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Water woes

STANDARD PHOTO BY SUBMITTED

Jade Bridgeman was having some water fun in her backyard in Miami on April 23. Southern Manitoba received over 90 mm of precipitation over the past two weekends causing overland flooding all over the region.

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Carman's Poutine Week back with eight participating businesses

By Becca Myskiw

By Becca Myskiw

Canada's best is back for another week in Carman — poutine.

The Carman and Community Chamber of Commerce is hosting their own Poutine Week next week. From May 9 to 15, people can eat one-of-a-kind poutines from eight different local restaurants and vote for their favourite once it's all said and done.

Last year the Carman and Community Chamber of Commerce hosted their first Poutine Week at the same time of year and the community's response to it was incredible. Big Willy's won last year's competition with his traditional take on the Canadian classic. Owner Chad Lubkiwski poured smoked gravy and cheese curds over seasoned crinkle-cut fries and then baked it in the oven.

This year, Big Willy's is competing against Homestead Co-op's Carman Food Store, Chicken Chef, McGee's Original Grill, Breakaway Family Restaurant & Lounge, Syl's Drive Inn, the Carman Golf and Curling Club, and Scotswood Links.

Leanne Doell Photography takes professional photos of each poutine for promotion, Kaleigh Rae XO is doing the Chamber's social media during Poutine Week, and the Boyne River Irrigators are sponsoring the seven days once again.

The Boyne River Irrigators are a group of five potato farmers in the area. Corduroy Plains, Rivertrail Potato Co, McIntosh Ventures, Kehler Farms, & Kroeker Potato Farm collectively grow more than 6,000 acres of potatoes in the Carman area each year. For more Poutine Week and Boyne River Irrigators information, follow the Chamber on social media.

Chamber executive director, Jodi Winkler, encourages everyone to try each of the eight poutines so when voting, they know which is truly the best in their hearts. By trying all poutines, it also helps all participating businesses she said.

"In the slower time it keeps up our restaurants' sales for that time of the year," she said.

Voting for the best poutine will be open online again from May 9 to 15,



STANDARD PHOTO BY LEANNE DOELL PHOTOGRAPHY

Carman's Poutine Week is back this year and voting will happen from May 9 to 15. Shown here is Scotswood Links' poutine for this year's contest.

with the winner being announced May 16. This year, while people can still take their poutines to go, they won't have to — they can make a day

out of it with friends and eat in the restaurants they go to.

"May the best poutine win," said Winkler.

Manitoba Chamber Orchestra performs in Carman

By Becca Myskiw

The Manitoba Chamber Orchestra serenaded the local community last week with a performance in the Carman Collegiate Community Theatre.

The orchestra finished a series of shows across Manitoba. They played two in Winnipeg, one in Carman, Pinawa, Flin Flon, and the last one in Thompson. Managing director Vicki Young said they were thrilled to be

able to see the province while sharing their music.

The Manitoba Chamber Orchestra performed across the province throughout the year, hiring specific professional musicians for certain shows. Young said each musician with the orchestra is hired on a show-to-show basis. First, they each get the sheet music for their parts and prac-

Continued on page 3



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St. Claude residents see water bills doubling

By Becca Myskiw

Many St. Claude residents have had water bills doubling their average amount this quarter — and they don't know why.

Erlie Figueroa bought a house with her husband in St. Claude a few months ago. They've had one water bill so far, and it was \$190. When they moved in, the previous owner told them to expect water bills of \$150 or so, so the \$190 was a bit of a shock and Figueroa did all she could to ensure the next one would be lower.

She got a plumber to come change the water tank, he checked the whole house for leaks and found none, and Figueroa constantly checked the water meter to monitor her family's water usage. They do laundry twice a week, only use the dishwasher every other day, don't take excessive baths or showers, and they were even gone for a week on vacation. All was fine and normal.

Then, they got their water bill this

month, and it was asking for a whopping total of \$363.61, almost double what she paid last quarter.

"When I saw the second bill, my shoulder dropped," said Figueroa. "Like how did I get this kind of bill?"

She took to Facebook to see if anyone else had the same shock. Figueroa said if it was just her, she could have dealt with the high bill and assumed her family used a lot of water, but when she saw the tens of residents with the same complaint, she knew something was wrong.

Ashley Holopina is another St. Claude resident who got a pricey water bill this quarter. Hers is usually around \$225 but two weeks ago she got a bill for \$385. Her neighbours got a bill for \$600 when their highest one in the heat of the summer was \$300. Her other neighbour got one for close to \$1,000.

Holopina is a single mother of two children. She uses the dishwasher, washing machine; they shower and



STANDARD PHOTO SUBMITTED

A lot of St. Claude residents received water bills almost double what they normally are this quarter. The RM is investigating the issue.

bathe, drink water, and use the toilet, but nothing out of the ordinary. And the town had a water main break earlier this quarter too, leaving

them without water for a few days.

Continued on page 4

> MANITOBA CHAMBER ORCHESTRA, FROM PG. 2

tice on their own for three weeks before coming together for four rehearsals. After that, they're ready to perform.

Because they're the Manitoba Chamber Orchestra, they find it essential to play across Manitoba, not just Winnipeg. And along with their performances, the orchestra does outreach programs where they work with aspiring musicians and teach people about their music.

"We're really trying to live up to our name now more than ever," said Young.

The outreach group comprises six musicians (two violinists, a cello player, a bass player, a guitarist, and one more). They put on community concerts in libraries and correctional facilities and host workshops for those wanting to learn more about the music.

The Manitoba Chamber Orchestra plays fiddle, classical, country swing music, and traditional tunes.

"The music we choose is pretty dancy," said Young. "It's engaging, rhythmic, and familiar. People can just come along and enjoy. We want to draw parallels between different types of music so kids studying fiddle can come to hear a piece by Bach isn't that different than what they're learning to play."

When they played in Carman, the orchestra had 19 musicians perform. They played a cello concerto, an oboe concerto, Haydn Symphony No. 52, and finished with a medley of fiddle tunes. One of the pieces was written just for them by composer-in-residence Kevin Lau.

"It's beautiful music that the musicians love playing," said Young. The Manitoba Chamber Orchestra hit the road after the Carman concert to get set up in Pinawa for their next show. Their last show of the series was in Thompson on Sunday.

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STANDARD PHOTOS SUBMITTED

Kara with Oakley, left photo, in their yard west of Haywood after the flood last week. Above, Bekka Bartley, Trish Middleton's niece, took her kayak into Middleton's backyard last week for a paddle. Southern Manitoba received over 40 mm of precipitation the previous weekend causing overland flooding all over the region.

Access CU rises above pandemic challenges

Reports on a strong year of growth at its annual general meeting

By Lorne Stelmach

Amidst the ongoing challenges of the past year came continued growth for the Access Credit Union.

The completion of one merger and then the approval of another that will come this year were among the highlights noted as the financial institution held its annual meeting online last Thursday.

"The unity between Access and Crosstown Civic on January 1 resulted in us becoming a stronger credit union, not only in our financials but

also in our resources, operations and people," said outgoing board chair Ingrid Loewen.

"Throughout the year, we were able to deliver on the merger promises of a new and improved product and service lineup, a new brand, an expanded branch network and a healthy patronage program that shared our success with members."

"Our focus remains on sustainable growth and efficiency, growing our membership, enhancing our community involvement, helping our personal and business members thrive and expanding our product and service offerings," said CEO Larry Dav-

ey, who also highlighted the upcoming merger effective July 1 with the Noventis and Sunova credit unions.

"Throughout the merger process, we have promised minimal impact to our members as we decided to maintain our existing core banking system and online banking platform," he said. "Although integration will take time to implement and there may be some bumps along the way, our commitment to member service will remain our highest priority."

And while further mergers may be considered, there is nothing on the horizon right now, Davey said.

"We're in an environment where the

system is definitely looking to collaborate more and more, so would we expect that other credit unions will reach out to us because we've created something here? I think we would, but there's nothing coming today."

The credit union enjoyed asset growth of 5.4 per cent to just under \$6.2 billion, and there was net income of over \$23.5 million.

The loan portfolio had a strong year and grew 11.18 per cent to almost \$5.1 billion, while there was deposit growth of 3.83 per cent to over \$5.5 billion.

Now with around 92,000 members and 26 branches with about 400 employees, Access Credit Union also dis-

Continued on page 7

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> WATER BILLS, FROM PG. 3

And once they got water back, Holopina and her children were gone on vacation.

"So, how'd I use so much water when I didn't have water four days prior and didn't use any for the next week?" she said.

Brenda Poulsen, utility manager for the rural municipality (RM) of Grey, said they're currently investigating the high meter readings but have no concrete answers. Because of that, they can't make any decisions.

The RM posted to their Facebook page last week some reasons people may have high readings:

- Working from home
- Kids being home more often
- Staying home more for any reason
- More people in the home consuming water

- Installing additional appliances that need water

- Having a leak

The RM posted a notice to their website on April 29, saying they're aware of the "large consumption issues on the water bills" in St. Claude and they're committed to investigating the problem. Their next steps include:

- Reviewing consumption reports from the last two years
- Testing select meters for accuracy
- Assisting customers to help detect leaks
- Communicating with customers on findings
- Determining necessary adjustments after the investigation is completed
- Having a discussion at the May 4 council meeting

Figueroa said paying this bill will force her to budget for her family of

five. They'll have to sacrifice family outings for a few weeks and ensure they aren't using too much gas or eating too much food.

Holopina's family will have to live on fewer groceries and fewer family outings, much like Figueroa and her family.

"How do I take even more out of my paycheque when I'm already paying a car bill, a hydro bill, land taxes?" said Holopina.

