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Clearing the way

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Kelly Dyck, sales representative with Royal LePage Legacy Realty in Carman, took time off of his regular duties to shovel the sidewalk outside the building on Friday.

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Pembina Valley Humane Society raises \$6K on Betty White Day

By Becca Myskiw

The #BettyWhiteDay movement generated over \$6,000 for the Pembina Valley Humane Society (PVHS).

PVHS public relations chair Holly Thorne said she doesn't know how many people donated, but she'd guess it's around 50. Those 50 people donated approximately \$5,000 on Jan. 17 for Betty White Day.

White, famous for her work with animal welfare, was honoured by people donating to animal rescues and shelters around the world on what would have been her 100th birthday. Thorne said PVHS was "blown out of the water" by the generosity shown for the day.

"I'm sure there's a whole lot of reasons [people donated]," she said. "There are those who truly care and are passionate about the welfare of animals...there are those, maybe they were just Golden Girls fans or Betty White fans."

Along with the \$5,000 of donations, BSI Insurance Brokers also donated \$1,000 to PVHS. In addition, the company ran a social media campaign on their Facebook, Instagram, and Twitter accounts to raise money.

For every engagement they got (like, share, retweet, comment), BSI donat-

ed \$1 to PVHS on the day, up to \$1,000.

"Turns out the campaign was a real success as we hit over 2,200 total engagements on all social media platforms in 24 hours," said David Robin, marketing specialist with BSI.

Thorne said they didn't know BSI was planning to donate until the morning of Jan. 17 when they saw the posts on social media.

"They reached the 1K before the day ended," she said. "We were very happy to get that donation."

Robin said BSI, "like everyone else," loved Betty White. When they heard the challenge was trending, they felt compelled to participate as it aligns with their Because We Care program. The company didn't expect to hit the 1,000 engagements early in the day, let alone double that. Even though it felt great to have people commenting their support for BSI's idea, Robin said the thank yous should be geared toward Betty White, PVHS, and the BSI customers and staff members.

"It was important to us to contribute to the #BettyWhiteChallenge because we absolutely loved Betty and what she stood for," he said. "We need more people like her in this world. Secondly, we all love animals, and the Pembina Valley Humane Society is a



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ON BETTY WHITE'S 100TH BIRTHDAY, JANUARY 17TH, EVERYONE SHOULD PICK A LOCAL RESCUE OR ANIMAL SHELTER IN YOUR AREA AND DONATE JUST \$5 IN BETTY WHITE'S NAME. MAKE HER 100TH BIRTHDAY THE MOVEMENT SHE DESERVES.

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Pembina Valley Humane Society raised \$6,001 for Betty White Day.

great place; they deserve recognition for their work."

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Harley Shepherd received his Bachelor of Arts in History from the University of Manitoba in 2008 and received his Bachelor of Laws in June, 2011. Harley was one of eight members of his class selected to participate in the Solomon Greenberg Moot Court Competition, a distinction given to those who demonstrate excellence in trial advocacy. Harley was called to the Bar on June 21, 2012.

Growing up on a grain and beef cattle farm southwest of Elkhorn, Manitoba Harley comes from a household that never had any great affection for lawyers.

Understanding that meeting with a lawyer is often one of the more stressful things someone will do, Harley uses his country upbringing to help make clients feel at ease and make the experience of dealing with a lawyer as pleasant as

the circumstances allow. Harley is committed to practicing law in rural Manitoba and enjoys the many wonderful things rural communities have to offer.

In 2014 Harley was one of the presenters at the Manitoba Bar Association Mid-Winter Conference on the topic of Family Law and Farm Financing. He is also a co-author of farm business structure guides published by the Manitoba Department of Agriculture, which include guides to sole proprietorships, partnerships, corporations, and joint ventures.

Outside the office, Harley is the Sergeant-at-Arms for Carman Branch #18 of the Royal Canadian Legion.

Harley and his family live in Carman and are active in community life in both Carman and Roland. Harley is very excited to be part of the community in Deloraine.

GPAC satellite gallery on four businesses in community

By Becca Myskiw

Four local artists' pieces are up at four different businesses in the community as part of Golden Prairie Arts Council's (GPAC) satellite gallery.

The gallery started in 2018 as a way to highlight local artists. Executive assistant and curator Desiree Penner said it gives the participating artists a chance to see a wider audience.

"Sometimes those visiting these places don't typically go to GPAC," she said. "So, it's another way for them to have the ability to see the artists."

This year, four businesses are showcasing the satellite gallery art, three in Carman and one in Roland — MMJS Law Offices, Newman Hand Insurance, Royal LePage Legacy Realty, and the Roland General Store. In addition, any business in GPAC's catchment area can host pieces in the gallery.

"It's in these locations because a lot of it was businesses reached out with an interest of having artwork on display," said Penner. "It creates conversation for clientele and reaches a different demographic than folks who come to GPAC."

The artists in the gallery are Lisa Van Dam, Jackie Leyenhorst, Kelsey Buyer, and the Nice Art People from Winnipeg.

Van Dam's work is currently up at

Royal LePage Legacy Realty. She believes art is about telling a story. She paints a combination of nature and human contact using acrylics. Her pieces in the gallery show vast landscapes of grass, fields, and bodies of water with buildings or bridges in them. There are six pieces of hers currently on display.

Leyenhorst's three pieces are at MMJS Law Offices. She paints landscapes in her style, all on canvas boards she makes herself and framed with simple, modern-looking wood.

Buyer has four pieces of macrame hanging in the Roland General Store. She works with bright colours and constructs her pieces in a structured and refined way, only using recycled cotton and driftwood she's picked up around Carman.

The Nice Art People, comprised of Pam and Darren Gerbrandt, have two pieces up at Newman Hand Insurance. They salvage wood they find, process it, then print it to make their art.

The art in the gallery will move quarterly, so each artist featured will be at every business once in the year. The pieces are also for sale, with the price and details included next to the exhibit.



STANDARD PHOTOS SUBMITTED
Jackie Leyenhorst's art is up at MMJS Law Offices for GPAC's satellite gallery.



Lisa Van Dam's art is up at Royal LePage Legacy Realty for GPAC's satellite gallery.



The Nice Art People's art is up at Newman Hand Insurance for GPAC's satellite gallery.



Kelsey Buyer's art is up at the Roland General Store for GPAC's satellite gallery.

The art will move galleries every quarter to ensure each piece is showcased at each location once this year.

GPAC is always accepting new businesses to showcase art in their annual satellite gallery.

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From perfect health to stage 3 brain cancer in one minute

By Becca Myskiw

Mackenzie Gaultier was lying in bed with her husband, Pierre, on the morning of Sept. 29, 2021 when she experienced her first-ever seizure.

When he heard Mackenzie scream, Pierre had gotten out of bed and came into the bedroom to find Gaultier seizing on the floor. He called an ambulance which, Gaultier thinks she walked herself into it, but she doesn't remember.

At the hospital, Gaultier had a CT that showed a brain mass. She was sent home and then went back a while later for an MRI, where the results showed the mass was likely an oligodendroglioma.

She met a neurosurgeon (over the phone), who told her they wouldn't know if the mass was cancer until they tested it. Her oldest daughter, four and half year old Jillian, knew her mom was going in for surgery and that the doctors were removing an egg in her head that shouldn't be there. So Jillian named her mom's tumour Miss Eggy.

Gaultier went in for brain surgery on Nov. 4, 2021, where she sat awake for almost the entire 10 hours it took for the surgeon to remove as much of her tumour as he could.

"It was a very interesting experience," said Gaultier. "It wasn't bad. I was awake when they cut my skull, and that was the worst part."

She had to be awake for the surgery because her tumour is on the left frontal lobe, which has to do with language, speech, and general thought. So, keeping her talking while they cut into her brain helped the doctors ensure everything was still working.

"They had no problem getting me to talk," she said. "If there's one thing I know how to do, it's to keep talking."

Her doctors at Health Sciences Centre (HSC) got most of Miss Eggy but not all of it, and they knew that would be the case going in. Gaultier said she expected to be in the hospital for a long time recovering.

Just four years ago, she was in the hospital for six months when she got necrotizing pancreatitis after a gallstone got stuck in her pancreatic ducts. She had multiple procedures: a cystogastrostomy to remove a 14cm cyst that killed part of her pancreas and another to remove her gall bladder.

Recovering from that took Gaultier



Pierre and Mackenzie Gaultier with daughters Jillian and Hallie.

a long time, too, because she was on such a high dose of narcotics during that time that she had to ween herself off of them slowly to avoid withdrawals.

Then, in 2018, she had abdominal surgery, and at the beginning of 2021, she had a c-section to deliver her second daughter.

"I told my family doctor, 'brain surgery was the easiest out of all of them and you can tell your other patients I said this,'" she said. "Hearing brain surgery, it's terrifying. And it was very scary, but I had very, very good care and it went very well."

