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**Egg-tremely cute**

STANDARD PHOTO BY DENNIS YOUNG

Cheryl and Dennis Young of Carman had an egg-ceptional Easter celebration with their eighteen month old grandson Kove Dreolini, who resides in Hazelridge with his parents Teri and Kristian.

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# Junior Gardeners Club ready for summer season

By Ty Dilello

The Carman Garden Club is excited to be running another junior gardener program this year, and interested gardeners are asked to register by April 12.

The Junior Gardener Club has grown in the last few years, with more than half its participants being new members.

“The Carman Garden Club is committed to offering a Junior Club because we see the value of getting outside and getting your hands dirty as it is fresh air, and for many of us, it is our therapy,” said organizer Charlene Veenendaal. “Gardening is a constant learning and growing process, from both the plants and the gardeners. We want to nurture the love of learning and curiosity about the world and our community from the ground up: dirt, bugs, butterflies, flowers, veggies, and back to composting and starting all over.”

The Junior Gardener program isn’t a big commitment; the \$5 registration fee gets all the seeds and plants that the youngsters will need to get started. There are four tentative meeting dates scheduled for the juniors: May 7 is a Lettuce Greenhouse; May 22 is



Junior gardeners made rain gauges from pop bottles.

the plant pick-up and craft; June 18 is the bee demonstration and learn to build a beehouse; and July 30 is the garden tour.

The Junior Gardener Club meets in Carman at places like Kings Park, Ryall Park, and private gardens where the kids can tour the gardens and see how others do things.

“We usually meet at 6 p.m., and this year, it is Tuesdays and Wednesdays, but those are tentative,” said Veenendaal. “Depending on how many kids are in other activities, I



STANDARD PHOTO BY CHARLENE VEENENDAAL

A few years ago the junior gardeners made windsocks for their gardens out of plastic bags.



The Carman Garden Club is looking forward to another Junior Gardeners program for the upcoming summer.

will finalize the dates when we have everyone registered. We also understand that not everyone can make every meeting, which is okay.”

This year’s theme for the Junior Gardeners Club is Bees.

Continued on page 3

## Town of Carman Public Notice Regarding the 2024 Financial Plan

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the Town of Carman intends to present its financial plan for the fiscal year 2024 at a public hearing in the

**Town of Carman**  
Memorial Hall, 12-2<sup>nd</sup> Ave SW, Carman, MB  
Thursday, April 25<sup>th</sup>, 2024, 7:00 p.m.

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

Copies of the financial plan are available for review and may be examined by any person during the regular office hours of the Town of Carman at 12-2<sup>nd</sup> Avenue S.W., Carman. Dated at the Town of Carman the 22<sup>nd</sup> day of March, A.D. 2024.

**Susan Stein, CMMMA, CLGED**  
Chief Administrative Officer  
Town of Carman



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# Handi-van quiz night bragging rights, raises funds



Team Schnitzel

## STANDARD PHOTOS SUBMITTED

Six teams took part in the recent successful Quiz Night hosted by Carman Handi-van on March 15. The teams, Ext. #1 2021, Schnitzel, Tine Answers, The Winners, Quirky Quizzers and Funny Money, faced the challenge of ten quizzes with ten questions. However, amidst plenty of laughter and groans, the participants learned their scores and cheered on their respective teams. Pictured above, The "Funny Money" team from Access Credit Union emerged victorious and will hold onto bragging rights until next year's event. Thanks to everyone's participation and donations, a total of \$960 was raised for handi-van operations. A heartfelt thank you goes out to all! Mark your calendars for the upcoming AGM on Thursday, April 21 at 7 p.m., located at Cozy Corner in Meadowood Estates.



Tiny Answers

## > GARDENER FROM PG. 2

"I am so excited to be focusing on bees this year. The kids will have a chance to learn about how bees help their gardens and what we can do to help the bee population as we learn that bees are our friends, and we need each other and can easily co-habitat with one another. To do this, we will make our own bee house, and we will have a presentation from Border Hills Honey. If the timing is right, she will be able to bring her beehive with glass walls so that we can see the bees in action."

Members of the Junior Club will receive about ten items to grow, both seeds and seedlings. For families with multiple gardeners or children who are returning members, there is a different selection of plants so that they can grow a variety of things and

also learn about different ways that things can grow.

"At our meetings, we will talk about how to plan a garden, seeding instructions, and how to care for the garden when things have started to grow. We also talk about challenges like when things do not go as planned, when something doesn't grow and why. Each family will also be in contact with a mentor, who is someone from the adult Garden Club that will check in, answer questions, and enjoy and appreciate all the hard work that the kids put into their gardens, as half the fun of gardening is sharing it with someone."

For more information, contact Charlene Veenendaal at norm\_char@hotmail.ca or register online at <https://www.surveymonkey.com/r/GMW-5PQ8>. The registration cost is \$5.

## Access Credit Union Director Elections

April 8th-12th Vote for  
**Scott Beattie**  
[beattiefortheboard.com](http://beattiefortheboard.com)



It's important **you exercise your voting rights** as an Access Credit Union (ACU) member.

The upcoming ACU Board of Directors election chooses individuals who are tasked with overseeing the activities and strategic direction of the ACU on behalf of members. **Member satisfaction should be central to every conversation and strategic direction the board undertakes.**

To serve members best, ACU board members should have the time and capacity to fulfill the role and should provide experienced and thoughtful representation. This means board members should be:

- Prepared for meetings.
- Continually learning.
- Understand the ACU's history.
- Be an active user of the ACU's financial services.

Any **change** to the individuals who make up the ACU board of directors should be **towards a qualified and experienced individual** who understands Credit Union history and who **actively uses its services.**

I have been an active Credit Union member since 1996. I have utilized all levels – community organization accounts, business accounts, and personal accounts – of the Credit Union's competitive financial services at both the Morden and Winkler branches throughout the last 30 years. I was elected to the ACU board of directors in 2018 and participated as ACU grew to include Crosstown Civic Credit Union and then to the amalgamation of Noventis and Sunova Credit Union.

**I know how important the ACU is to the membership. I believe the membership can shape the direction of the Credit Union by electing qualified leadership** that has a vested interest in the region in which the Credit Union serves. **It is important Southern Manitoba continues to have a voice at the ACU board of director's table.**

ACU members should vote to appoint a representative who exemplifies all the required qualities. **I believe I can serve ACU's diverse membership in new and exciting ways. I look forward to listening and connecting with members!**

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# STANDARD



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Our commitment to you: we want to help build stronger communities through articles that both inform and entertain you about what's going on throughout the Pembina Valley. This is your community newspaper—let us know what you want to see in it.

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# getheard

EDITORIAL > VIEWPOINTS > LETTERS

Ty Dilello  
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## Prairie Rose School District unveils 2024-25 budget

By Ty Dilello

The Prairie Rose School Division (PRSD) is close to unveiling its 2024-25 budget after several public sessions to gather feedback on its proposed plans.

PRSD held two public meetings to gather insights to guide their 2024-25 budget process.

There was a pre-budget consultation back in January 2024, during which school staff, Parent/Guardian Councils, and communities could share what they wanted to see in this year's budget. This was followed by an online comment option for all. There was also a Draft Budget Consultation on March 18 at Miami School, during which PRSD walked through the draft budget with a focus on funding status, impacts on staffing, and resources.