The water bills were due last Friday, and St. Claude residents didn't know if they had to pay their bills or not. Holopina said she simply doesn't have an extra \$385 lying around to pay the bill but she knows if she doesn't pay it, she'll have to pay even more because of interest fees.

"If we find that our meters are at fault, they would be credited," said Poulsen. "We are not there yet."

Carman's health care history... Part 1

By Dennis Young

Our Carman Memorial Hospital turns 40 this year. It is the third such health care facility that served this area following the Carman General from 1905-1949 and the Carman Memorial 1949-1982. Let's look back.

There were no hospitals in Carman's immediate area. Doctors generally had offices in their homes, made house calls and midwives were abundant. Horse and buggy were the means to make those calls come summer or winter. No posting of hours was necessary as there were none.

As Carman grew rapidly, it became obvious a hospital was high demand. After a Townhall meeting in 1903, a newly formed Building Committee purchased 1 acre from Mr. James Clark (now O'Brien Oaks) for a sum of \$200. Soon a charter from the Provincial Gov't was granted to the group to begin construction on what would be known as the Carman General Hospital.

The 3-story facility opened January 1905 sporting the latest modern conveniences. It was 1300 sq. ft. per floor with full kitchen facilities in the basement. The cost was \$6500 of which \$1000 came from a grant, \$500 each from local Gov'ts and the rest fund-raised. Note: outside canvassing was done as well...before cars!

When it opened, the Doctors Harry Cunningham, John Brown and Bill Part had to know what they were doing as there was no work-up prior to surgery like today. No lab techs and no blood tests taken. Urine tests and x-rays were done by staff.

Instruments were boiled to sterilize and nothing was disposable. The very likable Dr. Cunningham was quoted as commenting "Hmmm everything will soon be disposable but the nurses and maybe someday...." A nursing training school was conducted right off the start with doctors giving lectures in the evenings. A residence was

built for them in 1911 on the same property southeast to the hospital.

Rules for Nurses at the time: Arise 6:10.....Parlor for Prayers 6:40....6:50 breakfast...7:00 On Duty. In house/parlor by 10.....no phone calls after 10....in bed by 10:30.....guests only in parlor not in roomleaves allowed once month for Church...no leaves allowed for lectures....dance leaves to 1:30 a.m. once a month.... address everyone by last names even in residence.

"Those years there were hard ones" Donald Gibb R.N. quoted to The Leader. "Us training nurses worked 10 hour days and 12 hour nights and did everything from x-rays to scrubbing floors. "Still, they were the best years."

In-Town there were also 2 Nursing Homes as well. Mrs. Rockey's at the corner of 2nd Ave NW/5th Street NW and Mrs. Smith's 70 2nd Street SW. They were licenced nurses prepared to deliver babies in private homes or receive patients in theirs. The cost to deliver was \$3/day plus any medicine needed. Most stayed 10 days back then.

As our population grew, the hospital was getting too small. Even with an addition built, to house patients with communicable diseases, by the early '40s, there were 43 patients squeezed in space for 26. So it became apparent a larger hospital was urgently needed.

Margaret Bruce L.P.N. confessed to The Leader "That hospital was inconvenient in so many ways. "The Operating room was downstairs and often patients had to be carried for surgery by doctors and nurses. There were only 2 toilets in the entire building too!"

A Committee of Stan Cochran, J.B. Davidson, Robert McGregor, Alex Wilkie and Fred Garnett were appointed to have a meeting in 1944 with the Minister of Health Ivan Shultz. He was surprised that Carman had a



STANDARD PHOTO SUBMITTED

The Carman hospital and nurses home.

96% occupancy and was still self-supporting. With his approval, the plans and cost estimates would come later but first to obtain local permission to build.

A vote encompassing Carman, Dufferin, Grey, Roland and Thompson was held in the fall of '46 for a 45-bed hospital on 1 floor. Although quite obvious there was a need, only 1/3 of eligible voters participated, but a small victory margin set the wheels in

motion.

The new Carman Memorial Hospital was on its way and at the time would be the largest new rural hospital of the 6 being built in Manitoba! The word Memorial was included in commemoration to the pioneers, early doctors and those who gave their lives in the 2 World Wars.

Coming up ...Memories of the Hospital Part 2.



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Manitoba government announces Queen Elizabeth II Platinum Jubilee Medal

Submitted by Manitoba government

A new Queen Elizabeth II Platinum Jubilee Medal (Manitoba) is being created to celebrate the 70th anniversary year of Queen Elizabeth's accession to the throne, Lt.-Gov. Janice Filmon and Premier Heather Stefanson announced last week.

"As we celebrate Her Majesty's 70 years of extraordinary service as

Queen of Canada and head of the Commonwealth, this commemorative medal allows us to pay tribute to the Queen's devotion to duty and her kindness and compassion to all by recognizing citizens across Manitoba who also make service to their communities a priority," said Lt.-Gov.

Continued on page 6

The Carman-Dufferin
STANDARD



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Who is going to push down Putin the bully?

When I was a kid going to grade school, I had an experience in our school yard that I still remember to this day. It goes like this. I was approximately 9 or 10 years of age but not totally sure but anyway, as I rounded the corner from one side of the school to the other, I noticed a girl crying and it was because a boy about her age was hitting her and when I got close to her he hit her again. I told her to hit him back but she said no she was not going to hit him then he hit her again right in front of me. I pushed him hard to the ground and then he started to cry. Then I told him if hits her again I was going to beat him up. Kids said that in those days. Never heard anything from the little girl about the boy again. So if you equate this story to Ukraine you have to ask yourself these questions. 1) Who is the bully? 2) Who is the crying girl? 3) Who is the person who will push Putin down?

The bully is Putin who has invaded

Ukraine. The crying girl is the women, children, seniors, hospitalized and disabled of Ukraine who cannot defend themselves from the onslaught of Putin's invasion by land, sea and air. He will continue to push until he is stopped by someone or something.

The person or persons who will push Putin down are any of the following:

A) Anyone of his inner circle. (the preferred solution)

B) Any ordinary normal Russian citizens who can see that Putin is leading them into ruin. (impoveryish)

C) Military intervention of Putin's military in Ukraine only, not the people of Russia as they didn't invade Ukraine. (Dictators who live by the sword will die by the sword).

President Biden is correct, Putin needs to be removed from power. French president Emmanuel Macron is wrong in his assessment of the removal of Putin from power. He believes Putin will act on his threat. Putin wants all of Ukraine and the surrounding areas around Russia under his and only his control He is being allowed to freely use his air and missile assaults on Ukraine with impunity (without retaliation)

as long as he can keep the sky clear of NATO and its alliance. He is doing that by lying about his verbal threat. He lied about the invasion of Ukraine as being a military exercise. You don't use live ammo for a military exercise. He is freely having his military (land, sea and air) kill the defenceless women and children etc. of Ukraine. He is a coward because he is using his military to do his killing for him while he sits at home on his throne. (so he thinks) (it is not a level playing field)(he is a con-man)

He wants an upper hand for his killing and the free world is letting him do just that. The Russian bully must be stopped but not by the USA because that would be the excuse he is looking for, to extend the conflict. He needs to be pushed back little by little until he sees the light. Then he will be removed from power by the Russian people, we all hope for their sake. Putin is causing much pain on Ukraine and also on his own people of Russia, but that does not bother him because he will try to kill any person or persons who are in opposition to him (A ruthless Dictator he is).

This is my opinion only –
Edmond Rootsart

> JUBILEE, FROM PG. 5

Filmon. "I look forward to recognizing the generous and inspiring people of this wonderful province we are so proud to call home."

The Queen Elizabeth II Platinum Jubilee Medal program will honour significant contributions and achievements throughout Manitoba during this unprecedented anniversary year, noted the premier. From June 2022 onwards, 1,000 medals will be awarded to deserving Manitobans.

"This is a wonderful opportunity to recognize Her Majesty's 70 years of remarkable service to the Commonwealth and to commend our community members for their dedication and compassion to make Manitoba a place of hope and opportunity," said Stefanson. "Manitobans have a long and proud history for giving back and I look forward to honouring and celebrating their service and achievements."

The Queen's Platinum Jubilee is the international celebration marking

the 70th anniversary of the accession of Queen Elizabeth II to the thrones of seven countries including Canada on Feb. 6, 1952. She is the first monarch in Canada's modern era to have celebrated a platinum jubilee. The Queen has visited Manitoba six times, first as a princess in 1951 and most recently in 2010.

More information about the Queen Elizabeth II Platinum Jubilee Medal (Manitoba) will be available in the coming weeks.

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Flood prevention and control options for Dufferin and Grey

By Becca Myskiw

With recent floodwaters and more likely to come, the rural municipalities (RMs) of Dufferin and Grey are helping residents get prepared.

Ben Vanderzwaag, emergency coordinator for the RM of Dufferin, said there had been some overland flooding in the area, from the east to the west. However, most of it has been farmland and yards, leaving almost every basement dry.

Jared Cummer, safety, emergency and accessibility coordinator for the RM of Grey, said there is flooding in the area but nothing of an emergency concern. Some people have had to sandbag their houses to prevent basement flooding, but none have actually flooded yet.

"In order to mitigate it, we're strategically opening culverts that may have been plugged," said Vanderzwaag. "We're making sure water is flowing and getting to water channels from the municipality and the province."

The RM of Dufferin is also assessing if pumping operations are needed.

They have pumps on standby to divert water away from houses and off roads; they're using heavy equipment to keep ditches clear and open culverts so the water continues to move.

Vanderzwaag said flooded farmland isn't a huge concern because it's just part of the thawing process in spring. They are, however, ensuring the water isn't sitting on the land for extended periods of time.

Both RMs have sandbagging resources available for residents to use as well. The RM of Dufferin has sandbags and sand available at the RM shop and Vanderzwaag said if people need the resources, to let him or the RM know, and they will assist people in the process.

