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STANDARD PHOTO BY DENNIS YOUNG

Soccer star Jai-Lynn Jackson age 6 takes part in the Sunnyside soccer program two evenings a week.

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Pedersen receives Canadian Wildlife Federation award

By Becca Myskiw

MLA for Midland Blaine Pedersen has been awarded the 2021 Past Presidents' Canadian Legislator Award, courtesy of the Canadian Wildlife Federation.

The past president's of the organization established the award in 1988 to present to an "elected legislator in recognition of significant contribution toward the conservation of wildlife in Canada," annually.

According to the Canadian Wildlife Federation's list of past recipients, the last time a Manitoban won the award was in 2015 with David Single, then-reeve in the rural municipality (RM) of Westbourne.

Six years later, the Past Presidents' Canadian Legislator Award came back to the province to recognize the honourable Blaine Pedersen. Last Friday, past president of the organization Bob Barton and current president John Williams met with Pedersen and a small crowd at Ryall Park to present the award.

"It's nice to see the award come back to Manitoba," said Barton.

Pedersen said receiving the award was a shock and an honour that continues to humble him. He received the award due to his 20-something

accomplishments within the wildlife sector over the last two years.

He did a recreational fishing overhaul, created a fish and wildlife enhancement fund, created more wildlife management areas, and is working to properly train up and coming hunters in the province — to name a few.

He also created long-time funding for organizations that will be guaranteed, helping them cut back on paperwork and time to get funds.

"You don't do these things with the thoughts of getting the award," he said. "We need to make sure populations are sustainable. We have to make sure they're there for the long term. We need to look after nature here in Manitoba."

Williams said the award is presented to the legislator who the Canadian Wildlife Federation thinks made the "greatest difference in the benefit of wildlife, fisheries, and habitats." Pedersen's commitment to those things, he said, has created trust for the future.

"Fish and wildlife and their habitats are a public trust," said Williams. "We can't live without them. We're all part of it, so we as citizens and government have to work together to maintain and sustain all those trusts."



STANDARD PHOTO BY BECCA MYSKIW

Blaine Pedersen received the Past Presidents' Canadian Legislator Award from the Canadian Wildlife Federation. Pictured, Bob Barton, left, Pedersen, middle, and John Williams.

The projects Pedersen has put forth will continue to make an impact on Manitoba's nature. He said people had a renewed interest in fishing and hunting, especially during the pandemic, so he's glad they're working for sustainability now more than ever.

If legislators didn't push for these projects as Pedersen has, Williams said many species across Canada would go extinct. Pedersen used the moose as an example of that. The animal is currently endangered in Manitoba due to hunting, disease, danger,

and predation.

So, this year, Pedersen set up a shared management committee that made a limited hunting season for moose, which resulted in less being killed and kept population numbers up.

"The government is responsible for the moose population, but it's all the players in there that will play a role in making sure it's sustainable in the future," he said.

"That's the key word," said Williams. "Sustainability."

Carman Dufferin Recreation has switched booking programs to Active Net. All users will need to reset their password to login. Your username remains the same as the previous system (ie. email address).

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A graphic featuring a rainbow arch over several logos. From left to right: the logo for the Rural Municipality of Dufferin, the logo for the Municipality of Carman, and the Carman logo with the tagline "bloomin' great!". Below the logos are social media icons for Facebook, Twitter, and Instagram, and the website address carmanmanitoba.ca.A festive advertisement for a recipe collection. The background is decorated with gingerbread cookies, Christmas trees, and kitchen utensils. The text reads: "Calling all Bakers and Cooks! Do you have a family favorite Christmas recipe? Would you like to be featured in our 2021 Holiday Favorites Recipe Collection? Our readership base has a wealth of knowledge and experience that we would love share. Your family recipe could be a part of our special edition recipe feature! Please submit a recipe in one of the following categories: Appetizers, Beverages, Soups & Salads, Main Dishes, Baking & Dessert, Ethnic Favorites. Send your recipe to ads@selkirkrecord.ca or call 204-485-1419 for more information." At the bottom, logos for Selkirk Record, Tribune, Voice, EXPRESS, and The Carman-Dufferin Standard are displayed.

Oaks and Sparrow a one-of-a-kind children's coats

By Becca Myskiw

A local woman is offering one-of-a-kind clothes while reusing old ones.

Jodie Vanderzwaag started Oaks and Sparrow, her clothing business, in 2016. Her mother-in-law had given her a wool suit she found at a thrift store and thought she could do something with it — so she did.

After teaching herself to sew with a friend when she started having children, Vanderzwaag was comfortable enough with a sewing machine to make a masterpiece from the wool suit. Her youngest child at that time needed a winter jacket, so she thought she'd make one to fit him, and when it worked out into an adorable piece, she decided to make another — and another.

Most of the wool suits Vanderzwaag gives new life to are thrifted. Others are donated or given to her by customers looking for a custom piece. She first takes each suit apart piece by piece, leaving sleeves, the back, and two front sides.

"Everything is taken apart carefully so I can utilize as much material as I can," she said.

Once her pieces are laid out, she draws out her pattern on cardboard and cuts accordingly. As her youngest child grew, so has her size options. Oaks and Sparrow now offers 12 to 18 months up to size six for children. The larger sizes or hooded jackets typically come from wool suits with matching pants, she said.

Vanderzwaag's goal was to create a timeless pattern. "We have five kids and I know how fast they grow," said Vanderzwaag. So she made one that was gender-neutral and that the kids could wear longer.

Because her jackets are an investment, she ensures each piece has room to grow so that the child can wear it for at least two seasons. Then, when they get passed down to the next generation, the jackets look the same. Vanderzwaag said she knows the material she chooses can withstand the test of time and that's important to her.

"I put a lot of extra effort into things that will make sure they last more



Camel ankle boots made from thrifted remnant stretch fabric.

than just a season or two."

Sustainability is also important to her when it comes to Oaks and Sparrow. For example, Vanderzwaag has recently started using the linings of the suits to make scrunchies so she's not just throwing them out. And anything left over from that, she makes into boots. In other words, very little



STANDARD PHOTOS SUBMITTED

Oaks and Sparrow offers coats for 12 to 18 months up to size six for children while reusing wool suits.

gets wasted.

Oaks and Sparrow has been in shops across Canada with boots and jackets, but due to the pandemic, that changed. Vanderzwaag is hoping to get back into shops now, but in the

meantime, people can check out her website at www.oaksandsparrowco.com.

"These are one-of-a-kind pieces," she said. "You won't find two alike."



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Sending smiles to Boyne Towers

By Becca Myskiw

The Winkler and Morden Tim Hortons raised a total of over \$19,000 for Big Brothers Big Sisters of the Pembina Valley this year with their Smile Cookie campaign.

Sharing in the joy of the cookies was John Murray of the Boyne Towers in Carman. His children, who live out of the province, sent a box of the sweet treats to him, and Linda and Jeff Doerksen (owners of the restaurants) delivered them during coffee time.

Murray shared his gift with other residents at the towers too, giving everyone something to smile about.



Alwyn Wakely, a resident at Boyne Towers, enjoyed a smile cookie from the box.



STANDARD PHOTOS SUBMITTED

Tim Horton's owners Linda and Jeff Doerksen delivered smile cookies to John Murray, right, at Boyne Towers courtesy of Murray's children during their Smile Cookie campaign.

Keeping kids safe: Carman Elementary's reminders for the school year

By Becca Myskiw

Carman Elementary staff are reminding everyone to keep students' safety in mind as another school year begins.

Vice-principal and resource teacher Pat Hamm said the student drop-off and pick-up is the busiest time of the day, and she's hoping parents will do what they can to keep their children safe.

Carman Elementary is asking parents not to drop off their children on the west side of the school because the buses also drop off children there — if they do drop off in that area, Hamm said to do it by the playground as the

buses aren't there.

"Kids run between buses, and buses can't see them," she said. "It's happened in the past, and the buses then have to wait."

