

JUNK WAGON

**BIG ANNUAL FALL
JUNK WAGON ANTIQUE/
COLLECTABLES SALE**



SAT., OCT 9 • 9AM-4PM 890 Winakwa RD, Wpg.
Over 70 vendors (booths and tables). Government Covid Regulations will be applied.

For vendor Info contact
(204) 781-9603 or brianscorner1@gmail.com

VOLUME 2
EDITION 38

The Carman-Dufferin STANDARD

THURSDAY,
SEPTEMBER 23, 2021

www.carmanstandard.ca

SERVING ELM CREEK, ROSEISLE, HOMEWOOD, GRAYSVILLE, MIAMI, ROLAND, STEPHENFIELD, NOTRE DAME, SPERLING



**ED'S
TIRE**

edstireservice.com

**FULL MECHANIC
SHOP & ALL YOUR
TIRE NEEDS**

HOURS: Mon-Fri 8AM-5:30PM | Sat 8AM-12 noon

**COME
SEE US**

**FOR ALL
YOUR HEAVY
TRUCK AND
TRAILER
TIRE NEEDS**



80 THORNHILL ST. MORDEN | 204-822-6127
273 MAIN ST S, CARMAN | 204-745-2300



Seven-year-old Jo looked after the alpacas at Hundredfold Farm during the Manitoba Fibre Festival's fibre trail stop this past weekend.

STANDARD PHOTO BY BECCA MYSKIW

> everything you need to know in your locally owned and operated community newspaper

COMMUNITY APPRECIATION DAY

OCTOBER 1ST, 2021 • 8AM - 4PM



RIVER CITY FORD
DRIVING CHANGE

\$5

EXPRESS
WASH

\$10

OIL
CHANGES

\$60

TO CHARITY
FROM EVERY
OIL CHANGE

FREE

BBQ LUNCH

TWO OLD CROWS BBQ & SMOKEHOUSE

WIN A SMOKER!!

* OFFERS ONLY VALID OCTOBER 1ST, 2021 FROM 8AM - 4PM NO RAINCHECKS,
NO PICK UP AND DELIVERY, NO DIESELS, NO FULL SYNTHETICS, FIRST COME FIRST SERVE

Candice Bergen wins fifth term in Portage-Lisgar

People's Party candidate Solomon Wiebe a distant second with 20 per cent of the vote

By Ashleigh Viveiros

Portage-Lisgar MP Candice Bergen secured her fifth term in office by a wide margin Monday night.

Mailed-in ballots weren't slated to be counted until Tuesday and special ballot results will take even longer, but at press time, with 239 of 240 polls reporting, Bergen had received 53.3 per cent of votes with 22,826.

Her nearest competitor was the People's Party of Canada's Solomon Wiebe (8,768 votes) followed by New Democratic Party candidate Ken Friesen (5,855), Liberal Andrew Carrier (4,738), and the Christian Heritage Party's Jerome Dondo (652).

Bergen was first elected as a Conservative MP in 2008 and retained her seat through the 2011, 2015, and 2019 elections.

She has served in a myriad of roles in Parliament over the years, including most recently as the Deputy Leader of the Official Opposition.

Bergen couldn't be reached for comment on her win at press time.

There weren't any big surprises in Portage-Lisgar's neighbouring rid-

ings either.

The preliminary results were for Ted Falk to keep his seat in the Provencher riding with 48.9 per cent of the votes (23,655).

He bested challengers Trevor Kirzenow of the Liberals (8,075 votes), the People's Party's Noël Gautron (7,968), NDP candidate Serina Pottinger (6,082), Independent Rick Loewen (1,308), and the Green Party's Janine G. Gibson (1,241).

In Brandon-Souris, incumbent and Conservative Larry Maguire had 59.9 per cent of the vote (21,698 votes) over Whitney Hodgins of the NDP (7,360), Liberal Linda Branconnier (4,316), and the PPC's Tylor Baer (2,847).

On the national stage, the Liberals are projected to form another minority government with Justin Trudeau as prime minister.

As of Tuesday morning, the Liberals had earned 158 seats while the Conservatives remained the official opposition with 119 seats. The Bloc Québécois earned 34 seats, the NDP won 25, and two seats were secured by the Green Party.



SUBMITTED PHOTO

Candice Bergen has retained her seat as Portage-Lisgar's Member of Parliament.

Babysitter's Course

Saturday October 2nd

8:00am-2:00pm

Carman Community Hall

\$60 per student

For ages 11 and up

For more information

Call 204-745-2684 or

email programcdr@townofcarman.com

Register online

www.carmandufferinrecreation.com



STARS saves lives.

Every life is worth fighting for, and every day we take care of some of the most critically ill and injured patients in Manitoba with more than 4,600 missions across the province since 2011.

JOIN OUR FIGHT FOR LIFE AT **STARS.CA**

STARS®

Why some businesses are closing their doors this Sept. 30

By Becca Myskiw

The National Day for Truth and Reconciliation is being recognized for the first time in Canada on Sept. 30, 2021. The Canadian government announced on June 20, that they're committed to ensuring the tragic history and ongoing legacy of residential schools is never forgotten.

By making Sept. 30 the National Day for Truth and Reconciliation, it gives Canadians across the map the chance to "recognize and commemorate the legacy of residential schools."

The day is a federally regulated holiday, so businesses that aren't under federal rule will only be closed if they choose to be. In the Carman area, around 10 businesses decided that they would close to observe the new holiday earlier this month.

Those businesses include, but are not limited to:

- Benefits RX
- BSI Insurance
- Carman Pharmacy
- Carman Legion
- Gardiner Naturopathic Wellness

Center

- Golden Prairie Arts Council
- R-Tech Industries
- Homestead Co-op Home Centre
- Town of Carman
- RM of Dufferin
- Prairie Rose School Division

The Homestead Co-op Grocery Store has decided to observe Sept. 30 as they would any other general holiday and work under reduced hours, with general holiday pay for staff working.

Jodi Winkler, executive director of the Carman and Community Chamber of Commerce, said she believes most businesses in town will follow suit and close their doors for the National Day for Truth and Reconciliation.

"It's similar to November's Remembrance Day," she said. "Only this is for residential school survivors. It's just in respect to the Indigenous community...a day of remembrance I'd say."

George Gray, reeve of the rural municipality of Dufferin, said the RM of-



office will be closed on Sept. 30 "to honour the Indigenous people of Canada who have been subjected to the residential school issue, which has been very difficult for them."

"This will become a national remembrance on that day into the future," he

said.

The first National Day for Truth and Reconciliation is this Thursday, Sept. 30. Watch local businesses' social media pages to find out if they will be open or closed that day.

Minds in Motion session starting up in Winkler

By Ashleigh Viveiros

The Alzheimer Society of Manitoba's regional office is bringing a popular program to Winkler for the first time this fall.

Minds in Motion has run several sessions in Morden in the past, but thanks to funding from the Winkler Community Foundation this year's program will be taking place at the Buhler Active Living Centre in downtown Winkler.

"This program is designed for people with early to moderate signs of dementia and a care partner," explains south central regional coordinator Kathy Fehr, noting that could be a caregiver, family member, or friend.

"It's really the only program we have

out in south central here that is for people with dementia or Alzheimer disease," she points out, adding that a formal diagnosis is not required to take part.

Each session of the eight-week program includes gentle fitness exercises, Continued on page 4



AUTUMN DEALS!!

MUCK BOGS NATS BOOTS
25% OFF

HATS
20% OFF

DOORCRASHER
EXPLORE WP
\$117.99

DOORCRASHER
LEATHER JACKETS
30% OFF

DOORCRASHER
CSA WORKBOOTS
25% OFF
A LARGE SELECTION TO CHOOSE FROM

DOORCRASHER
BASIN RIDGE VENT
\$109.99

KC's Shoe Repair
YOUR WORK & WESTERN WEARHOUSE
WINKLER, MB • Ph: 325-5538
Service & Selection Guaranteed
Company charges welcome (must be arranged ahead of time)

HOURS: Monday to Friday 9:30 am to 5:30 pm
Saturday 9:30am to 4:00 pm
325 Kimberly Rd. - East of Canadian Tire
GIFT CERTIFICATES AVAILABLE

OPEN FOR

- Oil Changes
- Tire Changes
- General Repairs

WES'S TIRE SHOP



If your RV/Camper has unusual tire wear it could be an alignment issue. Wes's Tire experts can in most cases diagnose the cause and in most cases correct the problem. We carry replacement tires as well.

215 Main St. N., Carman
204-745-2076

Where are they now? Catching up with Kevin McKinnon

By Dennis Young

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

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

I was born and raised in Carman and spent a few summers there after graduating high school.

Q. Did you attend school here?

I attended both Carman Elementary and Carman Collegiate.

A. What did you do for jobs as a student?

I think my first job was to cover some of the Carman Beavers games for the *Valley Leader*. When I was 15 to 17 I ran the snack bar at the pool. It was a good learning experience for me but bad because my friends ate the profits. I spent the next three years working on the grounds crew at the golf course.

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

I was very active in athletics and music. I played soccer, fastball, hockey, baseball and did track and field. I was also very involved with band both in high school and playing baritone for the Carman Band.

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

My father Frank was the principal of Carman Collegiate and my mother Bonnie was an activity director at the Boyne Lodge. Both have passed away.

Q. Do you have extended family living here?

I do have two aunts and uncles (Derk and Leanne Kiers, Chuck and Jane Peckover) along with several cousins and their families that live in Carman.

Q. What got you to leave Carman and where?

I attended the University of North Dakota in Grand Forks. After my third year, I remained in Grand Forks for the summer and have not lived in Canada since.

Q. What was your chosen career after school?

At the University I played hockey that led to a career in professional hockey in my 20's. Since 2001, I have been in economic development.

Q. What activities did you participate in while attending University?

I came back to Carman in the summers so I enjoyed a lot of golf and in Wednesday night men's league. I also played baseball for the Goldeyes and the Carman band at the horse races.

Q. Did you move around lots in career or life?

I had the opportunity to live in a few different states and to spend two seasons in Lahti Finland playing hockey. I've also lived and worked in Colorado, North Dakota and currently, residing in the Minneapolis-St Paul suburb of Eagan Minnesota.

Q. Did you meet your spouse here or where?

I met my wife Rachel in Grand Forks at UND and we've been together ever since – we just celebrated our 25th anniversary last year summer.

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

We have two children. Savanna (19) who is in her first year at the University of Wisconsin in Madison and wants to be a physician's assistant and Nate (16), who is in 10th grade at Eagan High School and plays hockey and soccer.

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

I've really only done two things – played/coached professional hockey and worked in economic development. I spent eight years in hockey and for the last 20 years, worked in economic development.

Q. What do you do now?

I am the Deputy Commissioner of Economic Development and Research for the State of Minnesota – we provide programs and services to support businesses and communities across the state.

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

As a parent, leisure time was limited due to coaching and kid's activities – really made me appreciate the time and effort my coaches invested in me and my teammates growing up! Now that our kids are older, we have more time for golf, yard/house projects, friends and travel.

Q. Have you travelled for leisure and where?

Not lately but recent trips include Hawaii and Mexico. We'd really like to get back to southern Europe in the future and any chance I get, back to Hawaii!

Q. What do you listen to for music? What musician/band would you like to see in person?

I like all sorts of music and recently, been listen-



Nate, Rachel, Savanna and Kevin McKinnon

ing, to a lot of old Canadian bands. Do gravitate toward Country music....would love to see Martina McBride in concert again.

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

Somewhat, really like to get some golf vacations in during the winter, spend more time at the lake in the summer. Also like to get back up to Carman and visit northwestern Ontario.

Q. Do you ever return to Carman?

It has been three years since I have been back to Carman. I think I was back every year since 1993 before that.

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

My friends and family for sure. We were very active whether it be sports, riding bikes all over town, playing golf and tennis or going to the pool, it was such a great place to grow up. The Carman Fair was always a highlight for me.

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

Shop local, support your business community and enjoy all that Carman has to offer.

If you wish to reach this former citizen please send me an email at denjohnnyoung@gmail.com and I forward it to them for further contact.

> MINDS IN MOTION, FROM PG. 3

fun activities, and conversation.

"It's always a lot of fun," Fehr says. "There's a lot of interaction and when we've run it in the past in Morden we've always had repeat participants, which is a really good sign.

