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STANDARD PHOTO BY BECCA MYSKIW

Charlie and her grade 3/4 class at Carman Elementary spent Monday painting rocks for Remembrance Day. Each rock symbolizes a local person who lost their life fighting in war.

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Lest We Forget



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Elm Creek Stay & Play Centre agrees on property for build project with PRSD

By Becca Myskiw

Elm Creek Stay & Play Centre Inc.'s annual general meeting (AGM) is coming up, and a big announcement is coming with it.

The centre is still working on fundraising for their new build to open more childcare spots in the town. They're currently operating out of Elm Creek School and are licensed for 16 spots — four of which are for infants and 12 for preschoolers. They also operate the nursery school out of the church and have 20 school-aged children there.

They're building a new space to create more spots so all the children in their care can be in one building instead of two. They agreed on a new build after deciding whether an expansion of their current space or a new build would work better. And just recently came to an agreement with Prairie Rose School Division (PRSD) to build the new daycare and nursery school on property next to Elm Creek School.

"Funds to complete the project will come from community donations, fundraisers, and grants," said Janelle

Lepp, chairperson of the centre's board. "Our goal is to raise \$300,000 from a community member and business donations. We believe we can do this through a combination of large one-time donations or smaller donations. For example, if 1,000 people donated \$100 per year for three years, we'd reach our goal."

To get more donors, they're launching a Dine Out meal event for Nov. 19. Essentially, people can buy tickets — \$25 for adults and \$15 for children — and they'll get a catered meal from the Elm Creek Café to pick up and take home.

Meals they can choose from are chicken alfredo baked ziti with garlic bread or a Brazil grill burger with cheesy fries. Both come with peanut butter cheesecake for dessert. The children will get chicken fingers, fries, and a chocolate cupcake.

Along with their meal, people will also get packages with information on the building project and donation instructions. To buy dine-out dinner tickets, contact Karla Last at (204)750-

Continued on page 3

We would like to recognize the businesses who donated, either cash or an auction item.

Hetherington and St. Claude Autobody raising money for Movember

By Becca Myskiw

Many locals are raising money and awareness for Movember, a month dedicated to men's physical and mental health.

Movember has funded over 1,250 men's health projects since 2003. According to the official Movember site, men die five years earlier than women on average — for preventable reasons. Almost 11 million men globally face prostate cancer, testicular cancer is the most common among young men, and one man commits suicide every minute of every day. The male population accounts for 75 per cent of all suicides in the world.

So, the Movember movement gets people to do a few things to raise awareness around these statistics and raise money for their research and treatment. People can grow a moustache, run or walk 60 km throughout the month (for the 60 men lost to suicide every hour), rally a group for a fun moment, or going on your own adventure.

Carmanite Mike Hetherington has grown a moustache for Movember for a while now, on and off. This year, however, is his first time raising money along with the Stache.

"I think we're seeing a lot more people...especially males, moving away from that tough-guy mentality," he said. "We're starting to open more and saying it's OK to admit you have mental health problems and need help. We have to keep pushing to say it's OK to ask for help. It's not weak; it's admirable."

Hetherington's way of helping more males find their voice and reach out for help when needed is by raising money for the cause. He shaved his whole face on Oct. 31 and started fresh for November, saying he'll only



Mike Hetherington is growing a moustache for Movember this year.

clean up his beard throughout the 30 days, but let his moustache grow on.

To donate, to Hetherington's Movember effort, go to <https://movember.com/m/14711433?mc=1>.

St. Claude Autobody is also participating in the Movember moustache-growing campaign. This year is their third year participating, said Norm Bruneau, owner and manager, and all eight men at the business are in on it.

They first started growing the facial hair to have fun as a team, and Bruneau said they've always raised money for it as it's all for a good cause. In their first year, the team raised \$600, and last year they nearly doubled that with over \$1,100 raised.

"It's kind of growing," said Bruneau. "No pun intended."

This year, they're hoping to continue the trend and double last year's total, which would be around \$2,200 to \$2,400. St. Claude Autobody has a profile up for donations and some of the guys growing moustaches also have a personal profile up. Everything



STANDARD PHOTOS SUBMITTED

St. Claude Autobody's eight men are growing moustaches for Movember. Owner and manager Norm Bruneau is in the red.

they raise on their own will be added to the shop's total.

"I think the biggest thing is being a guy, I think generally speaking guys are a little more lax when it comes to checkups and going to the doctor," said Bruneau. "Also, mental health. It used to be taboo a subject. Now, there's so many great initiatives; it's starting to blow the cover off the mental health thing. This is another way to keep that going. Guys are more guarded when it comes to talking about that, but I think raising awareness and letting everybody know that hey, we're all in this together, I think it's a good strong message."

To donate to St. Claude Autobody's campaign, go to <https://ca.movember.com/team/2365442>.

Movember goes until Nov. 30. All money raised for the month goes toward testicular cancer, prostate cancer, and men's mental health programs.

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0440 or karla442@hotmail.com by Nov. 12.

Donations for Elm Creek Stay & Play Inc. can be e-transferred to ecstayn-play@gmail.com.

More information on the build will be given at the AGM on Nov. 16 at 7 p.m. It will be happening virtually,

so to attend, contact the centre at the email above to get the meeting link. Centre director Jeannine Inman said it's important to attend to see how the centre is running, how much support it needs and to understand the ins and outs.

Larry Stout

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Carman hotel now open for business

By Becca Myskiw

The Carman Blue Crescent Hotel officially opened for business on Nov. 10.

After about a year of construction, the sliding doors were opened to the public just 10 days after they initially planned for. The later opening was due to furniture shipping delays.

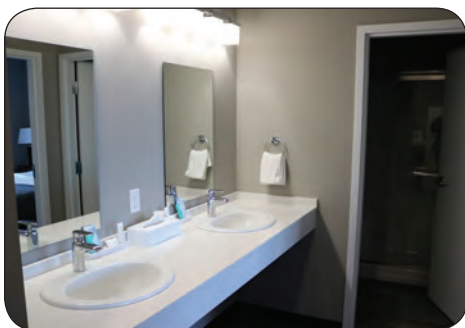
Now, the 30-room hotel is taking bookings — and it has been for a while. Before they even opened, the Carman Blue Crescent Hotel was really booked up, especially for New Year's Eve, said Andrew Rempel from Steel Creek Developers. Along with that, people are already inquiring about pool parties, birthday parties, and meetings.

Before opening on Wednesday, the builders were busy putting up artwork on the walls and adding the hotel's finishing touches. Each canvas is a photo from the Carman Dufferin Historical Museum and depicts a part of Carman's history. There's the old Ryall Hotel, a quilting bee, the brick laying factory, and more adorning the walls on each floor.

"It gives a more community feel to the hotel," said Rempel. "We're not just a big brand coming through and putting up a hotel and leaving. We want people to come in and feel like it's their hotel."

Blue Crescent's motto is "big city comfort, small town hospitality."

There are about a dozen staff at the



The kitchenette suite has two sinks outside the bathroom.



This suite has one king bed.



Two rooms in the hotel have a queen bed and two sets of bunk beds for families.



STANDARD PHOTOS BY BECCA MYSKIW

The Carman Blue Crescent Hotel officially opened yesterday, Nov. 10.



The swimming pool will open next week. It has a 15.5-foot-high slide and a 1.2-metre-deep pool.



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hotel, both full and part-time. Added onto the staff at the Tim Hortons across the way, Steel Creek Developers has added over 40 jobs to the Town of Carman.

The finished hotel has a complimentary breakfast area. Only double vaccinated people can sit in there to eat. Those who aren't fully vaccinated can go grab breakfast and eat it in their rooms.

There's also a room on the first floor with shelves specifically for storing hockey equipment. The first floor also has a fitness area, a meeting room, two public washrooms, and the elevator that goes up to the third floor.

The most exciting part about the completed hotel is the 1.2-metre-deep pool that comes with a 15.5-foot-high waterslide. Rempel tried it out himself and can confirm it's very tall — and very fast. The wall the water slide comes out to is definitely a large splash zone, he said.

The pool, though, won't be open until next week because the furnace in the area has yet to be inspected and signed off on.

The Carman Blue Crescent Hotel comes with fiber optic internet for all who stay there, pet friendly rooms, and accessible rooms. To book your stay today, go to <https://www.bluecrescent.ca/book-now/carman-mb>.

MB Farm Women's Conference sessions online next week

Zoom presentations open to all Nov. 15, 17

By Ashleigh Viveiros

The Manitoba Farm Women's Conference is back for another round of virtual sessions.

In honour of Manitoba Farm Women's Week Nov. 14-20, MFWC is hosting a pair of Zoom presentations on Monday, Nov. 15 and Wednesday, Nov. 17.

The online gatherings follow on the heels of a similar series held earlier this year, which MFWC committee member Tracy Chappell says were quite well-attended.

