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**STANDARD**

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For the boys

STANDARD PHOTO BY BECCA MYSKIW

The Carman Cougars' cheer on teammates Ryan Orchard and Brock Wood who were recognized for their season playing by the Zone IV hockey league. Unfortunately the team's league play came to an end Thursday night with a 3-2 loss against the PCI Trojans. See inside for full story.

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# Current Russian invasion reminding Canadian Ukrainians of family traumas

By Becca Myskiw

It was 1929 when Tracy Enns's family packed up and left their home in Tiede, Ukraine.

Joseph Stalin was reigning terror on Ukraine at the time, soon to throw the Holodomor on them, nationwide starvation. Enns said at the time her great-grandpa Frank Barga and family left; armed men would enter Ukrainian's homes and brutally attack the men and children, then sexually assault the women, "having no regard for their lives."

Barga's relatives took the family by horse and buggy to the second train station from their home, where they boarded and headed to Moscow. After living on the city's outskirts being hidden by a Jewish family for weeks, Enns's relatives got their documents needed to get on the train to Latvia, where they crossed through the red gate.

They then went to Germany to Liverpool to the east coast of Canada across to Saskatchewan and then to Carman where the family settled, Enns, being proof. The journey across Canada was financed by CP rail, and it became the family's number one priority in the years to follow to pay off that debt, which they eventually did.

"Repeatedly, we read in their diaries that it was their faith in God that carried them from day to day," she said.

Though Barga and his family got out, many did not. Stalin's reign of terror continued, and three years after they left, Holodomor happened, killing almost four million Ukrainians.

Now, it feels like it's happening again. History is repeating itself, and it's bringing up trauma for Canadian-Ukrainians everywhere, reminding them what their ancestors went through, what their family is going through, and what they could be going through.

On Feb. 24, Russian President Vladimir Putin declared war on Ukraine. They invaded their neighbours by land, air, and sea on Thursday morning with the goal of "stripping Ukraine's military power."

The largest country in the world has been dropping bombs, seizing towns and cities, and killing innocent civilians, forcing the country to fight back — or surrender their hard-fought-for freedom, something they won't do.

"It kind of feels surreal," said Enns. "And it just brings up so many memories, and we're talking about our

Continued on page 2



STANDARD PHOTOS SUBMITTED

A painting of Ohrloff, Ukraine, where Chris Dick's family is from. He said this painting has been in the family for ages, always hanging on the walls of their farm in Culross, Manitoba.



This photo Frank Barga and his family was taken so they could get the necessary paperwork to leave Moscow.



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# PRSD schools focus on students' mental health with Project 11

By Becca Myskiw

Elm Creek School and Roland School are giving their students more mental health resources with Project 11.

Prairie Rose School Division (PRSD) board of trustees gave their approval at their regular meeting for the two schools to integrate Project 11 into their curriculum in the 2022-23 school year.

Project 11 was started in 2013 in honour of Rick Rypien, a former Manitoba Moose and Vancouver Canucks player who died by suicide at age 27 in 2011, just months before he was to start playing for the Jets.

Project 11 — 11 being the number Rick would have worn for the Winnipeg Jets — exists because his life ended after suffering years of depression.

Project 11 aims to help students from Kindergarten to Grade 12 understand they can positively influence their mental wellness through skills and healthy coping strategies.

Rypien loved children and desired to see accessible mental health education and support. Project 11 is a program Rypien believed he would have benefited from.

The program provides classroom-ready lessons at no cost to Manitoba teachers. It has a readied curriculum for each grade and is helping thousands of children in the province.

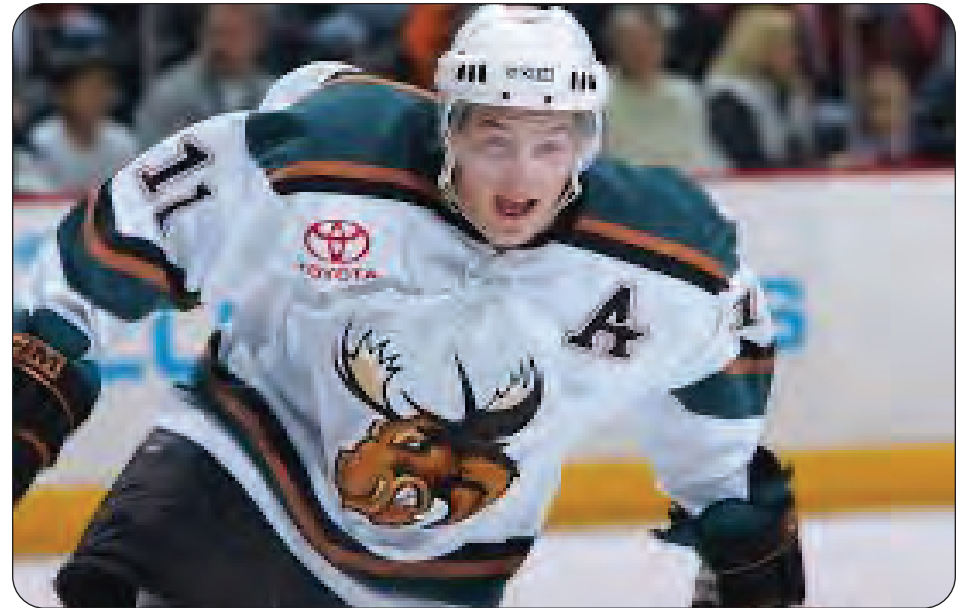
Elm Creek School has been doing the program for six years. Currently, it's in their Kindergarten to Grade 8 classrooms, and as of this year, their Grades 9 and 10, too. Next year, their students in Grade 11 and 12 will also be included.

"We wanted to use this program because we felt that there was a lack of mental health strategies in the current Manitoba curriculum," said Elm Creek School principal Leslie Howard. "Young people experience crisis, trauma, stress, and conflict just like adults. The difference, however, is that adults have fully developed brains and coping mechanisms developed through experience, while young people generally do not. This program teaches students how to cope with life's challenges at every age."

Next year, the school plans to have every student from Kindergarten to Grade 12 participate in the programming. It will be delivered by the school's guidance counsellor, teachers, and resource teachers in health class as part of that curriculum.

The project's curriculum includes wellness activities, educational supports and supplemental videos that focus on a variety of age-appropriate areas of wellness.

Each Project 11 curriculum has a



STANDARD PHOTO SUBMITTED

PRSD trustees support Project 11 for Elm Creek and Roland Schools. Project 11 helps students learn to cope with mental illness and honours Rick Rypien, a former Manitoba Moose who took his own life.

maximum of 10 lessons, each around one hour long and can be split into sections if needed. Elm Creek School will start the program in October with the goal of each class finishing by May.

Howard's seen Project 11's success first-hand — she knows it works. It involves conversation, reflection, interaction, and research.

"By taking part in this program, the

students at Elm Creek School will become more knowledgeable about who they are, what they need to succeed, whom they can go to for help, and what to do when life throws them lemons," she said. "This program will hopefully give the students confidence and improved self-esteem, which are both essential in living a happy life."

he would help them as the sponsors in Ontario helped his family almost a century ago. He's hoping, though, that he won't have to, and the people of Ukraine will keep their land and sovereignty.

Enns's family is working to spread awareness about what's happening in Ukraine right now as their part to help. One of the best ways to do that is to share the facts. Her family has been doing this for years now, though, and letters and stories from family left behind surfaced and are included in the documentary "Through the Red Gate." The 45-minute film details Stalin's rule and the trauma he caused for so many. It can

be found on YouTube.

## > UKRAINIAN TRAUMAS, FROM PG. 3

family history a lot more, and we're connecting with other people from the area, and it's heartbreaking."

Bargen's village, Tiege, is just 60 miles from Kherson, the Ukrainian town overtaken by the Russians last week.

The Enns family honours their heritage every day. They keep their faith and trust in God as the family did on their way to Canada; they spend lots of time together and celebrate who they are — and where they are. Every day the family is thankful they could get to and stay in Canada. When Bargen died, he had a Canadian flag by his casket.

"My family story is not unique," said Enns. "Many people living in southern Manitoba have a history that reads the same."

And she's right. Chris Dick's dad was born in Ohrloff, Ukraine, in 1923. When he was just one year old, his parents travelled by freight with 1,000 people through Lithuania and Latvia, arriving in Riga. The family registered with the Canadian Immigration Office, then boarded a small steamship that took them across the Baltic Sea, the North Sea, and the English Channel before they arrived in Southamp-

ton, England.

Dick's dad and grandparents then boarded a ship to Quebec, then took the train to Ontario where they stayed for one year with sponsors before heading to Culross, Manitoba in 1925 to start their farming life. Dick's brother and family still operate that homestead.

"My family came to Canada due to turmoil, persecution and worsening conditions where my grandparents had settled near the Black Sea in southern Ukraine," said Dick.

He said with the current Russian invasion; he's been thinking about how it might have been for his family fleeing all those years ago. He sees the "senseless brutality of war" on the news, the displaced children and families, and Dick has a feeling of helplessness.

"Yes, we can donate money, but it doesn't seem enough," he said. "On my runs in our community lately, I find myself using that time as an outlet to pray for Ukraine. At least prayers can be sent across the miles, and I hope that they are being received."

He also said if a Ukrainian family came looking for a home in Carman,

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# Surviving February raises over \$6K for local businesses

By Becca Myskiw

Carman's ultimate survivor is 11-year-old Chloe Winkler, as announced on Feb. 25.

The Carman and Community Chamber of Commerce's Surviving February wrapped up two weeks ago with a final draw on the last Friday of the month.

The contest was a new way for the chamber to get people supporting local businesses after the post-Christmas lull in shopping. It worked like this: people signed up in teams of four. To register, each team member had to buy a \$25 gift card to any Chamber-affiliated business, then take it to Royal LePage Legacy Realty, MMJS Law Offices, or Sunlife Financial where they could then write down their team name and each member.

All the gift cards were then put together and each day from Feb. 14 to Feb. 25, excluding Sundays, the Chamber drew several names, and up until the last one, each was eliminated. The last name drawn on each day was the "survivor" who won four of the pooled gift cards.

The Chamber had 61 teams, which totalled \$6,100 of gift cards bought locally. Executive director of the chamber, Jodi Winkler, said each person

who won a gift card probably ended up or will end up spending more than \$25 at the businesses anyways, giving them more than \$6,100 total in profits. The chamber did not make any money off of Surviving February.

On Feb. 25, the Chamber held a final live draw where they drew the remaining 100 names until just one remained.

At Larry Stout's, Winkler videotaped her daughter, Casey Winkler, and Chamber president Marni Harrison drawing the names. Casey Winkler looked away as she pulled each name out, and when her fingers grasped the final paper, the name on it was her older sister's — Chloe Winkler. She won \$3,125 in local business gift cards.

Jodi Winkler was laughing behind the camera and her older daughter while the youngest was smiling wide in front of it. There was a one in 244 chance of Chloe Winkler winning, and Jodi Winkler was shocked that she did.

Chloe Winkler's team was WWWF. She entered with her friends Paige Fotheringham, 11, Amelia Wytinck, 11, and her sister, Casey Winkler, 9.

Though Chloe Winkler was the sole winner, she took the win as a team,



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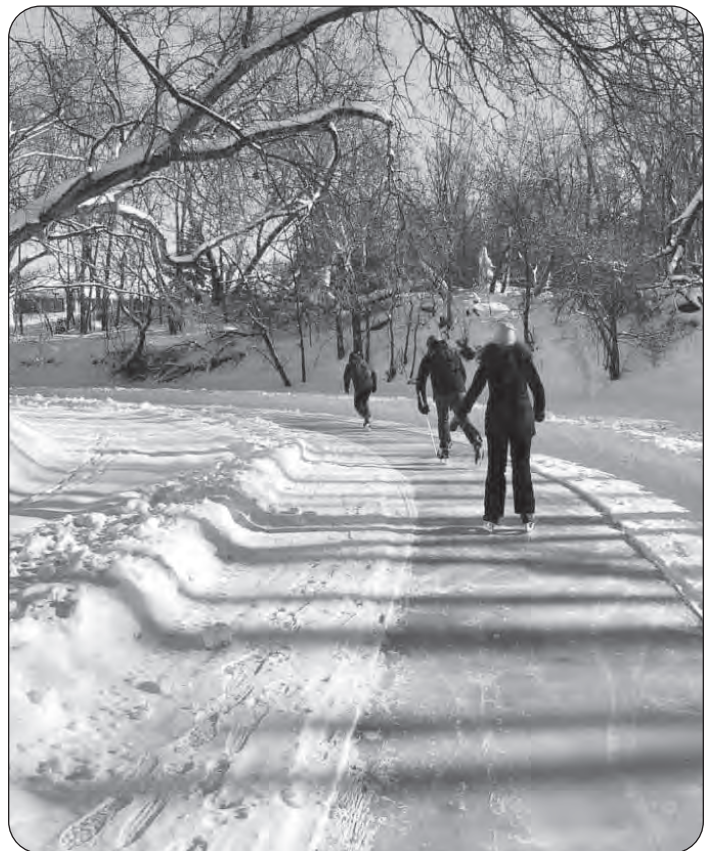
Eleven-year-old Chloe Winkler is Carman's ultimate survivor

and WWWF had their own draw on Wednesday night to see who got which gift cards, dividing them up evenly between the four.

