Game two on Friday started with the Altona scoring a minute into the first period. Carman's Gavin McCallum and Orchard each answered back sending the team into the second with a 2-1 lead. Altona scored two more goals in the second, both unanswered by Carman. The Cougars got their stride back in the third with a goal each from Sotheran and Plaitin, giving them a 4-3 win, in the best of three, advancing them to the next round.

"Brock Wood logged tremendous minutes for us as well as our captain, Coltyn Plaitin. They had some of their best games in a long time," said Jeff Park. "Maysen Mazurat also played well stopping many second and third chances while stopping 39 of 42 shots."

The next round of playoff games is still being decided. Carman's Lehmann should be returning from suspension in their next game, and they'll hopefully have a few players returning from injuries.



STANDARD PHOTOS BY RICK HIEBERT

The Cougars' Ryan Orchard races W.C. Miller Aces' Xander Buhr for the puck at their playoff game last Wednesday. Carman won the game 3-2 in overtime.



Brock Wood attempts to free himself from Aces Tyson Tarnick.



The Cougars Coltyn Plaitin attempts to deflect the puck into the net.

Female Hawks fall to Ice in U18 playoffs

By Lorne Stelmach

The post season came to an end for the female U18 Pembina Valley Hawks.

The fifth-place Hawks went into their quarter-final series with high hopes, but the fourth-place Winnipeg Ice completed a three-game sweep Sunday with a 3-2 overtime victory in Winnipeg to close out the best of five.

The series had opened with a 6-1 loss in Winnipeg in game one and then saw the Ice take game two by a 5-3 score last Wednesday in Morden.

"The girls played well," said coach Dana Bell, who noted the team had a lot of players who maybe had not really experienced such an intense level of playoff hockey.

"There obviously was a pile of nerves going into game one. Game two was a close game, but we just didn't capitalize on our chances. Then to lose it in overtime in game three to force a game four was obviously disappointing.

"The girls worked hard all the way through though," Bell said. "I think we did a lot of things right. We just didn't capitalize on enough of our chances.

"If you could have had more of a push in game one, the series probably looks different."

In game two, Pembina Valley had the game tied at one apiece after 20 minutes, but they then trailed 3-2 after two periods.

Jessica Anderson, Anika Braun, and Cambree Martens scored for the Hawks, while Kaylee Franz made 25 saves with the Ice holding a 30-28 edge in shots on goal.

Game three started well for the Hawks, as they grabbed a 2-0 lead after 20 minutes, but Pembina Valley couldn't hold off the Ice in the end.

Abbey Bourdeaud'hui and Gracie Carels scored for the Hawks, while Franz did her best to keep them in the game, stopping 40 of 43 shots, while Pembina Valley managed 40 shots.



STANDARD PHOTO BY LORNE STELMACH

Pembina Valley players celebrate after a goal in game last week Wednesday, which the Winnipeg Ice went on to win 5-3. The Ice swept the series with wins in game one and three in Winnipeg, ending the Hawks' playoff run.

And so their playoff quest has ended, but the Hawks will still be practising for a tournament in Winnipeg at end of April that is hosted by St. Mary's Academy.

Meanwhile, Bell sees good potential for next year's squad.

"It was a hard working group of girls. They bought in, and we had a lot of adversity this year, but we got through it and just kept battling," he said.

"We've got good building blocks going into next year ... I think we have seven graduating girls, so if everybody returns, you've got a good core to work with," he concluded.

"We're watching the bantams, and they're on a run now ... there's a lot of girls standing out there that we can take a look at ... so we'll see what we've got coming up for next year."