Gaultier was out of the hospital two days after her brain was cut open. As she was recovering and taking it easy at home, her brain mass was sent off to pathology for testing. When she went back to the hospital on Nov. 16 to have her stitches removed, her neurosurgeon came in unexpectedly to talk to her.

He asked where Pierre was and when Gaultier told him he was in the car with their two daughters, the neurosurgeon suggested she and her husband come back another day to hear his news.

"I said to him, 'no you can tell me right now,'" said Gaultier. "Whatever it is, it's OK, I'm fine. I don't want to put this off because the anxiety of not knowing would be worse than finding out by myself."

So, her neurosurgeon told her the preliminary results came back, and she has brain cancer — stage 3 anaplastic oligodendroglioma. But, he assured her she was fine. Gaultier went down to where her husband

and daughters picked her up and she quietly told him the news so they wouldn't hear. He said OK, and the family went to buy a Beta fish.

The cancer Gaultier has will never be gone. She will never be cancer-free, but she can hopefully live a long life as it responds well to treatments.

The first treatment she's received is radiation. She started it on Dec. 13 and finished Jan. 31 after receiving her 33 treatments. Their family friend drives her to the hospital almost every weekday as Gaultier lost her license after having a seizure. She spends half an hour lying on a bed



STANDARD PHOTOS SUBMITTED

Mackenzie Gaultier has stage 3 anaplastic oligodendroglioma, a type of brain cancer that will never be gone.

as a big machine shoots the radiation onto the front left side of her brain, then they go home to Roseisle, and she does it again the next day.

Once she's done radiation, Gaultier will have a four to six-week break to let her brain heal; then she'll start chemotherapy.

So far, the only side effects she's had from the cancer are the one seizure, fatigue, and hair loss where the radiation goes. She expects more from the chemo, but she's grateful to be otherwise feeling OK.

"It's a lot, but I just look at it as something I have to deal with, and such is life," said the mom of two. "After being sick with pancreatitis, I feel being sick changes a person. It changed how myself and my husband look at things, and I try my best not to take my life for granted, and I feel everybody should live like that."

For Gaultier, everything in life was fine. She was healthy and happy, and life was planned. Until she had a seizure, she said people never truly know what tomorrow brings, and while it's good to prepare for the future, you can't forget to live for today while doing it.

"Life is stupid," is what she says. "It's great, but it's stupid."

People from all over have been helping the Gaultier's plan for the future unknowingly. Two friends from a sewing group on Facebook hosted an online auction for her that raised thousands of dollars from 250 items donated and bid on.

She doesn't want to spend the money carelessly and doesn't know what they need. So the Gaultiers are putting it away for when they need it, whether it be for childcare, backing if she and her husband aren't working, unexpected bills, or anything else.

She said having that backing is a great relief, and they're beyond grateful for everyone's generosity. They see the donations as a gift that they don't want to take advantage of.

"I TRY MY BEST NOT TO TAKE MY LIFE FOR GRANTED, AND I FEEL EVERYBODY SHOULD LIVE LIKE THAT."

Carman Dufferin Fire Department responds to 71 incidents in 2021

By Becca Myskiw

The Carman Dufferin Fire Department responded to 71 emergencies in 2021.

The most common call-out was a fire alarm going off with no fire or smoke, totalling 25 in 2021. Carman-Dufferin Fire chief Ben Vanderzwaag said these calls have steadily increased over the years because more businesses and residents are installing monitored fire alarm systems.

"These fire alarms are a great step

forward with regards to life safety," he said. "We do encourage residents and businesses to have them installed. We do, however, recommend that you have them regularly serviced and maintained by a professional and qualified business to help prevent false alarm calls."

The Carman Dufferin Fire Department members were dispatched to 22 fires, 11 motor vehicle collisions, and 13 other calls. They serve an area of 342 square miles, with a response

time varying from four to 22 minutes, depending on the location of the incident. Vanderzwaag said their average response time in 2021 was 11 minutes.

He described the year as average for the department, looking at statistics. According to the fire chief, they have a "great commitment" from 26 dedicated and well-trained firefighters in the community.

He said there were some minor challenges last year regarding their training based on provincial COVID-19

protocols.

"But overall, we were able to keep up our training skills and meet and train when needed," he said.

He said the community's commitment to fire safety with grass and wildland fires was also good, helping the department respond to only a handful of those incidents in 2021. Vanderzwaag said he's excited about that, especially considering the drought-like dry conditions.

Local businesses getting rapid test kits for employees to use



By Becca Myskiw

Some local businesses are taking advantage of their opportunity to order rapid antigen test kits for their employees to use.

Incorporated businesses with 10 to 199 employees in an industry that's currently open can receive the tests from local pharmacies or a Shoppers Drug Mart. The government made these available for regular workplace screening of employees required to be on-site.

The rapid tests are to identify positive cases early, to prevent the spread of COVID-19 in the workplace and community, and to keep businesses open. Businesses have to go through the online portal and fill in the required information.

Access Credit Union has ordered the rapid antigen tests. Chief marketing officer Adam Monteith said the safety of their staff working the frontlines is a priority for them.

"We made sure to distribute a sup-

ply of rapid antigen tests that we had ordered throughout our branches for staff to use," he said. "We also ordered enough so that staff could take a couple home with them if they needed as well."

Also, ordering the test kits is BenefitsRX. They said they have the rapid antigen test kits on order, but they're still waiting to get them as the demand is greater than the supply. They said they aren't sure when they'll be in.

More businesses in town are eligible to order the kits. Still, Carman and Community Chamber of Commerce executive director Jodi Winkler said she hasn't heard from who else will

get them.

The rapid tests are easy to use. The employee has to swab their nose, swirl it around in the given fluid, let it sit for 15 minutes, then read their results. A double line result is positive, and a single line is negative. Upon receiving a positive test, the employee would have to go for a polymerase chain reaction (PCR) test at a provincial testing suite to confirm their results.

The government recommends all eligible employees do the testing, even if they're fully vaccinated. Though the vaccine is highly effective, they say, there is still a small chance those with it can become infected by and spread COVID-19.

STANDARD PHOTO SUBMITTED
Some businesses with 10 to 99 employees are able to order rapid antigen tests for their employees to use.

Flashback... 34 Main St. N



STANDARD PHOTOS SUBMITTED

This location began as Holtslag Service owned by Fred Sr. in 1930. Unclear when his sons Fred Jr. and Van took over but it was theirs until 1972ish. Ron's (Penner) Shell & Service, moved in for five years giving way to Don's Esso run by Don Allan in 1978. In 1986 Wilf Friesen started Wilf's Lawn and Leisure outlet which operated to 1988 when Ray Van Wyck turned it back into a service/gas station. How long Van Wyck ran it is unknown as yet but eventually Bill Murray had a detail shop in there until 1996. LCL Construction (Lee Sandulak) tore down the old building and built what you see today. LCL operated there until 2020 when Sandulak sold to Kur-Ric Properties who converted it into apartments and a Wealth Management office.



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Health Canada approves Pfizer's COVID pill; safety alert issued

By Patricia Barrett

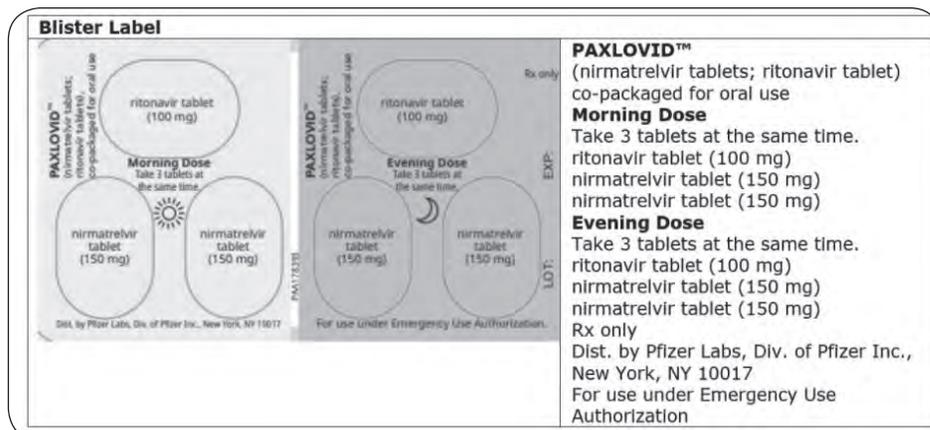
Health Canada approved Pfizer's COVID-19 oral pill on Jan. 17 but issued a warning the same day that people with compromised kidneys shouldn't be offered the treatment.

Paxlovid is composed of two antiviral pills, nirmatrelvir and ritonavir, which treat mild to moderate COVID in adults who are at high risk to have the disease progress to severe COVID, which includes hospitalization and death.