Jodi Winkler said Surviving Febru-

ary went so well that the Chamber is planning on making it an annual event.

# Boyne River skating trail closed for the season



STANDARD PHOTO SUBMITTED

The Boyne River skating trail is closed for the season due to recent large snowfalls.

By Becca Myskiw

The Boyne River skating trail is officially closed for the season.

On Feb. 24, the Town of Carman the Boyne River Keepers announced the news via Facebook. They decided to close the trail officially due to significant snowfalls.

According to Environment and Climate Change Canada, since November, snow falling in the province has steadily risen. Winnipeg saw 29.6 cm of snow in November, then 37.4 cm in December, 43.2 cm in January, and 50.4 cm in February, totalling 160.6 cm of snow so far this winter.

Current Results records the average snow for Winnipeg in November at 20 cm, December 23 cm, 24 cm in January, and just 12 cm in February. On average, it's snowed 2.275 times more this year than it usually does.

The unusually large amount of snow has made for difficulty cleaning the skating trail. As local volunteers maintain it, they don't have the workforce or the machines to clear all the inches of the white fluff from the ice, so there will still be snow on it unless removed by skaters.

People can still choose to lace up their skates and head out on the trail — at their own risk. It will be bumpy and likely packed down in some places, but there is still ice underneath the snow, and people can clear it themselves if they'd like.

This year, the river trail was used less because of the unseasonably cold temperatures paired with the heavy snowfalls. Tracy Enns of the Boyne River Keepers said earlier this year though it has been used less, it's gained a lot of traction province-wide.

This year, it opened just after Christmas for the public after residents checked ice thickness and cleared the snow themselves. Last year, the town posted to their Facebook on Feb. 21, advising people to stay off the river as springs started seeping water onto parts of the ice.

2022, Carman used the Boyne River as a skating trail, and it stayed open three days more than last.

The Town of Carman reminds people that if they continue to use the trail, to do so safely.

## Correction

Staff

In the article, "Carman ER back up and running; staff welcomed back by community" published in the March 3 edition of the *Carman-Dufferin Standard*, we inadvertently missed mentioning that Darlene Swain, a clinic nurse at Carman Community Health Centre was missing from the photo. The staff of the *Standard* apologizes for the error.

# Where are they now? Catching up with Lorraine and Chip Hand

By Dennis Young

**Q. Firstly let's get familiar with you again. When did you live here?**

The Hand family moved to Carman in 1947. Lorraine was raised on the farm in Sperling.

**Q. Did you attend school here?**

Chip started school in Sperling, graduated from Carman then headed to Brandon University in 1957. Lorraine completed Grade 11 and 12 in Carman.

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

Lorraine worked at a Dude Ranch at Onanole. Chip had a paper route, delivered vegetables for Mr. Gardiner, fed mink for Jack Hetherington and was a lifeguard at the old swimming hole.

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

Chip's little league baseball team with athletes like Denny Hunter, Larry Stout and Don Andrews as coach lost the Provincial finals twice. He participated in the high school operettas but soon curling took main stage. Lorraine, on the other hand was keen on CGIT, 4H and was Secretary of the Student Council.

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

After release from the Navy, Art Hand moved his family to the VLA property on the Boyne River. Pri-



STANDARD PHOTO SUBMITTED  
Lorraine and Chip Hand

or to the war he had been the Pool Elevator grain buyer at Homewood. Art started Hand Agencies in 1947. Louis and Winnie Duvenaud farmed the section of land he bought in 1926 at Sperling.

**Q. What was your chosen career after school?**

Lorraine received her RN from Misericordia Hospital in Winnipeg. She was the first Public Health nurse in the area. Chip started work at Hand Agencies in 1961 and Lorraine arrived in 1968 after marriage.

**Q. What activities did you participate in while**

**working here?**

Chip was active in Kinsmen, Chamber of Commerce, and the Golf Club. His highlights being the 100th Carman Fair and the 1990 Manitoba Winter Games. But curling was Chip's great love. With Gary Ross and Jim Wilkie, bonspiels and play-downs filled the winters. They were Provincial runner up 3 times. Chip taught curling in Switzerland and Eastern Canada with Ray Turnbull for several years. Lorraine, with the support of the Recreation Commission, initiated Nursery School in Carman, which was capably led by people like Mary Hewett and Gail Parker. She organized the first Terry Fox run in Carman. Lorraine loved Kinettes, curling, golfing, the United Church and treasure the many friendships made.

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

In Carman, the community raises our children. From Sunday School teachers like Joyce Van Koughnet, choir leaders like Audrey Meyers and coaches like Michael Funke, our kids were nurtured by the most capable, loving mentors. Sports, musical theater and a sound school system provided ample opportunities for learning. Frank McKinnon, Janet Woods and so many others cared deeply about the

Continued on page 7

# Being a member makes for good trails: Snoflies Snowmobile Club

By Becca Myskiw

The Snoflies Snowmobile Club is looking for more snowmobilers in the area to become members.

Since the mid-1980s, the club has been grooming, maintaining, and signing the trails snowmobilers use every year. They currently have 15 active members and four board members, but managing 285 km of trails with that few people makes for more work and less fun.

The club is funded through Snoman and sponsorships. Walinga, Klos Realty, Carman Ford, Home Hardware, and BSI Insurance are a few sponsors. They have around \$10,000 total in support this year. The money they get goes toward signage, maintaining their groomer, and paying someone to run the groomer. This year, their groomer has been out taking care of the trails every week — it takes him a whole week to complete all 285 km doing 12-hour days.

Snoflies Snowmobile Club's trails go between

Carman, Elm Creek, St. Claude, Roseisle, Miami, Roland, Sperling, Homewood, Kane, and Myrtle, and having members in each community at least sign the trails would be a big help, they said. They also have two warmup shacks within the trail system — one in Graysville and one in Miami.

Club secretary Todd Swaving rides the trails almost every day to and from work. He said having them signed and groomed is necessary for safety because snowmobilers can't have fun without that.

"I love the trails," he said. "That's why I became a member and then came onto the board."

Being a member gets snowmobilers a say in everything the club does. They vote on who's on the board, what to do with the groomer when, where to advertise, and anything else the board does.

Being a member also comes with responsibility. For example, Snoflies would like members in

different areas to sign the trails near them, so they don't have to travel all 285 km and do it themselves as that takes weeks upon weeks.

Signs let people using the trails know of cautions, stops, turns, etc. Without those, the trail system could become dangerous for those on them, and right now, the average season takes the team 800 hours to do everything they need to do.

"More hands make less work," said Swaving. "Being a member gives back to the community."

To become a member, email treasurer Marcel Bergsma at [snoflies.treasurer@gmail.com](mailto:snoflies.treasurer@gmail.com). It's \$25 a season, typically from January to March. They're having a meeting on March 7 at 7:30 in Breakaway Family Restaurant if people want more information on the club.

President William Vanderpol is also stepping down this year, so a new position on the board will be available.



STANDARD PHOTO SUBMITTED

Snoflies Snowmobile Club members, left to right, William Vanderpol, Todd Swaving, Marcel Bergsma, Shane Walker and Ried Wolfe, the groomer operator.



**Snoflies Snowmobile Club  
General Meeting  
Monday, March 14  
7:30 p.m.**

**Breakaway Restaurant, Carman**

Anyone interested in joining the club is welcome to attend or email treasurer Marcel Bergsma at [snoflies.treasurer@gmail.com](mailto:snoflies.treasurer@gmail.com)

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# get heard

EDITORIAL > VIEWPOINTS > LETTERS

## Tale of two pandemics

By Cam Dahl, General Manager of Manitoba Pork

It has been over two years since we first heard the words COVID-19. Since then, we have seen over 130,000 Manitobans become ill from the virus and over 1,500 deaths from the disease. Our mental health has taken a hit too, families kept apart, kids seeing extended time away from school, and the normal interactions we need as social beings are broken. There is an overwhelming feeling that we need to do things differently if this happens again.

COVID-19 has impacted Manitoba's agriculture production too. In the hog sector, we have seen labour become more difficult to find, both in our barns and processing plants, while at the same time more has been required of existing staff because of the pandemic, including filling in for those who have become ill. Our supply chains have been interrupted by a shortage of truckers and vaccine requirements. These constrictions have made it more difficult to access feed and export pigs to the United States. Despite the ongoing difficulties, the value chain has shown tremendous resilience to COVID-19 outbreaks, ensuring a reliable supply of pork to both Canadian and international consumers.

While we all have been dealing with COVID-19, hog farmers in Manitoba have been hit with another coronavirus outbreak: porcine epidemic diarrhea (PED). While PED has no impact on people, and our pork remains safe to eat, the disease is fatal to young pigs. Euthanasia is often the only humane response to prevent extended animal distress.

PED was first found in Canada in 2014. Since then, Manitoba has seen major outbreaks in 2017, 2019, and 2021/22. We seem to be on a two-year cycle for this disease, which is not sustainable in the long run.

PED has taken an enormous toll on farmers whose operations have

been impacted. The financial loss has driven some independent producers to consider their future in the industry. The disease has also taken a significant emotional toll on farmers and their staff. Like COVID-19, producers are telling us that we need to do things differently.

Manitoba is fortunate. All links in our value-chain work collaboratively, including producers, independent and company veterinarians, transport companies, and the office of our chief veterinarian. These partnerships may seem natural, but it is actually not common to see industry and government players step out of their silos and openly collaborate.

Using this collaborative model, Manitoba Pork has established a value-chain working group to answer the question, "what do we need to do differently to prevent the spread of PED?" Each participant is being asked to bring forward the pieces of their PED management strategy that they feel are effective and highlight areas where they feel changes could be made. To see the best results possible, members of the working group are looking beyond their own specific issues and will make recommendations based on the best interest of the entire industry.

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at 204-461-2602  
[news@carmanstandard.ca](mailto:news@carmanstandard.ca)



As part of this effort, Manitoba Pork has engaged the Western College of Veterinary Medicine to review PED management practices in other jurisdictions, including other Canadian provinces and the United States. What works elsewhere that might fit in the Manitoba environment? What alternative practices might look promising, but have been shown to be ineffective?

All parts of the value chain have ramped up biosecurity enforcement since PED was first discovered in Manitoba. But are there still gaps in the application of biosecurity best practices? Can the industry do a better job of communicating the appropriate responses, by service providers, if PED is found on a farm? It is clear that strong communication, both within the value chain and to outside stakeholders, is critical in preventing the next outbreak.

How do you stop the spread of the next potential pandemic? The principles are the same, whether one is talking about a virus spreading through our towns and cities or one spreading through our barns. First, get out in front with strong biosecurity. Take measures to prevent contact with infected premises. Collaborate and communicate frequently with all stakeholders. Perhaps most of all, be flexible and be willing to adapt new approaches that will better meet the needs of the community.

## Clocks spring forward this Sunday for daylight savings

**Staff**

Most Canadians will adjust their clocks ahead by an hour Sunday, March 13 for the switch from local standard time to daylight saving time.

Daylight saving time officially starts at 2 a.m.

Clocks are pushed ahead one hour in spring to what's commonly called "daylight saving time," an idea first

used in Germany during the First World War with the goal of saving energy. It aims to take advantage of daylight hours in the spring so that people don't sleep through the first few hours of sunshine.

When the daylight period gets shorter in the fall, the clocks are re-adjusted to the proper "local standard time."

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# Self-isolation requirements gone as of March 15 > THE HANDS, FROM PG. 5

By Ashleigh Viveiros

Manitobans who test positive for COVID-19 will soon no longer be required to self-isolate.

Dr. Jazz Atwal, deputy chief provincial public health officer, last week announced the province's intention to drop self-isolation requirements on March 15, the same day the mask mandate expires.

"No matter what your respiratory symptoms are, it's still recommended to stay home when you're sick, to give your body time to recover and to reduce the likelihood of spreading that illness to someone else," Atwal stressed.

Manitoba will also stop COVID-19 case investigations next week.

People who test positive for the virus will still be contacted and provided guidance on how to care for themselves and whether they're eligible for certain treatments, Atwal explained, but the province will no longer be looking into where a person may have caught or transmitted CO-

VID-19.

