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planet. The activity, which included colouring a heart-shaped Earth and listing four environmental pledges, helped students become more aware of how they can care for the Earth.

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Carman community rallies to protect the planet on Earth Day

By E Antonio

Community members in Carman united over one goal on April 22: caring for the Earth.

In honour of Earth Day, which is celebrated annually on April 22, Carman-Dufferin Communities in Bloom (CDCiB) and École Carman Elementary School (ECES) each hosted events to commemorate the importance of environmental stewardship.

Deb Penner, a CDCiB member, said they use Earth Day to help create awareness about preserving the environment and building a sustainable community.

"We feel passionate about supporting environmental programs and projects with positive impacts such as waste management, tree planting and sustainable mobility," she said.

Six CDCiB members braved the rain for a community clean-up, picking up garbage around downtown Carman. Penner noted that this year's Earth Day theme, Our Power, Our Planet, reinforces that protecting the planet is within our control.

More Earth Day celebrations took place at ECES, where Julie Fehr's Grade 3 class spent the day learning about ways to protect the planet.



Communities in Bloom members, Terry Gosnell, Deb Penner, Judy Neustaedter, and Terri Dyck. Missing the photo is Jo-Ann Wood e.

The students completed an Earth Day-themed art project, wore earthy colours and spent an hour without power. Although they had planned to pick up garbage around the schoolyard, the rainy weather kept them indoors.

"It's important to engage in these ac-



STANDARD PHOTO BY JULIE FEHR

Julie Fehr's Grade 3 class at École Carman Elementary School stands in front of their Earth Day bulletin board.

tivities because I am teaching a future generation. If I don't teach them at a young age to take care of the Earth, who will?" Fehr said.

Her entire class shared excitement for the activities and spoke about the importance of protecting the Earth.

Tyler, Audrey, Braxton, Carlin, Lucy, Kenrik, Carter, Noah, Maverik, Sadie, Vincent, Keaton, Owen, Jay Jay, Elizabeth, Paisley and Christina all emphasized the need to protect living things – plants, animals and people – to keep the Earth alive. Rio highlighted the importance of conserving electricity by turning off lights and limiting water use, while Ishleen added, "We only have one Earth, so we need to take care of it."

Fehr said ECES promotes sustainable practices year-round, including having recycling bins in every classroom, encouraging reusable water bottles, and growing a vegetable garden for use in the school canteen.

"We want to help students understand the benefits of taking care of the environment," she said.

Teeing off in April



STANDARD PHOTO BY DENNIS YOUNG

On Sunday, April 27, 2025, Carman experienced above-average temperatures, reaching a high of 18°C under cloudy skies. This was notably warmer than the typical late-April average high of around 15°C. The mild conditions made it an ideal day for golfers, like Cliff Holliston and Neil Martin to enjoy the opening weekend at the Carman Golf and Curling Club. The course opened on April 23.



carmanmanitoba.ca

Stone presses province to address Boyne Lodge staffing shortages

By Lana Meier with files from Ty Dilello

Ongoing staffing shortages at Boyne Lodge Personal Care Home in Carman are drawing calls for urgent provincial action, nearly three years after the facility's expansion was completed.

During a session at the Manitoba Legislature last week, Midland MLA Lauren Stone pressed the province to prioritize the issue, calling out the health minister for a lack of response.

"Carman deserves attention from the minister of health," said Stone. "High demands, long wait times, and empty rooms are available. This simply doesn't make sense. Rooms are vacant at the brand-new Boyne Lodge in Carman, and the only thing anyone is hearing from this government is silence. This minister needs to make Boyne Lodge a priority and provide adequate staffing so residents waiting can move in."

Stone said she is formally requesting the minister meet with representatives from the RM of Dufferin and the Town of Carman to discuss the staffing shortages facing Boyne Lodge and to develop solutions in coordina-

tion with those municipalities.

"Currently there are high vacancies for nurses and resident assistant positions," she said. "As a result, beds in the Boyne Lodge are sitting unused despite folks around the region waiting for placement in a personal care home."

The expanded Boyne Lodge facility opened in August 2021, but staff shortages—particularly in resident care-have limited its capacity ever since. Staffing at the facility is managed by Southern Health-Santé Sud.

In a statement to The Standard, a Southern Health spokesperson said the region continues to actively recruit staff for the care home and has seen recent success. That includes a nursing student tour of Boyne Lodge held on March 1, followed by a wellattended career fair on March 25.

"As a result of these efforts, we are seeing positive results increasing staffing levels at the Boyne Lodge Personal Care Home," said Southern Health. "Nine new staff have been hired to date, and some part-time staff have transitioned to full-time



STANDARD PHOTO SUBMITTED

Boyne Lodge Personal Care Home in Carman has faced ongoing staffing shortages since its expansion in 2021. Midland MLA Lauren Stone is urging the province to act so vacant rooms can be filled and residents can receive timely care.

positions."

Southern Health said recruitment efforts are ongoing, and they continue to encourage prospective applicants to visit the health region's website for job postings and information.

Stone said the staffing problems at Boyne Lodge are part of a larger rural

healthcare shortage and criticized the provincial government's budget for failing to address it.

"I am asking for a strategy for healthcare recruitment for southern Manitoba," said Stone. "The recent

Continued on page 5

We care about quality!

In his nearly 40 years on orthotic lifts-whatever it thing.

Shoes, new life into piece favourite manner of leather or trusted brands meant to last. canvas pieces.

at it all these years.

In today's disposable dying important one.

glue, change the soles, and walks through the door. they're good to go for who can mend tears and install Mall.

the job, KC's Shoe Repair takes to make an aging owner Ken Thiessen has shoe functional once again. fixed just about every- "It keeps it out of the dump and in use a little longer."

certainly—if Beyond repairs, KC's also there's a chance to breathe offers a wide selection of your footwear of all kinds-shoes, of boots, sandals-for the footwear, he's the man to entire family, and also all do it-but his workshop is manner of work and western also packed full of projects wear-from hats to jeans to ranging from luggage to shirts-for the youngest hockey equipment to all cowboy to the oldest, all from

"We care about quality," "I can fix just about Thiessen says on what makes anything," Thiessen says, KC's stand out. "That's very sharing that it's the variety important. Junk you can get of his job that's kept him anywhere. For quality, you come here."

Customer service world, shoe repair is a another feature the family-run art, but an shop prides itself on, he adds, noting they offer personalized, "We can change up the friendly service to everyone who

To learn more, stop by KC's Shoe knows how long," says Repair at 325 Kimberly Rd. in Thiessen, adding he also Winkler, just behind the Southland



EDITORIAL > VIEWPOINTS > LETTERS news@carmanstandard.ca

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Corrie Sargent

ure signs that spring is coming are when you notice the buds beginning to form on trees.

Once you see this you can practically imagine the crocuses waking up just beneath

the ground and the grass preparing to stretch forth in a long and yawning greening after being asleep for so long obvious

Other signs include the tell-tale honks of

Cantelon Canada geese returning from their southern sojourn along with robins, various other species of bird and beast, and a pale (almost transparent) Peter Cantelon emerging from his den, squinty eved in the light of day, still bearing evidence of the winter fat designed to

days. Legend holds that if Cantelon sees his shadow on the day of emergence it will be six more weeks before he can write a decent, readable column.

keep him alive through the drowsy

For various reasons including a broken foot I have remained relatively hidden within the two and half foot thick stone walls of my fortress for most of this past winter. I would like to blame a broken foot for remaining hidden most winters but sadly I cannot.

Emerging from the dark

Something about the cold, long dark days keeps me mostly hidden from the living during the snowy season even though this is the opposite of what, I am told, a person needs during these frigid months of low light.

Today however, buoyed by the promise of warmer temperatures and sunlight, I packed a backpack and hobbled down to the local coffee shop to work amidst others of my species.

I am told that an introvert like me who works professionally from home should "get out" once and a while, if for no other reason then to assure people that I am, in fact, still alive.

This advice is often received like the advice some extroverts like to give to introverts when they spot them at parties hiding in a corner, legitimately having a good time in their own way:

WHY AREN'T YOU HAVING FUN? YOU SHOULD DANCE! TRY SMIL-ING! HEY - WHERE ARE YOU GO-ING???

Of course, we know they mean well. Extroverts get very uncomfortable by

the presence of people who do not enjoy themselves in the exact same way they do.

So here I am typing out my column in the coffee shop with my armour on. The armour in question are my headphones.

(ASIDE: Dear reader, should you happen to see someone you know in a coffee shop and they are actively avoiding eye contact and wearing headphones, you are best to move along. A quick head nod or wave is acceptable. Absolutely resist the urge to stand in front of the person jumping up and down or shaking them vigorously by the shoulders. But I digress.)

At a certain point I will have reached my limit of humans in the same way a person reaches their limit of sun at the beach and must retreat to the shade. I mean, you like the warmth of a hot sunny day but there's such a thing as too much. To date I do not believe anyone has invented social sun block other than a long avoidance of bathing

Once I reach the above-mentioned limit, I will pack my portable office up and begin the not too long hobble back home, proud of myself for breaching my own defences for a few hours.