Pfizer's previously released research data showed the medication reducing the risk of hospitalization or death by 89 per cent.

But people with severe kidney impairment shouldn't be offered the treatment. The oral medication is "not recommended in patients with severe renal impairment and requires a dosage reduction in patients with moderate renal impairment," states a Jan. 17 alert from Canada's health agency. "PAXLOVID may also interact with various medications, which could result in serious or life-threatening adverse reactions, or a loss of therapeutic effect and possible development of viral resistance."

The medication is not authorized for use for longer than five consecutive days. The drug's carton labels and blister packs will be in English only for now in order to expedite access to



STANDARD PHOTO BY HEALTH CANADA

The blister label says Paxlovid has been approved for emergency use and is taken twice a day.

the medication, Health Canada said, and Canadian-specific information doesn't appear on the labels.

"To provide earlier access to PAXLOVID in the context of the global pandemic, Pfizer is providing cartons and blisters with the US Emergency Use label. This label is presented in English-only and is missing some important Canadian-specific information normally found on Health Canada approved labels," said the agency.

The medication is to be prescribed to infected people within five days of the onset of COVID symptoms.

People can take Paxlovid at home, according to Canada's chief public health officer Dr. Theresa Tam. But she said last week the medication

might be prioritized for people "most in need" – those who haven't got vaccinated. The unvaccinated are at higher risk of developing severe outcomes from a COVID infection and needing hospital and/or ICU care.

"Treatment is not a substitute for vaccination," Tam tweeted. "Getting vaccinated, combined with public health measures, remain key to keeping #COVID19 infection rates as low as possible."

Paxlovid is presently in short supply in Canada. The federal minister of public services and procurement Filomena Tassi tweeted on Jan. 17 that the government secured 1 million treatment courses and has so far received an initial shipment of 30,400.

RCMP ask public for help identifying suspect

Staff

Pembina Valley RCMP are asking for the public's help in identifying a suspect seen trying to use a stolen card at the Co-op Cardlock in Morris earlier this month.

On Jan. 4, police received a complaint of mischief that occurred at a business in Carman.

The initial investigation determined that two company trucks had been broken into over the holiday weekend. One of the vehicle's cardlock fuel cards, stored in the glove box, was missing.

Someone then tried to use that same card at the Co-op Cardlock in Morris at 4:10 a.m. on Jan. 4.

As the investigation continues, officers are asking for the public to help identify this suspect (see photo at right).

If anyone has information, call RCMP at 204-745-6760 or anonymously through Crime Stoppers at 1-800-222-8477. You can also provide a secure tip online at www.manitobacrimestoppers.com.



RCMP SUPPLIED PHOTO

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Box 39, Stonewall, MB, R0C 2Z0

Free mental health services available for farmers

By Jennifer McFee

A new resource has cropped up to help farmers cultivate a sense of mental wellness.

Announced last week, the Farmer Mental Wellness Program will offer mental health support for farmers and their families.

Through this program, farmers and their immediate family members can access six free one-on-one counselling sessions with professional counsellors who also have a background in agriculture. These confidential hour-long sessions are funded by the Manitoba Farmer Wellness Program, a non-profit organization established in October 2021.

To accommodate farmers' schedules, the services are available days, evenings and weekends. Farmers can opt for sessions in person, by phone or by video chat, and appointments will begin in March.

"The program was designed to fill a gap. Our advisory board and people in the counselling and farming community identified that there are lots of terrific resources and supports and online forums, but at the end of the

day, people wanted to have an opportunity to speak one-on-one with somebody," said board member Roberta Galbraith, who is a farmer in the Minnedosa area.

Galbraith points to studies by the University of Guelph and Farm Management Canada that draw direct links between farmers' mental health and the profitability of their business.

"When you pause and think about it, it really makes sense that if you're not well mentally, then decisions are going to be more difficult," she said.

"You might tend to fumble and stall a bit. Your mind whirls and then you become very indecisive. You might not sell at the right time and then the price goes down, or in the case of fertilizer inputs, the price goes up."

Although the board has identified the Farmer Mental Wellness Program as a pilot project, Galbraith hopes it will continue as an ongoing resource.

"We expect that the uptake will be greater than we anticipate. This program was built on the success of similar programs in P.E.I., Quebec and Ontario, where the demand has grown," she said.

"We hope that we will morph from a pilot to an established program within the next year and then move forward with more robust fundraising and maybe some additional programming, depending on the demand and interest of the public."

Galbraith notes that she has family members that farm in the Ashern area, and she's aware of how discouraging last summer was for Interlake cattle farmers and for those who watched their crops disappear to grasshoppers.

"It was nice to see awareness from other places in the country and corners of the other Manitoba ag community that tried to help support what was going on there," she said.

"Just because you might be another sector within a larger industry doesn't mean that you're not a peer. This program is designed for any farmer."

The program is currently in the final stage of development. Farmers and family members will soon be able to book a session, by visiting www.manitobafarmerwellness.ca and clicking on "Book an Appointment." Through the website, they will also be able to



Roberta Galbraith

select a counsellor that might be a good fit for them.

In addition, the website provides information about how to apply to work as a counsellor for the Manitoba Farmer Wellness Program, as well as how to donate to the cause.

Manitoba sees 23 more COVID deaths over the weekend

By Ashleigh Viveiros

Public health officials reported 23 new deaths in people with COVID-19 on Monday, ranging in age from 50s to 90s and from all across the province.

It brings the death toll to 1,515 since the pandemic began.

The weekend saw another 52 people admitted to hospital with the virus, bringing the total of hospitalized Manitobans to 716, including 49 in intensive care.

Looking back at data for seven days ending Jan. 20, Manitoba saw 367 new COVID-19 hospitalizations, a 0.3 per cent decrease from the previous week.

On the flip side, we also had 40 new ICU cases of COVID-19 in that time, an 8.1 per cent increase over the previous week.

Health officials were also reporting 5,597 new cases for that week. It's a 24.2 per cent decrease, though the case counts are not an accurate representation of how many people actually have COVID-19, as most symptomatic Manitobans are now doing rapid tests at home, if at all, which are not included in the official case totals.

Nonetheless, on Monday the prov-

ince was reporting 38,691 active cases of COVID-19 and a case positivity rate of 33.3 per cent.

The province continues to encourage Manitobans to consider getting vaccinated against COVID-19, noting that, based on the past six weeks of data, people who are not fully vaccinated are three times more likely to be hospitalized should they contract the virus, 11 times more likely to wind up in ICU, and 10 times more likely to die than someone who is fully vaccinated.

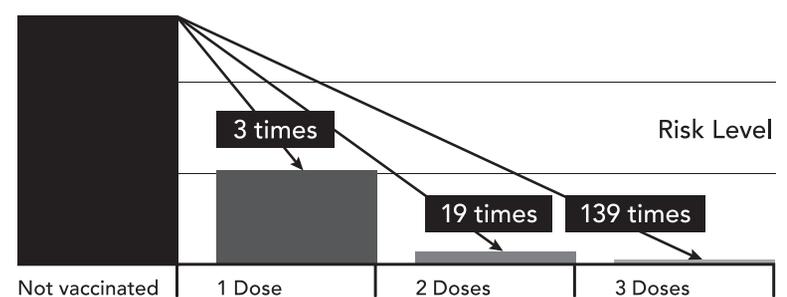
"Vaccine is still our best defence against omicron [variant] and COVID-19. It still provides tremendous protection against severe outcomes," stressed Dr. Brent Roussin, chief provincial public health officer, in a news conference held last Wednesday. "Whichever dose of vaccine you're eligible for, please get that as soon as you become eligible for it."

At press time, 78.8 per cent of eligible Manitobans age five and up had received two doses of the vaccine (fully vaccinated). The rate for the third dose booster shot was at 38.4 per cent.

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Crew film rolled into Carman for filming last week

By Becca Myskiw

A feature film starring “Chinese superstar” Zhang Hanyu spent two days filming in Carman last week.

The movie, *Unspoken*, stars Hanyu, who’s also been in *Operation Mekong*, *Assembly*, *The Captain*, *The Taking of Tiger Mountain*, and more. The cast also includes Jake Abel, known for his roles in *Malignant* and *Supernatural*, Michael Cudlitz from *The Walking Dead*, and Vivienne Tien.

Unspoken is a Chinese-Canadian film being shot in both China and Canada. It’s being produced by Huanxi Media and CMC Pictures of CMC Inc. with an international production team led by Court Five’s Mark Ordesky and Jane Fleming, Chinese producer Mr. Han Sanping, and CMC’s Ming Beaver Kwei. Former Columbia/TriStar president of production Chris Lee is an executive producer.