Parents can also drop their children off on the north side of the playground. From there, the students can walk up from either side of the highway and use the crosswalk. An adult is always at the crosswalk during pick-up and drop-off times to help the children use it safely.

There is double parking on the east side of the school, which usually turns into triple parking, said Hamm. That gets congested, making it unsafe for

the students going into or coming out of the school.

Hamm reminds parents to teach their children road safety for pick-up and drop-off times. That includes using crosswalks properly, looking both ways before crossing the street, and more.

Along with that, she's reminding the community the roads surrounding Carman Elementary are all 30km/hr from 7:30 a.m. to 5:30 p.m. The school zone is active from September to June, Monday to Friday.

The school is also keeping students safe inside the building. They have five cohorts within the school, and

each has a particular door to enter and exit from. They're also social distancing, wearing masks when they can't be more than six feet apart and sanitizing whenever possible.

Hamm said they have painted dots on the ground outside even to remind students of social distancing there as well, and they have screening questions for families to know when not to send their children to school.

"Last year, we were able to keep kids in school for the entire school," she said. "We're hoping to do that again. That's our goal."

Carman Collegiate expands education with AP program

By Becca Myskiw

Carman Collegiate is welcoming the new year with a new program and new teachers.

Students are in the building full-time this year, walking the hallways, eating in the canteen, and using the gym, however, three advanced placement (AP) classes are still being taught online.

The AP classes are new to the Prairie Rose School Division (PRSD) this year. Carman Collegiate vice principal Mary Reimer said they're a stream that will lead the students in them to take AP classes in Grade 12, so this year, only Grade 10 students are in the program.

The program is offering AP English, science, and math and it's not just for

Carman. Students from all over the division can take these AP classes as they're taught virtually. Reimer is teaching the English class and she has students from Carman, Elm Creek, St. Laurent, and Elie.

"It shows what happens when you have a superintendent who has a vision for where he wants his schools to go," said Reimer.

She said her class works like this: in semester one of Grade 10, students in the program will get their Grade 10 English credit. In semester two, they'll get their first Grade 11 English credit, and they'll receive the next two Grade 11 English credits next year.

Then, in Grade 12, they'll take the provincial required Grade 12 class in semester one and the AP class in

semester two, which will leave them with a university credit.

"When we walk about students with special needs, we know that every single student learns differently," she said. "So, we're really looking at neurodiversity, which tells you no two brains are the same and no two students learn the same way. Some students will need more time to work through the curriculum...but there are some on the other end who are voracious learners. If we don't speed things up for them, they may stagnate and that's the last thing we want learners to do."

Because of the new AP program, Carman Collegiate has welcomed John Paul Jamieson to teach Grade 8 along with AP math. As the school's Grade

6 class is larger than normal this year, they've also added Melissa Dayton to teach one of the homerooms so there are now three Grade 6 classes of 20 instead of two classes of 30.

Kerri Colpitts came from Roland School to be a Carman Collegiate secretary and Ed Schroeder came out of retirement for the first semester to teach math.

Reimer said she's thrilled students can be back in the building with a sense of normalcy, though they're still social distancing and sanitizing when possible. She said the energy in the building is already more positive.

"We see it in their demeanour," she said. "We see it in the way they interact with one another. It's a huge win. It's such a relief."

Where are they now? Catching up with Don and Susan McEachern

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?

Born in 1944, I grew up southeast of Homewood and lived in Homewood/Carman area till 2001. Susan moved to Carman area in 1986 with an employment opportunity.

Q. Did you attend school here?

I attended Brigdenley country school until grade eight then traveled to Carman for high school.

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

I worked on the family farm. There was always lots to do.

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

Baseball, football, Christmas concerts, field day excursion were my primary activities. Of course, there were other activities with my friends. Good times, great memories.

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

Peter and Cora McEachern operated a mixed farm. Cora was a local gal from Sperling and Peter moved to Homewood from Mount Forest Ontario.

Q. Do you have family living here?

Yes, my sister Lois Colpitts and sister-in-law Ellen McEachern.

Q. What got you to leave Carman and where?

Susan and I were both working in Morden and it made more sense to move closer to our employment.

Q. What was your chosen career after school?

My passion I would say was farming and the field of agriculture. I did various jobs before settling down on our McEachern family farm in 1970.

Q. Did you move here for career? What was the career?

Susan moved here with her career. Started as Research Agronomist with UGG – Rosebank MB and advanced to Operations Manager/Associate Breeder with Viterra.

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

I was involved in curling, golfing, baseball, bowling and hunting. Susan participated in curling, golfing, baseball, bowling, hunting, member of Homewood Community Club.

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

Yes. I worked at various jobs that took me to Calgary, Hamiota, Morden and Vegreville, AB. We have settled

in Roblin for our retirement. Susan's life opportunities have taken her to Queensland, Australia, Waskada, Lacombe, Winnipeg, Saskatoon, Carman/Homewood, Morden and Vegreville.

Q. Did you meet your spouse here or where?

Yes at Homewood Coop coffee shop 13. **Did you raise any children here or where? Names, where now and doing what?**

I have four children from my previous marriage. Stephanie, a teacher, has lived in Calgary for almost 30 years. Tamara has settled in Calgary for almost 20 years as a guidance counsellor/teacher. The twins, Brodie and Briana, moved to Strathclair in 1991 with their Mother Dee and remained there to raise their families. Brodie shares my passion for John Deere machinery and is a Journeyman mechanic at Dayton while Briana is a Loans clerk with Sunrise Credit Union

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

Once I decided to retire from farming, I found employment at Johnston Farm Supplies setting up and transporting equipment and then moved into the parts dept. with Ed Friesen. Just when I thought I might take a break from the workforce an opportunity was offered as a Research Technician with Agriculture Canada in Morden. After 8 years, when Susan's job was moving to Vegreville, they needed someone to help out on a casual basis so I earned some spending money there.

Q. What do you do now? Retired?

I retired finally in 2011 but Susan seems to find me carpentry, landscaping and house renovation jobs. Susan works in Roblin as an admin. assistant for Vern Brown, Darren Webster & Cramer Coulthart/ Manulife Securities.

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

Jigsaw puzzles are my passion in the winter plus ice fishing and snow shoeing. On our acreage we built a workshop and a greenhouse so I do some wood working and Susan propagates her garden seedlings. I get a few golf games in and still try to get out goose and deer hunting every year.

Q. Have you travelled for leisure and where?

Susan's previous job took her to California twice a year and we would try to book a few excursions once she was done her work there. Susan took me to Alaska for my 65th birthday, been to Bahamas, Texas and Nashville. Susan had an opportunity to travel to Ukraine with her sisters and meet/



Don and Susan McEachern

visit her mother's family.

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

Overall, we don't really have a bucket list except for maybe Scotland, Churchill and the Maritimes. If those opportunities arise, great and if not, that is ok too. We are content with what we have done and truly enjoy our quiet country life in the Parkland region.

Q. Do you ever return to Carman?

Yes, we try to visit at least once a year or more if opportunities arise.

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

Going to Carman fair, fall suppers,

borscht and pie suppers, gatherings with friends at Carman Hotel steak pit, bowling alley, playing baseball, Syl's Drive-in and golf tournaments.

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

We wish everyone good health and happiness. We enjoyed living in Carman and surrounding area. We really do miss our friends and hope to visit again soon once the pandemic is under control.

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

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Now, more than ever we need to do more to respond to the mental health and wellness needs of Manitobans.

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letter to the editor

Letters to the Editor:
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Just a big thank you to all the people involved in making Carman a more beautiful place to live in this summer! The railing planters across from the Post Office were especially beautiful this year with the colours chosen and were really striking. The new big planters purchased for our downtown didn't disappoint either this year. They are really coming into their own this fall with a lovely display. It reminds me of some of the beautiful sites you see in Niagra on the Lake. The street lights put in a few years ago with the rope lighting up them make a great display at night time. Only wish they could be put a little further out to the East and South on number 3 Hwy. In town so a lot of traffic travelling on this Hwy. would be greeted with the wonderful ambience of our town as well.