"I think it's something where people were looking for something to offset COVID—something to do—and that's why we're doing it again because we feel it's time to connect again," she said. "Although we can't connect in person like we'd like to, this is a way we can do it virtually."

Since its creation 30 years ago, the conference has sought to provide an opportunity for participants to network and share knowledge about the benefits and challenges of farm and

rural living.

"It's a chance to get together and laugh and commiserate with each other," Chappell said, noting some farm families may have had a banner year, while others are struggling. "We've all been there before and so sometimes the older ones can impart their wisdom onto the younger ones. It's about being there to support one another."

"I think sometimes [living rurally] we feel distanced. But you're not alone."

This year's conference theme is "Gratitude and Wellness Within the Farming Community."

The Nov. 15 session, featuring guest speaker Kim Moffatt, will focus on mental health as it relates to those who make their living in the agricultural world.

Moffatt trained in psychiatric nursing and is a certified crisis counsellor who worked for the Manitoba Farm, Rural and Northern Support Services as well as the Manitoba Suicide Pre-

vention Support Line.

She is able to use her own experience as a former farmer to help understand and connect with producers who are facing increasing stress levels.

"We really feel that mental health is something we're all learning about and realizing the importance of," said Chappell. "She going to come in and give us some tips on what to look for, what's available for people who are suffering."

Then, on Nov. 17, participants will hear from Portage la Prairie area producers Mark and Yanara Peters of Spruce Drive Farms and Stone Shed Gardens.

Together they produce 100 acres of seed potatoes and about 500 acres of grass and alfalfa hay alongside a new flower business to bring colour to people's lives.

Also on tap for the evening are Elise and her daughter Emily from Porch Drop Produce, who are bringing rural produce into the urban markets in Winnipeg.

It's a chance to showcase some options for shopping locally heading

into the holiday season, Chappell said.

"I think the pandemic, if it's done anything, has made us realize that there's a lot of things in our own backyards that maybe we didn't realize were out there," she said, explaining the speakers will share their journeys and methods of reaching out to people, especially those who may not be connected to the rural areas.

MWFC is also encouraging people to share made in Manitoba products and businesses with them on their social media pages so they can help get the word out.

The sessions both run from 7-8 p.m. and they are free and open to all. Pre-registration is not required: simply join the meeting via Zoom at <https://us02web.zoom.us/j/7062595483> to take part (or head to the Manitoba Farm Women's Conference's Facebook page for a clickable event link).

You can also email mbfarmwomen-sconf@gmail.com for more information.

Influenza not prominent in Canada this year, doctors encouraging the flu shot

By Becca Myskiw

With the colder months comes flu season — here's what that means and what you can do to protect yourself and those around you during it.

Anna Johnston, one of Southern Health-Santé Sud's medical health officers, said seasonal influenza typically starts as early as October and goes into April. Flu season in the northern hemisphere is after flu season in the southern hemisphere, so the World Health Organization (WHO) gets their predictions and information for the north based on what happens in the south.

This year, Johnston said they're seeing a typical fall pattern with other respiratory viruses like the common cold, but influenza is showing low activity levels in Canada.

"It's difficult to predict because of public health measures for COVID also effective in preventing transmission of influenza," she said. "We do think [the low levels of activity are] because of restrictions. We're limiting the number of people who can gather; people are wearing masks, people are more aware of hand hygiene and physical distancing."

Though the flu isn't prominent in the country right now, Johnston still encourages people to get vaccinated against it. Influenza can cause severe illness and complications, especially for the elderly, people with compro-

mised immune systems, people with chronic diseases, and newborns.

"The more people immunized, the better those with conditions are protected," she said. "Immunization is the best way to protect you, your family, and the people in your community."

The vaccine is created based on what happened in the southern hemisphere. It includes killed particles of the influenza virus, which your body can then develop antibodies against, so if you're infected, your antibodies recognize the virus and fight it.

In a typical flu season, about 25 per cent of Manitoba's general population gets their flu shot. Over 50 per cent of those people are 65 and older. Last year, because of COVID-19 concerns, over 30 per cent of the population got their flu shot and over 60 per cent of them were 65 years and older.

Johnston said health officials hope the trend continues and there'll be a higher uptake in flu shots this year.

"Some people may get flu-like symptoms for a few days after vaccine," she said. "They might feel achy, get a fever, and think they're getting the flu, but it's just their bodybuilding antibodies to learn to fight the virus. They're side effects of the vaccine, not the actual flu."

She said it's also essential to get your flu shot every year because the flu strain is different every year, so the vaccine is too. To book a flu shot, call

your local pharmacy or medical clinic, and book an appointment. Pop-up

clinics and supersites are also giving flu shots now and accepting walk-ins.



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letter to the editor

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Canadian amputees honour war veterans

Dear Editor,

As we approach Remembrance Day, I'd like to pay tribute to the veteran members of The War Amps.

The War Amps was started by amputee veterans returning from the First World War to help each other adapt to their new reality as amputees. They then welcomed amputee veterans following the Second World War, sharing all that they had learned.

These founding members then established the Key Tag Service, which is still going strong today, to fund the Association's many vital programs including The War Amps Child Amputee (CHAMP) Program.

I was born a partial left hand amputee and grew up in CHAMP which provided me with financial assistance for prosthetic devices and offered emotional support. These veterans have left a lasting impact

on generations of amputees as they taught us that we should be proud of our amputation and to know that it will not stop us from achieving our goals.

Everyday, but particularly on Remembrance Day, Canadian amputees like me honour these veterans who not only served their country but returned home to make life better for all amputees.

- Graham Spero
Graduate member of The War Amps Child Amputee (CHAMP) Program

Low vaccination, high test positivity rates in Southern Health

By Ashleigh Viveiros

The Southern Health region's low vaccination uptake is leading to some sobering numbers.

Last Friday, public health officials for the first time released the COVID-19 test positivity rates for all five Manitoba health regions.

Southern Health was seeing a five-day test positivity rate of 14.5 per cent that week, well above the 9.5 per cent being seen in the Northern health region, 5.3 in Interlake/Eastern, 4.8 in Prairie Mountain, and two per cent in Winnipeg.

At 68.4 per cent, Southern Health's vaccination rate is the lowest in the province by a wide margin; the next lowest is Prairie Mountain at 81.7 per cent.

As of Monday, Southern Health accounted for 439 of Manitoba's 1,377 active COVID-19 cases—over 30 per cent—and nearly half of all the new cases reported over the past week, despite only having about 15 per cent of the province's population.

Of the 141 Manitobans hospitalized due to COVID-19 on Monday, 62 are from Southern Health. The region also accounts for 15 out of the 26 peo-

ple currently in ICU due to the virus.

"We are monitoring the situation in Southern Health, as we are monitoring the situation throughout the province," deputy chief provincial public health officer Dr. Jazz Atwal said at a press conference last Wednesday. "We're looking to see if there's anything else we can do from a measures perspective and recommendations to government related to Southern Health as well."

Currently, the bulk of the Southern Health region has more restrictive capacity limits in retail stores (50 per cent) compared to the rest of the province, but no other extra restrictions.

Atwal said they're looking closely at what the picture might look like across the province in the weeks ahead but could give no firm details on what, if any, further restrictions might be on the horizon.

"We're looking at where we anticipate cases to be over the next one to six weeks' time and also where hospitalizations and acute care capacity requirements will be over that time," he said. "So we're taking in a lot of information right now, we're synthesizing it, and we're going to look at see-

ing what else we can do from a public health perspective in those locations."

When it comes to reaching out to communities in Southern Health, Atwal said they plan to continue working with local leaders to help educate people about the vaccine's efficacy and alleviate concerns they may have about its safety.

"The vaccine has proven quite powerful in preventing cases and also in preventing those severe outcomes," he stressed.

Manitoba as a whole on Monday saw its largest daily increase in new infections since June, with 156 new cases. Fifty-six of those were in Southern Health.

Across Manitoba, unvaccinated or partially vaccinated people make up about 60 per cent of active COVID-19 patients in hospital and 89 per cent of those in ICU.

Locally, cases in many of the larger urban centres are on the rise, with Winkler reporting 68 cases, Morden 27, Altona 22, and Stanley 19 on Monday. The other Pembina Valley communities each had under 10 cases at press time.

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November is Diabetes Awareness Month

By Lorne Stelmach

Diabetes Awareness Month throughout November as usual is much about raising both funds and awareness, but this year it is also a celebration. A special event next week will honour the revolutionary Canadian discovery of insulin a hundred years ago—a scientific feat that has changed the lives of generations of people living with diabetes.

“Diabetes impacts everybody in some way, shape or form, whether it’s ourselves, whether it’s a family member or a friend,” said Andrea Kwasnicki, Diabetes Canada regional director for Manitoba, Saskatchewan and Nunavut.

“It’s because the prevalence is so high ... 33 per cent is what we are looking at right now or one in three ... so look to your left, look to your right, and then look in the mirror.”