Some of the highlights from the budget include:

- School taxes are proposed to be increased by 5.1 per cent (e.g., a \$1 million farm will increase by approximately \$160 per year).

- Teachers have been added to reduce class sizes with a 20 pupil/

teacher ratio.

- 23.3 new Educational Assistant positions. This was added as additional evaluation from the previous year showed an increased need for this resource in the general school population.

- 1 new school bus in addition to the five used buses purchased in 2023-24.

- The province granted a \$150,000 Food Nutritional Program. These funds are dedicated to this purpose.

- Increases to vice principal positions in certain schools to reduce the need of pulling teachers from the classroom for administrative support.

- 1 new financial clerk position at the division office.

- Increased funding to cover increased costs for PRSD's life insurance, operating (hydro), and teachers' new collective agreements. Other increases directed from the Province were for French Immersion and Indigenous Education resources, which are part of provincial strategies provided to all divisions.

It should be noted that PRSD's student population continues to grow

year over year. However, within that growth, some schools are seeing declines in student population and are struggling to maintain resources under this new budget.

Andrea Bertham-Ladouceur is the current chair of Elm Creek School's Parent/Guardian Advisory Council. She has three children enrolled in the Elm Creek School and always seeks ways to help and support them. Bertham-Ladouceur organized the Elm Creek voice in the budget process as they advocated on behalf of Elm Creek School.

"I would say I'm mostly happy with the budget, and we are looking forward to a robust capital plan that is prioritizing Elm Creek's new gym," said Andrea Bertham-Ladouceur.

The PRSD has yet to specify when the full budget will be released, but it should be coming in the next week or so. In addition to the new budget, the Prairie Rose School Division Board of Trustees also recently announced the retirement of its longtime Superintendent/CEO, Terry Osiowy, effective Aug. 16, 2024.

## letter to the editor

Letter to the Editor: [news@carmanstandard.ca](mailto:news@carmanstandard.ca)

### April 1st carbon tax hike felt across every Manitoba industry and household

This week, Manitobans will wake up to a 23 per cent federal carbon tax hike, with support from Premier Wab Kinew and his Manitoba NDP government. From farm to truck to dinner table, the effects of the NDP-Trudeau carbon tax hike on April 1 will be felt by every household and

industry in Manitoba.

Let's start with our pork industry, which contributes more than \$2.3 billion a year to the provincial economy and employs more than 22,000 Manitobans.

Manitoba is the largest supplier of hogs in Canada, with 624 farms exporting to over 30 countries. Hog barns are heated by natural gas or propane, and hogs are usually fed soybean meal and corn.

From buying their feed to keeping on the heat, pork producers will be impacted by the 23% carbon tax hike in their barns and at the farm where they grow the crops, as will the

companies that dry the grain using natural gas or propane. A soybean crusher paying \$150,000 per year in carbon tax today will pay \$185,000 starting April 1, which increases the cost of raising a hog in Manitoba.

Can customers of Manitoba pork stomach a 23% increase in prices so that Manitoba producers can break even on the carbon tax? Or, will they just find another supplier who doesn't have to pay the carbon tax instead?

Either way, the carbon tax hike will cost Manitoba a lot of bacon, and the same equation can be applied

Continued on page 5

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to Thursday Publication



> CARBON, FROM PG. 4

to beef, poultry, and just about any products from Manitoba's agriculture industry.

But it's not just producers who will be hit by the hike.

Manitoba truckers, who bring most of our goods from the farms and factories to our tables, will bear the burden of the carbon tax hike. Local companies not only haul in Manitoba, but across North America. How can they possibly sustain themselves without passing cost hikes on to customers?

In short, they can't.

And just like farmers and industry, all Manitobans will be hit with increased food prices, increased fuel costs, and increased heating costs as a result of the carbon tax hike.

When will it end? The carbon tax is set to keep rising until 2030, costing every Manitoban and Canadian more money to live, year by year.

Meanwhile, Wab Kinew has yet to join seven other premiers across party lines in openly calling on Trudeau to scrap his outrageous carbon tax hike on the backs of hardworking Manitoba families. Kinew instead deflects the topic by evoking the temporary gas tax "holiday". However, the fact is that the 23% hike will bring the carbon tax to \$0.17/litre at the pump. Not only does the carbon tax cost more than the provincial gas tax, but unlike the NDP's temporary stunt, the carbon tax is here to stay.

These fuel costs have an impact on food prices. Kinew promised that the fuel tax pause would drive prices down, but the stats show otherwise as Manitoba food prices are set to rise another 4.5% this year. Despite the NDP premier threatening action in November against grocery chains if savings aren't passed to consumers, Manitobans haven't heard a peep about the topic since December.

Manitobans need to know what this premier is doing for long-term affordability, because so far Kinew has proven to be more of a showman making idle promises than a statesman who has plans to take action.

From industry to household, the 23% carbon tax increase is no April Fool's joke. Manitoba's premier must stand up to Ottawa and ensure real solutions and real relief for Manitobans.

- Jeff Bereza MLA for Portage la Prairie and Progressive Conservative Critic for Agriculture

# Flashback... Syl's Drive Inn family



Before there was Syl's there was R & S in 1960.

By Dennis Young

In 1960, a new snack bar was under construction in Carman. Jack Ross and Quentin Sylvester, partners in this new venture, built their R & S Drive-In immediately east of Pat's B/A Service Station (now the strip mall) on Main Street (Hwy #3).

Jack was bought out in 1962, leaving Quentin and Madeline as sole owners and changing the name. By

## Holiday decor



STANDARD PHOTO SUBMITTED Four-year-old Boden Major of Carman and his mom Rosanne Massinon made an Easter egg tree for this year's holiday festivities. The Ostereierbaum, is a beloved German tradition that's taken off in other corners of the world. It can be a tree or shrub or foraged branches that are decorated by hanging dyed or painted eggs. Boden helped his mom poke the holes in the eggs and blew out the yolks.



STANDARD PHOTO BY DENNIS YOUNG

Darrin and Christy Gitzel are the new owners of Syl's as of January 2024.

1964, they moved across from the Collegiate, a move they would relish for decades. The Drive-Inn became a family tradition in 1982 as son Darryl and his wife Nola took over.

"Mom and Dad set the example for us working so hard to make Syl's a success. They established a good reputation and clientele and now it's up to us to maintain it!" And so they did!

Those two, along with a hardwork-

ing family and staff, ran it until 2009 when retirement seemed the time to ketchup on life away from the long hours/days. Following them, Travis and Stacie Enns continued to serve up an endless diet of food, fun, and a full menu of community support until 2023.

As of January 2024, Christy and Darrin Gitzel began their foray into the drive inn world.

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# Where are they now? Catching up with Tara Funke

By Dennis Young

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

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

From 1977 to 1998

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

I attended kindergarten in Carman, then Graysville for grades 1-6 and then back to Carman for 7-12 graduating in '95.

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

What didn't I do lol.... I picked berries, waitressed, office help and then 1 and a half summers with the Town of Carman. Everyone seems to remember the garbage truck incident... oops!

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

I enjoyed the 4-H beef club but mostly I played sports. Through high school I played soccer, basketball, ringette, hockey and enjoyed fastball as well.

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

My family lived on a century farm in the St. Daniel area. My mom Darlene had many years at Parkland Flooring before moving on to work at Steven's Drug Store. My father Larry worked many of my high school years at Linear Grain and then Team Landmark and other Ag businesses.