Health officials will also be changing how it reports COVID-19 data moving forward.

"As we continue to transition to living with COVID-19 outside of public health restrictions, we also need to adjust to the information we collect and share with Manitobans," Atwal said. "Real-time data is less critical with endemic reporting. Instead, we would shift our focus to key piece of information that will provide the most relevant epidemiological evidence and data for both the public and decision makers.

"Manitobans will see this shift in the days ahead as we focus on reporting on key trends, more vulnerable settings, and other important indicators of COVID activity and severity in our province."

With restrictions easing across the province, it's likely Manitoba will see a jump in cases, Atwal said, though he doesn't believe a major new wave of

the virus will hit in the weeks ahead.

"The system has been preparing and will continue to prepare for potentially a new wave," he said, noting a future variant could well come along and cause more severe outcomes than the currently prevalent omicron variant. "There isn't anything on the horizon that we can see in relation to that, but we're going to continue to monitor that situation."

Public health is prepared to scale up its response once again should case numbers, especially hospitalizations and ICU admissions, require it.

On Monday, Manitoba's online COVID-19 dashboard was reporting 434 people in hospital with COVID-19 (192 of them contagious) and 27 people in ICU (15 contagious). That is an improvement over the previous week, dropping by 40 in hospitalizations and three in ICU patients.

The number of deaths due to the virus was at 1,700, up 20 from the Monday before.

welfare of the kids. Our kids loved Carman. Ian teaches in Costa Rica, Erin is an Audiologist and lives in Victoria with her two sons, Kelly creates and delivers Learning and Development seminars for Vail Corporation. She lives in Whistler with Mike and their 2 kids.

**Q. What do you do now? Retired?**

We left Carman in 2001 after selling Hand Agencies. Lorraine nursed in Sebring, Florida, we spent 6 months in New Zealand then settled in White Rock where she worked in the hospital for 10 years then on to Victoria in 2020. Now we are both retired and creating a new life there. After leaving labor intensive gardens in White Rock, Chip enjoys watching the gardeners at work in our townhouse complex! Chip paints and plays the ukulele and spent several years singing with Langley First Capital Chorus and Pacific Showtime in White Rock. Lorraine chaired a United Church group that provided hot meals for vulnerable folks (shut down by COVID). Here we golf, spend time with family.

**Q. Have you travelled for leisure and where?**

Some highlights of our travels are hiking trips on The Milford Trek in New Zealand, the Camino de Santiago in Spain and hiked the Inca trail to Macchu Picchu in Peru. We spent many memorable weeks bareboating in the Caribbean, and years sailing on Lake of the Woods.

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

In the future we hope to get to know and enjoy Victoria and Vancouver Island.

**Q. Do you ever return to Carman?**

We just spent a wonderful few days in Carman Park visiting dear friends. We come to Manitoba every year to check in with family, visiting Sperling and Carman, having a buzzburger and milkshake at Syl's.

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

Happy memories of Carman include watching the kids play hockey and ringette at the rink, cross country skiing at Birch, playing tennis in the park, Tuesday and Wednesday Night Golf, meeting friendly faces everywhere, magnificent trees, and the nicest people. Of course we also remember the floods and are forever grateful for the diversion.

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

Our last words are of gratitude for all of you who have made Carman a treasured home and added to the story of this little heaven on earth. You probably know how lucky you are.

## Lieutenant-Governor requests nominations for annual historical award

Submitted by Office of Lieutenant-Governor

Lt.-Gov. Janice Filmon is encouraging the public to nominate a worthy Manitoban who has provided prolonged and meritorious service in the preservation and promotion of Manitoba history for an award, presented in consultation with the Manitoba Historical Society.

"In every community, in every city and town, there are individuals who devote their time and expertise to preserving documents, creating historical studies, restoring or maintaining historical buildings and artifacts, bringing the past to life in schools, museums and historic sites, and advocating for historical understanding," said Lt.-Gov. Filmon. "It is a pleasure to formally recognize Manitobans who take such pride in preserving and promoting the history of

this great province for the benefit of us all."

The Lieutenant Governor's Award for Historical Preservation and Promotion is presented to those with experience in such endeavours as:

- the writing of historical publications and documents;
- stewardship of museums and archives;
- raising of public education, advocacy and awareness;
- committee or community service;
- preservation of historic sites / buildings; and
- art and media.

As the oldest historical organization in Western Canada, founded in 1879, the Manitoba Historical Society (MHS) presents awards to businesses, farms and organizations that have operated for over 100 years, recognizes important historical books with its

Margaret McWilliams Awards and encourages schoolchildren to learn about Manitoba's past through its Young Historians Awards. It publishes the Prairie History The Journal of the West and operates a comprehensive website with information on all facets of Manitoba history and heritage. The MHS will receive nominations from the public and will recommend up to three individuals to receive awards this year. Nominations to be considered for 2022 must be received by Friday, April 1. The awards will be presented at Government House later in the spring.

Nomination forms and further details of the award program are available on the websites of the Lieutenant Governor of Manitoba ([www.manitoba.ca](http://www.manitoba.ca)) and the Manitoba Historical Society ([www.mhs.mb.ca](http://www.mhs.mb.ca))

## letter to the editor

Letters to the Editor: [letters@carmanstandard.ca](mailto:letters@carmanstandard.ca)

Consider this a plea from all of us that walk daily on the streets of Carman.

Everyone knows it is tough going this year will all the extra snow, the piles blocking visibility and the ice. That said, it is incumbent on drivers to use extra care when meeting

or passing pedestrians and at crosswalks.

Please consider;

Slow down, be prepared to stop, the pedestrian may do anything.

A crosswalk or corridor is always that even if no lights flashing.

A pedestrian walking on the roadway is entitled to their space and in

most instances has right of way.

Look ahead, plan your route be prepared.

Put your cell away so that you are not tempted.

Slow down, stopping distances are multiplied.

Safety for all.

- John Zaplitny, Carman

# Carman businesses support lifting of proof of vaccine requirements

By Becca Myskiw

As of March 1, proof of vaccination is no longer required in Manitoba, and it seems as though all Carman businesses are following suit.

On Feb. 11, the province announced it would be changing to the yellow level on the Pandemic Response System as of Feb. 15. As of Feb. 15, close contacts of those with a positive COVID-19 test no longer have to self-isolate, and self-isolation requirements for those entering the province were removed, excluding those returning from international travel, who have to follow federal rules.

Also, on Feb. 15, schools only needed cohorts for children in Kindergarten to Grade 6. Masks will also no longer be required for gym classes in schools.

On March 1, the province removed

proof of vaccination requirements. Businesses are still allowed to keep the restriction in place. Still, Jodi Winkler, executive director of the Carman and Community Chamber of Commerce, said she hasn't heard of any in Carman doing that.

The owner of Crazy Lady's Cafeteria, Susi Keck, is following the government changes and isn't asking her customers for proof of vaccination. She's excited for the mandate to be lifted.

"I feel good about it," she said. "We can go back to a new normal, and we have to live with it so that COVID is here, but we have to adjust with everything we are doing and being conscious."

Keck lost many customers due to the vaccine requirement and had to watch many of them eat in their vehi-

cles because they couldn't eat inside.

"When it's -30, and you know they have to [eat in their vehicle], for me, it was kind of inhumane," she said. "Every time they see other people eating in, and they have to eat out."

And those that didn't eat in their vehicle would take their food back to their office and eat there. For Keck, that was hard to see too.

"If they take it to work and eat their desk, then they have no lunch break," she said. "It's important to have that break, the sitting down and doing nothing."

On March 1, she had many customers back in already, sitting down and enjoying their meal in her restaurant. She said she's happy to have them back.

Renae Wolfe, Carman Dufferin Recreation coordinator, said the Carman

Arena would change with the Manitoba Public Health regulations, so they are no longer asking for proof of vaccination.

The province's mask mandate, capacity limits, and other restrictions will be lifted on March 15.

## I Cry For You My Ukraina

By Jerry Jaroslaw Kozubal

Written March 2022 in response to the war in Ukraine

You are a land of hidden beauty  
Radiant mountains and sparkling waters  
Forests full of life  
And rich fields of blacken gold.

For three decades you have enjoyed your freedom  
Independence was gained.  
You are a nation of culture  
Of knowledge and great strength.

Without provocation an enemy appears  
It is a dark and ruthless monster  
Set to destroy your way of life  
And the nation that you have built.

Your leaders are struggling for your freedom to maintain  
To protect the rights of the people.  
There are friends who want to help you  
To lend a helping hand.  
The land and its people have been battered and bruised  
By deliberate and inhumane actions  
Of dictators intent on stealing your nation  
And obliterating your identity as proud Ukrainians.

Do not give up the fight  
Do not give up your freedom.  
Rise up together and stand united  
To give peace and freedom a chance.

I cry for you my Ukraina  
For your hurt is in my soul.  
I feel your pain and sorrow  
Freedom is such an elusive goal.

I cry for you Ukraina  
I want to see you proud and strong.  
But for today and for tomorrow  
I cry for you my Ukraina.

I cry for you Ukraina  
I offer you my prayers.  
My hopes and dreams are with you  
As millions of us care.

## "Continue to take COVID precautions," urges Doctors MB

By Lorne Stelmach

Physicians are urging Manitobans to remain cautious about COVID-19 even as pandemic restrictions are being eased in the province.

During an online press conference last week, Doctors Manitoba president Dr. Kristijan Thompson stressed that we all need remember there's still a significant risk and a need to take precautions, as COVID continues to circulate widely in communities throughout the province.

"While these protections are being loosened, the risk from COVID-19 is not yet gone," stressed Thompson, who is an emergency physician at St. Boniface Hospital in Winnipeg.

"While our numbers are trending in reassuring directions, we are not out of the woods yet," he continued. "We've been at this for two years. There's a very strong sentiment and urge just to get back to way things were, but we're not there yet."

During this critical transition period, it remains vital that people continue to follow public health and medical recommendations to reduce the risk.

With that in mind, Doctors Manitoba has launched a new website, [newcovidnormal.ca](http://newcovidnormal.ca), to help Manitobans understand the current risks, who is more vulnerable, and what everyone can do to help. The resource was created based on public health advice and with the input of physicians with a wide variety of expertise including in infectious diseases, public health, family medicine, critical care, geriatrics, and pediatrics.

As part of the awareness campaign, Doctors Manitoba is also stressing that there are many factors that can make people more vulnerable to severe outcomes from COVID-19.

Risk factors include age, underlying medical issues, compromised immune systems, obesity, disabilities, history of smoking and pregnancy, and many of these risk factors are not visible to others. As well, Manitobans who are Indigenous, black, or people of colour can also be at an increased risk.

"There are over 20 risk factors that can make people more vulnerable to COVID-19," explained Thompson. "Over half of Manitobans have risk factors that make them higher risk for severe illness or even death from COVID-19."

He reiterated the message that "COVID is still circulating widely in Manitoba ... our hospitals are still nowhere near back to normal. There are hundreds of patients with COVID still in hospital, and this affects patient care all across the board.

"I think we're concerned that people are getting the wrong message ... the end of restrictions and protections does not mean the end of the pandemic," Thompson said. "There's still absolutely a need to continue doing things that will limit the risk of spreading COVID-19 to others."

Thompson touched on his own recent experiences at St. Boniface Hospital as a prime example of the health care system still being well over capacity.

"There are often days when there are over 20, sometimes approaching 30 admitted patients waiting for beds," he said. "Our hospitals are still stretched and are still over capacity, so I think it behooves us to tread carefully and softly so we can get on top of these numbers.

"I don't want there to be another wave. I'm done with COVID too ... I want this to be over just as much as anyone else," Thompson continued. "Another variant could still come, and we may have to reinstate these restrictions. If we start to see a trend in the wrong direction, if we start to see our numbers go up, if we see a new wave ... we have to have a mechanism to reinstate if need be, and I do trust our public health officials are looking at that data and will advise government accordingly."

Over the next several weeks, physicians recommend Manitobans do the following to help:

- Understand the risks by visiting the [newcovidnormal.ca](http://newcovidnormal.ca) website.
- Continue to wear a mask that is good quality and well-fitted.
- Get vaccinated and boosted, especially as easing restrictions increase risks for those who haven't been fully vaccinated and boosted.
- Reconnect with others gradually by keeping contacts at a reasonable level and finding fresh air whenever possible.
- Stay home when ill to avoid spreading COVID to others.



# RBWD names Lesage 2022 Watershed Award winner

By Becca Myskiw

A Notre Dame de Lourdes farmer is the 2022 recipient of the Redboine Watershed District (RBWD) Watershed Award.