The activities this month include a World Diabetes Day livestream event the evening of Nov. 14 that will feature people impacted by diabetes, health care providers, and local entertainment from across Canada.

You can also take part in a 50/50 raffle, bid for items at a silent auction, or purchase a “Cause Box” to add to your at-home viewing experience with a box that is unique to Manitoba and includes special treats.

Here in Manitoba, they are also making particular note of DREAM (Diabetes Research Envisioned and Accomplished in Manitoba) as a key research theme at the Children’s Hospital Research Institute of Manitoba (CHRIM). In 1985, a leading diabetes doctor and investigator on DREAM, Dr. Heather Dean, discovered the first case of Type 2 diabetes in a child.

Since then, Manitoba and CHRIM has become one of the world’s top research centers for Type 2 diabetes, which is the fastest growing chronic illness in Canada. Manitoba has one of the highest rates of Type 2 diabetes in children in the world.

“Very often, with Type 2 diabetes, signs and symptoms don’t show unless you’re getting tested,” noted Kwasnicki.

Not only is one Canadian diagnosed with diabetes the equivalent

of every three minutes, but there are about 11 million Canadians who currently have diabetes or pre-diabetes. It is estimated it will reach 14 million and that perhaps 1.5 million may have Type 2 but not know it. In Manitoba, the prevalence of diabetes is at about 403,000 or 28 per cent of population, and it is estimated it will be 488,000 or 31 per cent by 2031.

“And that’s just what they’re estimating ... we are saying it is because of our population, our aging population as well as the fact that we do have a high number of high risk groups that live in the province of Manitoba,” said Kwasnicki.

“Indigenous are more apt to develop type two diabetes, and because we do have a higher indigenous population per capita, our numbers are probably one of the highest in the country.”

A few basic facts about four types of diabetes:

- Type 1 - about 10 per cent of people living with diabetes have Type 1. People with Type 1 must inject insulin multiple times a day. It is diagnosed most often in children and young adults but can appear in older adults as well, and it cannot be prevented.

- Type 2 - about 90 per cent of people with diabetes have Type 2. The pancreas does not work properly, and the body cannot make enough insulin

and/or cannot properly use the insulin it does make, but this may be prevented or delayed.

- Prediabetes - blood glucose levels are higher than normal but below the level to be diagnosed. There is a higher chance of developing Type 2 diabetes. There may be no symptoms, but often there is still time to act.

- Gestational - develops during pregnancy and affects 3.7 per cent of all pregnant women, so it places women at higher risk for Type 2 diabetes.

There are a number of key risks as well that are linked to diabetes, including:

- Connected to 30 per cent of strokes and 40 per cent of heart attacks. You are three times more likely to be hospitalized for heart attack and stroke.

- Connected to 50 per cent of kidney failure resulting in dialysis. You are 12 times more likely to be hospitalized for kidney failure.

- Connected to 70 per cent of non-traumatic leg and foot amputations. You are 20 times more likely to be hospitalized for amputations.

- 25 times more likely to experience vision loss, and it is a leading cause of blindness in Canadians under 50.

On average, it can reduce your lifespan by five to 15 years. For more information, including a self risk assessment test, head to www.diabetes.ca.

RM of Grey looking at amalgamating with Carman Dufferin Planning District

By Becca Myskiw

The rural municipality (RM) of Grey is looking at amalgamating with the Carman Dufferin Planning District.

After their building inspector resigned in 2019, the RM had to find someone to fill his shoes. That meant finding someone who could provide building and planning inspections quickly. Kim Arnal, chief administrative officer (CAO) for the RM of Grey, said that as it takes quite a bit of time to go through the training, they started looking to the surrounding municipalities about providing services on an “interim basis.”

“This led to discussions with Carman-Dufferin about the potential of joining their planning district,” she said. “We were planning to do open houses in 2020 but with COVID that just didn’t happen.”

So, they had the open houses this year — the first one last Monday in Elm Creek and last Thursday in St. Claude. Their purpose was to provide information to residents about the potential of the amalgamation and get their feedback on it.

Deputy reeve Rod Savage opened at each open house with some background on how they got to these discussions. Then, the director of economic development for the Town of

Carman and RM of Dufferin Tyler King gave everyone a presentation on its feasibility. Around 20 people showed up to the Elm Creek open house and 30 to St. Claude.

Arnal said they did open houses to get information out because they’re less formal and invite conversation, helping them to eliminate concerns beforehand if possible. Around 40 questions were posed in total.

The RM of Grey’s planning district was dissolved in 2015 when Municipal Amalgamations took effect. As a result, the RM of Grey and the Village of St. Claude became one municipality, and a planning district needs at least two municipalities. From 2010 to 2018, the RM of Grey hired building inspectors and looked after planning permits and inspections on their own.

Now, they’re ready to be part of a planning district again.

“Good planning can create growth in communities,” said Arnal. “With updated development plans and zoning by-laws, the administration would be more effective and produce less errors and it would be easier for developers to plan. As well, the province prefers to work with planning districts so we felt it would be a good opportunity to be a part of a planning district again.”

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The Ryall Hotel ...a piece of Carman (part 7) the Croattos and Crossmans

By Dennis Young

In August 1984 Romeo and Margaret Croatto and their three children moved into the Ryall. They were a hit immediately with his fancy goatee and her with a strong Australian accent. It was their first venture in bar ownership but got lots of help getting off on the right foot.

"We were able to assemble a core group of employees who stayed on and of course Howard Bayliss who did maintenance and grounds," said Margaret. "We didn't do any major renos but did rework the bar area. Romeo raised the main seating area and added railings to look like a deck. In the restaurant, who we leased to Dorothy Karmazenuk '85-'86, we wall papered and carpeted."

"One memory worth a laugh would be the day when a squirrel followed the costumer into the bar. Our dog Swag was behind the bar and it wasn't long before the chase was on. There were chairs flying, dog barking and a scramble to close doors to the restaurant area. We thought the old boys were going to get a heart attack chasing that thing lol."

"In order to boost sales, we brought in bands (including Harlequin) dancers and DJs. A shooter bar, theme nights and pool/dart tournaments all helped some but towards the late 80s the drinking and driving laws were getting stricter and that put a damper on table sales. The prices of drinks went up and customers went down."

During that period a lot of country hotels were closing down or catching fire. In 1989 they filed for bankruptcy and turned it back over to Vic Massey. "We were working 16 hour days, not drawing a wage and could not see the light at the end of the tunnel. We hung a sign on the front door: Shut Down Saturday Night...Business Too Taxing."

After leaving Carman Margaret got involved with Winnipeg School Division working with troubled youth while Romeo returned to the construction industry. They lived in Gimli for 14 years then moved back to Winnipeg due to health reasons. Margaret is now 76 and Romeo 78. "We down sized to a condo and are enjoying our family and grandkids. The staff, the regulars and some of the people we interacted with in Carman were and are very dear to us."

For two to three months there was no Ryall Hotel.



Romeo and Margaret Croatto

The first time since 1903! To the rescue came Janet and Don Crossman from Marchand to reopen an old friend.

"We came to Carman to take a look and were very impressed so decided to move here" Don explained.

They began promoting the River Inn adding Columbian coffee, specialty burgers/steaks, homemade products and new hours. In the beverage room a big screen TV will play all specials when there are no bands. Outside a patio was added to offer diners a barbeque supper. Taxi service was also a constant option for clients.

Lots of staff came and went over their years but one that was constantly haunting them was...Ed Ryall. Janet tells me this "I could always tell when he was around as there was a peculiar smell of a mixture of pipe tobacco, liquor and age. He was not a threatening presence once I got used to him looking over my shoulder while doing the books."

"The third floor was a different story as the ghosts up there were not friendly. Often times I could not go unless our dog went first. If she turned around, I



STANDARD PHOTO SUBMITTED
Janet and Don Crossman

knew I would not be getting up there! In fact second floor guests often heard footsteps and sounds from above. I have had friends stay in their car rather than listen to that."

Don expands on the ghost theory. "We had some disappearing scotch and cigarettes. Once a fortune teller came to read cards but when she could smell pipe tobacco, she left in a panic saying this place gave her chills!"

"Special people or groups who crossed paths us were the Beavers, Philys and Elgin Houston, Rodney Ryle, Percy, Howard and the Odds n Ends even had their own room upstairs for after hours. We thoroughly enjoyed each and every one who visited our Ryall."

Both moved to Winnipeg where Janet presently is working as a controller for a POS company but retiring this year. Don retired for the most part but since 2016 has been an IT consultant for Western Glove Work.

Next...history goes up in flames!

Pride looking for local rainbow community members to share their stories

By Becca Myskiw

Pembina Valley Pride is looking to the future and hoping to include a local speaker series for those interested.

The plan is still in the preliminary stages, but the group is seeing right now if they can get local members of the rainbow community who are willing to share their story with others in the community.

Interim president Ryan Schroeder said with how things are in the Pembina Valley right now; people are only accepting of the LGBT2SQ+ community sometimes, making it more difficult for them to feel safe at home.