The movie tells the story of Xu, played by Hanyu, a father estranged and separated from his deaf daughter who’s living her new life at an American university. Her sudden death pierces Xu with grief and guilt that he wasn’t there to protect his child and ultimately brings them together once again as ex-cop Xu sets out to learn



Zhang Hanyu is starring in the upcoming feature film *Unspoken*.

what happened to her.

He believes the local authorities are pursuing the wrong suspect and that racism is compromising the investigation; with a Chinese translator, he sees justice done and finds redemption with his daughter as he bears witness to her new life.



STANDARD PHOTOS BY DENNIS YOUNG

The movie, *Unspoken*, is a Chinese-Canadian film, being shot in both countries. The movie tells of an estranged father who sets out to solve his deaf daughter’s sudden death.

“The love of Chinese parents is often implicit,” said the writer and director of the movie, Daming Chen. “The English name of the film *Unspoken* is actually referring to this type of love — silent yet profound. Investigating his daughter’s murder in a country that’s a mystery to him, where he doesn’t speak the language nor understand the customs, Xu discovers deeper truths about himself and comes to appreciate his deaf daughter’s life even more fully. In a larger sense, *Unspo-*

ken is about the transformative power of communication, empathy, and understanding.”

Winnipeg’s Buffalo Gal Pictures is the Canadian producer of the feature film. The production studio has also worked on *Flag Day*, *Siberia*, and *Night Hunter*.

Unspoken was filmed in Carman on Jan. 20 and 21 and set up in Winnipeg and other towns in the province to shoot as well. It is set to be released later this year.

DON'T BE SURPRISED

It was Friday on a September long weekend and I was leaving my office slightly after hours. As I pulled out I noticed survey equipment set up on the boulevard.

This was a very complex and very expensive mounted GPS instrument with antennae and recording station set into a foam lined hard case. My first thought was some slothful employee had gone home and left this equipment out to be stolen. I drove several blocks around my office and no evidence of any surveyors. I wasn’t about to leave it out for the weekend and so the only reasonable thing to do was to pack it up and return it Tuesday morning to the company identified on the equipment. I carefully disconnected the wires and dismantled the equipment fitting it carefully into the case. I remember thinking good thoughts about myself as I drove home. “Just think of the money I’m saving this company – they will be happy to hear my story on Tuesday.” When I got home I reinforced my uprightness

to my children all the while looking forward to Tuesday morning where there would be some “back-patting” and true appreciation for my honesty and integrity. Tuesday arrived and I proudly walked through the office door with case and tripod in hand. One man asked, “What have you got there?” I began to tell the story emphasizing my good deed. “So you’re the guy” another interrupted, “there are a number of surveyors who would like to get their hands on you.” Apparently there was a time sensitive survey project scheduled for the weekend and several survey crews were out in various locations, some a mile or two away. In my hand was the main terminal where all the data was being recorded and at 6pm on Friday the signal died and the project had to be abandoned. All I can say is that my drive to that office was different from my drive away. It reminds me of a verse in the Bible that describes the shock of those thinking some form of good works would merit Eternal Life. In Matthew 7:23, Jesus says to these people “Depart from me, I never knew you.” They found out when it was too late that their good efforts didn’t count.

Many assume that on judgment day God will pull out a “good-deeds” scale and weigh our good against the bad. Maybe there is something we could do which would tip in our favour. The Bible is clear that when it comes to Salvation all the doing has been done, for Christ’s death on the cross paid the debt of sin for all mankind. Salvation is “the Gift of God which is Eternal Life through Jesus Christ our Lord” Romans 6:23b. We can never earn Salvation by being good enough. “Not by works of Righteousness which we have done, but by His mercy He has saved us” Titus 3:5. The fact is, we all deserve Hell (that’s eternal separation from God), but “God so loved the world that He GAVE his only begotten Son that whosoever believeth in Him should not perish, but have everlasting life.” John 3:16 Ron and

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The film crew rolled into Carman for filming on Jan. 20 and 21.

EDUCATION FEATURE WINTER / SPRING 2022

Mennonite Collegiate Institute

Written by: Julia Bergman (nee Hogue), Class of 2002

Being a graduate of Mennonite Collegiate Institute remains a precious part of life's memory bank. Moving into Dorm my grade 11 year gave me a sense of independence and pride to be stepping into more freedom. At the time, I didn't fully understand my parents' thoughtful consideration in making this significant decision in releasing me into the loving care of the MCI community, but I am so glad they did! I got a taste of managing my own time, schedule, and responsibilities while learning to live with accountability away from my parents. Living at MCI also gifted me with the experience of claiming my faith in Jesus for my very own. Being surrounded by other students and having teachers who wore their faith on their sleeve, forever marked my life.

Now, almost 20 years later, it was our turn as parents to wholeheartedly consider offering this unique opportunity to our children as we prayerfully weighed out the pros and cons.

Nearly two years into this global pandemic we wanted, perhaps more than ever, to offer our children opportunities to do life in and with community. Lock-downs and canceled events have been necessary, and yet we were eagerly keep-

ing our eyes and ears peeled for doors to open for our children, that would continue to engage their learning, spiritual growth and to continue to fuel their passions of sports and music. That's when MCI came to mind.

Our eldest son Eli has just finished his first semester living in Dorm while attending MCI and we are so thankful that it has been all we were dreaming for and then some!

It can feel tricky to wrap your head around sending a child to live at school before the more traditional timeline. We wrestled with this. Having regular and open communication as a family and with the incredible staff both in the Dorm and in the academic part of the school has made this transition more peace-filled than we thought it might be. It has been a joy to see Eli flourish with the opportunities that are at his fingertips. Cheering his teammates on to Volleyball Provincials, sharing thoughts and opinions over a meal, impromptu floor hockey matches, listening and making music with fellow students, have all been good for the mind, body, and soul. Our family is excited to think about what the future holds as we step into the MCI community.



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She says that BU offers 19 separate undergraduate programs, plus many pre-professional pathways — plenty of options for every student entering university. Plus, she notes that BU has an additional half a dozen graduate degrees for those pursuing advanced education like a master's degree.

"Your Brandon University education can take you anywhere," she says. "And it all starts with a simple conversation. Talking to one of our Student Success Officers sets you on a path to success."

Interested students can book a virtual tour or an introductory conversation at BrandonU.ca/Your-Future, where friendly and knowledgeable Student Success Officers can go over options, and introduce opportunities that are unique to BU.

"So many students are interested in our Indigenous Transition Program, which provides unique cultural supports for

first-year Indigenous students," Mills said. "It's a great way to get to know our Elders and Knowledge-Keepers, as well as all of the social and educational opportunities at our Indigenous Peoples' Centre."

Many students also get a chance to earn while they learn, thanks to the explosive growth of BU's Co-op Education program.

"A BU education puts you on the fast track to a great career, and Co-op gives you a head start," Mills said. "Employers from across Canada are eager to hire Co-op students, so you can build your resumé with relevant experience, kickstart your network, and bring home a paycheque. Co-op is a true win-win-win."

Balancing student health and safety with a great hands-on education hasn't been easy for anyone over the past couple of years, but BU has consistently delivered a high-quality blended experience that students can rely on.

"Our small class sizes mean we have the flexibility that's needed these days," Mills said. "It also means you get to really know your professors, and your fellow classmates. You can be sure you'll make great friendships that last a lifetime while earning a degree that will build a solid career."

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Polar bear research connects CMU alumna to the natural world

By Myles Thiessen



For Sara Wolowich Brown (CMU' 19, Environmental Studies), going to the zoo is more than just entertainment. It's become a passion.

That passion and desire for connection with the natural world translated into a three-month work placement at Assiniboine Park Zoo this past fall, where she helped conduct polar bear observation and shoreline clean-up strategies. "It was a really unique opportunity to see a bunch of different aspects of the zoo," she says. "A lot of people, when they think of the zoo, they think about just going to look at animals, but [the Assiniboine Park Zoo] actually has lots of research projects that are going on, and that's a really big part of what they do."

Specifically working with the Research and Conservation Department, Wolowich Brown spent most of her time studying polar bear personalities. "[I surveyed] what they're doing, where they're located, if they are interacting with other bears. All that information is used to provide care for the bears at the zoo," says Wolowich Brown.

Whether it be understanding that polar bears like to watch the zoo's crowds or that all the bears at Assiniboine Park Zoo are rescued from Churchill, Wolowich Brown says her time at the zoo gave her a much deeper appreciation of conservation efforts taking place in the province.

"The zoo is about education, conservation, and research. It's not just entertainment," says Wolowich Brown. "The more people know, the more people care about

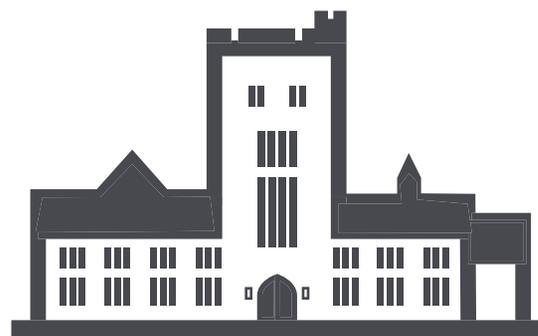
something. Hopefully, that care can move into actual real-life decisions to better the planet and take care of these animals."