Lucien Lesage was presented with the win at RBWD's annual general meeting (AGM) on Feb. 25 in Carman. He is one of 20 children born on a farm close to Notre Dame. When he turned 17, Lesage purchased the grocery store in town, the restaurant, lounge, and motel with his brothers. Twenty-five years ago, Lesage sold the local businesses and moved back to the homestead because of "his desire to show children where their food came from."

He and his wife, Mirielle, now run an operation with sheep, pigs, chickens, honeybees, and they harvest maple syrup in the spring. Lesage also grows a large garden, picks the fresh produce, and he and his family utilize all they can from it.

Along with producing, Lesage was chairman of the Manitoba Sheep Federation and is involved with the Canadian Sheep Federation.

"The Lesage family is always looking at ways to improve their operation and benefit both the farm as well as the environment," said RBWD. "His interest lied with becoming self-sufficient, and then being able to provide sustainable and healthy products to consumers."

One of the projects Lesage took on



STANDARD PHOTO SUBMITTED

Lucien Lesage (left) receiving the Award from the RBWD Board Chairman, Marshall Piper.

was establishing a shelterbelt along an eroding ravine adjacent to five acres of his farmland. Through RBWD's GROW program, he planted around 1,500 native trees and shrubs, and even during the summer's extreme drought, he had a 90 per cent sowing success rate. That shelterbelt will prevent further erosion along the deep ravine.

Manager of RBWD, Justin Reid, said Lesage also has a "long history" of



STANDARD PHOTO SUBMITTED

Lesage planted around 1,500 trees and shrubs to establish a shelterbelt along an eroding ravine in the Red Boine district.

being a sub-district member with the Pembina Valley Conservation District and was a leader in increasing awareness of erosions in the Roseisle Creek Sub-Watershed.

"He has now brought that enthusiasm and desire to make a difference with him to the Redboine Watershed District," said Reid. "He's been a great sub-district member, has volunteered to represent his sub-district on our GROW Committee, and he was willing to practice what he preaches taking five acres of pastureland out of production to establish a woodland area to help stop major erosion in a gully on the north edge of his property. His application for this project was one of our first applications to the GROW Program. His conservation-minded history and his willingness to show people you can make a differ-

ence makes him the perfect choice for our 2022 Watershed Award."

To choose each year's RBWD Watershed Award winner, staff, sub-district members, and board members nominate people. Nominees have to either own land in the RBWD or be a community group that operates within the RBWD that has shown a desire to help the watershed they live in.

Reid said the award is to highlight the people and groups in the district who are taking steps to provide for the overall benefit of the watershed. Previous winners are Gordon Turner from Treherne, the Pelly's Lake Landowner Group from Holland, and Fred Dunn from Graysville.

This December, Lesage will be recognized for his award at the Manitoba Association of Watersheds annual conference.

## 'Spruce Up Your Story' accepting applications for funding

By Ty Dilello

Red River Mutual's Spruce Up Your Story program is back for a third year in a row, providing funding opportunities to help restore well-worn and well-loved community spaces across Manitoba and Saskatchewan.

This year, Spruce Up Your Story will be providing up to \$25,000 in cash to each project selected, with \$150,000 in total to award to communities across the Prairies.

On top of the monetary gift, the win-

ners will also have access to additional volunteer hours from a crew of staff members from Red River Mutual and their local brokerage to help complete the project, if and when it is safe to do so.

"Leading into 2020, we reflected on our community involvement and wondered how we could make an even greater and more direct impact," said Kailynn Newediuk of Red River Mutual. "After some research and self-reflection, we started the Spruce

Up Your Story community sponsorship initiative."

"Our purpose as a company is to be a positive force in the lives of our customers and communities, and through Spruce Up Your Story, we feel we are further able to connect with people and support them beyond their insurance needs. We value our customers and the people in our communities like family. Spruce Up Your Story allows us to learn more about who they are and how we can

protect their stories through the spaces that bring them together."

Last year, ten winners were selected based on community use, sustainability, an opportunity for volunteerism, and a link to a brokerage that partners with Red River Mutual. The funding they received was put towards sprucing up the trails, parks, halls and baseball diamonds that bring their communities together.

Project submissions are open until May 31 at [SpruceUpYourStory.com](https://SpruceUpYourStory.com).

## PVWD hosting public engagement sessions to get feedback

By Ashleigh Viveiros

The Pembina Valley Watershed District is coming to a community near you for a series of public engagement sessions this month.

PVWD is hosting five in-person gatherings over the next few weeks to get feedback from anyone who lives or works in the Plum-Marias watershed.

The watershed district is in the middle of creating an integrated watershed management plan for the area to guide projects there over the next decade.

To have your say on the matter, you can attend one of the sessions: March 17 at the St. Joseph Community Hall, March 22 in the Altona Millennium Exhibition Centre craft room, March

24 at the RM of Stanley offices, March 29 at the St. Jean Baptiste Centennial Hall, and March 31 at the Plum Coulee Community Hall. Sessions run from 6:30-8 p.m.

Virtual public engagement sessions are also in the works for anyone who can't make these events.

There's also an online survey available at: [https://forms.gle/ej8SLCU-](https://forms.gle/ej8SLCU-SU7ZBLS06)

SU7ZBLS06.

Survey participants have a chance to win a free rain barrel for sharing their thoughts on water use and management in the region. The first winner was Wayne Klassen of St. Jean Baptiste. Two more draws are planned for March 15 and April 1.

# High risk of moderate to significant flooding in southern Manitoba

By Becca Myskiw

According to Manitoba's February flood outlook, Southern Manitoba has a moderate to significant risk of flooding.

The Hydrologic Forecast Centre's spring flood outlook says that there is a risk of moderate to significant flooding in most of Southern Manitoba's basins. However, transportation and infrastructure minister Doyle Piwniuk announced on Feb. 18 that the full scope depends on spring weather conditions.

"Our government continuously monitors all watershed conditions across the province to remain vigilant and ready to respond to ensure that all Manitobans are protected should there be a risk for flood conditions," he said.

To determine the flood outlook, forecasters gather information on ground conditions, snow accumulation, frost depth, and more while using sophisticated hydrologic computer models to add future weather conditions to the report.

A government spokesperson said the hydrologic computer models provide "probable flows and levels in Manitoba rivers and lakes, which depend on the amount of snow accumulation until spring melt, rate of snowmelt, and amount of spring rain in April and May." The prediction is typically very accurate unless a significant weather event (like the rainfall in the summer of 2020) changes that.

February's flood outlook shows that in the Rat and Roseau Rivers, the risk of flooding is moderate to significant. In the Assiniboine River and its Tributaries, the risk is moderate. In the Interlake, it's low; in the Eastern region, it's moderate; in the Manitoba Lakes, it's low; and in Northern Mani-

toba and The Pas regions, it's low.

The outlook also shows that while there's a high risk of flooding in the Red River basins where Carman is located, flow and levels are expected to remain below the flood protection levels in most areas.

In favourable weather conditions, the risk of flooding is low to moderate. In normal weather conditions, the risk is moderate to significant. There's a high risk of substantial flooding in unfavourable weather conditions, but even then, flood protection and dikes in the area are higher than predicted level peaks.

Justin Reid, the Redboine Watershed District manager, said the word flood is scary, but it's not necessarily bad. He said there's a good chance there'll be farm and cropland in low-lying areas underwater, but he doesn't think many yard sites or urban areas will be threatened.

"For a lot of crop growers, sometimes it's a good thing," he said. "When the floodwaters wash out onto the land, they can take many nutrients with them and deposit them into the field as the water soaks in. Having water sit on the cropland can be a benefit as some of the river sediment is very high in nutrients...it makes for higher yields."

However, if crops do have too much tillage or too little stubble left, they could see erosion issues as the water on them starts to recede. In those situations, the Redboine Watershed District will work with the landowner to help and prevent that from happening again.

Floods are also suitable for refilling the wetlands that have suffered from the recent drought, which helps everything living there.



STANDARD PHOTO SUBMITTED

According to the Hydrologic Forecast Centre for February's flood outlook, southern Manitoba has a high risk of moderate to significant flooding this year.

"We hope it's a little bit of a flood just to recharge things," said Reid. "Not so much that it causes people grief."

But for now, most information is merely an educated guess — there's still lots of time for more snow and random weather events.

And if there is flooding, people in the area have less reason to worry.

"The town of Carman has flood protection works, including the diversion channel, which allows spring floodwaters to bypass Carman," said the Government of Manitoba. "With these flood protection works, the flood risk in the town is low."

The following flood outlook is being prepared to be released in mid to late March. The blank's long-range forecast for the Prairies shows snow and rain for the month with mild temperatures, then a sunny and warm April turning cooler toward May.



STANDARD PHOTO SUBMITTED

Mulligans Restaurant and Lounge served up dozens of meals on behalf of Big Brothers Big Sisters of the Pembina Valley last week as part of the second annual Big Night In fundraiser. Supporters stopped by the Winkler restaurant March 2-3 to pick up a hearty meal of ribs and fixings to enjoy at home. Big Bros. executive director Jenelle Neufeld (left) said Monday that she was pleased with how the event went, though just how much it raised wasn't yet available. "We had about 45 meals that went out," she said. "So I think that was a pretty good success, what with the restrictions changing and people being able to go out again." Proceeds will go to support the agency's mentoring programs.

## Flashback.....28 1st Street SW



STANDARD PHOTO SUBMITTED

This little store was bustling over the last 100+ years! It opened as Kline Cochran's Jewellers 1920-before giving way to a new jeweller, Buster Brad, in 1961. Brad's Jewellers eventually moved down the street (The Prices Rite now) in 1975, so the Royal Bank moved in for a year while their new building on Main Street was being finished. Murial Parker's Style Shoppe also put in a short visit before she sold to Irene Harrison's Ladies Wear in 1976. From 1984-87 the Singles offered Carman a bulk store called Sugar & Spice, followed by Deli Tyme, run by Brian and Barb Stewart. It stayed empty until Gerry and Alice Thormibert brought Carman Dry Cleaners back after 18 years in 1989. Ron Stege and Ruth Stege bought them after five years and kept it going until 2005, when it became a Sears outlet for Linda Kroeker for the next 11. Floral Fun & Creation's Tanya Brake had her run for a time, as did Heavenly Care with Clema Pinto to 2020. Pictured above Ron Stege and Cathy Smith.

# Fundraiser for Canadian flags flown in France

By Nicole Brownlee

Canadians can show their support for veterans, first responders and their families through a flag sponsorship program co-organized by a Second World War commemoration organization.

The Juno Beach Centre is a Canadian Second World War museum and cultural centre in Normandy, France, opened in 2003. The Centre commemorates the 45,000 Canadians who died during the War, of which 5,500 were killed during the Battle of Normandy on June 6, 1944.

On weekdays, the Centre flies two Canadian flags and regularly replaces the flags as they become worn. Canadians now have a chance to own one of the flags flown at the Centre in France.

"Very few Canadians are able to go to the museum, so we tried to come up with a way where we can bring a piece of the Juno Beach Centre to Canadians," said Alex Fitzgerald-Black, executive director of the Juno Beach Centre Association.

The sponsorship program launched in 2020 as a way for the Centre to make up for donations lost during the COVID-19 pandemic.

While the flag sponsorship program has been flying for two years, the JBCA wanted to expand the program to help another group in need.

The JBCA was often asked while fundraising if any proceeds go towards helping veterans.

"I would often say, 'Well, it does, but not in the way that you're probably thinking,'" said Fitzgerald-Black referring to the importance of commemorating the Second World War.



STANDARD PHOTO SUBMITTED

Canadians have the chance to buy a Canadian flag flown at the Juno Beach Centre in Normandy, France, while supporting modern troops.

"With our flag program, we decided, wouldn't it be great to partner with some Canadian veterans facing organizations that assist veterans in the modern sense?"

Supporters can now purchase a flag that has flown at the Juno Beach Centre and contribute to Wounded Warriors Canada, which provides veterans, first responders and their families mental health resources and clinically facilitated programs.

"This is two international organizations coming together to pair commemoration to mental health service support, so it's pretty special," said Scott

Maxwell, Wounded Warriors executive director.

Half of the \$500 donation to secure a flag flown at the Centre in France will go towards JBCA, while the other will go to Wounded Warriors Canada.

The donation will be distributed to all programs in need at Wounded Warriors.

"I think this is going to be a long-term partnership," said Maxwell.

"The work of the Juno Beach Centre is there permanently, as is the work that we do here in Canada with respect to mental health for veterans, first responders and their families."

The Government of Canada estimates that up to 10 per cent of war zone veterans will experience post-traumatic stress disorder or symptoms associated with the condition.

"It's really important to us going forward as we're saying goodbye to those veterans that we're also engaging with modern veterans," said Fitzgerald-Black.

"We're a site of commemoration that can be accessible to them, and we care about their stories as well."



