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**STANDARD**

VOLUME 2  
EDITION 49

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**Holiday festivities**

STANDARD PHOTOS BY LORRAINE STEVENSON  
Dufferin Historical Museum treasure Shirley Snider, welcomed Gr. 12 student Maddy Saquet with a generously-iced cupcake as she and others arrived for the festivities during Christmas at the Museum on Dec. 2. The attractive — and delicious — 'cupcake tree' was one of many attractions greeting visitors out for an evening that included dog sled rides, food, crafting tables, and children' entertainment.

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# More than just a children's fantasy: Zendayne the Wizard a magical experience

By Autumn Fehr

If you head east of Carman along Hwy. 3, you will find a magical experience of an epic tale that comes to life in an art gallery in Sperling.

The Sperling Gallery, co-owner and author Kenneth Potter recently released a new book that will take you through a chronicle for all ages.

Zendayne the Wizard is a children's fantasy storybook filled with Potter's own exquisite artwork and handwritten by himself in an easy-to-read gothic font.

"It started off as a cartoon script. It wasn't anything, but then I kept writing, and six years later, I got this 347-page book, and it's all illustrated and handwritten," said Potter.

The story unravels the tale of twin boys who were separated at birth. The narrative follows their journey of finding each other when they have grown up, navigating through human nature and the personal feelings that arise from it.

The thick, black, hardcover, one-of-a-kind book was inspired by Potter's grandkids and started when they were eight. It was crafted by the time they spent playing and telling the tales of Wilbur the dinosaur and Zendayne the wizard.

"We started writing back and forth, and they would add to the story, and it was about the adventures of Zendayne the wizard and his sidekick Wilbur, the dinosaur," said Potter.

To accompany his spectacular hardcover book, Potter handcrafted and built a tabletop village of miniatures featuring the setting and characters of the fantasy story.

By applying his skills as a visual artist, Potter was able to bring the world that his story lived in, to life, in tangible form for his readers to engage with and get the full experience.

The exquisite diorama includes charming houses crafted from old wood stumps and furnished inside

**"IT WASN'T ANYTHING, BUT THEN I KEPT WRITING, AND SIX YEARS LATER, I GOT THIS 347-PAGE BOOK."**



STANDARD PHOTOS BY LORRAINE STEVENSON

Artist and co-owner of Sperling Gallery Ken Potter has just published a spectacular children's storybook titled *Zendayne the Wizard*, featuring his own exquisite artwork and handwritten in an easy-to-read Gothic font. The limited edition books are available for sale by contacting Potter at Sperling Gallery.



In tandem with writing the book, Ken Potter applied his considerable skills as a visual artist, building a table-top display of miniatures that feature the setting and characters of his epic tale.

to the smallest details such as tiny framed photos adorning the walls and a little fireplace that actually lights up.

Guests can explore the village on display at Sperling Gallery and discover the intricacies of the world Potter created.

Before Potter recently released the story, he had been working on perfecting the epic tale for the past six to seven years.

After finishing the book in March 2021, he needed help finding a publisher.

"Nobody wanted to do anything. I guess it's because of COVID or something; nobody wanted to work," said Potter.

Potter took it to himself to do it on

his own. So now he can call himself an author and the publisher of his book.

After going through the process, Potter printed 100 copies of his creation and placed them in his gallery on display.

So far, he has sold half of his copies.

A limited number of limited-edition books are available for sale by contacting Potter at Sperling Gallery at 204-626-3260 or by coming down to the gallery to explore the world of *Zendayne the Wizard* for yourself.

The books are sold at \$100 apiece.

Next time you are passing through Sperling, stop by to see the limited-time display. It's the only way to immerse yourself in the story and get the full experience.

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**Did you know you can Apply for Permits on our website. Check out [Carmanmanitoba.ca](http://Carmanmanitoba.ca) under Carman Dufferin Grey Planning District.**

**(Or call our office today at 204-745-2509)**



# Keep The Cheer Here campaign returns for holiday season

By Ty Dilello

The Carman Chamber of Commerce is running its annual Keep the Cheer Here campaign again this holiday season, as it has been a great success for the past few years. They've kept local dollars spent in Carman as consumers prepare for Christmas shopping.

"This was a great boost for the smaller businesses in our community, and the support that they have received has been overwhelming," said Jodi Winkler of the Carman Chamber of Commerce.

The #KeepTheCheerHere campaign begins with local businesses in town sponsoring Chamber Bucks in increments of \$100. The Chamber will pick a local sponsor every day from Dec 1 until Christmas.

The sponsor of the \$100 Chamber Bucks for that day will be advertised all across social media. People will then have to comment and tag the business they would like to spend these Chamber Bucks if they are chosen.

Winners will be chosen randomly, providing that the business they have tagged is a Chamber of Commerce member. The winning comment will be awarded the \$100 in Chamber

Bucks to spend at the business that they tagged in the post.

The Chamber Bucks will expire on Dec 31, 2022, so the business will receive the sale this holiday season.

"The hashtag for the campaign will be #keepthecheerhere, and we will encourage winners and the public to post their purchases at our local shops using this hashtag," said Winkler. "It is our hope again this year to spread the Chamber Bucks throughout the businesses in our community."

The Keep the Cheer Here Chamber Buck giveaway will begin in early December, depending on the sponsors they receive. Stay tuned to the Carman Chamber of Commerce's Facebook page for all of the details.

The Carman Chamber of Commerce is also running its annual Holiday Hoopla on Dec. 8. Local businesses will try to stay open until the evening so that everyone can do some downtown shopping that day.

There will be plenty of in-store specials for patrons to check out, and they will be posted across the Chamber of Commerce's social media channels.

For every purchase made at any local Chamber business on Dec. 8 from noon to 9 p.m., the customer will be

STANDARD PHOTO SUBMITTED

The Carman Chamber of Commerce is running its annual Keep the Cheer Here campaign once again this holiday season, as it has been a great success for the past few years. They've been able to keep many dollars spent locally as consumers prepare for Christmas shopping.

eligible to enter a free draw to win \$1,000 in Chamber Bucks! Customers can enter at every store in town, but only once per store.

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# Town of Carman introduces committee and subcommittees

By Ty Dilello

Here is the new look for the Town of Carman 2022-23.

## Committees appointments:

Deputy Mayor – Robert Bryson  
Finance and Administration Committee of the Whole – Richard Dyck (Chair), Robert Bryson (Vice Chair), Lindsay Boeve, Dale Reimer, Carly Boklaschuk, Erin Lemky  
Work and Operation Committee of the Whole – Lindsay Boeve (Chair), Dale Reimer (Vice Chair), Robert Bryson, Richard Dyck, Carly Boklaschuk, Erin Lemky

## Subcommittee Appointments:

Pembina Valley Water Cooperative – Brent Owen  
Pembina Valley Recycling Network – Erin Lemky  
LaSalle Redboine Watershed – Lindsay Boeve  
Carman Dufferin Municipal Airport – Lindsay Boeve  
Community and Social Development – Carly Boklaschuk (Chair), Erin Lemky (Vice Chair)  
Subcommittee Appointments:  
Boyne Regional Library – Richard Dyck  
Carman Community Seniors Re-

source Council – Carly Boklaschuk  
Dufferin Historical Society – Robert Bryson

Carman Dufferin Municipal Heritage Committee – Robert Bryson  
Carman Community Chamber of Commerce – Erin Lemky  
Dufferin Agricultural Society – Dale Reimer  
Golden Prairie Arts Council – Brent Owen  
PVLIP – Richard Dyck  
Carman Wellness Committee – Carly Boklaschuk  
Boyne River Keepers – Dale Reimer  
Communities In Bloom – Erin Lemky  
Carman Handi Van – Erin Lemky  
Protective Services (Joint committee with the RM of Dufferin) – Dale Reimer (Carman Chair), Erin Lemky (Carman Vice Chair, Richard Dyck.

“The council members are just getting into the swing of things with committee meetings, etc. With the huge change on Council, it is taking a little longer for the members to get all the background information and to move forward with all of the different matters,” said Cheryl Young, CAO for the Town of Carman.



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Carman's mayor and councillors. Front row, left to right – Erin Lemky, Mayor Brent Owen, Carly Boklaschuk; back row, Dale Reimer, Richard Dyck, Lindsay Boeve, and Deputy Mayor Robert Bryson.

# Memory tree returns

By Ty Dilello

The Memory Tree has returned to Carman for the 2022 holiday season. Residents are encouraged to stop by Carman's Access Credit Union and donate toward this year's Memory Tree in support of Carman Palliative Care.

It has become a 12-year holiday tradition in Carman. The Memory Tree has gone up following Remembrance Day and will come down after New Year. Anyone is welcome to come in and participate.

“The Memory Tree is a wonderful way for the community to remember loved ones that have passed while at the same time supporting the Palliative Care Program in Carman,” said

Sandy Cameron, Palliative Care Program Coordinator.