But for now I will bask in the warmth of being out and about.

This week, the way it was through the years

By Dennis Young

100 years ago — April 30, 1925... A new three-court lawn tennis facility opened; Stan Cochran reorganized the Carman Band; CPR offered excursions to the West Coast for \$72; the Carman Cadet Corps held its first target shoot at the old clay pit; Ed Ryall was named vice-president of Western Hotelmen; and a new Carman Gun Club was formed to combat crows, magpies and gophers.

75 years ago — 1950... Town council aimed to make every part of Car-

man accessible by paved walkways; the Carman Game and Fish Association voted in favour of requiring all fishermen to have an angling licence; wire was installed at the back of the grandstand below the roof; Manitoba Pool Elevators appointed Harv Jones as a local field supervisor; Stout's Service Station advertised auto electric repairs; and DAS hosted a four-team baseball tournament featuring the Cardinals.

50 years ago — 1975... The Carman

Chamber of Commerce received a provincial award for the most extensive and effective program of work; a water tower was equipped with an FM repeater antenna by Carman Relay Systems to benefit two-way radio communication; residents faced a 22.3-mill increase due to rising education costs; and Marsh Kennedy led the 400 Club in raising funds to replace the arena's wire mesh lobby windows with plexiglass.

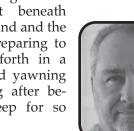
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Bv Peter

MPI, RCMP urge drivers to slow down

By Annaliese Meier

With the cold winter months in the rear-view mirror and summer straight ahead, Manitobans are hitting the road with adventure on their minds — but speed can stop you in your tracks. It just takes seconds for an adventure to turn into a tragedy.

Manitoba Public Insurance (MPI) and the Manitoba RCMP are working to help drivers avoid having speed ruin their next great adventure.

Music up, windows down and clear, dry roads ahead can make a driver forget that no matter the road conditions, there can be severe consequences to driving too fast. At high speeds, your field of vision is reduced and your reaction window shortens. Like switching from a wide-angle lens to a zoom lens, you can easily miss what is happening around you and lose the opportunity to react.

Even small increases in speed can

> UNDERSTAFFED, FROM PG. 3

NDP budget failed to include a robust strategy for the retention and recruitment of healthcare professionals for southern Manitoba. Recruitment continues to be a challenge in rural Manitoba."

Stone pointed to similar situations elsewhere, noting that beds are also sitting empty at Emerson Health Cenmean the difference between life and death. MPI data shows that at 30 kilometres per hour, a pedestrian's fatality risk is around five per cent. At 65 kilometres per hour, that fatality risk jumps to 80 per cent.

In the last three years, 68 people have died and 2,220 have been injured in collisions on Manitoba roadways where speed was a contributing factor. The number of speed-related collisions in Manitoba from 2022 to 2024 totalled 10,499.

"Speeding is one of the most dangerous high-risk driving behaviours we see in Manitoba," said Maria Campos, MPI vice-president and chief customer and product officer. "The thousands of crashes and the high number of fatalities is very concerning, and we want to make sure that law enforcement has the tools they need to help curb this behaviour. We are proud to support the purchase of Automated Licence Plate Readers, and continue to fund Enhanced Enforcement Programs focused solely on speed. These tactics help in cracking down on dangerous behaviour, but the best outcome is drivers keeping their speed within the legal limit."

From 2022 to 2024, law enforcement issued 1,326 Serious Offence Notices to drivers exceeding the speed limit by more than 50 kilometres per hour.

"Road safety has been and will continue to be a top priority for the RCMP," said Staff Sgt. Shelley Lepla, Manitoba RCMP Traffic Services Enforcement commander. "We are committed to working to decrease speeding and speed-related collisions throughout Manitoba."

Summer adventure does await so let's all slow down, enjoy the ride, and, most importantly, reach our destinations safely.

ern Health-Santé Sud requesting a breakdown of the recent hires by position—nurses, health care aides or support staff—as well as information on the current staff-to-resident ratio, the number of vacant rooms, and the average wait time for placement at Boyne Lodge. The health region responded that the information could only be provided through a Freedom of Information and Protection of Privacy Act (FIPPA) request.



tre due to staffing shortages.

"Healthcare is an issue I hear regu-

larly from my constituents," Stone

added. "Manitobans are waiting for

care close to home and near their sup-

port system, while having adequate

staffing in place is critical to ensuring

The Standard reached out to South-

Manitobans get the care they need."

By Dennis Young

Explorers was a United Church group for girls aged 9 to 11. The groups met once a week for Bible study, learning programs, and participation in Sunday services. The girls learned to share the responsibilities of the group and took part in various programs and activities, including crafts, games, and storytelling. They wore a blue skirt and a white blouse featuring an emblem logo. The Maple Leaf represented Canadians, the white circle symbolized the earth and God's world, the compass represented the Bible, and the gold star stood for the North Star and Jesus. By the early 1960s, there were over 38,000 Explorers across Canada. Although this number has decreased, the Explorers program is still active in some provinces.



STANDARD PHOTO SUBMITTED

Pictured left to right, back row: Marge Meldrum Leader, Judy Buss, Peggy Peterson, Dale Peckover, Charlotte Murner, Noreen Bell, Sharon McDonald; middle row, Lorraine Duvenaud, Sandra Mogk, Sheila Killeen, Gail Holmes; front row, Gerry Rose, Marleen Young, Glenda Cates, Sandra McDonald, Wendy Wilson, Olive Holmes and unknown. worship with us > FAITH

"The steadfast love of the LORD never ceases; his mercies never come to an end;

they are new every morning; great is your faithfulness" (Lamentations 3:22-23).

Israel's Lamentation

The Bible book, Lamentations, was written at a time when the nation of Israel was at an all time low, being hemmed-in and attacked by one of the cruelest nations known to history. To make matters worse, Israelite turned against Israelite. Yet, in the midst of that lament the author acknowledges God's steadfast love and faithfulness. It was his trust and hope in that moment of history.

Our Lamentation

We, too, could write lengthy and heart-felt lamentations. Only five years ago our whole world was turned upside down by a global pandemic. The sicknesses and deaths were frightening enough, but the distrust between people was at an all-time apex. Accusations of conspiracy were charged against any group that we did not agree with, even when we had felt an allegiance to them only months prior. To get to the truth of that time was and remains very difficult.

Even now we are in the midst of another political and economic upheaval. Two nations that once considered each other friends are at a war of words about tariffs and illegal immigration and accusations of not protecting our mutual border. Have you checked your investments lately? Have you tried to cross the border lately? Either one of these activities might frighten you or cause you to lament. We do have legitimate reasons to be concerned, perhaps even to lament.

Christian Response

As Christians, we live in this world. We are affected by all these twists and turns. How should we respond? In the deep chaos of the current upheaval, let us turn to God and acknowledge that His steadfast love and His faithfulness toward this world, as shown in the death and resurrection of Jesus Christ, calls us to calm assurance. We can continue to be loving neighbour to all our neighbours. God has not changed, He is our trust and hope in this moment of history.

Len Lodder, Canadian Reformed Church Carman East.

Hard work pays off for RM of Thompson's road crew

By E Antonio

Good roads don't build themselves — and the RM of Thompson's dedication has paid off, winning a provincial award for Best Maintained Municipal Roads. The road crew took home the Manitoba Good Roads Association award for Best Maintained Municipal Roads (MGRA) on April 15.

Since 1909, the MGRA has been recognizing, educating and assisting municipalities across the province in maintaining their roads. All MGRA members are eligible for an award in one of five districts across Manitoba. Each year, two MGRA judges spend days driving through the roads in each municipality, scoring them based on their general condition.

"Everyone knows that when we are driving on the roads which ones are good and which ones aren't," said MGRA executive director Terra Van Deynze. She added that hosting the competition inspires municipalities to improve road conditions as they strive to take home the provincial cup.

"We want to encourage everyone to have good roads in our municipalities. I think that often when communities see that a neighbouring municipality has won, it pushes them to make their roads better," she said.

The RM of Thompson was named district three's champion for Best Maintained Municipal Roads, beating out 21 other communities.

Reeve Brian Callum said he is proud of the RM, and that the hard work of public works employees has not gone unnoticed.

"It is a constant battle with Mother Nature, but our guys do a wonderful job at maintaining the roads," he said. Callum added that he sees the pride and commitment the public works employees put into making the roads safe, noting that good roads are easier on vehicles and easier on people's pockets.

Dale Knox, who has worked in the RM's public works department since 2007 and is now foreman, leads a small but mighty group of employees tasked with keeping the roads and other public infrastructure in good working order.

"We maintain everything in the RM of Thompson. It's one of those places where you become a jack of all trades," Knox said.

He said he is proud the team's dedication is being recognized, and noted



STANDARD PHOTO SUBMITTED

RM of Thompson won the Best Maintained Rural Road title for district three at Manitoba Good Roads Association annual banquet on April 15. Pictured (from left) are public works employees, Rob Cox, Dale Knox and Walter Hildebrand.

that public works staff do a lot of behind-the-scenes work to ensure the community's roads are safe and accessible. "They might not always be perfect, but we are definitely doing our best," Knox added.