"You'll often encounter offhand homophobic comments," said Schroeder. "That's not conducive to living in a safe place, and we want to make this a safer place for people. A lot of rainbow members decide to just move away, that doesn't need to happen. We want everyone to feel accepted and loved in this community."

Schroeder moved to Winkler when he was in Grade 4. He said he enjoyed growing up in the area — so much so that he moved back to it after university, and he now lives in Morden with his husband.

"It was an interesting place because as I was starting to discover that I was gay, I wasn't willing to accept it myself because I felt the community wasn't accepting at the time," he

said.

Schroeder continued into adulthood before he was willing to admit to himself that he's gay. However, he said sharing little anecdotes like that and hearing them from other people in the LGBT2SQ+ community will hopefully help people feel safer coming out before adulthood.

Last year, Pembina Valley Pride had rainbow community members from outside the Pembina Valley talk to local members, but they want local voices to be heard this year.

"We're hoping speakers are willing to share about their life, their life story," he said. "Part of that being coming out and discovering how they're a part of the rainbow community. But also, their hopes and dreams, their experiences, so people have a chance to get to know people in the area. Because I think that is really where you build bridges."

The series, like all their other events, will be free for all who attend. To be a speaker, email info@pembinavalleypride.ca.

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GPAC hosting microfiction writing contest for all ages



STANDARD PHOTO SUBMITTED

GPAC is hosting a microfiction contest this month with a one night stay at the Carman Blue Crescent Hotel as the prize.

By Becca Myskiw

Get your pens ready — Golden Prairie Arts Council (GPAC) is looking for the next best writer in the

community.

GPAC is hosting a microfiction contest this month, accepting submissions from Nov. 1 to Nov. 30.

Microfiction is exactly what it sounds like — a super short, fictional story told in 1,000 words or less (usually 300). In this case, GPAC is accepting submissions that are 150 words or less. According to LitReactor, a literary website, microfiction has a huge appeal to the modern reader because of people's short attention spans. For the writer, microfiction forces them to look at their prose and only write about the essentials and non-redundancies.

Desiree Penner, executive assistant and curator at GPAC, said the written word is an art form and the organization wants to shine the spotlight on diverse forms of art. In addition, doing a microfiction contest gives people an incentive to try the medium.

"Writing allows you to daydream and brainstorm a whole new world for your characters," said Penner.

Each story submitted to GPAC for the contest has to contain the words "train station" at least once. The stories can be about anything the writer wants, but those words have to appear somewhere together to be eligible.

Once writers are ready to submit their final works, they can either drop off their story at GPAC (38 Centre Ave-

nue West), mail it to them (38 Centre Avenue West, Carman, MB, R0G 0J0), or email it to gpaccarman@gmail.com.

A panel of six or seven jurors of local authors, lawyers, early childhood educators, and others will read each story and decide on their favourite.

"We have a wide diversity of people reading," said Penner. "We will hopefully have a wide diversity of people submitting."

One winner will be chosen and will win the ultimate prize — a one night stay at the Carman Blue Crescent Hotel, along with \$30 in Chamber bucks to spend on dinner.

Anyone in the rural municipalities of Dufferin, Grey, Thompson, and Roland can enter. Penner said they're hoping people of all ages submit a story and try out writing with the chance at the big prize.

As of last Wednesday, 10 entries were already in. Penner's hoping it continues to snowball.

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Incredible Creatures: Nuts over red squirrels

By John Gavloski

One animal that we will continue to see in our yards and wild areas all winter is the red squirrel. These playful acrobats can keep us entertained on all but the coldest days. In this month's Incredible Creatures we will explore some of the behaviours and antics of red squirrels.

Ten species of squirrels can be found in Manitoba. Two are species of chipmunks, three are types of ground squirrels, we have a species of flying squirrel called the northern flying squirrel, and three species of tree squirrels (including the red squirrel). Tree squirrels are highly specialized for living in the trees; they typically have larger eyes and ears than ground dwelling squirrels, as well as longer, bushier tails to better balance in the treetops. With their well muscled hind legs for leaping and curved claws for climbing, tree squirrels rely on trees for shelter and food, and use the maze of branches as transportation routes. While most species of ground squirrels hibernate in the winter, tree squirrels are non-hibernating. In northern areas they must store enormous amounts of food to survive the winter.

Red squirrels are easy to identify by their rusty red coats, white undersides and white eye rings. They get all new fur on their bodies twice a year, and once a year on their tail. Mothers gives birth to 1 to 8 young, averaging about 4. Newborn red squirrels have no hair except for whiskers and some soft hairs on their chins. Their eyes open after 26 to 35 days, and they have all of their fur after 40 days. The young drink milk from their mother for the first 70

days.

Red squirrels average lifespan is five years. However, red squirrels have difficulty surviving past one year old. Only 25 per cent of red squirrels survive past one year.

To communicate, a red squirrel makes a lengthy, descending trill and a chatter of assorted notes and chucks. They use vocal communication to advertise their territories and to threaten other squirrels. Red squirrels may even be able to recognize each other by individual calls.

Red squirrel nests are in holes in trees, in the leaves, or can even be underground. They make nests out of grass, moss, parts of plants, shredded bark, feathers, or fur. They usually build nests within 30m. of where they have stored food.

Red squirrels spend the day collecting cones from pine, spruce or fir trees, seeds, nuts, fruit, and mushrooms. They will also feed on buds, flowers, bark, berries, insects, eggs, mice and young of small mammals when the opportunity arises. Seeds of pine cones are a favourite.

Some of this food is stored for the winter. They store nuts and seeds in piles called middens under logs, at the base of trees and underground.

They store up enough food to last one or two seasons.

Red squirrels remain active throughout the winter, except in severely cold weather. In the winter, red squirrels peak their activity around midday to take advantage of warmer temperatures. Adverse weather may result in reduced activity, but it is unlikely that squirrels will remain in the nest for more than 1 day without foraging. As the temperatures drop, squirrels become less active, and it has been reported that



PHOTO SUBMITTED

Ten species of the red squirrel can be found in Manitoba.

at temperatures of about -32 degrees Celsius, red squirrels become completely inactive.

Even in the cold of winter, red squirrels can keep us entertained with their acrobatics and chatter.



We are pleased to welcome **Dr. Saima Afrose, MD & Dr. Shahrokh Nejad, MD CCFP** who have recently joined our primary health care team at Carman Community Health Centre.



Dr Afrose moved to Carman with her husband and two children and began working full time at Carman Community Health Centre in August 2021.

Dr. Afrose received her medical training and worked as a family physician in Bangladesh until coming to Manitoba in 2013. She recently completed the Internal Medical Graduate Program within Southern Health-Santé.

Much of Dr Afrose's past experience has been working as a family physician in a rural setting, and finds Carman to be similar in many ways. She enjoys working with all ages and has increasing interest in geriatric care. She has found Carman to be very nice and welcoming to her and her family and they are looking forward to being part of our community.



Dr. Shahrokh Nejad has joined our clinic in a part time term position. He received his medical education and worked as a family physician in Iran, before coming to Canada in 2002. He completed the Manitoba International Medical Training Program and started working as a family physician in 2010. He has worked as a family physician in Virden, Rural and Northern Health, Pilot Mound and Crystal City.

He is currently dividing his time between Carman and Toronto on a two week rotation. He is enjoying his time in Carman, and describes it as a good kind of busy in a nice community.

Dr. Afrose and Dr. Nejad will be providing primary care services to patients in the clinic as well as inpatient and Emergency Department coverage at Carman Memorial Hospital. They are both open to accepting new patients at the clinic at this time.

They join our team of:
Dr. T. Atchison, MD CCFP
Dr. J. Braun, MD CCFP

Dr. D. Hunt, MD CCFP
Dr. S. Vermeulen, MB ChB
Dr. K. Roberts, MD CCFP

Sara Birnie, NP
Vanessa Jamault, NP

From the Government's Election Platform:

Canada Is Set to Become a Global Leader in Levelling the Playing Field for Local News

Levelling the Playing Field with Digital Giants

In 2021, most Canadians get their news from digital platforms which drives key advertising revenues away from Canadian news organizations and towards platforms owned by social media companies and digital giants.

A re-elected Liberal Government will:

- Introduce legislation, within 100 days, that would require digital platforms that generate revenues from the publication of news content to share a portion of their revenues with Canadian news outlets. This legislation would be based on the Australian model and level the playing field between global platforms and Canadian news outlets. The bill will also allow news publishers to work together to prepare for collective negotiation.

In a democracy, nothing is more vital than a healthy, vibrant local news media. But the threats from Big Tech are increasing every day.

The government's 100-day plan will place Canada in the front ranks of global leadership standing up for local news. The commitment is clear. All parties in Parliament support decisive action. Now is the time to act and pass legislation by early 2022.