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# International Women's Day

March 8, 2022

## Carman's women-owned businesses 'stupendously strong'

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 was 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; no two are the same.

There are restaurants, salons, web design, massage therapy, self-care, book-keeping, home care, wellness, reflexology, cleaning, physiotherapy, clothing, and many more types of women-owned businesses.

Maxine Toews opened Toews Printing & Office Supply in 2001 when her husband stopped farming. What started as a simple store has turned into a one-stop-shop.

She and her husband realized everyone needs office supplies, so they made it easy to get them. The store started just selling office supplies and offering printing services. Now, they offer that and provide Purolator courier services, a World of Water depot, a laundromat for Sparkles Dry Cleaning, and she sells goods made by 120 different local makers.

Toews said 98 per cent of her vendors are women, and supporting them is extremely important to her.

Toews Printing & Office Supply has changed locations three times since it opened to meet the growing demand to be more significant. It has been in its current location on 1st Street SW for 17 years now.

Barbara Alarie opened Bell Aura Bed and Breakfast in 2014. She previously ran a tree farm with a restaurant and a hotel before that, so when she and her husband

broke up and needed a place for all her furniture, opening a B&B made sense.

Now, she has ten rooms, including her own, in the two-storey house, eight of which she rents out. People stay at Bell Aura for quilting, scrapbooking or skiing retreats and much more. When they stay at Alarie's home, they get more than a hotel — each room has a theme based on a writer or a book, and she makes everyone home-cooked meals in her commercial kitchen.

"It's very theatrical," she said. "It's just a part of who I am."

Her clientele appreciates her, too, bringing her personalized gifts each time they come and stay in Bell Aura Bed and Breakfast.

Alarie is proud to be part of Carman's women-owned business industry. She said it's amazing how many women own businesses in town and, if they don't own one, run one.

"The only thing we have to do now is to find a woman mayor," she said. "I think that would be the icing on the cake."

Michelle Aldie, the owner of Wheat and Waves, feels the same. Her business is a young one, two years old, and she's proud to be part of the recent

wave of women entrepreneurs in the community.

Wheat and Waves sells jewelry, candles, greeting cards, and clothing and gives proceeds from each sale to the Canadian Mental Health Association (CMHA). To date, they've donated around \$10,000.

"We believe that we have begun to help reduce the stigma that surrounds mental health issues," she said.

Wheat and Waves primarily has women as customers, so Aldie said she'd been very well received by the Carman community. The other women-owned businesses have also been nothing but supportive for her, some shops selling her products. She's hoping that Wheat and Waves will have locations coast to coast at some point in the future.

Kim Jensen is the only woman financial planner in Carman. She owns Victorious Financial Services Inc., a SunLife Financial business.

Jensen does cash flow analysis, retirement planning, and risk management strategies with people. She has a Bachelor of Commerce with a double major in finance and marketing from the University of Manitoba and has always known she'd go into finance.

"I love people, building relationships, and problem-solving, so it was kind of a natural transition into that career," she said.

After university, she was in a financial role in the auto industry, which at the time was a male-dominated field and felt very much like a "large boys club."

"It was challenging, in the beginning, to get people to take me seriously," she said. "Yes, I'm a woman, but I'm just as capable as a man."

But the challenge only encouraged Jensen to get out there and pursue more education for herself. She earned her CHS (certified fund specialist) and her RRC (registered retirement consultant) and, from that, found her calling — helping people prepare for retirement.

In 2008, she started with SunLife, and after 12 years in a leadership role there, she had the opportunity to start her practice in Carman. So, she and her husband moved from Winni-



Jillian Livingston  
Liv Dance Company



Ma Toews Prin

peg, and that's what she did.

"I found there's a shortage of advisors who focused on full retirement planning," she said. "In my belief, I think every Canadian should have a ready financial plan."

Jensen asks her clients what their goals are what they want retirement to look like and helps them figure out how to get there financially. Her favourite part is seeing the difference in people's faces from when they come to see her to when they leave. She can visibly see their stress disappear.

Victorious Financial Services Inc. opened in 2019. Though it was a tough time to start a business, Jensen said she's been welcomed by the community and the other women business owners with open arms. And she's heard from her clients over the years that working with a woman is more personal for them, and they prefer it.

Carman's youngest business owner has also felt the doubts of being a young woman in business as Jensen did years ago.

Jillian Living Company. She business in Sep

"I thought th community [f had to do with and I didn't wa anymore," she such a therape dealt with in n if I could make community."

Livingston st: at 14 years ol ing since she she's more tha

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Kim Jensen  
Victorious Financial Services Inc.

Jillian Livingston runs Liv Dance Company. She's 19 and opened the business in September.

"I thought there was a need in the community [for dance], and it also had to do with dance is my passion, and I didn't want to see it not be there anymore," she said. "For me, it's been such a therapeutic thing for stuff I've dealt with in my life. I wanted to see if I could make it that for others in the community."

Livingston started teaching her craft at 14 years old and has been dancing since she could walk. Though she's more than qualified to run her

dance studio, she doesn't think she would've gotten a space to do it in if it wasn't for her godparents and her mom being there.

"I didn't feel like I was being taken seriously," she said.

And even after getting the space and running her classes for nearly six months now, some parents of her younger dancers have given hints that they don't think she has the expertise and training to provide their children with education.

"I'm hoping people are seeing what I'm doing and the work I put in and the work my kids put in," she said.

Amid the doubts, though, Liv Dance Company has done nothing but grow. Livingston said they're already starting to out-grow the space they're in, and she's looking at adding more variety of classes soon.

Executive director of the Carman and Community Chamber of Commerce, Jodi Winkler, said the women-owned business community in Carman is "stupendously strong." She doesn't know what to attribute the plethora of women entrepreneurs to, but she's happy to have it.

she said. "The businesses complement each other; no two are the same. They bounce ideas off each other and work together for the betterment of the community."

The chamber is planning to celebrate the strong women of the Carman business community in person this May. Winkler is still unsure what the event will look like, but it will be a higher-end one in Ryall Park. More details on the upcoming event will be available as the Chamber has them.

"I feel like they work well together,"

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# April showers may curb crop pests including grasshoppers

By Nicole Brownlee

Grasshopper populations are up in the air as farmers wait for spring, but heavy rains in April and May could make this growing season more manageable than in 2021.

Weather, precipitation and predator populations are three crucial indicators of grasshopper populations.

"There are a few things at play, and sometimes it's really hard to know for sure which one of them is driving the population increases," said John Gavloski, the entomologist who compiles the annual provincial grasshopper forecasts.

In hot, dry years, grasshopper populations increase, feasting on crops struggling to mature. After spending months munching on crops, grasshoppers lay eggs in late summer, leaving their children to hatch in early spring.

"If you get some timely rains after they've hatched out, sometimes that will kill the very young (grasshoppers)," said Gavloski.

"How well can the crops compensate and tolerate grasshopper feeding is also important. A year when you've got good growing conditions, the plants can handle more grasshoppers than they can in a dry year."

Grasshopper populations soar after a few years of dry weather. Manitoba's grasshopper populations have steadily grown since 2019. The Interlake and Central Manitoba are usually targets of rising grasshopper populations. Low soil moisture in the fall of 2020 with less than 40 per cent of normal snow accumulation made 2021 an especially dry growing season. By late June, many areas were



The two dominant grasshopper species in the Interlake are the two-striped grasshoppers who feed on crop and non-crop plants and the clearwinged grasshoppers who prefer grasses and cereal crops.

at least 200 mm short of water for the growing season.

The temperature of the Eastern and the Interlake regions was also two Celsius degrees warmer than average.

Researchers surveyed 97 locations in Manitoba in August 2021 and found 45 of the surveyed areas had a light risk of grasshopper infestation. Six of the surveyed areas are in severe risk areas, one being the Municipality of Bifrost-Riverton.

"We may not be hitting all the really high-density spots in our survey. We're doing this randomly," said Gavloski.

Researchers tend to survey spots near where they live or work, which can cause clusters of surveys in different parts of the province instead of an even distribution across Manitoba.

"I wouldn't let my guard down regarding grasshoppers if I was a farmer or agronomist," said Gavloski.

Gavloski encourages farmers and agronomists to monitor grasshopper populations along roadsides, field

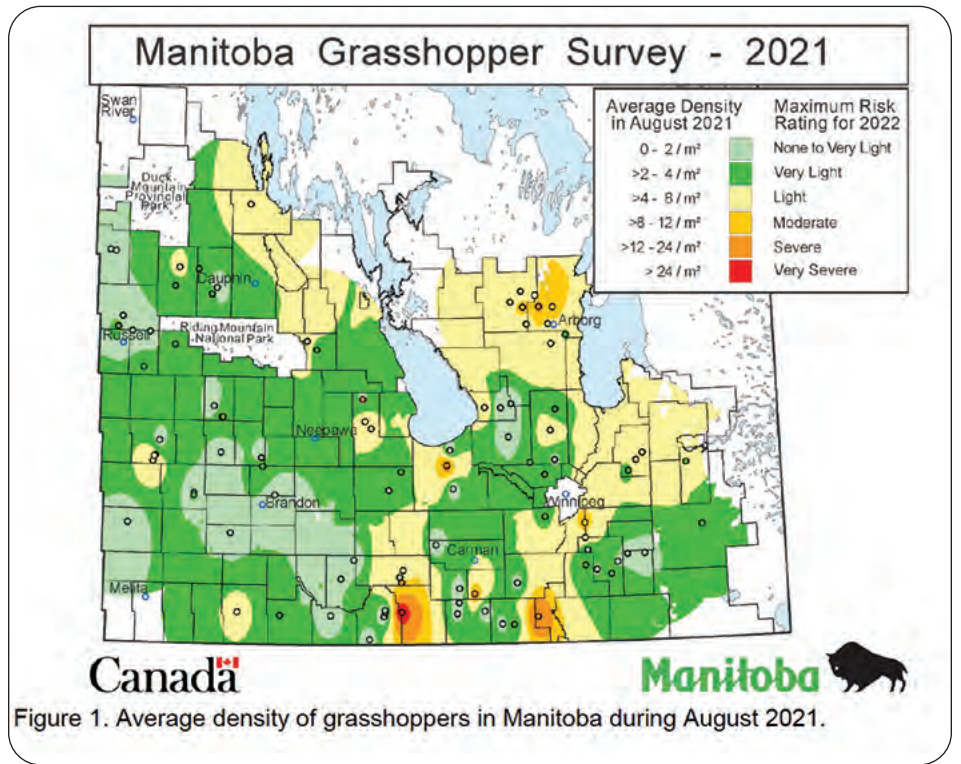


Figure 1. Average density of grasshoppers in Manitoba during August 2021.

STANDARD PHOTOS BY JOHN GAVLOSKI.

The province has released their grasshopper forecast for 2022 revealing high densities of grasshoppers in the Interlake and Central region of Manitoba.

edges and other areas grasshoppers tend to gather.

The Central region and Interlake generally had the highest counts of grasshoppers while surveying in 2021. The highest count of grasshoppers was in the RM of Pembina, where there was an average of 40 grasshoppers per square metre. Four grasshopper species cause the most damage in Manitoba.

In the Interlake, the two-striped species was dominant, with a few locations also containing the clearwinged grasshopper as the dominant species.

Two-striped grasshoppers feed on

crops and non-crop plants, but the clearwinged grasshopper primarily feeds on grass. Insects like bee flies, blister beetles and field crickets feed on grasshopper eggs, which could also stem population growth.

"We were seeing a lot of the adult stage (of the blister beetles) in the fields in the summer," said Gavloski.

Only young blister beetles feed on grasshopper eggs, but an increased presence of adult blister beetles shows an increase in grasshopper predators. The researchers rely on observational reports of grasshopper predator populations.

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# Carman Garden Club looking to get more involved in Year of the Garden



STANDARD PHOTO SUBMITTED

The Carman Garden Club has deemed 2022 the Year of the Garden and the colour is red. The club is growing the giant dahlia zinnia that has fabulous, huge flowers that are super showy in a bouquet.

By Becca Myskiw

The Carman Garden Club is gearing up for a spring of learning and a summer of growing.

Last month, the club started its meetings on Feb. 22 when Carole Hamel virtually presented on hydroponic gardening. According to Miracle-Gro, the practice is a method of growing plants without soil. The hydroponic system needs a reservoir, a nutrient source, and water. Some include light and an air pump, too.

The club hosts its meetings on the fourth Tuesday of every month at 7:30 p.m. President Charlene Veenendaal said the first two are virtual, but they're planning to have in-person meetings in April, which will be in the Carman Pentecostal Assembly.