Barnswallow Quilters ready to showcase creative talents

Spring quilt show May 2-4 at Morden



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By Lorne Stelmach

The spring show of the Barnswallow Quilters is once again set to showcase the creative talents of artists from across the region.

The annual event highlights a wide variety of work that ranges from traditional to contemporary quilting — a diversity organizers are always keen to celebrate.

"It's a pretty diverse group of artists and work," said Lesley Andrew, one of the lead organizers for the May 2-4 event. "We have some very traditional quilters who feel that hand quilting and hand piecing are what they grew up with. Some of the newer quilters have gone to sewing machines, and then the quilting is done by a longarm quilter, so it's all done by machine."

The show will run at the Access Event Centre in Morden from 10 a.m. to 8 p.m. Friday, 10 a.m. to 5 p.m. Saturday, and noon to 5 p.m. Sunday.

It will be part of a busy weekend at the facility, which will also host the South Central Regional Library's used book sale.

"It's a busy weekend, and I think it's one that a lot of people look forward to," Andrew said. Registration for the quilt show takes place Wednesday, April 30, and is open to anyone. Preference will be given to Barnswallow members if space becomes limited.

space becomes limited. "Anyone can register a quilt for the show. You don't have to be a Barnswallow member, although if we have a lot of quilts, we may not be able to hang them all," Andrew said.

The show began modestly in the loft of a barn southeast of Morden but has grown steadily, eventually moving to the larger space at the Access Event Centre.

The variety of work on display now includes all kinds of fabric art created by artisans from across the region.

"It has really grown and diversified from the very traditional quilts to the modern quilts of today," Andrew said. "Beauty lies in the eyes of the beholder. It always amazes me what these artists can do with fabric and fibre."

This year's featured quilter is Barb Westfall.

"She has stretched her boundaries. She is an amazing artist and very talented," Andrew said. "She does really quite wonderful work."

New this year will be a display by

the Textile and Fiber Artists of Manitoba. Their show, entitled Dual Impressions, will feature 38 wall-mounted fibre art pieces.

Andrew described the group as "an inclusive, diverse group of Canadian artists whose foundation rests on the four pillars of education, networking, exhibiting and promoting fibre as an art form."

Another highlight of the show is the annual challenge, where quilters are given a theme to inspire their work. This year's theme is connection.

"It is always interesting to see," Andrew said. "They take a theme, and what one person sees is different from what another person sees."

The event will also feature a merchant mall overseen by Aspen Grove Quilting, with a number of vendors from across Manitoba.

The Barnswallow's Boutique will return as well, offering members the opportunity to sell their creations.

Proceeds from the rainbow auction will support South Central Cancer Resource and women's health services at Boundary Trails Health Centre.

More information about the show is available at barnswallowquilters. wordpress.com.

Roland resident hatches plan to legalize backyard hens

Roland resident starts petition to allow laying hens in town

By Becca Myskiw

A Roland resident is petitioning for laying hens to be allowed in the rural municipality (RM).

Riley Martens has created an online petition to gather signatures in support of residents being allowed to raise up to four laying hens in the town of Roland. According to the RM of Roland's bylaw No. 4-2020, "to provide for the regulation and control of animals within the limits of the Rural Municipality of Roland," section 9(5) states that the keeping of animals is prohibited: "The keeping of livestock within any Townsites located in the Municipality is strictly prohibited."

The RM defines livestock as animals kept for the production of meat, other animal products, herding, protection of livestock, draft work, breeding stock, or for the purpose of improving or preserving any species.

Animals included in this definition are:

• Dairy cattle, beef cattle, goats, sheep, horses, bison

• Swine, wild boars

• All cervids on game production farms

• Llamas, alpacas, and other members of the Camilidae family

• Chickens, turkeys, ducks, geese

Specialty fowl

• Any other animals prescribed as livestock under The Animal Liability Act regulations

In other words, as of now, laying hens are not allowed in the RM of

Roland. That's why Martens created the petition — to show council there is community support for the change.

"Sustainability is a priority for me and many others," he says in his statement on the petition site. "It starts at home and small steps, like keeping a few laying hens, can contribute to a big change."

He went on to say that producing their own eggs would lessen the burden on grocery stores and allow homeowners to ensure their hens are raised with care and fed a nutritious diet, contributing to their family's overall health.

"It's been a dream of ours to collect eggs ourselves for a while now," said Martens. "They're not a nuisance. They're quiet, they're very easy to take care of, and they don't smell as long as you do your due diligence and take care of them. They provide eggs, and I don't see why it shouldn't be allowed."

Martens is proposing that each household be allowed to raise up to four laying hens, should they wish to. After researching what other communities do, he found that four birds was a common limit.

After just one week, the petition garnered 98 signatures — just two shy of Martens' goal. He said the restriction on laying hens restricts residents' paths toward self-reliance and green living, and the aim of the petition is "to seek legislation that allows homeowners in the RM of Roland (specifically urban properties inside the villages of Roland and Myrtle) to raise up to four laying hens per property."



STANDARD PHOTO SUBMITTED

Laying hens could soon be allowed in Roland if a resident's petition to permit backyard flocks gains council approval.

He also proposes several restrictions in his petition to address common concerns:

• No roosters, to prevent noise issues

• No commercial sale of eggs or chicken products, to prevent commercial exploitation

Martens said studies have shown that regulated backyard poultry promotes animal welfare and food safety, and hens that are well cared for produce higher-quality eggs than those on factory farms.

"This shows the proposed change could not only encourage sustainable

living but also promote health and welfare," he said. "However, these possibilities are currently limited by our laws."

So far, the response to Martens' petition has been overwhelmingly positive. He plans to leave it up throughout May before taking it to council to make his case.

To sign the petition to allow for laying hens in the RM of Roland, visit change.org.



MB Health launches spring COVID-19 vaccination campaign

Staff

Manitoba's spring COVID-19 vaccination campaign launched last week and will run until June 30.

Manitoba Health, Seniors and Long-Term Care says the campaign is timed to provide "the best protection to Manitobans at highest risk of serious COVID-19 outcomes during the summer months when COVID-19 circulation may increase."

Booster shots are available to individuals who last received a dose of the vaccine in fall of 2024 (provided it has been at least three months since this dose) and who meet one of the following criteria:

• adults 65 years of age and older;

• Indigenous people 45 years of age and older, regardless of place of residence;

• adult residents of long-term care homes and other congregate living settings for seniors; and

• individuals six months of age and older who are moderately to severely immunocompromised (due to an underlying condition or treatment). Vaccines for this age group will only be available until June 14, after which the supply expires.

Any Manitoban who has not yet received a COVID-19 vaccine as part of the fall 2024 COVID-19 vaccination program is encouraged to receive a dose before June 30. Starting July 1, routine COVID-19 immunizations will only be available in special circumstances based on guidance from a health-care professional for a specific medical condition, as this will ensure a three-month interval before the start of the fall 2025 COVID-19 immunization campaign.

The vaccine is available free of charge from medical clinics, pharmacies, nursing stations and rural public health offices. Head to www.manitoba.ca/respiratoryviruses/vaccinefinder.html or call 1-844-626-8222 to confirm a location near you.

Stepping into the spotlight: Liv Dance Company recital set for May 23 and 24

By Becca Myskiw

Dancers at Liv Dance Company are hard at work preparing for their yearend recital later this month.

The local dance studio opened in Carman a few years ago when Jill Livingston, just out of high school at the time, decided to keep dance alive in the community. This year, the company had about 160 dancers, ranging in age from two years old to adults. Liv Dance Company offers a wide range of classes, including preschool dance — which focuses on basic movement — tap, jazz, ballet, hip hop, contemporary, acro, lyrical and musical theatre.

Livingston, who is also a university student, is the studio's main instructor, teaching five or six days a week. She is joined by five other main instructors and six assistants.

"It's been good," she said. "Every year, I feel like I get a little bit better at it. There are always new things each year, new challenges, new opportunities. It's always a learning experience."

Liv Dance Company operates Monday to Friday in the fall, and Monday to Saturday after Christmas. The season runs from late September through the end of May, culminating with a two-day recital at the P.W. Enns Centennial Concert Hall in Winkler.

At the end of March, the company's competitive dancers performed at their annual showcase at the Carman Collegiate theatre, giving family, friends and community members a preview of their competition routines.

"It's a good way for them to practice," said Livingston. "Especially the younger competition kids. It's a good experience for them to go do their dance on stage before they go to a competition, because competition can be a little bit of a dysregulating experience."

This year, Liv Dance Company has 30 competitive dancers. The showcase featured 44 performers, as some teen classes also compete in a few events at the end of the season.

"It helps motivate them," said Livingston. "And it's a good experience."

This season, the studio has seen its highest number of eight to 11-yearolds yet, with nearly 50 students registered. Many of them have been with the company since it began, and Livingston said it has been special to watch them grow within the studio.