Cummer said the RM of Grey's sand and sandbags are in the shed at the public works shop.

"Communication is the main thing," said Cummer. "If the public has a situation that needs to be dealt with in a rapid manner, they can easily contact us. We will assess and solve the situation."

Both men agree the municipalities



STANDARD PHOTO BY DENNIS YOUNG

Members of the Carman-Dufferin fire department were helping fill sandbags to help residents protect their property against the rising waters last week.

have and should continue to work together as one with their residents to take care of the flood.

To contact the RM of Dufferin with flooding concerns or questions, call

(204) 745-2301 or call Vanderzwaag directly at (204) 745-0103.

To contact the RM of Grey with flooding concerns or questions, call (204) 436-2014.

Front Line to Finish Line - Winnipeg welcomes the World!

Submitted

The world is coming to Winnipeg in 2023! Next summer, from July 28 - August 3, 2023 the 2023 World Police & Fire Games - a 10 day, multisport event bringing together over 8,500 athletes representing law enforce-

ment & firefighters from more than 50 countries - will get underway in Winnipeg, Canada.

Held biannually, the World Police & Fire Games are an Olympic-style competition which will feature athletes competing in traditional sport

events, but also some specific sport competitions unique to these games such as the Toughest Competitor Alive, the Ultimate Firefighter and K9 police dog events.

The World Police & Fire Games are the second largest sporting event in

the world, after the Summer Olympics. The Games are open to any active or retired police, firefighter, or law enforcement officers and are overseen by the international governing body, the World Police and Fire

Continued on page 14

> ACU AGM, FROM PG. 4

tributed over \$8.2 million in profits backed to its members. Last year also saw the credit union donate over \$1.07 million to 279 local charitable organizations, while employees raised over \$102,000 for community projects with donations to the Jeans for Charity Program.

"Our financials continue to demonstrate a strong, stable credit union," said Davey, who reflected on 2021 being another year of immense change.

"The COVID-19 pandemic has forever altered the way we do business and serve our members, and Access Credit Union has risen to the challenge to provide the best service possible."

The merger between Access and Crosstown Civic, effective Jan. 1, 2021, included the requirement to integrate the operations and core banking systems.

"This integration was a massive undertaking and it was our priority to minimize impact to our members throughout the process," Davey said. "We successfully completed this integration over the second weekend in May, with minimal service disruption to members."

He also noted that "in today's changing landscape, it remains important to continue to invest in technology so we can offer our members the access and options they want and need, when they need them."

Loewen also commented on the dedication and commitment of their staff throughout all of the changes.

"No matter the adversity they have faced, no matter the storm, they have weathered it all. They have continued to put our members first, innovating to find new ways to provide superior service during some unprecedented times," she said. "Our teams were able to deliver a full banking systems integration in May, a new online banking experience in June, amongst many other behind-the-scenes initiatives that helped see growth for Access."

"The successes of 2021 reflect an organization that is committed to excellence in every facet of our operation, whether that's offering best-in-class products and services to our members, developing our staff through investment in education or building our communities through vital infrastructure investment and partnerships," she concluded. "Our efforts in these areas re-

fect our three primary priorities of members, people and culture and future outlook - priorities that guide the daily decisions of all staff."

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Homeowners along gravel provincial roads and main market roads in unorganized territories may apply to have dust control applied in front of their homesites at a cost of \$200 for a single application.

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Uncover your roots

By Ashleigh Viveiros

A local woman's desire to learn more about her family history has spun off into a new business.

Dusty van der Steen, who grew up on a farm near Morden-Winkler and today calls the Elm Creek area home, has spent the last few years filling out the branches of her family tree.

"Growing up I knew that my father's side were Mennonites," van der Steen shares. "One of my great aunts was kind of the family genealogist and so

for the most part for my father's side there were genealogy records ... I kind of knew where everybody came from.

"But on my mom's side we knew absolutely nothing other than just family stories."

Inspired by the detailed genealogical records she had for her dad's side, van der Steen began diving into a research project that has taken years but continues to yield results.

"It turns out my mom's side is a mix of English, German, German-Jewish, Irish, and Scottish," she says, noting she also dug up some interesting stories about her ancestors, including one who fought in the American Civil War and another who ran a bakery in a village in England.

"It's quite extensive what I've been able to uncover and it's just been such a great experience learning to do it for myself," van der Steen says, explaining she's made use of online databases, newspaper archives, and historical society archives in multiple countries. "There's multitudes of places to look for information. It can take a lot of digging around ... a lot of searching."

Proper genealogical standards also call for more than one supporting document, which can make it an even greater challenge to confirm details you find the further back you go.

"It can be kind of a game of cat and mouse sometimes and trying to be creative in thinking where you might be able to find the right information," van der Steen says. "Some countries have a lot of records ... others not so much and it can be a bit more difficult to find anything."

But the thrill of the hunt has kept her going and her knack for this work led her to take on projects for a few extended family members.

"I really enjoy the challenge of it all ... it kind of just came to a point where I thought why don't I start doing this as a side business? And here we are."

Van der Steen recently launched Rural Roots Genealogy, offering to help

people track down the names and stories that make up their own family histories.

A lot of people start to dive into researching their ancestors and become overwhelmed by the prospect of digging into all the potential sources of information out there.

"It looks real easy when you watch the commercials and you go onto Ancestry.com ... but it's not always that simple," van der Steen says, noting there are a lot of family trees available online that are filled with incorrect information. It can be daunting to track down the right records to correct them—or to even know how to find out if they're wrong in the first place. "Not everybody knows how to look or where to look. It can take a lot of patience to sit there and read old documents and go through all this old information—and there's lots. You can go through so much stuff ... and then get frustrated and give up."

"I enjoy the chase. I enjoy the challenge of trying to find the right information for people."

Rural Roots' services range from help tracking down a particular ancestor's story all the way to filling out an entire family tree, with fees based on the scope and complexity of the project. She offers consultations for free.

Van der Steen is fond of a quote by author Laurence Overmire: "History remembers only the celebrated, genealogy remembers them all."

"I think it's important to know your family history, even if they just lived regular lives," she says. "When you do this research, you start to realize that the people hundreds of years ago that are at the beginning of your family tree are real people ... you want to know where they came from, who they were."

"You want to remember them."

You can learn more and get in touch with van der Steen online at ruralrootsgenealogy.com or call 204-436-2616.

Flashback...60 & 62 Main St.



STANDARD PHOTOS SUBMITTED

One busy building! York Café (several owners 1938-58), Gifts and Tots (Jack/Rosina Malcolmson 1949-53), Blue Room Hall (1953-62), Carman Shoe Repair and Sports (Louis The Boot 1962-86), Larry Stout's Guns & Tackle (1984-85), Carman Sports (Roger Thevenot 1986-93), Time Out Sports (Erika/Harry Hildebrand 1993-99), Carman Sports Shop Ltd. (Ron/Doug Bartley 1999-01), Boyne River Sports (Anita/Al Vanderveen 2001-07), Carman Sports (Kate/Greg Petrie (2008-20), Empower Fitness/Promotions (Petries 2008-20), Sunlife Financial (Kim Jensen 2019-) and Kingdom Health (Coel Coty 2021-). Miss any?



STANDARD PHOTOS SUBMITTED

Dusty van der Steen (below) has turned her passion for genealogy into a new business: Rural Roots Genealogy.

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CMHA Mental Health Week
May 2-8, 2022
This is empathy.
This Mental Health Week is all about empathy.

Test "I can relate."
It's a familiar expression and one you've likely used countless times throughout the pandemic. When someone has been sick or stressed, felt lonely or lost their job. You say it without having to think: "I get it. I've been there. I can relate."

But did you know that, hiding in these very simple sentences, is a sophisticated skill you may not even realize you have? Psychologists and researchers call it empathy. And it's not just for therapists or counsellors. Empathy is the ability to share someone else's feelings or experiences by imagining what it would be like to be in their situation. It's a simple concept, but it may be the very thing we humans need most.

As human beings, we share an ability to imagine what life is like for someone else. To see the world as others see it. To look through someone else's eyes. To climb inside and walk around in their skin.

When someone is struggling, they don't always need someone to swoop in and fix things for them. First, they need someone to understand where they're coming from.

During his time as president, Barack Obama suggested the biggest deficit in the world was an empathy defi-

Empathy. It's the capacity we share as human beings to step into each other's shoes. To understand where they're coming from and what they're feeling. To listen hard and refuse to judge. It's also one way to reduce and resolve conflict.

cit. He defined it as the ability to see the world through the eyes of those who are different from us.

But maybe that's shifted these past two years, as our world has faced a common problem: we've lived together through a long and grueling pandemic. The virus came for all of us. No exception. And while it left its mark on some more than others, it is clearer now that we're as much the same as we are different. Empathy might, in fact, be the silver lining to all of this: whatever our circumstances, it's clear that we all need to feel seen and heard.

If empathy doesn't come easily to you, the good news is that it can be learned and practiced. Empathy can help us know ourselves and our own feelings. It can help us lead, help us communicate and help us support and connect with others. At home. At work and at school.

For Mental Health Week this year - May 2-8, 2022 - #GetReal about how to help. We may be different, but that doesn't make us rivals. Let's stop polarizing and start empathizing. Be there for each other when times are hard and be ready to listen. You don't have to agree to understand, and you don't have to fix it to help.

#GetReal. Before you weigh in, tune in.

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Who are you walking for?

Submitted by Alzheimer Society of Manitoba

The Alzheimer Society of Manitoba is asking "Who are you walking for?", as they launch this year's 2022 IG Wealth Management Walk for Alzheimer's, taking place virtually across the province as well as on May 28th in Winnipeg at St. Vital Park at 10 a.m.