"People build a bit of a community within a community, they build relationships with this," she says. "You really start to bond when you're all together, just having fun together. It's not like it's a support group—it's just a place to have a good time together and enjoy each other's company."

Minds in Motion runs Wednesday mornings from 10 a.m. to noon from Oct. 13 to Dec. 1. It's \$65 per participating pair. Space is limited to 22 people (11 pairs).

Though it's taking place in Winkler, Fehr stresses it's open to anyone living in the Pembina Valley.

"Just because we're hosting it here does not mean it's only for the community here at Buhler Active Living Centre," she says. "Anybody who wants to drive to Winkler is welcome to come."

Call 204-331-4646 to register or reach out to Fehr at 204-325-5634 or alzsc@alzheimer.mb.ca for program information.

You can also head to alzheimer.mb.ca/mindsinmotion to learn more. That's also the place to go to learn more about the virtual Minds in Motion program slated to get going this fall.



Minds in Motion runs Oct. 13 to Dec. 1 in Winkler for people living with dementia or Alzheimer's, who attend alongside a friend or family member.

Ag society creating a plan for a future multi-use facility

By Becca Myskiw

The Dufferin Agricultural Society (DAS) is creating a strategic plan — and they need the community's help.

Deena Boklaschuk, president of the group, said they imagine their role in the community and how it'll grow in the next few years — first the next two years, five years, then seven years. She said they're asking themselves where they want to be and what they have to do to get there, but DAS can't make the decisions on their own.

"We don't want to push forward with plans based on what we have," said Boklaschuk. "We want it to be community-driven. We want to work collaboratively with the town, the RM and the general public."

DAS owns the land from the campground to the back of the ball diamonds, excluding the grandstands area. They currently plan and operate the Carman Country Fair, but Boklaschuk said they want to be a year-round kind of group, utilizing their space in every way possible.

"We don't want to be a one-trick pony," she said.

Whether that means more events or something else, they're going to launch all sorts of community-oriented things, and they don't have to be agriculture-related.

So, to start, they put together a focus group including sponsors, business owners, town council, and municipality staff, where they had brainstorm-

ing sessions and looked at DAS's assets with a 365-degree view.

Now that they have the input from the focus group, DAS is turning to the community to see what they want. Boklaschuk said the people who will be enjoying and attending the events should be the ones to decide what they'll be.

"We're going to be the doers, but we're not going to be the ones deciding at the end of the day how this is going to shakedown," she said. "It's a community legacy."

So, they're sending out a survey for Carman and surrounding community members to fill out. The link will come in the town and municipality newsletters, and it can be filled out

on SurveyMonkey, a survey website. Questions on the survey are about the fair, coordination, incubation, summer recreation, summer horse events, and creating a year-round multi-use facility.

"We really want everyone to look at this as though this is a long-term plan to enhance our communities," said Boklaschuk. "It's not going to happen tomorrow, but it's a start with some direction."

The town and RM will keep the survey online until Oct. 20 or connect with this link: <https://www.surveymonkey.com/r/DASPROPOSAL>.

Province offering third doses of COVID vaccine; vaccine name changes approved

By Patricia Barrett

The province is making third doses of COVID-19 mRNA vaccines available to select groups of Manitobans.

Manitoba's Vaccine Implementation Task Force medical lead Dr. Joss Reimer announced last week that the province will be offering third doses to people who are immunocompromised, people who want to travel and those who received one or two doses of a vaccine that hasn't been approved by Health Canada.

The announcement comes a few weeks after Canada's National Advisory Committee on Immunization recommended third doses of mRNA vaccines be made available to people who are immunocompromised, as well with advice from the Manitoba task force's medical advisory committee.

"We know that people who are immunocompromised may not be able to develop a good defence against COVID-19 with just two doses of the

vaccine," said Reimer in a Sept. 15 news release. "This initial plan for the third dose recognizes those who are at increased risk of severe illness. It also responds to the individual challenges faced by people travelling outside of Canada."

Medical conditions or interventions that result in someone becoming immunocompromised include chemotherapy, organ transplants with chemotherapy or immunosuppressive therapy, HIV-AIDS, medications that

severely affect the immune system and those born with immune system dysfunctions. A full list of those eligible for third shots is available on the government's vaccine webpage.

"People who are immunocompromised can be immunized by their health-care provider. Individuals who would like to receive a third dose for travel purposes must be vaccinated by their health-care provider and go

Continued on page 10

PROTECT MANITOBA'S WATERS AND RESOURCES

STOP AQUATIC INVASIVE SPECIES

Zebra Mussels in Lake Manitoba


The discovery of zebra mussels in Lake Manitoba should concern everyone. These small, invasive mussels:

- ruin beachgoers' activities with their foul smell and sharp edges that can cut people's feet or injure pets' paws.
- clog water intakes, which will cost all Manitobans.
- harm native fish species, negatively affecting recreational and commercial fishing.

It didn't have to be this way.

There is no way to get rid of zebra mussels once they are established, but we can prevent their spread to other Manitoba water bodies. Whether you're a boater, paddle boarder, kayaker or someone who enjoys floating on an air mattress, make sure you know what steps to take to clean, drain, dry and decontaminate properly, any item that's been in an invaded water body before using it in an uninvaded water body.

To learn how **you can help prevent the spread**, go to manitoba.ca/StopAIS

Manitoba 



"I upgraded my furnace for only \$9.50 per month. You can too."

- CANDACE

Like Candace, you can:

GET A NEW NATURAL GAS FURNACE UPGRADE FOR \$9.50 PER MONTH FOR FIVE YEARS.*

With the **Energy Efficiency Assistance Program**, you can also:

- ✓ Get a FREE Home Energy Check-Up to find more ways to save.
- ✓ Get your home insulated for FREE (including the materials and the installation).
- ✓ Get FREE energy efficient lights bulbs, showerheads and aerators, air sealing products, and other energy saving items.

Find out if you qualify today
efficiencyMB.ca/EEAP
 204-944-8088 or toll free 1-888-944-8088

EFFICIENCY MANITOBA

* This applies when replacing a standard efficiency natural gas furnace.

Natural gas efficiency programs are funded in part by the Low Carbon Economy Fund.

Funded in part by: **Canada** **Manitoba** 

The Carman-Dufferin STANDARD



PUBLISHER
Lana Meier



SALES & MARKETING
Brett Mitchell



SALES & MARKETING
Gwen Keller



REPORTER/PHOTOGRAPHER
Dennis Young



REPORTER/PHOTOGRAPHER
Becca Myskiw



REPORTER/PHOTOGRAPHER
Jennifer McFee



GRAPHIC DESIGNER
Nicole Kapusta



GRAPHIC DESIGNER
Tara Gionet



DISTRIBUTION
Christy Brown



CLASSIFIED ADMINISTRATOR
Corrie Sargent

The Carman-Dufferin Standard is published Thursdays and distributed as a free publication through Canada Post to 3,457 homes by BigandColourful Printing and Publishing.

The newspaper is supported solely by advertising dollars. If you enjoy the paper and would like to see it grow and prosper, visit any of the advertisers and businesses in our rural communities. Keep your dollars working at home and shop local.

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

Printed in Canada by Prolific Printing. Republishing without permission is strictly prohibited.

www.carmanstandard.ca



getheard

EDITORIAL > VIEWPOINTS > LETTERS

> Got news?
Call Becca Myskiw
at 204-461-2602
news@carmanstandard.ca



Southern Health COVID-19 numbers continue to concern officials

By Lorne Stelmach

The Southern Health region and communities such as Winkler continue to be areas of concern in regards to COVID-19 in Manitoba.

The weekly Monday update by provincial officials though offered little new in terms of addressing the continued rise in cases in the area.

"We continue to follow that transmission," said chief public health officer Dr. Brent Roussin. "We know that we've seen a higher test positivity in those areas, certainly higher case counts as well as lower vaccination rates overall."

"Certainly, we're concerned about the transmission that's ongoing there

and continue to assess that," he said. "It's really, as per usual, a multi-layered approach. We continue to offer testing, doing contact tracing and isolation. We have measures trying to increase the vaccine uptake in this area, and we have those restrictions."

Public health officials Monday reported two new deaths in people with COVID-19 including a female in her 70s and a male in his 60s, both from the Interlake-Eastern health region. The total number of deaths in people with COVID-19 is 1,205.

The five-day COVID-19 test positivity rate was 2.3 per cent provincially and there had been 244 new cases of the virus since Thursday including 88

cases Friday, 54 cases Saturday, 60 cases on Sunday Sept. 19 and 42 Monday.

Of those new cases Monday, 30 were in individuals not fully vaccinated, including eight out of the nine new cases reported in the Southern Health-Santé Sud health region.

Overall, there were 598 active cases in Manitoba at the start of the work week, including, in the Pembina Valley, 23 in Winkler, seven in Morden, five in Altona, three in Red River South, and two in both Stanley and Carman.

Overall, 66 Manitobans are hospitalized with COVID-19, including 14 in intensive care.

Parents concerned, but optimistic about new school year

By Iris Dyck

Parents of children returning to school say they have a bit more to worry about than the usual first day jitters this year.

Schools in the Prairie Rose School Division (PRSD) began classes on September 9. Classes from kindergarten to grade 12 are being held in-person with COVID-19 precautions in place.

Aaron Nakonechny of Carman has two school-age children attending Carman Elementary School. He got an email in August updating parents of PRSD's back-to-school plan.

"After reading through it, it was fairly similar to what we had kind of ended the school year with last year, for the most part," he said. "The communication has been pretty good, in my opinion."

All students attending school must wear masks indoors, a policy the provincial government announced

they were doing away with in early August. After public pushback, and some school divisions deciding to require them anyway, the province announced it would re-introduce the provincial indoor mask mandate on August 27.

Nakonechny's children started Grade 3 and Grade 1 this year. While his older son is used to masks and COVID-19 measures in school, his younger son surprised him with how quickly he adapted.

"He didn't have anything to compare it to, so it was kind of normal for him," he said.

Candice Sisson, whose kids go to school in Elm Creek, found the same with her children.

"I think they're kind of used to the mask thing now," she said.

Sisson's main concern at the beginning of the pandemic was keeping older, at-risk family members from

contracting the virus. Now that most of Manitoba's adults are vaccinated, she's worried about COVID-19 variants spreading among children.

"Now with Delta and unvaccinated people being mostly children, I am obviously more concerned about them getting sick and keeping them safe," she said.

While Manitoba's daily COVID-19 case counts have been relatively low lately, the province warns the fourth wave is on its way. Sisson's and Nakonechny's children have not been vaccinated as they are under 12; Health Canada has only approved Moderna and Pfizer vaccines for Canadians 12 and up.

"It is kind of eerie thinking we can't get our kids vaccinated for this yet," said Nakonechny. "It's challenging that way because they are essentially just in this unprotected way about life."

Although children are less likely to suffer from severe COVID-19 symptoms, he worries about the long-term effects the disease could have on his children should they catch it.

"There's too many unknowns," he said.

Nakonechny is impressed at how re-

Continued on page 7

OUR SISTER PUBLICATIONS



> Get in touch with us

Head Office: 1-204-467-5836

News tips: 1-204-461-2602

Classified & Announcements: 1-204-467-5836

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

Carman Dufferin Standard
Box 39, Stonewall, MB, R0C 2Z0

Online and in person, The Rainy Day Apparel brings light to a dark time

By Iris Dyck

Under colourful lights in a garage. Inside a camper at West Hawk Lake. Outside in February at -36 C.

A scroll through The Rainy Day Apparel's Instagram page reveals a series of sixty-second videos shot in these locations over the past year and a half. Nathan Strange, sporting a black ball cap, strums his guitar and sings to the camera. He covers artists like The Glo-rious Sons, the Bee Gees, and Wide Mouth Mason in these musical snap-shots, a project he calls #minutecover.

"I kind of pick songs that I have some at-tachment to," Strange said.

Short captions ac-company some of the videos – an update on what Strange is listening to lately, or a fact about the song-writer. Nearly all of them, though, end with well-wishes for whoever is watching.

"Thanks for listen-ing!"

"Have a good one!"

"Stay safe out there, everyone!"

"I've tried to shift to kind of like a more positive look at things," Strange said. "I think I need that. I think every-body kind of needs that a bit."

Strange's musical moniker is The Rainy Day Apparel, a name he created at 15 for a high school writing project. He started playing guitar around the same time, and felt the name fit the feel of his music; something to put on when it's raining or when you're feel-ing blue.