Provincial champions



STANDARD PHOTO SUBMITTED

The Elm Creek Lightning are the U11 Girls Rural Provincial 'A' champions after defeating Landmark 2-0 in the final in Deloraine last weekend. Elm Creek earlier beat Elkhorn 7-2, Deloraine 4-2, and Stonewall 5-2 in the semifinals. Pictured back row: Doug Fotheringham (coach), Ian Lepp (coach), Kinsley Friesen, and Kelly Richardson (coach). Left to right Lexi Philippe, Reece Fotheringham, Bailey Dyck, Paige Windus, Eden Lepp, Ainsley Richardson, Casey Winkler, Camryn Armstrong, Sadie McKay, Mackenzie Bartlett, and Melania Melnic. Goalie is Holly Voeselek.

Twisters' win streak halted by Railer Express

Pembina Valley Twisters beat the Charleswood Hawks Friday, lost to Transcona Railer Express Sunday

By Lorne Stelmach

The Pembina Valley Twisters had a seven-game winning streak halted this past weekend by the team they are battling with for second place in the MMJHL.

Pembina Valley had extended their run Friday with a 9-5 win over the Charleswood Hawks but were then handed a 4-1 defeat by the Transcona Railer Express Sunday.

With the victory, third-place Transcona improved to 30-11-1 for 61 points and edged within three points

of the second-place Twisters, who are at 30-8-4 for 64 points with three regular season games remaining.

Nathan Ayotte and Riley Goertzen both scored twice against Charleswood as the Twisters broke open a 3-3 game after one to lead 6-3 after two periods.

Jacob Carels, TJ Matuszewski, Griffin Ayotte, Carter Hynes, and Curtis Rebeck also scored for Pembina Valley, while Logan Enns made 26 saves with the shots on goal 37-31 in their favour.

League-leading scorer Matuszewski then opened scoring in the second period against Transcona with his 36th, but that was all that Pembina Valley could manage on this night. Shots on goal were 40-34 in favour of Transcona, with Enns taking the loss in goal with 36 saves.

The Twisters close out their schedule this week on the road starting with St. Vital Thursday and then St. James Friday and St. Boniface Sunday.

get inspired

> MEAL IDEAS



Italian Sausage Spinach and Tomato Rigatoni

16 ounces sweet Italian sausage
1 jar Bertolli d'Italia Marinara Sauce
2 cups fresh baby spinach
salt, to taste
pepper, to taste
Parmesan cheese, for garnish
Bring large stockpot of water to boil. Boil rigatoni pasta until al dente. Drain and set aside.

In saute pan over medium heat, add olive oil. Add onions, garlic and mushrooms. Saute until vegetables start to brown. Add Italian sausage and cook until done, breaking into small pieces. Add sauce and bring to low boil.

Add baby spinach. Cook until spinach is mostly wilted. Season with salt and pepper, to taste.

Add drained pasta to pan with sausage and sauce. Toss and divide between plates. Garnish with Parmesan cheese.

Prep time: 10 minutes
Cook time: 20 minutes
Water
1/2 box rigatoni pasta
1 tablespoon olive oil
1/2 cup onions, chopped
4 cloves garlic, minced
1/2 cup mushrooms, sliced



Red Wine Braised Beef Short Rib Ragu

24 ounces pappardelle pasta or preferred pasta
freshly grated Parmesan cheese, for garnish
Heat oven to 350 F.

In 5-quart Dutch oven, heat olive oil over medium heat. Season short ribs with salt and ground black pepper, to taste. Place one layer of short ribs in pot. Set remaining ribs aside.

Cook ribs 3-4 minutes per side until browned. Transfer to plate and set aside. Repeat with remaining short ribs.

Add celery, carrots and onion to pot used to brown ribs. Stir and cook until vegetables are browned, about 15 minutes.

Add garlic and stir 1-2 minutes. Add tomato paste. Cook 2-3 minutes.

Carefully pour red wine into pot. Stir and scrape any browned bits from bottom of pot. Cook 3-4 minutes until wine is almost completely absorbed into vegetables.

Add rosemary, sage, thyme and bay leaves to pot. Add sauce, bone broth and browned ribs. Cover pot and place in oven 2 1/2-3 hours, or until ribs are fall-apart tender.