The Walk is the Alzheimer Society's largest, nationwide fundraiser. Now in its 30th year, it continues to help offer programs and services to meet the needs of the over 23,000 people living with dementia and their caregivers in Manitoba.

"We are so excited to virtually walk together in support of people living with dementia across the province", says Erin Crawford, Program Director at the Alzheimer Society of Manitoba. "It's great to see the support online of people walking their way in May and raising funds for their communities. We look forward to cheering them on."

The need for support to those living with dementia continues to rise – it's projected to nationally reach 900,000 Canadians by 2030. More funds are required to meet the growing demand

for life-changing programs and services, including education, support groups and community programs.

"IG is extremely proud to support the Alzheimer Society and their mission to alleviate the impact of Alzheimer's, while promoting the search for causes, treatments and a cure," said Damon Murchison, President and CEO, IG Wealth Management. "We know the physical, emotional and financial burden that dementia has on Canadians. And that's why our employees and advisors are committed to helping support and empower the communities in which we live and work, through the walk, but also seminars and webinars throughout the year."

There are a number of ways you can join the 2022 IG Wealth Management Walk for Alzheimer's:

- Sign up as virtual participant or create a virtual team at Alzheimer.mb.ca/wfa2022.
- Take a photo or video, upload it to social media and include the hashtag #IGWalkForAlz.
- Most of all, have fun raising money for a fantastic cause!



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Dufferin, Grey in state of emergency after weekend flood

By Becca Myskiw

Municipalities across southern Manitoba are dealing with the aftermath of not one, but three spring floods that have left them with blocked drains, road washouts, overland flooding, and home evacuations.

The rural municipalities (RMs) of Dufferin, Grey, and Thompson are among those hit hardest, with Dufferin and Grey declaring states of emergency.

The RM of Grey posted to their Facebook page on Sunday, May 1, announcing the declaration. In a letter signed by Reeve Rod Savage, the RM said areas are encountering overland flooding that "requires prompt action to prevent harm or damage to the safety, health, or welfare of persons located within the boundaries of the RM of Grey."

The letter went on to say as the overland flooding conditions present an extreme emergency, there was no time to hold a council meeting for a decision. Savage was "compelled" to respond to the emergency immedi-

ately on behalf of the RM.

The RM of Grey set up a sandbagging station between the curling rink and the skating rink in Elm Creek. They need volunteers to fill sandbags all week and to work shifts running the pumps from tractors and monitoring hose movement.

The RM of Thompson is urging residents to avoid travel on municipal roads as they're in poor condition with washouts throughout the municipality.

The RM of Dufferin declared a state of emergency early on Sunday due to overland flooding, rising waterways, and the voluntary evacuation of some municipality residents.

Dufferin reeve George Gray said almost a dozen homes were evacuated this past weekend. They've set up an emergency shelter at the community hall for those who were displaced with cots if needed.

"The volume got here a lot quicker than it normally could which didn't allow [for the water to move]," said

Continued on page 13



STANDARD PHOTOS BY JOEY MCELROY, CHRISTA SMITH AND DENNIS YOUNG

Water levels are expected to remain high for an extended duration in many areas in southern and central Manitoba. Overland flooding continues in the Interlake, Red River Valley and many other portions of central and southern Manitoba. Residents in these areas are advised to monitor local conditions and to take any necessary flood mitigation actions. Carman received 58.2 mm of rain over the weekend.



> RM DUFFERIN FLOOD, FROM PG. 12

Gray. "One day your house is dry and the next day you've got to get out, so we've never seen that type of urgency before. There's just so much water. It just came so fast, the sources they had from dikes to sandbagging...they just couldn't maintain the integrity."

Water in the RM of Dufferin comes from three main sources — the Roseisle Creek, the Boyne River, and the St. Daniel area. This year, the tremendous snow melt mixed with the heavy rains and rising waterways have made for a quick flood like no other.

"The Boyne River is in full flood stage," said Gray on Monday. "It crested at Rathwell and will probably maintain that height for three, four days unless we get more rain."

When the water in the north drains, it goes into channels and provincial drains that eventually lead back to the Boyne River, but it takes a while to get back there. The water from the south goes to a catchment area that brings it into the Boyne further east. The Boyne River flood is saved mainly by the Carman diversion.

"The diversion's working properly," said Gray. "It's a miraculous piece of engineering. It has gone down just a little bit so it's working the way it should be."

The RM of Dufferin's roads are compromised right now too, with washouts on a lot of them preventing travel. After 2.5 inches of rain last weekend, the melting snow during that, and the Colorado lows before that, Gray said the roads have become "treacherous." He's hoping with constant sunshine and a lack of rain, they'll be back in shape.

"Things are looking up," he said. "As long as the weather cooperates, we weather the storm. A lot of things have happened, but we've come through it pretty good."

He said the reason they've been able to get this flood under control is because of the volunteers, Carman Dufferin Fire Department, and the public works committee. They've been working around the clock to pump water, help sandbag, and keep people safe. So far, everyone has come out of the flood unscathed.



Youth to share sustainable future ideas in video contest

By Becca Myskiw

The Carman Green Team is teaming up with students to get their ideas on how to create a sustainable future.

Evelyn Rempel Petkau of the Carman Green Team initiated the project after learning her granddaughter didn't like to talk about climate change and environmental issues.

"She said it made her feel sad and discouraged," she said. "So, I thought, 'maybe we have to listen and give these young people an opportunity to share their ideas.'"

Rempel Petkau went to talk to the teachers at Carman Collegiate and came back with support from Amanda Rheault and Rosanne Massinon. Then, together with Carman Green Team member Amanda Redpath, they came up with a project to get local students more involved and educated on making the community more sustainable.

The project is a 90-second video contest for students in Grades 5 to 12. The topic is "What does a sustainable future look like in your community?" In groups of up to five or as individuals, students have complete creative freedom to develop their ideas and create the video.

Students can act in the video, get actors, create stop motion with Lego, make graphics, do a dance, sing a song, or whatever they want to do to get their message and idea across.

Rheault is doing the project with her Grade 6 class and Massinon is doing it with her Grade 9 science class and Grade 10 agriculture class. Other students are welcome to do the project and submit a video entry.

Rheault opened the conversation with her Grade 6 class by telling them to close their eyes and picture what they wanted the town to look like when they're her age. The 11-year-olds had great ideas — more solar power on publicly funded buildings, more rain barrels to collect water after the drought.

"They do recognize there are things that could be changed and quite easily with a lot of them," said Rheault.

Though the project is a partnership between the Carman Green Team and Carman Collegiate, it's open to students from all over the community, meaning other schools can enter. Rempel Petkau said the more students enter, the more ideas they get, and the more information they have to share with the community.



STANDARD PHOTO SUBMITTED

It makes sense to use rainwater when it's free and it's easy to harvest. You can use a simple water barrel to collect rainwater, or you can invest in a more complex rain harvesting system.

They're hoping to do a public showcase this summer to get as many people involved to see what the students have to say. They don't know yet what it will look like, but they know it will happen.

The ladies are also looking for sponsors for the project as they'd like to give prizes to winning videos. Rempel Petkau is currently putting together a panel of judges for the project and Massinon said depending on the

kinds of donations they get will depend on the number of winners they have. To sponsor the project, contact the Carman United Church at (204) 745-6835.

Videos will be judged on practicality, creativity, originality, whether it's realistic, how well the idea is communicated, and which ones are simply the best. The deadline to enter a video is June 3.

> FRONT LINE TO FINISH LINE, FROM PG. 7

Games Federation.

"These games will be an exciting event for our province to host, celebrating the dedication and service of those competing," said Andrew Smith, Minister of Sport, Culture & Heritage, Government of Manitoba. "We are eager to welcome police officers and firefighters from all over the world, and cheer them on as they display their love of sport and passion for serving the communities they protect."

The Games will use over 40 pre-existing sporting venues throughout the city and province with Athletes Village located at The Forks.

These games will have a significant economic impact as it is estimated that 85 million will be brought into Winnipeg's growing economy. This will be a turning point for Winnipeg post-pandemic in an effort to support local businesses and boost tourism.

"The 2023 World Police & Fire Games will be an exciting community-wide sport and cultural event," said Winnipeg firefighter Chad Swayze, Chair of the WPF 2023 Host Society who has competed at seven Games.

The 2023 World Police & Fire Games have developed a 50/50 lottery as an effort to support the games and athletes. All proceeds will go to the planning and delivery of the Games and contribute to the legacy program that will be part of the long term impact left by the Games. Tickets are available for purchase at www.wpf2023.com

The World Police & Fire Games 2023 Winnipeg will be the largest sporting event ever hosted in the province of Manitoba. The Games will be an exciting and rewarding community-wide sports and cultural event that will take place from July 28 – August 6, 2023.



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Celebrate your Mom! Mother's Day

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- Give her some of her favourite flowers and accompany your bouquet with a message that's both touching and sincere. Write "I love you," tell her how happy you are to live with her and thank her for bringing your beloved children into the world.

• Choose some jewelry with special meaning: a "mother-and-child" or heart-shaped pendant; a ring; earrings or a bracelet in gold or silver. Have it engraved with a loving word, your initials or an important date.

- Invite her to a fancy restaurant with just you or with the kids. It's a great opportunity for her to discover local specialties or flavours from around the world. Or, find out about gourmet hotel packages that will let her prolong the relaxation. She's sure to remember this

Mother's Day after enjoying a feast fit for a queen and a romantic night with you.

- Invite your sweetheart to a spa or beauty clinic so she can relax and be pampered. Afterwards, be sure to tell her how beautiful she is.

Whatever the gift, be considerate and attentive. Give her a day she'll remember with pleasure. Perhaps this Mother's Day will be the start of a renewed relationship, closer and more loving than ever before.