The studio's intermediate and senior competition teams competed at On the Floor, a competition in mid-March. Dancer Ava received the platinum award and scholarship for her tap solo, Cora and Danyka received the titanium award and third overall for their contemporary duet, and Ava and Danielle received the platinum award and fourth place for their contemporary duet. The inter comp contemporary group got the platinum award, the judge's award for seamless transitions, and first place, the inter comp jazz group got the platinum award and second place, the senior company lyrical group got the platinum award and fourth, the senior company contemporary group got the platinum award and fourth, the senior company contemporary received the platinum award and third overall, the senior company jazz



STANDARD PHOTOS SUBMITTED

Liv Dance Company dancers had their first competition mid March. The intermediate senior large group performed Take Me Home, Country Roads at On the Floor, receiving the platinum award for their routine.

group got the platinum award, and the intermediate/senior large group got the platinum award.

"I think that we're creating something pretty special," she said.

Dancers are currently in crunch time, rehearsing intensively for their recital on May 23 and 24. While competitive dancers have had their routines set for a while, non-competitive dancers spend the entire season preparing for the year-end show.

Livingston said they are now focused on putting the finishing touches on each routine, cleaning up details and rehearsing the big finale.

The recital runs for two days because of the number of dancers. It's held in Winkler, as it is the only local venue that can accommodate the size of the audience — which will largely be made up of friends and family. The show will feature solo routines, duets, trios and multiple group numbers, with each class performing.

"This show is what most of the dancers practice for all year, so it's important it feels special for them," said Livingston.

If extra tickets are available, they will be released for purchase in the coming weeks through the Liv Dance Company website.

After the recital, the studio will offer parent-and-me classes through June, followed by summer camps later in the season.

Genesis House launches sexual assault intervention programming

By Lorne Stelmach

Genesis House has introduced a program to help address the issues and needs around sexual assault.

It received three years of funding through the Aurora Foundation to implement a sexual assault intervention program, which is very much an extension of shelter services but is also available to the community at

large.

Executive director Ang Braun noted how Genesis House has noticed a significant increase in sexual violence being reported by the women they serve, and they also recognize how it is a complex issue. So their goal is to bring awareness to the issue and provide support and navigation to the people that need it. "We went with the idea let's make it a little bit easier to navigate and see what we find and where it goes," said Braun.

"Our interest in this was piqued when [CTV's] W5 a couple of years back had a focus on Manitoba and the fact that there were very little services outside of Winnipeg ... we here at the shelter we're seeing a lot of sexual as-

The Manitou Opera House Foundation presents HMCS Chippawa's Prairie Sailors Saturday, May 10 at 7 p.m. Doors and cash bar open at 6 p.m. Tickets online at: manitouopserahouse.com Adults \$25 Youth (17 and under) \$10 Reserved Seating For more information call/text 204-242-4287 or email: events@manitouoperahouse.com



sault and a lot of sexual exploitation actually, so we figured at some point we were going to have to tackle this for the region.

"I think we have recognized the need for the program for a couple of years ... but we hadn't been able to secure funding to start anything."

The sexual assault intervention program has two components.

The first is providing psycho-education and public awareness of sexual assault in the community, so Genesis House is offering 40 hours of sexual assault advocate training. This training is geared towards individuals who are interested in the psycho-education behind sexual assault and how to best assist survivors.

Genesis House is also launching a

Miami Arts Association to host first art exhibition at United Church

By Lana Meier

The Miami Arts Association is preparing to celebrate local talent with its first-ever art exhibition, opening May 2 at the Miami Centre for the Arts.

The show will feature works by past and present artists from the Municipality of Thompson, alongside a special commemorative display honouring the Miami United Church.

"We are honouring our new gallery space by commemorating the work the members of the United Church did for our community and by celebrating local artwork," said association board member Wendy Pearson.

The opening reception will be held from 7 p.m. to 10 p.m. on May 2. Following the launch, the exhibition will remain open throughout May, with viewing hours on Wednesdays and Thursdays from 10 a.m. to 4 p.m., Fridays from 7 p.m. to 9 p.m., and weekends from 1 p.m. to 4 p.m.

Pearson said showcasing work from artists within the Municipality of Thompson is meant to encourage others to get involved.

"We hope that showcasing the work of many talented artists from the municipality will encourage others to share their talents and become involved with our arts scene," she said.

A commemorative display recognizing the Miami United Church will also be featured, acknowledging the impact the church had in the community before its recent closure.

"When the Miami United Church was disbanding, we were fortunate enough for them to offer us their space," said Pearson. "Their closure was too sudden to put together anything to commemorate the integral part they had in the community, so we hope this display will be able to recognize that."

The association hopes the exhibition will draw strong community support, both for the artists and the newly revitalized arts space.

"We would like to show off the exciting new updates to the building while also showcasing what the Miami Arts Association has to offer," said Pearson.

The exhibition is part of a broader slate of events the association is planning over the spring and summer. A Mother's Day high tea and luncheon is scheduled for May 10, followed by a macrame purse-making workshop in June. The Summer Concert Series will return in July.

"Our hope is to bring the community together to visit and have a fun afternoon over a shared meal," Pearson said of the Mother's Day event.

The Summer Concert Series has been particularly popular in the past.

"It has received a great response," Pearson said. "People enjoy listening to live music while spending a social evening out on a summer evening. It's also a great way to exhibit local musical talent."

Supporting local artists and musicians is a key part of the association's mandate.

"Our role in supporting local artists and musicians is by highlighting their talents through concerts and exhibits as well as having them facilitate classes," Pearson said.

Community members can also get involved by volunteering, sponsoring events, or donating supplies.

"We always appreciate volunteer



STANDARD PHOTO SUBMITTED

Artworks by local artists and a commemorative display honouring the Miami United Church are now on view at the Miami Centre for the Arts. The exhibition, hosted by the Miami Arts Association, opened May 2 and will remain open to the public throughout May.

help at our fundraising events," Pearson said. "We are also looking for a board member to fill the role of treasurer."

The association is looking toward the future with plans to expand its offerings.

"We plan to diversify our offerings by adding new programming, concerts, and performing arts," said Pearson. "In the near future, we hope to add more accessibility to our building as well as to our programs."

For many of the artists participating in the exhibition, the opportunity is meaningful.

"This is the first time that I am publicly sharing my artwork, so it's exciting and a little nerve-racking, but it helps me to grow as an artist and share beauty with others in our community," said one featured artist.

The Miami Arts Association, they added, has played a vital role in their creative journey by offering workshops and fostering a space to share ideas and artwork.

"I most enjoy the support, encouragement, and inspiration from this creative community," the artist said.

For more information about the exhibition and upcoming events, visit the Miami Arts Association's social media pages or email miamiarts.association@gmail.com.

> INTERVENTION, FROM PG. 8

sexual assault awareness team with partners from such agencies as Ginew Wellness Centre, First Nations police, Boundary Trails Health Centre, local police services and RCMP as well as victim services and various other community entities.

Meetings will be held quarterly to discuss trends, challenges, and barriers in the communities regarding sexual assault with the hope that the collaborative work of this group will better address the matter.

The second component is that Genesis House is now offering counselling services for those who have experienced sexual assault, including both short-term counselling and support groups. These services are offered free of charge.

Program co-ordinator Taylor Goerz said a key thing with the initiative is bringing in a number of organizations and agencies to play a role.

"I think that creating a regional team and working together in co-operative roles will be really effective," she said, suggesting these various stakeholders can bring a lot of knowledge and perspective into play.

"There are complex reasons as to why victims aren't reporting ... so that's one of the issues that we're hoping to work together as a group to maybe lower some of the barriers."

The program was already up and running in conjunction with April being Sexual Assault Awareness Month.

"We are now accepting client referrals as well as delivering educational components to community members who are interested now," said Goerz, noting there were some one-on-one as well as group components. "We have the capacity to do some one on one things as well as a support group that we offer here at the shelter."

If you are interested in learning more about the sexual assault program or would like to collaborate, email SAIntervention@genesis-house. ca or call 431-775-5990.



10 The Carman-Dufferin Standard Thursday, May 1, 2025 **HMCS CHIPPAWA's Prairie Sailors to return to Manitou Opera House stage**

By Annaliese Meier

The Manitou Opera House Foundation is welcoming back the Royal Canadian Navy Band, the HMCS CHIP-PAWA Prairie Sailors, for a concert on Saturday, May 10 at 7 p.m.

Known for their wide variety of musical styles, the professional musicians of HMCS CHIPPAWA are dedicated to supporting the Canadian Armed Forces and engaging with the broader community.

When the Opera House Foundation first hosted the band in 2023, organizers quickly recognized the CHIPPAWA musicians' enthusiasm for sharing their talents and raising awareness about Canada's Navy and Naval Reserve.

The band is led by Lieutenant Everett Fristensky, whose versatile vocals range from rock anthems to jazz standards. Fristensky said the Navy Band's role is to enhance public awareness of the Royal Canadian Navy and its Naval Reserve while providing musical support for the military, all levels of government, and a wide range of public functions.

The CHIPPAWA Band performs at military and public parades, ceremonial events, social gatherings, dances, and school and public concerts, demonstrating its broad versatility.