To the Boyne River Keepers you are doing a great job with our river. It has been such a delight to see it being used all winter and summer. Years ago I was invited to a meeting as to what we wanted to see in our

community 20 years from now. After visiting San Antonio, Texas and seeing what they had done with their river walk development I remember suggesting we needed to see something done with our river through town. Not every town has a river to develop. How fortunate are we!

We are also very fortunate to have a beautiful pathway through our town which is especially beautiful in the fall. Kudos to the people who have put benches along it, carvings and special treats to find. What great ideas!

Having the Ryall Park located in the center of town with the wonderful stage, picnic tables, flowers, and washrooms is really wonderful. Many people used it to sit and enjoy their lunch or coffee break this year as well as out door concerts. It would be great to have entertainment there every weekend even if it is only to have a jam session with locals it would be great.

The Kings Park is also always an asset to our community. It is al-

ways well kept and has lots of things for people to do either in the park or close by. Our pool, splash pad, tennis courts, rink, golf course, fair grounds, soccer fields, and baseball diamonds are all great recreation facilities created by the people of our community and councils. Also kudos to the Dufferin Museum, Golden Prairie Arts Council, Dufferin Agricultural Society, and Carman Active Living Center. A lot of volunteer hours have gone into these places. Our granddaughters were camping in the park one time and said "Grandma you have a lots of things to do in your town." I fully agreed with them.

Thanks again to all the volunteers and businesses and Syl's for being innovative with their Mini Golf. You all make our town so special. Keep up the good work! Let's also as community members promote our town to others as a great place to live and raise our children.

- Heather McGill

Pfizer-BioNTech's COVID vaccine deemed safe in trials with kids aged 5-11

By Patricia Barrett

Pfizer-BioNTech announced last week that results from its COVID-19 vaccine trial in children aged 5 to 11 showed no safety concerns and that the vaccine produced a robust antibody response.

The two companies' mRNA vaccine, now referred to as Comirnaty (a portmanteau of immunity, mRNA and community), was well tolerated in children.

"Over the past nine months, hundreds of millions of people ages 12 and older from around the world have received our COVID-19 vaccine. We are eager to extend the protection afforded by the vaccine to this younger population, subject to regulatory authorization, especially as we track the spread of the Delta variant and the substantial threat it poses to children," said Pfizer's chairman and chief executive Albert Bourla in a Sept. 20 news release.

In America, pediatric COVID cases have risen by about 240 per cent, Bourla added, showing the need for vaccination.

The trial looked at data from 2,268 participants who were 5 to 11 years of age. They received 10 ug (ug = a microgram) of the vaccine, a smaller dose than the 30 ug given to people 16 to 25 years of age. They received two doses of Comirnaty administered 21 days apart.

"The 10 ug dose was carefully selected as the preferred dose for safety, tolerability and immunogenicity in children 5 to 11 years of age," states the news release. Participants showed a "strong immune response" a month after their second dose. The vaccine was also well tolerated with side effects similar to those experienced by

the 16-25 age cohort.

The companies said they'll submit their data to the U.S. Food and Drug Administration, the European Medicines Agency and other regulatory agencies for review.

"We are pleased to be able to submit data to regulatory authorities for this group of school-aged children before the start of the winter season," said BioNTech CEO and co-founder Dr. Ugur Sahin in the release. "The safety profile and immunogenicity data in children aged 5 to 11 years vaccinated at a lower dose are consistent with those we have observed with our vaccine in other older populations at a higher dose."

The companies are expecting to see results this year from vaccine trials in children aged 2 to 5 and in children aged 6 months to 2 years.

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Fourth wave taking hold in southern health region

By Lorne Stelmach

The Southern Health-Sante Sud region continues to be an area of concern as the province moves further into a fourth wave of COVID-19.

The numbers backed that up as provincial officials offered their regular update Monday with 366 new cases of the virus identified since Thursday including 60 Friday, 100 Saturday, 113 Sunday and another 93 cases Monday, and 150 of those cases were in the Southern Health-Sante Sud health region.

The 93 new cases identified Monday included 67 individuals who were not fully vaccinated, and there were 46 new cases including 41 not fully vaccinated in Southern Health-Sante Sud with the death of a male in his 40s from Southern Health-Sante Sud (reported Sunday).

"We're entering our fourth wave now, and the un-vaccinated are cer-

tainly at much greater risk of severe outcomes. We're seeing increasing ICU admissions ... we need to diminish transmission chains," said Dr. Brent Roussin, chief provincial public health officer.

"Southern Health makes up about 15 per cent of the total population of Manitoba, yet we're seeing almost half of our daily cases are coming from the region," he said.

Roussin further noted even testing per capita is lower in the region.

"What we're seeing too is that our admissions to hospital right now, more than half the people being admitted to ICU, their first test related to COVID is on that day of admission. So there's people that are delaying being tested, are out in the community while very ill and not being diagnosed until being admitted," he added.

"There's a lot of concerns about what's happening throughout Mani-

toba, but certainly we see the significant transmission occurring in the Southern Health region."

The five-day COVID-19 test positivity rate as of Monday was 2.7 per cent provincially, and there were 646 active cases and 58,439 individuals who have recovered from COVID-19.

The data showed 77 Manitobans were hospitalized with COVID-19 including 43 people with active COVID-19 as well as 34 people who are no longer infectious. A total of 19 Manitoba patients were receiving intensive care for COVID-19 including 14 people in intensive care units with active COVID-19 as well as five people who are no longer infectious but continue to require critical care.

There were 2,480 laboratory tests were completed Sunday, bringing the total number of lab tests completed since early February 2020 to 993,150, and the total number of deaths in

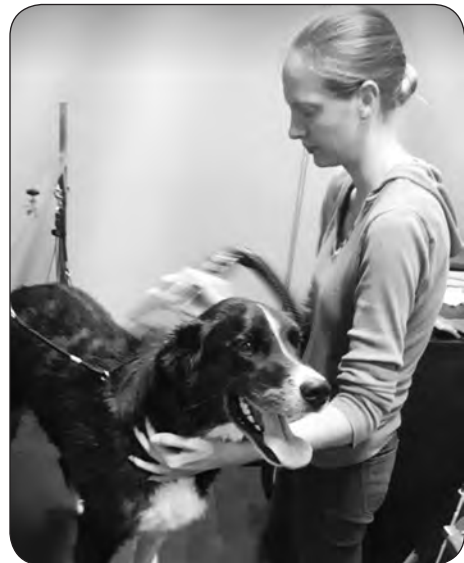
people with COVID-19 is now 1,209.

Possible exposure locations are listed online by region at the province's #RestartMB Pandemic Response System web page. For up-to-date information on possible public exposures to COVID-19 in regions, visit www.gov.mb.ca/covid19/updates/flights.html#event and click on your region.

Additional data is available at <https://geoportal.gov.mb.ca> including data related to COVID-19, variants of concern, outbreaks and some downloadable and historic data can also be found at this site.

For up-to-date information on COVID-19 in Manitoba overall including the online screening tool, testing criteria and locations, self-isolation requirements, public health fundamentals and the provincial response level on the #RestartMB Pandemic Response System, visit www.manitoba.ca/COVID19.

Grooming dogs is important and essential for pet owners



STANDARD PHOTO SUBMITTED
Tana Reidstra stresses the importance of grooming for pets.

By Becca Myskiw

According to Canada's Pet Wellness Report from the Canadian Veterinary Medical Association (CVMA), around 35 per cent of households in the country have a dog — but not all know to groom their pet.

Local groomer, Tana Reidstra, said grooming is necessary for all dogs, no matter their type of coat.

Reidstra started grooming her cat when she was 15 years old. She found she had a knack for it, looked up courses and was soon on her way to take virtual classes at an animal behaviour college in California.

She graduated last September and that's when she officially started her business, Tana K9 Grooming. Now, Reidstra grooms dogs from all over

the Pembina Valley.