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WORK & WESTERN WEARHOUSE

SCSC nears completion of second play structure phase

By Becca Myskiw

The St. Claude School Complex's (SCSC) play structure is ready for Phase Two.

Last year, SCSC got the first part of a brand-new play structure after the Staff and Parent Advisory Council fundraised for 10 years. The structure is coming in three phases. Phase One cost around \$24,500 and has things to swing from, climb on, and jump on for the children. It went up last August.

The next phase of the structure is a rope pyramid that will cost the Staff and Parent Advisory Council around \$21,000. They've already raised \$18,000, thanks to \$10,000 from Caisse Financial Group in St. Claude and another \$8,000 from the advisory council themselves. There have also been other donations from the school division and local businesses.

The rope pyramid structure is the smallest of the three phases. It has ropes leading up to a top platform where the children can sit. It maximizes the number of students that can use the playground at one time.

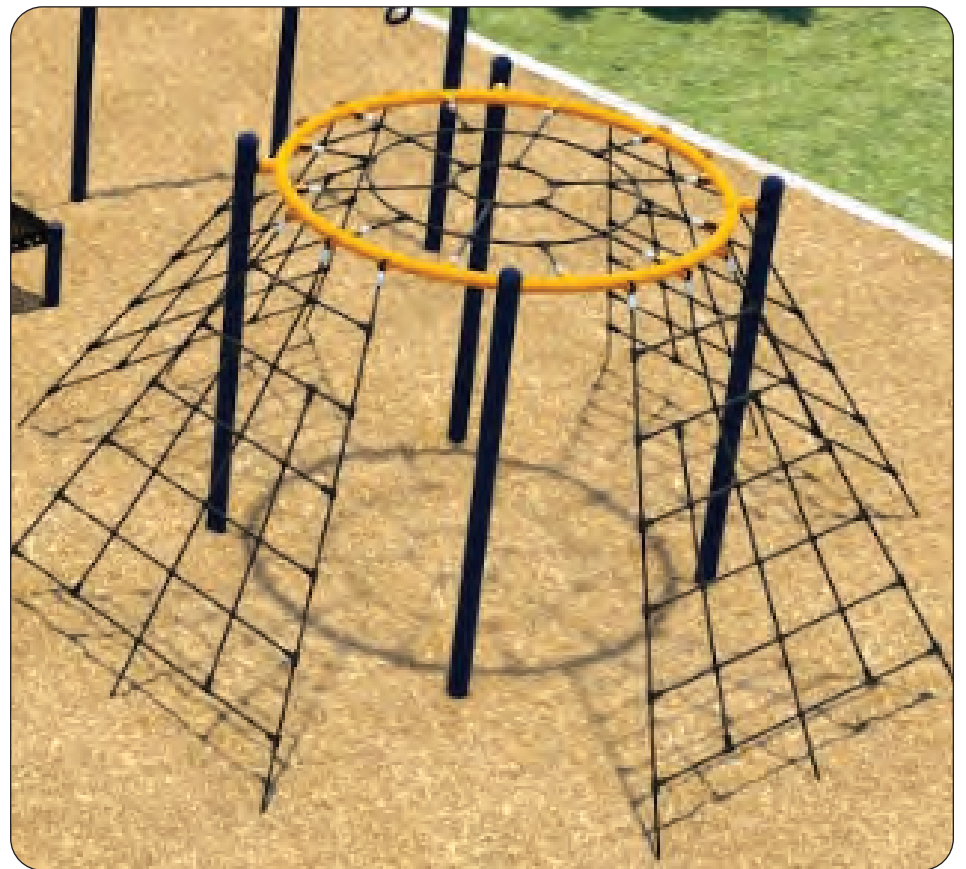
"I don't necessarily think this phase in particular is important," said Kody

Webber from the Staff and Parent Advisory Council. "What I think is important is that we are looking to improve upon what's already there."

The original SCSC play structure went up 30 years ago. There are now around 250 students at the school, and it just isn't sufficient for that many students, so the advisory council is trying to give them more.

"We're taking steps to modernize children's play," he said. "To get them re-engaged in play, getting active by freshening up the playground. The concept is important because we're starting to move it forward and get some new structures. It's good for the community. It's wonderful there'll be another thing for the children to do at and after school."

The next phase of the structure will take much longer to complete as it costs around \$70,000. It's a fully accessible structure with rubber matting and low overhead features for people of all ages and abilities. Webber said it will likely be put on the back burner while other projects come to light but they're hoping to complete it not too many years down the road.



STANDARD PHOTO SUBMITTED

St. Claude School Complex is almost ready to install the second part of their play structure phases — a rope structure.

Home Yard & Garden



When to prune your trees and shrubs

Although trees and shrubs can grow very well without intervention, occasional pruning helps promote optimal health. Here's what you need to know.

FLOWERING

Shrubs like rhododendrons and lilacs bloom from last year's stems, whereas others, like roses and hydrangeas, bloom from new growth. It's best to prune

shrubs that flower from old wood immediately after blooming. However, shrubs that bloom on new growth should be trimmed in the spring.

DORMANCY

In general, shrubs and trees go dormant in the spring before their buds open. This is the best time for pruning because the plants heal faster. Late fall is also appropriate.

However, pruning in the winter should be avoided.

Furthermore, mid-summer is ideal for pruning trees that produce a lot of sap in the spring, like maple, birch and willow.

Lastly, pruning large trees and fruit trees should be left to the experts. For the best results, contact a professional tree pruner in your area.



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get inspired

> MEAL IDEAS



Southwest Steaks with Creamy Peppercorn Sauce and Parmesan-Herb Fries

Peppercorn Cream Sauce:
 1/2 cup brandy
 3/4 cup beef stock
 1/2 cup heavy cream
 2 teaspoons peppercorn medley, coarsely cracked
 salt, to taste
 pepper, to taste

To make Southwest steak rub: In small bowl, whisk salt, pepper, thyme, paprika, chili powder, chipotle pepper, garlic powder and cumin until fully incorporated.

To make Parmesan-herb fries: Preheat oven to 425 F. Place fries on baking rack on top of sheet pan; bake 25 minutes, or until golden-brown and crispy.

In medium bowl, mix Parmesan cheese, thyme, rosemary and parsley until fully incorporated.

Remove fries from oven and toss with Parmesan herbs.

To make New York strip steaks: Season steaks generously with Southwest steak rub on both sides.

In cast-iron pan, add grapeseed oil and bring to high heat. Place steaks in pan and sear 3-4 minutes on both sides for medium-rare doneness.

Remove steaks from pan and rest 8 minutes; reserve oil in cast-iron pan.

To make peppercorn cream sauce: Add brandy to reserved oil in cast-iron pan and reduce to 1/3 volume, about 1 minute.

Add beef stock and reduce by 1/3 volume, about 2-3 minutes.

Add heavy cream and cracked peppercorn medley to pan, bring to boil and reduce to simmer until thickened. Season with salt and pepper, to taste.

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: 10 minutes

Cook time: 25 minutes

Servings: 2

Southwest Steak Rub:

- 1 tablespoon kosher salt
- 1 teaspoon black pepper
- 1 teaspoon dried thyme leaves
- 1 teaspoon smoked paprika
- 1/2 teaspoon ancho chili powder
- 1/2 teaspoon ground chipotle pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin

Parmesan-Herb Fries:

- 1 package (16 ounces) Omaha Steaks Steakhouse Fries
- 1/2 cup Parmesan cheese, freshly grated
- 1 tablespoon fresh thyme leaves, minced
- 1 tablespoon fresh rosemary leaves, minced
- 1 tablespoon fresh Italian parsley, minced

New York Strip Steaks:

- 2 Omaha Steaks Butcher's Cut New York Strips
- Southwest steak rub
- 1/4 cup grapeseed oil
- 2 ounces unsalted butter, cold



Bean, Tortellini and Pesto Salad

grape tomatoes (optional)
 halved cherry tomatoes (optional)
 chopped bell pepper (optional)
 thinly sliced green onions (optional)
 Drain bean salad, reserving 1/2 cup liquid. In bowl, combine reserved liquid, pesto and salt, if desired; set aside.

Cook tortellini according to package directions; drain, rinse in cold water and drain again. Add pesto dressing; toss to coat. Add grape tomatoes, cherry tomatoes, bell pepper and green onion, as desired. Toss with bean salad.

Serve at room temperature or chilled.

Servings: 6

2 cans (15 ounces each) READ 3 or 4 Bean Salad

- 1/4 cup prepared basil pesto
- 1/2 teaspoon salt (optional)

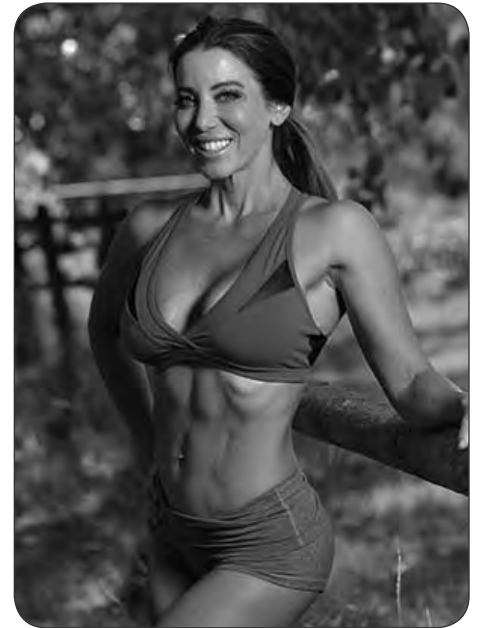
1 package (9 ounces) refrigerated tortellini

30 Minute Fat-Blasting Workout

By Fitness Expert Julie Germaine Coram

If your goal is to lose body fat sustainably, you'll need to adhere to a healthy diet full of nutritious foods and push yourself to train harder during consistent workouts. Here is a fitness program that is going to help you shred body fat while building your glutes. Watch the video here for exercise instruction: <https://www.juliegermaine.com/fat-burning-booty-workout>
 The Workout

Pair any two exercises together and do each for 60 seconds, then rest for one to two minutes. Repeat two more times including rest period, then move on to the next pair of exercises. Perform each exercise three times.



