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STANDARD PHOTO BY LANA MEIER

Sisters Addison, left, and Cameron Pethybridge chose Gerbera daisies for their mom while shopping for a Mother's Day gift at Vanderveen's Greenhouses last Friday. The girls were proud to have found their mom's favourite flowers.

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Walk-ins welcome: 3rd Ave NE

Not even COVID stops recreation summer staff

By Dennis Young

While pretty much all summer events in Carman have been cancelled, recreation staff continue on with their jobs of maintaining the arena, pool, tennis courts, campground and pathway and more. Coordinator of recreation services Renae Wolfe provides an update on what she and her staff have been busy doing during this time of quiet in the sports world.

The town pool is approximately 18 years old and at the end of its life span so a new liner is required this summer. It will take two weeks to install at a cost of \$160,000 with a grant from Sustainable Communities hopefully covering a portion of that.

The opening of the pool and splash pad will be re-evaluated continually based on recommendations of the Provincial Health guidelines. It's important that the community be safe and the pool is clean and ready to be used when its opened.

The campground goes hand in hand with the pool. The opening of the campground still remains a question mark with only 23 out of the 41 campsites available to be used due to the social distancing requirements. There are currently 780 overnight stays reserved. With the reduction in sites, campers will have less foot, car and bike traffic going around the loop which will make the stays that much more enjoyable. Washrooms will be sanitized frequently but users are asked to bring their own paper supplies, hand sanitizer and other hygiene items. New for this season are hand dryers that were recently installed in the washrooms and made feasible due to funds from the Carman Area Foundation.

Other regulations for Campground

Reservations can be found on the Town-RM website.

For the tennis players in the area, the courts have been washed and play can begin the week of May 10. If a slower pace is more your style, then the Pathway cleanup will be great news. Spring cleanup including harrowing, box blading and branch pickup is underway. Quads and dirt bikes are not allowed on the pathway so please report any sightings. Everyone is encouraged to get out to enjoy the Community Pathway while walking, biking or jogging.

The skate park, however, is currently closed and the plan is to have new equipment by 2021 using funds again from CAF and provincial grants.

The arena, which is home to hundreds of people throughout the winter in Carman is also getting a facelift. Staff are presently painting both floors, stands and the concession booths across the street with product supplied through the Coop in Full Color Program. A wheelchair ramp will be built on the A side bleacher area next to the time box. This will enable fans with accessibility restrictions to watch the ice surface much easier. If grants come through, there are plans to replace flooring on all high traffic areas, new benches in the dressing rooms and a new Zamboni.

It's been 30 years since the 1990 Manitoba Games were hosted in town putting \$100,000 into upgrading the upstairs. In 2008, a fundraising campaign raised \$2.4 million to completely renovate the arena from top to bottom. Regular upkeep is vital.

Whether these facilities get used this peculiar summer or not, they will be ready to go when the time is right.



STANDARD PHOTOS BY DENNIS YOUNG

Jordan Riddell, manager of recreation services, poses with the new pool liner that will be put in for use this summer.



Leo Lotscher, a recreation staff member, washes the tennis courts.



Carman musician releases single in honour of friends' loss



STANDARD PHOTO SUBMITTED

Abby Margetts died in a tragic car accident January 2019.

By Emily Distefano

Abby Margetts was a bright little girl who loved music and singing songs in front of the family and friends who cherished her. Now, Carman singersongwriter Nathan Strange, known by his stage name The Rainy Day Apparel, has written a song in honour of Abby's life.

The three-year old died in a tragic accident in Stonewall in January 2019. A few months later Abby's parents, Ryan and Amanda Margetts, asked Strange to create a musical tribute in memory of their daughter. The resulting single, Moon, Light and Waves, was released on May 8.

Strange said Abby shone a light on everyone around her.

"She was very much into music and art and performing," he said. "She lit up a room."

A father of three and a teacher at Miami School, Strange has also been producing music for years. This song, however, was different.

"It was something that I really wanted to get right," he said.

It wasn't until a family vacation in Mexico earlier this year that inspiration truly struck. He and his wife noticed that the more time they spent in the ocean during the day, the more they felt the pull of the waves at night.

He realized that the feeling of the waves was a metaphor for the way we feel about loved ones we lose, and the way they continue to work in our lives even after they are gone.

Strange combined the wave motif with lyrics about the moon and Abby's bright light.

"One thing that Abby used to say to her mom and dad is 'I love you to the moon and back' and that lyric shows up in the song," he said.

The night before the song was released, there was a full moon in the night sky.

"It was kind of like a sign," said Strange.

Ryan and Amanda were touched when they heard the finished prod-

"We were speechless and cried the whole time," said Amanda. "It was amazing...it's fitting too because she loved music and water. The wave theme is perfect."

Amanda said asking Strange to write a song for Abby made sense because music was such a huge part of the little girl's life.

"Knowing Nathan for many years and knowing his special talents, I couldn't think of anyone else to write this song in memory of her," she said. "When you lose a child, all you want to do is honour them. You want the whole world to know about them and keep their memory alive."

Abby was passionate about life and knew and understood what it meant to be a good person, Amanda said, which made everyone who knew her proud to be in her life.

"Abby did everything big," said Amanda. "When she laughed it was from her belly, when she cried it was from her toes, and when she loved it was from the heart. She was expressive and did not hide any emotion,

even if it was a more subdued emotion like empathy. She died doing what she loved, which was living."

All proceeds from the song will go to Danica and Abby's Village, which is currently raising money to buy buddy benches to be placed in communities around Manitoba.

Strange said turning the song into a fundraiser for Abby's charity was just one more way to honour her memory and her family.

"There's not a lot you can say or do when someone is going through something like this," he said. "I thought about everything as just a gift to them."

You can find Moon, Light & Waves on music streaming and downloading platforms.



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Public Utilities Board approves special MPI rebate application

Submitted by MPI

Manitobans have been financially impacted by the COVID crisis and MPI is proactively providing relief by issuing rebates to its customers as an alternative to future reduced premiums. Manitoba Public Insurance has been given approval to return \$110 million after its special rebate application was approved this week by the Public Utilities Board.

"The COVID pandemic has financially affected many people in our province and this rebate of \$110 million will provide immediate relief for many Manitobans," said Crown Services Minister Jeff Wharton. "We're working hard across government and with our partners to find ways to provide relief to Manitobans who need it and MPI was in a strong financial position to offer this rebate."

Rebates will be based on what policyholders paid last year and are expected to be around 11 per cent, or around \$140 to \$160, per average policyholder, who can expect a rebate cheque at the end of May to early June. MPI's CEO & President Ben Graham explained the rebate was made possible by the combination of fewer claims during this COVID period, coupled with strong year-end financial results and MPI's exceptionally strong reserves which will not be adversely affected by the rebate.

"We continue to ensure that we keep our customers' needs and best interests at the forefront of everything we do – whether in managing our business with financial prudence, providing service options throughout the pandemic or transferring the use of some MPI facilities to assist others in dealing with COVID," said Graham.

Under existing legislation, MPI was able to immediately return approximately \$50 million to its ratepayers, but required the approval of the PUB for the additional \$60 million.

"I'm also very pleased our special rebate application was expeditiously dealt with by the PUB," said Graham. "MPI continues to work with the PUB in full collaboration and transparency; the end result being a positive outcome for Autopac premium payers."

In addition to rebating excess capital from the last financial year, MPI reported that as of mid-April, collision claims were down 48 per cent compared to the same month a year ago. MPI estimates that public health orders directing the public to stay at home and for non-essential businesses to cease direct interaction with the public have resulted in approximately \$29 million in fewer basic claims being incurred between March 15 and April 15, 2020.