News Media Canada, representing hundreds of trusted titles in our print and digital media industry, and our news publishing partners across Canada and around the world, call on Canadian parliamentarians to work together to level the digital playing field between local news and Big Tech.



News Media Canada (NMC, Canada) - BC & Yukon Community News Media Association (BCYCNA, Canada) - Alberta Weekly Newspapers Association (AWNA, Canada) - Saskatchewan Weekly Newspapers Association (SWNA, Canada) - Manitoba Community Newspapers Association (MCNA, Canada) - Ontario Community Newspapers Association (OCNA, Canada) - Quebec Community Newspaper Association (QCNA, Canada) - Hebdo Quebec (HQ, Canada) - National Ethnic Press and Media Council of Canada (NEPMCC, Canada) - Inter American Press Association (IAPA) - International Telecommunications Organization (ITI) - International Association of Broadcasting (IAB)

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Remembrance Day - Thursday, November 11



Angus Black, a local Canadian hero

By Becca Myskiw

Local hero Angus Black was a Royal Canadian Air Force (RCAF) bomber. He fought in the Second World War for two years before crashing and dying in action.

Black was just 19 years old on May 8, 1942, when he joined the forces.

His family doesn't know why he joined exactly, but Angus Bédard, a nephew of his, believes he might have joined because he felt obligated to defend the commonwealth.

Upon enlisting, Black went to train in Saskatchewan — in his flight logs, and the family found that his night visual capacity was graded exceptional.



Angus Black is from Carman and served in the Second World War.



Black, left, was a bomber in the war and died after being shot down in 1944.

Continued on next page



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Remembrance Day - Thur

Continued from previous page

He was trained to fly a plane initially because he could already do it, but Bédard said it was more important to release the bombs at the right place, and Black happened to be very good at that, so he became a bomber.

"If he wouldn't have been as good a bomber as he was, he would've been a pilot," said Bédard.

And that fact somewhat haunts the family. In June 1944, Black's plane crash-landed off the coast of the Netherlands. They were likely hit by German forces, causing them to fall from 30,000 feet, leaving no one to jump out. The pilot was the only one to survive the crash. The Germans held him a prisoner of war until the war ended, and he was released.

"When it's your time to go, it's your time to go," said Bédard. "But I don't know. Maybe if he was a pilot..."

The Blacks back home in Carman were initially informed their son was missing in action (MIA) after the plane crashed. His body, along with the others he was found with, were taken by the Germans and stripped of everything they had. They were then taken underground and held there. Soon enough, they received the death report.

In July of 1944, "concerning the finding of two bodies, presumably from a British aircraft, shot down during the night of 21 on 22 June 1944 in the municipality of Loonopzand."

The report said "one body was found by German soldiers and was identified by soldiers from de Rijen who also seized the objects found on this body. On this body was a note with the following words: F, (slash), Q (name) A.J. Black. He was supposed to be Roman Catholic because he had a prayer book, 'In Memoriam'-card and rosary."

It talks about the second body and then says that once the Germans released the bodies, they were coffined apart and then interred in the R.C. Cemetery on June 26, 1944. Both men were reburied in their own graves after that.

Anne McEachern, a niece of Black's, was born after he died. She said she never saw her grandma smile. Her mother moved to Ottawa because she couldn't handle the level of grief in the family.

"The devastation the families feel from a loss like that. We're really proud of what they did but the sacrifice was immense," said McEachern.

Continued on next page



Black is buried in the Netherlands now.

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- Thursday, November 11



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His medals from left to right: The 1939-1945 Star, the Air Crew Europe Star, the Defence Medal, the Canadian Volunteer Service Medal, the War Medal 1939-1945.

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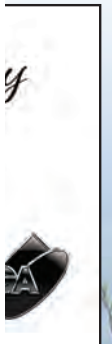
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LEST WE FORGET!



Remembrance Day - Thursday, November 11

Continued from previous page

She said as a child, when you realize a family member went through what Black did, it makes you feel more a part of the Remembrance Day celebrations ceremonies. Black's family is all across Canada now, but they all remember him in their own ways every Nov. 11.

Black was decorated with five medals from his service. He received the 1939-1945 Star, the Air

Crew Europe Star, the Defence Medal, the Canadian Volunteer Service Medal, the War Medal 1939-1945.

The 1939-1945 Star was awarded for six months of service for the army and navy and two months for air crew. The Air Crew Europe Star was awarded for two months of operational flying from the UK over Europe. The Defence Medal went to Canadians for six months of service in Britain between Sept. 3, 1939, and May 8, 1945. The Canadian Volunteer Service Medal was granted to anyone of any rank in the naval, military, or air forces of Canada who voluntarily served and completed 18 months between Sept. 3, 1939, and March 1, 1947. The War Medal 1939-1945 was awarded to all full-time personnel of the armed forces and merchant marines for serving for 28 days between Sept. 3, 1939, and Sept. 2, 1945.

"I've never met him, but I fantasized him as bigger than life," said McEachern. "That continues. I'm 73 and still keep him in my heart. It's just a continual sense of loss."



Angus Black's nephew, Ian Black remembering him at the Carman cenotaph.

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Remembrance Day - Thursday, November 11

Students painting in honour of our fallen soldiers



STANDARD PHOTOS BY BECCA MYSKIW

Carman Elementary Grade 3/4 students painted rocks in honour of War Veterans. They painted over 100 in total, each rock symbolizing a local individual who lost their life while serving. The students placed the rocks throughout the community so everyone that came upon them could take a moment to reflect on the fallen soldiers. Pictured left to right, Everly, Nathan, Aayan and Alex.

Lest We Forget



Blaine Pedersen
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Lest we forget

New STARS helicopter touches down at BTHC

By Lorne Stelmach

A new state of the art air ambulance that will be providing service here in Manitoba touched down at Boundary Trails Health Centre last Tuesday.

The H145 helicopter replacing an existing air ambulance made the stop here to give health care workers and local leaders an opportunity to check it out.

"This was not an easy feat. We relied on the community, on our government partners, on donors to make this a reality, and we're proud

to see that the day has come," said Grant Therrien, provincial director for Manitoba operations for STARS (Shock Trauma Air Rescue Service).

The range of services and care that can be provided on board doesn't change, but it will now be done in a more up-to-date environment, he

explained.

"It's a more comfortable cabin with better climate control, better lighting and a smoother, faster ride ... the medicine's the same; it's just more modern.

"This is a brand new version of the helicopter that we had in operation for over 30 years," Therrien continued.

"We love the modern avionics, the reliability of having a new aircraft, a whole new patient compartment, a whole new stretcher system.

"Everything in this aircraft is state of the art, so it will allow us to continue to provide excellent critical care in a safe, efficient manner, and this will be an aircraft that's going to serve Manitobans for years and years and years to come."

The helicopter will be ready

"EVERYTHING IN THIS AIRCRAFT IS STATE OF THE ART."



STANDARD PHOTOS BY LORNE STELMACH

STARS brought its new H145 air ambulance to Morden-Winkler last week to give staff at Boundary Trails Health Centre and local leaders a chance to check it out.

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to enter service before the end of the year.

As part of the training and familiarization process for crews, STARS visited several communities in rural Manitoba last week.

"Our medical teams are doing life training flights right now, and once they're complete, you'll be seeing this aircraft responding to real missions here in Manitoba," said Therrien.

With six bases operating across the three western provinces, STARS is in the midst of replacing its entire fleet. This is a \$13 million aircraft, with a large portion of the funding for it in place, noted Colleen Mayer, STARS director of donor relations and development.

Overall, it is a three year campaign for each of the provinces to raise the funds, she added, and Manitoba still needs to raise another \$2 million.

"It's been hard over COVID, but Manitobans have really stepped up, and I kind of tongue in cheek say that our helicopter here is built off of loonies and toonies," Mayer said. "The money continues to come in; municipalities have been great supporters ... it's been amazing how much support that we've garnered from Manitobans in the COVID era."

Lake Winnipeg fisher identifies underwater munitions dump site north of Hecla

Munitions capable of releasing chemical compounds that can destroy or contaminate fish stocks and leach human carcinogenic compounds

By Patricia Barrett

It's no secret that in the 20th century the Canadian military used lakes and oceans as disposal grounds for ammunition including bullets, mines, bombs and chemical weapons.

It was a common exercise that occurred around the world, leaving behind potentially deadly unexploded weapons and toxic emissions that destroy or contaminate aquatic habitats. Some underwater munitions sites in Canada have been publicly identified, but the extent of the problem has yet to be revealed.