Health and Wellness Fitness expert Julie Germaine Coram

Exercise	Sets	Reps
High Step Ups with Knee Drive	3	1 minute
High Toe Taps	3	1 minute
Lower Body Elevated Glute Hip Thrusts	3	1 minute
Bench Jump Overs	3	1 minute
Banded Side Shuffle	3	1 minute
Lower Body Elevated Plank Walk Overs	3	1 minute

Reach for whole grains, like brown rice or quinoa, and avoid refined carbohydrates like white bread or pasta.

- Enjoy a cup of coffee, but try to drink it black or just with a splash of milk instead of full of sugar.

- Add strength training 2-5x/week and incorporate cardiovascular activity regularly.

- Consistency is more important than intensity! Pace yourself and be proud of every effort you make during your fitness journey! You're doing what it takes to achieve your fitness goals!

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

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

Rocky Road Popcorn Clusters



Yield: 3 dozen
 1 bag (6 ounces) semi-sweet chocolate chips
 1 teaspoon vegetable oil
 4 cups popped popcorn
 1 1/2 cups miniature marshmallows
 3/4 cup chopped walnuts

In small microwave-safe bowl, heat chocolate chips in microwave on high 1 minute, until melted. Stir in vegetable oil.

In large bowl, add popcorn, marshmallows and walnuts. Pour melted chocolate over mixture, tossing to coat.

Drop mixture by tablespoonful onto wax paper-lined jellyroll pan.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Miami runner completes Boston Marathon

By Becca Myskiw

While running may be a good form of exercise and leisure activity for some, Miami's Arli Cruikshank took a serious approach to train and test her limits. She tested those limits with 25,000 other athletes last week in Boston, Mass.

On April 18, Cruikshank ran the 26 miles (41 kilometres) of the Boston Marathon in 3:42:07. She registered for the famous race after qualifying at the Manitoba Marathon. On Sept. 5, she completed the run with a time of 3:28:46, six minutes faster than she needed to qualify for the Boston marathon.

"When I ran the Manitoba Marathon, the goal was just to see if I could hit that magical Boston qualifying time and when that happened all of a sudden the script changed," she said.

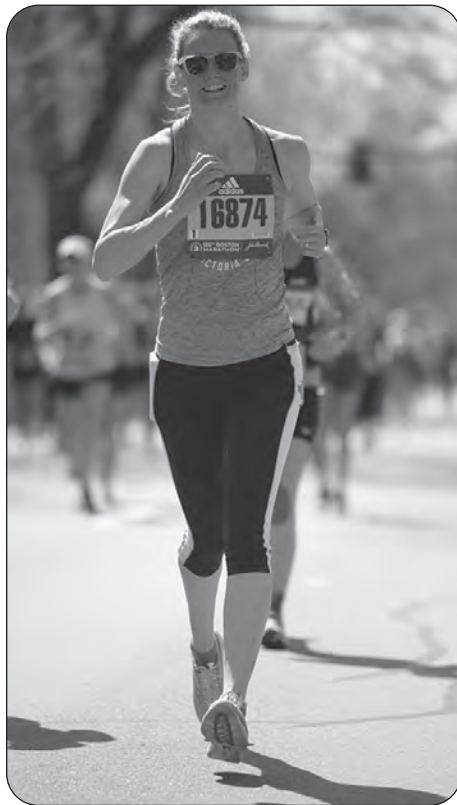
After registering for the race, Cruikshank worried she wouldn't be accepted to run it because when too many runners sign up, they create a cut-off time. Though that time is usually a 1:30 buffer, last year's was the highest it's ever been with a seven-minute buffer — Cruikshank's was six.

Luckily, there was no cut-off time for this year's Boston Marathon so everyone who qualified and registered was accepted.

Cruikshank had to prepare for the race during one of the most wicked winters Manitoba's ever seen. So, to stay motivated on the treadmill she worked her way through each and every one of the 25 Avengers movies on Disney Plus while she ran.

Because it was hard to train for speed instead of stamina during that, she didn't intend to actually race the Boston Marathon, just run it.

"I focused on being prepared to comfortably run the marathon," she



Cruikshank is from Miami and runs all the time. She is now training for the Manitoba Marathon.

said. "And enjoy the experience and be fit enough to do that."

She said at its core, the marathon was the same as any other. She had the same feeling at the start line as any other race, she ran a 26-mile route, and there were people watching. But, at the Boston Marathon, everything was magnified.

There were over 25,000 runners and over 500,000 spectators watching along the entire track, not just the start and finish. There were children cheering from trampolines, college students with signs, and thick, deep crowds of people cheering for each and every runner.

"There was just a lot of really positive energy," said Cruikshank.



STANDARD PHOTOS SUBMITTED

Arli Cruikshank recently ran the Boston Marathon with a time of 3:42:07.

Going into the marathon, her goal was to run in three hours and 45 minutes. Because Miami doesn't have a lot of hills to train on, and the marathon has lots, she told herself if after heartbreak hill she felt good, she would race.

"And that's what I did."

After 32km, Cruikshank put the hammer down and raced the last eight or so kilometres. She finished the Boston Marathon with a time of 3:42:07.

"It was my fourth marathon of dis-

tance," she said. "But it was my first time coming across the finish line feeling good. I want more."

Next, Cruikshank is trying out being a pacer at the PhysioFit 10K run for a 55-minute finish on May 7. Then, she'll be running the Manitoba Marathon again in June. She said her 97-year-old grandma's always reminded her that she used to run two miles to school every day, so Cruikshank's stamina and success in running must have been inherited from her.

Junior rugby expanding to Carman, Miami, Altona this summer

By Becca Myskiw

Carman, Miami, and Altona youth will have the opportunity this summer to "play the hooligan's game as gentlemen."

Rugby is coming to the community this year, courtesy of Adam Porte. Porte was introduced to rugby when

he was in Australia at 25 years of age and he fell in love with the sport. When he returned home, the first thing Porte did was find a club and he hasn't looked back since.

He grew up in Plum Coulee and said a lot of the people he grew up with would have been successful in rugby

if it was an option for them.

"I want kids to have the opportunities that I didn't as a kid," he said. "I'm wanting to make it more of a mainstream sport."

This year, the rugby season happens from July 14 to Sept. 15, not completely colliding with the baseball, soccer,

or hockey seasons. It's the only team sport, Porte said, where players can be kicked off the field for addressing officials poorly — all referees are referred to as sir or ma'am, making it all about manners.

"They say soccer is a gentleman's

Continued on page 19

Local bowlers named national champions

By Becca Myskiw

Three bowlers who call Carman 5 Pin Bowl their home were on the winning team at nationals recently.

Darryl Leblanc, Dave Giesbrecht, and Christy Wilson made up 75 per cent of one of the Manitoba teams who faced off against bowlers from across Canada last weekend. The 5 pin bowling nationals were in Kelowna, BC on April 22 and 23, following Manitoba's provincials that were in Carman on Feb. 26.

To get to provincials, bowlers first have to qualify in the league. To qualify, they have to have an average of 220 or less. If they have that, they can then enter their local round to better that average — those with the lowest averages then form the team going to provincials. This year's provincials saw nine teams total — three from Westman, three from Central, one from Winnipeg, and two others. Leblanc, Giesbrecht, and Wilson were on a Central team that turned into a Manitoba team after placing in the top two at provincials.

Leblanc started bowling 25 years ago after his mom got him into the sport. It was just something fun to do then and it still is. The sport has never been competitive for him.

"I do it to meet people and have fun and have a good time," he said.

Leblanc got his son-in-law, Giesbrecht, into the sport about four years ago and from there he was hooked too. Both had never bowled in nationals before but were really excited to. Leblanc said the whole weekend was a fun one with good people and good times. Giesbrecht said the tournament was good for his personal game as he really got to fine tune his skills there with the help of their coach.

"I improved my game by like 20 to 40 points a game," he said.

Wilson started bowling around 35 years ago. Everyone in her family bowled so she was basically born into the sport, getting good at it naturally. She doesn't know the number of provincials she's competed in, but Kelowna was her 10th nationals.

"It's exciting," she said. "Each time I've gone, I've always been with a new group of bowlers. It's always exciting to meet new people and bowl with new people."

Along with winning the tournament with her team, Wilson set a record for the scratch high triple game, meaning her scratch total for three games in a row was the best in the tournament's history. She got a total 847, beating the previous record set in 2009 for 843.

"I feel like this was one of my best tournaments I've ever had at a national level," said Wilson.



STANDARD PHOTO SUBMITTED

The Manitoba team, left to right, Scott Adamson (coach), Christy Wilson, Darryl Leblanc, Dave Giesbrecht and Vivian Cullen won the Canadian 5 Pin Bowlers Championship in Kelowna, B.C. last weekend.

The Manitoba team played seven round-robin games at nationals, losing only the last one. They then went on to win both playoff games, securing first place and making them the best in the country. In addition, each team member received a gold medal, a watch, and \$2,900 to split between

them and their coach.

"It's not about just you as a person winning your games," said Giesbrecht. "It's your team winning together because one person can't win. All four of you have to work together to do it."

> JUNIOR RUGBY, FROM PG. 18

game played by hooligans and rugby is a hooligan's game played by gentlemen," said Porte.

