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## Christmas crafter

Alex Aldie, 6, was busy helping his mom fill Christmas orders for Wheat and Waves .

STANDARD PHOTO BY MICHELLE ALDIE

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# New book at Boyne Regional Library preserving Indigenous history

“Stories My Ancestors Gave Me” illustrated by Carman artist Chris Larsen, written by Stuartburn resident

By Becca Myskiw

A new book illustrated by a local artist is on display at Boyne Regional Library, and it’s about the seven sacred reaching of the Indigenous Peoples.

Delores Gosselin is the author of “Stories my Ancestors Gave Me”, a book with seven separate stories, each an Indigenous teaching.

“Those teachings are always represented by an animal or a bird,” said Gosselin. “So, I use the animal to create the story.”

The stories she tells are ones that came to her in her dreams, hence the title of her book. She said she wanted to write them down in a book to preserve Indigenous culture.

“The First Nations teach by telling stories,” she said. “At the end of each



STANDARD PHOTO BY BECCA MYSKIW Carman artist Chris Larsen illustrated the book.

story was a teaching. That has been lost for many years because of residential schools and the things they couldn’t do anymore because they were illegal, so now we are trying to bring back



STANDARD PHOTO SUBMITTED

Delores Gosselin just published the book “Stories my Ancestors Gave Me”, which tells of the seven teachings of the Indigenous Peoples.

this tradition.”

The Indigenous Peoples’ history is rich with oral stories and traditions. Gosselin decided to write her book now because she said

Continued on page 5

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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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# GPAC hosting WSO watch party for members Dec. 15

Non-members can buy membership at event to participate in more GPAC events

By Becca Myskiw

Golden Prairie Arts Council (GPAC) is hosting an in-person watch party of the Winnipeg Symphony Orchestra (WSO) performance on Dec. 15.

The Manitoba Hydro Holiday Watch Party is a free event for all current GPAC members. Those who don't have a membership yet can buy one the night of to watch the party and get in on the fun. Membership is \$25 — curator and executive assistant Desiree Penner said that's the price of a ticket, but the membership will last 365 days, not one.

Those 365 days start from the time of purchase too, so those who buy one on the 15 will have it last until Dec. 15 of next year. Money generated from

membership sales goes back into keeping GPAC and its programming alive. As they're a non-profit, it's a primary source of revenue for them.

The watch party will be held at the Active Living Centre. All ages are welcome as long as minors are accompanied by an adult. Those attending have to show proof of vaccination if over 12 years old and everyone has to wear a mask when inside.

"It's a Christmas party to celebrate the people that have chosen to have a membership with Golden Prairie Arts Council," said Penner.

Performing with the WSO that night will be Raine Hamilton, Volodymyr Gronska, Rusalka, and more. It starts at 7 p.m. and goes until 10 p.m.



STANDARD PHOTO SUBMITTED

GPAC is hosting a watch party of the WSO performance on Dec. 15 for members. People can buy memberships at the door.

## Hair today, gone tomorrow



STANDARD PHOTO SUBMITTED

Grade 3 Carman Elementary student Zeke showed up to school on Friday supporting his teacher Mike Hetherington with his growing a moustache for Movember. This is the first year Hetherington is raising money to go along with his stache and he's been growing this one since Nov. 1. To donate to his campaign, go to <https://movember.com/m/14711433?mc=1>.

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# PRSD employees share love for running with Miami students



STANDARD PHOTO SUBMITTED

Arli Cruikshank, left, and Brandy Chevalier started a running club in Miami School.

By Becca Myskiw

Two Prairie Rose School Division (PRSD) staff members are sharing their love for running with their students.

Miami School principal Brandy Chevalier and PRSD employee Arli

Cruikshank started a running club at Miami School this year. Both staff members often run themselves — Cruikshank recently ran the Manitoba Marathon and Chevalier is on a 4—day running streak.

When Chevalier stopped playing

university hockey 15 years ago, she started running to stay active. But, unfortunately, she lives around Swan Lake, and there's not much access to gym facilities or organized sports.

"It was something I could do at any point in time," she said. "You don't need much equipment."

She started running around three miles at a time, a few times a week. Now, she runs every day, no less than four miles unless she's also doing another activity like cycling — then she runs no less than one mile. And Chevalier's been doing this for the past 400 days.

Cruikshank likes to push herself for distance. Chevalier likes to run shorter distances more often. She's done countless half marathons, 5K races, 10K races, triathlons; she works out, plays rec hockey, lifts, and does road biking. Running, however, is the one thing she does every single day.

Upon finding each other in the division and realizing they shared a love for the activity, Chevalier and

Cruikshank started challenging each other. As a result, they competed in the Manitoba Runners' Association (MRS) Classic Race Series. After submitting their data virtually throughout the summer, Cruikshank got first place, and Chevalier finished second.

As the two women already met most mornings at 7 a.m., they decided to include the students by starting the running club. Chevalier said they had several regular participants in middle years, and though the club has stopped for now due to weather, they're planning to start it up again in the spring. Then, they'll train and give their runners summer plans so they're ready for the fall when the club will start going to cross country meets. Chevalier is confident they'll do well.

"I think running is just such a life-long activity," she said. "It's something they can do everywhere in every scenario. To give them support in this solo endeavour makes it easy for me to give it back to them."

# Cards for Care back for another holiday season

By Lorne Stelmach

An idea to simply brighten the day for local seniors last year during the Christmas season became much more than what Shannon Vaughan and Tara Routhier had anticipated, so they are not only doing it again but hoping to expand on it.

Calling it Cards for Care, they are hoping that they may be able to collect and deliver enough cards with greetings and messages of kindness to not only seniors but also health care workers, grocery cashiers, firefighters, and police in the Morden, Winkler, and Carman areas.

They initiated the idea last Christmas while the province was under extended restrictions as a result of the pandemic, a time when many seniors were feeling especially isolated. The campaign seemed to resonate with a lot of people.

"I think we received close to 600 cards, which really blew us away," said Vaughan. "We're hoping to expand on it, but it depends on how many cards we receive."

"I'm familiar myself with all of the challenges that retail workers have had to adapt to and overcome this year," she added. "We're hoping to get even more this year, so maybe the traction from last year will help

because people will be more familiar with it."

It is a simple gesture, Vaughn reflected, but cards with greetings or just messages of kindness letting these frontline workers know we are thinking of them can be meaningful.

The involvement of students and local schools will be a big part of the effort, especially thanks to the efforts of Routhier.

"She's a teacher at Maple Leaf, so her connection to the schools is really helping to drive this ... and she's reaching out to other schools as well," said Vaughan. "That's really helping to drive this campaign."

"I think the timing around Christmas just really offers a really good opportunity for the students and the schools to kind of make this into a project," she continued. "I believe that a lot of the schools are taking this on ... they're calling it kindness projects."

Vaughan said they will be dropping off cards at different seniors residences and locations once they have the appropriate amounts and then move on to the next if they get enough.

You can message both Vaughan or Routhier on Facebook if you have cards. They plan to collect them up until Dec. 17.

"It's something that doesn't require



STANDARD FILE PHOTOS

Cards for Care organizers Shannon Vaughan and Tara Routhier with some of the cards they collected last year for distributions to local seniors. This year they hope to expand the recipient list to include frontline workers.

a great amount of work on my end," Vaughan noted. "It's really just spreading the word, that's the most important thing here."





# Nine donations, \$21K donated by Miami & Area Foundation

By Becca Myskiw

Miami & Area Foundation granted out \$21,000 this year to nine different organizations.

They had the most applications they've ever received — 11 — and granted out the most money they have yet. Treasurer Tricia Livingston said one of the projects they didn't grant to was just too big of a scale and the finish line was too far away.

"The board felt strongly about trying to do the best we can on a lot of things," she said. "We'd always like to give to every project, but we just can't."