With every monetary donation, you receive an angel to hang on the Memory Tree, with the name of your loved one on it. (Donations of \$20 or more will receive a tax receipt)

Carman Palliative Care offers help and respite for patients and their families in a hospital setting and in people's homes as needed. For example, the Carman Palliative Care Program recently furnished a Quiet Room in the new Boyne Lodge that will be prioritized for families with a loved one in Palliative Care.

“All proceeds go towards paying for the cost of the continuation of our program as well as purchasing specialty equipment to provide comfort care,” said Cameron. “For so many people, Christmas is a time of reflection, and the Memory Tree is a beautiful way to celebrate the memory of a loved one.”



STANDARD PHOTO SUBMITTED

The Memory Tree has returned to Carman for the 2022 holiday season. Make sure to stop by Carman's Access Credit Union and make a donation toward this year's Memory Tree in support of Carman Palliative Care.

**Blaine Pedersen**  
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# Kaleb Dahlgren shares his story of gratitude, healing

By Ashleigh Viveiros

Humboldt Broncos bus crash survivor Kaleb Dahlgren was in Winkler last week to share his story of resilience and healing.

The crash that killed 16 of his teammates in 2018 was a crossroads moment in his life, reflected Dahlgren, who attributed the challenges he grew up with to helping create a mindset that allowed him to work through the pain and loss.

Dahlgren was diagnosed with Type 1 diabetes at the age of four. It meant a childhood filled with frequent glucose monitoring, carbs counting, and countless needles.

He came to a powerful realization at a very young age:

"I really figured out to find the positive over the negative. Because living with a disease is difficult, but having a negative mindset makes it twice as hard."

Finding silver linings wasn't always easy, Dahlgren noted as he shared some of the difficulties he faced as a teen: a father with medical issues who needed constant care, the loss of a friend in a car accident, the death of a mentor to cancer.

But he realized, during a "Challenge Day" exercise in high school, just how lucky he truly was.

He had a loving and supportive family, had never worried about where his next meal would come from, never felt unsafe in his home, had never been discriminated against, and had the financial support to pursue his dreams, including his love of hockey.

He'd gotten a huge head start in life.

"That was when it hit me that I was very, very privileged and I was fortunate enough to be in the position that I was," Dahlgren said.

Feeling called to give back in some way for all these blessings, Dahlgren founded an advocacy program dubbed Dahlgren's Diabeauties, which provides guidance and support for kids living with the disease.

Participants get to attend a hockey game, meet the players, drop the puck, and enjoy having hundreds of fans cheer them on.

"For me, that was something I really wanted was for my Diabeauties to feel special and beautiful for their differences, uplifted, rather than negative and sad and special in a bad way," Dahlgren said.

That program began around the same time Dahlgren was traded to the Humboldt Broncos in 2017.

Reflecting on his season with the junior hockey team—one that ended prematurely during the spring playoffs when the team bus collided with a semi-truck that had run a stop sign at a rural Saskatchewan intersection—Dahlgren shared that they were very much a family.

"Humboldt was truly incredible. It was a bond that you don't usually get. It's one of those special, rare bonds," he said, recalling team bonding exercises and friendships forged between teammates and staff members alike. "We loved being around each other. I think that was something that was special about the team, about the organization. They brought in good people."



STANDARD PHOTOS BY ASHLEIGH VIVEIROS

Humboldt Broncos bus crash survivor Kaleb Dahlgren spoke at the Winkler concert hall last week.

April 6, 2018 was a day like any other, Dahlgren observed.

The team was heading to play a road game against the Nipawin Hawks, who were leading the playoff series three games to one.

Dahlgren recalled he was sitting in row 12, in the aisle seat. As was his custom, he was using the drive to get his head in the game.

"I like to visualize and get into my own head space ... I close my eyes, listen to music, put in my headphones. And boom—everything went black."

Dahlgren has no memory of the crash itself or the carnage afterwards, though he was told he was up walking around, trying to help fellow victims, before emergency personnel arrived.

"I woke up in a hospital. Confused. I didn't know what had happened."

Fourteen of the 29 people on the bus that day died at the scene. Another two succumbed to their injuries in hospital. Thirteen others were injured, many severely, including Dahlgren.

He suffered a severe traumatic brain injury, a broken neck, broken back, fractured skull, nerve and muscle damage.

In the week after the accident, he was unable to retain short-term memories. His parents had to tell him again and again what had happened.

"The hardest thing wasn't my injuries," Dahlgren said. "The hardest

thing and the most painful thing was losing 16 people that I considered to be family."

He struggled to understand why he survived while friends sitting right beside him perished.

As he worked to heal his body, Dahlgren found himself leaning on that positive mindset he'd always had to try and find a measure of peace and acceptance.

"I knew I had to focus on the things I could control," he said, noting that didn't include the crash itself or the damage it left behind. "What was in my control was how

was I going to react to this?"

"I decided to focus on these things: how was I going to become the best version [of myself] I could be? Was I going to take a step forward or a step back ... do I want to continue living my life to the fullest? How was I going to continue to move forward?"

Above anything else, Dahlgren felt a keen sense of gratitude.

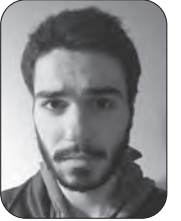
"I was grateful to even know those 29 on the bus, to know the community, to know the team, to be a part of that organization," he said. "I was grateful I was here to see another day."

"Gratitude is such a beautiful thing.

**"I KNEW I HAD TO FOCUS ON THE THINGS I COULD CONTROL."**



Kaleb Dahlgren signs a copy of his book, *Crossroads: My Story of Tragedy and Resilience* as a Humboldt Bronco, during his visit to Winkler last week.



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# Manitobans continue to die from COVID

By Patricia Barrett

Sixteen more Manitobans died from COVID, according to the provincial government's weekly respiratory surveillance report for the period Nov. 20-26 (reporting Week 47). There were 16 deaths reported the previous week.

There were 82 new hospital admissions for COVID in Week 47, including 19 people needing intervention in the intensive care unit.

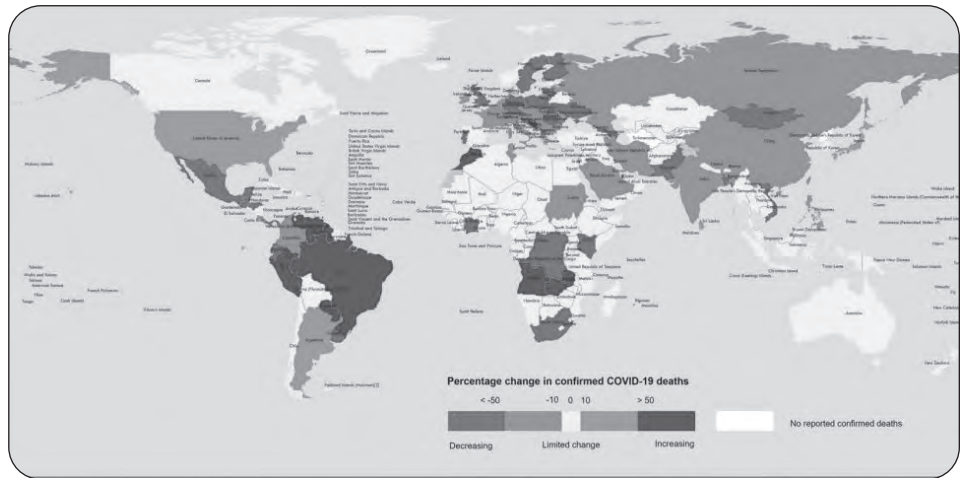
There were 281 new COVID infections diagnosed by PCR lab testing. Provincial data is an undercount of the true number of infections as the government restricts PCR tests and rapid antigen tests aren't tracked.

The provincial government changed the way it reports cumulative deaths and hospitalizations. The government started presenting data from Week 27 (July 3-9) of this year, showing 191 cumulative deaths. Manitoba's death toll – from the start of reporting in 2020 to Week 44 (Oct. 30 to Nov. 5, 2022) was 2,256.

The change in the way the province now presents COVID data makes it difficult to assess the death toll from the virus. The federal government's COVID website shows Manitoba's death toll having reached 2,277 as of Nov. 19.

The provincial government stopped providing in its surveillance reports the names of personal care homes and hospitals experiencing COVID outbreaks.

Influenza cases have increased over the past five weeks. Week 47 saw influenza A test positivity increase to 21.4 per cent and 207 new cases. There



**WORLD HEALTH ORGANIZATION COVID-19 WEEKLY EPIDEMIOLOGY UPDATE**

There has been limited change in the number of new COVID infections in Canada while infections are on the upswing in the U.S. and parts of South America.

were zero cases of influenza B.