Strange, now a full-time teacher and father of three in Carman, kept up with his music and songwriting over the years. It was a way for him to get his thoughts out, to process his emo-tions.

"I kind of needed that outlet," he said. "It was definitely, 100 per cent for me."

Up until a few years ago, Strange hadn't thought much about trying to reach a wider audience with his music. It was the positive feedback from people who had heard him play that convinced him to put himself out there.

"I love the fact that there are people, even if it's a small number of people, that take interest in it and enjoy it," he said.

In 2019, Strange got the chance to play several shows across the prov-ince, including Harvest Moon Festival in Clearwater and Prairie Wind Music

Festival in Cypress River. He found being around other musicians and watching them work inspired him to try new things with his music.

"That's one thing that's been partic-ularly challenging about the last year and a bit, is just that piece of it is miss-ing," he said.

When live performances were can-celled due to the pandemic, he began posting the minute cover videos on social media. These virtual perfor-mances forced Strange to examine just why he was making music and who it was for.

"It's definitely a guilty pleasure, doing things for the likes and the comments," he said. "I really had to kind of wrap my head around what it means for that to be a good feeling. But I think it kind of circles back to the fact that it's the connection with people."

While his online vid-eos cover familiar songs, Strange's favourite songs to play are the ones he created himself.

"I can't really write stories and I'm not that type of writer," he said, "so I prefer to tell my stories through song."

Strange writes the lyrics and melo-dies separately, drawing on his life ex-periences for inspiration. Sometimes the songs come together easily. Others it's like trying to put together a puzzle with missing pieces.

"More often than not the puzzle doesn't get solved and gets kind of thrown away," he said, laughing.

Strange plays all the instruments ex-cept drums when he records demos of his songs. In 2019 he released a five-song EP called "Reset." Hearing his songs professionally mixed raised the bar for what he wanted to achieve mu-sically – now, a song doesn't feel "fin-ished" to him unless it's gone through that process.

"I think you kind of want to do some-thing that you haven't done before, make it valuable," he said.

Strange has been busy writing since COVID-19 restrictions put a pause on live performances. He's got about eight songs that "fit well with each other" that he would like to release as an album one day.

"I think it'd be nice to see that hap-pen in the not-too-distant future," he said, "but there's no timeline at this point."

In the meantime, Strange is keeping up with is online covers, but is itching to get on stage and share with audi-



STANDARD PHOTO SUBMITTED

Strange has lived in Carman for 14 years and finds the community's creativity inspiring.

ences in person again.

"I think just getting out there and taking some of the new songs for a test drive with people would be nice,"

he said. "If it works live or if people enjoy it, then it's maybe something that is worth putting out there."

> BACK TO SCHOOL, FROM PG. 6



STANDARD PHOTO BY AARON NAKONECHNY

Aaron Nakonechny's children Nixon (left) and Oaklan adapted quickly to COVID-19 measures at Carman Elementary School.

silent his kids have been throughout the pandemic. He admits he doesn't know how he would have handled something like it when he was their age.

"They kind of just went with it as the rules came down and there weren't really any issues," he said. "For my-self, thinking back on it, in my school days, to have those type of restrictions would be pretty challenging."

Nakonechny feels his family has been fortunate to adjust and find a "new normal" over the past year and a half. Still, he can't help but wish the end of the pandemic was within sight.

"It would be nice to go back to the normal before COVID," he said. "I can't imagine we're going to be going down that road anytime soon, unfor-tunately."

Manitoba Fibre Trail Festival comes to Stephenfield

By Becca Myskiw

Stephenfield's Hundredfold Farm was one stop on the Manitoba Fibre Festival's fibre trail last weekend.

The fibre trail festival is a weekend of shopping, visiting, and gathering in southern Manitoba for people to learn about fibre agriculture, see where their clothing comes from, and meet the farmers behind the fibre.

Over the course of three days — Sept. 17, 18, and 19, 20 locations and 60 vendors showed off their goods to all who came through. Traditionally, the event has been held at the Red River Exhibition grounds in Winnipeg, but was modified due to COVID-19 and its restrictions this year.

One of those locations was Hundredfold Farm by Stephenfield, where Kim and Randy Dyck currently raise 15 alpacas.

The farmers breed certain alpacas



Randy and Kim Dyck, own Hundredfold Farm.

each year based on which ones have the best fibre for yarn. This year they had three baby alpacas, and they've bred five females to birth next year after their 11-month gestation period.

Breeding isn't all they do, though.

Hundredfold Farm sells yarn from their alpacas after shearing them in May. They sort through the fibres collected, decide which will be used for yarn and rugs, and send it off to fibre mills to be spun.

Younger alpacas typically have nice fibers for



STANDARD PHOTOS BY BECCA MYSKIW

Charlotte, one of Hundredfold Farm's alpacas.



Tamara Klassen from Forage Natural Dyeworks.

He who has the Son has life. (1 John 5:12 – THE BIBLE)



Daily Direction From God's Word

Hear this one minute thought for the day

Monday to Friday

8:55 AM - CFAM 950

or anytime - www.compasspoint.live



Tune in Sundays to hear God's Word

8:00 PM - CFAM 950

or anytime - www.anchorpointradio.com

We design, manufacture, deliver and install innovative windows and custom exterior doors with style and function across North America.

We offer custom exterior and interior doors, windows and pleated blinds.



ACCESS
WINDOW AND DOOR
DESIGN CENTRE

Contact us to request a quote or more information at

1-800-249-1216

Or visit us at www.accesswd.ca
565 Cargill Road Winkler, MB

or 10 years old have fibers used more for rugs. A mill in Manitoba spins the 100 per cent alpaca yarn fibers for the Dycks and one in New Brunswick makes their rug yarn.

Kim Dyck said the Manitoba Fibre Festival is important for farms like theirs because it shows people where their products come from, and in this case, it comes from their backyard.

"It's important to know where your clothing comes from," she said. "People are concerned about the things that they put into their bodies and that they put onto their bodies. The clothing and the products that you wear next to your skin are just as important and the agriculture of growing clothing is important to our environment. It helps regenerate the soil, it helps to take carbon and put it back into the ground. It's just important to have your local clothing," said Dyck.

Other vendors at Hundredfold Farm taking part this past weekend were Forage Natural Dyeworks from Morden, Oaks and Sparrow from Carman, and Big Oak Farm from Morden.

Forage Natural Dyeworks uses botanical dyes, Oaks and Sparrow uses wool suits from thrift stores to repurpose into children's clothing, and Big Oak Farm sells yarn, soap, and sheepskins from their Icelandic sheep.

Smile Cookie sales week supporting local youth

By Becca Myskiw

Local Tim Hortons once again donated their Smile Cookie proceeds to Big Brothers Big Sisters of the Pembina Valley.

Smile Cookies are a promotion the restaurant chain does each year in September. Essentially, each chocolate chip cookie is decorated with blue icing eyes and a pink icing smile and sold for \$1. All proceeds from the cookies sold during the week go to a local charity each Tim Hortons selects.

Since their opening in 2004, the Morden and Winkler Tim Hortons have donated their Smile Cookie proceeds to Big Brothers Big Sisters of the Pembina Valley. Owner of the chains Jeff Doerksen said he likes getting to choose a local charity to donate thousands of dollars to each year, and he continues to choose them because their programs are a "worthy cause."

"We just really like what they do in the community for the families that they serve," he said.

Jenelle Neufeld, executive director of Big Brothers Big Sisters of the Pembina Valley, said they're beyond thankful to be chosen to receive the money each year and they've begun to rely on it.

"It would be difficult to continue programming without the Smile Cookie money," she said. "We're not



Jenelle Neufeld from Big Brothers Big Sisters of the Pembina Valley supported the cause throughout the week.

different in any from any other non-profit organization that relies on fundraising...we depend on the Smile Cookie money in our budget. It's a huge factor in our organization, so being able to depend on that is absolutely essential for us."

The money generated from the promotion annually goes right back into Big Brothers Big Sisters of the Pembina Valley's mentoring programs, including one-on-one partnerships, Go Girls, and Game On. In addition, it's used to support matches and ensure everything is and continues to go smoothly with them.



STANDARD PHOTOS BY BECCA MYSKIW

The Winkler Flyers spent three days at the Morden and Winkler Tim Hortons last week decorating smile cookies. Proceeds from this year go to Big Brothers Big Sisters of the Pembina Valley.

For three days last week, the Winkler Flyers had a few players from the team come to the two Tim Hortons to make coffees and decorate the Smile Cookies. Doerksen said they've been out for a few years and work really hard each time they come.

Last year, the two restaurants sold a combined 17,400. As of Friday last week, they were on track to sell close to 20,000 — just 2,000 less than Neufeld's goal for the year.

Doerksen said that's a huge number, especially after the year they've had with COVID-19 and its restrictions. There's been less traffic and less people to the stores, but internal competitions between the Winkler and Morden shops drive up sales along with the good cause.

He and his wife also own the Tim Hortons coming to Carman so that store will be involved in the competition next year.

↓ Assiniboine Park Zoo

TAKE A ROAD TRIP TO
DISCOVER MANITOBA
Explore all of Manitoba's hidden gems this summer!

PHOTO: JP MEDIA WORKS

Manitoba
CANADA'S HEART BEATS

Plan your trip at travelmanitoba.com/road-trips

TLC Centre Inc.
"Teaching - Learning - Caring"

TLC Centre Inc. would like to say a HUGE THANK YOU to the following companies and people who have generously donated and made our fantastic new playground possible!

Farmers Business Network donated	\$4890
Homestead Co-Op's Fuel Day fundraised	\$2565
Carman Area Foundation awarded us a grant of	\$3600
Manitoba Ag Days awarded us a grant of	\$1000
BSI Insurance donated	\$500
Precision Land Solutions donated	\$500
Lauren Menold donated	\$1000
Bonnie McCutcheon donated	\$1000
Community Members donated	\$1300
Coxy's Skid Steer for site preparation, equipment and labour.	
All the Parents and Community Members who volunteered their time and fundraising dollars.	

Children attending TLC Centre Inc. have spent many hours playing, imagining and creating different play experiences since our playground build. We will be forever grateful for everyone's contributions! Thank you!



COMMUNITY NEWS



Incredible creatures: Tiger beetles – colourful and with blinding speed

By John Gavloski

What are the fastest animals in the world, relative to their size? Although the cheetah is the fastest land animal, if all animals were the same size, the fastest would be the tiger beetles. Not only are they fast, many are quite colourful. In this month's Incredible Creatures we will explore the fascinating lives of tiger beetles.

Blinding Speed

Adult tiger beetles are easy to recognize due to their thin bodies, long slender legs, and large sickle-shaped mandibles. They also have bulging eyes that provide a keen sense of vision. They are predators, eating other insects and spiders, and the long legs help them move extremely fast.

Adult tiger beetles locate prey by sight and give chase across the ground at astonishing speeds. But rather than chasing prey continuously, tiger beetles often pause momentarily during the chase before continuing at full speed once more. The tiger beetles can move so quickly that beyond a certain point light cannot enter the eye fast enough to form an image of the moving prey item.

At high speeds the tiger beetle goes temporarily blind! Pausing during the pursuit allows the tiger beetle to relocate its prey, while its incredible speed still allows it to complete the chase successfully.

Bronzed tigers on the Beach

Tiger beetles are a subfamily of ground beetles. There are more than 2,600 species worldwide, and we have 22 species in Manitoba. Most tiger beetles run on the surface of the ground, but a few in the tropics live in trees. Tiger beetles prefer habitats where they can run and fly in short bursts unobstructed by vegetation and are often found on woodland paths, sandy surfaces along lake-shores or sand dunes, and on clay banks. Species that inhabit sandy areas are often light-coloured and match the environment, but there are other species that are metallic green or blue. The tiger beetle in the photo was found on a quiet beach near Opaskaw campground in Whiteshell Provincial park. This species is called the bronzed tiger beetle. There were a lot of them on the beach; so many that when you walked along the beach

there seemed to be a steady movement of beetles getting out of the way. They are alert and usually don't let you get too close to them, so sneaking up on them to get a good photo was a challenge. They have a reaction time similar to house flies.