"Grooming is very important for their circulation, especially air circulation," she said. "Mats sit against their skin, and they can rot if there's not enough circulation."

It's good for older dogs with health conditions, she said, like heartworm, because the grooming works as a massage for them too.

"It keeps them feeling good and healthy and tones their muscles," said Reidstra. "It's usually relaxing for them."

And every type of dog can be and should be groomed. Poodles, for example, get shaved down, and a collie has a double coat (a second layer of fur under the top fluffy one), so they can't be shaved because they're then at risk of sunburn, thrush burn, and exposure to the cold.

Dogs' paw pads are really particular, and really important. Some dogs have more fur between their toes than others — like poodles and spaniels, who need to have nicely trimmed feet at all times, along with huskies and malamutes.

Reidstra said if the paw pads don't get cleaned up, mats can form in there, which become painful for the dog, much like when a horse gets a stone in their hoof.

"And nails should be done at least once a month," she said. "If they're too long, they'll turn to the side or curl under and cut into the paw pads, then the dog will start walking on the back of their feet instead of their toes, and that starts arthritis."

Essentially, by not keeping your dog's nails trimmed, you're hurting them. Reidstra said a good rule of thumb to go by is when they click on the floor, cut them.

Some dogs can be nervous when getting groomed, but by taking them to

a professional groomer, that person, like Reidstra, will know how to work with them and calm them down. She said to help with their anxiety around certain areas, make sure to touch that area more.

Continued on page 8

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 

Boyne River Keepers host successful river parade

By Becca Myskiw

The Boyne River Keepers (BRK) have been busy beautifying and appreciating the Boyne River.

On Sept. 9, the group got together with the Town of Carman and other community members to clean up the dam behind the BSI Insurance office. Tracy Enns of BRK said there's been multiple trees, garbage, sludge, and debris blocking the part of the river for a while now.

"It's a spot where a lot of people start walking on the Carman pathway," she said. "It always seemed to us that it was a very unattractive way to start."

So, the town brought their heavy equipment to assist. Volunteers got in the low river to pull out deadfall and attach chains to the bigger logs and such that needed to be pulled out with the equipment. After just two hours, the dam no longer existed.

"It's beautiful again now," said Enns. "We immediately had comments from regular pathway walkers. This is just part of the mandate our BRK group believes is important. Not only do we want to have people on the river enjoying it, we want to maintain its beauty."

And a large group of people enjoyed the river this past Sunday on Sept. 26 for World Rivers Day. BRK organized a pirate-themed river parade to celebrate the occasion and Enns said 15 to 20 vessels hit the water that afternoon. People came on motorboats, paddleboards, kayaks, and canoes.

The parade started at the newly installed dock on 4th Street SW, went through downtown to Ryall Park, and then turned around to end where



they began. Enns said residents lined the riverbanks throughout the parade, also dressed in pirate clothes, cheering everyone on.

People from out of town even came to partake in the parade. They told BRK the Boyne River is one of the only small ones in Manitoba with water in it due to the drought, and they were very impressed with it.

"We just wanted to celebrate World Rivers Day," said Enns. "To bring awareness to this great natural resource we have running through town. Not every

Over 15 vessels floated down the Boyne River on Sunday in celebration of World Rivers Day. The theme was pirates — and everyone took part.

community has this running through their town."

> GROOMING, FROM PG. 7

For example, if a dog doesn't like getting its feet done, play with them and make having them touched a positive experience for your pet. Along with that, she said socializing your dog makes the grooming process easier for them too because they'll be used to being around new places and new people.

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



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Kat's Kritters hosts successful supply drive

By Becca Myskiw

Kat's Kritters Rescue went home with a van load of donations on Saturday after their supply drive at Homestead Co-op in Carman.

The rescue helps stray and unwanted animals with veterinary care, love, adoption, and a permanent sanctuary. The organization is a non-profit, which means all its funds come from donations, monthly donor programs, and fundraisers.

One of those fundraisers happened this past weekend in Carman. In partnership with Homestead Co-op, the rescue hosted a supply drive on Saturday, where they asked and received donations of every item on their wish list.

The Homestead Co-op food store had items at their tills during the event and asked every customer if they'd like to donate. They also had a display with the most needed items for people to know what to buy.

Karen McGill, a volunteer with Kat's Kritters Rescue, said their goal was to stock up on the items before winter when donations are fewer and further in between. They asked for multi-purpose cleaners, window cleaner, laun-

dry detergent, garbage bags, dry cat food, canned cat and dog food, dishwasher tablets, and paper towels.

"I think we received some of every item we asked for," said McGill. "And we filled up the back of the van."

She said they got around 25 bottles of multi-purpose cleaner, which they'll go through quickly because floors, walls, and crates are cleaned multiple times a day.

"Having a supply on hand is very helpful," she said. "Window cleaner helps with the 'nose art' that both cats and dogs like to decorate the windows with. There are at least two to five loads of laundry done daily so detergent, dryer sheets, bleach are all helpful. Bleach is also used for disinfecting many items and surfaces. Litter boxes are fully cleaned and disinfected multiple times a week."

They also had a table with fundraising items at the event, which had catnip toys, snuffle mats, dishcloths, 2022 dog and cat calendars, and more — all made by volunteers.

"Events like this are so important both from a fundraising point of view but also as being a presence, talking to people and having people get to



Melanie, a volunteer, came out from Winnipeg on Saturday to man the table at the fundraiser. Jeremy, left, organized donations.

know about Kat's Kritters and possibly become supporters," said McGill. "Because we rely on donations of money and supplies to run the rescue, these events are so important."

Kat's Kritters Rescue will be at Pet Valu Rivergrove on Oct. 9 where they'll sell items and have another fundraiser. McGill said their biggest fundraiser is their Facebook auction, which will happen on their page from

Oct. 9 to 13.

"We have been doing this auction for several years, and people really look forward to it," she said. "There are some really great items to bid on, so we invite everyone to have a look."

To become a donor with the rescue, email McGill at katskrittersmbfundraising@gmail.com for more information.

Retirement PLANNING

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Be ready.



What's the difference between a financial adviser and a financial planner?

There's no shortage of financial professionals to help you manage your money. However, two of the most common designations are that of financial adviser and financial planner.

Many people believe that the terms are interchangeable, but this is inaccurate. In reality, all financial planners are financial advisers, but not all financial advisers are financial planners.

FINANCIAL ADVISERS

Financial adviser is an umbrella term for professionals who help their clients manage their money. They may be bank employees that help their clients understand the range of products they offer of professionals who work independently. They often specialize in handling investment portfolios.

FINANCIAL PLANNERS

A financial planner is an adviser who specializes in helping individuals and companies create programs to meet their long-term financial goals. They assess the client's whole financial situation in addition to any investments they currently hold. The strategies they create may include estate and retirement planning, education funding, insurance and risk management and taxation.

When hiring a financial professional of any kind, make sure they have the proper education and expertise. Almost anyone can take on the title of financial adviser. This means that while the person you work with may have extensive knowledge and training, they may also simply be a salesperson for the bank.



Think about the legacy you want to leave

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Contributions made to an RRSP are tax deductible (up to an annual limit), which reduces your taxable income. This means you can claim contributions as a tax deduction when you file your income tax return which lowers the amount of tax you pay.

To find out what your contribution limit for 2021 is, consult your tax documents from the previous tax year – specifically your Notice of Assessment, your accountant, or log into your Canada Revenue Agency (CRA) account online. Don't have one? Sign up today! It's fast and easy.



RRSP Contribution Deadline

for the 2021 tax year must be made by March 1, 2022.

What's the best way to make contributions to an RRSP?


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1. Contribute with each paycheck. As little as \$25 bi-weekly can earn you \$650 annually towards your retirement PLUS reduce the amount of tax you would pay now.
2. Contribute a lump-sum via cash, cheque, or transfer. Talk to your advisor about the best way to move money into your RRSP account.