Governments working together



STANDARD PHOTO BY DENNIS YOUNG

The Town of Carman has partnered with the Government of Canada, Province of Manitoba, Manitoba Water Services Board and Pembina Valley Water Cooperative to secure funding for the building of a 3600 m3 reservoir and pump house. LCL Construction Ltd. was awarded the contract for this portion of the project, which is being managed through Manitoba Water Services Board. This water reservoir and pump house will provide water and water storage for the community for years to come. Also included in the \$12.8M project are water main upgrades by EF Moon Construction. Pembina Valley Water Corporation will be adding a skid to the Stephenfield water plant to provide water for this project.

Major infrastructure package unveiled to help restart Manitoba recovery

Submitted by Manitoba government

The province is increasing infrastructure investments by an additional \$500 million as part of an economic stimulus package to help restart Manitoba's economy in the wake of the COVID-19 pandemic, Premier Brian Pallister announced last week.

"As Manitoba continues to flatten the COVID curve, we are now in a position to slowly and carefully begin to restart our economy," said Pallister. "Our government is committed to working with industry, municipalities and all levels of government to help stimulate our economy as we move forward through this global health and financial pandemic."

The \$500-million investment through the Manitoba Restart Program announced last week will expand on the significant already-planned infrastructure investments of \$3 billion over the next two years,

the premier noted.

The Manitoba Restart Program will include new: water and sewage projects through the Municipal Water Services Board; road and highway resurfacing and repairs; bridge repairs; municipal infrastructure priorities, and potential new cost-sharing construction projects with other levels of government if agreements can be reached.

"Today's announcement builds on

our commitment to ensure critical funding to Manitoba municipalities as promised in Budget 2020 remains intact, despite unprecedented financial pressures on the provincial government and record borrowing levels," said Pallister. "Manitoba's construction industry is ready to ramp up their work and we have many important shovel-worthy projects throughout the province to start that will improve the quality of life of all Manitobans."

The premier noted specific projects would start to be determined in the coming weeks.

This additional investment is one of many measures undertaken by the province through the Manitoba Protection Program, which includes approximately \$250 million in supports for small and medium-sized businesses and various measures to help the health and well-being of Manitobans.

Congratulations on your 1st Edition!



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If you see news happening or you have a story you want to share with the *Carman-Dufferin Standard*, please call Dennis Young at 204-745-8811.

Post-secondary students to receive increased funding

Dollar-for-dollar fund matching will strengthen assistance in time of need

Submitted by Manitoba government

The province is increasing its support for students and post-secondary institutions during the COVID-19 pandemic by providing more matching funding for the Manitoba Scholarship and Bursary Initiative (MSBI) for the 2020-21 academic year, Premier Brian Pallister announced on May 6.

The province will match all funds raised by universities and colleges for the MSBI for the year, dollar for dollar, instead of with one dollar for every two dollars raised or donated privately.

"As students and the post-secondary institutions they attend deal with challenges created by COVID-19, the Manitoba government is committed to providing the funding they need during these uncertain times," said Pallister. "We are facing the obstacles in front of us together, and it is imperative that we rely on our strong partnership with post-secondary institutions and our shared vision for access to education."

By temporarily matching contributions from universities and colleges under the MSBI for 2020-21 with a 1:1 instead of a 1:2 ratio, the province will better ensure students receive financial supports amid fundraising challenges faced by post-secondary institutions due to the pandemic.

As well, the province is committing \$5 million to the MSBI program on top of the \$10 million announced in Budget 2020, to maximize funds for students during the pandemic. With the 1:1 matching dollars, approximately \$30 million will be provided to students this year through scholarships and bursaries.

The MSBI is delivered by 12 participating post-secondary institutions and the Business Council of Manitoba, which undertake their own fundraising matched by provincial contributions. The MSBI has been highly successful, with a combined disburse-

ment of approximately \$23 million in private and public funds to 13,000 students in 2017-18, and with about \$24 million to 14,700 students in 2018-19.

The number of students who benefited from the MSBI in 2019-20 will be known this fall, and it is expected that the number will have increased, the premier noted.

In addition, the separate Manitoba Bursary program, which provides upfront financial support to students in need, has been increased by \$1.8 million for 2020-21 to put a total of \$17.3 million into the hands of students when they need it as they begin their

The province has made significant enhancements to the Manitoba Bursary program since 2016-17. These changes have more than quadrupled the number of students in financial need who benefit. It is estimated that nearly 11,500 students will be supported under the Manitoba Bursary in 2019-20, the premier added.

These measures further build on recently announced provincial supports for students including the \$120-million Summer Student Recovery Plan - a \$7-per-hour wage subsidy for employers to hire them - and a deferral of repayments of student loans to help those affected by the economic impacts of COVID-19. To date, more than 675 summer jobs for students have been supported through the new wage subsidy program.

"Students are the future of our province and these improvements to the funding of bursaries will play a crucial role in Manitoba's recovery from the pandemic," said Pallister. "Students will have greater opportunities to help stimulate Manitoba's economy and move the province forward."

A comprehensive list of Manitoba government COVID-19 measures can be found at:

https://manitoba.ca/bg/2020/04/co-

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STANDARD PHOTO BY BARB LEPP

Carman Cardinals prospect, Byron Lepp (6), practices batting even though the upcoming season is canceled because of the coronavirus pandemic. Lepp hit seven balls in a row from the pitching machine.

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Manitoba 4

STANDARD



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Our editorial staff is available in Carman at 204-745-8811, or via e-mail at denjohnyoung@gmail.com.

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

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A century later, The Carman-Dufferin Standard reissues

By Dennis Young

With excerpts from UP TO NOW... A STORY OF DUFFERIN AND CAR-MAN printed in 1967 and DUFFERIN HISTORICAL MUSEUM 150TH printed in 2017

"The Standard" was the first paper published in Carman and the first issue rolled off the presses on July 15,

E.A. Burbank was the owner/publisher until Jan. 1892 then on April 28, 1892, after a three month lapse, the Carman Standard reappeared with a new proprietor Anthony K. Hogg, formerly of the Winnipeg Free Press. He was in business for just 1 year until his death then the plant was bought by a long time employee George Harper and he became the legal owner of *The* Standard. The paper ended with the death of Mr. Harper and the presses were sold. The last issue printed was Sept. 28, 1916. The Carman Standard's office was located on South Villiard (now Main St. South) in the former Carman Plumbing & Heating building). To read issues of the original Carman Standard go to pembinamanitouarchive.ca or browse through the local Heritage site at https://www. carmandufferinheritage.ca/local%20 heritage/loc-her-caches.html.

In March of 1898 J.W Jameson started another paper called The Du erin Leader in the building across the street aptly named the Leader Block. Mr. Jameson sold to the Dufferin Leader Printing Company in 1908 but



STANDARD PHOTO SUBMITTED
The Carman-Dufferin Standard's reporter/photographer Dennis
Young takes a few minutes to browse the history of the Carman Standard from 1916.

stayed on as manager until his death in 1910. A.L. Sproule took over from 1912-1917 when he handed the duties over to C.E. Davey, an employee since 1914.

A fire on December 26, 1924 prevented the Dufferin Leader Printing Company from publishing their last issue. L.J Bennett, who had been publishing the *Roland News*, became owner, editor and publisher in 1925. A second fire and financial problems forced L.J. to move in 1938 a few doors down from his original office in the Leader Block.

Howard Bennett had been working with his Dad since 1940 and soon in-

herited the full control in 1970. He not only converted the printing process to offset but moved in 1979 into the former Legion building on 1st Street NW.

In 1976 the paper took on a more regional concept and was named *The Valley Leader* extended news into the Pembina Valley. By 1995 Howard was ready to retire and sold to Sanford

Evans Communications who in turn sold to Bowes Publishing who in turn became Sun Media by the 2000s. Post Media bought Sun Media in 2015 which started a decline in offices, local employment and local news.