Porte started junior rugby in the Pembina Valley four years ago with a program out of Winkler. Once he noticed it was getting stale, he decided to branch out to Plum Coulee and Morden, and now Carman, Miami, and Altona.

Last year, the Plum Coulee team had 21 players, Winkler had 25, and Morden had a record 60, forcing the club to make two teams. Porte is hoping the numbers in Carman, Miami, and Altona will be similar or better.

If numbers allow, all rugby teams in the area are junior ones, meaning there's a U14 team, a U10 team, and a U6 team. If there aren't enough players in each age group, Porte said they'll make it work one way or another.

Rugby is a 15-a-side team sport. The game's object is to ground the ball behind the opposing team's line, which is how to score a goal. Players can use

their hands and feet to move the ball. The catch, however, is when the ball is being carried in hand during rugby, it can only be handed off or thrown backwards.

The Carman Eagles, Miami Merlins, and Altona Mallards registrations will start in May for \$100. All registrations come with rugby socks, shorts, t-shirts, and a ball, customized to each team's logo and colours. Carman, for instance, has an eagle for their logo to honour Eddie the Eagle Belfour. Its yellow and blue colours are a melding of the Carman Beavers and Carman Cougars hockey teams.

Everyone who registers during May also gets a \$20 discount, making their total registration \$80. Every Thursday, all six teams in the Pembina Valley will get together and play a mini tournament. That way, they can practice and play in one while getting used to the game.

"The game is fun enough," said Porte. "The kids will just play."

Porte is also looking for people to



STANDARD PHOTO SUBMITTED

Junior rugby is expanding from Morden, Winkler, and Plum Coulee to now be in Miami, Carman, and Altona too. The programs start July 14.

coach the rugby teams. To learn more about that, contact him at (204) 250-2888. For those wanting to "try before you buy", Porte will be hosting a

try rugby day in each town later this summer.

Classifieds

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ROCKY MOUNTAIN EQUIPMENT is NOW HIRING: Managers, AG Equipment Techs, Heavy Equipment Techs - Journeyman & Apprentices, Parts Techs. View open roles & apply: www.rockymtn.com/careers. Relocation offered.

STUMP GRINDING

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UPCOMING EVENTS

POSTPONED - Cluck & Quack Poultry Club Auction. Poultry & small animals auction scheduled for Saturday, May 7, 2022. At the request of the Chief Veterinarian of Manitoba is postponed until further notice.

UPCOMING EVENTS

Don't miss the BIG Annual Junk Wagon Antiques & Collectibles Sale. Old toys, tools, advertising, jewelry, glassware, vintage clothing, records, comics, retro, repurposed, oddball and much more. Sat. May 14/22 9-4. 980 Winakwa Rd. Winnipeg.

NOTICES

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

NOTICES

HIRING??? Need Owner Operators or Class 1 Drivers? Construction staff? Having an AGM or on-line event and need attendees? Advertise in the 32 Weekly Manitoba Community Newspapers to get your messaging out now! Selling some-
CONT. ON NEXT COL.

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Employment Opportunities



Walinga Inc. in Carman, Manitoba is seeking a full time, experienced CNC Machinist to join our growing team!

Duties and Responsibilities:

- Able to work in a fast paced environment, with a focus on high quality standards.
- Be a team player with effective interpersonal and organizational skills.
- Must be flexible, reliable, and have good time management capabilities.

Qualifications and Requirements:

- RED SEAL CERTIFIED MACHINIST or equivalent preferred.
- Must have basic machine programming skills and be able to use precise measuring tools.
- Able to read and understand drawings and blueprints.
- Minimum 1 year experience.

Walinga offers a competitive wage, full benefits package, pension, and a great work environment. Wage is dependent on experience and qualifications. A red seal or equivalent is automatically entitled to a \$2 hour premium.

If you are looking for a rewarding career and would like to share a resume please contact Ray Beukema at 204-745-2951 (ext 440) or email him at ray.beukema@walinga.com

REQUEST FOR QUOTE

Ag-Quest Inc

Ag-Quest Inc. located in the RM of Grey 1.5 miles from the corner of Hwy. 2 and Hwy. 13, is requesting quotes for the construction of a 30 by 40-foot addition to its office facilities.

Interested parties can contact the facility manager David Pankhurst at David.Pankhurst@agquest.com or (204) 436-3080 for more details.

Request for quote will remain open until tender accepted

Lowest or any tender not necessarily accepted.



ATTENTION STUDENTS:



Carman Legion Ladies Auxiliary #18 is offering two bursaries of \$500 each to a child, grandchild or great grandchild of a Veteran, Carman Legion Branch or Auxiliary member, leaving High School this year to further their education. The Bursary must be used within one year from the day it is awarded.

Application forms are available at Carman Collegiate, Elm Creek Collegiate, Miami Collegiate, Dufferin Christian School or by contacting the Auxiliary Secretary directly at (204) 745-8222.

Applications must be clearly marked Legion Ladies' Auxiliary Bursary and must be received by the Auxiliary Secretary, PO Box 98, Carman, MB. R0G 0J0 no later than Friday, June 3, 2022.



RURAL MUNICIPALITY OF THOMPSON Public Works/Heavy Equipment Operator FULL-TIME EMPLOYEE

The R.M. of Thompson is seeking an individual to join our Public Works Department on a full-time basis, beginning employment in June 2022. Duties are to include operation and maintenance of heavy equipment and general laborer tasks within the Village of Miami and rural areas.

Qualifications:

- Valid Class 1 Driver's License
- Experience on heavy equipment, such as graders, excavator, and tractors, are a definite asset
- Ability to work in a team environment

The Rural Municipality of Thompson offers a competitive salary and benefits package.

Please forward a Resume and work-related references by Friday, May 20, 2022, at 4:30pm to:

Rural Municipality of Thompson
Box 190, Miami, MB R0G 1H0
OR email it to:
cao@rmofthompson.com

Questions can be directed to the Municipal Office at 204-435-2114

We thank all applicants for their interest but only those selected for an interview will be contacted.

Successful applicant will be required to provide a driver's abstract.



NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION TOWN OF CARMAN

Please be advised that a general municipal election will be held on October 26, 2022.

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise, or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations: For the office of head of council: Between May 1, 2022 and September 20, 2022 For the office of councillor: Between June 30, 2022 and September 20, 2022

at the Town of Carman office, 12-2nd Avenue SW, Carman, during the regular hours of business.
To obtain a registration form contact the SEO at the email or telephone number listed below.

Cheryl Young
Senior Election Officer
Town of Carman
204-745-2443
cheryl@townofcarman.com

Dated at the Town of Carman this 28th day of April 2022.

Classifieds Announcements

The Carman-Dufferin
STANDARD

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Carman Dental Centre

Looking for **part time permanent receptionist** for Carman Dental Centre no evenings or weekends. Email lr dental@mymts.net

Carman Active Living Centre

requires a responsible person who can work independently to do custodial work, cleaning and light maintenance.

Please submit application to the Active Living Centre Box 2224 Carman or email [<carmanalc@gmail.com>](mailto:carmanalc@gmail.com). Closing date May 18.

For more information please call Bill Learmond at 204-745-3722.



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Boyne Lodge in Carman is looking to hire motivated individuals for;

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Earls Polo Park (Winnipeg)

Visit ridefordad.ca/manitoba

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TFC provides children and youth with a therapeutic home environment to grow, develop and experience belonging. Caregiving can be carried out by individuals, couples and families. Training and support provided by Marymound Clinical Case Managers.

For more info, please visit www.marymound.com or email fostercareinfo@marymound.com



RURAL MUNICIPALITY OF DUFFERIN PUBLIC NOTICE
ADDITIONS TO THE VOTERS LIST AND/OR PERSONAL SECURITY PROTECTION REQUESTS

In accordance with Section 36 of The Municipal Councils and School Boards Election Act (MCSBEA), the Rural Municipality of Dufferin Voters List is open for changes or revisions until September 20th, 2022, by 4:30 p.m.

- Any person who is eligible to vote in municipal elections in the Rural Municipality of Dufferin can have his or her name added to the Voters List or have any information about the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. That person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places. To implement the above, a written request must be submitted to the Senior Election Official, in person, by mail or by email to:

Rural Municipality of Dufferin
12-2nd Ave S.W. Box 100, Carman, MB R0G 0J0
Email: cao@rmofdufferin.com

The next General Election takes place Wednesday, October 26th, 2022.

Sharla Murray, CMMA
Senior Election Official

McSherry Auctions

12 Patterson Dr.,
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Online Timed Auctions @ iCollector.com

Estate & Moving
Closes Wed May 11 @ 7:00PM

Estate & Moving
Closes Wed May 18 @ 7:00PM

Consignments Welcome!

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

BABY SHOWER

We are tickled pink and ask you to join us on **Sunday, May 15th from 1 – 3 p.m.** at the Carman United Church for a **Come and Go Baby Shower** for Sierra Walker and Tanner Gitzel! We are excited to announce that a new baby girl is on the way in August!

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

CAREER OPPORTUNITY AT



COMMERCIAL PROJECT MANAGER

Qualifications:

- Knowledge of and experience in the construction industry including the ability to read plans and specifications.
- Ensuring that a project is constructed in accordance with the design, budget and schedule.
- Ability to provide direction to the site supervisor to ensure project completion.
- Detailed understanding of all aspects of construction, equipment, building materials, bid management, safety and quality.
- Ability to lead and run effective site meetings with clients, consultants, and sub-trades.
- Ability to demonstrate conflict resolution skills, problem solving abilities, and professional judgment.
- Basic computer skills

This position is a full-time opportunity with competitive wages and benefits package.