The Miami & Area Foundation tries to give more money to less projects so they can really make a difference with their grants. This year, they gave the

following:

- \$1,500 to Miami Railroad Station Museum for the restoration of the Cupola of the Caboose
- \$4,000 to Miami Active Living Centre for new gym equipment
- \$2,000 to Miami 4-H Beef Club for renovating the wash rack
- \$1,000 to Miami Recreation & Play Spaces for building a toboggan snow slide
- \$1,000 to Lloyd Orchard Community Arena for an arena viewing area LED lighting upgrade
- \$3,000 to Miami Agricultural Society for semi-permanent panels for the exterior of arena
- \$4,000 to Miami Parks Board for the pavilion/bandstand at the Miami Memory Garden

- \$2,000 to Miami Library for a shelving project

- \$2,500 to Miami Museum for a computer and laptop dedicated to the printer and scanner

Andre Stepler of the Miami 4-H Beef Club said the donation is greatly appreciated. It will aid in securing the safety and well-being of 4-H participants and the cattle themselves during the June fair.

"In a small-town community, it is pivotal to have donations from organizations to help financially to complete these larger facility projects," he said. "The wash rack upgrade will have stalls put into the existing wash rack increase capacity and safety features."

Jan Moody from the Miami Agricul-

tural Society said they were thrilled to receive the funds. The money will be used for the panels of their rodeo arena, which will be important for the Heartland Rodeo they plan on hosting this summer and possibly a high school rodeo along with roping events.

She said the upgrade will allow them to have a permanent rodeo arena which will be a huge benefit for the whole community.

With this year's donations, the Miami & Area Foundation has now granted out a total of \$118,620 in their 11 years of granting. Next year, the foundation is hoping to get host their gala again and get back to naming their Citizen of the Year.

# Navigating cancer with the help of nurse navigators

By Becca Myskiw

The Canadian Cancer Society estimates 628 Canadians will be diagnosed with cancer every day — but as they start this journey, they won't be alone.

Southern Health-Santé Sud has cancer navigation services, which is essentially a group of healthcare professionals who have specialized training in cancer care. One of the key members on the team is a nurse navigator, and Southern Health has two.

Kristen Schultz and Kaeleigh Boden are registered nurses. They work closely with cancer patients' healthcare teams, offering the patient and their family more information, guidance, and support from the "clinical suspicion of cancer" through diagnosis and treatment.

"Nurse Navigators have an integral role in supporting patients to navigate the cancer care system which can be complex," said Schultz. "This in turn can help to reduce emotional

distress, help patients cope with the diagnosis, treatment, and symptom management. This support can help in reducing ER visits and hospital admissions."

Nurse navigators also help to facilitate coordination between specialists and healthcare providers for their patients. They prepare them for various tests and appointments and link the

patients and their families to any resources they may need.

Assessing quality care withing a timely manner is essential for optimal outcomes, according to CancerCare Manitoba. They say cancer patients receive care in an outpatient manner, but there are still around 9,000 hospi-

Continued on page 7

## > INDIGENOUS CULTURE BOOK, FROM PG. 2

when she leaves the earth, some of her stories will get lost if she didn't.

The first story in "Stories my Ancestors Gave Me" is about courage. Gosselin tells about how the bear got his claws in that one. The turtle tells the story of truth, the bald eagle for love, the beaver for wisdom, Big Foot for honesty, the bison for respect, and the wolf for humility.

"Lots of people say it's a children's book," she said. "But at the beginning, I wrote that what I would like is for parents to read with their children and then discuss it. If a child says 'I don't know if I can do this', their parents can say 'Remember the old bear? He didn't know if he could either but at least he tried. So can you.'"

Each story is complemented by two portraits of the animal representing it. Chris Larsen from Carman was the artist Gosselin chose to work on the project with her and Larsen said she was honoured to do so.

Larsen works with acrylics. She said she likes the vibrancy of them, and she's been using them for as long as

she can remember so she knows how to manipulate the paint to get what she wants.

Before she met Gosselin, Larsen was already painting nature and her surroundings, which inspired her. She's also very interested in her Métis history and Carman's, so painting for "Stories my Ancestors Gave Me" was perfect for her.

"I thought that illustrating a book, you would have to tell the stories in pictures, but [Gosselin] wanted the portrait of the animal so that people could make the pictures up in their minds from the story," said Larsen.

The book is written in English, French, and Michif. Gosselin is trying to bring back the language of the Métis along with their stories in the book.

"I think it's important that we learn the culture of our ancestors," said Larsen. "It's important that we know where we came from and who was here before us and what they believed in to understand them — and it helps to understand ourselves too."



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## No cases of omicron variant in Manitoba yet: officials

### Staff

The first cases of the new variant of COVID-19 have been identified in Canada, but Monday's COVID-19 bulletin from the provincial government noted no cases have been detected here yet.

Two cases of the omicron COVID-19 variant, which has been declared the fifth variant of concern by the World Health Organization, were announced in Ontario over the weekend.

The variant was first found in South Africa but has since popped up in other parts of the world, prompting many countries, including Canada, to issue travel bans for certain regions.

Scientists are still doing research to determine how dangerous omicron might be, including whether it is more transmissible, causes more severe illness, or may have an impact on vaccine efficacy.

"Vaccine still provides one of the best defences against COVID-19," the province stressed in its release, noting it will continue "to monitor the situation and work with federal officials in the fight against COVID-19 and its variants."

In the meantime, Manitoba reported 11 new deaths due to COVID-19 on Monday and 495 new cases of the virus since the previous Thursday. A total of 1,315 Manitobans have died due to COVID-19 since the pandemic began.

Southern Health once again leads the way in new cases with 216, followed by Winnipeg with 148, 52 in Prairie Mountain, 50 in the Northern health region, and 29 in Interlake-Eastern.

The new case count for Southern Health numbered 30 on Monday alone, 21 of which were in people who were not fully vaccinated.

Manitoba's active caseload is at 1,493, with 142 people in hospital with COVID-19.

Fifteen of the 25 patients in ICU on Monday due to COVID-19 were from Southern Health, which has the lowest vaccination rate in the province.

Chief provincial public health officer Dr. Brent Roussin expressed his concern over the rising case counts and high test positivity rates in Southern Health at a press conference last week.

"It's certainly a level of concern right now when you see a test positivity at that level," he said. The last official update from the province had test positivity in the region at over 14 per cent, though there have been media reports putting it at closer to 17 per cent last week.

Roussin wouldn't rule out additional regional restrictions if these numbers continue.

"It's certainly a level of concern right now when you see a test positivity at that level, so I wouldn't say I'm confident that no further restrictions won't be required."

In the Pembina Valley, Winkler was reporting 53 cases at press time, Morden 42, Lorne/Louise/Pembina 39, Altona 30, Carman 12, and Stanley 14. There were also six each in Morris and Red River South, three in Roland/Thompson, and two each in Grey and MacDonald.

The Salem Home personal care home in Winkler is currently under outbreak status due to a number of residents in its Evergreen unit testing positive for the virus.

## Province invites applications for building sustainable communities grants

### Program continues to protect and enhance community projects

#### Submitted by Manitoba government

Applications are now being accepted for the 2022-23 Building Sustainable Communities (BSC) program, which helps to support important community development projects, Municipal Relations Minister Derek Johnson announced Monday.

"Our government recognizes the importance of community-based organizations in building thriving and sustainable communities across the province," said Johnson. "The Building Sustainable Communities program provides community organizations a much-needed boost as we continue to recover from the COVID-19 pandemic and helps to bolster Manitoba's economy."

The program responds to local neighbourhood, municipal and regional priorities to support a broad range of community development projects, including planning, capital, capacity building, community initiatives and recreation and equipment purchases. Eligible applicants include non-profit organizations, charitable organizations, municipalities and Northern Affairs community councils.

The program provides a grant contribution of 50 per cent of eligible project costs up to \$75,000 and up to \$300,000 for large capital projects. This

funding will respond to community need and support projects across the province, noted the minister.

"The Association of Manitoba Municipalities (AMM) commends the Province of Manitoba for continuing to invest in our communities through the Building Sustainable Communities program," said Kam Blight, president, AMM. "As municipalities look to recover from the COVID-19 pandemic, the BSC program is essential to promote economic development and build stronger communities throughout our province."