On May 7, 2020, the Carman Valley Leader printed their final edition.

On May 14, 2020, the Carman-Dufferin Standard rolled off the presses.

Big and Colourful Printing and Publishing President Lana Meier and partners Brett Mitchell and Rick Reimer have a small chain of weeklies in Manitoba and look forward to serving Carman and the surrounding communities.

"We connect people through stories to build stronger communities," said Meier. "I hope the community is as excited about their new paper as we are and support the paper with advertising. We believe in printing a newspaper that is local and relevant to the reader. And if you have the community's support, the newspaper with thrive and be around for the next century."

Two new COVID-19 cases in Manitoba on Monday

By Ashleigh Viveiros

Manitoba's COVID-19 caseload remains relatively stable one week after the province began its phased-in approach to reopening the economy.

On Monday, Chief Provincial Public Health Officer Dr. Brent Roussin announced two new cases, bringing our total number of lab-confirmed positive and probable positive cases to 289.

With 247 people having recovered

from COVID-19, Manitoba's active caseload is 35. Four people are currently hospitalized with the illness, one in intensive care. Seven Manitobans have died due to COVID-19.

Over the weekend, three new cases were identified, including two connected to a workplace cluster in the Prairie Mountain Health region, bringing the total cases there to 10

Dr. Roussin stressed the increase in that cluster is to be expected and that

public health officials continue to investigate and trace contacts. Affected staff and their close contacts are self-isolating.

The cluster outbreak clearly demonstrates that Manitoba is not done battling this virus.

The warm spring weather is not a licence to gather in large groups or disregard physical distancing efforts or good hand hygiene, Roussin stressed.

Continued on page 7

OUR SISTER PUBLICATIONS



Advertising Deadline: Monday 4:00 pm prior to Thursday Publication

Province investing \$45 million for Manitoba seniors to lessen COVID financial burden

Submitted by Manitoba government

The province is extending \$45 million in direct financial support to Manitoba seniors during the COV-ID-19 pandemic through the new Seniors Economic Recovery Credit that will deliver a \$200 tax credit to each recipient, Premier Brian Pallister announced last week.

"Senior citizens across the province are facing increased financial hardships because they now have to pay extra for grocery deliveries, or purchasing and learning to use technology at home so they can communicate with their family members and the loved ones they miss," said Pallister.

"Manitobans are working together to navigate this challenging time and seniors throughout our province deserve our help and support."

Created through an expansion of the Manitoba Protection Plan for the public health crisis, the Seniors Economic Recovery Credit will provide every Manitoban aged 65 and older with a one-time, refundable tax credit of \$200. To ensure best use of the credit, the Department of Finance will proactively mail a payment cheque as a credit advance to each senior who filed a 2018 income tax return prior to April 1, 2020.

Seniors who have changed mailing

addresses since the time of their 2018 tax filings will have an opportunity to update the Department of Finance on their address changes through a government web portal at www.manitoba.ca/seniorseconomicrecoverycredit. Those who do not receive a cheque, have not updated their addresses or are new residents of Manitoba will be able to receive the \$200 credit when they file their 2020 income tax return.

Almost every senior across the province will receive the payment in May. The \$200 credit will not be counted taxable as income and will not be used to claw back income-tested benefits to seniors, the premier noted.

"As we slowly and carefully begin the process of reopening of our province's economy, this credit is putting \$45 million directly into the hands of Manitobans as we move forward from COVID-19," said Pallister. "Manitoba seniors deserve assistance during this pandemic. We can't relieve all of their stress during these difficult times, but we can make it more affordable for them."

A comprehensive list of Manitoba government COVID-19 measures can be found at:

https://manitoba.ca/bg/2020/04/covid19.html.

> COVID UPDATE, FROM PG. 6

"We want to remind everyone that we have not returned to normal, that this virus is still circulating in our province," he said. "If we loosen up too quickly we could see a reversal of some of those numbers. We could see this virus being transmitted again at higher rates."

Testing for COVID-19 is open to anyone showing respiratory symptoms, including fever, cough, runny nose, and sore throat.

"We have much more lab capacity

than we're utilizing at this point, so we want symptomatic Manitobans to be tested," Roussin said. "It's important to quickly diagnose cases and we can do contact investigations ... it will increase our ability to limit the impact of this virus."

As of Sunday, a total of 31,029 lab tests had been completed in Manitoba since early February.

Public health officials will continue to keep a close eye on the numbers when it comes to deciding when and how COVID-19 restrictions will be lifted in the weeks to come.

"As we start to gradually reopen our economy, we're following a number of indicators very closely to ensure that we continue to be on top of this virus," said Roussin. "Our actions over these next weeks to months will be crucial to keeping this virus at bay in Manitoba.

"Please, if you're ill, stay home," Roussin said, encouraging Manitobans to contact Health Links at 1-888315-9257 with any medical questions.

Manitobans who are in high-risk categories for COVID-19—including seniors and those with pre-existing medical conditions—should take ex-

"[They] need to be extra cautious. For the most part you should be staying home ... washing your hands, physical distancing whenever possible," Roussin said.

letter to the editor

Safety or tragedy? There is a choice...

letter without it being about 'horse people', as it's not just about the safety of people leading, riding or driving their horses on roads or roadsides.

It's about safety for dogs escaping from their yards, deer bolting across roads, people walking, riding bikes, and most importantly children playing. It's about safety for the person driving their vehicle and the passengers within. It's about being an attentive, careful, courteous, defensive and kind driver.

It's about preventing an accident an injury that won't heal, a needless death and grieving hearts. It's not about me or you, it's about everyone. It's about slowing down when driving, whether operating a car, truck, van, semi-truck, ATV, snowmobile, farm equipment, road maintenance equipment. Just please slow down.

Slow down and pass wide when approaching children playing, people walking or riding bikes, dogs escaping, deer crossing the road, horseback

I sit here struggling with writing this riders. Vehicles passing on paved or gravel roads at higher speeds often toss large stones and gravel which can seriously injure pedestrians, horse and rider. Please, it takes only a few moments of your time to slow down, pass safely, to prevent serious injury or worse, death.

I realize that most people think the road belongs to the motorized vehicle, but that's not accurate. As per MPI Driver's Handbook "When driving near horses, pass slow and wide. A horse rider or carriage driver has the right to travel on the roadway. Be mindful that when approaching horses, sudden moves or noises could frighten them and endanger everyone on the road. Don't sound your horn and be ready to stop if the rider indicates for you to do so. When you're ready to pass, slow down and leave plenty of distance between you and the horse. Only resume speed once you are well past the rider."

As well, a person on a horse is legally considered to be driving a 'vehicle' and has the same rights and responsibilities as a person driving a motorized vehicle.

Do we want to be on the road? Absolutely not, but unfortunately, there are circumstances that prevent us from riding in the ditch.

A couple of reasons we can't always ride in the ditches: There is no ditch to ride in, so we try our best to stay on the outer right-hand side of the road; In winter the snow is usually to deep to ride in the ditch; In late winter and early spring, the ditches are full of snow and water.

A horse is capable of walking through these conditions but the problem here is people throwing garbage and particularly glass pop and liquor bottles into ditches. A horse stepping on a glass bottle can seriously be injured and in a panic throw the rider. Depending on the seriousness of the injury, sadly, the horse may have to be euthanized and the rider may end up in hospital with serious life-threatening injuries.

So, what we riders do in winter and spring, from the road, we look for and pickup glass. Once we feel confident that we've cleaned up to safely ride in the ditch, this is where we will ride. Please note, even if we are riding in the ditch, you should slow down while passing us. A horse can spook at something and bolt onto the road while you are driving by. If you are passing slowly, hopefully an accident will be prevented, and if not, it won't be as serious.