Wolowich Brown's placement at the zoo came through a program called Ocean Wise, which connects young people with opportunities in conservation. She says Ocean Wise "looks at skills you have and your background and match you up with an organization that could use your skills and develops them."

Some of those skills, Wolowich Brown says, she developed through CMU. After joining the Environmental Studies program in its infancy, Wolowich Brown says, "I know when I got there that there were new professors, so it was a growing experience between the professors and the students." But she says she found the program's interdisciplinary focus to be beneficial to her education. "The overall concept of the crossover between the sciences and social sciences was already there," she says.

Kenton Lobe, Teaching Assistant Professor, International Development and Environmental Studies at CMU, says the institutions' courses are shaped to help students explore that crossover. "I am enlivened by dialogue that reflects careful reading, impassioned dialogue, and the ongoing creativity I witness in student thinking and work," says Lobe. "It will seem cliché to talk about the energy of young people, but it is true. I am encouraged by students grieving deeply for broken kinship relationships with our non-human neighbours."

Wolowich Brown hopes to blend her passion for conservation with education in the future. "I think there is a disconnect, and people don't understand we have beluga whale, seals, and polar bears; we have a whole other ecosystem that is directly connected to us," she says. "[I want to help] people become more literate of the natural world around them and make changes in the world to protect these species."



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In October 2021, the province's largest college unveiled a bold new strategic direction and embraced its identity as Manitoba's polytechnic — by bringing that word into its name, as Red River College Polytechnic, or RRC Polytech.

This evolution enables RRC Polytech to continue to modernize apprenticeship training and expand in areas that are hallmarks of a polytechnic education, including applied research and work-integrated learning, allowing students to seamlessly transition from the classroom to their careers.

The new identity recognizes RRC Polytech's evolution into a unique kind of post-secondary institution — one that blends deep, theoretical learning with applied, hands-on experience, and highlights the important role its graduates will play in growing Manitoba's economy as the province recovers from the pandemic and looks to the future.

For students, a polytechnic education means more choices, flexible options and opportunities to gain highly sought-after skills — at the start of their career, or anywhere along the way.

For employers and industry partners, it means a pipeline to top Manitoba talent and a direct hand in developing a workforce that meets their current and future needs. It also means expanding partnerships and applied research collaborations to help position employers at the forefront of innovation and growth.

"Sectors across Manitoba continue to experience disruption at a faster and more frequent pace than ever before. This quickened pace demands an urgent and agile response, and RRC Polytech is perfectly positioned to meet the emerging needs of our students and of the workforce they are entering," said Fred Meier, President and CEO, RRC Polytech.

"Aligning our new identity and strategic direction puts us in the right place, at the right time, to stay in front of what's ahead."

RRC Polytech offers in-class and online education for students and training for organizations from its campus in Winkler.

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Carman Florist adds smoothies to the drink menu

By Becca Myskiw

Puff pastries, espresso ice cream, lattes, lemonade, frappes, cappuccinos, and now, smoothies.

Carman Florists & Gift Boutique has added another delicious beverage to their repertoire — natural fruit smoothies.

When owner Carly Boklaschuk bought the establishment in 2019, she added a gourmet coffee bar, something the Town of Carman hadn't yet had. The shop has an espresso machine and everything else they need to brew up hot or iced coffees for their customers.

Come the fall of 2021, Boklaschuk and her team realized they had all they needed to make smoothies. So, they started putting fruit, yogurt, and

ice in a blender and experimenting with what tasted good.

The smoothies are officially on Carman Florists & Gift Boutique's menu as of January.

"In January, everyone wants to eat healthier," said Boklaschuk. "And we all kind of have the January blues."

Their smoothies are made with frozen, fresh fruit from Homestead Co-op. They don't add the flavoured syrups unless someone specifically asks for them because they focus on a natural, fresh taste. Boklaschuk said this summer that if the strawberry crops are good, they'll partner with The Little Strawberry Farm to use locally grown fruit in their beverages.

They have four smoothie flavours for customers to try, each one a trip

to sunshine and green grass. The flavours include: The Very Berry-Ed has blackberries, raspberries, strawberries, vanilla Greek yogurt, and coconut water. The Choc-Ed up Monkey has banana, vanilla Greek yogurt, Callebaut dark chocolate powder, milk, with an option of peanut butter. The Pump-Ed Me up has banana, vanilla Greek yogurt, strawberries, blueberries, and coconut water and the Tropic Punch-Ed has mango, peach, strawberry, pineapple, vanilla Greek yogurt, and coconut water.

People can also add spinach or kale if they want a bit of green in their drinks. Protein powder and chia powder will be available in the coming weeks.



STANDARD PHOTO BY BECCA MYSKIW
Carman Florists & Gift Boutique has recently added fruit smoothies to their menu.

Government enhancing provincial park reservation service



STANDARD PHOTO SUBMITTED
The Manitoba government is fixing their current provincial park reservation service and creating a new one for 2023.

By Becca Myskiw

Campers will soon have an easier time booking their sites for summer getaways next year. The provincial government is currently developing a new provincial park reservation system. While the new system is being worked on, they're also adding short-term changes to the current system to "improve users' experiences when booking campsites this spring."

The conservation and climate department is looking at major changes like a completely new software application. So while they work on finding, acquiring, and implementing that, which they're aiming to have in place by 2023, the department is "addressing the major challenges users experienced in booking campsites, cabins and yurts at provincial parks on the

opening days for reservations in 2021."

Those changes include: server upgrades to improve the system's performance, the addition of two opening days to five from three, a limit to the number of reservations one can book in one session for cabins and yurts to two from three, and a reduction in the maximum stay length for yurts and cabins to seven nights from 14. The last change is to give more people the opportunity to use the facilities.

Conservation and climate minister Sarah Guillemard announced on Jan. 14, that they're making the adjustments in response to public feedback.

"The improvements will help manage the load on the opening day for reservations, ease the booking process for campers and provide more opportunities to book camping facilities

in high demand and limited inventory, such as cabins and yurts."

The public feedback came from the Improving the Parks Reservation Service online survey on EngageMB. Of the 97 per cent of users who said they had used the online reservation service, 49 per cent were dissatisfied with it. Twenty-seven per cent were somewhat dissatisfied, 21 per cent were somewhat satisfied, and three per cent were satisfied with it.

Three per cent of respondents hadn't used the service, and 52 per cent of them said their impression of it was very negative. Twenty-six per cent of them said their impression was somewhat negative, 12 per cent said it was somewhat positive, and 10 per cent of them weren't sure. In another question, the survey asked how people typically reserve provincial park sites, and 91 per cent said online. The survey found that people don't book with the service on opening day mostly due to a bad experience or the site taking too long. These answers (and more) prompted the government to make these upcoming changes to the provincial parks reservation system.

"Our government is committed to making it easier for Manitobans to reserve campsites with this short-term and long-term approach," said Guillemard.

People can book a site at Stephenfield Provincial Park through the service. There are six bays with almost 180 sites total, an unsupervised beach, hiking trails, washrooms, yurts, a basketball court, a baseball field, showers, and more. Bays one, two, and four have electricity, while bay three has water and electricity. Bays five and six are basic. Online reservations start April 4 this year.



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Manitoba Ag Days connecting agriculture to the classroom

By Jennifer McFee

Several new agriculture-related programs are sowing the seeds of knowledge for students across Manitoba.

Agriculture in the Classroom-Manitoba (AITC-M) is a charitable organization that creates curriculum-linked programs for schools throughout the province.

The organization has launched a Manitoba Ag Days Adventure Virtual Program since the in-person event has been postponed due to pandemic restrictions.

Geared for students in Grade 7 and 8, this virtual adventure is made possible thanks to support from Manitoba Ag Days, Canadian Agricultural Partnership and Viterra.

AITC-M usually offers hands-on, in-person programming at Manitoba Ag Days in Brandon based on the theme "think global, act local." To adapt to the pandemic reality, the program has now gone virtual, complete with a video and gaming component that allows students to look at agriculture on a global scale. After that, they hone in on local connections and learn about the variety of careers available in Manitoba's agriculture industry.

The virtual program has opened up the opportunity to students across the province who wouldn't have been able to travel for the in-person event.

"Already, we have over 1,000 students registered for this virtual program from all over Manitoba. We piloted this last year and then made changes based on the feedback. The teachers who piloted the program absolutely loved it," said executive director Sue Clayton.

"Students in Stonewall would never have come to the in-person Manitoba Ag Days program. Now they're able to experience this. Everything we do is linked to curriculum, so teachers know that our programs are hitting the curricular targets that the provincial government sets for them."