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It's never too early to get ready for Fire Prevention Week™ which is celebrated October 3-9 this year, featuring the theme "Learn the Sounds of Fire Safety™." Fire Prevention Week (FPW) is NFPA's signature fire prevention awareness event and the oldest continuously running U.S. Public Health Observance, launched in 1922.

This year's theme grew out of the increased attention received of alarm notifications being heard in the background of people's homes during remote learning and work. Recognizing the different sounds alarms make, and the action needed based on that sound, is critical to preventing injury and death from fire. This year's theme also pays particular attention to smoke and carbon monoxide (CO) alarms and alert devices that meet the needs of people who are deaf or hard of hearing. These includes

strobe lights, low frequency alarms, and bed/pillow shakers which activate at the sound of the alarm.

Every year throughout North America, Fire & Life Safety (FLS) educators, classroom teachers, injury prevention professionals and other community education professionals plan and implement a myriad of in person and virtual activities to celebrate Fire Prevention Week.

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The Ryall Hotel... Carman's early hotels (Part 1)



STANDARD PHOTO SUBMITTED

The Victoria Hotel built at SW corner of Villard and Broadway in 1908 soon to be the Ryall Hotel.

By Dennis Young

Next year will be 20 years since the fire that destroyed The Ryall Hotel but the story behind it goes back to the 1900s. To do justice to how the Ryall came to be, one must know the history behind the housing business back then in Carman.

Let's start with the first hotel built in Carman at SW corner of Villard (#3 Hwy) and Broadway (5th Ave SW and now 5th Ave Apartments) in 1880 by Thomas Green. He called it Carman House. Mr. Green had it for a short time before selling it to Peter and Dan Campbell and retiring to farming in Barnsley. After several hosts it burnt down in 1906. Meanwhile Fred Starkey of Winnipeg came to town and built Carman's 2nd hotel named the Starkey House (South Railway Street now Phillips Construction property). He operated it for a number of years with Ed Ryall as one of his managers and eventual owner. It would become known as the Browning Apartments in later years.

The area known as Lots 9-16 Block 14 at the corner of Maple Street (1st Street SW) & Fournier Avenue (1st Ave SW and now Ryall Park) was farmed by Thomas Pentland in the 1870s. Later in 1882 that Block was purchased by Rodman Roblin (Grandfather to the Hon. Duff Roblin) who owned the majority of the business area in Carman City. Roblin lived at Maplewood (the Wiebe residence) on Highway #3 at the time and had his brother-in-law Malcolm Demill farm that land. Thomas Millar, the area's cabinet maker and undertaker, bought north Lots 15 & 16 for \$300 from Roblin in 1890 hoping to build on them.

By July 1902 both those Lots were sold for a retainer of \$1.00 each pending financing when Winnipeg hotelier William Clougher bought them

for \$7000 (\$212,000 today) and he was ready to build his palace....The Victoria Hotel. The remaining 9-14 Lots were bought from Roblin by Demill for \$2500 (\$70,000 today) where, to best of my research he operated the Victoria Livery Stables.

By 1903 a Commercial Italianate Style building, designed by architect Samuel Hooper and built by contractor Thomas Miller using local tradesmen Joe Williams for the brickwork/plastering and the Buettner Brothers for the plumbing, was overlooking the intersection. Made of white brick, it featured oiled fir woodwork, painted metal ceilings and the latest plumbing, heating and alarm systems. The halls, bedrooms and each of the 1st floor entire rooms had velvet pile carpeting.

There were 34 rooms in total with full baths. Downstairs was a spacious lobby, a billiard room (run by B.B. Fisher) and a dining room to sit 50 guests. A laundry was in the basement as were the waterworks providing both soft and hard water. This proved to be one of the finest hotels in Manitoba outside of Winnipeg and as it was established in the centre of the town, it did very good business.

During his time at his Hotel, Clougher continued to make improvements. He added a carriage cab service which brought patrons directly from the train station and since he now had horses, leased space at the Victoria stables. With the lease he also offered space for those travelling with horses or for other commercial businessmen in need of such. Being so busy required him to hire Fred Jones as manager.

Clougher then bought the entire Block 14 Lots 9-14 from Demill for \$900 which was a considerable loss from his \$2500 he paid 4 years prior. At this time I need to have you read

an article from a 1906 Carman Standard newspaper:

"Mr. Clougher, of the Victoria Hotel, has bought the adjoining lots between his hotel and the river and contemplates fencing the land off and making a public park of it provided he can secure some assistance from the Council towards the purpose. The ground will require a little grading in some places and with slight expenditures can be made into a very pretty little park. It is proposed to put in swings for children and rustic seats and benches. A proposition has been made that the band stand be moved over to the park and concerts given during the summer months. The river might also be cleared at the point where the water is ample for boating. A park in the centre of town would

provide recreation grounds for our citizens and an attraction to visitors to Carman."

Hmmm interesting right? It only took 100 years to do that for the Mb Games in 2006.

After a short illness from blood poisoning Clougher passed away in 1905 leaving his wife Marietta to run the Hotel on her own until 1919 when she too passed away. Meanwhile Ed Ryall had established a reputation for fine food and service while owning the Starkey House but for some years it had not been operating. While doing other work such as car and cigar sales he realized the hotel business was where the money was. So he purchased the Vic in 1919 for \$25,000 (\$390,000 today) renaming it The Ryall. Watch for Part 2!

Flashback... 190 Main Street S



STANDARD PHOTO SUBMITTED

The present building was built in 1947 by Nobel Shaw and Noble McCallum. It was operated as a Minneapolis Moline & Oliver Tractor dealership under both names then just Noble Shaw. They also sold Morris cars for a short period.

It was purchased by Ben Funk in the mid 50s to operate a Massey Harris dealership. From 1964 to '68 Ben ran Midland Implements with Jack Wilkie.

Walter Wiebe rented the property 1968 to '77 and opened W.W. Implements. From 1977 to '83 Bumper to Bumper under Al Anderson rented the building.

Linda and Jim Wilkie purchased the property in 1981 and opened Lite Stop Foods. Jack Pethybridge then leased the building and bought the business in 2000 before Tanya & Mellissa Collins did the same in 2005 from him.

Kamaljit Sandhu & Awolak Dhulkoti took over in 2009 until Laddi Singh & Amandeep Kaur Mangt became owners in 2015. Laddi and Amandeep became sole owners of the business and the property in 2021 and are discussing expansions in the near future.

From Carman to B.C.: a local couple honoured by Habitat for Humanity

By Becca Myskiw

Two Carman natives were recently honoured for their dedication to Habitat for Humanity in B.C. and had a site named after them.

Peter and Beth Sanderson lived in Carman before moving to B.C. in 1994. Before their move, Peter became interested in Habitat for Humanity after seeing a group in Winkler build a house for a family in need.

Peter has been volunteering with Habitat for Humanity since the 1980s.

He looked more into it and realized building a Habitat for Humanity house wasn't as easy as it seemed, so he put the brakes on his goal to build one in town. Soon enough, though, they held a meeting at the Mennonite church, which attracted people from all over the area, including Winnipeg.

"Before you knew it, Winnipeg got going with Habitat for Humanity," said Peter Sanderson.

Habitat for Humanity started at Koinonia Farm in Georgia, USA by biblical scholar Clarence Jordan. By 1976, Habitat for Humanity International was a global non-profit in more than 70 countries. When the movement started in Canada, it was 1985, and it was the home Peter Sanderson read about in Winkler.

Two years after that house was built, Winnipeg became the country's first local Habitat for Humanity. Today, it's in every province and territory.

Habitat for Humanity offers affordable housing to people in need. They determine that need by looking at the family income that's below the government-set poverty line in the region. Chosen families need a stable income to continue to pay their mortgage, but no down payment is necessary.

Sanderson said a person's mortgage with the organization is based on 30 per cent of their income.

He watched a woman go from paying \$1,200 a month for rent to \$500 upon moving into a Habitat home.