The deadline to apply for the 2022-23 Building Sustainable Communities program is Jan. 17, 2022. For more information about the program or to submit an application, visit [www.manitobago.ca](http://www.manitobago.ca).

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# Workers Compensation act amended to enhance support and benefits for firefighters

## Firefighters put their lives at risk every single day

Submitted by Manitoba government

The Manitoba government is amending the Workers Compensation Act (WCA) to include coverage for five additional cancers to the list of presumptive cancers, pertaining to firefighters and at-risk personnel in the Manitoba Fire Commissioners Office, becoming a national leader in taking this step to protect Manitobans on the front lines, Premier Heather Stefanson announced today.

"Each and every single day, firefighters in every community of our province put their lives at risk to help those in need and for that we are deeply grateful," said Stefanson.

"We recognize firefighters are at a heightened risk of contracting various cancers due to the nature of their work and the inevitable exposure to carcinogens on the job, despite all efforts to prevent and mitigate exposure risks. We are pleased to work with the firefighters association to make these changes that will enhance supports and benefits for their members."

Being added to the 14 types of cancer already included in the act are:

primary site thyroid cancer;  
primary site pancreatic cancer;  
primary ovarian cancer;  
primary site cervical cancer; and  
primary site penile cancer.

"These additions to the firefighters presumptive cancer list will make Manitoba's legislation one of the strongest in the world and our legislation will be a template for proper WCB support for firefighters around the world being diagnosed with occupational cancers they received due to the exposures they encountered while simply doing their job," said Alex Forrest, president, Manitoba Professional Firefighters Association. "This support for our sisters in the fire service to have equal protection as their male counterparts would not have been possible without Heather Stefanson becoming our Premier."

The first list of presumptive cancers for firefighters was added to the act in 2002. The list was expanded in 2005, with coverage extended to part-time firefighters. The list was further

expanded in 2009, and again in 2011, along with the addition of coverage for Fire Commissioner personnel.

"We are pleased to be able to offer this expanded WCA coverage as a show of support to our firefighters, the men and women who serve our communities every day with courage and professionalism," said Finance Minister Scott Fielding. "Today's announcement marks another step forward in recognizing and mitigating the human costs of the dangerous work they do."

The proposed amendments to the act do not contain any regulatory requirements. The Workers Compensation Board will be responsible for administering the changes and identifying any concerns that arise, the minister noted.

# Pembina Valley RCMP respond to fatal farm incident

Staff

Pembina Valley RCMP received a report of an incident involving a young child and a tractor on Nov. 25 at ap-

proximately 4:45 p.m. When officers arrived on scene, the two-year-old male had been pronounced deceased. Initial investigation has determined

the child was riding on an open tractor with no cab with an adult male. He fell from the tractor sustaining fatal injuries.

The RCMP continue to investigate.

# Lung Assoc. reaching out to COVID-19 survivors

By Lorne Stelmach

The Lung Association of Manitoba sees itself as helping fill a void as the pandemic and its impact continues to be felt by so many people.

The organization is coordinating an online support group for people who continue to live with the effects of COVID while also wanting to support research and studies to better understand the long-term effects. It's about contributing to understanding life after COVID-19 as there remains so many unknowns about what the future will look like post-pandemic, said Hailey Coleman, health programs and operations co-ordinator for the Lung Association of Manitoba (LAMB).

"People are coming out and saying this is what's happening to me, it's not going away ... so we can give them the information as more comes along," said Coleman. "We needed something started ... so we hope individu-

als take us up on this and ask to join this group because right now there's nothing else."

As part of their efforts, LAMB has connected with leading experts in this field and particularly with Manitoba based studies being conducted by Professor Diana Sanchez-Ramirez, who is an assistant professor in the Department of Respiratory Therapy, College of Rehabilitation Sciences, at the University of Manitoba.

Many people are dealing with a vast difference in the experience of long COVID effects, so continued research is important to help patients and health care providers understand how and why COVID affects the lungs and how it should be treated, said Sanchez-Ramirez.

"There are many unknown aspects of post-COVID-19 that we have yet to unravel. Therefore, we are planning some research studies that will help

identify the best ways to optimize rehabilitation interventions for patients with persistent long COVID symptoms," she noted.

"We have identified that a large proportion of post-COVID-19 patients may experience persistent respiratory symptoms, fatigue, decreased functional capacity and decreased quality of life for up to six months after infection," she said. "However, evidence from the previous coronavirus first identified in 2003 suggested that long-term effects may continue for years."

"As researchers and as health care providers, we must aim to identify the best way to support the recovery of post-COVID patients. I think one of the first steps is to raise awareness and provide patient support," added Sanchez-Ramirez. "That is why I applaud LAMB's initiative to offer a virtual space that could make it easier for patients to connect with their peers,

discuss their concerns and needs, and share information on existing local resources."

Coleman said they have seen how their support groups have good mental health and wellness benefits in other categories of health management, so they wanted to provide that for individuals post-COVID.

One of the first steps to provide patient support is to raise awareness, so that is why it took initiative to offer a virtual space that could make it easier for patients to connect with their peers, discuss their concerns and needs, and share information on existing local resources.

"We've had an influx of calls asking for programming or just what we offer ... we wanted to put together this Facebook support group where individuals can come safely, discuss their post-COVID symptoms," said Cole-

Continued on page 8

## > NURSE NAVIGATORS, FROM PG. 5

tal discharges per year in the province related to cancer.

"In our experience, the suspicion or diagnosis of cancer often comes with little to no warning," said Bodden. "Patients have expressed that having a connection to the Cancer Navigation

team was invaluable in terms of having constant support available when needed, to answer their questions or just to simply check in."

Also on the cancer navigation team is a psychological oncology physician, which is an experienced counsellor to

help patients and their families cope with the emotions and adjustments that come after a diagnosis. They can assist with work, finances, and transportation as well as provide guidance on how to tell people in the patient's life.

A community engagement liaison works with communities to increase information about cancer prevention

and early detection. The nurse navigators work closely with the rest of the healthcare system on the patient's behalf.

To get in touch with the cancer navigation team, talk to a healthcare professional and get referred. People can also refer themselves by contacting the office at (204)331-8844.



# Chamber awards recognize four outstanding businesses, citizens

By Becca Myskiw

Four winners were crowned at the Carman and Community Chamber of Commerce's 2021 Chamber Business Awards last Thursday.

Local business owners and officials mingled in the Carman Legion where the gala was held. It was the first in-person event the chamber has held since the start of the pandemic, and everyone was happy to be part of it.

"The positivity from our members over the past year has been very infectious," said president Marni Harrison.

They've been able to spend over \$21,000 on local businesses this year, along with an additional \$9,000 thanks to their raffle sales. Now, they're preparing for their Keep the Cheer Here campaign.

Before the evening took off with the Chamber Business Awards, Harrison unveiled the burger-topped trophy McGee's Original Grill received for winning 2021 Burger Week. Owner Robynn Linde couldn't make it to the gala but sent a statement for Harrison to read out on her behalf.

"This is an event where everyone who participates wins in sales," said Linde. "McGee's enjoys events like these, and we look forward to more of them in the future."

The first business award to go out was the Chamber Member of the Year. This award is the only one not voted on or nominated for — the chamber executive board makes the decision.

They gave this award to Carman Ford this year. Harrison said whether buying, browsing, or saying hello at a community event, the business is committed to Carman and its people.

Next was the Community Builder Award, which was introduced last year to recognize someone who makes contributions to Carman and the community. Nominees were Robert Bryson, Mayghan McEachern, and Jodi Winkler.

Winkler was announced the winner for her never-ending work as chamber executive director. She's kept the community in the know throughout the pandemic, held various virtual and safe in-person events, and created various opportunities for businesses to receive support.

"I am truly humbled by this award,"



Jodi Winkler won the Community Builder Award.



Carman Florists and Gift Boutique won Outstanding Business of the Year. Owner Carly Boklaschuk accepted the award.

said Winkler. "Doing a job you love is easy, especially when you have a great group working with you."