Remove pot from oven. Transfer ribs to plate or cutting board. Remove and discard herb stems and bay leaves. Remove bones from ribs then shred meat into bite-sized pieces using two forks or tongs. Return shredded ribs to pot with ragu. Stir to combine. Set aside.

Bring large stockpot of water to boil. Boil pappardelle pasta until al dente. Add drained pasta to pot with beef ragu and toss until combined.

Garnish with freshly grated Parmesan cheese.

Prep time: 25 minutes
Cook time: 3 hours
2 tablespoons olive oil
4 pounds bone-in beef short ribs
salt, to taste
ground black pepper, to taste
1 stalk celery, chopped
1 large carrot, peeled and finely diced
1 small onion, chopped
8 cloves garlic, finely chopped
4 tablespoons tomato paste
1 cup red wine
4 sprigs fresh rosemary
2 sprigs fresh sage leaves, chopped
8 sprigs fresh thyme
2 bay leaves
1 jar Bertolli d'Italia Marinara Sauce
2 cups beef bone broth
water

Expert patient here to help!

By Susie Schwartz

I've had a few close calls in my life, including a nine-year-old near-death experience with Type 1 diabetes, deadly insulin pump malfunctions, and a gastric pacer implant that made it near impossible to eat. But more than once, the worst almost happened. So my tip to avoid the worst?

Ask your pharmacist.

I mean it. Ask. Or you may get unmanageably pregnant! Yes you. Even those of you without wombs. Think of pregnancy as a metaphor if you're missing that body part.

Jason, my Canadian Pharmacist, has saved me from this plight more than once. Pregnancy might have killed me, but even more so, parenthood probably would have. Let me explain.

I've rocked up to that pharmacy medicine counter more times than I've used the loo. (Yes...I'm British now.) I can recall three times Jason has said, "Just so you know, this medication cancels out 'the pill.' Whoa. I nearly fainted from relief, all three times.

Pharmacists go to school for 300+ years for a reason. It's a tricky business. 'If you take this with that your liver might fail' or, 'two blood thinners are too many blood thinners' or, 'you might get pregnant, and that child will break your heart a thousand times and sneak out of the house to deal illegal puppies and cry all night long for their first four years and grow up way too fast leaving you a sad and lonely empty-nester making you need an illegal puppy of your own,' or so they tell me.

To be clear, I love your children. I'd italicize 'your' for emphasis if my editor would let me. And also, to be



Susie Schwartz

clear, I am not one to jump all over prescription medication as I think we often overlook natural remedies. I also have a strong distaste for the profit margins of many pharmaceutical companies. (Insulin is a prime example of medication with exorbitant prices and is out of pocket for many people with diabetes in the U.S.) With that said, I'd be dead without my medication - Insulin for sure.

So best practice? Whenever you are taking a new medication for any reason, ask the pharmacist if it is safe with your pre-existing conditions and medications - even something as simple as antibiotics. (If memory serves me, it was an antibiotic that almost caused me a baby.)

Give them the chance to save you from a new life-long condition like liver disease or...

The need for an illegal puppy.

Less health stress, yes?

A published author and songwriter, Susie currently lives in the UK. Find her on FB @medicalmissstress, Instagram @susie.suschw, and lesshealthstress.com



Creamy Italian Garlic Chicken Pasta

water
1/2 box Casarecce or preferred pasta
parsley, for garnish
Parmesan cheese, for garnish

In saute pan over medium heat, add olive oil. Season chicken with Italian seasoning and salt and pepper to taste. Sear chicken breasts on both sides until browned. Remove from pan and set aside.

Add garlic and onions to hot pan. Cook until starting to brown. Add sun-dried tomatoes, capers and basil; stir. Add sauce and heavy cream; cook until mixture starts boiling.

Bring large stockpot of water to boil. Boil Casarecce pasta until al dente. Divide pasta between two plates. Place one chicken breast over pasta on each plate and top with additional sauce, parsley and Parmesan cheese.