Former President Jimmy Carter came to Canada to build Habitat Homes and his first stop was in Winnipeg. In 1993, he and Beth took part in the first Canadian Jimmy Carter Work Project in Winnipeg. On behalf of their Carman flooring company, the



STANDARD PHOTOS SUBMITTED

Former Carmanites Peter and Beth Sanderson were recently honoured in B.C. by Habitat for Humanity for their lifelong dedication to the organization.

Sandersons were there, volunteering their time and resources to put flooring in two homes in just two hours.

Soon enough, the couple moved to B.C. where there was no Habitat for Humanity organization.

However, once it got started in Courtenay and Campbell River, Peter began volunteering and helping with builds. He soon joined the Habitat board and since moving to the Comox Valley, has served in a multitude of roles with Habitat VIN: board member, volunteer build manager, project manager, and most recently, build consultant.

The 1330 Lake Trail Road, an affordable housing project, was named "Sanderson Place" to honour Peter and Beth Sandersons lifetime commitment to the organization. They're retiring from Habitat this year, but Peter said watching houses turn into neighbourhoods and form communities is why he remained involved all these years.

"Mothers parent each other's kids," he said. "Kids run together all over the place. That is what gives us the satisfaction because otherwise, they would be struggling renters...housing somewhere trying to

see the light at the end of the day."

Beth said the biggest thing for her is seeing the change it makes in people's lives. She said many children can't bring friends home when living in poor conditions because there's simply no space. That all changes when they have their own home.

"All of a sudden they can have the life their other friends have," she said.

Many parents who move into their homes choose to go back to school because they don't have to work endless hours just trying to pay rent. They then get a higher education, which leads to a better job, resulting in a better life for the family — because of the Habitat for Humanity home.

"People get a chance," said Beth Sanderson. "It's not a freebie...and I think that's what people need to realize. It's not a free gift, it's not a handout. We like to say it's a hand up."

The Sandersons encourage anyone and everyone to get involved with the organization, even if just for a day. Habitat for Humanity relies on volunteers so all are welcomed.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Female Hawks fare well at tournament

By Lorne Stelmach

The female U18 Pembina Valley Hawks had a good tune-up for the regular season with four games this past weekend as part of the Central Plains tournament in Portage.

The Hawks picked up a pair of wins to go with a tie and a loss over the three days of action.

Friday saw Pembina Valley battle to a 4-4 draw with Central Plains before then shutting out Interlake 5-0. On

Saturday, the Hawks then beat Pilot Mound Prep 4-1, but they then were edged 3-2 by the Victoria Seals Sunday.

The Hawks overcame 2-0 and 3-1 period deficits to earn the tie with Central Plains. Scoring for Pembina Valley were Caitlin Anderson, Jessica Anderson, Gracie Carels and Cambree Martens. Tria Enns gave up four goals on 24 shots before being relieved by Kaylee Franz, who made the final four

saves.

Franz then got the 25 save shut-out against Interlake, while Martens scored a pair of goals. Other markers came from Jessica Anderson, Abbey Bourdeaud'hui and Naomi Scharf.

Caitlin Anderson then picked up a pair of goals Saturday against Pilot Mound with other goals from Bourdeaud'hui and Marissa Fehr, and Enns was only called on to face 13 shots on goal.

On Sunday, the Hawks held period leads of 1-0 and 2-1 before giving up a pair of unanswered goals in the third period. Franz stopped 32 of 35 shots on goal, while scoring for the Hawks were Bourdeaud'hui and Annika Braun.

The regular season gets underway this weekend with the Hawks visiting Interlake in Stonewall Saturday before hosting Central Plains here in Morden Sunday afternoon.

Whitehead recipient of the 2020-21 Frank McKinnon Outstanding Volunteer Award

By Hockey Manitoba

The purpose of the Hockey Manitoba Volunteer Awards are to recognize outstanding commitment and significant contributions to the game of hockey in Manitoba.

Each year, literally thousands of volunteers are the driving force behind our great game. Hockey Manitoba identifies 10 recipients annually from each of its 10 regions as nominated by representatives from those regions.

Additionally, Hockey Manitoba presents the Frank McKinnon Outstanding Volunteer Award annually to a volunteer that has made exemplary contributions through a long term commitment and dedication to hockey in our province. The award is selected by Hockey Manitoba's Board of Directors.

The 2020-21 recipient of the Frank McKinnon Outstanding Volunteer Award is Bill Whitehead.

Whitehead grew up in Roland and fell in love with hockey at a young age. He played three years of junior hockey for the MJHL's Selkirk Steelers and won the Centennial Cup (National Junior A Champions) in 1973-74.

While playing for the Carman Bea-

vers in the South Eastern Manitoba Hockey League (SEMHL) in 1975-76, Whitehead was recruited to referee by several officials who knew him from his previous three years with the Steelers. Thus began a 30-year officiating career, which included refereeing roughly 100 games per year and serving as the Referee-in-Chief for Pembina Valley Minor Hockey for 15 years.

Whitehead became involved with Hockey Manitoba at the Branch level in 2004, serving as the Chair of Minor Hockey- Rural for three years. In 2007, he was elected Vice President of the Board of Directors and five years later, he was elected President, a position that he held until last season (2012- 2020).

The impact of Whitehead's efforts on minor hockey in Manitoba are immeasurable. His positive influence on players, officials, coaches, and volunteers literally spans decades. He is a natural leader, who guided Hockey Manitoba's Board of Directors with class and humility. He has been instrumental in the growth of female hockey across the province over the past two decades and he played a key

role in reshaping the branch's governance structure, which involved the creation of five regional councils (minor, development, female, junior, senior).

In addition to his lifelong involvement in hockey as a player, official, coach and volunteer, Whitehead was an accomplished baseball player who won several Provincial Junior Championships with the Carman Goldeyes. He was inducted into the Manitoba Baseball Hall of Fame in 2011.

Like many volunteers, Whitehead has had a huge impact on his community. He has volunteered his time as an executive with the Roland Golf Club, Roland Arena, and Roland Curling Club and he currently serves as the Chair of the Roland United Church Board and Roland Cemetery Board.

He is happily married to his wife Brenda and they have three sons, Graig, Doug and Brian. Graig lives in Swift Current, while Doug and Bryan both live in Roland and farm with their dad. When he isn't farming, Whitehead enjoys golfing and curling in his spare time.

Perhaps even more remarkable than his volunteer time dedicated to



STANDARD PHOTO BY HOCKEY MANITOBA

Roland's Bill Whitehead is the 2020-21 recipient of the Frank McKinnon Outstanding Volunteer Award.

hockey is his character, integrity and humility. He has earned the respect of his peers and colleagues and has always valued constructive discussion in an effort to move the game forward.

Hockey Manitoba would like to congratulate all Volunteer of the Year recipients and sincerely thank each and every volunteer for their dedication to hockey in Manitoba.

Twisters start on winning note

By Lorne Stelmach

The Pembina Valley Twisters opened the MMJHL season with a pair of wins this past weekend.

The defending champions kicked things off by edging Fort Garry Fort

Rouge 3-2 Friday then overcoming St. James 5-4 in a shootout Sunday.

On Friday, the Twins took a 2-0 lead in the first period before the Twisters got one back and then one more in each of the second and third periods.

Ethan Carels, Jackson Wilson and Nico Vigier scored for Pembina Valley, while Martin Gagnon stopped 26 of 28 shots to pick up the win in net.

On Sunday, the Twisters held period leads of 2-1 and 3-2, but they needed Merck Degraeve to score in the third round of the shootout to get the extra

point. Scoring for Pembina Valley were Vigier, Zach Tetrault, Ben Hilhorst and Caelen Russel, and Gagnon was solid in goal, as he stopped 37 of 41 shots and all three shootout attempts.

The Twisters now have a three game homestand starting with the Raiders Friday followed by Transcona Sunday.

2022 Manitoba Games cancelled

Submitted by Sport Manitoba

To keep Manitobans safe and prevent the spread of COVID-19, Sport Manitoba and the Niverville host society are announcing the cancellation of the 2022 Manitoba Games powered by Manitoba Hydro.