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

I worked in Carman first pumping gas at the Co-op and then a receptionist at Delaquis Ford. I didn't really know what to do after school, so I tried to further my hockey options in Winnipeg before moving on.

**Q. What activities did you participate in while working here?**

I did more hockey refereeing and played on a slo-pitch team.

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

I followed my partner Kevin Bell at the time who at the time was working within the Co-op system. He was placed at the new food store in Altona and so that's where we both headed.

**Q. Did you meet your spouse here or where?**

I met Al Friesen in Altona, and we married in 2010.

**Q. Did you raise any children here or where?**

I did not have any children however I'm happy to share that Al's three children and their spouses have welcomed me into their family. We have become Grandparents to 7 wonderful grandkids too!

**Q. Do you have extended family living here?**

My parents now live in town after selling the farm and I also have aunts and uncles there.

**Q. What else have you done career wise, where and how long?**

When I moved to Altona, I worked at several businesses doing several different things. However, I craved being with more people and was hired to be on-air at CFAM. I eventually moved into the newsroom where I read the news and weather in the early mornings plus did interviews and online stories. I was also excited to read the national news which aired on all the Golden West radio stations across western Canada.

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

I left CFAM in 2023 and started a new part-time job with Pembina Valley Local Immigration Partnership where we work with residents in the region to create welcoming and inclu-

sive communities. I've chosen to stay at the Sun Valley Co-op Gas Bar part-time as well.

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

As a couple we enjoy walking our dogs, hiking, curling, fishing, and watersports. I started working out at our local gym enjoying the CrossFit workouts and learning about Olympic weightlifting. I entered some strongman style competitions for novice athletes and even entered a CrossFit partner competition in the masters category last year. In 2007 I was selected as mission staff for ringette and squash at the Canada Winter Games in Whitehorse and in 2009 for soccer at Summer Games in PEI. All of which led me to the 2010 Vancouver Winter Olympics volunteering in the women's hockey venue. Recently the 2019 Winter Games in Red Deer I worked with wheelchair basketball and snowboarding then in 2022, I was assigned women's fastball and sailing for the Summer Games in Niagara.

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

I am fortunate to share that I have been able to visit 17 countries around the world. In 2015 Al and I walked 800kms in a well-known pilgrimage referred to as the Camino de Santiago. It took us 35 days and was truly amazing. We loved it so much that we went back in 2017...just 200kms this time! We try to travel as much as possible but not everyone would love our style. Many hostels, public transportation, and picnic lunches make it possible.

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

Our plan is to continue to spend as much time as possible at our cabin at Malachi Lake with family and friends and to keep travelling.



Al and Tara Friesen

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

We sure enjoy walking our two dogs on the walking path or river trail system and visiting family and friends. In my new role with PVLIP I'm also in Carman from time to time.

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

I loved living on the farm and the connections I made in the rural neighbourhood. Being a rink rat was amazing and some of my best memories were the 1990 Manitoba Winter Games in Carman. I also recall fondly playing goal in the rec-hockey league and high school. The Collegiate programs of band gave me appreciation for live music and the woodworking confidence to tackle a variety of building projects. I remember going to events like the harness races, tractor pulls, the Potato Blossom festival and stuff like midnight madness with the bed races!

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

Simply a thank you to everyone who gave of their time over the years to make the community great.

## Access Credit Union members rewarded with \$13.5 million cash back payout

By Lana Meier

The Board of Directors of Access Credit Union announced a \$13.5 million cash return via their Member Re-

wards profit-sharing program to their members.

The Member Rewards program is the credit union's way of showing appreciation to its members for their continued relationships and patronage. Because Access Credit Union is a cooperative, members are true owners of the organization and are eligible to share in the annual profits.

After satisfying requirements for equity reserves, the Board of Directors may set aside a portion of earnings for members who have borrowed and saved at the credit union. The amount a member receives is based on interest earned on non-registered deposits and interest paid on lending products.

Board Chair Curt Letkeman expressed gratitude to Access Credit Union members for their ongoing support during another year of growth. He reaffirmed the organization's dedication to providing the best possible service to its members and emphasized their desire to be present

wherever members may need them.

"We are very pleased to share our success with our members through this year's Member Rewards payout," says

As the leader of Access Credit Union, Larry Davey is pleased to announce that they experienced robust growth in their business and achieved impressive financial results for 2023. This success is a direct result of their ongoing commitment to investing in innovative solutions and forming valuable partnerships. For more info about the Member Rewards program, please visit [accesscu.ca/rewards](https://accesscu.ca/rewards).

**Lauren Stone**  
MLA for Midland

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# PVWD honours two farms with 2024 Conservation Award

By Lorne Stelmach

Two farming operations that aim to be environmentally conscious in a variety of ways are sharing an annual award.

The Pembina Valley Watershed District (PVWD) in partnership with Manitoba Department of Environment and Climate has honoured both Fresh Roots Farm and Dogs Run Farm with this year's annual PVWD Conservation Award.

The Dogs Run Farm is a small family business near Clearwater operated by Katie and Colin McInnes that uses agro-ecological practices to raise cattle, pigs, sheep, broilers, turkeys and laying hens in a pasture-based system. It markets its products directly to the end consumer through online sales and farm-to-table deliveries.

Fresh Roots Farm near Cartwright is owned and operated by Troy Stozek and Michelle Schram. The duo decided to bring their shared passions for agro-ecology, social justice, and community development to Schram's home community to start a farm and food business.

PVWD manager Ryan Sheffield noted it would have been hard to choose between the two because they are both smaller farms that are creating a successful business with a smaller footprint, and they both help show what is possible by setting outstanding examples.

"They're doing the same as us—we're trying to lead by example and show people how to have an environmentally friendly farming practice and focus on communication and telling the story."

For 11 years, the McInnes' have been working to grow their farm from its start of only a few acres and feeding a few families to a full-time farm business that provides hundreds of customers every month with healthy pasture raised food.

As first-generation farmers raised in Winnipeg without ties to a farm, they were challenged with lack of access to land, capital, and infrastructure when they began their small operation in 2013.

Through the help of mentorships with experienced farmers and support from their new communities and customers, they have been able to grow to steward 230-plus acres of land, raising five different species of animals and offering an array of meat products.

In 2023 they were the second farm in Manitoba to be "land to market" certified—a global verification system which uses quantifiable metrics to ensure producer practices are regenerative.

The goals for The Dogs Run Farm centre around managing for a diverse prairie landscape with space for both native species and a robust local community.

They strive to create positive change through planting native trees, managed grazing, holding water on the landscape and creating healthy soils which sequester carbon and retain water effectively throughout the seasons.

All of these practices create habitat, provide food for wildlife, reduce erosion, and help provide resiliency to climate change while at the same time increasing their profitability by increasing the carrying capacity of their land, improving the health of animals, and lowering input costs.

They are students of holistic management, and while the direct management of their farm and farm business is incredibly important to them, what they are probably most proud of is their community-



STANDARD PHOTO SUBMITTED

Pembina Valley Watershed District reps with this year's Conservation Award winners. From left: Ryan Sheffield (PVWD manager), Michelle Schram (Fresh Roots Farm), Troy Stozek (Fresh Roots Farm), Colin McInnes (The Dogs Run Farm), Katie McInnes (The Dogs Run Farm), Bill Howatt (PVWD board chair), and Grant Matchullis (PVWD board member).

mind approach to farming and food.