The band also actively supports community fundraising efforts for non-profits, including the Rainbow Resource Centre, the Children's Wish Foundation, United Way, the Firefighters Burn Fund, the Canadian Breast Cancer Foundation, Variety Children's Charity, Winnipeg Harvest-and now, for the second time, the Manitou Opera House Foundation.

The CHIPPAWA music program features several ensembles, including a concert band, parade band, stage band, Dixieland combo, jazz trio, brass quintet, and its newest addition, the Prairie Sailors rock group.

At the Manitou concert, the Prairie Sailors will deliver a mix of classic rock, rhythm and blues, and jazz standards, highlighted by a strong brass section.

During their 2023 visit, band members connected warmly with the audi-



STANDARD PHOTO SUBMITTED

Members of the Royal Canadian Navy Band, HMCS CHIPPAWA Prairie Sailors, will return to the Manitou Opera House for a concert on May 10, bringing a mix of classic rock, jazz standards and rhythm and blues.

ter."

call 431-775-5990.

ence, greeting fans after the show—a moment that was especially meaningful for local Navy veterans.

In honour of the Navy Band's spirit of service, the Manitou Opera House Foundation is offering free tickets for cadets who serve at the annual Remembrance Day Service in Manitou, as well as for participants in local

school band programs.

The Opera House doors will open at 6 p.m. Reserved seating tickets are \$25, or \$10 for those aged 17 and under. Tickets are available online at www.manitouoperahouse.com or by calling 204-242-4287. For more information, email events@manitouoperahouse.com.

well as a support group at the shel-

Anyone interested in learning more

about the program or exploring col-

laboration opportunities can e-mail

SAIntervention@genesis-house.ca or

Genesis House launches sexual assault intervention programming

By Lorne Stelmach

Genesis House has launched a new sexual assault intervention program aimed at supporting survivors and raising awareness across the region.

With three years of funding from the Aurora Foundation, the program builds on existing shelter services but is also available to the broader community.

Executive director Ang Braun said the idea developed after the shelter saw a noticeable increase in sexual violence reported by the women they serve.

"Our interest in this was piqued when [CTV's] W5 highlighted the lack of services outside Winnipeg," said Braun. "Here at the shelter, we were already seeing a lot of sexual assault and sexual exploitation. We knew at some point we would have to address it for the region."

Braun noted they had long recognized the need for such a program but only recently secured funding to move forward.

The intervention program has two main components. The first involves psycho-education and public awareness. Genesis House is now offering 40 hours of sexual assault advocate training geared toward individuals interested in learning how to better support survivors. At the same time, the shelter has formed a regional sexual assault awareness team, which

includes representatives from the Ginew Wellness Centre, Boundary Trails Health Centre, First Nations and local police services, the RCMP, victim services, and other community partners. The team will meet quarterly to discuss trends, challenges, and barriers faced by survivors in the region.

Program co-ordinator Taylor Goerz said bringing together a range of organizations will be key to the pro-

gram's success. "Creating a regional team and working together co-operative in roles will be really effective," she said. "There are complex reasons why victims don't report assaults, so we hope this collaboration will help lower some of the barriers."

The second component of the program offers direct support through free counselling services. Genesis House is providing both shortterm counselling and group supGood Grief

You are invited to an informal gathering to talk and support one another in your journey of grief

Place: Boyne River Bistro Family Room Time: 10:00am - 11:00am

Dates: Thursday, March 13, 2025 Thursday, March 27, 2025 Thursday, April 10, 2025 Thursday, April 24, 2025 Thursday, May 8, 2025 Thursday, May 22, 2025

For more information contact Sandy Cameron scameron@southernhealth.ca

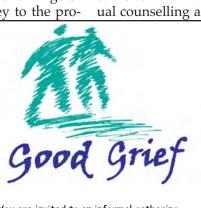
T 204-745-2021 ext 2258 or Cel 204-750-1597

port sessions for sexual assault survivors. The program officially launched earlier this month to coincide with Sexual Assault Awareness Month, and is already accepting client referrals.

"We are now delivering both the

training and the client services," said Goerz. "We can offer individual counselling as

standard-sized Access Event Centre 111 Gilmour St, Morden, MB Thursday, May 1: 2-9 PM Friday, May 2: 9-8 PM Saturday, May 3: 9-3 PM





It's where you fill your tank, stock

up on groceries, pick up your prescriptions, or get supplies for your farm and home. It's also where investment in the community is taken just as seriously as serving it.

"As a co-operative, our purpose goes beyond just providing products and services," says Homestead Co-op marketing and communications manager Shannon Vaughan. "We are committed to strengthening the places where we live and work. We invest in local organizations, events and initiatives that align with our values of integrity, excellence and responsibility, ensuring that our contributions enhance the lives of those in our communities."

In 2024, Homestead Co-op donated nearly \$155,000 to local projects and organizations.

Key 2024 projects included:OakvilleCommunityCentre:\$30,000over two years to sponsor theCo-op Community Kitchen

Fuel Good Day: \$3,500 each to Carman's Clearwater Memorial Playground Project, which features wheelchair-accessible playground equipment; Visions of Independence; and the Portage Friendship Centre's Tools for School Program in partnership with the local United Way and the Portage School Division, for a total of \$10,500

Portage Skate & Snow Park: \$67,000 donated through Co-op Community Spaces

Eagle Wings Flight School: fuel cards for their Indigenous youth assistance program

Various 4-H Clubs: almost \$10,000 donated

"We also support a wide range of organizations, including local charities, youth programs, food security initiatives, schools, community events, culture and the arts, and sports and recreational programs," Vaughan notes. "Whether it's helping a local food bank, sponsoring a minor sports league or supporting an agricultural fair, we focus on initiatives that make a real difference in people's lives."

Current initiatives for 2025 and beyond include annual sponsorship of the

Carman Country Fair and the Carman Chamber Golf Tournament, along with support for Carman Minor Ball, the Boyne Book It Fun Run, Carman Palliative Care, and local daycares and schools.

Beyond financial donations, Homestead Co-op shares their time and resources too.

"We volunteered around 150 employee hours for Free Fry Day in 2024," Vaughan says. "We donated ketchup and worked with McCain to hand out free fries and hashbrowns in exchange for donations for Ronald McDonald House Manitoba. Then there was Breakfast with Santa in December, supporting the Carman and Area Christmas Cheer Board."

Additionally, Homestead Co-op has a yearly tradition of hosting Co-op Week celebrations, where they engage with members through customer appreciation events, giveaways and community barbecues. This past year, they also handed out equity cheques during Co-op Week.

On a more individual scale, Vaughan

shares that Homestead Co-op actively

encourages team members to get involved in their communities and provides opportunities for staff to suggest and champion causes they care about, to ensure their impact as a business is meaningful and personal.

Moreover, their Co-op Community Involvement Program rewards employees for volunteer work. Staff who volunteer a certain number of hours each quarter are entered into a draw, with prizes including a \$500 donation to a charitable organization of the winner's choice and a \$50 gift card to a local restaurant.

Looking ahead, Homestead Co-op hopes to grow as a trusted community partner that adapts as member needs evolve. Continuing to participate in community through sponsorships, hands-on volunteering and partnerships that address emerging challenges, they'll work hard to ensure the impact they make is a positive one.

For more info. about community investment, or how to become a member for just \$10 with no annual fees, stop by any Homestead Co-op location or visit their website.

12 The Carman-Dufferin Standard Thursday, May 1, 2025 Bringing walls to life: Local artist completes mural trilogy

By Becca Myskiw

After teaching there for years, Lisa Salazar got the chance to cover Elm Creek School (ECS) in her art.

Salazar fell into painting after retiring and has since made a name for herself in murals. Earlier this year, she completed a 31-foot mural at Wee Care Child Centre, putting a total of 88 hours into the piece. Using her realism style and perfectionist attitude, she created scenes of dinosaurs, castles, creatures, mountains and more for the children to interact with at daycare.

ÉCS caught wind of Salazar's work and reached out, asking if she would create a mural in the school hallway she once walked every day. They approached her with a stick-figure-style drawing and ideas of a waterfall, a flowing river and what she called a "sketchy-looking tree." The school wanted a movement wall — something students could interact with, similar to an interactive floor. With the initial ideas and sketches in hand, Salazar was left to design the full scene — and that's exactly

what she did.

"The idea is that it's interactive movement so the kids can come along and trace the path with their fingers up the river and over the rainbow," said Salazar.

The mural features a waterfall on the left side, flowing into a river that

leads across the wall to a rainbow. In the background is a large tree, a grassy landscape, and a blue sky filled with fluffy, white clouds. Scattered throughout the scene are objects for students to find and interact with, including butterflies to high-five, fish in the water and the full alphabet. On the rocks in the river are numbers and equations that students can solve by matching them with the correct numbers along the bottom of the wall. There are also flowers, birds, a wolf, a family of raccoons, the Elm Creek co-



bra, rabbits, a turtle and more. The mural stretches about 20 feet

long from floor to ceiling and took Salazar around 22 hours to complete. When she finished, ECS approached

her with another idea: to give each classroom its own mascot. Salazar was tasked with painting something fitting the mural's theme outside each classroom door, and the idea grew from there. She first asked each teacher for their spirit animal, then painted their chosen animals along with a small movement instruction for students.