Teachers recently had the chance to participate in an in-person professional development session for the program. As another option, teachers can register to access online resources throughout the school year.

Taylor Studler, who teaches Grade 7 at Ecole Stonewall Collegiate School, was pleased to take part in person. She enjoyed using the AITC-M programs while teaching primary grades. Now that she's moved to middle years, she was curious about the programs available at those grade levels. This week, she plans to introduce her Grade 7 students to their first lesson.

"It is important to me that students understand that agriculture is an es-

sential industry that will always employ people now and in the future," she said.

"The program explores the depth, diversity, economic impact and job opportunities in agriculture in our province and beyond."

The program will provide Studler's Grade 7 class with a global as well as local Manitoba perspective on the impact of agriculture on our daily lives.

"In the teacher guide that is provided in the PD (professional development) session, there is a section that clearly outlines the specific grade level outcomes in relation to the Grade 7 Manitoba social studies curriculum," she added.

"Along with relating to three different social studies clusters, the program also offers an awareness of a variety of agricultural career opportunities for students to consider."

From Studler's perspective, she absolutely recommends for other teachers to get involved in this initiative.

"The Agriculture in the Classroom program provides flexibility in delivery options, which I have really enjoyed, especially during a time where we have worked with students both in the classroom as well as remotely," she said.

"The program has different options for teacher delivery. For example,



STANDARD PHOTO SUBMITTED

Schools from all across the province can take part in the virtual Agriculture in the Classroom programming

there is a teacher-led classroom experience, an in-class independent student learning experience or a remote student learning experience. The

teacher can decide how to deliver the content depending on the students' needs and circumstances."

Continued on page 15

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COVID makes for good year for local upholsterer

By Becca Myskiw

He's spent 30 years in the upholstery business and last year was Darryl Enns's best one yet.

After taking the now-gone upholstery course at Red River College Polytechnic, Enns went to Calgary to find a job. After six months at a furniture factory there, he worked at an automotive shop for a year, then came back to Manitoba to open his shop, Signature Cover.

Most upholsters, he said, are specific to one thing, meaning they only do furniture or combine hopper covers or something else — but Enns does it all. That's what sets him apart from the rest.

"I made it up as I went along," said Enns. "It's slow when you start, so you've got to do everything."

Enns said there was an upholster in every second town when he started. Now, there's maybe seven or eight in Manitoba. He said it's a dying trade because most upholsters don't diversify as he does, and it's hard to make a living doing it either way.

"It's kind of a feast or famine business," he said. "I diversified to keep a steady income, but I've had to go out and get other jobs too. There was

a time when I had four or five in one year."

Upholstering is also totally dependent on the clients and what they need. For a while, people preferred to buy new things rather than get their old things fixed, which drove business away from Enns. Now, he said, they're sick of buying things that don't last, so they prefer to refurbish the good things they can.

That, combined with COVID-19, has done nothing but help Signature Cover. Enns spent the last year mainly working on boat covers, and he had barely any time to himself.

"People got time to sit around and think about what they always wanted to do," he said. "There are lots of first-time boat owners this year and lots of people spending money and time on hobbies."

He said he's had good years making hopper covers, but there's never been anything like this — he's easily been putting in 10-hour days, no less. As a result, people aren't spending money on vacations, they aren't eating out, and they have extra money to spend on things they care about, making for a fantastic year for Enns.



STANDARD PHOTO SUBMITTED

Darryl Enns, owner of Signature Cover, has had his best business year yet thanks to the pandemic and people putting money into their hobbies.

Carman Beavers – champs in 1980-1981

By Dennis Young

This must be one of the most successful seasons enjoyed by a Manitoba Intermediate team in recent years. The Beavers ended the season with a cumulative record of 44 wins and five losses. They not only had an excellent winning percentage, but they also dominated every team they played.

Coaches Ted and Tony Green deserve tremendous credit for keep-

ing the team motivated while they watched Brian Coates rack up points in those victories after returning from his pro career in the WHA.

Carman put together an eight game winning streak and as of Dec. 24, the Beavers were 8-1 in second spot behind the 9-1 Maroons. Morden held third (4-5), Winkler (4-6), Pilot Mound (3-5), the newest entry Morris Stampers (2-7) then Ab McDonald's Elm Creek Kernels (2-7).

The Beavers assumed first place even though injuries and the flu bug depleted their ranks and became aptly named the "Dirty Dozen". This short staffed squad began a 13 game win streak. All this was being accomplished by the second lowest penalized team (18.8 per game) and averaging 12.8 points per



STANDARD PHOTO SUBMITTED

The Carman Beavers won their 1980-81 season, making it one of their most successful.

outing. They clinched first place with five games left.

They blew Morden away in the play-off initial series, outscoring them 37-12. The final round against defending champion Altona went the same one-sided pattern, except for a lone Maroon victory in overtime. Carman recorded 7-3, 6-2, 6-3, and 9-2 wins to receive the old Pool Elevator Trophy for the fifth time.

The Beavers brought the MAHA championship to Carman as the final note of a tremendously successful season. The 7-3 and 9-3 victories over MacGregor saw some vicious men imitating hockey players. Randy Hextall and Jim Trotsky were handed suspensions that carried into the next season.

Morden added a couple of defence-

Continued on page 15

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The Winkler Morden
Voice

> AG DAYS, FROM PG. 13

A few other AITC-M programs are accepting applications:

Follow the Farmers

Follow the Farmers is a new virtual program that allows classrooms to connect to a live farm tour via YouTube. Although the curriculum links are geared for Grade 4 and 5 classes, any grade could sign up.

The next session is scheduled for Feb. 15 to highlight Manitoba sheep farms in partnership with video sponsor Penner Farm Services. Students will learn about the growth stages of sheep, animal care and wool. They'll also discover everything that's involved in raising healthy sheep to provide us with healthy food.

"We show a short video and then the farmer is there for the next half-hour or 45 minutes to answer questions," Clayton said.

"Teachers can send in questions in advance, but the majority of questions come during that time. Teachers can type any questions into the chat box on YouTube and the farmers are able to answer some of them. It's fantastic."

Two sessions took place earlier this school year, with the first focused on weather and the second focused on dairy farms.

"We had over 4,200 students that participated in our very first Follow the Farmer about weather in the fall," Clayton said.

"For this one right now, over 6,200 have registered already."

Coming up in May, the fourth and final instalment

of this school year will focus on a hog farm.

"It's a brand new program this year and it came out of COVID. How can kids have these on-farm experiences and really connect with how their food is produced when they're not able to go anywhere? We thought, 'Let's bring the farms to classrooms,'" Clayton said.

"Once teachers register, they're able to go into this hidden page on our website for Follow the Farmers. They can see previous sessions and show their class those videos, even though it's not live for them."

Teachers can also access curriculum-linked resources for every video so the students can engage in pre-learning and post-learning after each session.

"It's great because it's so interactive for them. They're not just sitting there receiving information. They're engaged," Clayton said.

"Our feedback from educators has been phenomenal."

Canadian Agriculture Literacy Month

March is Canadian Agriculture Literacy Month, and Agriculture in the Classroom-Manitoba is arranging virtual visits with farmers or agriculture professionals for Grade 1 to 6 classrooms. Usually the program is conducted in person, but it has also been modified due to the pandemic. If teachers prefer to deliver the program themselves without the virtual visit, they will have resources available to them.

All teachers will receive a grade-appropriate book focused on seeds, plants and foods derived from

them. They'll also receive a teacher guide with instructions and curricular connections.

In addition, Grade 1 and 2 students will receive a mini seed-growing kit. For Grade 3 to 6 students, each class will receive the Manitoba Seed Kit, containing five sets of 15 Manitoba seeds with hands-on activities.

"The seed kit is going to be absolutely amazing. We've been wanting to do this for years. In this last year, we raised a lot of money to be able to make these gorgeous seed kits. Year after year, seed kits are our No. 1 requested resource by teachers across the province," Clayton said.

"This kit will contain 15 different seeds that represent different crops in Manitoba. There will be activities to do with the kids, and we're also producing a video to go with it where the kids can see what seed growers do. They can talk to someone involved in the science in a laboratory and understand where seeds come from. Last year, we had almost 9,000 students participate across Manitoba."

Careers program coming soon

Agriculture in the Classroom-Manitoba has a new staff member joining the team in February to launch a program for middle years and high school students to learn about careers in the agriculture sector.

"No matter what grade a teacher is teaching," Clayton said, "there's a way to incorporate agriculture education."

For more information or to sign up for any of the programs, visit the Agriculture in the Classroom-Manitoba website at www.aitc.mb.ca.

> BEAVERS, FROM PG. 14

men to shore up their weakness and gave the Beavers two good games before bowing out 11-1. Coach Green used four lines in this series by adding two Cougars to help in the elimination of the Altona Maroons which featured a bench clearing.