"Up to Week 47 this season, children below the age of five years are at the highest risk for influenza infection," states the report. "This age group accounted for 15% of all influenza cases and 25% of associated hospital admissions."

Other health news:

-The COVID outbreak declared Nov. 4 at the Selkirk Betel Personal Care Home continues, according to the Interlake-Eastern Regional Health Authority's website (viewed Dec. 3).

-Canada saw 15,085 new cases of COVID for the period Nov. 13-19, according to federal data.

-Globally, there were just under 2.7 million new COVID cases and over 8,400 deaths reported the week of Nov. 21-27, according the World Health Organization.

WHO director general Tedros Adhanom Ghebreyesus said the number of deaths over the course of that week is "not acceptable."

The highest numbers of new weekly COVID deaths were reported from the United States (increase of 16 per cent), Japan (increase of 42 per cent), Brazil (increase of 113 per cent), Italy (decrease of 22 per cent) and China (decrease of 17 per cent).

There have been over 637 million cases of COVID reported to date along with more than 6.6 million deaths.

-The Canadian Red Cross has stepped in to support a children's hospital in Ontario as a surge of respiratory viruses among children and youth overwhelm the system, and children's hospitals in Alberta are above or at capacity. Doctors are asking the public to wear masks.

## Government introduces off-road trails safety and maintenance act

Submitted by Manitoba government

The Manitoba government is introducing the off-road trails safety and maintenance act, which would ensure that users of off-road vehicles (ORV) would have access to safe, high-quality recreation opportunities by supporting organizations that lead this

important work, Environment, Climate and Parks Minister Jeff Wharton announced last week.

"Organizations like Snowmobilers of Manitoba Inc. (Snoman) and the All-Terrain Vehicle Association of Manitoba (ATVMB) manage the province's ORV trail networks, ensuring

Manitobans and visitors have access to safe, high-quality ORV recreation opportunities," said Wharton. "We want to ensure that their important work is not limited by increased costs for labour and fuel, aging equipment and reduced volunteer capacity. This

Continued on page 7

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# Carman Cheer Board still accepting donations

By Ty Dilello

The 2022 campaign for the Carman and District Christmas Cheer Board began on Nov. 15 and will conclude on delivery day, Dec 15.

The Carman and District Christmas Cheer Board regularly services Carman and its immediate rural community as well as Elm Creek, Haywood, Fannystelle, St. Claude, Roland, and Sperling.

“Our committee relies on the community to support our efforts in ensuring each family in need will receive a hamper this Christmas,” said Deana Gauld of the Carman and District Christmas Cheer Board.

The Cheer Board is asking for donations of gifts for children from newborn through age 14.

“Again this year, we would prefer

monetary donations over donations of food. This is a difficult thing to ask. However, we receive countless cans of expired goods that we cannot use and then must dispose of.”

For those wishing to make a monetary donation, they can be mailed to the committee’s treasurer,

Tracy Owen, at Box 1555. You can also e-transfer donations to carman-

christmas@gmail.com.

The Cheer Board is also looking for more volunteers to help out with the program. Those interested in volunteering can register by emailing carmanchristmas@gmail.com.

“Thank you for your continued support of this very worthwhile community program,” said Gauld.



STANDARD PHOTO SUBMITTED

The 2022 campaign for the Carman and District Christmas Cheer Board kicked off Nov. 15 and will conclude on delivery day, Dec. 15. CIBC Carman is ready to accept your gift to help make Christmas happy for everyone in the community!

## A kindness quilt



STANDARD PHOTO BY DENNIS YOUNG

As a token of appreciation, for the use of the Legion hall, the gals making quilts for the Ukrainian Refugees gave Brian Maxwell, representing the Carman Legion, a quilt for them to raffle or auction off. The group was able to give over 700 quilts to the Ukrainians arriving in Manitoba.

### > OFF-ROAD ACT, FROM PG. 6

new legislation will help provide additional tools for these organizations, support the rehabilitation of lands impacted by ORV use and ensure we continue to protect natural ecosystems.”

The proposed off-road trails safety and maintenance act includes a \$25 annual fee for registered ORVs to ensure organizations have access to sufficient, sustainable resources for initiatives, the minister noted.

The funding generated by user fees would be provided to ORV organizations to support:

- trail development and maintenance;
- safety education, training and promotion;

- emergency trail repair;
- rehabilitation of lands damaged by unauthorized ORV use;
- operations and administration of Snoman and ATVMB; and
- trail capital projects, if sufficient funds are available.

“Snoman is pleased with the introduction of this bill today. It is a step to enabling the financial sustainability of the trail network and our volunteer clubs, which is what our members have been calling for,” said Jason Wiebe, president, Snoman. “Without financial stability, there is a threat of a loss of trails due to a lack of funding. As well, we are keen on being proactive and finding solutions throughout our more than 13,000 kilometres of trail with the introduction of new

technologies that reduce our impact on the environment.”

The \$25 annual fee would be collected by Manitoba Public Insurance at the same time as ORVs’ annual registration. The annual fee would not apply to ORVs exempt from registration under the Drivers and Vehicles Act.

“ATVMB is pleased to see the Manitoba government introduce a user-pay funding model for ORVs in Manitoba. This funding will allow for proper maintenance and signage of trails, safety training and further development of multi-use trails in Manitoba,” said Kim Wozniak, executive director, ATVMB. “Manitoba is blessed with a multitude of recreational trail options that can be enjoyed by all, whether on foot, on horseback, skiing, biking or on an ORV. ATVMB is committed to

providing safe, well-maintained trails for all who choose to enjoy them.”

In addition, the legislation also proposes changes that would allow for modernized and more convenient ways for Manitobans and visitors to access products online, like short-term Snopasses.

Improved access to Snopasses, coupled with user fee revenues, would contribute to a more robust network of high-quality trails for Manitobans and visitors to enjoy, the minister noted. New trails, along with the expansion of existing routes, would also support economic development across the province, particularly in rural communities, the minister said, adding that if the proposed legislation is approved it is anticipated the new fee would take effect in late 2023.

# Carman Chamber of Commerce hands out business awards

By Ty Dilello

The Carman and Community Chamber of Commerce presented its 2022 Business Awards at a special dinner on the evening of Dec 1.

MMJS Law Offices sponsored the awards.

The New Business of the Year Award is awarded to a business operating for more than one year and less than three years that has gained an expanding positive reputation and demonstrates excellence in innovation management, marketing, customer services and integrity.

The New Business of the Year award nominees included Boyne River Keepers, Evensong, Kay's Creek Boutique, Rural Buds, Victorious Financial and Blue Crescent Hotel Carman.

Blue Crescent Hotel Carman was selected as this year's award recipient. The Blue Crescent Hotel opened its doors to Carman in the fall of 2021, and in a short amount of time, they have proven to be a huge asset to the community.

This 30-room hotel has a lot to offer and is a great place to get away and enjoy small-town hospitality or treat yourself to a local staycation. The hotel's uniquely designed rooms, pool and waterslide, and friendly staff make the Blue Crescent a destination when visiting Carman.

"We felt so accepted and welcomed by this Community," said Brenda Sanderson of Blue Crescent Hotel. "The support townwide and beyond has been great, as has our staff been too!"

Next was the Carman and Community Chamber of Commerce Chamber Member of the Year award, which is given out annually to a Chamber member that has exemplified outstanding involvement with Chamber activities and has been an example of a business leader while contributing to the community through the Chamber.

Royal LePage Legacy Realty earned the honours as the Chamber member



STANDARD PHOTO BY DENNIS YOUNG

The Carman Chamber of Commerce gave away its 2022 Chamber Business Awards at a special dinner on the evening of Dec 1. Pictured left to right, Jodi Winkler (Chamber executive director, Mayghan McEachern, Brenda Sanderson (Blue Crescent Hotel), Jenna Dyck (Royal Le Page), Leanne Doell (Leanne Doell Photography) and Scott Johnston (MMJS).

of the year.

The team at Royal LePage Legacy has an outstanding commitment to the community and is always a great supporter of various community and Chamber events. They were the brains and initial funds behind the "Keep The Cheer Here" campaign, which was, and continues to be, a major boost to local businesses in town.

"We just love the people of Carman and feel so blessed to be able to serve everyone and make their home hunting an enjoyable experience," said Jenna Dyck of Royal LePage Legacy Realty.

The Outstanding Business of the Year award is presented to a business operating for three years or more. The award honours a company that demonstrates continual business excellence through positive business growth, exemplifies superior customer service and embraces an outstanding commitment to quality.

The Outstanding Business of the Year award nominees were Green-

land Equipment, Leanne Doell Photography, McGee's Original Grill and Newman Hand Insurance.

And in the end, Leanne Doell Photography was selected as this year's award recipient.