Born to Hunt

The larvae are also predatory, but rather than chasing and capturing prey, they use a 'sit and wait' strategy. Larvae dig a vertical burrow in the ground, then patiently watch the entrance for small insects and spiders that get too close. The larvae have a large head that is at a right angle to the body, and also have well-developed eyes and good vision. They also have powerful, upward-curving mandibles. The larva waits at the entrance of its tunnel, with its large head blocking the entrance and its huge jaws opened wide. When a prey item comes in range, the larva reaches out at lightning speed to grab its prey with their sharp mandibles, and pull



PHOTO SUBMITTED

Bronzed tiger beetle

it down into their burrow to eat. A pair of hooks on the abdomen anchor the larva in their burrow, so that it cannot be pulled out of its burrow by the struggling victim. The larval stage usually takes 2-3 years to complete.

Colourful, fast, and predaceous. These are tigers safe and fun to get close to, if you can.

> THIRD COVID VACCINE, FROM PG. 5

through an informed consent process, or present a prescription to a pharmacist," states the news release. "People who have previously received a vaccine not approved by Health Canada can be immunized at super sites, pop-ups or mobile clinics or by a health-care provider."

The task force is also setting out policies to guide temporary or permanent medical exemptions to immunization. They'll be applicable to those who had a severe reaction (e.g., myocarditis, Guillain-Barré syndrome) to the first dose of a COVID-19 vaccine, those receiving treatments that affect their ability to mount an immune response or people who had a severe allergy or anaphylactic reaction to a COVID vaccine.

"The process to submit medical exemptions will be finalized as soon as possible, along with updated clinical guidance for health-care professionals," states the release. "The province is also developing a way to ensure individuals with a valid medical exemption are able to access the same benefits as those with an immunization card."

There are a number of clinics and pharmacies across the Interlake re-

gion, including supersites in Gimli and in Selkirk, that are offering first and second doses of mRNA COVID vaccines, and are expected to offer third doses to those who received an unauthorized vaccine. They include the Ashern Medical Clinic and Pharmacy, Fisher Branch Pharmacy, Lifestyle Pharmacy in St. Andrews and Rexall Pharmacy in Stonewall.

Visit the province's vaccine webpage for a Vaccine Finder Map that shows available vaccination centres and their contact information. Walk-ins are available at many locations. People can book an appointment online or by calling 1-844-MAN-VACC (1-844-626-8222).

In other vaccine news, Health Canada announced on Twitter Sept. 16 that it authorized brand-name changes of three COVID vaccines.

Pfizer-BioNTech's mRNA vaccine is now called Comirnaty, a portmanteau of community, mRNA and immunity. Moderna's mRNA vaccine is Spikevax and AstraZeneca's viral vaccine is Vaxzevria.

"These are only name changes," the agency tweeted. "There are no changes to the vaccines themselves."

GOOD FOR
ME

GOOD FOR
MB

It's great to see animal care standards implemented and maintained in the barns I visit.

Dr. Melissa Desrochers, DVM
Ste. Anne, MB

Hog farmers are leaders in animal care, following 105 Code of Practice requirements.

manitobapork.com/animalcare

Siemens, Bennett release a very unique version of "God Save the Queen"

Two artists, hundreds of orchestral parts



Husband and wife duo, Eli Bennett and Rosemary Siemens of SaxAndViolin.

By Lorne Stelmach

The latest project for Plum Coulee's pride and joy Rosemary Siemens and her husband and musical partner Eli Bennett was very much a labour of love.

The duo known as SaxAndViolin recently released a special version of "God Save The Queen" which features the sound of a 400-piece orchestra and choir but was all created by just the two of them in the studio.

Being housebound for so long amidst the pandemic lockdown provided them ample time for what was clearly an ambitious project.

"We wanted it to be really epic ... so we thought now, during COVID, we finally had time because we were home," Siemens said during a recent phone interview. "It's the greatest work that we've ever worked on and the most complex and the most intricate."

The inspiration for the project came after both Siemens and Bennett were awarded Queen Elizabeth II Diamond Jubilee Medals for their contributions to the arts in Canada in 2013, and Siemens said they wanted to create this version of "God Save The Queen" as a thank you to the queen for the honour.

They went to work then with violinist Siemens recording all of the strings and choir parts and Bennett recording, producing, and arranging the rest

of the orchestra sounds.

"It's taken about six months ... it was a very long process. We did everything from our home recording studio," said Siemens.

"I sang about a hundred vocal parts and played all the orchestra lines, and Eli did all the parts like the brass and the woodwinds and the drums ... it was over 400 parts coming together just by the two of us.

"We slowly saw it coming together,

Continued on page 13

Taste and See

He pushed his kitchen chair back and sat lightly on the edge. The spoon with the dab of yogurt was about to touch his lips, as he poised for the dash to the washroom. He hated yogurt and always had. The loathsome thought of that creamy substance left his gag reflex pulsating. "You have to be crazy to touch that stuff," my son-in-law would often say. Somehow earlier in that dinner conversation he had let the cat out of the bag and confessed he had never tried it. Now the challenge was on, and he became the winner that evening as he discovered what would now become his new go-to dessert – Flavoured Yogurt, Yoplait, Fruplait, and good old fashioned yogurt ice cream. It reminds me of the verse in the Bible which says, "Taste and see that the Lord is good" Psalm 34. I have been in plenty of conversations where I am told that the "religion" I claim to have is just an empty crutch - that religion creates an imaginary problem simply so that it can sell an imaginary solution - that religion frequently tears people down, creating an emptiness that must be filled. I suppose if all I had was religion, then that may be true, but the Bible doesn't offer a religion. The Bible offers Salvation which is a personal relationship with the Person of Christ. When you have God's Salvation, you'll know it and nothing can take it away, nor would you give it up for anything. With a little time, I could quickly compile a list of several hundred people whom I know personally that have God's Salvation. If Salvation were possible to lose (and it's not), you could call them and see what they would be willing to trade for it - a million dollars or maybe even sweeten the pot with a billion. I have every confidence that without exception, every one of their answers would reinforce what Jesus said in Mark 8:36, "What shall it profit a man, if he gains the whole world and loses his own soul". I think of all the blessings that I have received since the day I trusted Christ as my Saviour. I have fellowship with the God of Heaven. I have the knowledge of sins forgiven. I have inherited all things co-equal with Christ. I experience Peace that Passes all Understanding. There awaits me an eternal home in Heaven. That's not emptiness, that's fullness that only God can provide.

One of my favorite songs has a chorus that says, "Now none but Christ can satisfy, none other Name for me, there's love and life and lasting joy, Lord Jesus found in thee". You can have God's Salvation today. You can't pay for it as God offers it free, and for the repentant heart, He invites you to taste and see. He's confident that you will not be disappointed. "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in Him, should not perish but have everlasting life" John 3:16

Ron and Nancy Burley www.sermon4u.com

Paid Advertisement

BellMTS presents

UNITE

MANITOBA 150

2 HOUR BEST OF SPECIAL

SEPTEMBER 25 • 7:00PM

manitoba150.com

Tune in to CTV Winnipeg to watch a once-in-a-lifetime line up of iconic Manitoba talent, filmed live onstage at Unite 150.

FEATURING

BACHMAN CUMMINGS

TOM COCHRANE

CHANTAL KREVIAZUK

WILLIAM PRINCE

BEGONIA

AND MORE!

manitoba 150

@ f t #MB150 @MANITOBA150

FUNDING PARTNERS

Manitoba Canada

Photos by: J SENFT PHOTOGRAPHY

New school year: new students, staff and three principals

By Becca Myskiw

The 2021/22 school year has officially begun, and in the Prairie Rose School Division (PRSD), there have been many staffing changes — three of them being principals.

When the last school year ended, the division posted job openings in all of their schools. Elm Creek School, Miami School, and Roland School all needed the same thing: a principal.

In Elm Creek School, the previous principal went on medical leave last year, leaving teacher Leslie Howard to fill the roll. By the end of the year, they needed to restaff the position permanently, so Jesse Thomaschewski applied.

Thomaschewski started teaching in PRSD nine years ago, beginning on the 17 colony sites, then becoming a guidance counsellor and a middle year's counsellor at Carman Collegiate. He was vice-principal at Carman Collegiate for a term and vice-principal at St. Laurent School last year.

Before September, he had only been a guest teacher at Elm Creek School.

"I felt like it had very welcoming vibes," he said. "I was thrilled being a guest, but having a principalship goal and knowing what this community is about...I definitely wanted to throw my hat into the ring to be an official team member."



Jesse Thomaschewski

Thomaschewski got the job and after just three days in his new role, he knows he's in the right place. So far, he's been fine-tuning systems, working on the student code of conduct, and getting into classrooms to connect with his students.

He said knowing the students at Elm Creek School feel safe being there, is of the utmost importance to him. So, he will routinely send surveys to the students, staff, and parents to see what



Brandy Chevalier

the school is doing well on and where they can improve. Thomaschewski's also hoping to sustain the success the school has created previously.

"I'm really happy to have those warm and fuzzy's back in the building," he said.

Miami School also needed a principal this year after a similar situation to Elm Creek's vacancy in the 2020/21 school year. So, when Brandy Chevalier came across the posting, she didn't hesitate to apply.

Chevalier spent the last seven years at Roland School and was previously their principal. She said her time there was wonderful, and she loved it, but her goal has always been to be a K to 12 school principal and Roland School is only K to Grade 6. Miami School, however, is K to 12.

"I know that when you're planning for your career and you're discussing what your aspirations are and where you see yourself in five years, ten years... I've seen myself in this," she said. "It's nice to have the opportunity to advance in the division."



Melissa Benner

She got the job in Miami and her commute to work is now 15 minutes shorter as well — just an added bonus, she said. Another bonus is getting students she first saw in Kindergarten in Roland are now in junior high at Miami School.

"They will have had no principal other than myself," she said. "And that's cool."

Chevalier is currently getting to know the Miami community and working with them to make sure her school reflects them. She said it's a collaborative process and she wants to make sure she continues to build with everyone.

"The school is the centre of the community," she said. "And that's how it should continue to be in my mind."

With Chevalier leaving her Roland School post, another principal was needed to fill her position. Melissa Benner put her name in right away.

Benner got her first teaching job at Roland School out of university. She's since taught every grade in the school over her 20 years there, her most previous job being the Kindergarten teacher in the building.

"Roland is home to me," she said. "It holds a special place in my heart."

So, when the leadership opportunity arose, she thought it would be fitting to get it — and she did. Now, she's seeing second-generation students walk through her doors.

She's hoping to make Roland School a family. She's working to support her staff, students, and families so everyone feels safe walking through the brick building's doors every day.

"I want Roland to be a school where children and families are excited to come," she said.

Book your Indoor Concrete Lift & Save
Any Lift booked before Oct 15, 2021 you could
save up to 10% on winter month bookings



5% off Appointment day booking
additional 5% off if Booked for Winter install

Let us help keep all your concrete level

Residential & Commercial

431-733-3996
For a Free Quote



Sentry
CONCRETE SOLUTIONS

sentryconcrete.com

Miami's Yard of the Month award continues despite pandemic, drought

By Iris Dyck

A Miami couple say they are pleasantly surprised after winning the Miami Horticultural Society's Yard of the Month award.

Lucille and Gerry Lesage answered a knock on their door in early August only to find out they had won the contest. The judges presented them with a sign to display in their yard for the month.

"My husband or I never expected us to ever be in consideration for it," said Lucille. "It was definitely a surprise."

The Lesages plant mainly vegetables in their raised beds, which Gerry built after the couple moved to town from Winnipeg in 2017. Despite growing enough tomatoes to make 60 litres of tomato sauce to can for the winter, Lucille insists she doesn't have much of a green thumb.

"Our yard is fairly simple," she said, adding it's easier to maintain when her grandchildren come to visit.

The Miami Horticultural Society began awarding the Yard of the Month award in 1991. Two members of the Society serve as judges and choose the winner based on what is visible from the street. The contest has only one rule; anyone who has won in the past two years can't be chosen again.

Jolene Callum is a member of the Miami Horticultural Society and was one of the judges who chose the Lesage's yard. While there isn't a list of specific criteria they use to decide the winner, it was the Lesages' tidy garden beds and container gardens that caught her eye.

"One person's beauty is definitely objective," Callum said.

Judges look for an overall neat appearance and at the variety and quality of the plants. Some people may add art or statues to their gardens as gardening trends evolve over the years.