The Games were scheduled to take place in Niverville from Feb. 27 to March 5. The scope of these Games encompassed upwards of 1,500 participants from all across the province (athletes, coaches, managers, officials), and 1,000 local volunteers organizing 12 sports over seven days in and around the Town of Niverville.

"The decision to cancel these Games was not an easy one, but it was essential to protect the health and safety of our participants and volunteers," said Janet McMahon, President & CEO, Sport Manitoba. "Executing a major multi-sport Games requires extensive planning, the support of hundreds of volunteers, and securing significant financial support.

"With the uncertainty of the pan-

demic's progression, we could not put all the pieces in place to host a safe and successful Games. We want to thank everyone for their understanding, cooperation, and patience as we return to sport."

Over the last 18 months, inconsistencies in competition and training opportunities had an effect on athlete development. Without regular training, conditioning, and recovery routines in this crucial stage, the risk of injury, mental fatigue, and overtraining were also factors in making this decision.

Along with continued uncertainty about the pandemic, and public health restrictions, it became clear it would not be possible to host an event of this magnitude and execute a safe and successful multi-sport Games experience.

Sport Manitoba and the Niverville host society worked with the Town of Niverville, provincial sport organizations, Hanover School Division, public health, and Games partners

to evaluate a number of options before reaching the collective decision to cancel the event. The support of our title sponsor, Manitoba Hydro, as well as our presenting sponsors, Credit Unions of Manitoba, Calm Air, Konica Minolta, Travel Manitoba, and the Manitoba Dental Association, was welcomed in making this decision.

The host society remained committed and dedicated as it planned through so many unknowns over the last year. To give them an opportunity to follow through on some of the benefits of hosting a Manitoba Games, Sport Manitoba is guaranteeing \$150,000 for capital projects. Some projects, like the cross country ski trails at Hespeler Park, have already benefited from this investment. The funds that remain will be allocated within the community to enhance sport infrastructure and equipment.

The Town of Niverville has been offered the first right of refusal to host the 2026 Manitoba Games powered by Manitoba Hydro in the Winter of 2026, which is the next Games available to host.

The Manitoba Games powered by Manitoba Hydro is staged every two years, alternates between summer and winter sports, and is the largest ongoing multi-sport event in the province. Each Games involves upwards of 3,000 athletes, coaches, officials, and volunteers, and represents an opportunity for young athletes to compete and prepare to reach national and international sporting stages.

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Torch Industries Ltd. is an industrial catering and construction company in Edmonton. We have immediate opportunities for: Chef, First Cook, Baker, Second Cooks/Sandwich Makers, General Helpers and Camp Attendants. Please forward resume to: LHafiz@torchindustries.ca

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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. Top 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
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- 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. Top 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

RURAL MUNICIPALITY OF GREY ANNUAL PUBLIC NOTICE

Additions to the Voters List and/or Personal Security Protection Requests

In accordance with Section 36 of *The Municipal Councils and School Boards Election Act* (MCSBEA), the Rural Municipality of Grey Voters List is open for changes or revisions.

• Any person who is eligible to vote in municipal elections in the Rural Municipality of Grey can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.

• Any person can request to have his or her name and address obscured from the Voters List. A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, by fax or mail to:

Rural Municipality of Grey
Box 99
27 Church Avenue East
Elm Creek, Manitoba
R0G 0N0
Phone: 1-204-436-2014
Fax: 1-204-436-2543
E-mail: kim@rmofgrey.ca

The next General Election takes place in October 2022.
Kim Arnal
Senior Election Official

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

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!

Level: Intermediate

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Numbers cruncher
- Creator
- A type of center
- About spring
- Equal to 64 U.S. pints (abbr.)
- Precursor to the EU
- Something that can be cast
- Gold-colored alloy
- A salt or ester of acetic acid
- A hard coating on a porous surface
- A type of detachment
- Filmmakers need them
- Promotional material
- ___ Blyton, children's author
- Short, sharp sound
- Feeling of intense anger
- Popular TV network
- Island entry point
- Disfigure
- College army
- One who's revered
- Long, winding ridge
- Football stat
- Stealing
- Hawaiian island
- More raw
- In one's normal state of mind
- Daniel LaRusso's sport
- Tropical American monkey
- Measures heart currents
- Midway between south and east
- Knotted again
- Born of
- Value

			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				
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31	32	33					34				35			36			
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48							49					50					
51												52					
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																	59
																	60

60. Soviet Socialist Republic

- Ancient
- Advertising gimmick
- Subatomic particle
- Not fresh
- Loosens
- Religious symbols
- Film
- Orthodontic devices
- Grilled beef sandwich
- Journalist Tarbell
- Brooklyn hoopsters
- Japanese social networking service
- Romantic poet
- Dorm worker
- Poor grades

CLUES DOWN

- Mother tongue
- Removes potato skins
- True
- Early multimedia
- The making of amends
- Discovered by investigation
- Small arm of the sea
- More seasoned
- Atomic #81
- Type of pear
- Chemical compound
- One's mother
- Vietnam's former name
- Snow forest
- Church officer
- Hardens

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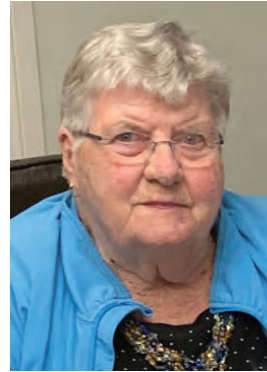
OBITUARY

John (Jack) Callum
1936 - 2021

Jack passed away suddenly on May 31, 2021, at the age of 84. He is survived by his son, Dave (Crystal) in Fort McMurray AB, daughter Danielle (Terry), granddaughter Charlie of Saskatoon, and their mother Joanne. A niece Dallas (Brendan) and nephew Dylan (Martine) and their two kids Piper and Lainey. He is predeceased by his father Edwin (Ted), mother Marjorie, brother Bruce, and sister-in-law Leslie Loundsbury. Born in Carman, Mb., Jack was raised on a farm south of Miami MB. He graduated from the Miami High School and received a B. SC(EE) in 1959 from the U of M and an MBA from Queen's University, Kingston Ont. in 1954. A Graveside Service will be held on Monday, October 4th, 2021 at 1:00 p.m., Miami Cemetery, Miami, Mb. In lieu of flowers donations can be made to the Baseball Hall of Fame, or The Curl Manitoba Strathcona Trust fund c/o The Winnipeg Foundation or the charity of your choice.

OBITUARY

Willemiene Veldman
(nee Vandasselaar)



Peacefully on September 22nd after a short hospital stay, the Lord called Willemiene Veldman at the age of 85, to her heavenly home. She is now at eternal rest. Beloved wife of Henry Veldman, loving mother of Margaret, Kevin (Audrey), Jeff, daughter-in-law Wendy (Colin) MacKenzie. Loving grandmother of Keith (Olga), Cole, Scott, Brett (Casey), Taylor, Matthew, and three great-grandchildren. The funeral service was held on Wednesday, September 29th in the Canadian Reformed Church of Carman East with Rev. VanDam officiating. Interment took place in Greenwood Cemetery, Carman. Donations may be made in her memory to the Boyne Lodge, Box 910, Carman, MB R0G 0J0. Many thanks to the nurses and doctors who showed such care and compassion at both the Boundary Trails and Carman Hospital.

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

OBITUARY

Andrew Henry Watson
February 23, 1933 - September 20, 2021



It is with great sadness that we announce the passing of Andrew Watson on September 20, 2021 at the age of 88 years at Carman Memorial Hospital.

He will be greatly missed by his wife Pearl; daughters Doris (Reg) Fierback, Sharon (Roy) Tourand, and Lorna (Gerry) Trapp as well as grandchildren Ryan (Lauren) Fierback, Kirk Fierback (Lisa Craigen), Kimberly (Gregg) Streuber, Stephanie Friesen (Jared Kyle) and Nick Tourand; sister Doreen Fewster; brother Lyle (Gail) Watson; sisters-in-law Laura Lee and Margaret Watson, along with countless nieces, nephews and friends.