In conclusion, myself and the others that I ride, walk and bike with, would like to throw out a big, big thank you to those that do slow down, wave and smile, to those that don't litter, to the emergency vehicles that have turned off their sirens while passing when we are on horseback, and then turned them on again when they are a safe distance away. To you, we are forever grateful for sharing the road with all of us.

- Lorrie Kratzer

Local seamstress helpful in fight against COVID-19

By Becca Myskiw

When Canada's top doctor Dr. Theresa Tam suggested that wearing a non-medical face mask could help stop the spread of COVID-19, Carman's Maureen Carr quickly got to work sewing some of her own. Carr grabbed some of the extra fabric she had lying around and started to stitch together homemade face masks.

"I just figured it's something I could do," said Carr. "I'm a retired person, I don't have nursing skills...I'm at home all day. Hey, I could do these."

The 69-year-old started by mailing out a few masks to her son who works for the City of Dauphin, who then asked her to make another 20 for his staff — she did.

Then, her daughter, who works in health care in Alberta got some. Carr carried on sewing. Eighteen masks went to a family she knows, and on her street of 12 people, eight gladly accepted her homemade face masks.

The Government of Canada's website says cloth masks don't protect the person wearing them — they're for reducing the spread of your own "infectious respiratory droplets." It also reminds people that children two years old and under should not wear the masks.

Carr said even though the masks don't stop 100 per cent of germs, they're still useful.

"Stopping 50 per cent is better than zero," she said.

She makes the masks in her sewing room downstairs. The room has grey and beige walls lined with cupboards and cabinets overflowing with fabric and quilting books. She said it takes maybe 15 minutes to make one mask, but she pieces them together in assembly line to be more efficient.

Carr said one mask takes up a nine inch by 15 inch piece of fabric — or, in her words, not a lot. With all the extra material she has lying around, she said she doesn't understand why she would try to sell them.

"I've got a lot of free time and I've got a lot of fabric," said Carr. "It's the least I could do."

She's hoping more people want the homemade masks.

Carr is also an avid quilter. She wrote a book on starting the craft called, "Yes You Can." She donates a lot of her quilts to CancerCare Manitoba, The Kidney Foundation of Canada, the ALS Society of Canada, and more.

If anyone is need of a mask, Carr can be contacted at 204-745-3192.



STANDARD PHOTO BY DENNIS YOUNG

Carman's Maureen Carr has been busy sewing face masks for for use during the coronavirus.



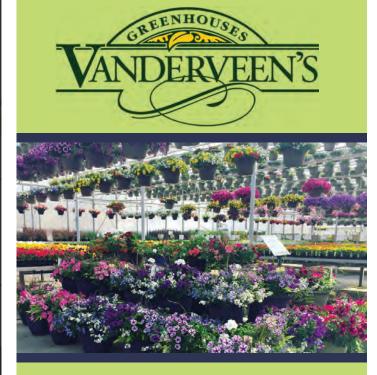
In times of sudden change and uncertainty about the future, we can rest in the peace that God is indeed watching over us.



www.carmanwestreformed.com and click the 'Sermons' link to listen to weekly sermons from the Canadian Reformed Church of Carman West.

> "Oh God our help in ages past, Our hope for years to come. Our shelter from the stormy blast, and our eternal home."

May God give us peace and comfort.



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Carman's community garden club branching out

By Dennis Young

The Carman community garden in the Industrial Park was formed by the Evangelism committee of the Carman West Canadian Reformed Church in 2018 to promote community interaction and healthy living through gar-

The garden creates a place to meet neighbours, share common interest and enjoy home-grown food. The town graciously donated the land at the north end of the Industrial Park to start the 10-year plan.

A fence was erected to kick off the project with the help from local businesses and residences contributing cash and/or sweat. Grants were awarded to acquire materials including wagons and wheel barrows. An interesting bit of news: the first donation of 22 tools came from Holland's Dewitt Tools.

The town supplied a shed and water to complete the construction.

In 2018, there were 19 gardeners and by 2019 the group had grown to 32 and the area was producing at the max. To fill the need, plots outside the fence were offered but were subjected to deer and rabbit visits. In

any case, it was deemed a success but now they are on the move. In the fall of 2019 they received notice that due to the town's new water reservoir being built this group of green thumbs would be in hiatus for the time being.

The town generously accommodated the group with new property east that will increase room for 80 plots compared to the previous 31. Most volunteers would be scared away but with the help the Garden club is receiving from the town and their staff, they remain optimistic that they will be inviting gardeners soon. A fence to keep out poachers and deer will be erected while the shed and planters need to be moved.

There are 32 gardeners ready to begin digging in the dirt. Plots start at \$10 for a 3x5x2 upwards to 30x60 for \$50/year. Renting a plot comes with a promise to volunteer four hours a season in the area of expertise of general chores you prefer. To book your garden of bountiful veggies contact Pat @ carmancommunitygarden@gmail.

Plant yourselves in the Carman Community Garden and as they say... reap what you sow.



STANDARD PHOTO BY DENNIS YOUNG

Pat Veldman, left, and Martin DeWitt are ready to dig into their new gardens!





Announcing the the D.R. McClement Memorial Fund

Submitted

The Carman Area Foundation is very pleased to announce the establishment of a new 'donor advised' Endowment Fund – The D. R. Mc-Clement Memorial Fund.

The Fund, established earlier this year by Gwen McClement and family in memory of their husband, father and grandfather Denis McClement, will provide a bursary each year to a graduating Carman Collegiate student

In respect of Denis's high regard for education, the family was looking for an effective and long-term approach to help young people pursue post-secondary education. They decided that an endowment fund would be the best mechanism to allow them to do this.

The bursary recipient will be determined each year by the school's awards' process. The recipient will be a student planning to enter an Agricultural (or related) program at an accredited university or college.

The first bursary of \$400 will be handed out in 2021.

A strength of creating a 'donor advised' fund is that the family will have the opportunity to help the community in other ways. As the Endowment Fund grows so will the annual disbursements. Amounts greater than the bursary allocation will be granted to other community initiatives, as determined by the McClement family.

The Foundation thanks Mrs. Mc-Clement and family for their fore-sight, generosity and support of the community.



STANDARD PHOTO SUBMITTED

Gwen McClement and Rob McClement signing an agreement with Janine Lodder, vice chair, and Barry Gosnell, chair of the Carman Area Foundation.

Manitoba's Open Farm Day 2020 has been cancelled

Submitted

Manitoba Open Farm Day has been an annual event for the past ten years, providing the opportunity for thousands of people to experience the agricultural industry by visiting farms and other agricultural sites around the province. The Manitoba Association of Agricultural Societies (MAAS) has been privileged to deliver this worthwhile program on behalf of Manitoba Agriculture and Resource Develop-

ment. Due to COVID-19, however, the 2020 Open Farm Day event has been cancelled. The first priority of this event has always been the safety and health of the people involved; including host sites, invited guests, and the

public. Through many conversation s, the difficult decision to cancel the 2020 Open Farm Day was reached in order to continue to put the safety and health of all participating. For more information, go to openfarmday.ca

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Locals getting the town Bloomin' ready!

By Dennis Young

Communities in Bloom (CIB) is a non-profit Canadian organization that offers a competition between communities of similar size and population encouraging volunteers of all ages to work together towards beautification. Although the 2020 CIB competition has been cancelled for due to COVID, Carman's CIB committee is planting their feet firmly and marching forward with their plans to do just that to our town.