Resumes should be forwarded to info@lclconstruction.net
Applications can be found on www.lclconstruction.net

CAREER OPPORTUNITY AT



COMMERCIAL SITE SUPERVISOR

Qualifications:

- Knowledge of and experience in the construction industry including the ability to read construction drawings and specifications.
- The ability to understand all aspects of the project scope.
- The ability to coordinate multiple scopes of work with sub-trades on a construction site to ensure productivity.
- Successfully supervised a construction workforce.
- Journeyman Certificate or Experience is preferred.
- Ability to demonstrate conflict resolution skills, problem solving abilities, and professional judgment.
- Communicates with the project manager/project coordinator in all aspects of the project to ensure final project completion that is on time and on budget.
- Effectively communicates with all sub-trades on site to ensure that performance, productivity, quality, and safety requirements are being met.
- Basic computer skills

This position is a full time opportunity with competitive wages and benefits package.

Resumes should be forwarded to info@lclconstruction.net
Applications can be found on www.lclconstruction.net

Classifieds Announcements



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

OBITUARY



Eugene Orest Samuel Hugh Still

Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. Isaiah 58:8

All too soon Gene had to leave us on Monday, 25 April 2022 at the age of 58.

He was predeceased by his mother Agnes Still, father John Still in 1999 (Winnipeg), his brother John Still in 2017 (Stonewall), and his daughter Jacqueline Cannizzaro in 2021 (Carman).

He leaves to mourn his wife of 22 years Joyce Still; son Chris Fehr, and son Phillip Fehr; mother-in-law Alberta Horsman; sister Sue (Dale), sister Margaret (Rick), and grandchildren Jaimin Ranger, Jordan Fehr, and Jaylin Fehr and many nieces and nephews, and extended family members, friends, and colleagues too numerous to mention.

Gene grew up in the St. James area of Winnipeg. After graduating from Sturgeon Creek High School, he worked at Arnold Bros. Transport in the tire shop and also drove with his dad who was a long-distance owner operator truck driver. After a few years of traveling, he set his sights on journalism. He received his degree at RRCC and his ensuing career encompassed television, radio and press. His employment as reporter, assignment editor, and producer with CKX-TV and Radio took him to Brandon and Saskatoon. He did colour commentary for the Selkirk Steelers, and he had the privilege to work on "Hollywood Goes Hockey in Winnipeg". Gene loved sports and was all the niece's and nephew's favorite uncle. He could often be seen cheering them on at soccer games, ringette games and cross country meets. In the early '90s he moved to Carman, MB where he became the editor of the Carman Valley Leader, holding this position in the well-recognized award winning publication until a few years ago. This is also where he met the love of his life and future wife, Joyce. Gene loved the many summer trips taken as a family to B.C. and Detroit Lakes. He loved to watch the kids and grandkids excel at whatever they tackled. His love, humour and kindness graced our home and his positive influence kept us smiling along life's way. Gene was strong, kind, witty and smart and we were blessed to have him as a husband/dad/papa/and mentor of our family.

Even though in the last few years a genetic illness took away his freedom and independence, he never lost his zest for life or his sense of humour. He showed exemplary courage and determination when facing the hurdles that his illness would throw at him. He lived a life of dignity and integrity. He woke up every day with a smile on his face and a joke on his lips and never let bitterness overtake him. He appreciated many good people that came through our doors to help. There are no words in the English language to express how much he will be missed. God bless you Gene for a life well lived and to borrow from one of your infamous quips; "It's been a slice!" A private family service will be held at a later date.

In lieu of flowers donations may be made to the ALS Society, a local charity, or a charity of your choice as you wish.

OBITUARY



Lorraine Riddell (nee Boulet)

Peacefully at the Carman Memorial Hospital, Lorraine Riddell passed away on Monday, April 25, 2022 at the age of 88 years.

The funeral mass will be celebrated in Somerset at the Notre-Dame-de-la-Nativité Roman Catholic Church on Wednesday, May 4, at 2:00 p.m. with Father Paulin Akpapupu celebrant. Ash burial will follow at the Somerset Catholic Cemetery.

To view the service details and leave condolences, please visit www.afh.ca

Adam's Funeral Home of
Notre Dame de Lourdes, Manitoba
in care of arrangements
Phone 204-248-2201.

Your memory will live forever Engraved within our hearts



NOTICE OF APPLICATION RURAL MUNICIPALITY OF THOMPSON REVISED WATER RATES THOMPSON RURAL UTILITY April 29, 2022

Rural Municipality of Thompson (RM) has applied to the Public Utilities Board (Board) for revised water rates for the Thompson Rural Utility (Utility) as set out in By-Law No. 6-2022, read the first time on February 24, 2022. Rates were last implemented January 1, 2022 to reflect a pass through rate increase from the Pembina Valley Water Cooperative (PVWC). The Board's most recent decision for the Utility was Board Order No. 26/19.

The current and proposed rates are as follows:

	Current Rates	Proposed Rates			
		By-Law - 6/2021	By-Law 6-2022 Year 1	By-Law 6-2022 Year 2	By-Law 6-2022 Year 3
Quarterly Service Charge	\$ 11.54	\$ 11.84	\$ 12.14	\$ 12.44	\$ 12.75
Water (per 1,000 gallons)**	\$ 20.81	\$ 21.32	\$ 21.83	\$ 22.34	\$ 22.83
Minimum Quarterly Charge*	\$ 73.97	\$ 75.80	\$ 77.63	\$ 79.46	\$ 81.24

*Based on 3,000 gallons

** Note current water rates include pass-through rate increases from the PVWC

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

If you have concerns/comments regarding the RM's applications for water rates and recovery of deficits please go to www.pubmanitoba.ca and provide your comment. Please note all comments will be forwarded to the RM.

Questions or comments should be sent on or before **May 30, 2022**.

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

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

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

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

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

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

Jennifer Dubois, CPA, CMA
Assistant Associate Secretary
Manitoba Public Utilities Board

Do you wanna make some EXTRA CA\$H?

Do you have a truck and are heading back to Altona on Tuesdays empty?

Would you be interested in delivering the Altona Rhineland Voice Weekly Newspaper?

Email resume and driver's abstract to Bigandcolourful@mts.net



MAY IS BETTER HEARING AND SPEECH MONTH

Are You One of Many Canadians Living With Hearing Loss?

Many Canadians are not even aware they have hearing loss. A Statistics Canada study¹ showed that while 38 per cent of Canadians aged 40 – 59 years had an audiometrically measured hearing loss, only four per cent self-reported a loss. Similarly, 75 per cent of Canadians aged 60 – 69 years displayed a measured loss, with only seven per cent self-reporting. Further, 93 per cent of Canadians aged 70-79 years showed a measured loss, while only 19 per cent self-reported a hearing loss.

Are you noticing your hearing is not as good as it used to be?

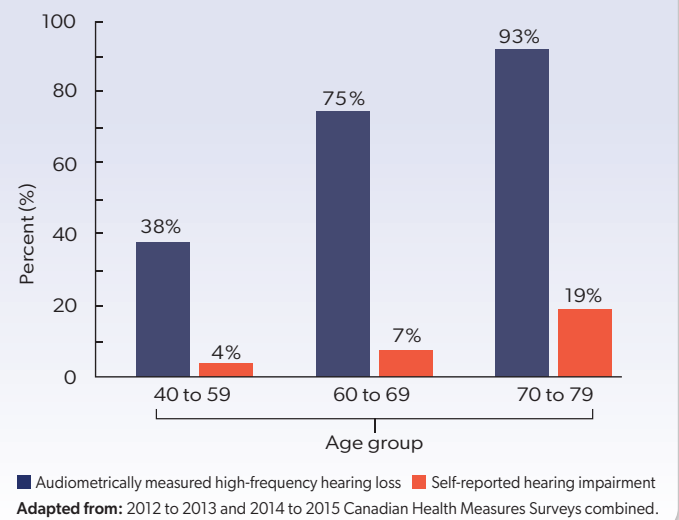


If you answer 'yes' to any of these questions, you may benefit from a hearing consultation

To help gauge your hearing health, consider the following questions:

- Do you have difficulty following conversations in a restaurant, a large group situation, or when there is background noise?
- Do you often have to ask others to repeat themselves?
- Have people ever told you that you listen to the television or radio too loudly?
- Have you been told that you speak too loudly?
- Do you find it difficult to communicate using a telephone?

Measured hearing loss compared to self-reported hearing loss



How is hearing loss diagnosed?



A hearing care professional is best equipped to assess your hearing and determine if you have hearing loss. During your hearing consultation you can expect:

- ✓ A discussion about your current symptoms and your overall health history
- ✓ A non-invasive physical examination of your ear with an instrument called an otoscope
- ✓ An audiometric test which is performed in a soundproof booth, during which you wear headphones and listen to sounds and words directed to each ear
- ✓ A speech test asking you to repeat a list of words given at different volumes
- ✓ The results of these tests recorded on an audiogram

The entire testing process takes approximately 40 minutes. Once the tests are complete, your hearing care professional will review the results with you and answer any questions you may have.

Call today to arrange your **COMPLIMENTARY HEARING CONSULTATION***

Ask us about our Premium Technology promotion for May

helix hearing care
BY LIFESTYLE HEARING CORPORATION

866-559-4528

Carman Active Living Centre
47 Ed Belfour Drive, Carman, MB

Crocus Place
320 Main Street, Winkler, MB

Source:
1. Ramage-Morin, Pamela L., Rex Banks, Dany Pineault and Maha Atrach. "Unperceived hearing loss among Canadians aged 40 to 79." Statistics Canada. August 21, 2019. Accessed March 4, 2022.
<https://www150.statcan.gc.ca/n1/pub/82-003-x/2019008/article/00002-eng.htm>

*Complimentary hearing consultations valid for those over 50. Not applicable on third party claims. Other restrictions apply, please see clinic for details.