They have worked diligently to help build community in the regenerative agriculture and direct marketing community in Manitoba by mentoring young farmers, creating marketing partnerships with other farmers like Troy and Michelle of Fresh Roots Farm, educating consumers, and working to advocate for farms practicing regenerative agriculture.

They also share their knowledge and strive to foster a community that helps build the local food movement in Manitoba and increase awareness about regenerative practices. They have taken many opportunities to partner with Manitoba food security organizations to facilitate donations of their meat, eggs, and handmade soap—getting them directly to the individuals who can benefit from them.

"We're honoured to have our work recognized by the PVWD," Katie McInnes said via email. "As new farmers, the award signifies that what we have tried to do with our farm is valued within our community and by our peers."

"We are also honoured to be recognized alongside our friends and collaborators Troy and Michelle at Fresh Roots Farm," she added. "Our working relationship has been meaningful to our growth as farmers and as a business. It feels fitting to be presented the conservation award together."

Fresh Roots Farm's Troy Stozek is a first-generation farmer from Dauphin with agrarian roots, while Michelle grew up on a multi-generation family farm.

Since 2012, they have dedicated themselves to establishing a farm business on part of the family land rooted in those core environmental, social, and economic value. They raise grass-fed beef and honeybees on primarily perennial forages and floral sources.

They believe there is great value in landscapes growing a high diversity of perennial plants, which can result in a much more balanced, dynamic and

resilient ecosystem. They market all of the beef and much of honey they produce directly to customers throughout Manitoba through their website and retail stores.

Their holistic management training convinced them that focusing their cattle grazing management on improving soil health and increasing biodiversity can lead to cascading positive effects ecologically and economically.

The honey business began on a whim, after bringing home two hives in 2012, but it quickly turned into a full-blown passion and scaled up commercial venture of 200+ hives and on-farm processing and packaging facility.

They now work with a number of other landowners in the area with similar land management practices to house their growing apiary during the growing season and their honey can be found in 20+ retail stores.

"It is nice when we can benefit multiple farm enterprises with the same management practices, as is the case with managing for soil health and biodiversity," said Stozek.

"Intensive grazing with long rest periods increases desired plant species, builds soil and offers bees, cattle and other critters a more balanced diet," he continued. "The same is true of adding more legumes and trees to the landscape. The diverse and many flowers benefit the bees as nectar and pollen sources for a longer period during the season and also provide excellent forage, shade and shelter for our grass-fed beef program."

Stozek sees it all as coming down to focusing more on the big picture.

"We've always had a pretty strong compassion and commitment towards a higher purpose beyond farming. We've always had the motivation to try to commit to a larger environmental cause," he said.

It would be an added benefit if they could in turn inspire others.



# Local hockey heroes recognized by Winnipeg Jets

## Hardwork and dedication pays off for Winnipeg Jets Local Hockey Hero nominees

By E Antonio

Manitoba local hockey superstars were nominated to be voted on and named the Winnipeg Jets Local Hockey Hero for going above and beyond to help others play the game.

The Local Hockey Hero contest, brought to you by Wawanesa Insurance, was the final chance for community members to choose the finalist that best exemplifies their idea of a hockey hero.

Three nominees from the province were chosen as finalists, selected by community members. From

### > PVWD, FROM PG. 7

"That's not ultimately what we're motivated by, but we do see that there is a real need, and we feel a sense of urgency for the bigger picture," said Stozek. "Agriculture has such a huge potential to have a positive impact on things like climate change and solving some of our water woes.

"There's so much more work that needs to be done, and there are resources now than ever before to do some of this work."

Sheffield said they value how these two farms really connect with their customers and build awareness around the importance of producing healthy food in the right way.

"They both seem to focus on every aspect of having a very environmentally healthy farming operation. They seem to always be trying to improve and develop more beneficial practices."



Brad Tkachyk with son Theodore Tkachyk.



Brent Nemeth presenting at the Cooper Nemeth Memorial Day 2024.



Winnipeg Jets Local Hockey Hero winner, Johnny Bestland with friends and family at the Kabby Cup 2024 Hockey Tournament.

March 18 to 25, Manitobans could vote for their preferred local hero. The grand prize package included tickets to a Winnipeg Jets game, an autographed jersey, and a Jets Gear gift card. Additionally, the recipient will be honoured to present the Winnipeg Jets Community Service Award.

Johnny Bestland from Sanford was honoured with the Winnipeg Jets Local Hockey Hero title.

Fellow coach Mackenzie Kabernick nominated Bestland. Bestland is a volunteer coach for Sanford Collegiate Sabre Girls Hockey. His dedication and involvement with the team earned him a nomination.

Bestland was surprised to see he was nominated.

"When you've coached this many kids, it is the happiness of everyone that is more important than the actual competition," said Bestland.

Bestland added that none of his coaching would be possible alone. He explained that it is a team effort from everyone.

Bestland started playing hockey at age six. He instantly fell in love with the sport and continued to play throughout his life. Today, all of Bestland's daughters also share his love for the game and have been fortunate enough to be coached by their father.

Bestland stepped into the role of coach when his close friend and former hockey mentor, Kelly Kabernick, passed away during the middle of the season.

"Everyone gets wrenches thrown at them in life," said Bestland. He explained that it was a tough roll to fill, but it was well worth the time.

Bestland helped initiate the Kelly Kabernick Fund in honour of Kelly Kabernick. Funds raised go towards the Sanford Arena.

Bestland loves hockey because it is a team effort.

"We are all working together toward a common goal," added Bestland.

Bestland is grateful to have been selected as the Winnipeg Jets' Local Hockey Hero and looks forward to sharing the prize with his family. He is thrilled at the opportunity to teach kids both hockey and life skills.

Fellow hockey parent Angie Beaque nominated Brent Nemeth of Winnipeg. The two first crossed paths seven years ago when their children were on the same team. Beaque also played a cru-

cial role in organizing the Cooper Nemeth Memorial Day game.

Nemeth was surprised by the nomination. He thinks that everyone he works with deserves this recognition.

Nemeth's nomination was based on his role in establishing and promoting the Cooper Nemeth Memorial Fund, a player assistance program under Hockey Winnipeg. The fund was created in memory of his late son, Cooper Nemeth. Notably, \$23,100 was raised at this year's Cooper Nemeth Memorial Day event held on March 23.

Nemeth has been involved with hockey since he was a kid. He first played the sport and now coaches in the community.

Nemeth loves when former players continue to connect. "It is a good feeling when they say 'Hey Coach!'" explained Nemeth.

There is a familial feel Nemeth gains from coaching. "It is about giving back, and I am happy to do that," he added.

Nemeth congratulated the other nominees.

"All three of us are winners for being nominated," said Nemeth.

Nemeth is proud of his impact no matter the result.

Brad Tkachyk of Elm Creek was nominated by Chris Miller, a friend and fellow Elm Creek Arena volunteer. Tkachyk frequently volunteers at the Elm Creek Arena. He always wants to do his part and give back to the hockey community he grew up in. "It is a rite of passage to help out in the community," said Tkachyk.

He explained that volunteers run the rink. It takes an entire team of helpers to keep the hockey spirit alive in Elm Creek.

Tkachyk was surprised to hear he was a finalist for the contest. He thinks every volunteer at the rink deserves special recognition.

Tkachyk has lived in Elm Creek all of his life. He has played hockey in the community since he was young.

Currently, Tkachyk's four children are all avid hockey players, frequently seen at the Elm Creek Arena.