Kingdom Health and Athletics was then awarded New Business of the Year, which goes to a business that's been operating for one to three years and thriving while doing so. Nominees were them, Body by Jess, and Knockabouts.

Owners Coel and Kim Doty moved to Carman mid-COVID and started a gym. Though they couldn't attend the



STANDARD PHOTOS BY BECCA MYSKIW  
Bob Walls accepted the Chamber Member of the Year Award for Carman Ford.



Coel Doty, owner of Kindom Health and Athletics, won New Business of the Year.

gala to accept their award, Coel Doty sent a statement to Harrison.

"COVID brought all sorts of challenges," he said. "But with everyone's support, grace, and patience, Kingdom Health and Athletics made it through its first year."

The final award of the evening went to a business that's been in operation for more than three years and demonstrates continuous excellence — the Outstanding Business of the Year. This year, Carman Florists and Gift Boutique took home the title. They were nominated alongside Homestead



Robynn Linde, owner of McGee's Original Grill, got her Burger Week Trophy last week.

Co-op and Toews Printing and Office Supply. Harrison said the florist has become a must stop in Carman thanks to owner Carly Boklaschuk.

"Carly has taken an established business in the community and has given it a new life," said Harrison. "Her social media presence is at a new level in today's marketplace, and she seems to always offer the right products at the right time."

Boklaschuk said trying to figure out how to be a business owner in a pandemic has been interesting, but the community has made it possible.

## > LUNG ASSOCIATION, FROM PG. 7

man.

A priority was to connect people with respiratory therapists and other leading experts to help get them the information they need.

"Because there are such different experiences with post-COVID symp-

toms, and this is still such a new reality people are dealing with, we wanted to create a support system that anyone can access to work through this uncharted territory," said Coleman.

"It's just a starting foundation so there's somewhere for people to go

... and as the studies progress, we can share the information," she said. "We just felt that at least having this available is what we can offer right now, and it gives individuals a place to come and feel safe to discuss things with professionals.

"We are seeing an influx of individuals saying how their lung capacity decreases, how they're more fatigued

... so we are seeing long term effects from individuals who have had COVID six plus months ago and still having to deal with lung health issues."

You can find "Manitoba's Post COVID-19 Support Group" on Facebook. You can also find more information and join the study at [www.respirabilitylab.com](http://www.respirabilitylab.com) or email to [respirabilitylab@gmail.com](mailto:respirabilitylab@gmail.com).



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Every time they grab a coffee from a local café, purchase a piece of artwork from a neighborhood artist or dine at

a family-run restaurant, shoppers are supporting local business owners and strengthening their communities. Here are some ways to make shopping small a priority this holiday season.

- Build holiday shopping lists around the offerings at local businesses.
- Dine out at local restaurants or shop smaller food merchants.
- Visit a local tree farm. When decorating for the holidays, support the farm or local nursery that grows Christmas trees and makes their own wreaths and garlands.
- Keep your money in your community at a local bank or credit union rather than a large national bank. Local banks may have special promotions to boost savings for holiday gifting.

The holiday season is the perfect time to support small, local businesses.



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# Time to donate: Local woman collecting donations for less fortunate

By Becca Myskiw

A local woman has spent the last 22 years collecting donations for the less fortunate in Winnipeg, and she has no plans of stopping any time soon.

Trish Middleton started collecting winter wear for those who needed it in Carman when her daughter was in Kindergarten. When she was in her class helping one day, she noticed a boy who had nothing to wear outside — no coat, ski pants, toque, or mitts, just boots that were too big and full of holes.

She was dumbfounded as to how that could be possible right here in her community. So, Middleton went to a snowmobile club meeting that night and told the attendees there was a need for warm clothes, so if they have extra at home, bring them to her.

Back then, she would lay out the coats in the rink or church and let people come in and get what they needed anonymously. She just kept getting more and more donations that Middleton started travelling outside of Carman to ensure they went to use — that's how she got to donate to around 10 organizations and collects gifts for all seasons year-round.

Now, Middleton's daughter is 27

and organizes a backpack drive every year. She raises money to buy things to fill donated backpacks with and last year collected over \$3,000 from the community. She puts water bottles, toques, footwarmers, long underwear, wool socks, granola bars, sanitary wipes, underwear, and more in the backpacks. She and Middleton then take the filled backpacks to Main Street Project, and the organization distributes them to those who need them.

Middleton is busy dropping off the many winter donations she's been getting. She said there's rarely a time in the year where the back seat of her truck isn't full of garbage bags with clothing, but this time of year especially.

"We'll take any donations people are willing to give," she said. "After cleaning out your closet or even whatever you have extra of, think about donating it."

An uncommon thing she likes to donate is \$5 Tim Hortons or McDonalds gift cards or bus tickets. Middleton said those allow people to go into a place and warm up while warming their insides if it's a gift card to a coffee shop. She encourages people to



STANDARD PHOTO BY BECCA MYSKIW

Trish Middleton has been collecting donations for Manitoba's needy for 22 years.

donate those as well.

"I just feel we're blessed, and we have a lot," she said. "If you can make a difference for someone, it's not a lot of work to do it, really."

Donations can be dropped off at Royal LePage Legacy Realty at 134 Main St. S, Newman Hand Insurance Ltd. at 10 Centre Ave W, or people can

call Middleton at (204)745-8248 to arrange a drop-off or pick-up. In addition, she accepts and drops off donations year-round to places like Main Street Project, Siloam Mission, Bear Clan, Salvation Army, and various other shelters.

She also plans on bringing the local fall coat drive that started in all back.

## Enbridge's Line 3 safely taken out of service

Staff

Enbridge managed to successfully get the first segment of its Line 3 pipeline decommissioned before winter hit.

Line 3, which for the past 50 years had carried oil from Alberta to refineries across

North America, has been replaced by a new pipeline, Line 93, which stretches 1,765 kilometres from Edmonton, Alberta to Superior, Wisconsin.

Work on removing the first of four segments of the old pipeline began in August and was completed ahead of schedule in Manitoba by mid-October, the company reports, with no safety or environmental incidents.

A joint venture of Métis N4 Construction and Steel River Solutions served as general contractor for an area covering 260 km from Cromer to Gretna, with a peak workforce of 55 persons.

"Decommissioning is a logistically challenging job that N4-Steel River handled very successfully," says Enbridge construction manager Allen Sawatzky. "It's different than building a pipeline—you don't just work from kilometre zero to kilometre 100 in a straight line. You go back-and-forth, from site-to-site, and this particular job involved 31 different locations for segmentation, valve isolation and railway fill."



SUPPLIED PHOTOS

Inspector Sandy Armstrong shows a section of pipe following installation of a steel cap. After the pipe segment is cut, a cap is fabricated onto the ends and coated with epoxy. This permanently seals the pipeline at that location and backfill can then be completed (below).



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# New Elm Creek business offering sustainability, supporting local

By Becca Myskiw  
Elm Creek now has their own boutique of sustainable, local products to purchase.

Kaila Morden officially opened the doors of Kay's Creek Boutique on Oct. 25. Her shop sits in the old CIBC building at 12 Main Street.

Morden grew up reducing, reusing, and recycling. As she got into adulthood, she started finding ways of being environmentally conscious, and before the pandemic hit, she completely stopped shopping at big box stores.

So, when COVID-19 did come, she was left without the craft sales and farmer's markets, where she typically bought all of her supplies. But Morden was worried about more than herself — those makers now lost a way to sell their products.

"It was the rolling stone effect," she said. "People weren't travelling or using their car; all the things they needed could be available locally. I got really excited about being able to distribute that and give these local makers a place to sell their products."

Kay's Creek Boutique has a wide variety of items. Morden said 99.9 per cent of the things she sells are Canadian-made, too.

She sells bamboo toothbrushes that come in biodegradable packaging. The regular plastic toothbrushes don't decompose and are made from non-renewable fossil fuels. Bamboo ones are biodegradable because they're made from a plant.

The boutique also sells reusable feminine products. Pads and tampons are single-use plastics, and it's estimated each person throws away around 400 lbs of them in a lifetime, which goes into waterways and landfills. Morden also offers double edge safety razors, bamboo and coconut shell dish scrubbers, eco-friendly dental floss, shampoo and conditioner bars, and more.