The local group has 14 enthusiastic citizens eager to see their plans grow throughout Carman and Dufferin. Robert Bryson of Newman Hand Agencies has donated the property south of his office building for a pocket park. A pocket park is a green space with trees, flowers, a bench or two where people can stop and enjoy some time in an attractive outdoor setting. CIB is looking for additional locations and have had conversations

about property near Webmarkers, GPAC the west side of Community Hall and near the downtown recreation sign.

This group is actively planning and fundraising for landscape improvements at the hospital and will be discussing with the present owners of the former D & M building re improved frontage. They are also looking for suggestions of locations to plant trees being made available from Aubin's Nurseries and Manitoba Hydro. It could be in a memory of a loved one or just to add to the area of suggestion. The local Green Team has offered to join in and help in a small way. Friends of the Boyne have suggested it would be beneficial for the two organizations to work together on certain projects.

Carman will be well prepared for the 2021 Community in Bloom judging with all their help and projects. For CIB info call Susan Mooney 204-745-2687 or Judy McGregor 204-745-6134.



STANDARD PHOTO BY DENNIS YOUNG

Individuals interested in the Community in Bloom organization can contact either Susan Mooney, left, or Judy MacGregor.



Physical therapy is indeed the safest and most effective alternative treatment methods available today; especially for individuals who require regular physical activity but are unable to perform as a result of organic, muscular or neurological lesion. However, there are people who have doubts and concerns regarding the safety and efficacy of physical therapy for the management of pain, mobility issues, recovery and rehabilitation after sur-

You may have heard a lot or rumors, myths and misconceptions about physical therapy and physical therapists. It is recommended to clear your queries in order to get benefitted from one of the most recognized and ancient forms of alternative therapy.

Physical therapists are trained in understanding patho-physiology of joints, tissues and muscles; however, sometimes the damage is so severe that your physical therapist may require

more sessions in order to produce remission. Moreover, the aim of therapy is to promote the natural process of healing by providing an ideal environment to the muscles and tissues. This process may take time but the effects are long lasting and permanent.

It is often though that physical therapy can cure all musculo-skeletal issues. Once again, it is not necessary since in a number of situations, the cause of chronic back pain or aching tissues is not an injury. Sometimes, your physical therapist may just guide you to improve your posture or stabilize your back while sitting or walking. It does not mean that the knowledge of your therapist is sparse or you need another doctor.

If you still have any misconceptions, questions or reservations towards physical therapy, make an appointment and speak to a therapist to know more about holistic healing.



The COVID Warrior is on guard

By Lorne Stelmach

A retired farmer now devoting his time and energy to metal sculptural art has come up with a towering achievement for his latest creation.

Les Titchkosky has dubbed his 11 foot tall Roman soldier sculpture the COVID Warrior in a bid to aid the fight against the virus, albeit symbolically.

"I gave it that COVID theme because Roman soldiers hardly ever lost a war or battle, so I thought this is a good mascot, if we can fight COVID without losing," says Titchkosky.

Metal art has become a passion for Titchkosky since his retirement. Over the last number of years he's created everything from smaller yard ornaments to towering dinosaurs on his yard southwest of Morden

"Everything's made from recycled materials," he explains. "I don't buy anything new. Predominantly, it's agriculturally related things because I was used to working with that.

"I've picked up different items over the years and I cut them up and bend them and put them into something that people could recognize and enjoy."

As for the COVID Warrior, it's made up of bits and pieces Titchkosky had on hand or scrounged up, including

a satellite dish, drain piping, and a myriad of farm equipment parts.

"It took practically all winter to build this thing ... even just looking for the parts," he notes. "Once I had the head built, it kind of gave me the perspective for where I was going, and I decided to make it into a Roman soldier."

Part of the fun of building these pieces is in seeing a project evolve once it gets going.

"It gets away from you," Titchkosky says. "You kind of put a perspective together with the head size and then it gets bigger and bigger, and that's just the way it goes. You kind of fit materials from what you have, so that determines what works and what doesn't.

"There's always challenges. Sometimes you just cut things off and have to start all over again ... you're just not happy with them ... you try to find the right materials ... I think it turned into something at least people can recognize."

Titchkosky isn't sure yet where his giant soldier will be stationed.

"I think I would like to have it end up in Morden somewhere, maybe a business ... or industrial," he said. "I'm not sure where yet."

In the meantime, one sculpture

One of the many other projects Titchkosky has tackled since retiring from farming.



done means it's time to start the next.

"I'm going to try to cut them down in size," Titchkosky says. "It's pretty demanding with something this big. It's going to be smaller. I've got a couple of items on the go."

Large or small, fun is always the goal of these projects, he says.

"I don't want it to be a job. I've given a lot of stuff away ... I want to keep it enjoyable; I don't want deadlines."





Personal care home in Carman getting personal attention

By Linda MacNair

Amid the relative quiet of our CO-VID-19 world, there is one project that is moving forward with eyes still firmly fixed on a better tomorrow.

We are now getting a much better picture of what our new Personal Care Home, being built to serve Carman and its four neighbouring municipalities, is going to look like. This is the first long-term care home in Manitoba being built in the true"small house model" design. It is also the first in decades being built and owned by the communities it will serve, just as our first Boyne Lodge was. It seems that "what goes around" sometimes really does "come around".

Anyone taking a stroll past the construction site will see four large identical buildings. Each is made up of two "houses" - one on each floor. Each house will have 10 individual bedrooms with ensuite bathrooms complete with showers and overhead tracks. The bedrooms will surround a kitchen/living room/dining area that will have access to an outdoor secured patio or balcony. The houses will be connected through a central "portal" to facilitate movement between the houses. The goal is to recreate the feeling of a calm and comfortable family home - an approach which experience in other places is proving to be very positive for all residents, and especially for those with dementia.

Oversight of the project is being provided by the Joint Construction Committee made up of representatives from Boyne Care Holdings (the community non-profit corporation that will own the buildings), Southern Health-Santé Sud (which will operate the PCH, much as it does Boyne Lodge today) and contractor Graham Construction. The Construction Committee is also responsible for monitoring timelines and ensuring that the

Carman, MB ROG 0J0



STANDARD PHOTO SUBMITTED

An aerial view shows the construction of Carman's new PCH is well on it's way.

House One is "ground zero" for fine-tuning the design. This is the first house that was built, and, with initial plumbing and electrical work done, is now having drywall installed. The Construction Committee deals with the many decisions needed as the project progresses. Mock-ups have been built of the various rooms to help visualize placement of builtin features, accessibility and "traffic patterns". Everything from bathroom fixtures to door handles is scrutinized to ensure suitability. The two main guiding principles in making these decisions are the safety, health and comfort of the residents, and the appropriateness for the staff.

Construction is now underway on the link that will connect the new PCH to the existing facilities, as well as the community space that will welcome activities and events. And for those

of you wondering about the "purple paint" that recently appeared on the buildings, that is a superior type of sealant and vapour barrier that will help with interior moisture management. The exterior facades will feature stucco and manufactured stone (and they won't be purple).

Physical distancing guidelines and weather events throughout the fall and winter have had an impact on the projected completion date, but the Joint Committee is confident that the project can be finished in the first quarter of the new year. Once present residents move into their new homes,

renovations will begin on the existing Boyne Lodge to create more "small houses" along with office space.

This is without question the biggest project our communities have undertaken in decades. It is a technologically modern facility being built as a warm and comfortable home for some of the most vulnerable citizens of our communities. The provincial, municipal and community support - financially and in guiding the project from inception to completion – speaks volumes about our commitment to them today and for decades to come.





"I THINK MY

GUARDIAN

ANGEL WAS

WATCHING

OVER ME."

Staying safe on two wheels is MPI's message for May

By Becca Myskiw

May is Motorcycle Safety Awareness Month, and local riders are reminding everyone to be mindful.