Prep time: 10 minutes
Cook time: 20 minutes
2 tablespoons olive oil
2 large chicken breasts
1 teaspoon Italian seasoning
salt, to taste
pepper, to taste
4 cloves garlic, minced
1/4 cup onions, chopped
1/4 cup sun-dried tomatoes, cut into strips
2 tablespoons capers, drained
6 fresh basil leaves, sliced
1 jar Bertolli d'Italia Creamy Rosa Sauce
1/2 cup heavy cream

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HIRING FOR SPRING? Need Class 1 drivers? Construction staff? Having an AGM or on-line event? Advertise in the 32 Weekly Manitoba Community Newspapers to get your messaging out now! Selling something? Have an on-line store to shop at, doing curbside pickup/deliveries? Let people know in the Blanket Classifieds! Start the year off right. Don't let COVID get you down. We are now booking Classified Advertising for 2022. Call 204-467-5836 or call MCNA at 204-947-1691 for details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

McSherry Auctions
12 Patterson Dr.,
Stonewall, MB

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Estate & Moving
Closes Wed Mar 9 @ 7:00PM

Estate & Moving
Closes Wed Mar 16 @ 7:00PM

Consignments Welcome!

(204) 467-1858 or
(204) 886-7027
www.mcsherryauction.com

OWNER OPERATORS WANTED

DECK/VAN DIVISION

Odanah Truck Line is looking for Owner Operators to run Canada and US (must be compliant), paid by percentage, and 100% of fuel surcharge, tarps. \$1,500 signing bonus may apply.

Strive for a good work/home life. Please email

ken@odanah.com
with drivers abstract.

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KALDECK TRUCK & TRAILER INC.
Hwy #1, MacGregor, MB
1-888-685-3127
www.kaldecktrailers.com

FARM LAND FOR SALE BY TENDER RM OF THOMPSON

Completed Tenders and a \$10,000.00 deposit per parcel are invited to be received up to 12:00 pm (noon) on March 25, 2022, for the land described below, at:

PKF Lawyers
71 Main St S, Carman, Box 1240, MB R0G 0J0
Attn: Mona Brown/Tammy Bisschop
Ph: 204-745-2028
mbrown@pkflawyers.com tbisschop@pkflawyers.com

Land for sale:

(Bids for one or both parcels will be accepted)

1. NE 1/4 24-5-6 WPM 160 acres (CT #3160007/4)
2. NW 1/4 19-5-5 WPM 157.52 acres (CT #3160006/4)

Conditions of Tender

1. Financing must be pre-approved.
2. Tenders to be in the form prepared by PKF Lawyers. To obtain tender form or more info, contact Tammy Bisschop or Mona Brown.
3. Each Tender must be accompanied by a certified cheque, payable to PKF Lawyers (in trust), in the amount of \$10,000.00 per parcel. Deposits of tenders not accepted will be returned to the tenderers.
4. Highest Tender or any Tender will not necessarily be accepted.
5. Vacant Possession date and the due date of the balance of Tender Price shall be April 15, 2022.
6. The maker of any Tender relies entirely upon his/her personal inspection and knowledge of the Land, independent of the representations made by the vendor or the solicitor and agent of the vendor. The Land will be sold "as is" and the bidder is solely responsible to determine the value and quality of the Land.

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HIP/KNEE Replacement?

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for \$2,500 yearly tax credit and up to \$30,000 Lump sum refund.

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- *Solar Systems & design
- * Everything Else!

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1390 St. James St., WPG

1-877-775-8271
www.batteryman.ca



Re-Tender Recycling Sheds

Rural Municipality of Grey Recycling Committee hereby offer for tender the following

- Fannystelle Recycling Shed**
- Elm Creek Recycling Shed**
- Haywood Recycling Shed**
- St Claude Recycling Shed**

Details:

- All sheds are approximately 16' x 24'
- All sheds have a 9' x 7' overhead door and a walk-in door
- Sheds must be moved by June 1, 2022
- Successful tender will not be responsible for clean-up of site
- Sheds must be tendered on separately
- Please provide your name, contact info and a phone number on your tender
- Mark the envelope with the name of the shed you are tendering on (one shed per envelope) and seal your envelope

Mail or drop off (we have a secure outdoor drop box to the left of our main doors) tenders to:

R.M. of Grey Municipal Office
Box 99, 27 Church Avenue East
Elm Creek, Manitoba, ROG ONO

by 4:00 p.m. CST on Friday, March 25th, 2022.