Doell is an excellent local photographer, and her social media presence is second to none; her unique and creative ideas for pops ups, mini sessions and shoot locations make her a step above the rest when it comes to choosing a photographer.

Doell has worked closely with Chamber members over the past few years, as she is the "Official Photographer" of the annual Poutine and Burger Week.

"I am so grateful for how my ten years have grown because of all the generous people and the appreciated word-of-mouth support. I'm truly thankful!" said Leanne Doell.

Finally, the Community Builder Award was given out. The award was introduced two years ago, in an effort to recognize a business or individual

that is making a significant contribution to Carman and its surrounding communities.

The Community Builder award nominees included Jane Swanton, Andy Poulton, Mayghan McEachern and Ken Young.

From the list of names, Mayghan McEachern was selected as this year's recipient of the Community Builder Award. McEachern puts in endless hours for the community, through various boards and not-for-profit organizations. She is also the owner and operator of Peace Lily Therapeutics in town.

"It's hard to imagine in my little world that I have meant something to so many!" said Mayghan McEachern. "I don't think outside my box generally and just do what others in our community already do."

Congratulations to all award winners and nominees for helping make Carman a thriving community.

# Breakfast and photos with Santa on Dec. 10

By Autumn Fehr

It's that time of year again, which means pictures with Santa!

For the first time since 2019, the Homestead Consumers Co-op will host their Breakfast with Santa event in the Carman Community Hall. They've been putting on the event since 2014.

On Dec. 11, from 9 to 11 a.m., families are welcome to enjoy a hot breakfast and to take with Santa Clause.

Breakfast includes pancakes, sausage, fruit, coffee, hot cocoa, and juice and is \$5 per person or \$20 for a family of four or more.

"It helps bring us together and create a sense of community. A part of being cooperative, and part of the cooperative business model, is giving back, and we can't do that without the support of our members, but this is one of those ways we want to give back to the community... This is

an event we hope creates a sense of community in Carman," said Shannon Vaughan, Marketing and Communications Manager for Homestead Consumers Co-op.

Games and craft tables will be set up throughout the morning for kids to enjoy. The Carman-Dufferin Fire Department and the Boyne Regional Library will have activity booths to explore.

Of course, it's not a Carman Co-op

event without their mascot Cooper hanging around.

It's a drop-in event, so no registration is required.

Photos with Santa can be purchased at the event. The photographer will have price lists, packages and a confirmed pickup date at the event.

Families must pick up their pictures from the Homestead Co-op Pharmacy at the Carman Food Store.



# Tree planting for Boyne River bank stabilization a success

By Ty Dilello

Boyne River Keepers and Aubin Nurseries have teamed up to help keep the Boyne River sustainable. In October, people with property along the Boyne River in Carman could pick up free willow and dogwood trees to be planted along the river for bank stabilization. Aubin Nurseries donated these trees.

"This is the third year that we've done tree planting along the banks. Gerry Aubin makes the donation of the trees every year, so this was his initiative and were all very thankful to him," said Kathleen Anderson of Boyne River Keepers. "Gerry has done a lot of research on what species are best to protect riverbanks, and he chose the trees that we get."

This year approximately 700 trees were planted in just over a couple of weeks.

Anderson opened it up first to people that lived inside Carman's town limits for the first three days, and residents could pick the trees up from her yard. Then, after three days, they opened it up to landowners outside

of town, and the remaining trees were gone within a day and a half.

"We're getting more and more interest from people outside of the town for this environmental work. It's hard to get rid of a large number of trees in town because each landowner has a smaller stretch of riverbank, but as soon as you get to the rural area, they usually have big properties to put lots of trees in."

Anderson did a lot of the planting herself along the riverbanks near the golf course. Unfortunately, there's been a lot of beaver damage there for the past two springs, so they're hoping to get some trees planted now that are less attractive to beavers.

The plan for next year is that there will be more trees donated to be planted along the riverbanks in the fall. Boyne River Keepers wants to encourage people outside of Carman to get trees, but its priority is still getting residents within the town limits.

"We want to give a big thank you to the community for their interest in taking trees," said Anderson. "We



STANDARD PHOTO SUBMITTED

In October, people with property along the Boyne River in Carman were able to pick up free willow and dogwood trees to be planted along the river for bank stabilization. Boyne River Keeper's Kathleen Anderson is pictured planting trees along the golf course river bank, in an attempt to mitigate beaver damage.

want to keep working with them on that, as it's essential to the Boyne River Keepers as we all try and keep it sustainable for the future."

## > DAHLGREN, FROM PG.5

A lot of people get mixed in the sauce of life and they miss that gratitude element ... there's so much to be grateful for."

That said, his gratitude was tempered with survivor's guilt. While grappling with that, Dahlgren tried to put himself in the shoes of the people he had lost, including his best friend. What if the roles were reversed?

"How would I want him to react? How would I want him to think about this? Would I want him to be sad, angry, mad? No. Not at all I'd want him to pursue his dreams, his passions. To make the most of his life. To take this opportunity he's got and run with it."

Dahlgren has tried to do just that in the years since the crash.

Against the advice of his doctors and family, Dahlgren opted not to take a year off to heal at home but instead took York University up on their hockey scholarship offer, though it was likely he would have to spend the next few years with them on the bench due to his injuries.

He got a degree in commerce and today is studying to be a chiropractor, with dreams to work with professional athletes after graduation.

He's also written a book about his experiences, *Crossroads: My Story of*

*Tragedy and Resilience As a Humboldt Bronco*, one he hopes will inspire others to overcome whatever life might throw at them.

"The idea was to help other people," he said, explaining the book grapples with topics that include grief, perception, resilience, mental health, community, and diabetes and brain injury awareness. "So many things that I think are so valuable and need to be discussed more in this world."

Dahlgren has donated the proceeds from the book to the STARS air ambulance, which was on the scene that day helping to save lives.

Though he was never able to get back on the ice as a competitive player—his head injury made it far too dangerous—Dahlgren recalled the day he laced up his skates for the first time just two months after the accident.

As he glided around the ice, Dahlgren felt, somehow, that his teammates were there with him.

"When I actually went out there, it didn't feel like myself. It felt like there was other people on the ice with me," he said, noting he's never been particularly religious, but this experience gave him goose bumps and made him feel closer to the teammates he'd lost. "It felt like there was more energy and a presence. I think that was something that's truly beautiful."

# Snow days for the dogs



STANDARD PHOTO BY LORRAINE STEVENSON

The Dufferin Historical Museum and Carman Wellness Connections presented Christmas at the Museum on Dec. 2.

The annual event, was put on hold, due to the COVID for two years. But the board was excited to be host Christmas at the Dufferin Historical Museum.

This year, Laurie Millions brought a team of sleds dogs. Unfortunately Mother Nature wasn't overly cooperative with the -19 degrees C. temperatures and north winds.

# Christmas at the museum



Margo Petkau, 5, who was visiting the museum with her grandmother Evelyn, was very happy to give Santa a hug during Lulu and the TomCat's performance Friday evening.



Homewood sisters Marilla and Opal Leslie got busy indoors at museum's art and craft table after having a ride on the dog sled. The Leslie family was among about 55 visitors, including lots of youth and children, out to enjoy the festivities that evening.



STANDARD PHOTOS BY LORRAINE STEVENSON

The Dufferin Historical Museum which was all lit up during the evening of Dec. 2 when museum volunteers partnered with Carman Wellness Connections to offer an evening of hospitality and festivity for local residents. Wrenleigh Dyck, 4, and her sister Chelsea Dyck, 10, were very excited to go for their first-ever ride on a dog sled pulled by the Siberian husky dog team of musher Mark Millions. Millions and his spouse Laurie Millions own Oakridge Lane Kennels near Carman and offered rides for two hours outside the Dufferin Historical Museum. The dog sled rides, offered for the first time this year at Christmas at the Museum, were a star attraction and big draw for children and youth.

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Friday night's Christmas at the Museum's visitors included Daim Yaqoob, 13, and Asher Vanderzwaag, 12, who spent time checking out the museum's extensive displays.



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## ARE YOU UNSURE ABOUT WHERE TO MAKE A DONATION?

Why not try the associations found on this page. Christmas is a time of giving and sharing. Give to those in need this holiday season!

Christmas is a special time of year to give generously to the charitable organizations close to your heart. Its a special time when prosperity and sharing love and open hearts prevail. It is the time of year with the most opportunity to give to the charitable organizations who help the sick, children, seniors, people who are alone and for those that are in need.

**\*\*All Addresses in Carman are ROG OJO\*\***

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# Fused glass business helps local artist cope with grief

By Autumn Fehr

Grieving the loss of a loved one is often a long and complicated process.

Some folks use different vices to cope with that loss, while others find a hobby that will fill the void.

When Barb Murray's husband was killed in an accident, she needed to find something to do to cope with her loss.