In a news release, Manitoba Public Insurance (MPI) said motorcycle fatalities doubled last year. Eight motorcyclists were killed on the road in 2019, compared to the average four.

"Mutual respect on our roadways is paramount if we're going to see a re-

duction in fatality numbers," said MPI's vicepresident of Employee and Community Engagement, Satvir Jatana.

Dave Boisvert said he's hyper-aware on his motorcycle, always watching the other vehicle's movements.

He said it's common for vehicles to cut him off, turn right in front of him, and to text and drive. Being the smaller vehicle

on the roadway, Boisvert said people don't always see him, so he has to be defensive.

"That doesn't mean speeding," he said. "But not following other people. I want a clear road ahead of me."

MPI has a few ways drivers can be safer around motorcyclists on the highway: look twice when changing lanes, check blind spots, watch the motorcyclist's body language in case you miss their signal, and maintain a

following distance of at least four sec-

Other vehicles aren't the only thing motorcyclists have to watch out for.

Alvin Johnson from Arborg hit a deer on his motorcycle in 2006. He was on his way home from having coffee in town. The grass along the highway was tall, and as he was doing 100 km/hr, a deer jumped out from the thick grass, and he t-boned it.

Johnson let go of his bike as he made contact — he said that's what saved him. He got out of the accident with a broken wrist, bad road rash, and a fear.

"I'm lucky to be alive," he said. "I think my guardian angel was watching over me."

The helmet he now has a keepsake also saved Johnson that

day. He has a helmet exemption but is still adamant on wearing it.

"It's deadly otherwise," said the 62-year-old.

Johnson and Boisvert both wear gear on their motorcycles, something MPI recommends. Now, Johnson also said he tends to drive slower at night or in the morning and he's always panning his surroundings.

A motorcycle, he said, is about one third the size of a car, making the



STANDARD PHOTO SUBMITTED

Dave Boisvert is always hyper-aware when he is riding on his motorcycle.

motorcyclists vulnerable on the road. Though he's had a run-in with wildlife, Johnson said texting and driving is just as big an issue.

"You can be as careful as you can be and be the most experienced in the world, but if someone pulls out in front of you or cuts you off," said Johnson, trailing off nervously.

For Motorcycle Safety Awareness Month, MPI reminds drivers to think of motorcyclists as pedestrians or cyclists — they all have a right to the road.

Manitoba Hydro warns of aggressive scammers

Aggressive scammers continue to target Manitoba Hydro customers throughout the province, threatening to shut off their power unless immediate payment is made.

Scammers contact customers by phone or email claiming they have an outstanding bill. They then demand payments of up to \$1,500. The scammers say failure to pay within 30 minutes will result in their electrical ser-

vice being disconnected.

Chris McColm, Manitoba Hydro's security and investigations supervisor, said the scammers appear to be taking advantage of the COVID-19 pandemic.

"We're all under a lot of stress and these scammers are trying to take advantage of that," he said. "These scammers are extremely convincing. With so many people at home, they're preying on our anxiety and hope we let our guard down."

McColm said Manitoba Hydro has suspended all service disconnections indefinitely due to the COVID-19 pandemic.

"We will never phone you and demand immediate payment by a prepaid card or a money order," he stressed.

McColm also said scammers falsify

their caller ID information to make it appear as though they're calling from Manitoba Hydro.

Customers should call Manitoba Hydro at 204-480-5900 or 1-888-624-9376 if they get a call or email and are unsure if it's authentic. Customers can also send a message to the utility's Facebook or Twitter pages @ manitobahydro.

Pandemic not a pass to drive recklessly: RCMP

Manitoba RCMP are seeing a reduced number of motorists on Manitoba roadways but also increased speeds by those who are travelling.

On the evening of April 24, officers in the RM Of St. Andrews pulled over a motorcyclist clocked going 178 km/hr in an 80 km/hr zone.

The 50-year-old driver, a man from Winnipeg, was fined \$1,333 for speed-

ing and \$672 for driving dangerously. He was also issued a serious offence notice for a licence review with MPI.

Approximately an hour later, the same officer clocked a vehicle going 150 km/hr in the same 80 km/hr zone. The driver, a 17-year-old female from St. Andrews, was charged with speeding and fined \$966. She was also issued a serious offence notice for a

license review with MPI.

Drivers operating at dangerous speeds have also been charged in other areas throughout the province, RCMP note.

Also on April 24, Portage la Prairie RCMP pulled over a vehicle on Hwy. 1 going 177 km/hr in the posted 110 km/h speed zone. The 28-year-old male driver told police he was tired

and in a rush to get to a store to pick up dog food and get home. He was fined \$927 and issued a serious offence notice.

RCMP remind Manitobans that, even during the pandemic, police continue to watch for dangerous and reckless driving on the province's roadways.

Boyne Regional Library prepares to reopen

By Sydney Lockhart

With the province giving the greenlight to libraries, the Boyne Regional Library is preparing to reopen its doors to the public.

"We are in the process of putting together safety measures for both staff and patrons," said head librarian Sandra Yeo,"I know people are really anxious to get in the library again, but we really need to take time to open the

The expected reopening date is May 26, but there is a possibility of it opening sooner if safety measures are worked out fast.

Yeo says when the library does open there will be sanitizing stations, taped markers 10 feet apart, clear plastic shields at the desk, and seating areas will be closed.

"I'm a little nervous about reopening, it came as a bit of a shock. I didn't think we would be able to open this early," said Yeo.

She added that there will not be access to public computers and that it's not going to be a place for people to

The library is cutting its capacity in half down to 25 people in the building at a time.

"I don't want to rush into opening and then have to close again, that's why we are taking our time."

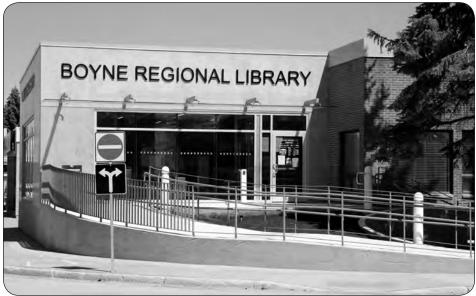
Students are usually hired every summer at the library, however, because the school year is not finished the library doesn't have the extra hands to help prepare for the reopen-

The library currently has their book drop off chute open 24 hours a day all week and books can be taken out by emailing carmanlibrary@outlook.com or by phone at 204-745-3504.

Right now, any books that are dropped in the chute are left to sit for 72 hours before being handled and disinfected.

The library is offering curbside pickup before it opens to the public, so books are still able to be checked out.

The upcoming kids summer reading program will not be cancelled but reformatted to an online version



STANDARD PHOTO BY DENNIS YOUNG

The Boyne Regional Library is set to reopen as of May 26 with new safety measures being implements.

instead, details are still being worked

In this program children will be able to win Carman Cash Bucks sponsored by Access Credit Union, which are gift cards that can be used at many local

stores, so that they can pick out their

Normally gift baskets could be won but due to COVID-19 the library says they are working around not being able to have a physical program.

Boundary Trails Nordic Club clinches six awards

By Ashleigh Viveiros

Members of the Boundary Trails Nordic Club were honoured with no less than six of the Cross Country Ski Association of Manitoba's dozen annual awards last week.

Morden's own Mariko Boorberg and Garrick Wiens along with their kids Ben, Naomi, Anika, Paul, James, and Joshua were named the CCSAM's Family of the Year for their involvement with the club.

"We didn't even know we were nominated," says Boorberg. "It was very exciting."

Boorberg and her husband are avid cross country skiers who introduced all their kids to the sport at a very

"Our oldest was just two, turning three, when we put him in the Jackrabbits program at Burwalde Woods," Boorberg says.