> One classroom has a cougar, while another features a fox surrounded by butterflies, encouraging students: "You are a butterfly. Stretch out and flap your wings gracefully. Take a deep breath through your mouth." Other classrooms have sea polar bears, wolves

otters, starfish, polar bears, wolves and whales. A small Arctic scene by the south entrance features beluga whales, narwhals, a reindeer, icebergs and the northern lights.

After Salazar completed the second phase, ECS received a grant for library improvements and approached her again — this time with a third and final project. Following conversations with the librarian, Salazar created a magical 20-foot mural inside the school library.

The library mural depicts lush green



STANDARD PHOTOS SUBMITTED

Lisa Salazar stands beside one of the murals she created at Elm Creek School, where her artwork now fills the hallways and library with colourful, interactive scenes for students to enjoy.

fields, a flowing river, a large tree, a castle, and a giant open book where students can pose as if they have wings. Storybook characters populate the scene, including Greg Heffley from Diary of a Wimpy Kid, Alice and the Cheshire Cat from Alice in Wonderland, Harry Potter, Jack from Jack and the Beanstalk, Max from Where the Wild Things Are, One Fish, Two Fish, Red Fish, Blue Fish, Dog Man, Ivan from The One and Only Ivan, and a giant elf. Symbols float through the sky — a stethoscope, rocket, horseshoe, hammer, volleyball and more representing all the places books can take a reader. Above the castle are the words: "You are a part of our story."

"At the end, [the librarian] says to me, 'You really are a part of our story now,'" said Salazar. "It was so fitting." The final mural took her about 34 hours to complete. Salazar, who was also substitute teaching at ECS, worked on the murals during free periods, evenings after classes and over spring break.

"Different kids would come in and notice things as I added them and get excited," she said. "They had to make a list of all the books they could name that went with it. It was such a rewarding thing. They would always give me a compliment on something." Salazar said she's grateful she could "add some joy" to ECS by filling its walls with colour. Her next project will be another large-scale mural this one located near the town fire hydrant — featuring a historical scene she hopes will be enjoyed for years to come. She plans to begin work on it this May.



"YOU REALLY ARE

A PART OF OUR

STORY NOW."



MS Education and Awarenes MS awareness: do you know the signs?











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Multiple sclerosis (MS) is a chronic condition that affects millions of individuals and their families across the country. March is National MS Education and Awareness Month. This nationwide initiative was launched in 2003 by MS Focus and serves as a powerful reminder of the challenges faced by those living with MS. It also aims to promote early detection and management.

SYMPTOMS

Multiple sclerosis is a complex and unpredictable neurological condition, with symptoms that can vary significantly from person to person. While no two journeys with MS are alike, some common symptoms include:

- Fatigue
- Depression
- Heat intolerance
- Numbness & tingling



- Loss of balance, dizziness and vertigo
- Stiffness or spasms
- Tremor
- Pain
- Bladder and bowel problems
- Vision problems
- Problems with memory and thinking

It's important to note that some people may experience certain symptoms while others may not experience them at all. This highlights the importance of consulting a healthcare professional if you or someone you know is experiencing concerning symptoms that may indicate MS.



Diagnosing MS is a nuanced process that requires the expertise of a neurologist. There is no single definitive test that can confirm a diagnosis of MS. It requires a comprehensive assessment, including a detailed medical history, neurological examinations and various imaging tests, such as MRIs.

Promoting awareness during National MS Education and Awareness Month helps empower those affected by MS to seek help, connect with resources and raise their voices. Every effort counts in the fight against MS.



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14 The Carman-Dufferin Standard Thursday, May 1, 2025





Recipe courtesy of the North Carolina Sweetpotato Commission

1 cup cooked, mashed North Carolina Sweetpotatoes

- 1 cup pineapple juice
- 1/2 cup orange juice
- 1/4 cup lemon juice
- 1/4 cup coconut milk

2-3 tablespoons simple syrup or honey (adjust to taste)



Recipe courtesy of "Cookin' Savvy" Servings: 4-6

- 2 cans (14 ounces each) carrots
- 2 cups broth of choice
- 1/2 cup brown sugar
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 2 teaspoons ginger



Recipe courtesy of "Cookin' Savvy" Servings: 4-6

- 2 carrots
- 2 celery stalks
- 3 tablespoons butter
- 2 cups cooked, chopped chicken
- 1/3 cup lemon juice
- 2 teaspoons lemon pepper
- 6 cups broth
- 1 cup orzo 1 tablespoc
- tablespoon garlic powder
 tablespoon onion powder

Sweetpotato Summer Slushie

1 teaspoon vanilla extract

2 cups crushed ice 2 ounces spiced rum, coconut rum or bourbon (optional)

pineapple slices or orange wedges, for garnish (optional)

In blender, blend sweetpotatoes, pineapple juice, orange juice, lemon juice, coconut milk, simple syrup or honey, vanilla extract and ice until smooth and slushy.

Pour into glasses and serve.

For alcoholic version: Add spiced rum, coconut rum or bourbon after blending. Pulse in blender or stir after blending for layered effect.

Garnish with pineapple slices or orange wedges, if desired.

Creamy Carrot Soup

1/4 cup orange juice

1/4 cup heavy cream salt, to taste

pepper, to taste

BLT wraps, for serving

In blender, blend canned carrots, including juices, until smooth. Transfer to pot and add broth.

Mix in brown sugar, garlic powder, onion powder, ginger and orange juice. Bring to simmer then add cream. Add salt and pepper, to taste.

Drizzle honey over each bowl. Serve with BLT wraps.

Lemon Chicken Orzo Soup

- tablespoon thyme
- tablespoon sugar
- 1 cup heavy cream

salt, to taste

pepper, to taste

cucumber sandwiches, for serving Chop carrots and celery. In pot, saute with butter.

In bowl, mix chicken with lemon juice and lemon pepper then set aside.

After carrots and celery are tender, add broth and orzo to pot. Then add garlic powder, onion powder, thyme and sugar. Simmer 10 minutes then add chicken and cream; simmer about 5 minutes.

Add salt and pepper, to taste. Serve with cucumber sandwiches.

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

It's been a year since my 50th birthday. I achieved my goal for the year and celebrated 50 times over the last twelve months! A little extreme? Maybe. But the doctors told me I'd probably be dead by 25, so turning 50 seemed extra special for me.

Some of my celebrations were big, like a party with live music at our house with about 30 of our closest England friends; an event in Manchester with New York Times bestselling author Elizabeth Gilbert; a four-day girls trip to Wales. Some had less wow-factor, like an intentional phone call with a Canadian friend; a visit to a newly opened second-hand shop with a £2 t-shirt purchase; an amateur fashion show at our local village hall (which was hilarious, by the way. A couple of the volunteer models were, um, a little tipsy, which made their cat-walking in heels and hats, um, more entertaining.) These events were smaller, but still meaningful.

What I've learned from both the doctors' threats, and my year of intentional celebrating, is that we never know how much time we have – being alive or able – and



Recipe courtesy of "Cookin' Savvy" Servings: 4-6

3 pounds potatoes

- 4 boiled eggs, coarsely chopped
- 2 dill pickles
- 1 tablespoon garlic powder
- 1 tablespoon onion powder

1 package (2 1/2 ounces) real bacon pieces

2 cups mayonnaise

life is a heck of a lot more wonderful when we carpe diem the snot out of it when we can.

Sometimes ill-health can be the kick in the butt we need to gain perspective; to make our lives beautiful. 50 may seem like a lot, but if we all picked just one thing a week, big or small, to focus celebratory energy to, it could really change our outlook on life. And now, after this past year, I can attest to the outcome that it makes one more mindful of really enjoying simple phone conversations as joyful events. I find myself thinking, Oh! This feels like a celebration! when I never would have, before.

Now, to be clear, I am not minimizing how hard ill-health can be. Painful; frustrating; terrifying, even. But there's nothing like an ongoing death-threat to point out all that one has to celebrate.

Don has been very supportive of my 50 celebrations, withdrawing from the bank account to buy yet another ticket, or hire another musician. He did say, though, "Okay, but no more celebrating 50 times in a year."

"I agree," I said. "This year, I'll celebrate 51 times, ha!"

So upon reflecting on life and death, I've become more intentional. And what a fun year it's been, despite the pain, nausea, medical tests, and fear of a new diagnosis. I wish I hadn't waited so long to live this way.

You don't need to wait until a milestone birthday to live intentionally. So I dare you...go start celebrating! Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz, and at www.lesshealthstress.com . (Email: info@lesshealthstress.com) If you like her writing, find more on her Substack page: The Quest For Less Health Stress

Potato Salad

2 tablespoons mustard salt, to taste

pepper, to taste

smoked paprika, for garnish

Coarsely chop potatoes. In Dutch oven, boil until fork tender. Drain then add coarsely chopped eggs and pickles.

Add garlic powder, onion powder, bacon pieces, mayonnaise and mustard. Season with salt and pepper, to taste. Mix well.