For the next meeting, on March 29, they have Cathy Shaluk virtually presenting on creating a garden for pollinators. On April 26, Stacy O'Conner will present on soil blocking, then Stacey's Garden will present on inspiring planters on May 24. The June activity is to be determined, July will be the club's annual outing, and they

will get back into meetings come fall.

People can attend the Carman Garden Club's meetings even if they aren't members. It's \$5 to attend, and for this month, people will have to pre-register as it's virtual, but going forward, others can show up with their money.

Members get to attend every meeting — and the club's outings and activities. This year is also deemed the Year of the Garden, and 2022's colour is red, so the club is growing giant dahlia zinnias and each member will get their seeds to plant the flower in their yards.

The Carman Garden Club's membership is aging, so they're hoping to see new members this year. Besides all the perks that come with being a member, Veenendaal said it's a way to get into the gardening community.

"It's just a way to build relationships in the community with like-minded people," she said.

And to go with the theme of 2022, the club is trying to get more people into gardening.

"Gardening is free therapy," said Veenendaal. "I think gardening is something you can do whether you have a small property or a larger one...You can feed yourself, but you also have the flowers that bring nature, butterflies, and bees to life. It's just getting back to the real things in life. The simple things."

The club also gives back to the community. They hold an annual plant sale, which will be from May 19 to 21 this year, the garden tour, which will be on July 16, and their annual flower show, which is on Aug. 11, and all events raise funds for the club who

uses the money to give back.

Last year, they donated plants to the Boyne Towers and the Carman Palliative Care Garden. They were also able to raise enough money to donate a raised garden bed to Visions of Independence this year. The bed will go in the same yard where the Food Security Working Group's free vegetable stand is, so whatever's grown in it will benefit everyone.

However, funds the Carman Garden Club accumulates mainly go to funding their Junior Garden Club. That club starts in April and is available

for children from six to 12 years old to get them interested in gardening.

"It's another opportunity to get plant seeds into the hands of local youth and kids, and they can grow their own food and begin to learn about gardening and grow to love it as much as the rest of our garden club members," said Veenendaal.

To become a member or learn more about the Carman Garden Club, email Veenendaal at norm\_char@hotmail.ca. Membership is \$30 for the year.

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Harley Shepherd received his Bachelor of Arts in History from the University of Manitoba in 2008 and received his Bachelor of Laws in June, 2011. Harley was one of eight members of his class selected to participate in the Solomon Greenberg Moot Court Competition, a distinction given to those who demonstrate excellence in trial advocacy. Harley was called to the Bar on June 21, 2012.

Growing up on a grain and beef cattle farm southwest of Elkhorn, Manitoba Harley comes from a household that never had any great affection for lawyers.

Understanding that meeting with a lawyer is often one of the more stressful things someone will do, Harley uses his country upbringing to help make clients feel at ease and make the experience of dealing with a lawyer as pleasant as

the circumstances allow. Harley is committed to practicing law in rural Manitoba and enjoys the many wonderful things rural communities have to offer.

In 2014 Harley was one of the presenters at the Manitoba Bar Association Mid-Winter Conference on the topic of Family Law and Farm Financing. He is also a co-author of farm business structure guides published by the Manitoba Department of Agriculture, which include guides to sole proprietorships, partnerships, corporations, and joint ventures.

Outside the office, Harley is the Sergeant-at-Arms for Carman Branch #18 of the Royal Canadian Legion.

Harley and his family live in Carman and are active in community life in both Carman and Roland. Harley is very excited to be part of the community in Deloraine.

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# Community shows its support for Ukraine

By Lorne Stelmach

The region is rallying to show its support of Ukraine through a volunteer effort spearheaded by the local Ukrainian community.

They came together initially as a result of strong interest from people wanting to display the Ukrainian flag, but it has grown now to also include collecting donations and humanitarian aid for the nation as it continues to battle against the Russian invasion.

"We are really happy that we are helping Ukraine and people are supporting Ukraine," said Yevgeniya Tatarenko, who is spearheading the effort and promoting it through the Help Ukraine - Morden & Pembina Valley page on Facebook.

"We are really happy that our local community is working together to help. A lot of people just want to support ... it's really incredible to see," said Tatarenko.

"I hope that we'll continue to get more support," she added, noting how that support has lifted the spirits of members of the local Ukrainian community. "I started to be more encouraged and inspired by the support of the world ... it makes me feel really good.

The campaign to make and distribute Ukrainian flags came about through people approaching Tatarenko to find out where they could buy

flags to display.

She and some friends decided to start making flags to distribute themselves, with support from other community members and businesses like Deasil Custom Sewing.

"As soon as I posted about this as a fundraiser, people started to respond, and businesses even started to order some flags ... a lot of local people even started to order flags," Tatarenko said, noting some people offered substantial donations beyond the suggested \$20 per flag.

"People want to help, and it's really nice ... you can show that you support Ukraine and you can give money for that purpose."

Tatarenko, who is also involved with a Morden-based Ukrainian school program, noted they soon saw there was an opportunity to further support Ukraine by collect donations for humanitarian aid. There is in particular an extreme shortage of medical supplies.

"I started to get so many inquiries from Ukraine ... one was for support for the territorial defence troops and for paramedics. A huge part of it was the logistics," she said, noting how they had to work out how to get all the donations to the right place overseas. They'll be shipped to Poland to get them into Ukraine.



STANDARD PHOTOS SUBMITTED

Local volunteers like Lesya Zadorozhna (above) and Anna Barvinok (below) have stepped up to meet the demand for Ukrainian flags by making them from scratch, with proceeds going to humanitarian efforts. Below, left: Donations of supplies were accepted at 500 Stephen St. over the weekend for shipment overseas.

She was very pleased with the initial support, noting on Friday they had raised \$795 in just two days.

Help is coming from a variety of places including Boundary Trails Health Centre, which stepped up with a donation of medical supplies.

Within just those first two days, they had also received orders for over 80 flags.

"We started to get orders from all of Manitoba because our flags are really good quality ... we started to even get some orders from other provinces," Tatarenko said, giving credit to everyone who has been contributing.

"I have such a great group of volunteers. It makes me feel good and really thankful."

The campaign has been able to use space at the 500 Stephen Street community centre as a drop-off location for supplies. Volunteers were there Saturday and were planning to be there again the morning of March 19 and the afternoons of March 12 and March 26.

You can find more information about how to get involved and offer your support through the Help Ukraine - Morden & Pembina Valley page on Facebook.





# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Cougars lose league championship, looking forward to provincials

By Becca Myskiw

After two hard-fought games last week, the Carman Cougars lost the Zone IV hockey championship to the PCI Trojans.

On Wednesday, March 2, Carman faced off against PCI in Portage la Prairie. The Trojans got the lead halfway through the first period when Asher Moorhouse found the back of the net. PCI's Carson Dubois scored a second for his team in the second.

The Cougars' Ethan Wilde scored his team's lone goal in the second, assisted by Carson Park and Brock Wood. Thanks to Layne Rands, the PCI Trojans scored a third late in the second with just five seconds to spare. Portage won Game 1 3-1 to start the best-of-three series.

Cougars head coach Jeff Park said the Trojan's second goal didn't enter the net, but the ref called it in.

"Tough to bounce back from that called goal mistake," he said. "But that's the way it goes sometimes."

Zone IV handed out the year's awards before Thursday's game. Layne Rands of the Trojans was named MVP, Brock Wood of the Cougars top defenceman and Trojans' Rowan Cherkas top goaltender. Meanwhile, Acoyen Fehr of the Thunder was named most sportsmanlike, and Ryan Orchard of the Cougars got the most points in the league this season.

Carman then hit the ice running in game two of the series on Thursday night in their hometown. Slade Sotheran found the net eight minutes into the first, and Anthony Lehmann found it again 16 seconds later.

However, Portage battled back in the second to tie the game with two goals of their own by Dubois.

The second game of the series went down to the wire, most of the third slipping away with fans biting their nails all the way through. At 5:46 left in the third, PCI's JJ Oke managed to get the puck past Carman's goaltender Gabe Mondry to win the game.

The game ended in a 3-2 win for the Trojans, giving them the series — and championship.

Jeff Park said the fan support throughout the season was incredible, and he and the team are incredibly grateful for it.

However, the season isn't over for the Cougars quite yet. Even though the Cougars lost the Zone IV championship, they will compete in the provincials.

"We have to refocus and concentrate on provincials," said Jeff Park.

Because the Cougars were ranked second overall in the league, they won 22 straight games and had their earlier playoff wins; they won a spot to play in provincials this weekend. The tournament is in Russell from March 10 to 12.



STANDARD PHOTOS BY BECCA MYSKIW

Carson Park, Coltyn Plaitin, Gavin McCallum, and Anthony Lehmann enjoy some time before the final game.



Slade Sotheran scored Carman's first goal on Thursday.



Anthony Lehmann takes the puck from a Trojan and races to the net.



Ryan Orchard received the most points in the league this season.



Brock Wood was named top defenceman of the year.

## Mixed Curling Provincials slides into Carman

Staff

Local curling enthusiasts will have one last chance to see a bevy of elite curlers in action when the Chicken Chef Mixed Provincials slides into Carman March 17-20.

The provincials, which will feature teams from across Manitoba and will begin next Thursday at the Carman Golf & Curling Club rink.

Carman will have two local teams with the Dean North and Darcy

Hayward rinks in the event. Carman-born Tyler Forrest, who won the 2021 event, will also be competing.

The winner of this year's mixed provincials will earn a trip to Sudbury for the 2023 Canadian Mixed Curling Championship.

Admission to the provincials is very affordable, \$5 per draw, \$10 per day or weekend passes just \$25.

# Winkler Flyers clinch playoff berth

By Ty Dilello

The Winkler Flyers captured an MJHL playoff berth over the weekend after a pair of wins.

After losing to the Selkirk Steelers in a shootout on Wednesday, the Flyers blasted the Winnipeg Blues on Friday and Saturday evening.

The Flyers will now return to the postseason for the first time since 2018.

The Flyers overcame the Blues on Friday night by a 4-1 scoreline. Mike Svenson was the player of the game with two goals, while Troy Hamilton and Josh Beauchemin had the other tallies.

"The penalty kill was going well as

we were 100 per cent there, and the other team wasn't getting anything off of it," Flyers forward Dalton Andrew said in a post-game interview posted on the team's website. "So it feels great to get that win. The boys played a full sixty minutes, and everyone was going."

The two teams faced each other once again on Saturday night, the Flyers coming out on top once more, this time by a score of 7-2.

It was point night for the Flyers as the goals were spread around. Troy Hamilton and Daniel Issak led the way with two goals apiece, while Brody Beauchemin, Jayden McCarthy, and Jackson Arpin scored as well.

"It's a good time for the offence to be clicking as we roll into playoffs, and our strong powerplay has helped too," forward Troy Hamilton said after the game. "These wins are really important as we want to finish ahead of the South Blues to get home-ice advantage in the playoffs. We want to be playing here at home as much as possible with our loud fans."

The Flyers improve to 63 points with a 29-15-3-3 record. It's good for second place in the MJHL's East Division as they currently chase the first place Steinbach Pistons, who are 16 points ahead of them.

Justin Svenson continues to lead the league in scoring with 72 points in 49

games.

For this week's games, the Winkler Flyers will be able to have a full 100 per cent capacity crowd at Winkler Centennial Arena for the first time all season.

"It's pretty exciting," said Hamilton. "It's been a while since we've been able to play in front of a crowd that big, and we hope to give them a good show."

The Flyers have games this week on Monday, Wednesday, Friday, Saturday. They play Steinbach, Winnipeg, and then have a home-and-home on the weekend with the Portage Terrifiers.

## Carman to host Rural Female U15AAA provincials

Staff

The Pembina Valley Hawks will be hosting the 2022 Hockey Manitoba Rural Female AAA U15 Provincials, presented by Cargill, in Carman beginning Friday through Sunday.

The tournament format will feature seven teams - Pembina Valley, the Parkland Rangers, Westman Wildcats, Eastman Selects, Brandon Wheat Kings, Normal Wild and Yellowhead Chiefs.

The Pembina Valley team includes girls from across the region, hoping to repeat what the team did in the 2018-19 provincials. This year's squad has battled through adversity and put together a 13-1 record since Christmas. The Hawks are a team on a mission, playing some outstanding hockey. The team travelled to Regina for a tournament earlier in the year, competed in three showcase tournaments, and played in league with combined rural and Winnipeg teams. The coaching staff and players are committed to competing hard and showing why this team is improving every game and are excited about this opportunity. Come out and support these girls and watch some exciting female hockey. The Hawks hit the ice for their first round-robin game Friday at 1 p.m. against Parkland. On Satur-



STANDARD PHOTO SUBMITTED

The Pembina Valley Hawks are hosting the 2022 Hockey MB Rural Female AAA U15 provincials in Carman from March 11-13.

day, they will face off against Westman at noon. The semifinals, consolation, gold- and bronze-medal games will kick off Sunday at 9 a.m.