Andrew was employed with N. M. Paterson for 31 years at Culross, Manitoba.

Funeral service was held September 25th in Rathwell, Manitoba and burial has taken place at Woodlands Cemetery in Treherne, Manitoba. If friends so desire donations may be made to Woodlands Cemetery or the Alzheimer's Society.

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Prairie Spirit School Division invites applications for a Student Support Services Administrator to work collaboratively with the Student Services Administrator to provide leadership and direction for student services programming and other educational initiatives within the school division to commence January 6th, 2022. (Coopetition 2021-12)

Responsibilities:

- Be responsible for the long term planning, coordination and development of student services.
- Support and guide school staff and families in next steps for re-engaging students in their education, including alternative delivery of programming and social-emotional learning.
- Be responsible for the long term planning which will lead to the establishment, maintenance and evaluation of initiatives in the area of Appropriate Education.
- Act as a Liaison with our First Nations partners to support students transitioning into PSSD Schools.
- Coordinate regular meetings and professional development sessions for staff who fall within the student services department.
- Provide support for Resource Teachers and School Counsellors and Clinicians for Appropriate Educational Programming.

Requirements for the position:

- Valid Teaching Certificate (Manitoba Certification Standards) and successful class room experience
- Demonstrated ability to work effectively in a collaborative team environment
- Excellent organizational skills
- Strong knowledge of Appropriate Education in Manitoba
- Strong knowledge of curriculum and assessment (K-12)

The following would be considered assets:

- Consultative or supervisory experience; such as school administrator or department head would be considered to be an asset
- Experience working in a virtual environment, including the Google platform

This position may involve travel within and outside the division. A reliable means of transportation will be required.

Please email cover letter, CV and three current references in a single pdf document quoting competition number above to Cheryl Mangin, Superintendent at pssd@prspirit.org. Closing date is **Noon, October 21st, 2021** or until a suitable candidate pool is established. For more details visit: www.prairiespirit.mb.ca. Prairie Spirit School Division appreciates all applications. Only candidates selected for an interview will be contacted.



Timed, online action closing Oct 14
Closing Business Auction for SWM
Flaxstraw processors in Winkler
Manitoba, 340 Airport Drive.

See our listings of items to bid on at www.billklassen.com - click on register for farm auctions and scroll to the SWM Auction. For further info contact Murray Dunn at 204-362-1064 at SWM. www.billklassen.com

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> MEAL IDEAS



Broccoli and Cauliflower Cheddar Quinoa Bites

1/2 cup finely chopped cauliflower florets

2 tablespoons finely chopped fresh basil (optional)

Preheat oven to 350 F. Lightly oil or coat 12 muffin cups with nonstick cooking spray and set aside.

In large bowl, crack eggs. Whisk until well combined. Stir in cheese, quinoa, tomatoes, broccoli, cauliflower and basil, if desired, until well combined.

Use 1/4-cup measuring cup to divide mixture evenly into prepared muffin cups.

Bake 16-18 minutes until eggs are set. Allow to cool slightly before serving.

Refrigerate leftovers up to 3 days or freeze up to 1 month.

Prep time: 20 minutes
Total time: 40 minutes
Servings: 6
Nonstick cooking spray
10 large eggs
1 cup shredded cheddar cheese
1 cup cooked quinoa
1 cup tomatoes, quartered
1/2 cup finely chopped broccoli florets



Simple Egg Salad Sandwich

1/4 teaspoon salt

1/4 teaspoon pepper

1/2 cup finely chopped celery

1/4 cup thinly sliced green onions

8 slices rustic wheat bread

4 lettuce leaves

Chop eggs.

In medium bowl, mix mayonnaise, lemon juice, mustard, salt and pepper. Add chopped eggs, celery and green onions; mix well.

Refrigerate, covered, to blend flavors.

Serve on wheat bread with lettuce leaves.

Prep time: 10 minutes
Total time: 10 minutes
Servings: 8
6 large hard-boiled eggs, peeled
1/4 cup mayonnaise
1 tablespoon lemon juice
1 tablespoon yellow mustard



Blueberry, Avocado and Banana Muffins

1/2 teaspoon baking soda

1/2 teaspoon salt

1 medium banana (about 1/3 cup), peeled

1 large avocado (about 3/4 cup), peeled and pitted

3/4 cup unsweetened applesauce

1 large egg

1/4 cup milk

1 cup blueberries

Preheat oven to 350 F. Prepare standard muffin tin with paper liners.

In bowl, whisk flour, oats, baking powder, baking soda and salt.

In separate bowl, mash banana and avocado together. Add applesauce, egg and milk. Stir to combine then stir into flour mixture. Fold in blueberries and divide batter into prepared muffin tins.

Bake 25-30 minutes. Allow to cool completely. Store leftovers in airtight container up to 3 days.

Prep time: 10 minutes
Total time: 35 minutes
Servings: 12
1 1/4 cups all-purpose flour
1 cup rolled oats
1 teaspoon baking powder

Simply Eat More Fibre for Weight Loss

By Julie Germaine

You can lose weight starting today just with this one easy tip: boost your fibre intake.

It may be hard to believe, but research shows that fibre aids weight loss in multiple ways. For example, it takes longer for your body to digest a gram of fibre compared to a gram of fat, so you have more time to absorb this nutrient. Simply stated, this means you feel full for longer and are more likely to burn away these calories than store them as body fat.

For anyone trying to shed extra pounds, the benefits of fibre related to a healthy GI tract (or gut health) is key. Soluble fibre in particular (found in oats, apples, peas and carrots) kickstarts a process that helps your body manage blood sugar levels, reduces risk of fat storage, and ultimately boosts your metabolism to shrink existing fat cells. Another bonus is that you could experience lowered inflammation and healthier cholesterol levels.

I am a fat loss coach who knows that many people cannot seem to rid themselves of visceral belly fat. I suggest you try increasing your overall fibre intake on a daily basis of only 8-10 grams to finally see results and drop inches from your waistline.

Here are examples of foods that contain 8-10 grams of fibre:

- 1 cup of avocado
- 2 cups of broccoli
- 2 cups of berries
- 2 apples
- 2 oz almonds
- 1/2 cup hummus



Health and Wellness Fitness expert
Julie Germaine

- 1 1/2 cups quinoa
- 1/2 cup oats

Controlling your appetite and blood sugar fluctuations by improving your fibre intake will help you stick to your 'diet' and make better food choices – and avoid insatiable cravings. You will also reduce your risk of developing heart disease, Type 2 diabetes, and more!

Do you want to discuss your individual fitness goals and struggles with me personally? Check out my website www.juliegermaine.com or go ahead and schedule a FREE 15 minute DIET CONSULT by visiting: www.calendly.com/juliegermaine

Coach Julie Germaine is a fit mom, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fat Loss Specialist. She has helped thousands of men and women improve their health since 2005.



Veggie and Cheese Frittata Fingers

- 1 cup cheddar cheese, shredded
- 1 teaspoon salt
- 1/2 teaspoon pepper

Preheat oven to 350 F. Spray 9-by-9-inch baking dish with nonstick cooking spray.

In skillet over medium heat, add olive oil then saute bell pepper, onion and zucchini until tender. Add garlic and spinach; cook until wilted.

In bowl, beat eggs then add sauteed vegetables, cheese, salt and pepper. Pour mixture into prepared baking dish.

Bake 25-30 minutes until fully set. Allow to cool.

Cut into seven strips then down the middle to create 14 pieces.

Refrigerate leftovers in airtight container up to 4 days.

To freeze, place cooled frittata fingers in freezer bag and lay flat until frozen. When ready to eat, microwave 60-90 seconds, or until warmed.

Prep time: 10 minutes
Total time: 40 minutes
Servings: 4
Nonstick cooking spray
1 tablespoon olive oil
1/2 cup red bell pepper, diced
1/2 cup yellow onion, diced
1/2 cup zucchini, diced
3 cloves garlic, minced
2 cups baby spinach, roughly chopped
12 large eggs