Callum has noticed an uptick in the number and scale of gardens over the past two summers. She believes people have more time to garden since the onset of the pandemic, and that



When store-bought metal tomato cages couldn't support their plants, Gerry Lesage built sturdier ones out of wood.

people are enjoying the mental health benefits of gardening.

"It boosts morale, and just gives you that connection with nature and pride in what you can do yourself," she said.

Miami is in the RM of Thompson, a member of the Pembina Valley Water Co-op (PVWC). When the PVWC declared a state of drought state of emergency in late July, it asked all residents in the affected areas to conserve water. In Miami, residents were not allowed to water their lawns or gardens with water from the co-op.

Many Miami residents kept their gardens green with water from the RM of Thompson. Three times per week, municipal employees trucked water to town from the municipal well. The Lesages and their neighbours filled their rain barrels and used the water only for their gardens. As the drought got worse in August, the service was cut to once per week – just enough to keep the plants alive.

"We know that the flowers might not be as nice as they usually are," said Lynn Sprott, president of the Miami Horticultural Society, "but...we live in the country, we know this is happening, so we just go with the flow."



STANDARD PHOTOS SUBMITTED

The Lesages use raised beds to plant their garden. The east side of their house in Miami is reserved for their many tomato plants.



The Lesages keep their yard neat and tidy, and also plant new trees to replace older ones at the back of their property.

Between the drought and COVID-19, the Society's activities were limited this year. Their annual events, a plant sale and flower show, were cancelled for the second year in a row. Sprott hopes the Society will be able to host more events next summer, but is glad the Yard of the Month award was able

to carry on for another year.

"People never think they have a green thumb, never think they've really done anything spectacular," she said, "but you know, it always looks so nice."

"Our little town is such a pretty little town."

> SAXANDVIOLIN, FROM PG. 11

and we finally got to release it, so it felt pretty awesome then ... to see and hear it all come to life was amazing."

Siemens said she appreciated the immediate response from listeners, many of whom had a shared memory of singing the song in school.

"For me, it's a song I grew up with and it's a part of me," she said, adding that is actually is very much like a hymn as well.

Now that it is complete and out there for all to enjoy, Siemens added what would be the "pièce de résis-

tance" for this project:

"Our dream would be to one day play it for the queen for real with a real orchestra and a live choir ... that would be our ultimate goal. Here's hoping ... you've got to dream big, right?"

Since the official launch of SaxAndViolin in 2019, Siemens and Bennett have performed together around the world and their music videos have received over six million views on Facebook and YouTube.

Don't forget to send your special wishes to your friends and family.

The Carman-Dufferin
STANDARD

classifieds@carmanstandard.ca

204-467-5836

Remembering Reg Last

By Dennis Young

Call us first not last!

That was R.E. Last & Sons slogan the years they ran the Esso and Texaco dealerships in Carman. It could have just as easy had been Reg's personal slogan as he was the one others called when something had to get done.

Reg was raised and farmed at Homewood with his Dad Ernie in the 40s and 50s. It was at a dance in Homewood where he would meet Gwen Nash who taught there. They married in 1953 and took their love of dancing on the road to wherever one was held.

That same year Reg drove for Imperial Oil in Winnipeg delivering fuel all the while still farming come summer. But by 1956 he started working for his close friend Eldon McEachern. An 18 year passion for his fellow workers who he respected and they back. He loved the farm life, working day and night with never a dull moment in potatoes.

In 1974 he and Gwen purchased Laurie Brown's Texaco bulk station in Carman to begin their own family business. Reg delivered and Gwen ran the office which at the time posed a slight problem. Men had not become accustomed to women handling their fuel orders so a two-way was installed so Reg, while on the road, could verify she knew what she was doing.

It was a challenge for them but proved to be a huge success winning awards along the way from Texaco. The little tin office was replaced with a large trailer and their sons Craig and Kelly became involved as well. When Esso bought out Texaco in 1989, and proceeded to move everything out of town limits, the Lasts moved on too.

Gwen had bought the Flower Shop in '85 so Reg already had another job to go to as the "singing telegram" guy! Ready for any occasion, Reg would dress (or undress on one occasion) the part and make everyone's day that much better. Proving there was nothing He wouldn't try for Gwen, He even bought a video recorder and began taping weddings.

They began to travel some after the flower business was sold in 1994 but Reg took ill and was diagnosed with progressive supra nuclear palsy. A crippling disease that he fought hard against but succumbed to in 2006.

To say he lived a full life is an understatement however, being a volunteer for this community took the majority of his time: Sports, church,

choirs, DAS, Celebrations of Life, harness racing, golf, curling, Masons, Carman Fair and YMS to name a few. He jumped in without hesitation. Those earned him Citizen of the Year in 1982.

Let's "hear" from his kids (Deborah, Joy, Cheryl, Craig and Kelly) as they share some memories with for us:

"Dad's love of singing was exercised every week at St. John's Anglican Church. The choir was a major part for all the family and he loved having us all together to sing. Many a family singalong happened with Gwen or Joy playing the piano and us belting out a Glen Campbell song.

His singing continued with Jill Stafford, John Carley and Sylvia Tissot. The group Nice n Easy produced a CD and performed on many stages.

Celebration of Life was created in 1991 with Dad as the president. This non-profit raised money to buy Murray Kidd a wheelchair and helped Tubby Turnbull get his heart transplant.

He was a coach and organizer of hockey but most of all a lover of the game. We remember him clapping those big hands at the arena or watching games on TV. Many a baby awoke screaming because of his demonstrative laugh, clapping and cheering. Dad coached Ed Belfour during his minor years and one game he told Eddie to get in the goal if he thought He could do better. Dad stood behind the goal during a game to keep Ed playing and the rest they say is history.

Carman Fair, Harness Racing Association, YMS, DAS, Western Canada Fairs Association were all connected and all a very major part of Dad's life and passion. He became a director of the DAS in 1954, was president for three years and on the committee planning the 100th Fair. Every day was full at the fair and we all had a part to play for Dad.

He was always in the thick of the harness racing too. If we wanted to see him we knew where to go... the barns, the track or the tower where he felt he was a celebrity up there. The fair conventions were always an event for Mom and Dad. The Lasts, Withers, VanKoughnets, Hoopers, to name a few, were always making skits and songs to perform at this event. They became known for their productions and the rest of the country looked forward to them being there.

Dad was colorblind and we would always help him pick out shirts and pants so they matched. One time he

had to pick his own for a banquet and he arrived in a totally mismatched clashing outfit. It was so bad that the emcee teased him about it and it became a standing joke!

He was very proud of his accomplishments with the Masons too. He did all that was required to move up to Master Mason or into the Shriners.

Dad loved the Town of Carman and always lent a helping hand to any group or family that needed it. His slogan is one we all could take to heart: You never ask anyone to do what you can't or wouldn't do yourself.

One fall, a farmer came to Texaco begging Dad to bring fuel to his farm so he can take off his wheat field. Dad reminded him he still owed from the Spring. Dad being a problem solver found a



Gwen and Reg Last

solution for both of them. Dad went to work calling farms to see who had room on their quotas and Wilf Mutcher obliged and Dad, Craig and Kelly combined a few loads and trucked them to the elevator. Dad being the compassionate man he was took less grain than he should have to satisfy the bill but Dad re-lived being a farmer for the day and we all had a lot of fun.

Writer's note: I have always attributed to Reg my "curse" of volunteering after he asked this 18 year old to help him coach minor hockey. Sure glad he did!

Flashback - 34 1st Street S.



STANDARD PHOTO SUBMITTED

In 1898 Pulford Drugs of Wpg opened a branch in Carman which became Humphries Drug Store (no record of year). It burnt down and was rebuilt in 1946 but after the 1970 flood Frank Humphries had had enough. To the north of his store was a Robinson's Store which then expanded to the size of building it is today. From 1955 to 64 it was owned/managed by Ralph Stewart (Bill's Dad). After Ralph came Alf Cochran (68-69) and (missing years of 70-76) David & Bobbie Beardon (76-87). The Beardons ran it under their own name from for 1 year before Stylerite came in 1988. That franchise lasted until 1994 then Wendy and Paul Clark opened Carman Pharmacy in 1995 and Wendy continues today.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Minor hockey season set to begin October 1st

By Iris Dyck

Minor hockey teams in the Pembina Valley are planning to make the most of the upcoming season after last year's was cut short.

Carman Minor Hockey (CMH) began accepting player registrations on June 8, with players signed up before June 23 paying the discounted "early bird" rate. CMH president Matt Falk said most players signed up during this window, eager to play after the pandemic shut down organized sports last winter. Opening registration early allows organizers time to plan the upcoming season.

"We want to get an idea of how many players we might have for this season and how many teams," he said.

CMH organizes teams for six different age groups. Many of the youth, especially in the older age groups, are returning players. CMH sometimes gets players from neighbouring communities that don't have enough play-

ers to form their own teams.

One of those communities is Elm Creek. Elm Creek Minor Hockey (ECMH) is sitting at roughly 40 players across all age groups, and plans to run with teams in the U7, U9 and U11 categories this year.

"If we don't have numbers to make a team, we end up working with neighboring associations to see who's got room to take on some players," said ECMH president Ian Lepp.

According to CMH's website, this year's season begins Oct. 1. Falk is organizing the season with the assumption that teams will be able to travel for games and tournaments, with one already planned in Carman.

"At this time, we can really only plan assuming that we can do these things, and any changes we have to make we can look at doing when the time comes," said Falk.

Last year, minor hockey had only just begun when rising COVID-19

cases forced hockey associations across the province to cancel the season. Falk hoped the pandemic would ease up enough to return to the ice before spring.

"It just came too late in the season last year, we just ran out of time," he said. "We're really hoping that this resembles a more normal hockey season, with kids being able to play, people being able to come and watch."

Hockey Manitoba, the organization that oversees minor hockey in the province, released "Return to Play," a document outlining rules all minor hockey associations in the province must follow. The rules are in line with current Manitoba public health orders.

Everyone 18 and over must provide proof of vaccination to participate as staff or spectators at Hockey Manitoba events. This includes practices and games. The document also outlines rules on physical distancing, masks

and other COVID-19 precautions. Rinks can also set capacity limits independently.

"Hopefully we can run a program this year while keeping everybody healthy and safe," said Lepp.

Falk's own children play hockey through CMH, and he has coached his son's team for the past four years. He says the teams are eager to get back on the ice.

"I think kids are excited to be doing that again...I think they really missed it, not being able to do it last year," Falk said.

Falk and Lepp are prepared to work through changes in public health orders and directions from Hockey Manitoba for a smooth hockey season.

"It's just sort of being flexible and following the guidelines," said Lepp. "It's like everything else, we just changed and adjusted as the guidelines change and adjust, so it's all good."

Locals part of Hockey Manitoba's 2021 Male U16 POE

Staff

Hockey Manitoba announced the roster for the 2021 Male U16 Program of Excellence last Wednesday, which includes several locals.

Lockport defenceman Cole Bilous, Petersfield forward Ian Lavalee, West St. Paul forward Carter Bear, East St. Paul defenceman Merric Arpin, and East St. Paul forward Jackson Kostiuik were selected to the team.

Selkirk's Brenna Cyr will serve as the team's athletic therapist.

The Male U16 Team Manitoba roster includes 12 forwards, six defencemen and two goaltenders that were selected following the Male U16 POE Summer Camp that took place from Aug. 13-15 at the Bell MTS Iceplex. Athletes participated in team practices and inter-squad games over the course of the weekend and were evaluated by the Male U16 POE coaching staff.

The 20 players that have been selected for Team Manitoba will compete at the 2021 Western Hockey League (WHL) Cup from Oct. 20-24 in Red Deer, Alta. Before heading to Red Deer for the 2021 WHL Cup, Male U16 Team Manitoba will play an exhibition game against the Winnipeg Wild U18 "AAA" team on Sept. 26 at the Bell

MTS Iceplex (2:45 p.m.).

Leading U16 Team Manitoba behind the bench will be Jeff Sveinson, currently the head coach of the Winnipeg Bruins (Manitoba U18 AAA League). Sveinson returns after serving as head coach of the U16 team that earned a silver medal at the 2019 WHL Cup in Calgary.

Sveinson is also a two-time assistant coach in the Female U18 POE (2011, 2015) having won medals both occasions.

He will be joined by assistant coaches Jordan Sobkowicz and Jordan Wohlgemuth. Wohlgemuth and Sobkowicz return as assistant coaches of U16 Team Manitoba after being assistant coaches of the U16 team that earned a silver medal at the 2019 WHL Cup.