All games will be played at the Carman arena. There will be a full canteen, 50/50, door prizes and great hockey to watch all weekend.

To see the full schedule and keep up to date on the scores throughout the weekend, visit [https://www.hockeymanitobastats.ca/schedule/day/division\\_instance/454580/2022/3/13?subseason=801925](https://www.hockeymanitobastats.ca/schedule/day/division_instance/454580/2022/3/13?subseason=801925)

## Twisters wrap up season with a win, look to defend title

By Lorne Stelmach

The Pembina Valley Twisters closed out their season on a winning note, and they now getting set to defend their league title.

Due to the pandemic, that previous title goes back to the 2018-19 season, when the Twisters needed seven games to take down the St. James Canucks, who won the regular season banner this year.

Pembina Valley finished third this season at 31-10-4 for 66 points, and they will take on the sixth place Fort Garry Fort Rouge Twins in the quar-

ter-final round. The schedule is still to be set due to a couple final regular season games being made up this week.

The Twisters won the regular season series against the Twins, who finished at 18-20-6 for 42 points, only picking one overtime win in five games.

Meanwhile, the final week of the regular season began with Pembina Valley falling 4-2 to the St. Vital Victorias last Thursday.

The Twisters were stymied by St. Vital goaltender Austin Smyth until the final frame last Thursday as the

Victorias took period leads of 1-0 and 4-0. Ben Hillhorst and TJ Matuszewski scored in the third period, while Logan Enns made 29 saves with Pembina Valley holding a 39-33 edge in shots on goal.

The Twisters then trailed 1-0 and 3-1 as they dropped a 5-2 decision Friday to St. James. Nico Vigier and Riley Goertzen scored for Pembina Valley, and Enns made 32 saves with the Twisters holding a 41-37 edge in shots on goal.

It was a wide open first period Sunday with Pembina Valley taking a 4-3 lead on St. Boniface then firing three

unanswered second period goals for the 7-3 win over the Riels.

Nathan Ayotte had a hat trick and Matuszewski scored twice with other goals coming from Jordan Keck and Tristan Day. Shots on goal were 37-23 with Martin Gagnon getting the win on 20 saves.

Matuszewski ended up winning the regular season scoring crown and a league leading 39 goals, 52 assists and 91 points. Logan Enns was fifth among goaltenders with a 2.70 goals against average and .908 save percentage.

# get inspired

> MEAL IDEAS



## Salmon and Shrimp Coconut Curry

- 1/4 cup tomatoes
- 4 shrimp
- 1 lime, quartered
- 2-3 cilantro leaves, for garnish

Cut salmon into 1/2-inch cubes. Cook rice according to package instructions.

In large skillet, heat coconut oil over medium-high heat. Add garlic, onion and pumpkin or squash; saute 5 minutes, or until onions are translucent. Mix in lemongrass and curry paste. Cook 2-3 minutes, or until fragrant.

Add coconut milk, fish sauce and tomatoes; mix thoroughly. Add shrimp and salmon; cook until done.

Serve with rice and lime quarters. Sprinkle with cilantro.

Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council  
Servings: 2

- 2 pieces of MOWI Pure portions salmon
- 1 cup wild rice
- 1 tablespoon coconut oil
- 1 clove garlic, sliced
- 1/4 cup red onion, diced
- 1 cup pumpkin or butternut squash, diced
- 1 tablespoon lemongrass, finely chopped
- 1 1/2 tablespoons red curry paste
- 1/2 cup coconut milk
- 1 tablespoon fish sauce



## Prune, Mozzarella and Basil Skewers

- 10 cherry-size mozzarella balls

If using prosciutto, fold each half in half lengthwise so width of prune is wider than width of prosciutto. Starting at one end of prosciutto, wrap one prune; repeat with remaining prosciutto. Set aside.

Wrap one basil leaf around each mozzarella ball then thread onto skewer. Thread one prune or prosciutto-wrapped prune onto each skewer.

Prep time: 5 minutes  
Servings: 5

- 5 pieces prosciutto, halved lengthwise (optional)
- 10 California Prunes
- 10 basil leaves



## Tart Cherry Bedtime Bites

- 1/2 cup finely shredded coconut flakes
- 3/4 cup unsalted cashews
- 1 teaspoon almond extract
- 1 pinch fine sea salt

In food processor, process dates until broken into pea-sized bits. Add dried tart cherries, coconut flakes, cashews, almond extract and sea salt; process until combined. Form into 12 balls and chill 2 hours.

Recipe courtesy of the Cherry Industry Administrative Board

- Yield: 12 bites
- 6 medjool dates, pitted
- 1/2 cup dried tart cherries



## Tart Cherry Overnight Oats

- 1/2 cup slivered almonds, plus additional for topping (optional)
- 2 tablespoons tart cherry concentrate
- 2 tablespoons chia seeds
- 1/2 teaspoon cinnamon honey, for topping (optional)

In large jar or container, mix cherries, oats, milk, almonds, cherry concentrate, chia seeds and cinnamon. Cover and refrigerate overnight.

Spoon into bowls and enjoy cold or warmed up. Drizzle with honey or sprinkle with extra dried tart cherries and almonds, if desired.

Recipe courtesy of the Cherry Industry Administrative Board  
Servings: 2

- 1 cup dried tart cherries, plus additional for topping (optional)
- 1 cup old-fashioned oats
- 1 cup almond milk

## Five foods to build your strength

By Fitness Expert Julie Germaine Coram

Having a strong body is important all throughout your life, and the foods you eat help you successfully rehydrate your body, provide nutrients to optimize your immune system, and boost your energy levels to prevent fatigue and mental exhaustion.

Here are 5 foods that support strong muscles:

1. **Protein:** Try to eat a serving of protein with every meal and snack during the day, especially after you exert yourself through any form of exercise. Consume 1 gram of protein for every pound of body weight. Some examples are meals that includes lean meat proteins, such as chicken or tuna, legumes, eggs, or protein powders and meal replacement drinks.

2. **Carbohydrates** – The right carb to protein ratio to follow depends upon your goals. A 3:1 (carb to protein) ratio is ideal for many people, however if you are trying to lose weight currently, you would want to reduce your carbs, perhaps even to match with your protein intake.

3. **Watermelon** - This watery summer treat is delicious and loaded with potassium, which will replenish the electrolytes you lost throughout your active day.

4. **Spinach** – There are many reasons to find ways to eat spinach regularly, and it's very versatile in how it can be prepared (visit <https://www.juliegermaine.com/category/nutrition/recipes/> for ideas!). Spinach contain 5 grams of protein per cup along with key electrolytes needed for muscle recovery (potassium and magnesium).

5. **Green tea** - Relaxing with a hot cup of green tea provides your



Health and Wellness Fitness expert Julie Germaine Coram

body with antioxidants and polyphenols and boosts your metabolism. You can actually burn more calories and naturally reduce your heart rate with this easy additional to your daily diet.

Having a balanced diet that includes these healthy and delicious foods will aid you in maintaining your agility and mobility.

Would you like to lose 2" from your waistline in the next 30 Days? Join my VIP Fat Loss Challenge! Secure your spot asap – limited space available. Visit: [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine) or email [info@juliegermaine.com](mailto:info@juliegermaine.com)

Coach Julie Germaine Coram is a Manitoba-born fit mom, 2x International Pro Fitness Champion, Miss Fitness Manitoba, Certified Nutrition & Renowned Fitness Expert. She has helped thousands of men and women improve their health since 2005.



## Simple Macaroons

- 1 1/4 cups shredded coconut
  - 5 ounces dark chocolate, melted
- Preheat oven to 375 F.

In bowl, whisk egg. Add honey, vanilla, lemon zest and salt; whisk. Stir in coconut until completely coated with egg mixture.

Using 1 1/2-inch ice cream scoop, make 15 balls, transferring each to parchment-lined baking sheet, spacing about 2 inches apart.

Bake macaroons 10-12 minutes, rotating halfway through, until coconut starts to brown on edges.

Transfer sheet to wire rack and let cool. Before serving, drizzle with melted chocolate or dip bottom sides of macaroons in melted chocolate to cover bases. Refrigerate 15 minutes to set.

Recipe adapted from [marthastewart.com](http://marthastewart.com)

Yield: 15 macaroons

- 1 large egg
- 2 1/4 tablespoons honey
- 1/4 teaspoon vanilla extract
- grated lemon zest
- 1/4 teaspoon salt

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## 2022 GRAVEL HAULING TENDER

The R.M. of Dufferin is requesting that anyone interested in hauling gravel for the R.M. of Dufferin in the 2022 construction season contact the office as listed below for a tender package.

The R.M. of Dufferin will have the right to engage the services of any gravel hauler who has submitted a hauling quotation, which is considered in the best interest of the municipality as far as efficiency and economy. All gravel haulers must adhere to the rules established by the Council of the RM of Dufferin in the Gravel Policy and submit their sealed tender no later than April 7th, 2022 at 3:00 pm.

The municipality reserves the right to reject any and all tenders at its sole discretion; and that the lowest or any tender may not necessarily be accepted. The R.M. of Dufferin would like to thank you for your cooperation in this matter.

**Sharla Murray, CMMA**

**Box 100, 12-2nd Ave SW, Carman, MB R0G 0J0**

**204-745-2301**

**cao@rmofdufferin.com**

**March 4th, 2022**



## 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

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### HELP WANTED

Seasonal employment – Sabourin Lake Lodge is looking for summer staff, May thru September. Kitchen staff, serving, housekeeping, guides, yard crew and carpenters. Contact [sabourinlake@outlook.com](mailto:sabourinlake@outlook.com)

### MISCELLANEOUS

Usborne Books for early readers. Lots of variety and reasonable price. Ages 0-14 years. For more info Jennifer Duggan at 204-378-0606 or Facebook Jennifer's Usborne Books.

Difficult naps and/or nights? I am a Certified Sleep Consultant, I help families discover the beauty of sleep with healthy sleep habits. [www.dayandnight.sleep.ca](http://www.dayandnight.sleep.ca)

### NOTICES

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 1-204-467-5836 or call MCNA at 204-947-1691 for details or to book ads. MCNA - Manitoba Community Newspapers Association. [www.mcna.com](http://www.mcna.com)

### NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? Having a spring/summer event? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See [www.mcna.com](http://www.mcna.com) under the "Types of Advertising" tab for more details.

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Full details of this opportunity can be found at: <https://hr4.com/careers/h5group/>

## 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](mailto:mbrown@pkflawyers.com) [tbisschop@pkflawyers.com](mailto: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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### RURAL MUNICIPALITY OF THOMPSON PUBLIC NOTICE 2022 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to Subsection 162(2) of the Municipal Act that Council for the Rural Municipality of Thompson intends to present its Financial Plan for the fiscal year 2022 at a public hearing located at:

**Miami Civic Centre  
530 Norton Avenue  
Miami, MB  
Thursday April 7, 2022, at 10:00 a.m.**

Council will hear any person who wishes to make representation, ask questions or register an objection to the Financial Plan. Copies of the Financial Plan will be made available for upon request, via e-mail or telephone.

Due to COVID-19 restrictions all persons wishing to attend must contact our office in advance.

**Dallas Braun, CMMA  
Chief Administrative Officer  
RM of Thompson**

**info@rmofthompson.com  
204-435-2114**

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> GAMES

## SUDOKU

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

Level: Intermediate

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

**Here's How It Works:**

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

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

Sudoku Answer

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

Crossword Answer



## CROSSWORD

**CLUES ACROSS**

- Central mail bureau
- Member of the family
- Partner to flow
- \_\_\_ Angeles
- Military mailbox
- Patriotic women
- Shallow lake
- Tear apart
- Middle Easterner
- Eat to excess
- Stained
- Certain peoples of equatorial Africa
- 1st day of month
- Skin disease
- Skating figure
- Annelids
- Gracefully slender
- Kids need it
- Swiss river
- Indents
- A sheer fabric of silk or nylon
- Belgian River
- \_\_\_ Spumante (Italian wine)
- Originate from
- Rugged mountain ranges
- Made less clean
- Professions
- 3s
- Scarf
- Yellow light
- Bird noise
- Opposite of start
- Bar bill
- Northeastern Mass. cape
- American rocker Snider
- Midway between northeast and east

**CLUES DOWN**

- Scandinavian drink
- Washington river

			1	2	3		4	5	6		7	8	9				
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						
47	48	49									50				51	52	53
54											55						
56										57	58			59			
			60							61				62			
			63							64				65			

- Fast-running flightless bird
- Nerve conditions
- Indicates near
- Immediate relevance
- Things you can eat
- Receptacles
- Retired Brewers great
- Month
- Happy New Year!
- Exclamation to convey truth
- Passports and licenses are two
- Ebert's partner Siskel
- Long skirt
- Part of company name
- Drugmaker \_\_\_ Lilly
- Electronic countermeasures
- Klutz
- Chinese statesman
- Stir with emotion
- Flat-bottomed boat
- Go-between
- This (Spanish)
- A plot of ground where seedlings are grown before transplanting
- Small waterfall
- Modern tech necessity (abbr.)
- Utter repeatedly
- One of the bravest
- Sun up in New York
- Space station
- Chilean seaport
- Hasidic spiritual leader
- They \_\_\_
- Soviet Socialist Republic
- Single unit

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**Applications should be emailed to**  
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**Attention: Linnette deRuiter**  
[linnette.deruiter@southcentrallaep.ca](mailto:linnette.deruiter@southcentrallaep.ca)

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**IN MEMORIAM**



**Mary Pople**  
January 2, 1925 – March 25, 1999

**John Pople**  
March 26, 1920 – March 12, 2002

We can not bring back the days,  
When we were all together;  
But loving thoughts and memories,  
Will live with us forever.