Transfer to large bowl and refrigerate 1-2 hours. Garnish with smoked paprika.

SCRL's giant used book sale runs May 1-3

By Lorne Stelmach

Preparations are well underway for the region's biggest annual used book sale next week.

The South Central Regional Library sale runs May 1-3 at the Access Event Centre in Morden. The hours will be 2-9 p.m. on the Thursday, 9 a.m. to 8 p.m. Friday, and 9 a.m. to 3 p.m. Saturday.

It is the second year back for the big sale after it had been scaled down during and following the pandemic.

Recent years have seen the library's donated books joined by a mountain of leftover material from the Winnipeg Children's Hospital sale.

"Last year, when it was all said and done, we cleared about \$12,000," shared Morden branch administrator Gail Hildebrand, noting they've changed the way they charge for the books in recent years to make things a little easier for book-lovers and volunteers alike.

"We have gone to the by-the-bag format just because we don't have the volunteers that we used to have ... it is a lot of work to have all five branches with volunteers pricing things," she said, explaining they now charge a flat fee of \$10 per bag (though supersized bags brought in by patrons may be charged a little more, accordingly). "We decided we would do just the bag format for simplicity, and we move a lot more books this way. While it is good that we get budget money for this, the main thrust behind this project has always been about getting books into the community."

The funds raised through the sale are important to the SCRL network.

"Everybody's working within budgets ... and we don't use this money to buy more books. We have a book budget that's set at the beginning of the year," she noted. "This is money that we can't rely on one way or the other so it's kind of penciled into the budget very, very lightly ... it goes towards special projects. It goes toward upgrading our libraries, upgrading our furniture, or doing different programs and services for our patrons."

Running the sale requires a small army of volunteers, including members of Morden Fire and Rescue who help haul the books to the arena.

They're still looking for more volunteers to ensure everything runs smoothly.

"We need help setting up the book sale," Hildebrand said. "Right now, I had about 40 volunteers signed up from Winkler and Morden and Altona area. People have been very receptive to helping out ... we want to keep the big book sale going.

It is a lot of work for everyone, but also rewarding.

"It is fun. It's exhausting at the time but there's also adrenaline," Hildebrand said.

"Last year, I was nervous. I had never done the big book sale," she continued. "When we came back about a half hour before the big book sale was to start up, we had a line from the arena doors all the way in front of the offices around to the hall and back around to the bathrooms ... and we watched the people just silently walk in down the ramp."

And she suggested people don't necessarily need to worry about getting to the sale right away on the opening day.

"No matter what day you come, I think there's lots of good stuff to be found."

Finally, she noted a question they have often heard is what happens to the leftover books?



STANDARD PHOTO BY LORNE STELMACH

The Morden Library's Gail Hildebrand with just a few of the hundreds of boxes of donated books that will be up for grabs at the South Central Regional Library's used book sale next week.

"This year we have formed a partnership with Gateway [Resources] in Winkler, so they are going to be taking all the books as recycling ... they tear the books down and then the books come back to Morden to Northstar Fibre and it's turned into insulation."

TIME RUNNING OUT FOR SCRL PRIZE RAFFLE TICKETS

There is still time to get in on a chance to win major prize packages through a raffle in support of the South Central Regional Library.

As part of marking its 60th anniversary, the library network is offering the Spring Fling raffle with four big prizes.

Whether you're looking to travel in style, enjoy some backyard fun, experience a thrilling football game, or treat yourself to a luxurious spa day, there's something for everyone.

The grand prize Ultimate Getaway package includes a \$2,000 VIA Rail travel voucher, \$1,000 in travel cash, and luggage.

The second-place prize is Backyard and Beyond featuring a Stihl chainsaw, weed whipper, hand vacuum, a Weber 'Smokey Joe' grill, da ouble seater gravity chair, a \$100 gift cards to Co-op and the Liquor Mart.

The third prize is dubbed Fun and Games and features tickets to a Winnipeg Blue Bombers game, fishing gear, a round of golf in Miami, and a Boston Pizza gift card.

Last but not least is the Treat Yourself prize which includes a Thermea gift card, Appelt's gift card, bath and beauty products, and a wine basket.

Tickets are limited and are available at 10 for \$100, three for \$50, or one for \$20.

The raffle drawing will take place May 16 at 11 a.m. Winners will be notified by email.

All proceeds will benefit special projects at each library branch.

To get tickets, simply go online to www.fundingchange.ca/scrl or stop by the South Central Regional Library branches in Winkler, Morden, Altona, Miami, or Manitou.



U13 Central Energy crush competition with four-game sweep

By Annaliese Meier

The U13 Central Energy delivered a dominant performance over the weekend, notching four straight victories against the Smitty's Terminators and Winnipeg Lightning in softball action.

In Saturday's opener at Varsity View, Emma S. drove in six runs to lead Central Energy to a commanding 19-6 win over Smitty's Terminators. Emma smashed a grand slam to centre field in the first inning and added a two-run triple in the third. Kaitlyn B., Reese F., and Beaudry E. also sparked the offence early, helping Central Energy pile up 10 runs in the opening frame.

Collins V. earned the win from the circle, striking out five over two innings. Central Energy finished with 14 hits and 12 walks, with Reese leading the team at the plate, going 3-for-3.

Later that day, Central Energy cruised to an 18-2 win in the rematch against Smitty's. Brady W. powered the offence with a two-run insidethe-park homer in the second inning, while Reese F. added a two-run home run in the third. Kaitlyn B. and Lindsay F. each had three hits. Addison D. was sharp on the mound, tossing two shutout innings with five strikeouts.

Central Energy kept the momentum rolling on Sunday in La Salle, sweeping a doubleheader against Winnipeg Lightning.

In the first game, Central Energy earned a 14-8 victory. Emma S. again led the way, pitching two no-hit innings while driving in two runs at the plate. Despite a five-run third inning by Winnipeg, sparked by Lyla R.'s inside-the-park grand slam, Central Energy answered with five runs of their own. The team showed patience at the plate, drawing 15 walks and stealing 11 bases in the win.

The weekend concluded with a 12-4 triumph over Winnipeg Lightning. Beaudry E. crushed a solo home run in the third inning, while Addison D. struck out five across two hitless innings to start the game. Madison K. and Lindsay F. each collected two hits, and Central Energy added another 12 walks and 10 stolen bases to cap off the weekend.

The U13 Central Energy will return to action with a rematch against Winnipeg Lightning next Sunday.

U15 CENTRAL ENERGY POWER PAST ANGELS IN DOUBLEHEADER

The U15 AAA Central Energy put together a pair of dominant performances on Saturday, defeating the Manitoba Angels 13-0 and 16-0 in back-to-back games.

In the opener, Zoey Shantz led the way at the plate, driving in four runs on three hits to pace Central Energy to a 13-0 victory. Shantz hit a solo home run in the first inning, singled to bring home a run in the second, and singled again to score two more in the third.

Central Energy exploded for five runs in the first inning, highlighted by a three-run homer from Shyanne Goertzen and Shantz's long ball to centre field. Hailey Baldwin added an RBI single to extend the lead.

The offence stayed hot in the second and third innings, with Kylie Wiebe delivering a two-run double and Baldwin picking up another RBI. Goertzen earned the win in the circle, throwing four no-hit innings while striking out seven. Central Energy collected 12 hits in the contest, with Bree Pearce and Shantz each recording three. Baldwin also chipped in with a two-hit effort. Defensively, the team was flawless, committing no errors.

In the second game of the day, it was Pearce's turn to take centre stage. The catcher drove in four runs on a double and a triple, sparking a massive 13run first inning that paved the way for a 16-0 rout.

The early rally featured contributions from up and down the lineup. Goertzen and Baldwin each had two hits, while Wiebe tripled home a run and Payton Manness added an RBI walk. Errors by the Angels also contributed to Central Energy's offensive outburst.

Wiebe earned the win, allowing four hits over three shutout innings while striking out six. Central Energy again played error-free defence, with Baldwin leading the way with six chances in the field.

Central Energy will return to action at home next Saturday in another matchup against the Manitoba Angels.

Warren accepted into HTJHL, will drop puck in 2025-26

By Kieran Reimer

The Hanover Tache Junior Hockey League (HTJHL) is expanding once again into the Interlake.

At its annual general meeting on April 14, the league approved a new franchise for Warren, which will hit the ice for the 2025-26 season. It marks

the first time Warren will field a Junior C team.

The team, called the 67's, pays tribute to Highway 67 connecting Warren and Stonewall, where many players will come from. They join the East St. Paul Gators as the second Interlake-based team in a league largely composed of teams south of Winnipeg.

The 67's will be based out of Warren's Access Credit Union Arena, home of the senior Warren Mercs, and will be allowed three out-of-region imports and up to six 21-year-old players.

General manager and president Kasey Riddell said the idea grew from the strong community support shown for the Warren Wildcats high school team and the annual alumni games.

"You can't say enough about our community," said Riddell. "There has to be another chapter for these players."

Joining Riddell are Scott Corbett (vice-president and assistant GM), Jayson Balan (player personnel), Derek Anderson (marketing and promotions), and Phil Bruce (operations). A finance director will be added before the season.