Director of Operations for the Male U16 POE will be Bernie Reichardt (Hockey Manitoba) who returns for his 24th year. Filling out the staff will be goalie consultant Brant Hilton, athletic therapist Brenna Cyr (who returns from 2019 Male U16 Team Manitoba), video coordinator Ethan Lewis, and equipment manager Andrew Koch.

The Male Under-16 Program of Excellence is the first step in the Hockey

Canada Male Program of Excellence. Athletes who participate in the U16 POE begin to receive the exposure to skills and concepts that are vital for success at the Major Junior, NCAA, USport and National levels. Many

athletes from the U16 Program of Excellence go on to have success with the U17, U18 and World Junior Teams as a part of the Hockey Canada Program of Excellence.

What's *Your* story?

We want to hear from you.

The Carman-Dufferin Standard connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

Please share your story ideas with **Dennis Young** at denjohnnyoung@gmail.com or **Lana Meier** at news@carmanstandard.ca or call 204-467-5836.

The Carman-Dufferin
STANDARD

SEMHL votes against adding three new teams

By Brian Bowman

The South Eastern Manitoba Hockey League voted down a proposal to add three new teams for the upcoming season at its semi-annual general meeting on Sept. 13 in Carman.

The vote - made amongst the seven teams - was 4-3 against league expansion.

The Ste. Anne Aces, Red River Wild, and the Ile des Chenes North Stars each applied to join the SEMHL.

All three teams previously played in the five-team Carillon Senior Hockey League. That league elected to shut down for the 2021-22 season due to the Provincial Health Orders and roster shortages.

“There were some applications from teams in the Carillon league,” confirmed SEMHL commissioner Tom Vatrt last week. “They ceased operations and three teams (applied). Unfortunately the membership voted the three applications down.”

With the provincial guidelines in place due to COVID, some teams have been having trouble finding players, said Vatrt. Still, the SEMHL commissioner believes expansion would have been good for their league.

“It’s a weird dynamic right now,” Vatrt said. “Would a few teams be better? Sure. It would always be better. Bigger and stronger is always best for everybody. Right now, I’m the com-

missioner and teams have their voting rights and they have chosen not to expand right now and I have to respect that.”

The SEMHL is a seven-team league with teams consisting of the Carman Beavers, Warren Mercs, Altona Maroons, Morden Bombers, Winkler Royals, Notre Dame Hawks, and the Portage Islanders.

There is a lot of parity in the league with every team icing a quality lineup.

“Any day of the week, any team can win, which is very good,” Vatrt said. “It’s great for competition. It’s healthy and good for town rivalries. Right now, we have a really good thing going and we’re just trying to keep it

strong and keep going that way to build league excitement for the fans and the people that support the teams and financial backers.”

The SEMHL’s 18-game regular season begins Oct. 22 and ends Feb. 6. Many people are very excited to have senior hockey back.

“Everyone is looking forward to starting and everyone is doing their best to keep everyone safe,” Vatrt said. “After the playoffs getting cancelled the one year and then an absence of all of last year, there’s a lot of interest to get back into the arena to play, coach, watch, manage.

“From every angle, it’s going to be an exciting year.”

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

L	E	F		A	T	S	E	E	H	T
V	C	A		E	S	E	T	L	V	F
E	N	I	O	N	E	T	B	U	T	F
W	O	R	A	N	A	V	A	V	A	P
			E	I	T	A	V	E	N	E
D	C	I	T	O	N		E	F	U	F
G	N	I	S	I	A	N	A	Z	N	
M	O	S	P	E		N	O	S	E	M
			K	E	T	E	I	R	D	H
	E	T	E	A	T	S	A	I	S	
S	E	I	T	I	O	T	V		V	
N	O	U	T	N	T	V	S	I	R	M
N	I	O		C	A	S	E	S	A	B
E	L	O	C	A	H		D	N	A	T
P	O	T	A	V	P	C	T	A	M	V

Crossword Answer

CROSSWORD

CLUES ACROSS

1. One of the four Vedas

5. Part of (abbr.)

8. At the peak

12. African antelope

14. Expression of satisfaction

15. Yankees' ace

16. Belittled

18. A baglike structure

19. Utah Jazz coach Snyder

20. Actress Tomei

21. Explosive

22. Formal for "on"

23. Cruelties

26. Country singer Brad

30. Make very happy

31. Binary compound of hydrogen with a metal

32. Albanian currency

33. Subatomic particle

34. Type of salt

39. 007's creator

42. Emerging

44. Railroad flare

46. Observed

47. Capable of reproduction

49. Indicates adjacent to

50. Legendary Notre Dame coach

51. Not wide

56. An embarrassing mistake

57. Pearl Jam's debut album

58. Denotes passerine birds

59. Stumble

60. Midway between east and southeast

61. W. Indian trees

62. You

63. Pigpen

64. Be aware of

CLUES DOWN

1. Crease

2. "Honey" actress Jessica

1	2	3	4		5	6	7		8	9	10	11
12				13		14			15			
16				17		18			19			
20					21				22			
			23		24				25			
26	27	28	29			30						
31						32						
33								34	35	36	37	38
			39	40	41	42	43					
		44	45			46						
	47					48						
49				50				51	52	53	54	55
56				57				58				
59				60					61			
62				63					64			

3. Broad volcanic crater

4. Product safety watchdog

5. Southern Colombian city

6. Part of a church

7. Perceptible by touch

8. Pronounce not guilty of criminal charges

9. Hairpiece

10. Variety acts

11. "Mystic River" actor Sean

13. Remove salt

17. Went out with

24. Type of bread

25. Popular Eagles song

26. Philosophy degree

27. Yes vote

28. Passports and licenses are two

29. No seats available

35. Pounds per square inch

36. A way to launch an attack on

37. The lowest cardinal number

38. Popular Miller beer

40. Pokes holes in

41. Closest to

42. Folk singer DiFranco

43. Rivne's former name

44. Flat ruler

45. Lacking the means to do something

47. Cockatoo

48. Dred Scott decision deliverer

49. Explosion exclamation

52. Canadian flyers

53. Houston university

54. At some prior time

55. Red, swollen mark

Classifieds

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

The Carman-Dufferin
STANDARD

SCRAP METAL

Buyer for all farmyard scrap, machinery and autos. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

PROPERTY MANAGEMENT

Do you own rental property in Winnipeg? Are you tired of dealing with long term renters and the mess they can leave? We can provide you with a different option to earn a rental income. Pawluk Realty 204-890-8141.

AUTOS WANTED

Smart car for 2, automatic, any model. Phone 1-204-642-7664.

HOUSE FOR RENT

2 bedroom house for rent, 135-3rd St NW in Carman. \$1,200 plus utilities. No smokers, no pets call 204-750-0014. Available Oct. 1.

MISCELLANEOUS

Are you hiring? You should be advertising
CONT. ON NEXT COL.

right "here" and get seen in the 37 Manitoba Weekly Newspapers. Get noticed in over 352,000+ homes, for as little as \$189 + GST! To learn more, Call 204-467-5836 or MCNA at 204-947-1691 for details. MCNA - Manitoba Community Newspapers Association. www.mcna.com

Two side by side cemetery plots for sale - Glen Lawn Funeral Home & Cemetery - 455 Lagimodiere Blvd., \$5,000 each obo. Phone 204-253-9735 or Email: cymfraser1967@gmail.com

NOTICES

Urgent Press Releases - Have a newsworthy item to announce? Having an 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.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

HELP WANTED

Looking for a part-time tutor in the Carman area for three children ages 10 to 14. Approximately 8-10 hours per week after school. Must have experience with both the elementary and high school curriculum. For further details, please call 204-745-8499 or email gemma.morin@shaw.

STANDARD
Call 467-5836

BATTERIES FOR EVERYTHING!

50,000 BATTERIES IN STOCK

*Auto *Farm *Marine
*Construction *ATV
*Motorcycle *Golf Carts
*Rechargeables *Tools
*Phones *Computers
*Solar Systems & design
*Everything Else!

THE BATTERY MAN
1390 St. James St., WPG
1-877-775-8271
www.batteryman.ca

Remember Your Loved Ones
with an Announcement in the
Call 467-5836 **STANDARD**

EMPLOYMENT OPPORTUNITY



Camp Arnes is seeking an **OPERATIONS DIRECTOR** who is responsible for onsite facility operations, ensuring the organization runs smoothly. Camp Arnes is a faith-based organization. The qualified candidate agrees to and supports our Mission Statement and Statement of Faith. Email resume to Neoma Green at psalm139_1@yahoo.ca



We are a construction company Located in Brunkild, MB. We are currently seeking a **Short Haul Class 1 Driver & Heavy Equipment Operator** Experience an asset. Majority of hauling is aggregates.

Applicants are to email resume to candace@bestlandexcavation.com



Linear Grain Inc.

Linear Grain Inc. is a privately owned company that buys, sells, stores and transports grain, oilseeds, feed ingredients and fertilizer to food processors, animal feed manufacturers,

biofuel processors, industrial users, and retail fertilizer companies in the North American market. For over 40 years we have served our customers by offering outstanding services at competitive prices. We strive to know and understand our customers and their business needs.

OPERATIONS MANAGER

Linear Grain is looking for a person to lead the operations team at our Carman location. The operations team's primary responsibility is to unload customer grain into our storage and then send the grain to end users by truck and rail. Management of the storage of inventory as well as maintenance work to keep the machinery in tip top condition are all important responsibilities of the team. The successful applicant will be highly motivated, mechanically inclined, and work in a safe and responsible manner at all times. A class one drivers license would be considered an asset but not essential. This is a full time permanent position. Competitive wages and benefit package will be offered to the right candidate. For more information, call Ryan at 204-745-6747. Please email resumes to linear@lineargrain.com, or fax to 204-745-6573

LOGISTICS COORDINATOR

Linear Grain Inc. is currently accepting applications for a Logistics Coordinator to oversee and facilitate the delivery of our products. Responsibilities include, but are not limited to the following:

- Negotiate, confirm, coordinate and monitor shipments of commodities in a cost efficient and on-time manner using truck, rail or container
- Work closely with merchandisers on logistic rate structures and supply chain flows
- Plan and track the shipment of final products according to customer and contract requirements to meet and exceed customer expectations.

The ideal candidate would have the following:

- Experience as logistics coordinator
- Experience in customer service
- Knowledge of laws, regulations and requirements
- Ability to work with little supervision and track multiple processes
- Computer knowledge and experience with Microsoft office products and CRM programs
- Organizational skills with ability to multi-task
- Excellent communication and interpersonal skills
- Outstanding negotiating skills

This is a permanent full-time position. Grain industry and logistics experience and education would be an asset but is not required. Competitive wages and benefit package will be offered to the right candidate. For more information, call Ryan at 204-745-6747. Please email resumes to linear@lineargrain.com, or fax to 204-745-6573

SAFETY COORDINATOR/ACCESSIBILITY COORDINATOR/EMERGENCY COORDINATOR

Council of the Rural Municipality of Grey will be accepting applications for the above noted position. This position will be full time and the person filling this position will be responsible for the following tasks:

- **Safety Coordinator**
 - Maintain and update the Safety and Health Policy
 - Provide leadership and strategic direction on the Safety and Health program
 - Continuously improve Safety and Health Program elements including safety training and orientation, safe work procedures, hazard analysis and regular inspections
 - Ensuring compliance with incident reporting, policy creation, enforcement and legislative requirements and communications
 - Collaborating with management and staff to adhere to and improve our Safety and Health program and policies
 - Provide guidance and ownership of processes for the Safety Committee
 - Knowledge of the Safety and Health Act, Provincial Regulations and Workers Compensation Board programs would be an asset
- **Accessibility Coordinator**
 - Oversee the Accessibility Plan
 - Update the Accessibility Plan as necessary
- **Emergency Coordinator**
 - Oversee the Emergency Plan
 - Update Emergency Plan as necessary

For all three aspects of the job, successful candidate must:

- be able to work with minimum supervision
- have good organizational and record keeping skills
- have computer experience especially with Microsoft Office applications (Word, Excel, PowerPoint and Outlook)
- be willing to participate in courses/training for all three areas of the position

Salary is dependent on qualifications and a comprehensive benefits package is available.