Out of that time of mourning came a new passion for fused glass, which later turned into starting her own business, Stringers & Frit, the same year.

"For a long time, it was grief therapy for me," said Murray.

When her husband died, Murray went on her mourning journey, and she needed to find an outlet to keep her busy.

It started with her sister dragging her to a fused-glass lesson in Morden.

Afterward, they went to Winnipeg and took some more classes at Prairie Studio Glass.

"Glass is such a versatile medium – almost anything is possible. I feel that glass is meant to be touched, to pick it up and feel the weight of it, to see the play of light in the glass and to appreciate the piece for its beauty," said Murray.

Murray makes plates, bowls, jewellery (with tiny pieces of glass), and Christmas ornaments, to name a few.



Every piece Murray creates is one of a kind.

"I make it, so it is functional. There are very few pieces that I make that are strictly ornamental," said Murray.

For a long time working with fused glass was grief therapy until people started to ask to buy her glass.

"Working with glass as I started to cope with my husband's death made me smile at a time when I thought I would never smile again," said Murray.

She started making pieces for others when she bought her large kiln, a device used to heat the glass to fuse it, similar to pottery.

"Making glass and gifting it, in the beginning, was part of my grief therapy. That was, first and foremost, why I started glass, and it has now evolved



The Tree of Life is a 11x11 plate, kiln-formed on a mould in the kiln.

into going to craft fairs and selling my glass. It has been an evolution, and it makes me smile," said Murray.

Murray said she is willing to do commission work, planning with a client and picking the colours that 'speak' to them to create a piece they love.

In the past, she has done pieces for retirements, notable birthdays, weddings, and anniversaries.

"It's always a pleasure to create glass for others," said Murray.

A fan favourite for those that know Murray's products are coasters, and



STANDARD PHOTOS BY LANA MEIER

Barb Murray, owner/operator of Stringers & Frit makes a new Christmas decoration each year.

her favourite thing to make is bowls.

Murray doesn't currently have an online store but hopes to one day.

For now, she is participating in two to three craft sales a year and sells her pieces at some retailers: Prairie Fusion Arts & Entertainment in Portage la Prairie, and Golden Prairie Arts Council and Toews Printing in Carman. She also sells it directly from her studio.

When Murray found her passion, she wanted to share it with others.

"There are very few people who do fused glass in Southern Manitoba," said Murray.

In 2015, she started teaching fused-glass lessons to teach the community its art.

When COVID-19 hit, Murray had to take a break, but in the summer of 2021, she started back up again.

Murray hosts lessons in the spring, summer, and fall and takes a break during winter as it's too cold for classes.

Every year, Murray has donated glass to new families attending the Western Canada Family Forum, a gathering for people affected by a workplace event.

The forum is organized by Threads of Life, a national organization dedicated to helping workers living with a life-altering injury, an occupational disease, or the family left behind following a workplace fatality.

Murray has been involved with the organization since her husband died at his workplace.

"Glass truly is part of my grief therapy," said Murray.

Class information and questions can be directed to stringersandfrit@gmail.com or by calling 204-745-6003.

**Merry Christmas**

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# A dose of comedy returned to Carman's live theatre

Submitted by Susan Mooney

After a two-year shutdown due to the COVID pandemic, Back On Cue Community Theatre group recently staged a two-night performance of a comedy murder mystery called "Death and Taxes" for more than 240 people.

COVID was relentless throughout the six weeks of rehearsal, bringing numerous challenges for the entire cast, including Opening Night.

Nevertheless, it was determined that the show must go on and a very dedicated group performed with an impressive level of talent and entertained the audience with amusement and laughter.

Live Theatre is an intergenerational community activity that encourages participation for all ages and cultures.

It provides an opportunity for a diverse group of people to work together to present a live performance of actual or imagined events that will entertain audiences.

For anyone aspiring to be an actress or actor, live theatre provides a myriad of opportunities, such as increasing one's self confidence (to speak, sing or dance in front of a live audience), teaches quick thinking, improves memory and literacy, and stimulates creativity and imagination.

It takes lots and lots of energy, enthusiasm and dedication.

Ask any cast member what the highlight is of being in live theater and the universal answer without fail, "it is



STANDARD PHOTOS BY DENNIS YOUNG  
Back On Cue Community Theatre performed an entertaining comedy/murder/mystery for 240 guests last month.

just so much fun and laughter."

Auditions take place every spring. Anyone interested in live theatre, please consider Back On Cue.



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# RCMP ask public for help in ID'ing bank robber

**Staff**

Manitoba RCMP are asking the public for help in identifying a suspect believed to be involved in robberies in both Lowe Farm and Steinbach last month.

On Monday, Nov. 14,, at approximately 3:05 p.m., Emerson RCMP responded to a robbery at the Access Credit Union in Lowe Farm.

A man entered the Main St. bank, handed the teller a note demanding money, and left the bank with an undisclosed amount of cash. No weapons were seen.

He fled westbound in a light coloured four-door sedan believed to be between the years of 2004-2008.

The suspect is described as 6-foot tall, in his mid 20s to mid 30s, with blue eyes, dark eyebrows, a large nose, and slim build.

He was wearing a black face covering, high visibility vest, blue jeans, black jacket, and black gloves.

This suspect is believed to be involved as well in an attempted robbery at TD Canada Trust in Steinbach four days earlier.



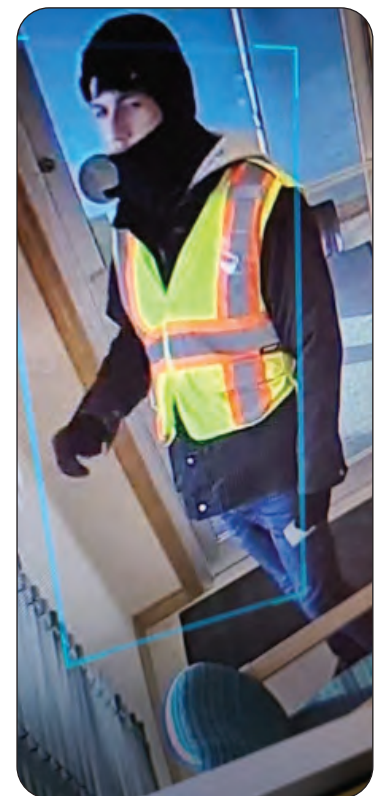
**RCMP PHOTOS**

Manitoba RCMP believe the same suspect (right) robbed and attempted to rob banks in Lowe Farm and Steinbach last month. He made away in a light-coloured four-door sedan (above).

Just before 5 p.m. on Thursday, Nov. 10, a man entered the bank and handed the teller a note. No weapons were seen and the suspect left the bank shortly afterwards empty-handed.

Here as well the suspect was described as tall with a slim build, blue eyes, and wearing a black face covering, high visibility vest, blue jeans, a black jacket, and a black toque.

He also fled in a light coloured four-door 2004-



2008 sedan.

RCMP believe this to be the same suspect and the same vehicle in both incidents.

If you recognize this man or have any information on these incidents, call Steinbach RCMP at 204-326-4452, or Emerson RCMP at 204-373-2505, Crime Stoppers anonymously at 1-800-222-8477, or provide a secure tip online at [www.manitobacrimestoppers.com](http://www.manitobacrimestoppers.com).

## A night of laughs



**STANDARD PHOTO BY DENNIS YOUNG**

The Dufferin Ag Society and Boyne River Keepers presented the annual 'A Night of Laughs' show at the Carman Active Living Centre Saturday night. Comedians Dean Jenkinson and Chad Anderson provided the entertainment for the crowd of 85 who enjoyed the fun-filled evening consisting of dinner, drinks and entertainment.

The funds raised from the evening will go towards Boyne River Keepers and the Dufferin Agricultural Society. Boyne River Keepers is working on getting a cement pad put directly into the river so that people can go kayaking and canoeing. For the Dufferin Ag Society, the funds raised will be going right into the Carman Fair, which happens every year.

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# Humane society puts call out for foster families

By Lorne Stelmach

The Pembina Valley Humane Society is putting out the call for more foster homes, with a need especially for a pregnant dog that has come into its care.

Meeka came to the shelter in Morden as a transfer from the Manitoba Underdogs rescue in Winnipeg. Her trip to the vet clinic for her spay surgery revealed she was pregnant.

She is currently in a foster home, but they are not in a position or equipped to care for both Meeka and her puppies, so the society is in search of a new temporary home for them.

"We are looking for a little more experienced foster that can handle that extra workload," said Alesha Unrau, animal care co-ordinator. "It takes a really special kind of person to come forward and want to take this all on, especially around the holidays.

"We're hoping in the next week or so we'll find out how many puppies she's going to be having, but at this point, it's going to be another surprise ... but we're thinking she will be due around Dec. 19 or so ... we're looking at some lovely Christmas puppies.