Ste. Rose Royals provided the opposition in the Manitoba finals but Carman posted easy 11-4, 8-5 and 9-3 victories.

Carman capped a successful season with a successful wind up banquet. Approximately 200 people showed up for the banquet and award ceremonies to honour the team. Elmer Hildebrand, SEMHL President, was on hand to present the league silverware. The Beavers won the Ross Williams Memorial Trophy as SEMHL Pennant winners and the SEM-

HL Championship Trophy.

Hildebrand completed his portion of the presentations with the Beaver individual league awards. Brian Coates was presented the SEMHL MVP and the League Scoring Champion (a league season record 67 goals and 64 assists for 131 points). Wayne Giesbrecht received the MVP in the SEMHL playoffs and the SEMHL goaltending crown went to Grant Clay and Ray Whitehead.

Beaver Captains Brian Hodgson, Bill Whitehead and Bob Leslie accepted the Wilcox Trophy for winning the MAHA Intermediate 'B' Championship. For that, Mayor Doug Fletcher congratulated them and presented jackets and plaques on behalf of the Town of Carman.

Team awards were MVP - Brian Coates, Most Improved Player - Scott McEachern, Top Rookie- Glenn

Yeo and Top Defenceman - Bill Whitehead who won the award for the fourth consecutive year. The last trophy was the Leading Scorer to Brian Coates who added 24 more points in 9 playoff contests.

Ted Green acted as guest speaker and entertained the invited audience. Teddy related one or two personal stories but the main part of his speech was set of personal comments on the individual members of the Beavers. The personal comments gave many people an insight into the Beavers and what it is that makes them tick. Ted would go on to Coach Edmonton Oilers the next year.

The Beavers brought down the final curtain on their 1980-1981 season with a dance and social evening. Approximately 300 more people showed to celebrate the end of a successful campaign.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Hawks win two out of three weekend games

By Lorne Stelmach

It would always be a challenge to make a clean sweep of a three game weekend, so winning two out of three is not a bad result for the female U18 Pembina Valley Hawks.

The fifth place Hawks unfortunately opened the weekend by being blanked 4-0 by the fourth place Ice in Winnipeg, but Pembina Valley bounced back on home ice in Morden by shutting out Interlake 3-0 Saturday

before beating Eastman 5-1 Sunday.

On Friday, the Hawks were stymied despite taking 25 shots on goal, while the Ice took advantage of their opportunities with 28 shots on Pembina Valley netminder Tria Enns as Winnipeg

took period leads of 2-0 and 3-0.

The Hawks then peppered Interlake goalie Rachel Hallderson with 55 shots Saturday as Pembina Valley outshot the last place and winless Light-

Continued on page 16

Hawks gain ground with pair of wins U18 AAA action

By Lorne Stelmach

The male U18 Pembina Valley Hawks have gained a little bit of ground in the standings with a four game win streak.

They remain locked in eighth place but improved their position with a pair of wins on home ice this past weekend over the Parkland Rangers.

It was done in dramatic fashion with both games going to shootouts, but the Hawks prevailed with 5-4 and 7-6 wins to improve to 12-16-2 for 26 points.

Cameron Parr was the hero in game one Saturday as he scored

the lone shootout goal in the third round, while Carter Campbell scored twice including the tying goal in the third period.

Marek Miller and Sebastian Hicks also scored for Pembina Valley, while Raiden LeGall made 40 saves with the Rangers outshooting the Hawks 44-31.

In game two Sunday, Parkland forced overtime with just 20 seconds left in regulation, but Griffin Ayotte won it this time for Pembina Valley in the fifth round of the shootout.

Cohen Thomas and Carter Sotheran scored a pair for the

Hawks with the other goals coming from Carter Campbell and Keston Worley, while Bryson Yachyshyn made 42 saves with the shots 48-30 in favour of the Rangers.

Pembina Valley is three points back of Parkland and four behind Yellowhead and Southwest while just two ahead of the Winnipeg Bruins.

The Hawks were in Winnipeg to take on the Thrashers Wednesday. They are back in Morden to host Southwest Friday then in Brandon Saturday to face the Wheat Kings.



STANDARD PHOTO BY RICK HIEBERT
Pembina Valley captain Quinn McLaren carries the puck while being checked by an Interlake Lightning player during U18 'AAA' female action last Saturday in Morden. The Hawks won the game 3-0.

> HAWKS WIN, FROM PG. 15

ning 55-19. Kaylee Franz got the shutout while goals came in from Abbey Bourdeaud'hui, Anika Braun, and Mya Pearce.

Pembina Valley grabbed period leads of 2-1 and 4-1 Sunday while holding a slight 26-23 edge in shots on goal, with Enns getting

the win on 22 saves.

Quinn McLaren had a pair of goals and a three point game for the Hawks with Cambree Martens also contributing a pair and Mackenzie Couling also scored for Pembina Valley.

The Hawks are now just a game

below .500 at 11-12-0 for 22 points, which leaves them seven points behind the Ice and eight up on Central Plains, and they are now in the stretch run with five regular season games remaining starting with a makeup game this Saturday with the Winnipeg Ice. It is a home game for the Hawks but will be played in Carman.

Twisters remain locked in third in MMJHL standings

By Lorne Stelmach

The Pembina Valley Twisters picked up a couple more wins this past weekend as they fight to keep pace with the MMJHL leaders.

The 2019-2020 defending champions edged St. Vital 2-1 Friday then took down Fort Garry Fort Rouge 4-3 in a shootout Sunday to make it a successful Winnipeg road trip.

The Twisters spotted the Victorias a first period goal Friday before Riley Goertzen knotted it up in the second and Nico Vigier won it in the third with an unassisted marker.

Shots on goal were 33-32 in favour of Pembina Valley with Martin Gagnon getting the win in net with 31 saves.

On Sunday, the Twins scored a pair of third period power play goals to

draw even with the Twisters and force extra time, where Vigier and TJ Matuzewski scored to win the shootout.

Jordan Keck scored twice in regulation with Goertzen getting the other goal for the Twisters, who got 30 saves from Logan Enns with the shots on goal 36-33 in favour of Pembina Valley.

The Twisters improved to 20-6-4 for 44 points and remain locked in third

place. They trail St. James at 53 and Transcona at 50 while being five up on St. Vital.

The Twisters close out January by hosting River East Friday then paying a visit to the Raiders Sunday afternoon.

Lewadniuk becomes Beavers' new all-time assist leader

Staff

The Carman Beavers have a new all-time assist leader.

Aaron Lewadniuk had two assists in Carman's 3-2 road victory over the Notre Dame Hawks in South Eastern Manitoba Hockey League action on Saturday.

He now has 279 assists, surpassing Larry Maykut.

Lewadniuk assisted on Jake Dudar's game-winning goal at 18:40 of the third period.

Carman took a quick 2-0 first-period lead on goals from Quade Froese and Geoff Maloney.

But Notre Dame battled back early in the second with goals from Jesse Conrad and Christian Prejet.

Steve Christie mad 45 saves for the

victory. The Beavers, now 9-3-1-1, visited the Portage Islanders this past Monday but no score was available.

Carman will host the Morden Bombers this Thursday at 7:30 p.m.



STANDARD PHOTO BY DENNIS YOUNG
Carman Beavers' forward Jake Dudar chases down a Notre Dame Hawks' player during SEMHL action last Saturday. Dudar scored the game winner in Carman's 3-2 road victory.

THE S.E.M.H.L. SCHEDULE
CARMAN BEAVERS VS
MORDEN BOMBERS
THURSDAY 27
7:30 P.M.

Check our Website/Facebook to confirm this game!




Cougars back on the ice: winning streak continues

By Becca Myskiw

The Carman Cougars hit the ice again last week for the first time in over a month, continuing their winning streak.

The team has 10 wins, starting Nov. 10 against the Mountain Mustangs. Their last game before the Christmas break was on Dec. 22. Since then, their game schedule has been postponed due to COVID-19, inclement weather, and school cancellations.

The team was supposed to play four games last week — Wednesday, Friday, Saturday, and Sunday — but only played two. Regardless, head coach Jeff Park said they're happy to have played any.

The Cougars' games on Wednesday and Friday were postponed due to weather and the other because they couldn't get approval to play with the students not being in school. On Saturday, though, they faced off against the Morden Thunder, skating out with a 6-3 win.

Ryan Orchard opened the game's scoring with a goal assisted by Slade Sotheran. The Thunder answered with two of their own. Carson Park then got another and Sotheran finished the second with one of his own.

Sotheran kicked off the third with an unassisted goal, followed by one from the Thunder. The Cougars' Ryan Orchard and Ethan Wilde ended the

game with a goal each, giving them their ninth win in a row, defeating Morden Thunder 6-3.