Some of the local makers in her shop are Peace Lily Therapeutics; Anchor'd Sudz and Playful Peanut.

"I'm teaching the community how to be sustainable," said Morden. "It's a hard thing to do, to get out of the hard routine of buy and throw away. Growing up, we didn't throw much away. We used everything we possibly could, and we looked for things that were going to last. I'm definitely trying to educate people on that — buying one thing instead of 20 things."

One of her favourite things in the store is the refillable soap station. People can bring in their soap containers for dish soap, hand soap, and laundry detergent, pick their scent, and fill up their bottle. She also sells glass bottles if people are starting.

Kay's Creek Boutique is a one-stop-shop for community members. Morden is happy to offer the town a no-travel needed option that helps the environment and local makers.



**STANDARD PHOTO BY BECCA MYSKIW**  
Kaila Morden just opened Elm Creek's first boutique, Kay's Creek Boutique. She sells sustainable and locally made products.

# Addictions Foundation offices move from Morden to Winkler

By Ashleigh Viveiros  
Addictions Foundation of Manitoba (AFM) is on the move in Morden-Winkler.

As of this Wednesday, Dec. 1, the foundation's Pembina Valley offices are now located in Eden Health's Pathways Community Mental Health Services office at 351 Main St. in Winkler. AFM's former office at 108 8th St. in Morden closed on Tuesday.

"By embedding our office within the Pathways Community Mental Health Service office, our clients will have the opportunity to access both AFM services and programming and the mental health services provided by the Pathways team in one location," said AFM interim chief operating officer Laura Goossen, noting there will be no change in services as a result of the move.

Goossen added "this move will ensure addictions and mental health services are available to Manitoba at the right time and place, which is among the recommendations set out in the Virgo Report."

The report was an extensive review of Manitoba's mental health and addictions system. Among its many recommendations for improvement was to better access to programs for all Manitobans.

AFM offers youth community and school-based services, adult commu-

nity addictions services, family services, problem gambling help, and an impaired driver program.

On an average year, the Morden-Winkler office sees nearly 200 clients across all age groups.

You can reach AFM Pembina Valley at 204-325-0946

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## Cougars fight cancer, have four-game win streak

By Becca Myskiw

It was a big week for the Carman Cougars, with two more wins and over \$1,700 donated to South Central Cancer Resource.

On Wednesday, Nov. 24, the Cougars faced off against the Mountain Mustangs, coming off the ice with a 9-4 win. This game was their Hockey Fights Cancer game, so it meant more to the team than many of the others.

“Cancer of course is unfortunately very common,” said head coach Jeff Park. “We do have quite a few people involved in our team that are dealing with this right now.”

The boys wore pink jerseys, pink skate laces, and different socks. They dawned the pink, white, and blue and a larger crowd than usual came to watch. Attendance fees and the raffle held for the game generated the money donated to South Central Cancer Resource, totalling \$1,731.

The Mustangs scored first, less than three minutes into the game. According to coach Park the team started off slow but Carson Park scored a beautiful goal for the home team at the 10-minute mark. Anthony Lehmann took the Cougars’ only two penalties in the first and one more in the third. Brock Wood scored to start the second period off, followed by Gavin McCallum, and Lehmann with just one minute to spare. The Mustangs managed to get one by goaltender Gabe Mondy that period and two more in the third.

The momentum continued for the Cougars when Evan Penner scored his first goal of the season at the top of the third. Slade Sotheran, Lehmann, Ryan Orchard, and McCallum finished off the game with a goal each.

The team also took six more penalties in the last 20 minutes, but Park said they played better and still kept the penalty minutes down compared



STANDARD PHOTO SUBMITTED

The Carman Cougars had their Hockey Fights Cancer game on Nov. 24, where they raised \$1,731 for South Central Cancer Resource.

to some games this season. The Carman Cougars hit the ice again on Friday against the WC Miller Aces. Ryan Orchard opened the scoring with an unassisted goal. The Aces fought back with one of their own five minutes later, but Carman’s Coltyn Plaitin and Carson Park dumped one in the net each before the period was over, followed by Ethan Wilde.

The Cougars also took four penalties that period, two more in the second and four more in the third. All of them were two-minute minors.

Wilde kicked off the second with another goal early on. Then, Lehmann and Jack Bausman, who got his first of the season, each got one past the Aces’ goalie, sending the team into the third

with a 7-1 lead. In the third period, the Aces got two more in the net, but the Cougars replied with three, scored by Sotheran, Carson Park, and Sam de Rocquigny.

“We dominated the play through most of the game,” said Park. “Winning every period. Mazurat was also good between the pipes, stopping 26 out of 29.”

The Cougars played Wednesday against the Pembina Tigers. Their next game is Thursday, Dec. 2 at Portage and then at Winkler on Tuesday, Dec. 7.

The team comes back home on Dec. 8 to face off against the Morden Thunder at 7:30 p.m.



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## Twisters riding high on three-game win streak

By Lorne Stelmach

The Pembina Valley Twisters are riding a three game win streak after a 7-3 victory over the Raiders Sunday in Morris.

It comes after Pembina Valley had found itself in a four game slump, although they did pick up two points from an overtime and a shootout loss during that spell.

The points are all important as the Twisters, who are now at 13-3-2 for 28 points, continue to pursue St. James at 16-1-3 for 35 points and Transcona at 16-2-0 for 32 points.

Against the Raiders, the Twisters scored a pair of powerplay goals and

also connected shorthanded while outshooting the Raiders 38-25.

Curtis Rebeck scored both goals on the man advantage as part of his trick. Also scoring for Pembina Valley were Ben Hillhorst, Nico Vigier, Merek Degraeve, and Jordan Keck. Logan Enns got the win in goal on 22 saves.

It was the only game of the week for the Twisters, as a Friday matchup with Transcona was postponed due to poor travel conditions.

Pembina Valley remains at home in Morris this weekend for a pair of games with Fort Garry Fort Rouge Friday and Stonewall Sunday.



## Lewadniuk nets hat trick in Beavers win

Staff

Carman Beavers' forward Aaron Lewadniuk scored three goals to lift his club to a 5-4 home victory over the Notre Dame Hawks in South Eastern Manitoba Hockey League action on Saturday evening. His third goal came at the 19-minute mark of the third period and was the eventual game winner. Taylor Fisher and Brock Vanderveen also scored for Carman.

Jake Dudar collected three assists. Elijah Carels (two), Sean Christensen, and Brody Chappert replied for Notre Dame. Steve Christie made 55 saves for the victory. With the win, Carman improved its record to 3-1. The Beavers hosted the Altona Maroons this past Tuesday but no score was available at press time. Carman will play the Islanders in Portage la Prairie on Sunday for a 3 p.m. game.



STANDARD PHOTO BY DENNIS YOUNG

The Carman Beavers' Brock Vanderveen takes the face-off against the Notre Dame Hawks on Saturday. Carman won the game 5-4.

## Female Hawks suffer pair of road losses

By Lorne Stelmach

A three game road trip this past week did not go as well as one would have hoped for the female U18 Pembina Valley Hawks.

It started off strong with a 2-0 victory over Eastman last Wednesday in Niverville. The weekend, though, saw the Hawks outscored 7-6 by Yellowhead Saturday in Shoal Lake and then bested 3-1 by Westman in Hartney Sunday.

Tria Enns was solid in net with a 36 save shutout performance against Eastman, while the Hawks were opportunistic with 21 shots on goal. Jessica Anderson and Mya Pearce scored for Pembina Valley.

Pembina Valley fell behind 5-2 after 20 minutes against Yellowhead and trailed 7-3 after 40 minutes before making a third period push that came up one goal short.

Abbey Bourdeaud'hui had a hat

trick for the Hawks while Zenith Vanstone scored twice and Jessica Anderson contributed a single. Enns stopped 12 of 17 first period shots before being relieved by Kaylee Franz, who stopped 25 of 27 shots the rest of the way. The Hawks managed 38 shots on net. Things tightened up considerably against Westman, but the Wildcats scored twice in the third period to break the 1-1 tie after 40 minutes.