Warren was unanimously ap-

proved after presenting to the 10 HTJHL teams, which include East St. Paul, Grunthal, Landmark, Macdonald, Mitchell, Niverville, Red River, Springfield, Ste. Anne and Steinbach. Coaching announcements are expected soon. The 67's divisional placement is still to be determined.

HTJHL teams played a 26-game schedule last season, shorter than many junior leagues, allowing players to better balance school and work.

The 67's plan to hold ID skates in early August, with tryouts following later that month.

"These young players love playing in front of a packed arena," said Riddell. "It's going to be a really fun environment and night out for the fans."

Updates will be posted to Instagram @warren67s_hockey. Players can contact the team at warren67shockey@ gmail.com.



The Carman-Dufferin Standard connects people through stories to build stronger communities. Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out? Please share your story ideas with Dennis Young at denjohnyoung@gmail.com or Lana Meier at news@carmanstandard.ca or call 204-467-5836.



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ANTIQUE SALE

Don't miss the big annual Spring Junk Wagon Antiques & Collectibles Sale. Everything from old toys, vintage clothing, comics, records, jewelry, rustic, retro, glassware, old advertising, old signs, upcycled and so much more. Saturday, May 10, 2025. Doors open 9 a.m. - 4 p.m. 980 Winakwa Rd. in Winnipeg. \$5 per person.

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PKF LAWYERS MANITOBA'S LAW FIRM

LEGAL ASSISTANT - CARMAN OFFICE PKF Lawyers is seeking a full-time Legal Assistant to join our Carman team.

Legal Assistant experience highly preferred, with salary commensurate to experience.

Requirements: good technical skills; a great work ethic; organized; quick learner; detail oriented and ability to multi task.

Position: Real Estate and Family Law assistant.

For more information or to submit your resume with 3 references and keyboard speed to Lori Wiebe lwiebe@ pkflawvers.com

This position is at the Carman location and is open until filled. However, only those selected for an interview will be contacted.

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Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication Please Call 204-467-5836

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GROUNDSKEEPER **GREENWOOD CEMETERY**

The Joint Committee responsible for the operation of Greenwood Cemetery is seeking to hire a Groundskeeper for the upcoming 2025 season. This person(s) will be responsible for the care of the cemetery, including, but not limited to mowing grass, control of weeds; edging and trimming of area; collecting litter and leaves; maintaining assigned tools and equipment, and other ground maintenance tasks. Equipment is provided. The estimated time per week varies dependent upon weather conditions. The quote should be provided as a per week cost. This position will start as soon as possible and runs until approx. end of September; however the successful applicant would need to be flexible depending on weather. Any interested person may submit their proposal, including any experience and expected weekly cost to the Recreation Committee - Greenwood Cemetery, Box 160, Carman MB R0G 0J0 or drop it off at the Town of Carman or RM of Dufferin Office or email info@ townofcarman.com. Applications will be received until 4:00 p.m. on Wednesday, May 16th 2025.

All applicants will be required to have liability insurance and carry Workers Compensation Insurance.

All applicants are thanked for your interest in this contract position; however, only those chosen for an interview will be contacted.

Thank you Susan Stein, CMMA CAO, Town of Carman

Sharla Murray, CMMA CAO, RM of Dufferin

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JOB OPPORTUNITY **Planning Services Administrator**

Office Location: Town of Carman

Representing: The Town of Carman, RM of Dufferin, and **RM of Grey Planning District**

Reports to: Chief Administrative Officers & the Planning District Board

Position Overview: The Carman Dufferin Grey Planning District is seeking a Planning Services Administrator to support planning and permitting activities in the Town of Carman, RM of Dufferin, and RM of Grey. This position is a permanent full-time position.

Key Responsibilities:

- Administer planning permits, ensuring all applications comply with regulations.
- Issue invoices, maintain records, and prepare monthly reports.
- Assist with zoning amendments, variations, and conditional use applications.
- Liaise with municipal staff, community organizations, and stakeholders.
- Respond to inquiries and ensure informational materials are accurate and up-to date.
- Conduct research to improve planning and regulatory practices.

Desired Qualifications:

- University degree or College Diploma in Business, Office Administration, or related field, with accounting coursework preferred.
- Familiarity with planning and permitting processes.
- Strong communication, organizational, and computer skills.
- Self-motivated, detail-oriented, and capable of managing multiple tasks.

Why Apply?

This role offers an opportunity to contribute to the planning and growth of the Carman, Dufferin, and Grey areas.

How to Apply?

Please submit your pdf resume and cover letter to the Carman Dufferin Grey Planning District Board at office@ cdgplanning.com . We thank all those that apply, however only candidates selected for an interview will be contacted. The position will remain posted until filled.

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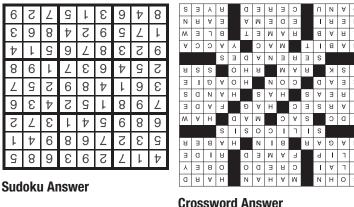
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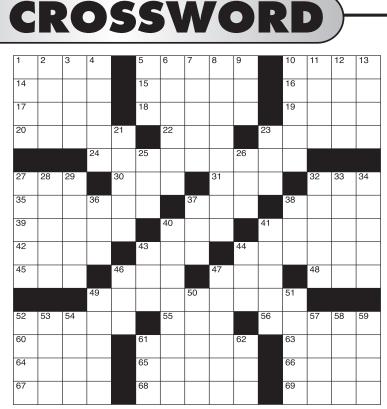
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Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in 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!





- 65. Excessive fluid accumulation in tissues
- 66. Acquire by one's efforts
- 67. Irish goddess
- 68. Hungarian village
- 69. Cereal grasses
- **CLUES DOWN**

1. Currency

- - (abbr.)

- 33. Capital of Ethiopia: Ababa

- 34. German river 36. Disappointed
- 37. Star Wars character Solo
- 38. Supervises flying
- 40. Not mass-produced
- 41. Nonsense
- 43. Automobile
- 44. Hogshead (abbr.)
- 46. Soak in water
- 47. Flower cluster
- 49. Romanian city
- 50. A parent is often one
- 51. Fencing sword
- 52. Body part
- 53. Region
- 54. Farm building
- 57. Ali's surname at birth
- 58. Waxy bird beak covering
- 59. Stiff bristles
- 61. VCR button

- 25. City of Angels hoops team
- 26. Droop
- 27. Away from one another
- 28. Challenges 29. A harsh scraping sound
- 32. Attaches to a wall

- - 62. Small amount

Announcements Classifieds

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Carman Community Restorative

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ASHERN AUCTION MART SALES FOR MAY AND JUNE

APRIL 30, 2025

Interlake

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Kiera Johnston and Evan Penner Jack and Jill Shower Saturday, May 10th 1:00 - 4:00 p.m. at Carman Pentecostal Assembly Raffles, Games, Prizes Come for an afternoon of fun to celebrate Kiera and Evan with coffee and delightful deserts.



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MAY 14, 2025 MAY 28, 2025 **JUNE 11, 2025** THERE IS NO SALE ON May 7th, May 21st or June 4th **TO BOOK YOUR CATTLE OR** FOR MORE INFORMATION ASHERN AUCTION MART 204-768-2360 KIRK KIESMAN 204-768-0019 LARRY KORNELSEN 204-494-0455 License #1128 **PUBLIC HEARING** FOR FINANCIAL PLAN Thursday May 8th at 6:00pm **Roland Memorial Hall** For the purpose of: holding a public

hearing for the 2025 proposed financial plan and to allow persons

to make a representation, ask questions or register objections. The information about the matter and the procedures of the hearing are available for review at the RM of Roland office (45 3rd St Roland) or by emailing cao@rmofroland.ca

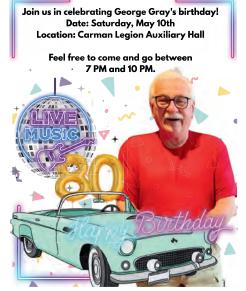


NOTICE TO CREDITORS IN THE MATTER of the ESTATE of ROBERT EDWARD DIEMERT, late of

Carman, in Manitoba, deceased. All claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at 309 Stephen Street, Morden, Manitoba, R6M 1V1 within thirty (30) days of the date of this publication.

DATED at the City of Morden, in Manitoba this 28th day of April, 2025. McCULLOCH MOONEY JOHNSTON SELBY LLP Attention: KELLY KENNEDY Solicitors for the Estate of Pohert Edward

Solicitors for the Estate of Robert Edward Diemert



STANDARD



NOTICE OF **ANNUAL MEETING** HOMESTEAD CONSUMERS CO-OP LTD.

THURSDAY, MAY 8, 2025 7:00 P.M.

This year's AGM will be held online via Webex. To register, email your name and member number to <u>AGM@homestead.crs</u> by 5:00 pm on

May 5, 2025.

AGENDA ITEMS:

- Annual report of the Board & Management to the membership
- Presentation of the audited financial statements
- Appointment of auditors
- Election of Directors

Attend virtually and be entered to win great door prizes!

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