Now 16, Ben today trains alongside his sisters Naomi and Anika with the BTNC Junior Development team. Ben and Naomi are also in the provincial development program and represented Manitoba at the O Cup in Ontario last season. Ben was also slated to

compete at the nationals in B.C. prior to its cancellation due to COVID-19.

The younger Wiens kids, meanwhile, are all active in the Jackrabbit program, and their parents are involved as coaches and club leaders.

"It is hard to imagine BTNC and skiing in Manitoba without the Wiens' enthusiasm and positive energy," nominator Vera Froese said in her pitch on behalf of the family. "The Wiens family embrace racing with enthusiasm."

That's no huge task, Boorberg says. Cross country skiing is a sport like no

"It's a sport that the whole family can take part in," she says, adding the BTNC community is a close-knit one with a wide range of ages and skill levels represented.

She encourages other families to reach out to the club next winter for information on getting involved.

"The club is open to all ages, and we're really encouraging families to come with their children and take part ... whether you choose to ski just for fun or competitively."

Fellow BTNC skiers in the spotlight



STANDARD PHOTO SUBMITTED

Mariko Boorberg and Garrick Wiens and their kids Ben, Naomi, Anika, Paul, James, and Joshua have been named the Family of the Year by the provincial cross country ski association.

include Levi Warkentine, who was named Senior Skier of the Year, Aaron Warkentine, who clinched one of the Junior Skier of the Year awards, and Mia Sawatzky and William VandenBerg, who are the Juvenile Skiers of the Year. Ben Wiens was also honoured with the Most Improved Skier

Boorberg wasn't the least bit surprised to see the club's members dominate the CCSAM's awards.

"Our team is a team that has been developing and has some excellent racers," she says.

Stardust Drive-in firing up the projector in June

By Lorne Stelmach

It won't be ready to go for May long weekend as originally planned, but Morden's Stardust Drive-in Theatre is preparing to open for the season soon.

One of only two drive-ins left in Manitoba, the Stardust is aiming to open the first weekend of June, and its owners are excited about the season ahead.

Marlene Nelson noted that many are pointing to drive-in theatres as a perfect fit in this time of CO-VID-19 physical distancing, but she sees it a little differently.

"You see a lot of articles where they say this should be the year of the drive-in, but that makes it sound like the drive-ins have been dying, whereas I see them as just rejuvenated."

The pandemic lockdown stirred up a lot of uncertainty as to whether drive-ins would be able to open at all this summer. They were at first lumped in with indoor cinemas in the province's plan for reopening the economy, which might have meant an opening day of months from now.

"We fell between the cracks initially," said Nelson. The province later changed the guidelines to pave the way for outdoor theatres to fire up their projectors sooner with safety restrictions in place.

Nelson said they've looked to the examples of what drive-ins are doing in places like British Columbia to keep customers safe.

Measures include allowing cars in every other parking space, limiting the number of people at the concession stand, and having online ticket purchases—something Nelson is working on for the Stardust.

"And usually, for a long weekend, we would have a triple feature," she said. "That's not going to be an option."

It's another twist in what has been quite a journey for Nelson and her husband Terry since she and the Freund family took over the Stardust in 2002.

"It went through a few years there where there was a decline in attendance," she noted. "Then one of the issues was that, in 2016, they were saying there's really not going to be any more 35 mm film ... you either go digital or you die."

People from all over rallied to support the drivein through a crowdfunding effort that enabled it to make that switch and survive.



STANDARD PHOTO BY LORNE STELMACH

Terry and Marlene Nelson, who own and operate the Stardust Drive-in with members of the Freund family, are looking forward to opening for the summer the first weekend in June.

"They all came behind us and helped us with the Kickstarter," Nelson said, adding it even helped raise awareness that the drive-in was still here—something that was equally important.

"Because if you lose it, it's not coming back," she said. "And we've been very fortunate since we went digital. We've had people coming from far and wide.

"There is still an interest," Nelson said, noting there are a number of drive-in theatres out west and even a new one in Ontario. "It's nostalgia. It's great family time in a lifestyle that is so busy ... it gives everybody a trip back to a simpler time, having families go out together and spend that time together.

"That is what I think is coming with COVID-19 as well is that families are sticking together, but now it's to the point where they've got to get out, they've got to have something that's normal."

Despite the fact the film industry has been shut

down because of the pandemic, there will still be a good selection of films available to the Stardust.

"There's still a lot of really good movies that were shown through this past winter that should be accessible to us," Nelson said. "As well, there are some new releases that did come out.

"The classics are also being made available; it's just finding out all the logistics," she added. "We're bouncing ideas around ... there's ones which you don't get tired of seeing, and to be able to bring them back to a big screen again is exciting."

Nelson is also looking forward to being able to continue supporting community fundraisers throughout the summer months.

"We have been so glad to be able to do that," she said. "People worked to keep us here—we've got to do the same thing back."

Shine a blue light to show your support of essential workers

By Lorne Stelmach

As communities continue to find ways to show their appreciation for health care workers, first responders, and other essential workers amidst CO-VID-19, the impact of those gestures cannot be understated.

With the promotion now of the Shine A Blue Light initiative, a local health care leader said all the ways that people are showing their support really does help to boost their morale.

"I believe it is meaningful for the staff to see that kind of support coming from the community," said Kyle MacNair, director of health services at Boundary Trails Health Centre. "Having people from the community show their support and show that we're in their minds is really helpful for the staff." This latest campaign encourages people to join together while practicing physical distancing by shining a blue light every night in thanks to those on the frontlines.

You can also show your support and inspire others by sharing photos of your blue lights on social media using #healthcareheroesmb.

Lanette Siragusa, chief nursing officer with Shared Health, recently promoted the Shine A Blue Light initiative during a daily COVID-19 provincial update as a simple way to say thanks for all those who are "stepping forward to keep us safe and to keep our communities functioning.

"So we are asking everyone to shine a blue light to show their support for these workers. Whether it's in our home, our yard or our business, we can acknowledge the efforts of our very dedicated teams and boost their spirits."

Light campaigns, parades, signs—MacNair said all these efforts have been most appreciated.

"In the hospital, where we're having to keep people away due to visitor restriction and we have had to curtail a lot of services, we're not seeing the people in the community as much as we were before," he noted. "We're not getting the contact, so it can kind of lead to a bit of a feeling of isolation ... the parking lot is half or a quarter as full as it usually is, so you certainly can see that we're not having nearly as much traffic through the doors.

"On a day-to-day basis, it's been challenging for staff to deal with this health crisis ... so it's a good reminder that the staff is not alone in this struggle."

SDOPES& Pecteation INSIDE > OUTSIDE > UPSIDE DOWN

Cardinals in a 7th inning stretch while baseball is on a hiatus

By Dennis Young

With all games currently suspended to May 30th due to the Covid-19 virus a very successful 2019 season for the Carman Cardinals of the Border League can't play a follow up summer of ball. President Jack Pethybridge is in constant contact with the League and Baseball Manitoba awaiting a decision by the Province hopefully at the end of the month. "At this point we don't anticipate being able to start league play anytime soon with the best case scenario being after July 1" says Jack. It has become apparent there may be no National or Provincial Playoffs in the 2020 baseball season either.

Once the Province makes that decision and if the teams are able to start in July, the Border League has been working on formats using a condensed schedule including some playoffs. There are several scenarios

being worked on given such a late potential start date. Any schedule suggested would still have to be approved by all the participating teams whether it will become a reality.

Hopefully Senior Baseball will return this summer as Carman embraced the new team and it's local players so well. The stands were full and the 50/50 which paid for a lot of the expenses was supported wholeheartedly. With a CAF grant the club was building a P.A. booth behind the backstop this summer to further enhance the quality of the games.