Tenders received after this time will NOT be accepted.

NO EMAILED TENDERS WILL BE ACCEPTED.

Highest or any tender shall not necessarily be accepted.

Appointments to view sheds may be obtained by contacting the undersigned:

Fannystelle Depot - Yvon Morissette 204-745-7756
Elm Creek Depot - Christine Major 204-872-0835
Haywood Depot - Paul Slobodian 204-379-2756
St. Claude Depot - Tara Burton 431-336-3890

Aubin Nurseries Ltd.

NURSERY EMPLOYEE

Require enthusiastic people to work in various areas of nursery production both full and part time with flexible hours starting approximately March 2022.

Wages depends on experience with opportunity for advancement. Training can be provided.

CLASS 5 DRIVER

All applicants must have the ability to work unsupervised in a fast-paced environment, customer friendly, and comfortable with lifting nursery stock.

Wages depends on experience.

For both positions, please forward resume to cyndie@aubinnurseries.ca

Any questions, please call 204-745-6703.

Interview process will be following Covid19 regulations.

Book Your Classified Ad Today - Call 204-467-5836

Classifieds

The Carman-Dufferin
STANDARD

Book Your Classified Ad Today - Call 204-467-5836 classifieds@carmanstandard.ca



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The Carman-Dufferin
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Call 204-467-5836




170, 2nd St. NE. Carman
(204) 745-6677

SOUTH CENTRAL BUILDING SYSTEMS
AN AEP COMPANY

South Central Building Systems, located in Carman, Manitoba, provides professional design services, supplies engineered wood products, and manufactures roof and floor trusses to contractors, builders, and homeowners. We are currently looking for a full-time, permanent, Production Labourer to support our operations. Reporting to the Production Manager, our ideal candidate will be flexible, adaptable, detail-oriented, and motivated, with a focus on providing a high degree of external and internal customer service as we grow our team and business!

Applications should be emailed to
South Central Building Systems
Attention: Linnette deRuiter
linnette.deruiter@southcentralaep.ca



R.M. of Thompson Tender Request

Tenders are being accepted by the R.M. of Thompson for hauling of aggregate and shale for the 2022 and 2023 season for custom trucking of approximately

- 10,000 yds/Shale • 20,000 yds/Gravel

A fuel cost adjustment will be applied.

The RM of Thompson will establish a "Set Price" for the contract based on Petro-Can's monthly diesel fuel price index on the date of tender opening.

See <https://www.petro-canada.ca/en/business/rack-prices>

- The "Actual Price" for diesel fuel will be established monthly based on the above index.
- Fuel adjustments will be calculated monthly based on actual work performed using quantities shown on the progress payments.
- Payment adjustment calculations, in any given month, will be calculated using the following formula:

Monthly Adjustment = (Actual Price - Set Price) x Monthly Quantity Hauled x Consumption Rate

As it is impractical to ascertain actual fuel consumed on a contract, the amount of fuel consumed will be determined using a consumption rate of 2.0 litres/tonne. Where a conversion factor is required, one cubic meter of aggregate or shale will be considered to have a mass of 1.78t.

Approximately 10,000 loaded miles of gravel and 3,300 loaded miles of shale, average haul per load is 16 miles.

- approximately 1/3 of the above yards will be hauled by the Municipality
- preference may be given to local ratepayers
- must have letter of good standing from WCB Manitoba
- Proof of liability insurance coverage minimum \$2,000,000 with the R.M. of Thompson listed as additionally insured
- must have proper hauling license
- must provide middle dump trailer
- **tender to state the following**
 - a per yard per loaded mile cost
 - a cost for using custom loader
 - list of equipment to be used

Council reserves the right to reject any and all tenders. Lowest bid not necessarily accepted.