"I love watching the kids grow up playing the sport," mentioned Tkachyk.

He explained that it makes him feel good when he sees everyone in the community get together to play hockey. Tkachyk loves uniting with others who share his passion for the sport.

All three nominees love what they do and look forward to seeing where their journey with hockey leads to.

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# We want to make sure everyone impacted by Parkinson's knows that you can turn to us for support, wherever you are on your journey.

## Symptoms of Parkinson's

Parkinson's is commonly characterized by its motor symptoms. But many people experience other changes that are often not identified as symptoms of the disease. These are known as non-motor symptoms and are often left untreated. Below, you will find information outlining both types of symptoms, how to identify symptoms you may not realize are linked to Parkinson's, and how to manage them.

### Motor symptoms

Parkinson's is characterized by:

- Slowness of movement
- Rigidity
- Tremor
- Postural instability

### Non-motor symptoms

Non-motor symptoms can impact your quality of life and can be experienced prior to motor symptoms. You may not realize that these symptoms are linked to Parkinson's disease. As a result, many non-motor symptoms often go untreated.

### Depression may be an early symptom of Parkinson's

Depression is one of the most common, and most disabling, non-motor symptoms of Parkinson's disease. As many as 50 per cent of people with Parkinson's experience the symptoms of clinical depression at some stage of the disease. Some people experience depression up to a decade or more before experiencing any

motor symptoms of Parkinson's.

Clinical depression and anxiety are underdiagnosed symptoms of Parkinson's. Researchers believe that depression and anxiety in Parkinson's disease may be due to chemical and physical changes in the area of the brain that affect mood as well as movement. These changes are caused by the disease itself.

### Other non-motor symptoms

Non-motor symptoms can vary substantially from patient to patient and can include:

- drooling
- change in taste and smell
- choking and swallowing difficulties
- nausea and vomiting
- constipation
- uncontrolled loss of stool
- bladder dysfunction
- unexplained changes in weight
- dementia and cognitive impairment
- hallucinations
- sexual dysfunction
- orthostatic hypotension
- excessive daytime sleepiness
- insomnia
- REM sleep behaviour disorder
- restless leg syndrome
- leg swelling
- excessive sweating
- double vision
- delusions and impulse control disorders

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Team Hayward reaches playoffs at Nationals

By Ty Dilello

Carman's Shaela Hayward and her star-studded squad of Keira Krahn, India Young, and Rylie Cox have wrapped up their fantastic and very busy curling season after a playoff appearance at last week's U21 Canadian Junior National Curling Championships in Fort McMurray, Alberta.

Team Hayward, which had previously captured the U18 and U21 Provincial Championships, the U18 Canadian National Championship and back-to-back MHSAA curling banners (2021-22 and 2022-23), put up an excellent showing in Fort McMurray.

Team Hayward earned a 5-3 record in the round-robin to advance to the playoffs at the U21 Nationals. Sadly, their run ended in the quarterfinals after a 9-3 loss to Team Alberta (Claire Booth).

Hayward also gave eventual champion Allyson MacNutt of Nova Scotia their toughest victory of the event. MacNutt had to draw the button in an extra end to defeat Hayward by an 8-7 score.

"It was an honour to wear the buffalo on our backs at our first Canadian

Junior, and we are very proud of our performance," said Hayward.

"Our first junior national was amazing," added Young. "We saw a lot of the same teams that were at U18s, with the addition of a few strong U20 teams. So it was great to see familiar faces again. It was for sure a goal for us to make playoffs and achieving that was amazing. We had a few tough games at the beginning of the week, but we got right back into the rhythm and clinched that playoff spot."

With Young accepting a golf scholarship in the United States this fall, Team Hayward will be making some changes for next season, which means that this national was the last hurrah for the current lineup.

"This season has been a dream come true," said Young. "There's no better way that we could have ended Team Hayward. We are so proud of what we have accomplished, and we are so thankful for all of the support."

At the U21 Nationals, Zoey Terrick also represented the province as Team Manitoba 2 in the girls' event and missed the playoffs with a 2-6 record.



STANDARD PHOTO SUBMITTED

Team Hayward's fairy tale season has come to an end after falling short in the quarterfinals at the U21 Canadian Junior National Curling Championships in Fort McMurray, Alberta last weekend. Pictured left to right, Shaela Hayward, Keira Krahn, India Young, Rylie Cox and Diane Hayward (coach).

On the boys' side, Team Manitoba's Jordon McDonald (featuring Winnipeg Beach's Elias Huminicki at second) was considered a favourite in the event as they went 7-1 in the round-

robin. Unfortunately, they fell in the quarterfinals to fellow Manitoba rink Jace Freeman of Virden. Freeman lost in the semifinals but captured the bronze medal.

## Carman track athletes continue to excel

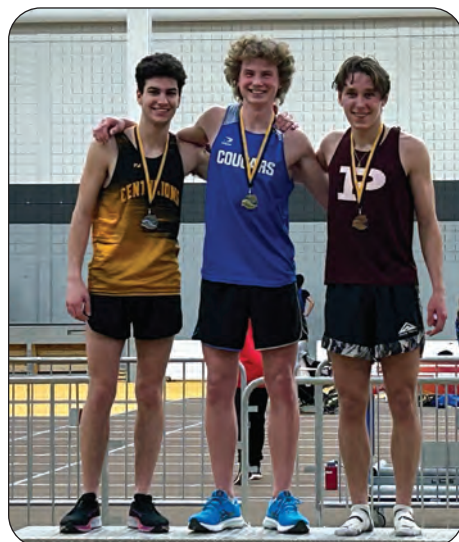
By Ty Dilello

The Last Mile Athletic Club from Carman continued to make its mark on the local track and field scene with its indoor season. After competing in a series of high school races, all four of its athletes qualified for the Manitoba High School Provincial Championships.

Longtime Club coach Lyle Myers continues to coach these athletes with his training program daily.

Carman Collegiate student Nate Phillips had a successful indoor track season. Throughout the series, his 800m and 1500m sprints continuously improved. He finished that series with a gold in the 800m and a silver in the 1500m. He also had a personal best in the 3000m at the Jim Daly Classic with a time of 8:52:30, ranking him third in Canada for all of U18 males.

Nathan Dyck also competed in the 800, 1500 and 3000m this season and ran personal bests in his 3000m and



Nate Phillips, middle, finished the indoor track and field series with a gold in the 800m and a silver in the 1500m.

800m events.

Sara Gross competed in the 800m, 1500m and 3000m as well, through-



STANDARD PHOTOS SUBMITTED

Last Mile Athletic Club track athlete Sara Gross competed in the 800m, 1500m and 3000m.

Continued on page 11





STANDARD PHOTOS BY RICK HIEBERT

Winkler defenceman Isaiah Peters successfully puts himself in front of a shot on goal from Portage's Owen Wit in last Wednesday's playoff game, which Winkler won 5-3 to take a 2-1 lead in the series. Below: Andrew Dalton fights off the defensive effort of the Terriers' Daniel Siso.

# Flyers finish off Terriers

By Ashleigh Viveiros

The Winkler Flyers punched their ticket to the second round of the MJHL playoffs last week.

The junior team made short work of the Portage Terriers in round one, winning the best-of-seven in five.

After an opening weekend that saw the series tied at 1-1, Winkler took the lead and kept it in games three through five.