"It could be at least eight weeks of fostering just so the puppies can get proper socialization and all of the nutrients and such that they need from mom."

The society is also wanting to grow its number of foster families overall in part so that they don't have to scramble when they get an unexpected situation like this, said Unrau, who added there especially is a need for fosters who can provide a little extra time and attention.

"We have a lot more requests for dogs that need that little bit of extra training, attention and socialization," she said. "They're going to get more of that one on one personal attention, more of a home environment and a stable routine. That sometimes is enough to correct or at least see some change in their behaviour."

Fosters are needed for both short and long term commitments.

"And we're here to offer resources and support," Unrau noted. "We have trainers that we often work with who will sometimes partner with the fosters as well to give them that extra support, so they are not in it alone.

"We would always like the shelter to be a temporary place," she stressed.

Along those lines, the Christmas season means they are promoting their "Home for the Holidays" initiative.

"Our goal is to get as many animals out of the shelter as possible into foster homes," Unrau explained. "Last year we got all but one dog out and all but three cats out, so we're hoping this year will be even more successful.

"We generally don't do adoptions over the holidays just to discourage unwanted pets as gifts, so we offer the option of fostering over the holidays just to kind of get a feel for what's best for that family, what's best for the dog or the cat."

Another ongoing need the society is looking to address is volunteers.

"Our volunteers have done so much for us as the shelter and have done so much for the animals, so we appreciate any applications," said Jennifer Young, PVHS volunteer and community outreach co-ordinator.



PVHS PHOTO

Meeka is looking for a foster family for her and her soon-to-arrive puppies.

"We definitely are in need of some more volunteers. We have some great volunteers, but I would like to be able to fill some of the spots that we have," she said. "Right now, what we are in

urgent need of are people for morning chores."

For more information, head to [pvhs-society.ca](http://pvhs-society.ca).

## Manitoba Conservation Officer service encourages safe snowmobiling

Submitted by Manitoba government

Manitoba Natural Resources and Northern Development is encouraging all snowmobilers to sled safely this season and advising that conservation officers will be conducting snowmobile patrols to help ensure public safety.

Recreational snowmobilers are reminded that a Snopass permit is required to ride on trails managed by Snoman. A Snopass costs \$150 for an annual permit or \$75 for a seven-day permit and can be purchased through Manitoba Public Insurance. More information is available at <https://snoman.mb.ca/snopass>.

Manitobans are reminded the following actions can result in provincial fines:

- operating a snowmobile without a

Snoman permit (\$486 fine);

- operating an unregistered off-road vehicle (\$174 fine);

- failure to wear a helmet (\$174 fine); and

- public consumption of alcohol (\$672 fine).

Impaired operation of a snowmobile carries with it the same consequences as driving a vehicle while impaired. Penalties can include significant fines, impoundment of the snowmobile and a conviction resulting in a criminal record.

Conservation officers and the Royal Canadian Mounted Police play a critical role in monitoring trails for impaired driving offences.



SUBMITTED PHOTO BY NORTH MOUNTAIN RIDERS

Snowmobilers are reminded to purchase Snoman permits, register their snow machines and always wear a helmet when operating.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Dunstone and Ackland rinks win DEKALB Superspiel

By Ty Dilello

The Matt Dunstone rink based out of Winnipeg and featuring Gimli's B.J. Neufeld and Colton Lott were the champions of the 2022 DEKALB Superspiel in Morris this past weekend.

Team Dunstone earned \$10,000 in prize money after dismantling Reid Carruthers of Morris 7-2 in five ends in Monday afternoon's championship final. To get to the final, Dunstone defeated Ryan Wiebe of Fort Rouge, while Carruthers knocked off USA's John Shuster.

Dunstone and Carruthers are now off to Oakville, Ontario, this week to take part in a Grand Slam of Curling event that will be broadcast on Sportsnet.

On the women's side, it was Abby Ackland and her Assiniboine Memorial rink of Meghan Walter, Mackenzie Elias and Sara Oliver (from Marquette) who were victorious at the Superspiel.

In the final, Ackland defeated Sas-

katchewan's Nancy Martin 7-3. To get to the final, Ackland knocked off Vancouver's Clancy Grandy, while Martin defeated Winnipeg's Jennifer Jones (featuring Altona's Emily and Mackenzie Zacharias).

There was also a Manitoba Junior Curling Tour event last weekend at the Selkirk Curling Club that featured many of the top junior curlers in the province.

On the girls' side, Winnipeg's Katy Lukowich defeated Manitou's Cheyenne Ehnes 11-1 in the championship final. Altona's Dayna Wahl went 2-1 in the round robin and qualified for the playoffs, where they fell to Ehnes in the quarterfinal.

In the boys' event, Virden's Jace Freeman took home the Selkirk MJCT after defeating Winnipeg's Luke Robins 8-2 in the final. Zach Norris of the Morris Curling Club went 3-0 in the round robin but fell to Robins in the semifinal.



PHOTOS SUBMITTED

The Matt Dunstone rink including Matt Dunstone, B.J. Neufeld, Colton Lott, Ryan Wiebe and Harnden was victorious at the 2022 DEKALB Superspiel in Morris, winning a cool \$10,000.



PHOTO BY BRETT MITCHELL

Selkirk hosted a Manitoba Junior Curling Tour event last weekend. Altona's Dayna Wahl went 2-1 in the round robin. Dayna Wahl releases a rock while Anna Ginters and Gillian Hildebrand take on sweeping duties.



The Abby Ackland rink of Meghan Walter, Abby Ackland, Sara Oliver and Mackenzie Elias won the women's side and \$10,000 of the Superspiel.

# One of Sperling's longest serving volunteers

By Ty Dilello

Eighty-four-year-old Bill Tjaden is the ultimate volunteer at the Sperling Community Centre and has been making the ice for over 40 years.

The indoor hockey rink in Sperling was first built in 1921 and was the community's pride in its early days. The rink was the centre of community activity for the winter, with a hockey/skating rink and two sheets of curling ice.

Sperling produced some excellent hockey teams and notable curlers, but most importantly, the rink was a centre for community participation. Virtually everyone in town was a skater, hockey player, or curler.

The rink was demolished in 1977 and replaced on the same site by a somewhat smaller arena, which includes an actively-used community centre and hall. The two sheets of curling ice and the small hockey rink currently occupying the rink are both natural ice.

It's been over 40 years since Tjaden took over from the previous icemaker in Sperling.

"The guy that was caretaking the old rink let me make my own mistakes, so I learned from him real quick and got the hang of things eventually," said Tjaden. "Nowadays, I just try and get the ice ready, and they usually have a caretaker to take care of it after that.

I just flood it in the morning, and it's not a big job as it's a small rink and not used a lot anymore. But it's very handy to have a rink in a little place like Sperling."

Tjaden usually shows up to the rink most mornings at around 7 a.m. to get it ready for the day.

"I usually do a half hour of walking in the morning, but if I go to the rink to work on the ice, I get my exercise in there. Everything is just about automatic now in making the ice because I've done it so long, so that helps make it easier as I get up there in age."

Tjaden is a lifelong Sperling resident. His father was born a mile south of Sperling in the early 1900s, and his grandparents had come up to the area from the United States before that, so his family has been in Sperling for well over 100 years.

"I just never moved away from here. Mom and Dad bought the place where I am now, two miles east of Sperling. They bought it in 1928, and I was born in 1938. I'm coming up to 85 years in the same spot. I just had no intentions of going anywhere else as this is home."

Growing up, Tjaden and his siblings always had full use of the old rink in Sperling, so him making the ice now, he says, is just his way of giving back to his community.

Tjaden was part of the group that



STANDARD PHOTO SUBMITTED

Lifelong resident Bill Tjaden is the ultimate volunteer at the Sperling Community Centre and has been making the ice for over 40 years.

tore down the old rink because it was condemned in 1977 and then helped raise the money for a new one that he helped build in the early 1980s.

He remembers how busy the rink used to be many years ago, with lots of skating lessons, hockey and curling, and that he would like to see it return to that place again.

"We have a nice little community here today, with new playgrounds, baseball diamonds, etc. It's just a shame that we're running out of people as the big farming has wiped everybody out. Hopefully people will come back, and Sperling will thrive once again."

## Flashback...the Minor Hockey Day of 1975

By Dennis Young

The Car-Duff Pepsi Minor Hockey Booster Night of 1975 was one full evening! President Frank McKinnon and his committee were enthusiastic about the events surrounding this event to honour and promote the sport.

Of course, the big story was the arrival of Bobby Hull, who was handing out golden pucks (I still have one) to coincide with his 50 goals in 50 games during the season. Pepsi supplied the pucks available to minor players with advanced .50 tickets, which also entered them into draws to see Winnipeg Jets play Brian Coates and the Chicago Cougars.