Submit Tender on or before April 1, 2022 @ 4:00 p.m. to:

R.M. of Thompson
Box 190, 530 Norton Avenue,
Miami, MB ROG 1H0
Ph: 204-435-2114
Fax: 204-435-2067
Email: info@rmofthompson.com

WE'RE HIRING!



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FULL-TIME POSITION

The Gardens on Tenth is a non-profit organization that provides housing, meals, activities, support, and other services to Seniors.

The Salary is competitive with a comprehensive Benefit Package.

See our website
www.gardensontenth.ca
for full job description and requirements.

THE GARDENS ON TENTH
140 10th Ave NE ALTONA MB
hr@gardensontenth.ca or
204.324.8945



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Monday, Wednesday, Friday –
1:00 p.m. to 4:00 p.m.
Tuesday & Thursday - CLOSED
Saturday -
11:00 a.m. to 4:00 p.m.

TOWN OF CARMAN
PUBLIC NOTICE


REGARDING THE 2022 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of The Municipal Act that the Council of the Town of Carman intends to present its financial plan for the fiscal year 2022 at a public hearing in the

Town of Carman
Council Chambers – Memorial Hall
Thursday, March 10, 2022
7:00 p.m.

Council will hear any person who wishes to make a presentation, ask questions, or register an objection to the financial plan, as provided.

Copies of the financial plan are available for review by contacting the Town of Carman office during the regular office hours (204-745-2443).



Cheryl Young CMMA
Chief Administrative Officer
Town of Carman



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with an Announcement in the

The Carman-Dufferin
STANDARD

Call 467-5836

FIND THE RIGHT PERSON FOR THE POSITION with an EMPLOYMENT/CAREERS AD in

The Carman-Dufferin
STANDARD

Call: 204-467-5836

OBITUARY



Lucien Vaillant

Peacefully at Boundary Trails Health Centre on Wednesday, February 23, 2022, Mr. Lucien Vaillant passed away at the age of 89 years.

He leaves to cherish his memory his children, Yvonne (Eugène), Roger (Hughena), Noël (Pam), Louis, Paul (Jodi) and Robert (Louise); his grandchildren, Cynthia Doerksen (Fred), Sharon Bazin (Fred), Christine Bazin, Micheline (Steven) Budd, Raymond Bazin (Carrie), Myriam Vaillant (Cody), Danielle Vaillant, Ryan Rue (Allison), Nicole Vaillant (Brandon), Caressa Vaillant, Bailey Vaillant (Dallas), Joellene (Troy) Collinridge, Samantha (Daniel) Somers, Brittany Twiss, Tiffany (Adam) Phillips, Céline Vaillant (Darren), Candice Vaillant (Ben), Jason Vaillant, Dylan Vaillant and Catherine Vaillant (Sheldon); his great-grandchildren, Cole, Ariel (Chris), Shawna, Taylor, Destiny, Zakk, Lincoln, Quaid, Jayde, Raleigh, Joshua, Mackenzie, Ainsley, Nash, Reece, Bentley, Isabella, Parker, Elizabeth, Jamieson, Aiden, Emma, Caleb and great-great granddaughters Violet and Lily. He also leaves to mourn his in-laws Maurice Pilloud and Alice Bernard and many nieces, nephews, relatives and friends.

Lucien was predeceased by his wife Rose (née Pilloud), his son Denis, his daughter Myriam, his great-grandson Joseph, his parents Louis and Berthe Vaillant (née Maury) and his half-brother Georges (Marie) Gougeon, his parents-in-law Joseph and Rachel Pilloud, his in-laws, Albertine (Pierre) Wanlin, Anne-Marie (André) Bibault, Philomène (Gustave) Chaperon, Joseph Pilloud, Florence Pilloud, Thérèse (Gabriel) Bernard, Noël (Yvette) Pilloud, Bernadette (Walter) Syganiec, Arthur Pilloud, Marguerite (Fred Spencer) (Henri Painchaud), Camille Bernard and Cécile (Paul) Rey.