Caitlin Anderson scored the lone Hawks goal while Franz made 28 saves as Westman held a 31-16 edge in shots on goal.

The Hawks are in fifth place with a 7-8-0 record for 14 points. They trail the Winnipeg Ice by four points and are ahead of Central Plains by three points. The Hawks have a break from league play this week as they travel to Ontario to compete in the 2 Nations College Prep tournament that takes place in Brampton and Detroit.

## MJHL to host Futures Camp

From the MJHL

The Manitoba Junior Hockey League is pleased to host the 2021 MJHL Futures Camp on Dec. 27-28 in Niverville.

This event is intended to be an initial introduction to the MJHL brand and sanctioned high-performance hockey for potential U15 (2007-born) junior prospects.

"The MJHL is committed to building lasting relationships with the young talent in this province, this a great icebreaker event for players to get a taste of what high-performance camps entail," said Kyle Prystupa, MJHL Manager of Programming & Communications.

The camp will be professionally operated by the MJHL to provide meaningful insight and preparation for future high-performance events in our province such as U16 Program of Excellence camps, MJHL U16 Draft Prospect

Camp, MJHL U17 Draft Combine and more. This event will also see MJHL and Western Hockey League scouting personnel attending to evaluate the 80 invited players to compete.

MJHL Futures Camp includes:

1 Hybrid skills competition and combine testing session (skaters)

1 Goalie Mentorship session (goalies)

3 Exhibition games (round-robin) Enhanced high-performance exposure

Lunch provided daily for athletes MJHL camp jersey and socks

MJHL apparel item

Invited players were identified through preliminary recommendations from the local MJHL and WHL scouting network. The full camp schedule and assigned rosters will be announced in December as all plans become solidified.

## Male Hawks split games with Chiefs

By Lorne Stelmach

The male U18 Pembina Valley Hawks earned a split of their weekend doubleheader with the Yellowhead Chiefs in Shoal Lake. The Hawks fell 5-3 in game one Saturday then rebounded to edge Yellowhead 3-2 Sunday afternoon. Earlier last week, the Hawks had also suffered a 7-3 loss to Brandon on the Wednesday

Special teams did in the Hawks in game one as they gave up three powerplay goals to the Chiefs while going zero for ten themselves on the man advantage.

Griffin Ayotte, Mitchell Hlady and Liam Goertzen scored for the Hawks, who gave up four unanswered second period goals. Bryson Yaschyshyn made 28 saves with the Chiefs holding a 33-32 edge in shots on goal.

On Sunday, the Hawks capitalized on two first period powerplays, and Ayotte scored the winner at 9:20 of the third period. Carter Sotheran and Keston Worley scored the other goals, and Yaschyshyn made 37 saves with the shots 39-27 in favour of Yellowhead.

The Hawks

trailed 3-1 and 5-3 at the intermissions against the first place Wheat Kings, who have not lost in regulation time to date with only two overtime defeats marring their record.

Cameron Parr scored twice for the Hawks with the other goal coming from Carter Campbell, and Yaschyshyn made 29 saves with the shots on goal 36-25 in favour of the Wheat Kings, who sealed the deal with an empty net goal.

The Hawks remain mired in 10th place at 8-10-2 for 18 points, but they are only one point back of Norman and the Winnipeg Bruins and two behind Yellowhead. The Hawks began their week with a visit to Killarney Wednesday to take on Southwest then they are back home in Morden for games with the Winnipeg Wild Friday and Interlake Lightning Saturday.

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# Be careful when sending e-transfers: RCMP

By Lorne Stelmach

RCMP are warning about the increasing incidence of fraud involving e-transfers.

It is a scam that is becoming more prevalent with the increased use of e-transfers, and Pembina Valley RCMP say they have seen an increase here in this form of fraud especially associated with buying goods on various online buy and sell platforms.

"This is becoming more common. Last week, Pembina Valley RCMP received three complaints of this scam tactic," Sgt. Christopher Johnson said, adding that it is likely more of a concern than what they are aware of. "I believe these often go unreported, as

the deposit may be \$50, maybe \$100, and the victim sums this up to a lesson learned."

How it typically works is a fraudster will ask for a deposit to be sent via e-transfer to hold an item until the buyer can meet for final sale.

In making the encounter seem legitimate, the fraudster will offer to call you and speak about the item and may even provide a serial number or other intricate details about the item if requested.

The person will often be well spoken, courteous, and be knowledgeable about the item. To further gain the buyers trust, they may provide a valid address nearby to meet and complete

the sale at a later date before requesting a deposit via e-transfer to hold the item.

Once the deposit has been made, the fraudster may still take calls from the victim but will be unavailable for a variety of reasons to meet and complete the sale. If the victim goes to the address, they will likely learn the individual they were speaking with does not exist.

These frauds tend to be less than \$200, Johnson noted, which leads to their suspicion that many more people have fallen victim but are not reporting it due to embarrassment and the relatively small amount of money lost.

Johnson emphasized the public should not send e-transfers when using any online buy and sell platform such as Kijiji, Hello Good Buy, or any other similar website unless they personally know the individual selling the product or item or it is a known reputable business. Otherwise you risk falling victim to a scam.

"Complete the transaction in person with cash with the seller and the item or in person with the seller and the item, and you send an e-transfer at that time," urged Johnson. "Basically, sending a deposit to an unknown person on an online platform is setting yourself up to be scammed."

# Federal throne speech full of recycled promises: Bergen

By Ashleigh Viveiros

The Liberal federal government's speech from the throne in Parliament didn't illicit much confidence from Portage-Lisgar MP Candice Bergen last week.

Bergen, who is also the Conservative Deputy Leader, voiced her concerns about what the 44th parliamentary session will accomplish in the weeks ahead.

"After waiting over two months to bring Parliament back following the federal election, Justin Trudeau has returned with the same recycled promises as before with no plan to curb inflation, fix supply chain issues and make life affordable for Canadian families," Bergen said. "As a Western-

Canadian MP, I'm nervous about the blatant neglect of the agricultural sector and the doubling-down of Justin Trudeau's attack on our energy workers.

"In Portage-Lisgar, businesses are continuing to experience staffing shortages, farmers are still being hit with the carbon tax, and the cost of everyday items are skyrocketing," she continued. "Instead of focusing on these important issues, Justin Trudeau is more interested in focusing on issues that divide Canadians."

Premier Trudeau stressed in a released statement that the fall election gave the Liberals "a clear direction to work together to put the COVID-19 crisis behind us and find the real so-

lutions needed to build a better future for all Canadians.

"The Government of Canada has listened to Canadians, and we are ready to finish the fight against COVID-19, take strong climate action, make life more affordable, walk the shared path of reconciliation, put home ownership back in reach, create jobs, and grow the middle class."

Getting the pandemic under control is the first step, Trudeau noted, stressing the importance of vaccination.

"The government will better support all Canadians by taking action to clear the backlog of delayed procedures caused by COVID-19, strengthening long-term care, and improving access to mental health and addiction treat-

ment," he said. "We will keep Canadians safe and healthy now and into the future."

Bergen noted the Conservatives will be holding the Liberals to account in this session, in addition to "presenting solutions to the inflation crisis, labour shortages and skyrocketing deficits. Conservatives will be focused on a recovery that champions jobs, the economy and Canadian energy.

"Conservatives have a positive vision that will unify our country and put Canadians first," Bergen said. "I look forward to the new session of Parliament and being the voice of the people of Portage-Lisgar, in Ottawa."

# Throne speech misses the mark on affordability: NDP

By Ashleigh Viveiros

Official Opposition Leader Wab Kinew of the NDP says last week's Throne Speech from the Conservatives missed the marks on a number of fronts.

"The big thing that stood out to me, that was very notable with its absence, was there was no mention in the throne speech about affordability, inflation, the rising cost of living," Kinew said a few hours after Premier Heather Stefanson's government laid out its plans for the Legislative session.