Before Hull headed to the arena, the Carman Motor Inn hosted him, the executive and all the coaches for a reception. On to the rink where Reeve Lloyd Roth, Mayor Doug Fletcher, McKinnon, Marsh Kennedy and Almer Dunn participated in the opening ceremonies. It was during them that Mr. Dunn was presented with a plaque by Marsh to commemorate his



Marsh Kennedy on the left presenting Mr. Almer Dunn with a plaque, commemorating Mr. Dunn's contribution to the arena as Chairman of the Artificial Ice Committee.

contribution to installing the artificial ice plant that we still take for granite today.

Following all the fanfare, 15 games were played including the Ted Owen Memorial for 13-year-olds (won by Miami). The Carman Community Band entertained as well between contests.



Don Owen presents the Ted Owen Memorial Trophy to Ken Friesen, captain of the thirteen year old Miami team, winners in the Minor Hockey Tournament held in Carman that weekend. Team members are from the left, back row. Cam Stockford, Clark Pearson (coach), Joel Pearson, Brian McElroy, Jim Svoboda, Bob Weir, Don Weir (manager) and Wayne Hanks. Front row, Doug Allison Blain Rutter, Kelly Angers, Blair Rutter, Ken Friesen and Don Owen.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## A number of Elm Creek teams, tournament champions

By Ty Dilello

Elm Creek's minor hockey teams kicked off their season in a big way with a couple of very successful tournaments in Winkler and Portage last month.

Elm Creek's U11 team won their division at the tournament in Winkler, going undefeated throughout the entire weekend, including Brandon's 11-2 trouncing in the finals. They also won round-robin games over Morden (6-0), Winkler (12-1), and Carman (13-0).

The U11 team was photographed after the game with a massive Stanley Cup replica trophy that all the young players were overjoyed to see.

"Former NHL player Eric Fehr and someone else had got the trophy for the Winkler teams, so it was just used for the photos and presented on the ice to us. We don't get to keep it, but the kids were pumped," said U11 coach Kelly Richardson.

The U11 team is a Co-Ed team with girls and boys. However, the six girls on the team also play on a regional girl's team out of Elm Creek with some surrounding communities.



Berlynn Tkaychk is holding the cup and the gold trophy.

The U11 team has a heavy December schedule, with six home league games once the ice gets in. They're also heading to Portage to compete in another tournament in the new year.

The Elm Creek U9 team was also in



STANDARD PHOTOS SUBMITTED

Elm Creek's U11 team won the Winkler tournament last month. Pictured left to right, front row: Berlynn Tkaychk, Oren Katz, Hunter Richardson, Holly Voesenek (goaltender), Brock Enns; middle row, Nathan Armstrong, Jace Reimer, Liam Isaak, Ainsley Richardson, Kinsley Friesen, Eden Lepp, Juliana Veldhuis, Oliver Sisson. Kelly Richardson, Ian Lepp and Clark Sisson (coaches).

action and won all four games they played in the Portage Cup as they defeated two different teams from Warren, MacGregor and Lakeside.

The Elm Creek U7 team also won their game last weekend in Carman.

It's not a bad start to the season for a minor hockey organization that doesn't have ice yet. The teams in Elm Creek are still waiting to practice and play at the Elm Creek Skating Rink, as the ice still isn't in yet. So for now, the Elm Creek teams have been forced to practice in nearby St. Claude.

However, the ice should be in at Elm Creek this week, which is excellent news for all its minor hockey teams.



Elm Creek's U9 team won their tournament in Portage. Pictured, Levi Isaak, Brooke Banman, Darcie Voesenek, Travis Thielmann, Malcolm Sisson, Max Zielinski, Cooper Frost, Jake Lepp, Jack Jones, Byron Lepp, Theodore Tkachyk, Liam Fortin, Lincoln Melnic, Drew McIntyre. Coaches include Derrick McIntyre, Clark Sisson, Ian Lepp, Craig Frost, Daniel Lepp, Kevin Thielmann. Safety is Brad Tkachyk and the manager is Monica Tkachyk.

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The Carman-Dufferin  
**STANDARD**

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Carman's Mirrlees leading the league

By Ty Dilello

The losses just keep on coming for the Carman Beavers senior hockey team. Playing in the revamped and now ten-team South Eastern Manitoba Hockey League (SEMHL), the Beavers currently sit in ninth place with a record of two wins and seven losses.

The Beavers lost 15-0 to a powerful Ile Des Chenes North Stars team Sunday evening.

Despite the losing record, Carman forward Fraser Mirrlees continues to lead the league with 18 points.

The 26-year-old Mirrlees hails from Oak Bluff and played junior hockey in the MMJHL for four seasons with the Pembina Valley Twisters before joining the Beavers in 2018.

"Playing with the Beavers has been great over the last few seasons," said Mirrlees. "I'm happy I'm able to continue playing competitive hockey at a fairly high level. There's a lot of good hockey players in our league, and it's very competitive."

Despite his Beavers not winning as often as they would like this season, Mirrlees is still finding many positives to build on.

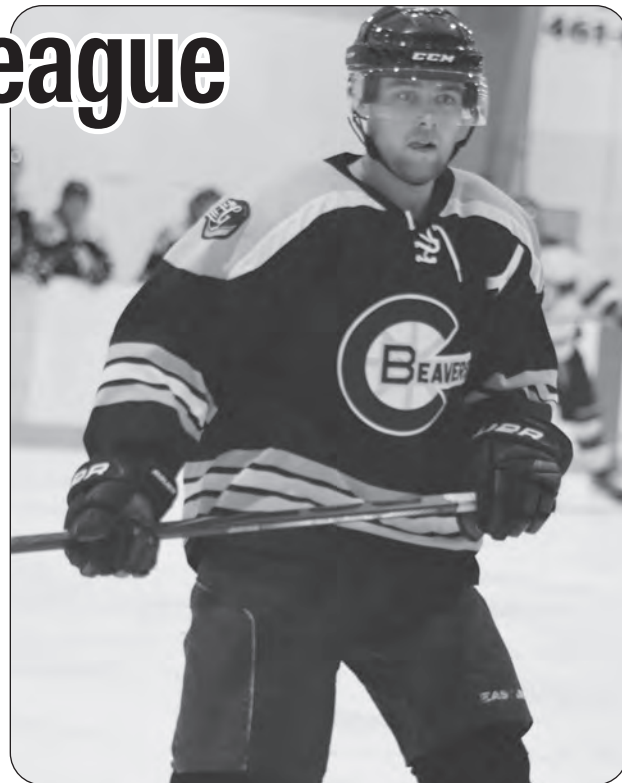
"This season has been great as we have an awesome group of young guys who are becoming really close. It's been a really fun year so far, and I think we're continuing to get better every game and will get better over the next few years as well."

"Personally for me, I'm happy I've found my scoring touch again. Playing with guys like Tanner Mole and Ben Dalke definitely help me offensively too. We've found some chemistry as a line and a power play which has transferred into a lot of scoring opportunities."

Above everything else, Mirrlees lists his team goals as wanting to work hard out on the ice every night and give their best effort for the fans in attendance.

"We know we're a young team and looked at as a rebuilding team by most other teams, but we have a lot of speed and talent to win games. We're hoping to make the playoffs this year and see what we can do in the postseason."

The Carman Beavers return to action on Dec. 8 with a home game against the Ste. Anne Aces. The puck drops at 7:30 p.m.



STANDARD PHOTO BY LANA MEIER

Carman Beavers' forward Fraser Mirrlees leads the South Eastern Manitoba Hockey League with 18 points.

## Cougars winning ways continue in high school hockey

By Ty Dilello

The Carman Cougars continue to turn things around in the Zone 4 high school hockey league. The Cougars head into this week with a record of four wins and six losses, which puts them in sixth place in the nine-team league.

On Nov. 30, the Cougars were excellent defeating the NPC Nighthawks 5-2. Josh Hiebert and Alex Lemky

both scored two goals on the evening, while Ryan Orchard had Carman's other goal. Zander Cox was in goal for the Cougars and made 19 saves to earn his third win of the season.

"We had some injury trouble early in the season and are close to being back to our full roster, minus another player going down last game with a shoulder injury so the fact that we're almost back to our full roster again is

promising," said Carman Cougars' coach Mike Heatherington. "We only have three Grade 12 players this year, so the fact is that we are very young and have a lot of room to grow. I'm hopeful that we can keep a positive mindset on the fact that we are a very new team and we do have a lot of potential to grow."

Ryan Orchard is leading the way as the team's leading scorer with 20

points. Behind him is Josh Hiebert with 13 points and Ethan Wilde with 11 points.

The Cougars are back in action with a couple of games this week on Wednesday and Thursday. On Dec. 7, they have a home game with the Morris Mavericks at 7:30 p.m. And the next night at 7:30 p.m., they are on the road in Portage to take on the PCI Trojans.