Game three last Wednesday night in Winkler saw control swing back and forth, with the Flyers getting a 2-0 head start in the first on the strength of goals from Jayce Legaarden, and then Portage tying it up in the first minute of the second, only to have the Flyers retake the lead 4-2 thanks to goals from Avery Anderson and Trent Penner before the midpoint.

Portage's Daniel Siso started to close the gap with a third-period marker seven minutes in, but one more from Legaarden sealed the deal and gave Winkler the win 5-3.

Malachi Klassen stood tall in net for the Flyers, making 29 saves as Portage outshot Winkler 32-23.

Klassen gave up just one goal in game four in Portage two nights later, while teammates Brady Craik, Anderson, and Mike Svenson lit up the net to give the Flyers the 3-1 win and a 3-1 series lead.

The Flyers then hammered home the final nail in Portage's coffin Saturday night in front of a sold-out hometown crowd, doubling up on their opponents 6-3.

Craik, Trent Penner, and Jakob Jones made it a 3-0 affair in the first 20 minutes.

Penner scored his second of the night midway through the second, following up on two from Portage to make it 4-2 for Winkler heading into the final frame.

There, the Terriers managed just one goal to Winkler's two (Legaarden, Blake Matheson), and saw their season come to an end as a result.

Klassen was between the posts once again, making 27 saves off 30 shots. His teammates fired 30 the other way.

Winkler is now awaiting the outcomes of the MGEU West Division playoffs to see who they'll face in the



next round. At press time the Virden Oil Capitals were up 3-2 against the Neepawa Knights, as were the OCN

Blizzard against the Dauphin Kings.

## > CARMAN INDOOR TRACK, FROM PG. 10

out the indoor season with the club and the high school meets. At the high school provincials in the 1500m, Gross had a personal best in a tight race in which she placed third. Shortly after, Gross ran an 800m and placed second, finishing off her season on a

high note.

Hana Lesiuk finished the season with a third-place finish in the 400m at the Manitoba Age Class Championship.

A highlight for the Last Mile Athletic Club runners was volunteering and

spectating at the U Sports National Indoor Track and Field Championship, which was hosted by the University of Manitoba Bisons this past month.

Watching Canada's highest-calibre university athletes incentivized them to keep working towards their goals. Dyck, Gross, and Lesiuk are all look-

ing at continuing their running next year at various clubs and universities, with Phillips following them in 2025.

Next for these athletes is the outdoor track season, which will begin in May for clubs and high school competitions.



# Former Stanley Cup champion Masnick passes away

By Ty Dilello

The last Montreal Canadiens 1953 Stanley Cup-winning team member has passed away.

Paul Masnick was 92 years old when he died on March 23, 2024.

When I first met Masnick in early 2022, he was all that was left of that 1953 team. He lived quietly alone in Barrie, Ontario, in a tall apartment building overlooking the gorgeous Kempenfelt Bay. He didn't own a television or a car, as he busied around to get his groceries and visit his girlfriend.

Masnick was born to Ukrainian parents in Wakaw, Saskatchewan, on April 14, 1931. The youngest of four siblings (one brother and two sisters), he was the family's only hockey player.

The son of a travelling salesman, Masnick and his family moved frequently as a kid, from Wakaw to Brandon to Carman and eventually to Sanford, where the family settled for a few years during Masnick's first years playing hockey.

Masnick's father was not interested in hockey and initially was not keen on having his son play in the Carman and Sanford areas.

"He was always afraid I'd get hurt," said Masnick, "and wanted me to give it up. Mother didn't worry so much. The rest of the family liked hockey as much as I did; they just didn't play."

When he was five years old, he first ventured out on skates and started playing shinny on outdoor ponds a short time later.

"You did hockey as a child because there wasn't much else to do there as the winters were long, and in those days, they flooded a piece of land, so you'd skate on there," said Masnick. "You'd make goalposts from whatever you could find, and you'd stay out there for eight hours a day and play. You'd come home tired and didn't have new skates as you used whatever you could find for skates. That pretty much sums everyone up for how they got into hockey in those days."

The Masnick family eventually moved to Regina in his teenage years, and he went on to play for the Regina Pats junior team, which lost the 1950 Memorial Cup final to the Montreal Junior Canadiens in five games.

From there, Masnick became the property of the



STANDARD PHOTOS SUBMITTED

Former Montreal Canadiens forward and 1953 Stanley Cup champion Paul Masnick passed away in Barrie, Ontario, at 92. Right photo, Ty Dilello visited Masnick at his home in Barrie, Ont. in early 2022.

Montreal Canadiens organization as he embarked on a professional hockey career.

Masnick was a bright-eyed nineteen-year-old rookie on the Canadiens in 1950-51. He sat on the bench while Bill Barilko scored his famous Stanley Cup-winning goal for the Toronto Maple Leafs before perishing in a plane crash later that summer.

Masnick's career highlight was having a role on the Montreal Canadiens club that won the Stanley Cup in 1953. They never got rings for winning the Stanley Cup back in 1953. Instead, all that Masnick has of his Cup triumph is a little pin that the team gave him for winning, made up of rubies and sapphires.

"I'm so old, I'm not even on the Stanley Cup anymore," quipped Masnick. "It was a great time being able to play in Montreal with the likes of Rocket Richard and have that honour of winning a Stanley Cup."

After his time in Montreal, Masnick was loaned to

the Chicago Black Hawks for 11 games in 1954-55. His rights were sold to the Toronto Maple Leafs in 1957, and he saw action with them in 41 games in 1957-58. That was the end of his NHL career.

Masnick spent six more seasons in the Western Hockey League and the International League before retiring in 1963. In his NHL career, he played in 232 games and scored 18 goals and 41 assists.

Like his father, Masnick also became a travelling salesman after his career. He moved around a lot across Saskatchewan, Manitoba, and Minnesota before eventually settling into southern Ontario in his late sixties.

Masnick's passing last week means there's one less hockey legend still with us from a bygone era.

"I've had a good life," said Masnick. "No complaints at all as I get up there in years now and see that I'm one of the last few players left. I'm always just trying to get to tomorrow, which is all you can try to do when you reach my age."

## Twisters on verge of advancing to MMJHL finals

By Ty Dilello

The Pembina Valley Twisters are a game away from the MMJHL championship finals. The Twisters are currently up three games to zero in their league semifinal best-of-seven series with the St. Boniface Riels.

On March 27, the Twisters took Game 2 on the road with a big 3-1 victory over St. Boniface. Kyle Van Deynze led the way for Pembina Valley with a pair of goals, while Lucas Jolicoeur had the other tally. Owen LaRocque was excellent in the Twisters' goal, stopping 42 shots for the win.

A few nights later, on March 30, back at home in

Morris, the Twisters snuck by the Riels in a tight 3-2 win that gave them a stranglehold in the series. Merek Degraeve, Kyle Van Deynze, and Brett Bergman scored for the Twisters, while goaltender Logan Enns stopped 27 shots for the win.

"We've been digging deep, prioritizing defensive zone first, and getting in the shooting lanes," said Twisters' head coach Braeden Beernaerts. "Our goalies have been the backbone for us, and we've been capitalizing on timely chances. We started well last game, but we got flat footed after taking a few penalties in the third period, but in the end, the boys buckled down for the win."

The Twisters and Riels were back in action for Game 4 of their best-of-seven series on Monday, April 1 at Southdale Arena in Winnipeg. No score was available at press time.