-Forever loved and always remembered  
by your family

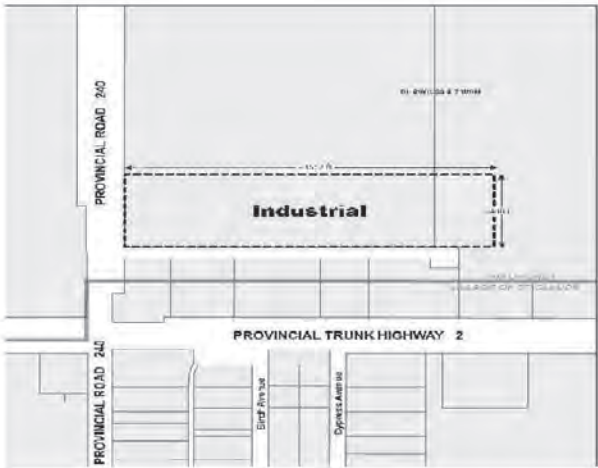
**Rural Municipality of Grey**  
Box 99, 27 Church Ave E  
Elm Creek MB R0G 0N0  
204-436-2014  
Planning Office: 204-745-2443

**UNDER THE AUTHORITY OF THE PLANNING ACT**  
**NOTICE OF PUBLIC HEARING**

On the date and at the time and location shown below, a **PUBLIC HEARING** will be held to receive representations from any persons who wish to make them in respect to the following matter:  
**The Rural Municipality of Grey By-Law No. 02-2020, BEING an AMENDMENT to the Grey-St. Claude Planning District Development Plan By-Law No. 2/99, as amended.**

HEARING: RM of Grey Municipal Office – Council Chambers  
LOCATION: 27 Church Ave E, Elm Creek, Manitoba  
DATE & TIME: **April 6, 2022, at 8:00 p.m.**

GENERAL INTENT: To re-designate portions of the land from "Agriculture" to "Industrial"  
Area Affected: Part of SW ¼ 22-8-7 WPM RM of Grey



FOR INFO: Kim MacLellan, Coordinator of Planning Services  
Carman-Dufferin Planning District, Phone 204-745-2443

A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, 8:30 a.m. to 4:30 p.m. Monday through Friday. Copies may be made, and extracts taken therefrom, upon request. Please notify our office if you require special accommodation because of a disability or a medical need.

**MORTGAGE SALE**

The land and building known as 169 1st Street SE, Carman, Manitoba as described in Certificate of Title No. 2749317/4 will be sold at auction on Wednesday, the 13th day of April, 2022, at 11:00 a.m. Due to COVID-19 restrictions, the auction sale will be held by way of video or teleconference. There will be no in-person attendees at the auction.

In order to participate in the auction sale, you must pre-register at least 24 hours prior to the auction by contacting Sonia at 204-957-6437 or by email at [sruppel@ltglc.ca](mailto:sruppel@ltglc.ca).

The Vendor is informed that there is situated on the property a single family 1 ¼ story residence of approximately 480 square feet with 4 bedrooms, 2 bathrooms, kitchen, living room, dining room, rec room and full unfinished basement.

TERMS: Deposit of \$15,000.00 by certified cheque, bank/credit union draft or solicitor's trust cheque to Levene Tadman Golub Law Corporation, or cash (the cash component of the deposit not to exceed \$7,500.00) to be provided within 24 hours of the date and time of auction and the balance in accordance with the conditions to be announced at sale.

The Property is sold subject to a RESERVE BID of \$87,672.33 plus such other additional and incidental costs which may be incurred by the Lender from the 3rd day of March, 2022 to the date of auction and which costs will be announced prior to the commencement of the Sale.

Property Taxes are paid to December 31, 2021.

Purchaser to be responsible for payment of any outstanding water accounts owing by the Mortgagor.

Property is subject to Nil.

The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: [www.teranetmanitoba.ca](http://www.teranetmanitoba.ca)

**Further information and copies of Conditions of Sale may be obtained from:**

**LEVENE TADMEN GOLUB LAW CORPORATION**  
Barristers & Solicitors  
700 - 330 St. Mary Avenue, Winnipeg, MB R3C 3Z5  
Attention: Mara Koven-Lapointe/Sonia  
File No. 100880  
Phone No. 957-0520

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**Training is provided**

**OBITUARY**



**Daisy Catherine Watchorn (nee Criddle)**  
1920 - 2022

It is with great sadness that we announce Daisy Catherine Watchorn, aged 101 passed peacefully the evening of Tuesday, March 1, 2022 at Tabor Home in Morden, Manitoba.

Daisy was born to Charles and Grace (Buchanan) Criddle on April 28, 1920 in Miami, Manitoba and had one younger brother, James. She went to school in Miami and helped her Mom and Dad on the farm. As a young adult she helped many neighbour ladies with their daily chores and children. This is how she met Norman Watchorn. They married on June 25, 1945 on the family farm in Deerwood.

Norman and Daisy bought the farm from Norman's dad and farmed raising three children: Wendy Follett, James Watchorn and Joyce Dawson. In 1966 they moved to Blight Street in Miami. Mom

started working at the Rosebank Co-op store and then part time at the Solo store in Miami for Jack and Florence Mooney and later Dennis Boulton. She met many local children as they came for candy, forming a close bond with them. Mom was a CGIT (Canadian Girls in Training) leader and played recorded music for the Miami Figure Skating Club practices and performances.

In 1974 Dad and Mom moved to Norton Avenue in Miami. Mom loved her four grandchildren and provided special grandma care while Wendy and Joyce worked. The girls have many precious memories of camping, building snow forts, baking, tea parties, going to quilting parties, gardening and planting flowers, cards, crokinole and other board games. Mom and Dad retired in 1986 and enjoyed camping, fishing, snowmobile riding, travelling, cards and board games. Mom was an active member of the Miami United Church, Miami UCW and sang in the Miami Church Choir. She was also the treasurer of the Miami Park Board and spent many hours welcoming and visiting campers across the street from where they lived. Mom was also an avid quilter and enjoyed embroidery making sure we all had keepsakes of her work. Mom and Dad moved to Miami Leisure Apartments in 2003 and made many new friends. In 2014 they moved to Homestead South in Morden where they made yet more friendships with fellow residents and many of the employees. Mom and Dad were fortunate to celebrate their 50th, 60th, 65th and 70th wedding anniversaries with friends and family. They were married for 71 years. In November 2021 Mom moved to Tabor Home in Morden. Daisy was a strong, inquisitive, and loving woman, mother and grandmother. She lived a full life, had a great memory, and was always interested in her family and community. She loved unconditionally and everyone got a big hug. Mom was always there to lend a hand, share some wisdom, and was always grateful to be included in her family's lives by regular phone calls and visits. We all knew how much she loved us, and she often reminded us of everything we have to be grateful for. She even got to meet her newest born great-grandchild and cuddle him in her bed a few weeks before she passed. She saw many events in her life - war, poverty, epidemics, droughts, floods and many inventions, all of which made her wiser, kinder, empathetic and loving. She always stressed the need for love and compassion in her family and world.

Daisy was predeceased by her parents and brother, husband, Norman, daughter, Wendy Follett and son-in-law, Reg Follett. She leaves to cherish her memory son, James and his wife, Dagmar Watchorn, daughter, Joyce and her husband, Allan Dawson and grandchildren, Lisa (Danny) Dyck, Jill (Joel) Lautenschlager, Stacey Dawson (Ryan) Young and great-grandchildren, Seth and Zachary Dyck, Kasyn and Adalyn Lautenschlager, and Errington, Fletcher and Krofton Young and many nieces and nephews and their families.

We thank the many doctors, nurses and home care workers and staff at Homestead South and Tabor Home who so lovingly took special care of Mom over the past few years. Thanks to her many close friends and relatives who continued to visit or phone her, and for the kind messages her family has received at this time. Thanks also to Wiebe Funeral Home for their care and support.

A private family service will be held at a later date with interment at Miami Cemetery.

Donations may be made in Mom's memory to Community Cancer Care through the Boundary Trails Health Centre Foundation.

Wiebe Funeral Chapel, Morden  
In care of arrangements  
wiebefuneralhomes.com



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**NOTICE OF APPLICATION**  
**TOWN OF CARMAN**  
**REVISED WATER AND WASTEWATER RATES**  
**CARMAN UTILITY**

March 4, 2022

The Town of Carman (Town) has applied to the Public Utilities Board (Board) for revised water and wastewater rates for the Carman Utility (Utility) as set out in By-Law No. 21/2050, read the second time on March 4, 2022. Rates were last approved by the Board in 2016 in Board Order No. 94/16. Current Utility rates are set out in By-Law No. 20/2047 based on pass-through rate increases for water purchased from the Pembina Valley Water Cooperative.

The current and proposed rates are as follows:

	Current Rates	Proposed Rates			
		By-Law 21/2050 Year 1	By-Law 21/2050 Year 2	By-Law 21/2050 Year 3	By-Law 21/2050 Year 4
Quarterly Service Charge	\$ 21.50	\$ 29.01	\$ 29.77	\$ 30.56	\$ 31.36
Water (per 1,000 gallons)	\$ 13.49	\$ 16.62	\$ 17.79	\$ 18.07	\$ 18.27
Wastewater (per 1,000 gallons)	\$ 3.09	\$ 3.09	\$ 3.42	\$ 3.46	\$ 3.50
Minimum Quarterly Charge*	\$ 71.24	\$ 88.14	\$ 93.40	\$ 95.15	\$ 96.67
Minimum Quarterly Charge - Wastewater Only*	\$ 30.77	\$ 38.28	\$ 40.03	\$ 40.94	\$ 41.86
Bulk Water Sales**	\$ 17.00	\$ 22.89	\$ 24.07	\$ 24.37	\$ 24.58
Lagoon Tipping Fee**	\$ 6.00	\$ 6.50	\$ 7.00	\$ 7.50	\$ 8.00

\*Based on 3,000 gallons

Details of the Town's application are available for review at the Town's office or the Board's office. Any questions concerning the application for revised rates, or the operation of the Utility, should be sent directly to the Town.

If you have concerns/comments regarding the Town's application for water and wastewater, rates please go to [www.pubmanitoba.ca](http://www.pubmanitoba.ca) and provide your comment. Please note all comments will be forwarded to the Town.

Questions or comments should be sent on or before April 3, 2022.

The Public Utilities Board is the provincial regulatory agency that reviews and approves rates for water and wastewater utilities in Manitoba, with the exception of the City of Winnipeg. The Board's review process involves:

- the Utility filing a rate application to the Board,
- a public notification of proposed rate changes,
- the Board's review of the application through a public hearing or paper review process, and
- the issuance of an Order which outlines the Board's decision on the rate application and the rates to be charged.

The Manitoba Ombudsman has privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result, personal information protections are reduced.

The Board will then decide whether any further notice is required and whether to proceed with a public hearing or paper review process. All concerns received by the Board will be considered in the Board's decision on rates to be charged.

PLEASE BE ADVISED THAT IN CONSIDERING THIS APPLICATION, THE PUBLIC UTILITIES BOARD MAY OR MAY NOT FIND IT NECESSARY TO DETERMINE RATES DIFFERENT FROM THOSE APPLIED FOR BY THE APPLICANT.

Note: All proceedings will be conducted in accordance with the Board's Rules of Practice and Procedure, which the Board may vary in order to constrain regulatory costs. The Rules are available at [www.pubmanitoba.ca](http://www.pubmanitoba.ca).

Frederick Mykytyshyn  
Assistant Associate Secretary  
Manitoba Public Utilities Board



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