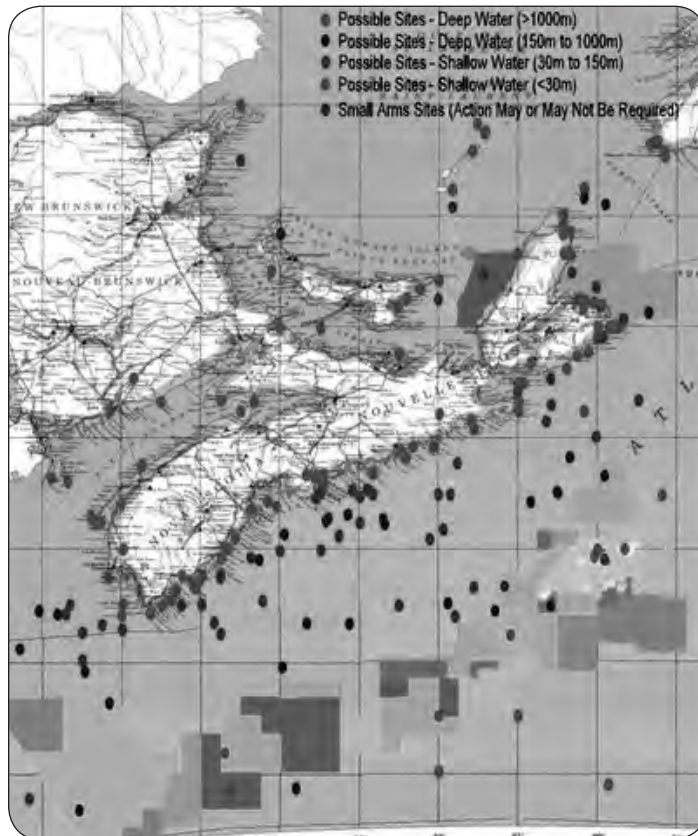
A Lake Winnipeg commercial fisher, who lives in Gimli and has been on the lake for nearly the whole of his life, says shells likely used for .30-30 rifles were dumped "by the barge loads" into the lake some time during or after the First World War.

Eighty-eight-year-old Robert T. Kristjanson, who still actively fishes and will be starring in a new series of Ice Vikings, said his grandfather and his grandfather's fishing partner from Hnusa operated a fishing station on the east shore of Lake Winnipeg, across from the Calder's Dock-Pine Dock region, where the shells had been dumped.

"The shells had already been dropped when my mother and dad were at the camp in the 1930s. They [the military] came in with barge loads and went down to the bay where they dumped all these shells," said Kristjanson last week. "There were so many of them that they were sticking out of the water."

The fishing station was in a harbour near a pre-1914 quarry and a mill that processed granite for household dishes, he said. A railway in the area hauled the stone to Winnipeg.

Kristjanson said he thinks the shells were dumped in Lake Winnipeg be-



MAP COURTESY OF TERRANCE LONG

Atlantic Canada coasts are littered with munitions dump sites and possible dump sites.

cause it was an easy way to get rid of them.

"I guess there was so much ammunition around and they didn't recycle it. They were just trying to get rid of it," said Kristjanson. "These were live shells, probably for .30-30s. These would fit a man's rifle."

"I GUESS THERE WAS SO MUCH AMMUNITION AROUND AND THEY DIDN'T RECYCLE IT. THEY WERE JUST TRYING TO GET RID OF IT."

Because they were so easy to retrieve from the bay, fishers would use part of the shells for sinkers to keep their nets under the water, he said.

"On the end of it was a big piece of lead, the shell, that killed people. Fishers would use the lead on their nets for sinkers because they were hard to get at that time," said Kristjanson. "Or some men would take them and use them for target practice. There were piles of them right in the middle of the bay."

In the 1980s, Kristjanson said he went back to the site with family members and found remnants of the shells.

"My dad, brother and I went there in the 1980s. We took my boat and my dad showed me where my grandfather and his partner's fishing camp was and the fishing station," said Kristjanson. "He showed us where the railroad was and where they used to haul

the crushed rock. That's where we picked up some ends. All that was left were the ends off the shell, the brass end."

He said in those days no one talked about the impact of potential munition pollution on the environment or whether there were human health concerns.

Retired Canadian Forces military engineer Terrance Long, who has over 30 years' experience in explosive ordnance disposal and is a recognized leader on the clean-up of underwater munition sites, told the *Standard* he

could not find a direct reference to munitions having been dumped in Lake Winnipeg, but both the army (1908) and the air force (1925) were present in the area.

"There are most likely munitions in the lake," said Long by email last week. "It was a common practice to dump old, obsolete, damaged, time-expired or unwanted mu-



STANDARD PHOTO BY PATRICIA BARRETT

Lake Winnipeg commercial fisher Robert T. Kristjanson said shells that were likely used in .30-30 rifles were dumped by the barge-load into the lake north of Hecla Island during or after the First World War.

nitions into lakes and the ocean as a cheap means of disposal."

Canada started dumping munitions in water bodies in the 1910s, he said, and continued most years up until the mid-1970s when "countries began

Continued on page 19

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The Carman-Dufferin
STANDARD

Stefanson sworn in as Manitoba's first female premier



SCREENSHOT

Premier Heather Stefanson reflected on the women who came before her in government and is confident that while she may be the first female premier, she certainly won't be the last.

By Ashleigh Viveiros

Heather Stefanson was sworn in as Manitoba's first female premier last week.

Stefanson, who won the Progressive Conservative Party of Manitoba's leadership race against Shelly Glover by 363 votes (Glover is currently ap-

pealing to the courts to declare the results invalid), took over the role of premier Nov. 2 from Kelvin Goertzen, who filled it in an interim capacity after Brian Pallister stepped down.

A woman becoming Manitoba's 24th premier is something that was once "unthinkable," Stefanson reflected after being sworn in, going on to honour the legacy of the women who came before her in various roles in government, steadily paving the way for this day.

"While I may be the first woman to hold this office, I take this oath confident in the knowledge that I will not be the last," she said.

Stefanson pledged that her government is committed to acknowledging and reconciling for the sins of the past when it comes to the province's treatment of Indigenous peoples.

"Our government is committed to listening and learning from First Nations leaders, Elders, and Indigenous families as we advance reconciliation together," she said. "I look forward to learning from Indigenous Manitobans and working together to heal the wounds of the past and forge a new path forward."

The pandemic is also top of mind for the new premier, who acknowledged it has "affected the lives and livelihoods of every Manitobans."

The crisis has created and exposed challenges in the province's health care system, Stefanson said, announc-

ing the creation of a task force to "clear the surgical and diagnostic backlogs and enhance our ICU capacity."

She also pledged to "do right by our seniors" by implementing every recommendation made in the review of Manitoba's long-term care system.

And when it comes to the economy and the struggles the pandemic has caused, she promised the government is committed to helping entrepreneurs get back on their feet.

"To the extent that government is impeding their productivity and growth, we need to get out of their way and let them run their businesses," she said. "Over the coming months and years, that is exactly what our government will do. We will listen to our business community and create the conditions for economic growth."

Above all, Stefanson stressed she believes wholeheartedly in the values of peace, prosperity, and human rights for all.

"I promise that I will always be humble in the pursuit of that cause," she said. "I promise that I will always listen to you, the people of Manitoba. And I promise that in two years, when this government seeks a renewed mandate, you will see yourself in our priorities and our vision."

"I will work every day to gain and maintain your trust."

Stefanson will deliver her first throne speech as premier on Nov. 23.



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Flashback: Carman Minor Hockey



STANDARD PHOTO SUBMITTED

The Carman Minor Hockey Association (CMHA) executive from 1990. Back row, left to right: Norm Wiebe, John Veldman, Don Owen, Marilyn Gitzel. Front row, Elizabeth McFarlane, Glen VanHove, Bonnie McCutcheon. The association provided a program for 130 boys aged 6 to 15 years on a \$30,000 budget. The 2021 comparison: 116 players ranging in age from 6-15 years of which 24 are female making up 10 teams on a \$85,000 budget.

> MUNITIONS NORTH OF HECLA, FROM PG. 17



CANADIAN WAR MUSEUM

Ross rifles were produced in Canada from 1903-1918. The Ross rifle MK III [1910], shown here, was found unsuitable for trench warfare during the First World War but useful for snipers.

to understand the environmental impacts they were creating."

Long is the chair of International Dialogues on Underwater Munitions (IDUM), a non-governmental organization he founded in 2004 to persuade governments to clean-up underwater munitions dump sites containing all classes of munitions – biological, chemical, conventional and radiological. He's also co-director of three programs (with NATO and the European Union) that deal with underwater chemical weapons.

Long spoke about underwater munitions last week at the COP26 climate summit in Glasgow, he said, and is scheduled to address the European Parliament in Brussels in a week or so on the remediation of dump sites in European waters.

Long said "hundreds of millions of tons" of munitions have been dumped into lakes, seas and oceans around the globe, including in Canada. Sites off Nova Scotia – including Bras D'Or Lake on Cape Breton island – and Newfoundland have been identified as well as sites on the Pacific coast.

Governments and media haven't given the issue the attention it should be getting, he said, given the environmental degradation on aquatic ecosystems and human health concerns.