Prayers will be held at Adam's Funeral Home on Friday, March 4, 2022 at 7:00 p.m. Funeral Service will be held at the St. Denis Roman Catholic Church in Haywood, Manitoba on Saturday, March 5, 2022. Rosary, video and music at 1:30 p.m. and Funeral Mass at 2:00 p.m.

The service will be available to be viewed via Live Streaming, if you would like your name to appear in the guestbook, please email your name to office@afh.ca re: Lucien Vaillant

In lieu of flowers memorial donations can be made to the Heart and Stroke Foundation.

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

Announcements Classifieds



Book Your Classified Ad Today - Call 467-5836

OBITUARY

Alistair Wheeldon MacKenzie

Alistair Wheeldon MacKenzie, aged 93, of Carman, passed away peacefully in his sleep on 18 February 2022.

He was born on 01 September 1928 to Alistair and Gladys MacKenzie of Winnipeg and was predeceased by his brother Donn Gary in 1998.

Al is survived by his wife of 64 years Ruby (nee Taylor) and their three children: David (Nicola), Heather (Brent Parkin) and Scott (Melanie); five grandchildren: Jennifer (Keith Merk), Kevin Smith, Angel MacKenzie, Cadence and Kalia MacKenzie and two great-grandchildren: Dylan and Clarissa Merk.

He farmed in the Carman area for 51 years, raising Hereford cattle and mainly grain crops until he retired in 2012, when he and Ruby moved into Carman.

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



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www.mcna.com

take a break > GAMES

SUDOKU

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

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!

Level: Intermediate

Here's How It Works:

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

Sudoku Answer

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

Crossword Answer

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

CROSSWORD

CLUES ACROSS

- Neckwear
- Fish parts
- Cooking
- Quality
- Rural delivery
- Popular superhero
- Partner to Pa
- Shivering fits
- Wrath
- Linguistics pioneer
- Large integers
- A way to prepare food
- Group of badgers
- Peyton's little brother
- Rock out
- Danish krone
- Take from with force
- Baroque musical instrument
- Zodiac sign
- Hebrew alphabet letter
- Independent member of a clone
- Type of garment
- Satisfy
- One point south of due east
- A way to wipe out
- Moved quickly on foot
- Bar bill
- An idiot
- Performed with the voice silent
- Body fluids
- Rhythmic patterns
- "_ my i's"
- Type of wrap
- It shows who you are
- Carousel
- Type of college degree
- Molding
- Closes again
- Verses
- Surface
- CLUES DOWN
- Short, thick stick
- Rhode Island

	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				
60			61		62					63			64	
65		66							67				68	
	69									70				

- Animals of the horse family
- Very important persons
- Folk singer Di Franco
- Boredom
- Long speech
- Footballer Newton
- Expression of sorrow or pity
- Linear accelerator
- One quintillion bytes
- Smallest interval in Western music
- Box
- Cheese dish
- Make a mistake
- Done by all people or things
- Circumference
- Chum
- Electrocardiogram
- Sandwich chain Jimmy
- Showed old movie
- Important event on Wall St.
- Where wrestlers work
- Free from contamination
- Eastern Canada coastal region
- Slang for gun
- High schoolers' test
- Fathers
- Call it a career
- Productive
- Musical groups
- Yellowish-brown
- Lowest point of a ridge
- Beloved late sportscaster Craig
- Fill up
- Cardinal number that's the sum of 5 and 1
- Frost
- Jewel
- Atomic #45
- Top lawyer



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- ✓ Wi-Fi included to connect your devices wirelessly
- ✓ TV with general-interest networks plus a selection of specialty channels, 1 wired set-top box and a 4K PVR³
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