One more victory will put the Twisters into the MMJHL, where they would meet up with the St. James Jr. Canucks, who have already won their semifinal series in four straight games.

"As we go deeper and deeper into the playoffs the message is that: it only gets harder and harder," said Beernaerts. "Every little detail gets magnified. We hope to remain focused and keep pushing the pace in our games moving forward."



# get inspired

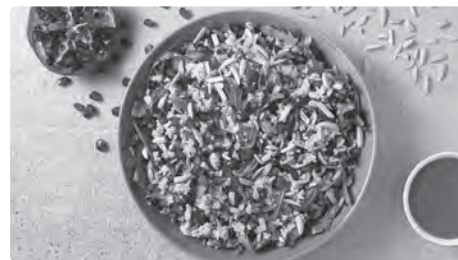
> MEAL IDEAS



## Tuna and Rice Nicoise Salad

Prep time: 4 minutes  
Cook time: 1 minute  
Servings: 1  
1 cup Minute Yellow Rice Cups  
2 tablespoons balsamic dressing  
2 tablespoons olive tapenade  
1 teaspoon capers, drained well  
1/2 cup halved cherry tomatoes  
1/2 cup frozen green beans, thawed  
1 can (3 ounces) tuna, drained and

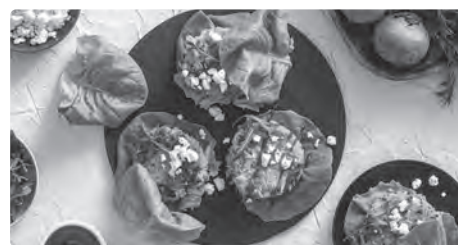
flaked  
1 hard-boiled egg, cut into wedges  
Heat rice according to package directions.  
In medium bowl, combine rice, balsamic dressing, tapenade and capers. Mix well.  
Top with cherry tomatoes, green beans, tuna and hard-boiled egg.  
Tip: Serve salad over bed of mixed greens, if desired.



## Pomegranate and Arugula Rice Salad

Prep time: 10 minutes  
Cook time: 5 minutes  
Servings: 8  
2 cups Minute Instant Jasmine Rice  
1/3 cup olive oil  
3 tablespoons balsamic vinegar  
2 tablespoons minced red onion  
1 tablespoon Dijon mustard  
1 teaspoon honey  
1/2 teaspoon salt  
1/4 teaspoon black pepper

1 bag (5 ounces) arugula  
1 cup pomegranate seeds  
1/3 cup slivered almonds, toasted  
Prepare rice according to package directions. Cool completely, about 10 minutes.  
In large bowl, whisk oil, vinegar, red onion, mustard, honey, salt and pepper. Add rice, arugula and pomegranate seeds to bowl; toss to coat thoroughly. Sprinkle with almonds.  
Tips: For added flavor, top salad with crumbled goat or blue cheese.  
To cool rice quickly, spread evenly on parchment paper-lined baking sheet.



## Golden Beet and Rice Burger Sliders

Prep time: 20 minutes  
Cook time: 20 minutes  
Servings: 6  
1 bag Success Jasmine Rice  
1/2 can (7 1/2 ounces) white beans, drained and rinsed  
1 egg, beaten  
1/2 tablespoon water  
4 ounces (about 1 1/2 cups) golden beets, cooked and grated  
3 ounces goat cheese, crumbled, divided  
1 tablespoon finely chopped fresh dill  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
2 tablespoons olive oil, divided  
12 leaves Bibb lettuce  
1 cup arugula  
2 tablespoons Sriracha sauce

Prepare rice according to package directions. Cool completely.  
In food processor, pulse beans, egg and water until mashed.  
Transfer bean mixture to large bowl. Add rice, beets, 1 1/2 ounces goat cheese, dill, salt and pepper; stir until combined. Divide mixture into six portions and shape into 1/2-inch-thick patties.  
In large, nonstick skillet over medium heat, heat 1 tablespoon oil. Cook patties in two batches, 3-5 minutes per side, or until golden brown and heated through, adding remaining oil as necessary.  
Place two lettuce leaves together, overlapping ends to form pocket. Place patty inside lettuce pocket; top with arugula and remaining goat cheese. Drizzle with Sriracha. Repeat with remaining burgers.

## Ask the money lady

Dear Money Lady Readers,  
With everything that's going on in the markets today it's hard to know if you have the right investment plan for your future. Here's what all the economists say: "you need to have a well-diversified portfolio which includes bonds, cash, and high-quality stocks, one that is rebalanced based on your age, risk tolerance and future aspirations."



Christine Ibbotson

Okay, textbook – right? But what does that mean? How do you do that? How are you going to get started?  
Well, you need to be build a financial team. If your car breaks down or you get into an accident, you don't fix it by yourself in your garage? You or your insurance company hires a professional mechanic to fix it and then everything is great again. Same idea with money. You need to have a professional that can help you achieve all those financial goals you want out of your life.

You want an investment "partner." Pick an advisor who really has your best interests at heart, and don't just pick the first person you talk to, or a relative that wants to help out. You want to be selective, not just with the advisor, but also the brokerage firm. Now let's talk about fees. What should you pay? There are 2 types of fee structures – transactional or fee-based.

Transactional fees are charged with every investment transaction. This is often the case when you buy fixed income investments such as bonds. A fee is charged when you purchase the bond and then again when you sell it. There aren't many advisors that still do transactional fee structures when buying securities. That was the old "stockbroker style" of buying and selling stocks on a monthly basis to generate revenue not only for the client but also the broker. Most advisors today lack the expertise to execute this style of investing properly; however, if you didn't have a good stockbroker back then, it still could be costly. We used to call this method the "pump

& dump," which was basically how a broker would make an income, moving stock around and charging a transaction fee every time. Nowadays advisors want to put you in a fee-based plan, with a fixed monthly fee designed to offer more protection for the clients along with ensuring a consistent revenue stream for the advisor and the brokerage firm.

Basically, you want to ask yourself: is this advisor a valued partner that I'm willing to pay for, and most importantly am I satisfied with the services that they provide?

Personally, I think It's always a good idea to periodically check out the competition, talk to your friends and see what they pay. When you are young you may not mind spending more for investment advice, but as you age and move investments into secure fixed income products with lower risk and smaller gains, your number one problem will be fees and expenses.

Let me leave you with this TIP: Your new advisor needs to be focused on how to secure your capital with adequate growth in the most tax-efficient manner; and if they always do that, you will always make money.

Good Luck and Best Wishes,  
Money Lady  
Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6 syndicated across Canada. Send your questions through her website at ask-themoneylady.ca

## Zero-Waste Moroccan Spice Rice and Lentil Pilaf

Prep time: 10 minutes  
Cook time: 20 minutes  
Servings: 4  
5 cups water  
1/3 cup dried brown lentils, rinsed  
1 bag Success Basmati Rice  
1/2 cup fresh cilantro, finely chopped (stalks and leaves)  
4 green onions, thinly sliced  
2 tablespoons olive oil  
2 tablespoons Moroccan spice blend  
1/4 cup raisins  
1/4 cup almonds

1/4 cup preserved lemons, finely chopped  
In medium saucepan over medium heat, bring water to boil. Add lentils and cook 10-15 minutes, or until slightly soft.  
Submerge bag of rice in saucepan with lentils and cook 10-12 minutes, or until lentils are tender. Remove bag with fork and drain; set aside. Drain lentils and transfer back to saucepan. Cut open bag of rice and empty cooked rice into saucepan with lentils. Stir to combine.  
Stir in cilantro, green onions, olive oil, Moroccan spice blend, raisins, almonds and preserved lemons. Serve.