Munitions can release chemical compounds that destroy or contaminate fish stocks and leach human carcinogenic compounds. Scientists believe that some of the chemicals may dissipate in water, but substances such as arsenic can bioaccumulate in the food chain. TNT [an explosive], which breaks down to create a human carcinogen, can cause algal blooms, bleach and kill corals, create black spot disease in lobsters and crabs and change the acidity and temperature of water, which has spin-off effects on global warming.

"I need to be very clear: our oceans, seas and lakes are dying from the legacy of underwater munitions. They are silent killers destroying Canada's potential for a blue economy [a concept which encourages the stewardship of oceans]," said Long.

Not only are "decaying toxic munitions" destroying aquatic habitats, but they also have the potential to kill humans should they wash up on beaches. People shouldn't handle them. They should call the police, said Long.

"A few years ago, I received a call from a family in Ajax [Ont.] that had picked up a bomb on the beach in Halifax and drove it home with their children. They put the bomb in their living room, took a picture and sent it to me. I told them to call the police. The bomb squad came and found that it was a live bomb," said Long. "DND [Canada's Department of National Defence] knows there are bombs on Halifax beach because it's near a bombing area, but they do not put up any signs on the beach or do any risk mitigation to tell people not to pick them up or stay away."

DND said in 2004 that there were around 60 high priority sites in Canada – and today there still are 60 high priority sites, said Long, citing the department's rather lax response to the issue.

"When I did a Senate hearing in 2004, there was a unanimous decision on three points. One was to get more finance and scientific research to address this. The second was to have other government departments involved – other than DND. The third was to have the government call on the United Nations for an urgent conference with coastal countries," said Long. "Senators were unanimous in their decision on all three points, but what happened after the hearing was they gave it all back to DND, and they never called for that conference."

The Express reached out to DND with questions such as how many pounds or tons of ammunition were dumped into Lake Winnipeg at the site Kristjanson identified, other sites around the lake where this may have occurred, whether DND has done a survey of munitions sites around the lake and how it intends to move forward.

A DND spokesperson acknowledged the questions, but no answers were provided.

Flashback... Carman Frosted Foods



STANDARD PHOTO SUBMITTED

A dismantled annex moved in from Homewood to 71-1st Ave. SW was the first home for Carman Frosted Foods in 1946. Although there were other butchers in Carman, Allan Sprott and brother-in-law Mel Park renovated that annex and opened to the public an abattoir offering a wide range of services not yet available. With the amount of meat processing, custom slaughtering, farm pickup, lockers for rent, curing, smoking and lard rendering, Al bought out Mel a year later and brought in his son Larry. In 1964 they built a new facility on Hwy #3 N which was the 1st of its kind in Manitoba. By 1976 a retail outlet and processing plant were added that required not only Al and Larry, but Al's wife Marj plus sons Lee and Brian, to keep up with demand. Larry would become sole owner in 1985 for two years before ending the Sprott's 41 years in 1987. New ownerships and name changes followed. Gerald and Marc Rondeau 1987-93 ran it as Carman Meats before Jim and Doris Holmes continued that moniker on until 2008. All Natural Meats was introduced to Carman that year by Roger Phillippe and remains as such with Hamzeh Janmohamadi as the current owner since 2016.

PHOTO CALENDAR



January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year's Day
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					



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Merry Christmas

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Local figure skaters place in sectional championships

By Becca Myskiw

Five local figure skaters spent the past weekend competing at the sectional championships in Virden.

To go to the competition, skaters just have to apply and are selected based on certain requirements. The Carman Skating Club practices twice a week at the Carman Arena, and two of the five competitors also practice twice a week in Virden.

At sectionals, they each performed a solo that was two to three minutes long and incorporated a certain number of jumps, spins, steps and spiral sequences. They each chose their own music to skate to and coach Jody James worked on their routine with them.

“With the amount of training we have this is going to be interesting,” said Jody James before the event. “We haven’t been on the ice for a year and a half. They just have to believe in themselves and skate their best.”

Of the five, only Wyatt James competed at a high enough level to move onto the Skate Canada Challenge, and he placed second over the weekend in the pre-novice men’s competition. Wyatt, 16, usually skates in pairs but his partner recently quit skating. So, he did a solo routine at sectionals after only being on the ice for the past month.

His mom and Carman Skating Club coach Jody James said he was in an accident this summer and spent months in Health Sciences Centre recovering.

“He’s just glad to be back on the ice,” said Jody James. “He’s disappointed there’s no partner this time, but he’s happy to be skating.”

Last time Wyatt James competed in the Skate Canada Challenge with his partner, they placed ninth in the country. He’s hoping to find a partner again for this season soon. He skated two programs and the others each did one.



STANDARD PHOTOS BY BECCA MYSKIW

Carman skaters travelled to Virden to compete in Sectionals last weekend. Pictured left to right, Jacy Butler, Amelia Wytinck, Wyatt James, Camryn Harder and Talia Harder.



Camryn Harder placed second in pre-juvenile U13.



Amelia Wytinck placed fourth in pre-juvenile U11.

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SATURDAY

NOV. 13TH



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Also competing at sectionals was Jacy Butler. She placed second in Juvenile U12. She said she just likes competing and she’s looking forward to more chances to do that this year.

The three other skaters — Amelia Wytinck, Camryn Harder, and Talia Harder — competed at the sectional championships for the first time. Talia Harder finished eighth in Juvenile U15 and Camryn Harder placed second in pre-juvenile U13.

Wytinck’s been skating since she was three years old and said she went for the experience.

She skated to Take on the World by Sabrina Carpenter and placed fourth in pre-juvenile U11. Her goal was to get top three and even though she didn’t, she’s excited to try again at the next competition. Before the competition, Wytinck was working on her axel, lutz, and camel spin. Now, she’s looking toward more competitions this year.

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SUDOKU

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

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

- Taxis
- Mega energy unit (abbr.)
- Single-strand break
- Combinations of countries
- Cutting tool
- Small bay in Gulf of Maine
- Actress Lathan
- Chatter incessantly
- Energy, style and enthusiasm
- Simple shoe
- Woman (French)
- Abnormal rattling sound
- Able to change
- Future butterfly
- Used in cooking and medicine
- A street for nightmares
- French modernist painter
- Dishonors
- Integrated data processing
- Frameworks
- Apply new materials
- Where merch is displayed
- American figure skater Lipinski
- Cycles per second
- Oohed and ___
- Dark olive black
- Peyton's little brother
- Plant in the bean family
- A wife: ___ covert
- Born of
- Arranges balls on the pool table
- Title of Italian monk
- Tooth caregiver
- American feminist poet

CLUES DOWN

- Dan Rather's old network
- Expression of sorrow or pity
- ___ fide (Latin)
- Sign of healing
- Warm-blooded vertebrate

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

- Model
- Of or relating to plants
- Plant of the heath family
- Where to weigh something
- Internal structure
- ___ Paulo, city
- South Slavic person
- A way to record
- Have already done
- As much as one can hold
- Auburn legend Newton
- Comedienne Gasteyer
- Beloved dog Rin Tin ___
- Midway between east and southeast
- Call it a career
- Former CIA
- American time
- Confederate general
- Soviet Socialist Republic
- Travel downward
- Made red-blue
- Vietnamese revolutionary Le Duc
- Capital of Italy
- Small bunches of flowers
- Calvary sword
- A distinctive, pleasant odor
- A well-defined track or path
- Cereal used to make flour
- Retrospective analysis (abbr.)
- Grayish white
- Engrave
- Famed men's basketball program
- Midway between south and southeast

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Please submit cover letter and resume with 3 references to: PKF Lawyers, 326 Stephen St., Morden MB R6M 1T5 or email to ldonaldson@pkflawyers.com

Open until filled.

Thank you for your interest, however, only those selected for an interview will be contacted.

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CARD OF THANKS

The family of Mary Bargaen wish to express our thanks for all the flowers, cards, food and visits received in sympathy of Mom's passing. These have all helped us through this sad time.

DEKALB SuperSpiel Welcomes the World

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Educational Webinar

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204-256-0225

2022 Support Group dates:
January 22
April 23

Remember Your Loved Ones
with an Announcement in the
The Carman-Dufferin
STANDARD Call 467-5836

McCulloch Mooney Johnston Selby LLP
YOUR LOCAL LAWYERS

FIRM MANAGER

The law firm of McCulloch Mooney Johnston Selby LLP is growing and accepting applications for full time Firm Manager.

Our well-established firm conducts a thriving legal practice with offices located in Carman, Treherne, Manitou, Morden and Winkler.

The successful candidate will be responsible for managing the day to day operations of the firm, HR and some legal secretary duties. Required attributes include:

- organizational skills;
- interpersonal, written and verbal communication skills;
- able to work independently and in a team environment.

We offer a competitive salary and excellent benefits. The full time position will be Monday to Friday, 40 hours per week, and the successful candidate will be able to work from any of our four MMJS office locations. Some travel required. Knowledge of office management is an asset. Experience with Microsoft Windows, PC Law or other accounting software is preferred. Please forward your resume to chris@mmjslaw.com or mail to Box 450, Treherne, MB R0G 2V0 by November 19, 2021. Any questions can be directed Chris Bowler at 204-723-2777.