The club will update the players and fans when any information becomes available but in the mean time they thank everyone for their continued support. For information about the Border League go to https://ballcharts.com/teams/index. php?team=borderwestbaseball.



STANDARD FILE PHOTO

The Cardinal's Aaron Nakonechny and teammates are all COVID safe at home, patiently waiting for the season to begin.

Golfers hit the greens last week teeing off against COVID



Carman Golf Club's general manager and pro, Dean North shows how to get the ball out of the hole with the new attachment.

By Dennis Young

Golf courses opening last week was a welcome relieve for those who are tired of putting down their

The province allowed golf courses to open in the first phase of COVID relief, with some strict socialdistancing rules. The new rules will not hinder the



STANDARD PHOTOS BY DENNIS YOUNG Emma Gylywoychuk-Winkler was sanitizing carts keeping all the golfers COVID free.

golfers who are out to improve their scores and will still allow some close camaraderie with fellow golf-

The rules are the new normal after the coronavirus pandemic.

Local pro Dean North provided these regulations and rules, which his club will be taking very serious measures to enforce:

1. All staff must use self-screening tools before

starting shifts.

- 2. Staff are to stay at home if they have COVID symptoms.
- 3. No walkup tee times as all times are to be booked prior to coming to the course.
- 4. Potential clients are screened via telephone before any tee time will be booked.
- 5. Clients with COVID symptoms will be prevented from booking.
- 6. Clients are asked to stay in their vehicles until 20 minutes before their tee time.
- 7. The practice green and driving net are closed.
- 8. Hand sanitizer is available at entrances and exits for public and staff use.
- 9. Maximum four golfers per group, one person per golf cart, or two if they share a household.
- 10. Washrooms and pro shop areas will get fre-
- 11. Pins on the greens remain in the hole at all times. Use new attachment on poles to get balls out.
- 12. Keep your social distance from fellow golfers.
- 13. All cart rentals will be sanitized before and after each round.

The very popular ladies' and men's league play, is scheduled to begin in June with the above rules in place (watch the Standard for an announcement).

Tuesday leagues potentially will start June 2 and Wednesday leagues on June 3. The pro shop is taking registrations for them now. As well, a junior program will also run in June.

So grab your phone, your clubs, some friends and go hack and wack safely everyone.

Putt on down to Syl's Drive Inn to honour heritage

By Dennis Young

Travis Enns is hoping ice cream and burgers go hand in hand with mini golf.

Well, not at the same time, of course, but once his mini-golf course is complete you can enjoy all of that during one stop.

Syl's Drive Inn has been in Carman since 1960 so to honour that, Enns is constructing a 60s themed 18-hole adventure for all ages.

Directly beside and behind his drive inn, you will eventually find exciting custom-made obstacles made by a world renown firm from B.C. There will be some tougher ones but the course is designed for fun and not aggravation. The course will have plenty of room as it takes up most of the property available. Enns wants his customers to enjoy a comfy time while here.

He has built a "Gas Station" pro shop in the 60s theme that will feature snacks, drinks, new washrooms, wheelchair accessible washrooms, and tons of Syl's promo items to take home as a souvenir of your day.

No word on trophies for best scores being handed out, though. Sorry.

No date has been set for the open-







STANDARD PHOTOS SUBMITTED Travis Enns is constructing a 60s-themed 18-hole miniature golf course to honor the history of Syl's Drive Inn with plans to open this summer.

ing as the pandemic slowed his plans down to a bunch of short putts but when time comes this is where you will want to be. Come hungry to eat and play then go home happy.





Swinging into golf season

For golf lovers, spring is synonymous with swing. As soon as the snow has melted, they're reaching for their clubs. However, before teeing off, golfers need to get back their groove. Prior to heading onto the links this season, make sure you properly stretch, check your equipment and get some practice in.

Pre-season stretching and exercise

Most people become less active during winter. Any return to athletic activity after a lull needs to be done gradually and should involve stretching. Even if you were active last winter, stretching remains imperative: given that your muscles haven't executed the specific motions involved in the golf swing for months, they can injure easily if not properly stretched.

The most important areas to stretch are the wrists, forearms, triceps, shoulders, neck, lower back, glutes and hamstrings.

As for pre-season exercise, Golf Digest stresses the importance of strengthening your glutes. These large muscles not only stabilize your golf posture but also protect the lum-

bar spine from the stress involved in swinging a golf club repetitively. Some exercises that help train your glutes are squats, glute bridges and deadlifts

Getting your gear ready

Golf might well involve more equipment than any other sport. Before starting your season, you'll want to make sure your gear is up to snuff. Inspect your clubs, grips, shoes and the individual cleats on your shoes to make sure everything is course-ready.

Additionally, ensure you have what you need in the way of golf apparel. If you're looking to hit the links straightaway, make sure you have clothing designed for nippy spring weather.

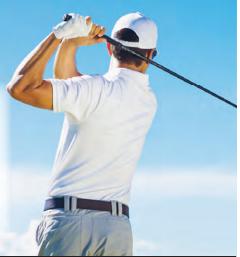
Finally, make certain your golf bag is well stocked. That means balls, tees, markers, an emergency kit and the rest.

Getting your swing back

Don't expect to be at the top of your game right from the get-go. Before heading out on the course, you're going to want to visit the driving range. It may be tempting to unsheathe that driver and start letting them fly; however, the best method is always to start with the wedges and work your way up to the big guns.

Having done all this, you should be back in the swing of things and ready to venture out onto the tee box.

Be sure to follow the modifications at the courses due to the Covid 19 pandemic, to ensure everyone's safety.





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TOWN OF CARMAN PUBLIC NOTICE

The Town of Carman Transfer Station will remain on WINTER HOURS until further notice.

The hours of operation will be Monday – Wednesday – Friday - 1 to 4 p.m. Tuesday - Thursday - Closed Saturday - 11 a.m. to 4 p.m.

To ensure social distancing occurs on site, vehicles will be held at the gate and directed when to enter the Transfer Station. This policy has been implemented to protect the public and the Town employees. Please expect your trip to the Transfer Station to take longer as we all try to find ways to move forward safely through this pandemic. Your patience and understanding are appreciated

- We are all in this together!

CLUES ACROSS

1. Seed part

7. Productive

BIRTHDAY



Happy Birthday to a very special girl who turns 9 on May 16 Best wishes for a year full of lots of fun to our girl **Cameron Pethybridge**

-Love from. Grandpa Alex and Grandma Lorraine

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45. Disappointed

48. 007's creator

53. UCLA mascot

56. Turkic people

59. Crime involving fire

64. Dorm employee

65. Estate lands

61. A saponaceous quality

69. They slow you down

55. Razorbill

60. And. Latin

58. Mimic

67 States

70. Gets up

CLUES DOWN

1. One or the other

51. Pain

47. Controversial device in soccer



CROSSWORI

2. Doc

56

60

3. Songs have them

4. Record of payment (abbr.)

5. Speak endlessly 6. American state

7. Digressions 8. Tell on

9. Brews

10. Belongs to the bottom layer

11. American cigarette brand 12. Legal voting age in US

13. Dish

15. Expelled air from the nose

18. Body art

21. Fierce, destructive act

24. Bear bright yellow flowers

26. Japanese delicacy

27. Get off your feet

30. Male organs in some invertebrates

, so good

35. Cleverness 37. Protest yacht

38. Anesthetized 39. Mollified

42. Touch lightly

43. Diego, Francisco, Anselmo 46. Some windows have them

47. National capital

49. Squirrels like them

50. Grandmothers

52. Painter's tool

54. News organization

and thesis: musical term 57. Famed activist Parks

Spumante (Italian wine)

62. A number or amount not

specified 63. Body part

66. Of I

68. Old English









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