# Announcements Classifieds

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**CARD OF THANKS**

Our sincere thank you to all those who sent cards, flowers, food, messages and visits during our bereavement after Chad Penner's passing. All your support is truly appreciated. Special thanks to Past Bob Pauls and Mark Reimer at Doyle's.

-Katrin, Darcy, Michelle and Amy Penner

**CARMAN GUN SHOW**

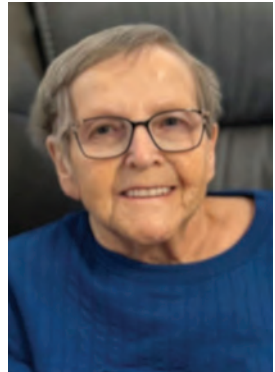
**Date: April 6, 2024**

**Time: 9AM to 3PM**

**Place: Carman Hall**

**\$7 ADMISSION**

**OBITUARY**



**Laura Agnes Skeavington (nee Schroeder)**  
December 27, 1939 - March 29, 2024

Laura Agnes was born December 27, 1939, the fifth of seven children to George and Elizabeth (nee Wiebe) Schroeder. She was born and lived in Winkler in her younger years until her family moved north west of Carman, where she grew up and went to school in the Albert district. She moved back to Winkler to live with her grandparents to complete Gr 9/10 then enrolled into the nursing program to get her LPN nursing degree. While training and working at the Carman Memorial Hospital in 1960, she met a young man, Don Skeavington, who lived just down the street from the hospital, and they were married August 26, 1961.

Laura is survived by her husband of 62 years, Don; her daughter Sherry and husband Murray, granddaughters Kaitlin (husband Kody and great-grandchildren Chase, Teagan and Rayna) and

Stacey (husband John) and her son Dwane and fiancée Evangeline and grandson Dylan (fiancée Liz). She is survived by siblings Bob (Mary), Margaret, Deloris, Edna and Donald and by Don's sister Marjorie. She is predeceased by her sister Susan, brothers-in-law, Ed, Johnny, Art, Howard, Lawrence and Cliff, sisters-in-law Marie and Hazel and by nieces Marlene and Maureen Dowd. She is survived by many beloved nieces and nephews.

Laura retired from the Carman Memorial Hospital on December 31, 1991 after working there for 29 years and 11 months. Of all her duties there, she most loved and was known for her role as a labour and delivery "baby" nurse. So many in the Carman and area community have wonderful memories of Laura as their nurse when their baby was delivered. Sherry was very lucky to have had her mom as her night nurse when Kaitlin was born. Mom proudly swaddled and cuddled our new baby all night long! Another work memory was being driven to the hospital in the town grader during one of the floods that happened in Carman.

After retirement, she went on to volunteer for the Carman DAS in the office as a secretary/administrator for many years. Laura also volunteered for the Carman and District Christmas Cheer Board taking hamper registrations for many years. She had a small but loving group of family and friends with whom she was close. In her earlier years, she spent lots of time camping with her family at Stephenfield Provincial Park and a one month long family camping trip to the Maritimes was a highlight. She and Don also loved their vacations to Hawaii. Though scoliosis and arthritis severely limited her, she was so strong and determined that she would do what she could by herself! She was very gifted and proud of her cross stitch and embroidery creations which are all over Mom and Dad's house. She loved sewing, quilting, knitting and crocheting when she was still able. She also loved reading her books and trying new recipes. Being a younger daughter with three older sisters meant that when it was time for meal prep or cleanup or chores, she often was able to get away to play the organ while her sisters did the work. When they were able to find another organ in her retirement years, Laura really loved playing her favourite hymns and songs. Her greatest joys were her grandchildren and great-grandchildren. They brought a light to her life like no other. She always tried to have fun things for them to do or tricks to play on gramps when they came to visit in their younger years. In later years, gram was always ready for a visit to catch up on everyone's busy lives. Chase, Teagan and Rayna were very lucky to have had the chance to know two sets of great-grandparents!

Our many heartfelt thanks to all the wonderful staff at Carman Home Care, Carman Hospital and the Foyer in Notre Dame de Lourdes. Your care and attention to all the big and small details made Mom's life so much better. Thanks also to Pastor Bob Pauls for his visits to Mom and Dad during this difficult time.

A private family celebration will be held at a later date.  
Donations may be made to the Arthritis Society of Canada if so desired.  
Doyle's Funeral Home  
in care of arrangements  
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Please Call 204-467-5836

**RURAL MUNICIPALITY OF GREY PUBLIC NOTICE REGARDING THE 2024 FINANCIAL PLAN**

PUBLIC NOTICE is hereby given pursuant to subsection 162 (2) of The Municipal Act that the Council of the Rural Municipality of Grey intends to present its financial plan for the fiscal year 2024 at a public hearing in the:

**R.M of Grey Council Chambers**  
27 Church Avenue East, Elm Creek, Manitoba  
Thursday April 25, 2024 at 7:00 p.m.

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

Copies of the financial plan will be available for review and may be examined by any person during the regular office hours of the Municipal Office at 27 Church Avenue East, Elm Creek, Manitoba.

Kim Arnal  
Chief Administrative Officer  
R.M. of Grey

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**Remember Your Loved Ones with an Announcement in the**

The Carman-Dufferin **STANDARD**



## EMPATHY: How to combat bullying through kindness

Understanding and sharing the emotions of others is what empathy is all about. When it comes to bullying, you can gain valuable insight into someone else's struggles and emotions by putting yourself in their shoes. Here's how to fight bullying with empathy.

**Listen.** Take the time to genuinely listen to others, especially those who may feel isolated or vulnerable. By showing empathy and understanding, you can create a safe space for people to share their experiences and feelings.

**Reach out.** If you notice someone being bullied, offer a helping hand and let them know they're not alone. Even small acts of kindness can have a significant impact on someone's life.

**Lead by example.** Treat everyone with respect and understanding. Your actions can inspire positive change and create a ripple effect of kindness and compassion.

**Encourage inclusivity.** Embrace diversity and create an inclusive environment where everyone feels valued and accepted for who they are. Celebrate differences and encourage people to share their unique perspectives and experiences.

**Raise your voice.** If you witness bullying, don't hesitate to intervene. Simply standing up for someone can diffuse a harmful situation and create a sense of safety and security.

This Pink Shirt Day, lead with empathy. Taking the time to understand others will lead to a kinder and more compassionate society.



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**PINK SHIRT DAY**



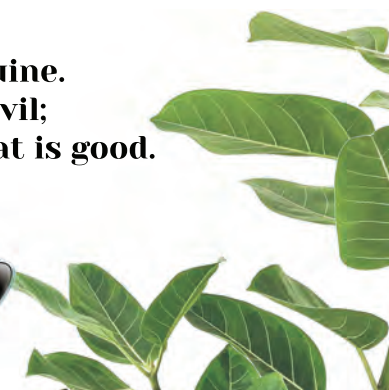
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Abhor what is evil;  
hold fast to what is good.  
Romans 12:9



**Bullying has no place in our communities.**

**Allyship takes action.**



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Every student deserves to feel safe and respected in school and in their community. Western School Division is rooted in caring, and providing a safe and caring school environment is everyone's responsibility.



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