## Hawks pick up two points against Interlake

By Lorne Stelmach

They needed a shootout to get it done, but the male U18 Pembina Valley Hawks picked up the two points Friday in Morden.

Sebastian Hicks and Cedrik Robidoux connected in the shootout round, while Bryson Yashyshyn stopped two Interlake shooters to earn the 2-1 victory over the Lightning.

It was the lone game of the week for the Hawks with the postponement of their Saturday game in Winnipeg against the Thrashers.

Ty Love opened scoring for Pembina Valley just 17 seconds into the third period, and Yas-

chyshyn had the shutout going right up until the last five minutes of regulation. Shots on goal were 42-37 in favour of the Hawks.

The win helped the Hawks maintain their hold on fourth place at 14-5-3 for 31 points, which is three back of the Thrashers and four up on the Winnipeg Wild.

It sets up a key encounter with the Thrashers in Morden Wednesday before the Hawks head west this weekend. They are in Souris Friday to face the Southwest Cougars then in Brandon Sunday to take on the Wheat Kings.

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VS WARREN MERCS**

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DEC. 15TH  
7:30 PM**



Check semhl.net for the full schedule!

# get inspired

> MEAL IDEAS



## Classic Beef Wellington

Place same skillet used for roast over medium-high heat and heat remaining oil until hot. Add mushrooms and shallot; cook 4-6 minutes until tender and all liquid is evaporated, stirring often. Add wine; cook 2-3 minutes until all liquid is evaporated. Stir in mustard, thyme and remaining pepper. Cook 2-3 minutes. Remove from skillet to medium bowl; cool.

Line rimmed baking sheet with aluminum foil and place in oven. On lightly floured cutting board, unfold pastry dough. Roll pastry out to 12-by-9-inch rectangle; lay dough with shortest edge toward you. Spread mushroom mixture onto pastry dough, leaving 1/2-inch border around edges. Place roast in center of mushrooms. Fold pastry dough neatly around roast, stretching dough if necessary. Cut off excess pastry dough; press to seal overlapping edges.

Remove baking sheet from oven and dust lightly with flour. Place pastry-wrapped roast, seam-side down, on baking sheet. Cut four (2-inch) vents in top of pastry.

Bake 35-50 minutes, or until golden brown and instant-read thermometer inserted into center of roast registers 135 F for medium-rare or 150 F for medium. Transfer roast to carving board. Let stand 10 minutes. Temperature will rise about 10 F to reach 145 F for medium-rare or 160 F for medium.

Carve into slices and serve.

Recipe courtesy of Beef Loving Texans  
Total time: 1 hour, 30 minutes  
Servings: 4

- 1 teaspoon olive oil, divided
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, divided
- 1 chateaubriand tenderloin roast
- 8 ounces mushrooms
- 1 large shallot
- 2 tablespoons dry red wine
- 2 tablespoons Dijon mustard
- 1/2 teaspoon dried thyme leaves
- 1 sheet puff pastry

In large nonstick skillet over medium-high heat, heat 1/2 teaspoon oil until hot. Combine salt and 1/4 teaspoon pepper. Press evenly onto all surfaces of roast. Place roast in skillet; brown evenly. Remove roast from skillet.

Heat oven to 425 F.

In food processor, pulse mushrooms and shallot about 10 times until finely chopped. Do not overprocess.



## Top Sirloin Roast with Herb Garlic Peppercorn Crust

Preheat oven to 350 F.

Rub roast with olive oil.

To make seasoning: In small bowl, combine salt, parsley, thyme, garlic and mixed peppercorns; press evenly into beef roast.

Place roast in roasting pan or baking dish with wire rack in bottom. Bake 40-60 minutes. Remove roast when meat thermometer registers 135 F for medium-rare or 150 F for medium.

Transfer roast to carving board; tent loosely with aluminum foil. Let stand 10-15 minutes. Temperature will rise about 10 F to reach 145 F for medium-rare or 160 F for medium.

Carve roast into slices by cutting against grain.

Recipe courtesy of Beef Loving Texans  
Total time: 45 minutes  
Servings: 8  
1 center-cut sirloin beef roast (about 3 pounds)

- 1 tablespoon olive oil
- Seasoning:
- 2 teaspoons kosher salt
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh thyme, chopped
- 5 cloves garlic, minced
- 2 teaspoons coarsely ground mixed peppercorns (black, white, green and pink)

# Five holiday diet busters

By Health Expert Julie Germaine Coram

Are you as excited for this wonderful season as I am? We've already been baking and gift wrapping up a storm, which has me thinking ahead to delicious traditional meals. Not to wreck it for you, but did you know that on average, people increase their meal sizes by up to 40% during special occasions? It's not uncommon to eat over 3,000 calories during an average holiday meal. (That's a lot!)

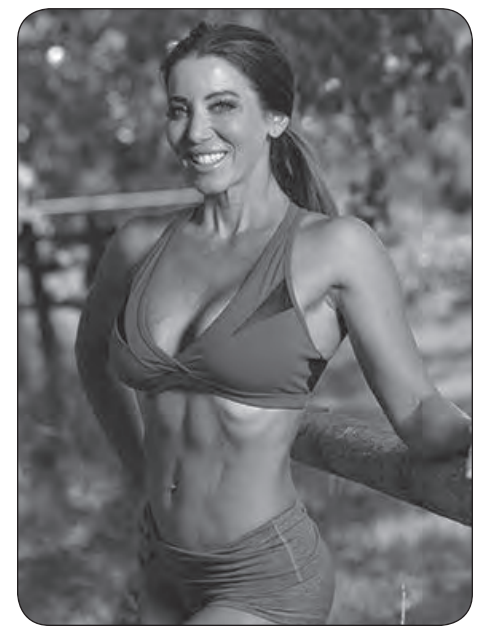
The solution certainly isn't to 'diet' from now until January. That would be sad and completely unrealistic. Instead, here are some tips to avoid looking like a cookie-eating Santa:

1. Do not create a list of 'naughty' foods. Restricting yourself from your favourites will lead to food cravings, and possibly bingeing. Instead, allow yourself to have a taste. Portion control is key. Rate foods from 1 to 10, only putting top choices into your mouth.

2. Steal one of the kiddie plates. You don't have to sit at the kids table, but opting to use a smaller dish will make it difficult to overload, and your Insta photo will still look indulgent, no one will be the wiser.

3. Eat the cake (and the chocolate)! If you know me, you know I eat the dessert. Or at least I always WANT to! Over the holidays, the odds are 100% that I enjoy a piece of my Mom's traditional English trifle. Pace yourself. A little something sweet that's only offered once a year won't ruin you.

4. Be social during dinner. Think ahead of some interesting stories you want to share with your family, and take advantage of everyone's chewing to gab! Slowing down how quickly you eat each meal by chatting and drinking water will give your stomach a chance to catch up and realize you are full.



Health and Wellness Fitness expert Julie Germaine Coram

5. Keep the toasts to a minimum. A glass of wine is only about 125 calories, and it enables some to relax and better take in the holiday spirit, but too much alcohol leads to excessive food consumption and affects your body's ability to burn calories effectively.

Cheers to your having a healthier relationship with food this holiday season and ringing in the New Year with genuine enthusiasm that 2023 will be one for the books!

Coach Julie Germaine Coram is a Certified Nutrition Coach, Registered Personal Trainer, 2x International Pro Fitness Champion, Miss Fitness Manitoba, and just a regular fit Manitoban mom! She has helped tens of thousands of men and women improve their health since 2005. Check out her services at [www.juliegermaine.com](http://www.juliegermaine.com) or book a FREE diet and fitness consultation directly with her by visiting this link: [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

## Holiday Mini Beef Meatball Skewers with Cranberry Barbecue Sauce

Recipe courtesy of Beef Loving Texans

Total time: 50 minutes

Servings: 12

- 1 pound ground beef
- 1 cup fresh zucchini, grated
- 1 egg
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 small yellow onion, diced 1/2 inch
- 2 red bell peppers, diced 1/2 inch
- 2 green bell peppers, diced 1/2 inch
- 12 skewers (6 inches)

Cranberry Barbecue Sauce:

- 1 can (16 ounces) whole berry cranberry sauce
  - 3 tablespoons barbecue sauce
- Preheat oven to 400 F.

In medium bowl, lightly mix ground beef, zucchini, egg, salt and pepper until thoroughly combined. Shape into 24 1-inch meatballs. Alternately thread meatballs, onions, red peppers and green peppers onto skewers. Place skewers on shallow-rimmed baking sheet.

Bake 22-25 minutes, or until instant-read thermometer inserted into center of meatball registers 160 F.

To make cranberry barbecue sauce: In medium saucepan, combine cranberry sauce and barbecue sauce; simmer 5 minutes, or until flavors blend.

Drizzle sauce over skewers or serve as dipping sauce.

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