We thank all applicants - however, only those to be considered for an interview will be contacted.

OBITUARY

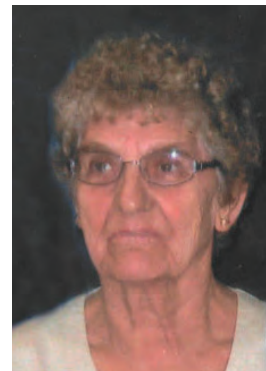
Elizabeth "Betty" Harris

On November 6, 2021, Betty peacefully passed.

She is survived by her son Jeff (Kim); daughter Pat (Tom); four grandchildren, Mallorey (Mark Salter), Amy (Scott Mangin), Adam, Dana; two sisters; one brother and 10 great-grandchildren. Betty was predeceased by her parents; husband Bob; daughter Cheryl; two grandsons Kody and Kelsey and two sisters and one brother.

Betty was born in Steinbach on August 18, 1934 where she resided until her marriage to Bob Harris. Betty and Bob moved to Starbuck where they raised their three children. In 1986 they made the move to Elm Creek. Failing health caused Betty to move to the Boyne Towers and eventually to the Boyne Lodge.

The family would like to thank the staff at the Boyne Lodge for the many years of care and compassion shown. We would also like to thank the staff at the Carman Hospital and Boundary Trails Health Centre for care shown to mom during her last hours. Thank you to Doyle's funeral home and especially Craig for his kind words and expertise during a difficult time.



Due to COVID regulations, a private graveside service will be held at the Starbuck Cemetery. Memorial donations may be made to the Boyne Valley Hostel Corp (Boyne Lodge), Box 1644, Carman, MB R0G 0J0.

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

FARM LAND FOR SALE BY TENDER

Sealed tenders in writing for the purchase of the property described below will be received by:

McCulloch Mooney Johnston Selby Law Office
14 Main St. S., Carman MB R0G 0J0

PROPERTY FOR SALE (owned by Ron Bartley)

NW ¼ 8-5-4 WPM (160 acres)
(approx. one mile west of Roland, MB)

CONDITIONS OF TENDER

1. Interested parties must rely on their own inspection and knowledge of the property.
2. Tenders must be delivered to **McCulloch Mooney Johnston Selby (Carman Office)** by **2:30 p.m., November 25, 2021.** Please mark on front of envelope "Tender NW ¼ 8-5-4 WPM".
3. Tenders must be accompanied by a **\$20,000.00** deposit cheque payable to McCulloch Mooney Johnston Selby LLP. Deposit cheques accompanying unacceptable bids will be returned.
4. The highest or any tender will not necessarily be accepted.

TERMS AND CONDITIONS OF SALE

1. The bidder whose tender is accepted will be required to complete an Agreement covering the terms and conditions of the sale.
2. Possession and closing date will be January 7, 2022.
3. The successful bidder will be responsible for all realty taxes following January 1, 2022 (the adjustment date).
4. In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the purchase price is not paid by the possession date or under such acceptable conditions, the deposit paid shall be forfeited as liquidated damages and not as a penalty.
5. The Purchaser shall be responsible for payment of GST or shall self-assess for GST.
6. The land is not subject to a first right of refusal

For further information contact Tom Mooney at:

Ph: 1-204-745-2546

Email: tom@mmjslaw.com

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STANDARD

Call: **204-467-5836**

get inspired

> MEAL IDEAS



Bacon-Wrapped Halibut

pepper, to taste
 8 slices Coleman Natural Bacon
 1 tablespoon canola oil
 cooked rice or other grain (optional)
 salad or other vegetable (optional)
 Season halibut with salt and pepper, to taste, then wrap each fillet along shorter side with two bacon slices, tucking ends underneath to hold in place.
 In large, nonstick skillet, heat oil over medium-high heat. Add fish and cook, turning once, until bacon is crisp, about 5 minutes on each side.
 Serve fish with rice or salad.

Prep time: 10 minutes
 Cook time: 10 minutes
 Servings: 4
 4 halibut fillets (6 ounces each), skin removed
 salt, to taste



Beet Lentil Chili

1 1/2 tablespoons ground coriander
 1 teaspoon dried oregano
 2 tablespoons chili powder
 1 can (6 ounces) tomato paste
 2 quarts low-sodium chicken or vegetable stock
 1 quart water
 1 pound lentils
 Garnishes (optional):
 1/2 cup sour cream
 1/4 cup radishes, cut into matchsticks
 1/2 cup freshly chopped cilantro
 1/2 cup finely chopped onions
 1 cup crumbled queso fresco
 Drain beets; dice and set aside. Discard liquid.
 Preheat large soup pot over medium heat. Drizzle with olive oil. Add onion, celery, carrots and salt; saute until softened, stirring occasionally.
 Add garlic, paprika, cumin, coriander, oregano, chili powder and tomato paste; saute until fragrant, stirring frequently.
 Add stock, water, beets and lentils. Bring to boil; reduce to simmer. Simmer about 2 hours, or until lentils are tender.
 Serve with sour cream, radishes, cilantro, onions and queso fresco, if desired.

Recipe courtesy of Angie McGowan of "Eclectic Recipes"
 Prep time: 20 minutes
 Cook time: 2 hours
 Servings: 8
 2 jars (16 ounces each) Aunt Nellie's Sliced Beets
 2 tablespoons olive oil
 1 large onion, diced
 4 stalks celery, diced
 3 medium carrots, diced
 1 teaspoon kosher salt
 2 cloves garlic, diced
 2 tablespoons smoked paprika
 2 tablespoons ground cumin



Loaded Chicken Bake

Recipe courtesy of "Hungry In LA"
 Prep time: 20 minutes
 Cook time: 15 minutes
 Servings: 8
 Nonstick cooking spray
 2 cans (15 ounces each) READ German Potato Salad
 4 cups shredded rotisserie chicken
 1/2 cup heavy cream
 1/4 teaspoon salt



Christine Ibbotson

Dear Money Lady, After going through the last few years with COVID, I have decided I don't want to work anymore. Can you tell me how much I would need to retire now?
 - Thanks, Pat

Dear Pat,
 Well, isn't that a loaded question? Today, there are so many Canadians that have emailed me asking the exact same thing. They don't want to go back to the pre-COVID work situation of 9 to 5 in the office with the added drudgery of commuting every day. Many people are now wanting to retire earlier or at least change their work situation after COVID. So, can you retire now?

Having the financial means to retire earlier will be different for everyone. Basically, you will need to ensure you can be financially comfortable and provide for your security, freedom, and independence as you age. You will want a long-term savings plan that you can draw on through the years in addition to your government pensions. If you have an employee pension fund together with government benefits, you may not need to have an investment portfolio. Of course, it would be great to have both, but one thing is for sure: you should have absolutely no debt when you do your hard-stop to working. If that means you need to downsize to get rid of your mortgage or change your lifestyle to eliminate your debt load, then that is what you must do.

1/4 teaspoon finely ground black pepper
 3/4 cup shredded sharp cheddar cheese
 1/4 cup crumbled cooked bacon
 French-fried onions (optional)
 Preheat oven to 375 F.
 Lightly coat 9-by-13-inch baking dish with nonstick cooking spray.
 Spread potato salad evenly in dish. Top evenly with chicken.
 In small bowl, stir together cream, salt and pepper. Pour mixture over chicken.
 Sprinkle with cheese, bacon and French-fried onions, if desired.
 Bake 15 minutes, or until casserole is bubbly. Let stand 10 minutes. Top with additional French-fried onions, if desired.



AsktheMoneyLady.ca

Fear for your financial stability has no place in your future, especially when you retire.

The basic benchmark to retire fits into two scenarios. This is the essential amounts needed to retire comfortably and remember you cannot have any consumer debt, mortgage or line of credit debt and also no personal or car loans.

Retirement Basic Option One:
 * You have an employee pension plan that is indexed for inflation.
 * You will have full government pension benefits, CPP + OAS.
 * You have no debt.
 * You have no other retirement savings.

Retirement Basic Option Two:
 * You do not have an employee pension plan.
 * You only have government pension benefits, CPP + OAS.
 * You have no debt.
 * You have a retirement invested savings portfolio worth \$500,000.

The above retirement benchmarks are considered minimums for a retiring couple in today's dollars and any savings should be invested for long-term compound growth to account for future inflation and taxation. Even though these amounts are based on two people retiring together and sharing expenses; it is not much different if you are retiring as a single, on your own. Unfortunately, a retirement for one, is just as expensive as a couple in today's economic environment.

Good Luck & Best Wishes
 ATML - Christine Ibbotson
 Written by Christine Ibbotson, Author of 3 finance books and the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" www.askthemoneylady.ca or send a question to info@askthemoneylady.ca

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