Please submit applications including references and salary expectations by 4:30 p.m. on Monday, September 27, 2021 and marked "Safety/Accessibility/EMO". Please submit information to:

R.M. of Grey
Box 99, 27 Church Avenue East,
Elm Creek, MB R0G 0N0
kim@rmofgrey.ca

Further information regarding the above position can be obtained from the Municipal Office at 204-436-2014.

NOTE: We thank everyone who takes the time to submit an application, but only those selected for an interview will be contacted.

Applicants may request reasonable accommodation related to the application and interview process.



IMMEDIATE POSSESSION

1 bedroom suite, appliances and air conditioning included. Large patio, shared laundry, mail delivery, secure locked entrance, non smoking. For more information or viewing email at carmanapts@gmail.com or call 204-751-0039

NOTICE TO CREDITORS

IN THE MATTER of the ESTATE of FLORENCE LILLIAN PHILLIPS, late of the Town of Carman, in Manitoba, deceased.

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

DATED at the City of Morden, in Manitoba, this 15th day of September, 2021.

McCULLOCH MOONEY JOHNSTON SELBY LLP.
Attention: THOMAS R. MOONEY
Solicitors for the Executors

Classifieds Announcements

The Carman-Dufferin
STANDARD

HIP/KNEE Replacement?

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for **\$2,500** yearly tax credit and up to **\$30,000** Lump sum refund.

Apply NOW; quickest refund Nationwide! Providing assistance during Covid.

Expert Help:
204-453-5372

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

FIND THE RIGHT PERSON FOR THE POSITION with an EMPLOYMENT/CAREERS AD in

The Carman-Dufferin
STANDARD

Call: 204-467-5836



Response Builder Advertising WORKS!

- GET SEEN by over 340,000 Manitoba Homes!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$239.00 (includes 35 lines of space)
- The ads blanket the province and run in MCNA's 37 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at **204.947.1691** or email classified@mcna.com

www.mcna.com



Forsyth Hauling 2010 Ltd. services the Oil & Gas Industry in Southwest Manitoba and Southeast Saskatchewan. We have expanded and now have two locations: Pierson, MB & Virden, MB.

We have positions available for:
CLASS 1A TANK TRUCK DRIVERS

- We offer:**
- Industry leading wages
 - Benefits plan - Enrollment after probationary period
 - Well maintained equipment
- Requirements:**
- Oilfield Experience a must
 - Ability to work in a fast paced team environment
 - Class 1 Drivers license preferred but will hire with Class 3
 - Clean Drivers Abstract
 - Hold current Oilfield Safety tickets

Please apply with resume to:

alesha@forsythhauling.com
Or Fax: 204-634-2208
**Only those selected for an interview will be contacted

McSherry Auctions

12 Patterson Dr.,
Stonewall, MB

Online Timed Auctions @ iCollector.com

Estate & Moving Featuring Guns
Closes Wed Sept 29 @ 7:00 PM

Estate & Moving
Closes Wed Oct 6 @ 7:00 PM

Consignments Welcome!

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

CLASS 1 TRUCK DRIVER

To run Canada - must have experience

- Paid pick, drops, layovers and stat pay
- Multi drop runs
- Benefit package
- Dedicated truck
- Sign on bonus
- Quarterly and annual bonus
- Reset at home
- Weekend home time
- Paid training
- Referral program

Derek (204) 793-7465

CENTENNIAL TRANSPORT & LEASING LTD.



Shelly Glover
For Leader Campaign

- Integrity
- Experience
- Compassion

A Renewed Path for 2023

Vote for Shelly
On Oct. 30th

by purchasing a PC Party membership at www.ShellyForLeader.ca

Campaign Office:
160 - 115 Vermillion Rd.
in Winnipeg
Ph. 431-570-0190
Email:

shellyforleader@gmail.com
for more information
Facebook: @ShellyforPCLeader
Instagram: @ShellyforLeader
Twitter: @ShellyforLeader
Authorized by the
Official Agent for Shelly Glover



E.F. Moon is a well-established Heavy Construction Company founded in 1962 and located in Portage La Prairie, MB.

We are currently seeking experienced, goal-oriented individuals for immediate employment in several different areas: **Foremen, Skilled Laborers, Sewer and Water personnel, Horizontal Directional Drill personnel and Class 1 Drivers.**

We offer competitive wages, comprehensive benefits plan, training and a safe work environment.

Requirements are: Positive work attitude, reliable, able to work well with a team or alone, safety oriented, able to work extended hours.

If you are interested in joining a well established and growing company with room for advancement, please visit us at 1200 Lorne Ave. E. in Portage La Prairie, MB. Apply online at www.efmoon.ca or email a resume to todd@efmoon.ca.

CARD OF THANKS

The Florence (Biddie) Phillips family would like to thank everyone for the gifts of cards, food, flowers and phone calls. We would also like to thank those at Boyne Lodge who treated Mom with respect and dignity and Craig Johnston of Doyle's Funeral Home for his guidance and professionalism.

Mom made the move to the new Boyne Lodge and thought that it was a beautiful place to be. She called it her home.

FOND FAREWELL

So Long, Carman and Vicinity

As you may know, I have moved to Winnipeg and I am living in a senior's residence there. I didn't get a chance to say "so long" to many of you, so I'm taking this opportunity to tell you how much I enjoyed your company and friendship over the time I lived in Carman. When Marilyn and I decided to make the move from Winnipeg in 2008, the only person we knew in Carman was the real estate agent, Brian Collins. But thanks to you good people, and particularly those at the Active Living Centre, it wasn't very long before we knew several folks. I'm not leaving town for any reason other than that I want to be close to my daughter, Dawn, and I feel I need a major hospital close to me. If it wasn't for that, you couldn't drag me away. Take care, friends. I hope to see you again sometime in the future.

-Al Cormack

Please support our advertisers SHOP LOCAL

Trucks, Trailers, Truckbeds & Tires

- Full Repair & Safeties
- Vehicle Parts, Tires & Wheels
- Trailer Parts & Batteries
- Sales, Financing, Leasing & Rentals

EBY Aluminum:

- Gooseneck and Bumper Pull Cattle & Equipment Trailers
- Truck & Service Bodies
- Generation Grain Trailers

KALDECK TRUCK & TRAILER INC.

Hwy #1, MacGregor, MB

1-888-685-3127

www.kaldecktrailers.com

News Tips? Story Ideas?
call the Standard
204-467-5836

HONOUR YOUR LOVED ONES WITH AN ANNOUNCEMENT IN THE STANDARD

BIRTHDAY



Happy 90th Birthday!

-Love, your family.

Remember Your Loved Ones

with an Announcement in the

The Carman-Dufferin
STANDARD
Call 204-467-5836

PRODUCTION OPERATOR

(PERM/FT/Competitive Hourly Rate and Benefits)

Trouw Nutrition Canada Inc., Rosenort Plant Mill in Manitoba requires a Coachable, reliable, and dependable individual ideally with Feed Mill or Manufacturing experience, and excellent communication, numerical skills and accuracy. Will be required to work with machines and computer systems to produce animal feed. Must be able to lift 20 kgs and work at heights and possess a valid class 5 license.

This is a shift work position of night, evenings and days to cover a 24-hour day - 5 days per week with overtime as needed. We are willing to train the right candidate. Apply at www.trouwnutrition.com or send letter and resume via email to work@trouwnutrition.com on or before Friday, Oct 8, 2021.



Legal Secretary

The Law Office of PKF Lawyers, with offices in Morden, Winkler and Carman is accepting resumes for a Legal Secretary preferable with experience in the preparation of legal documents.

- Duties and requirements include,
- preparing real estate documents, Will and POAs
 - knowledge of computers and the use of Microsoft Word
 - interpersonal and communication skills
 - ability to work without direct supervision
 - able to perform under pressure and meet strict deadlines
 - show initiative and confidence dealing with the public
 - organization and time management skills

We are seeking a candidate that has a minimum of 1 year office experience.

We are looking for two secretaries, one for our Carman location and one for either our Morden or Winkler location. We offer yearly paid sick days as well as a comprehensive benefits package. Salary will be commensurate with experience.

Reply with resume to PKF Lawyers, 326 Stephen Street, Morden, Manitoba, R6M 1T5 or email to ldonaldson@pkflawyers.com. Only those contacted will receive an interview



TOWN OF CARMAN PUBLIC NOTICE TRANSFER STATION HOURS

Monday, Wednesday, Friday – 1:00 p.m. to 4:00 p.m.

Tuesday and Thursday CLOSED

Saturday 11:00 a.m. to 4:00 p.m.

Classifieds Announcements

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

The Carman-Dufferin
STANDARD

OBITUARY

Garry Wayne Waddell
November 29, 1941 to September 12, 2021

Following a 6-month battle with cancer, Garry passed away Sunday, September 12, 2021 at Carman Memorial Hospital with his family by his side.

He will be lovingly remembered and greatly missed by Isabelle, his wife of 51 years and their son Wayne; his sisters Sharon Gyoerick, Janice (Doug) Sisson, and Lorraine Klekta; brother Leonard; brothers-in-law Ross (Beryl) Burnett and Brian Burnett, their families, and many cousins and friends.

He was predeceased by his parents Reuben and Eva Waddell, brother Blair, brother-in-law Jack Klekta, parents-in-law Earl and Myrtle Burnett, sister-in-law Barbara Burnett, and several nieces and nephews.

The family would like to thank Dr. Kruk and staff at Carman Medical Group and Carman Memorial Hospital nurses for their kind and compassionate care during this difficult time; Dr. Kidane from Health Sciences Centre for his assistance; Carman Palliative Care and Health Auxiliary for the comfortable room and lovely outdoor view provided by them; Boundary Trails Cancer Navigation and Palliative Care staff for their care, advice, and assistance; Craig Johnston at Doyle's Funeral Home and Murray Billing from Greenwood Cemetery for their thoughtful services; and our wonderful family and friends for phone calls, emails, visits, cards and gifts.

At Garry's request there will be no funeral, just a private family burial at Greenwood Cemetery, Carman.

Memorial donations may be made to Carman Hospital Palliative Care, Box 610, Carman, MB R0G 0J0, or to the Boundary Trails Palliative Care, Box 2000 Station Main, Winkler, MB R6W 1H8.

Doyle's Funeral Home in
care of arrangements
www.doylesfuneralhome.ca

OBITUARY

Bernhard (Ben) Unrau
1931 - 2021



Ben Unrau peacefully passed away at his residence on Friday, September 10, 2021 at the age of 89 years. The last three weeks he was surrounded by his loving wife, Sarah, his family and friends.

Bernhard Unrau was born to Diedrich and Katherine Unrau on October 12, 1931 on the family farm near Bergfeld, MB. He was the last one born of 14 children. On November 28, 1954 he married Nettie Wiebe and they had seven children: Katherine, Aaron, Henry (Hank), Helen, Elizabeth, Eva and Dorothy. After a little over 12 years of marriage, tragedy brought changes to the family. On January 29, 1967, a traffic accident claimed the lives of Nettie (Mom), Katherine (Katie) and Eva. After a month long stay in the hospital in Winnipeg, Dad rejoined the remaining children at the farm in Graysville, MB. During his hospital stay, Mom's brother and

his wife stayed on the farm and looked after the children very well as well as the livestock. Ben married Frieda Dueck on October 8, 1967 and together they added five more children to the family: Daniel, John, Philip, Matilda and Rebekah. Frieda passed away due to illness on July 22, 1986 leaving Dad with half of the children still at home. About four years later, Dad met a widow named Sarah Funk (nee Goertzen) and they were married on September 8, 1990. With a grown family of her own, three sons and one daughter, she became a great wife and mother to the Unrau children still living at home. Dad told us several times that he married three wonderful women! In the early 1960's, Dad moved the family from Bergfeld, MB. near Plum Coulee to a small farm at Stephenfield. A few years later, Dad moved the family to the Graysville farm with 320 acres and later to Elm Creek where Sarah joined the family. The last several years were spent living in Carman. Through the years, Dad's faith in the Lord grew stronger and he talked about it more openly. He was willing to live longer if God had more for him to do but was looking forward to seeing his Saviour and joining the rest of his family in Heaven!