"To me, this is something that's causing so many people pain and stress right now, the fact your groceries are going up, the hydro bill's going up, the price at the pump's going up—everything seems to be getting more expensive and yet the government didn't even mention it.

"To me, Manitobans need some help there and I think they would be reasonable to expect that the government would have at least some ideas for how we could make life more affordable in Manitoba given everything that's going on with inflation rates."

A week before the government's throne speech the NDP released their own alternative throne speech calling for an independent, expert-led inquiry into Manitoba's pandemic response.

Kinew was disappointed the government didn't officially commit to such an investigation.

"To me, it's the responsible thing to do after such a big, disruptive experience like the pandemic. We should just take a bit of time and ask what worked, what didn't, what do we have to do now.

"One of the areas that we want to

look at in there is seniors care, personal care homes," Kinew continued, noting the throne speech raised this matter as well but in a way that didn't sit well with he and other government critics.

"They're basically patting themselves on the back when it comes to seniors living in personal care homes, older adults," he said. "To me, that was pretty tough to take given what we know about what's happening with so many families right now, where their loved ones are being moved to personal care homes hundreds of kilometres away from where they live.

"It was just another sign of how the throne speech today seemed to be out of touch with the reality that's facing a lot of people in the province right now.

"We know there's a lot of challenges in personal care homes. We've got to

do better."

In the session ahead, the NDP will continue in its role of holding the governing party to account, Kinew said.

"I think there's still a lot of those lingering questions about health care, many rural centres that are dealing with closures or even temporary shutdowns of health facilities in their region, so we've got to deal with those issues, including health care for seniors.

"And then at the same time we want to bring forward some of our plans and ideas, like for example our need for an inquiry to give us some recommendations for after the pandemic. How can we strengthen the economy, strengthen health care, improve mental health, improve education? Those will be some of our focuses as we go through this session."



# Chartering a course 95 years ago...Carman Legion

BY Dennis Young

It was September 1921 when Veterans in this area organized a club known as "Soldiers Social Club" for preparation to help servicemen and their dependents. The Memorial Hall opened on May 20, 1920 to house their meetings as well as fundraising dances, dramas, gym classes, an employment bureau and memorial services.

When "The Canadian Legion of the British Empire Service League" was formed, to unite all the various Veterans Club across Canada, Carman received their charter Branch #18 on Dec. 6, 1926....95 years ago.

By 1934 a charter was granted to the 15 member Ladies Auxiliary who were then invited to Branch meetings at the Memorial Hall. The Branch and Auxiliary would join together afterwards for lunch and social time. That, as well as contributing to projects together, continues to this day.

Thus the years of community support and donations began in earnest with this volunteer support under the Carman Branch heading. With the return of Veterans, it became evident the council chambers of the hall could not meet the Legion's growing needs. So in 1944 the lots for a new Legion were purchased at the corner of 1st Avenue NW and 1st Street NW.

It was completed in 1951 (now the Webmarkers/Bell/MTS building on 1st Street S), paid for by 1955 at an approximate cost of \$25,000 (value today \$46,000) and the first ceremony was held in 1956 presenting 25 years pins to 13 members. Soon the Legion Hall was home to many events.

In 1959, talks began of construction of the first low rental "Legion Lodge" for elderly. It became a reality in the spring of 1965 with the Carman District Legion Housing Foundation Inc. carrying out the administration and operation.

The financing mortgage of \$60,000 (\$110,000 today) for a 45 year term at an interest rate of 5 3/8 per cent was taken out. The town gave a very favourable tax and water rate in place of a grant towards the project. The loan was paid off in 2011.

Renovations to the tune of \$30,000 (\$55,000 today) in 1968 gave the Legion itself a face lift with member loans paid back in three years. Years later however the property across the road to the south was purchased from CP Rail in 1977. The plan....to build a new, larger modern Legion and adjoining Hall.

President at the time Jim Rodgers tells me "Our large membership just knew they needed more space. The space would also allow more room for playing pool and shuffleboard etc. A larger kitchen, with no stairs, would also be an improvement for the Ladies with their busy schedule. The community as a whole benefitted."

At this point in time, talks about town began regarding the building of a Community Hall and those talks led a committee to the Legion and their new property. Subsequently members sat on that committee, decided to work on the project together, donate the land for the Hall and also paid for 1/3 of its parking lot. Legion members also comprised the first board of the Carman Community Hall and supplied bartenders.

The current Legion Clubroom and Auxiliary Hall was opened in 1979. Member loans of \$70,000 (\$129,000 today) was raised and repaid in slightly over two years. The loan itself was fulfilled in 1982. In 1984 the land for a parking lot east of Legion was purchased from the railway.

A second Legion housing project, the 35 apartment Riverview Legion Place, had its official opening in 1993. "Members contributed personal funds totaling \$57,000 (\$104,000 today) to have the cash equity required for government funding. The members have all been paid back and what started as a \$3 million dollar investment, the mortgage will be paid off in 2024" Riverview's secretary-treasurer Marlene Rose recapped.

From 2005 to 2020, over \$90,000 of major donations were made to local and area causes associated with Veterans and youth. For instance, up to three athletes annually are sponsored to attend the Legion Peace Garden



STANDARD PHOTO SUBMITTED

Carman's first Legion Hall was completed in 1951.

Sports Camp. One of the athletes they sponsored, Carman's Jay Ort, went onto a College career in track and field.

Donating, plus carrying on with the daily internal issues and keeping members entertained. The Branch's ongoing staffing, upkeep (also \$90,000 since 2006) and following of Gov't regulations, are all looked after by volunteers. Annually elections of officers are held for diverse positions such as House/Property, Sick and Visiting, Ways and Means, Social as well as the standard President etc. A General Manager is hired to look after day-to-day activities.

To attract current and new members to come in, the Lucky Card Draw was initiated in 2012 plus live entertainment attracted such large crowds that there were discussions of a Clubroom expansion. Recently hot food, such as wings and pizza proved very popular and the weekly meat draw show no sign of slowing down.

VLTs were first installed in 1993 as a result of a lot of lobbying as initially only Hotels were allowed them. "Net revenues have been anywhere from \$40,000 to \$80,000 from 2010 to 2019, but have been on the smaller side in the past few years. These machines have been the savior of the Legion as we barely make enough selling drinks to pay the staff wages" says current Clubroom Manager Brian Maxwell.

While a declining membership of Veterans has taken its toll on the

numbers, more relaxed rules in recent years have kept totals consistent. In other words very few applicants are turned away. Currently membership sits at 330.

However, the Branch's main focus for the past 95 years has been keeping the memories of Veterans and their sacrifice in the fore front. By way of poppy campaigns, Remembrance Day services, literary contests, poster awards, Legion Week and Decoration Days at the Carman Cemetery.

Carm Colvin (a 75 year member) informed me that Vet support goes way back.

"I remember veterans travelling from down east heading out to western Canada who were broke and couldn't find a job. The Legion would make arrangements with the hotel for a room, a meal and also gave him a few dollars. It was always done quietly and no one was ever denied the help," said Colvin.

Plaques honouring the district men and women who made that supreme sacrifice during the two wars, hang in the Memorial Room at the Hall. Memorial donations are made to charities anytime a member is deceased as well as any immediate family members of a Legionnaire who pass away.

Take some time to visit the Memorial Room, Carman Legion or the Dufferin Historical Museum and become acquainted with the sacrifices made for our freedom.

Lest We Forget!

## Winkler Bible Camp hosting drive-thru meal for community this Dec. 1-3

By Lorne Stelmach

The unexpectedly huge success that was the Winkler Bible Camp's last holiday drive-thru meal has the camp expanding its plans this year.

This time around, the camp will be hosting its winter meal over three days Dec. 1-3 instead of the one night event it was in 2020.

"It became much larger than we had

anticipated. We had booked a thousand meals, but two thousand people showed up, and so it was way past what we had imagined," shared executive director Dale Wiebe.

"So we're preparing for way more ... and we will be doing 600 meals a night," he explained. "It's because we had such an overwhelming response last year that we couldn't even meet

it." Meals will need to be pre-ordered and assigned to a specific half-hour slot each evening between 5-6:30 p.m. to allow for everyone to be served in a timely manner. They have also doubled the length of the line-up by having it go all the way around the lake.