He was also predeceased by all his brothers and sisters: Diedrich, Mary, Katherine, Anna, Peter, Agatha, Susan, Helen, Elizabeth, Aganetta, Abram, Agnes and Margaret and a son-in-law, Ervin Ens in 2014. He is survived by his wife, Sarah, and children: Aaron (Theresa), Henry (Colleen), Helen (Dan), Elizabeth, Dorothy (Ken), Daniel (Jackie), John, Philip (Janine), Matilda (Tim), Rebekah (Kevin) and their families of 24 grandchildren and numerous great-grandchildren and Sarah's family: Gary (Brenda), Robert (Darlene), Leonard (Diane), Sheila (Lanny) and their families of 12 grandchildren.

A family service was held on Thursday, September 16, 2021 with interment prior at the Plum Coulee Cemetery.

If friends so desire, donations may be made in Ben's memory to Back to the Bible Broadcast, Eden Mental Health and Union Gospel Mission.

Wiebe Funeral Home, Winkler
In care of arrangements
wiebefuneralhomes.com



OBITUARY

Florence (Biddie) Lillian Phillips
July 20, 1927 - September 9, 2021



It is with deep sadness that we announce the passing of our beloved Mother, Grandmother, Great-Grandmother and Great-Great-Grandmother on September 9, 2021 at the age of 94 years. She passed away in the new Boyne Lodge with family by her side.

Mom was predeceased by her husband of 63 years, Earl in 2007; her parents James and Alice Blanco; four brothers; two sisters; two step brothers as well as Earl's parents and siblings.

Mom leaves to cherish her memory four sons, Tom (Kathy), Don (Irene), Gerald, Rick (Shirley) and one daughter Darlene (Ray); 18 grandchildren; 36 great-grandchildren and three great-great-grandchildren as well as many nieces and nephews and friends.

A private graveside service was held on Wednesday, September 14 at 10:00 a.m. at the Fairview Cemetery in Roland. Friends and extended family are asked to celebrate her life in their own private way, whether it be a drive in the country, a game or two of cards or any way they wish.

We love you Mom. Rest In Peace.

If friends so desire, memorial donations may be made to the Boyne Valley Hostel Corp. Box 1644, Carman, MB R0G 0J0, or to the Alzheimer Society of Manitoba, 10-120 Donald Street, Winnipeg, MB, R3C 9Z9

OBITUARY

Irene Rosalie Krahn (nee Wiebe)



On Saturday, September 18, 2021 at 11:10 a.m. Irene (Mom) was called home peacefully with family at her side, at the Boyne Lodge, at the age of 83 years.

She was born on December 24, 1937 to John E. and Agatha Wiebe (nee Epp).

She is survived by her husband Bill (William), daughter Wanda (Frank Wolfe), son Trevor (Martha), and daughter Jerri-Ann (Rodney Froese); grandchildren Russell (Shawna), Andrea (Clint), Curtis (Melissa), Candice (JJ), Darryl (friend Kyiah), Jena (friend Rhett), Eric (friend Kaylee).

She was predeceased by her parents John E. and Agatha (Epp) Wiebe; her brother Eldon; two sisters-in-law, Anna Wiebe and Maggie Wiebe; three brothers-in-law, Abe Krahn, John Krahn and Ike Krahn.

Mom grew up in the Myrtle and Carman areas. They moved to Clearbrook, BC to be close to her Mom's parents (Grandpa and Grandma Epp). After a short stay they moved back to Manitoba and settled in the McDermott and Albert district northwest of Carman where they farmed.

Mom's schooling started in Myrtle and continued at the McDermott and Albert schools. For her senior school years in 1952 she moved to Winkler. Grade 9 and 10 she lived with her Grandpa and Grandma Wiebe, grade 11 and 12 she boarded with Mrs. Hauge. During this time she met the love of her life, Bill. Mom and her best friend Mary Sawatzky (nee Harder) were walking around Winkler, Dad and his friends were eyeing the girls and Dad flatly said "the blonde is mine". It was a match made in heaven. After graduation she moved to Winnipeg with Mary (Harder) Sawatzky. Dad had already moved to Winnipeg as well. She worked at the Manitoba Wheat Board doing data entry for a short time. She found this too boring. She started working at Great West Life and enjoyed her job. Here she met Eve O'Dowd and they became long time friends.

She was baptized on June 9th, 1957 at the Bethel Mennonite Church. On June 8th, 1958 Mom and Dad were married. In 1961 they purchased the farm from her dad and moved from the city to the McDermott district north of Carman. Here they started farming and their family. In 1962 Wanda was born, two years later in 1964 Trevor came along and four years later in 1968 Jerri-Ann arrived.

Mom was very much a social butterfly. Mom involved herself with the local district ladies club and became very good friends with the neighborhood ladies Noreen Allen, Jean McCullough, Murlene Currie and Doris Allen. Mom and Dad attended the Carman Mennonite Church where they were both very involved in many ways.

She had a few jobs off the farm. She worked for Stats Canada, driving from farm to farm every few months. She worked at Syl's Drive In and the Coop restaurant in Carman. In 1994 they moved off the farm into Carman and Trevor and Martha moved to the farm. To keep herself busy Mom volunteered her time at the MCC store and doing the books and was involved with the Back Door Youth for Christ and did their books too.

In 2015 Mom noticed that her memory was failing and had to give up doing the books. She was diagnosed with vascular dementia. We were very fortunate to have many good years with Mom. 2020 was a very interesting year, with Dad moving to the Boyne Lodge and Mom moving into the Boyne Towers. We thought this would be an excellent move for them but COVID hit and turned their world upside down. Mom was able to go to the lodge every day to see Dad. The Lodge staff noticed how dedicated and faithful she was in her visits. Mom's health started failing and the decision to panel Mom for the Lodge was made so they could be together.

Mom was admitted to Bounday Trails due to failing health and then transferred to Carman Hospital in August where she was waiting placement for the Lodge to be near "the love of her life". September 16th we were given the best gift ever to move her into the Lodge, a room beside Dad. As Mom said "only the Lord could make this happen". Even though it was only for a short time, Dad's heart was full because he had his bride beside him again.

Funeral service was held in Greenwood Cemetery, Carman.

Memorial donations may be made to Youth for Christ (Carman Back Door), Box 449, Carman, MB, R0G 0J0.

Doyle's Funeral Home
in care of arrangements
www.doylesfuneralhome.ca

Biz Cards
Call 204-467-5836

CEMENTERS EDGE
• Decorative Concrete Curbing
• Stamped Concrete
• Patios
• Pizza Ovens
• Sidewalks
Call or text Cliff for a free quote 204-526-5420
Email: cementersedge@gmail.com
www.cementersedge.com

FIND THE RIGHT PERSON FOR THE POSITION with an EMPLOYMENT/CAREERS AD in
The Carman-Dufferin
STANDARD
Call: 204-467-5836

get inspired

> MEAL IDEAS



Chicken Cordon Bleu Kebabs

1 teaspoon Dijon mustard
1 cup shredded Swiss cheese
salt, to taste (optional)
pepper, to taste (optional)
To make skewers: Preheat broiler to 500 F. Line broiler pan with foil and spray with nonstick cooking spray.

Thread cubed chicken pieces and cubed ham pieces onto skewers.

In small bowl, combine Dijon mustard, maple syrup, black pepper, paprika and oil.

Brush mustard mixture on skewers.

Broil about 5 minutes, flip and cook 5 minutes, or until chicken is cooked through.

To make sauce: In small saucepan over medium heat, melt butter. Whisk in flour and cook 1 minute, whisking constantly. Gradually add milk, whisking constantly. Add Dijon mustard. Continue cooking 5 minutes, or until thick. Reduce heat to low and stir in cheese, whisking until melted.

Add salt and pepper, to taste, if desired.

Serve chicken and ham kebabs with sauce.

Recipe courtesy of Rachel Gurk of "Rachel Cooks" on behalf of Milk Means More

Prep time: 15 minutes

Cook time: 10 minutes

Servings: 3

Skewers:

Nonstick cooking spray

2 chicken breasts (6 ounces each), cubed

1 ham steak (6 ounces), cubed

6 bamboo skewers (8 inches)

1 tablespoon Dijon mustard

1 teaspoon pure maple syrup

1/4 teaspoon ground black pepper

1/4 teaspoon paprika

1 teaspoon extra-virgin olive oil

Sauce:

2 tablespoons butter

2 tablespoons flour

1 cup lactose-free 2% milk



Chicken, Spinach and Feta Casserole

2 cups cottage cheese
1 1/2 cups chopped cooked chicken
3/4 cup crumbled feta cheese
3 tablespoons all-purpose flour
2 tablespoons butter, melted
2 teaspoons dried minced onion
1 teaspoon dried oregano leaves
1/4 teaspoon salt
1/4 teaspoon pepper
Preheat oven to 350 F.

Place spinach in colander. Use back of large spoon or rubber spatula to press moisture from spinach.

In large bowl, combine spinach, eggs, cottage cheese, chicken, feta cheese, flour, butter, onion, oregano, salt and pepper.

Spoon into greased 1 1/2-quart casserole dish. Bake, uncovered, 45-50 minutes, or until set near center (160 F). Let stand 5 minutes before serving.

Recipe courtesy of Marcia Stanley, MS, RDN, on behalf of Milk Means More

Prep time: 15 minutes

Cook time: 45 minutes

Servings: 4

1 package (10 ounces) frozen chopped spinach, thawed

3 eggs, slightly beaten



Sausage French Toast Roll-Ups

3 tablespoons butter
syrup
In skillet, cook sausage links according to package directions. Set aside.
In medium bowl, whisk eggs, milk, almond extract and cinnamon.

Dip bread slice in egg mixture. Wrap bread slice around cooked sausage link, pressing seam to keep from unrolling. Repeat with remaining bread slices and sausage links.

In large skillet over medium-high heat, melt butter. Place roll-ups in skillet, seam-side down, and cook until all sides are browned, approximately 10 minutes.

Drizzle with syrup.

Servings: 12

12 sausage links

2 eggs

2/3 cup milk

3 teaspoons almond extract

1/2 teaspoon ground cinnamon

6 bread slices, crust removed, cut in half

Telling children bad news



It is not easy breaking bad news to a young child. Parents often ask for advice as to the best way to do it, and wonder what they should expect in terms of a reaction from the child.

If we are telling a child about a death, or impending family separation, it is important to remember that the child may have difficulty grasping what this information means. It can be extremely difficult to comprehend that someone we love will not be with us anymore. Or that Mom and Dad will not be living together in the same house.

We have a tendency to want to sit down and explain the situation, because it is important. But children have short attention spans, and they are shorter if what we are saying makes little sense to them. They also pick up on our sadness or anxiety, and that makes them uncomfortable, so they would rather just go and play. Consequently, it works better to give children information in small doses, and to allow them to go off and have a break if they need to.

Sometimes it is puzzling, because children may seem to have no reaction at all. This only means that at this point, they have not been able to process the information, or that they are in a type of shock or denial. It is best to take a relaxed approach, realizing that it will take time for the child to really understand what is being said. They may only receive the message that Dad is going away and forget the part about his still be-

ing an important part of their lives. It is very difficult for them to visualize a situation that seems incomprehensible.

Think of it as you might if you were teaching someone a new language. At first you don't expect them to understand everything, but as you go over things, gradually they pick up more and more. They may ask you to repeat things again and again.

It should go without saying that information about separate or divorce be handled without making either parent the bad guy. Even if only one wants the separation, it is best if parents sit down with the children together, and tell them this is what Mom and Dad have decided. This can be so hard if there has been infidelity, or if one is devastated by the decision. This is one of those times when we must put the needs of children ahead of our own.

Be careful when speaking to friends or family about your feelings when children are around. They are listening, even if playing on their devices.

Remember also, that the child may be experiencing a wide range of feelings but may not be able to express them verbally. We might find some regression in the areas of toilet training and language development in younger children, as well as changes in eating or sleeping patterns. The most important message you can give to your child is that you will be there for him, and although things may be difficult, that everything will be all right. This might be hard to do in the midst of crisis, but we must reach down to find that inner well of strength. The little ones depend on us for that.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for daily inspiration.



Energy Bites

1 teaspoon vanilla extract
1 cup raw oats
1/2 cup sweetened shredded coconut
1/2 cup flaxseed meal
6 tablespoons mini chocolate chips

In medium mixing bowl, stir peanut butter, honey and vanilla extract until combined.

Add oats, coconut, flaxseed meal and chocolate chips. Mix until combined.

Shape into 1-inch balls. Store in airtight container in refrigerator until ready to serve.

Servings: 20

1/2 cup creamy peanut butter

1/3 cup honey