"It's just spreading out the vehicles so that we don't get a massive amount all at once ... and the drive-thru is

twice as large as it was last year. We've doubled the size of it." The menu features cranberry chicken, herb mashed potatoes, corn, a bun, coleslaw and white chocolate raspberry cake for dessert.

"It's a free will offering," said Wiebe. "But people need to go online to book a spot." To register, head to [winklerbiblecamp.com](http://winklerbiblecamp.com).



# get inspired

> MEAL IDEAS



Prep time: 15 minutes  
Cook time: 10 minutes  
Servings: 4

- 2 bags Success Basmati Rice
- 2 tablespoons canola oil
- 1/2 pound mushrooms, sliced
- 1 onion, diced
- 1 cup kimchi, chopped
- 2 cloves garlic, minced
- 1 tablespoon ginger, minced
- 4 cups baby spinach
- 2 tablespoons soy sauce
- 4 teaspoons sesame oil

RED RIVER CO-OP FOOD STORE

## Kimchi Fried Rice Bowl with Fried Egg

4 eggs, fried  
Prepare rice according to package directions.

In large wok or skillet over medium-high heat, heat oil. Stir-fry mushrooms and onions 3-5 minutes, or until softened. Stir in kimchi, garlic and ginger; stir-fry 1-2 minutes, or until well coated.

Stir in rice, spinach, soy sauce and sesame oil. Stir-fry 2-3 minutes, or until spinach starts to wilt and rice is heated through.

Divide rice between four bowls and top each with one fried egg.



Prep time: 20 minutes  
Cook time: 10 minutes  
Servings: 4

- 2 bags Success Jasmine Rice
- 2 tablespoons canola oil
- 1/2 teaspoon salt
- 3/4 pound boneless, skinless chicken breast, cubed
- 1/2 pound sugar snap peas, trimmed
- 3 cloves garlic, thinly sliced
- 1 Thai red chili pepper, thinly

## Thai Cashew Chicken Fried Rice

sliced (optional)  
3 tablespoons soy sauce  
1/3 cup roasted cashews

Prepare rice according to package directions. Let cool completely.

In large wok or skillet over medium-high heat, heat oil. Season chicken with salt. Cook chicken, stirring, 3-5 minutes, or until starting to brown. Stir in sugar snap peas, garlic and chili pepper, if desired. Cook, stirring, 3-5 minutes, or until chicken is cooked through and snap peas are tender-crisp.

Stir in rice. Cook 2-3 minutes, stirring to combine. Stir in soy sauce. Cook 2-3 minutes, or until rice is heated through.

Sprinkle with cashews before serving.



Prep time: 10 minutes  
Cook time: 1 hour, 15 minutes  
Servings: 30

- 1 1/3 cups Pompeian Light Taste Olive Oil, plus additional for oiling pan
- 2 cups all-purpose flour
- 1 cup sugar
- 3/4 cup brown sugar
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 1/4 cups whole milk
- 3 large eggs
- 1 1/2 tablespoons grated lemon zest, plus additional for garnish (optional)

## Lemon Cake

1/4 cup fresh lemon juice  
1/4 cup limoncello  
powdered sugar, for garnish (optional)  
dried sweetened lemon rings, for garnish (optional)

Heat oven to 350 F. Oil 8-by-12-by-2-inch pan with olive oil and line bottom with parchment paper.

In bowl, whisk flour, sugars, salt, baking soda and powder. In another bowl, whisk 1 1/3 cups olive oil, milk, eggs, lemon zest, juice and limoncello. Add dry ingredients; whisk until just combined.

Pour batter into prepared pan and bake 60-75 minutes until top is golden and cake tester comes out clean. Transfer cake to rack and let cool 30 minutes.

Run knife around edge of pan, invert cake onto rack and let cool completely, 2 hours.

Sprinkle with powdered sugar, lemon zest and lemon rings right before serving, if desired.



By Gwen Randall

Do you suffer in silence? Many people do, I am always saddened when I hear that someone has been dealing with a problem and felt that there was no one they could talk to. This happens more often than you might expect.

There are several reasons for this, it might be that there is no one who we feel comfortably close to when it comes to sharing our fears and difficulties. Sometimes there is the feeling that we don't want to burden others with our problems. If we could get past these two barriers, there is still the tendency, in our society, to project that all is well, even if it's not. We do such a good job of this, that when someone is struggling in some aspect of their lives, they feel as though they are the only one with this problem.

We become alienated from ourselves if we are feeling angry, hurt, or depressed inside, while projecting the opposite feelings to those around us. Feelings remain blocked or suppressed inside, and this energy must come out in some way. It may manifest as anger or hostility towards others (taking it out on the children, partner, or co-workers) or as health problems (headaches, ulcers, stress, and tension).

Talking it out can be very healing, but it is important to do this with the right person. It must be someone whom you can trust to keep what you share confidential. It's best if the person is

## Suffering in Silence

a good listener who withholds judgment and advice giving. Often as we talk through our difficulties, we find that our own solutions emerge spontaneously.

If you have friends or family members to whom you feel close, but have never really shared deeply, you may find that if you do, the relationship becomes even closer. Chances are that this person will open up in response to your sharing. You may find that you are both relieved to have someone you can really talk to. The floodgates may open, with things coming out that you have held inside for years.

If you share with the intention to understand more deeply, and to create positive outcomes in your life, this kind of sharing can be tremendously healing. If the sharing becomes simply dumping on others who are not present, then you are in a negative process which will ultimately only make things worse.

We all have the ability to support others in positive ways. Right now just about everyone has some struggle in their lives. Perhaps if we stop hiding our pain, we could really be there for each other. Ultimately, that's what life is all about anyway, so we might as well get on with it.

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



## Sugar Cookies with Orange Glaze

sugar, for topping  
To make cookies: Preheat oven to 350 F. Lightly grease baking sheet.

In large bowl, stir flour, sugar, baking powder, baking soda and salt to combine. Add olive oil, vanilla extract and almond extract. Stir until crumbly dough forms.

Add 2 tablespoons milk; stir until soft dough ball forms, adding more milk if needed.

Place dough ball on lightly floured surface. Roll out dough until 1/4-inch thick. Using jar lid or other circular object, cut out cookies; place on baking sheet. Repeat until all dough is used.

Bake 8-10 minutes; do not overbake. Set aside to cool.

To make glaze: In small bowl, stir powdered sugar, 2 tablespoons orange juice and salt until thick glaze forms. Add more juice, if needed, to thin out glaze or add more powdered sugar to thicken.

When cookies are cooled, glaze them. Top with orange slices or blood orange slices and pinch of sugar.

- Prep time: 15 minutes  
Cook time: 10 minutes  
Servings: 36  
Cookies:  
2 cups all-purpose flour  
1 cup cake sugar  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup Pompeian Light Taste Olive Oil  
2 teaspoons vanilla extract  
1/2 teaspoon almond extract  
2-3 tablespoons unsweetened milk of choice  
Glaze:  
1 cup powdered sugar, plus additional if needed, for thickening  
2-3 tablespoons fresh orange juice  
1/8 teaspoon salt  
orange slices or blood orange slices, for topping



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- Interested parties must rely on their own inspection and knowledge of the property. Any specific questions pertaining to the property should be directed to Scott W. Johnston at (204) 745-2546.
- Tenders must be delivered to McCulloch Mooney Johnston Selby LLP by 2:30 p.m., December 17, 2021. Please mark on front of envelope "Tender".
- Tenders must be accompanied by a \$10,000.00 deposit cheque payable to McCulloch Mooney Johnston Selby LLP. Deposit cheques accompanying unacceptable bids will be returned.

5. Interested parties may bid on one parcel, two parcels or all three parcels. If not bidding on all three parcels, interested parties are to set out what parcel(s) is being bid on.

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- Possession date will be January 14, 2022.
- The successful bidder will be responsible for all realty taxes following January 1, 2022 (the adjustment date).
- 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.

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