"The line of Lehmann, McCallum, and Plaitin had tremendous time of possession in the offensive zone," said Park. "And had many opportunities, but sometimes the puck just can't find the back of the net."

Sunday's game against the Mountain Mustangs was a close, intense one. The first period saw no goals — only a two-minute penalty from Orchard. McCallum opened the scoring at 5:03 in the second, followed by a goal from the Mustangs and one from Sotheran one second later.

Carson Park scored the Cougar's

third goal in the third period, with the Mustangs tied it up one minute later.

"It was excellent to see how the kids responded to the pressure and continued to battle back and continuing to try and maintain the lead," said the coach.

Wilde was able to notch the winning goal at 3:05 left in the game — it was unanswered, giving the Cougars their tenth straight win.

"It's not always about getting points, but a win is a win, and that's the most important thing right now," said the coach.

The Cougars play again on Friday in Winkler and Saturday in Carman against Altona.

Remembering....Gus Dupas and The Carman Shoe Store



STANDARD PHOTO SUBMITTED

Gus Dupas built Carman Shoe Repair with living quarters above after he returned from the Second World War.

By Dennis Young

For some of you Carman Shoe Store

was the place to buy or repair your boots and shoes in the 1940s to the

70s. Gus Dupas's father had opened a shoe repair shop in St. Jean and with that he picked up the trade.

Dupas came to Carman in 1934 employed by Mr. Stuart McKay whom he repaired shoes, tops of touring cars and harnesses for. Dupas spent seven years in the employ of Mr. McKay until it was time to rent his own quarters (now Birch & Honey) and start a shoe repair business.

After serving in the War, Dupas purchased property on Maple Street (1st Ave. SW) and built his shoe repair shop (now Roses' Salon) with living quarters above. He and his wife Elsie (Avery) lived there for 12 years before

scarlet fever forced him to build a house across from the Memorial Hall and slow his work pace.

Of his 40 years in Town, 27 were spent doing shoe repairs and 13 in retail. He also played the coronet for 33 years in the Carman Band. He sold his shop and business to Milt Knaggs and retired to Victoria in 1974 returning in 1979 for the Fair Centennial.

Sadly I am unable to find a picture of Dupas. He passed away in 1982 in B.C..

Carman residents will fondly remember how that craftsman Gus made an old pair of shoes look like new again.

PVHS looking to get 100 monthly sponsors

By Lorne Stelmach

The Pembina Valley Humane Society is looking to boost its financial base by increasing its monthly donors.

The campaign comes about with the impact of the last two years of being in a pandemic having highlighted the importance of having reliable and consistent income to ensure they can care for the animals coming to the shelter.

That's where PVHS Life Changers comes in with the goal of helping further build their level of sustainability, said public relations chairperson Holly Thorne.

"It means we would have a little bit more weight off our shoulders because we know this money is coming in each month," she said. "The last two years, if it's taught us anything, it's that things can fluctuate like crazy, so just knowing that we can count on

so much coming in each and every month means we know that our animals are going to continue to get the care that they need."

The humane society currently has 85 monthly donors who in total contribute about \$24,000 or around 14 per cent of the humane society's annual operating budget. The Life Changers campaign aims to reach at least 100 monthly donors.

Any amount, large or small, will make a huge difference in what the shelter can do, said Thorne, who cited the example of one monthly donor who since 2016 has donated over \$5,000.

It will all make a meaningful impact in terms of the sustainability of the humane society, said Thorne.

"It's a reliable source of income that we can count on every single month ... when we know a certain amount of



SUBMITTED PHOTOS

Pembina Valley Humane Society is hoping to grow its monthly donor base to 100 people. Secure funds coming in every month will be a big help in the shelter's daily operations, including caring for cats like Forrest and pooches like Barney, who is awaiting surgery.

money is coming in every month then we don't need to necessarily worry as much about certain things."

You can find more information about

how to become a monthly donor by going to the pvhsociety.ca website and clicking on the donate button.

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RURAL MUNICIPALITY OF THOMPSON ANNUAL PUBLIC NOTICE Additions to the Voters List and/or Personal Security Protection Requests

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

- Any person who is eligible to vote in municipal elections in the Local Authority of the Rural Municipality of Thompson can have their name added to the Voters List or have any information about the voter on the Voters List corrected.
- Any person can request to have their name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

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

Dallas Braun, Chief Administrative Officer

Box 190 Miami, MB ROG 1H0

Phone: 204-435-2114

Fax: 204-435-2067

Email: cao@rmofthompson.com

The next General Election takes place on October 26, 2022.



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Any questions, please call 204-745-6703.
Interview process will be following Covid19 regulations.



The Redboine Watershed District is currently seeking applicants for the position of

GROW Program Technician

The GROW Technician will work with landowners to plan, design & implement RBWD GROW Program project activities in the Redboine Watershed District.

QUALIFICATIONS:

- Post-secondary education or equivalent experience in Environmental Sciences (e.g. Land & Water Management, GIS/Geomatics, Agriculture etc.)
- Experience with GIS software & GPS/Survey Equipment required
- Ability to work independently, meet deadlines & follow a budget
- Organizational skills & the ability to work with members of the public are a must
- Must hold a valid class 5 driver's license
- Experience operating tractors, ATVs, UTVs, chainsaws, and other equipment is an asset

DUTIES:

Reporting directly to the RBWD GROW Coordinator, & with guidance from the District Manager and RBWD Resource Technician, the successful candidate will be responsible for:

- Meeting & working directly with landowners in the district
- Planning, surveying, designing and supervising construction of GROW Program projects
- Ensuring GROW Program projects are completed according to approved budgets and with all required permits
- Keeping accurate project files and ensuring GROW Program GIS database is up to date
- Assisting the Resource Technician with surveying, designing and construction of RBWD projects
- Supervising summer staff and organizing summer staff schedules
- Providing regular program updates to the GROW Coordinator & the District Manager
- Assisting with fundraising activities to bring additional external funding into the GROW Program
- Performing miscellaneous office duties & other tasks as required

The RBWD GROW Technician position is a flexible 35-hour work week with pension, and health plan options available.

If you are interested in applying for the position, please submit your resume & salary expectations before 4:00 pm CST on Friday, February 18, 2022 to:

Redboine Watershed District
Box 220, 109 Broadway Street,
Holland, MB ROG OX0
redboinewd@gmail.com

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CARD OF THANKS

Elm Creek Housing Incorporated would like to thank the Carman Area Foundation for their generous contribution to Heritage Manor. The donation in 2020 allowed us to install automatic door openers at all our entrances. In 2021 we were able to pave the approaches which improved accessibility to the N & E entrances.

-On Behalf of the Board of Directors



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OBITUARY



Louise Margaret Verhaeghe

It is with profound sadness that we announce the passing of our beloved sister at Riverview Health Centre on January 21, 2022.

Louise was predeceased by her parents Rene and Jean Verhaeghe.

She leaves to mourn her sister Eileen (Syl), Bob (Rachelle), Keith (Susan), Doreen (Ian), Gerry (Brenda) and Paul (Doris) as well as many wonderful nieces, nephews, great nieces and great nephews. She will be dearly missed by all of her siblings and family.

Louise was born in Roseisle, Manitoba but moved to Carman with her parents where she lived till she was 30. With determination she then moved to Winnipeg where she had various jobs working with the International Fur Dressers, Telesky Taxidermy and Transport Canada. Louise also ran her own business called A Friendly Voice, a call service for seniors, shut-ins or anyone who needed someone to talk to.

Louise had a great group of friends who met for dinner parties and gatherings.

In 2008 Louise had health issues which had seen her move in to Riverview Health Centre where she has resided ever since. Riverview has been a wonderful place for her, she has loved living there and has grown to care deeply for many of the staff and residents.

We would like to thank the staff at Riverview Health Centre for the tremendous care and support they have given Louise.

In lieu of flowers donations may be made to the Riverview Health Centre Respiratory Unit.

A private service will be held at a later date.

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



**UNDER THE AUTHORITY OF THE PLANNING ACT
NOTICE OF PUBLIC HEARING**

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any persons who wish to make them in respect to the following matter: RURAL MUNICIPALITY OF THOMPSON BY-LAW NO 3/08, an Amendment to the RM of Thompson Zoning By-law 3/08, as amended

HEARING: R.M. of Thompson Council Chambers
LOCATION: 530 Norton Avenue Miami, MB
DATE & TIME: February 10, 2022, at 9:30am.

- GENERAL INTENT: THAT** the definition for 'Public Utility' in Section 7.7- 'Basic Service Use Classes' be deleted and replaced with:
5) **Public Utility Service** means any system, works, plant, pipeline, equipment or services and facilities available at approved rates to the public and includes all such carried on by or for the owner of a public utility or the R.M. of Thompson or the Province of Manitoba. This definition excludes Sewage Treatment Sites (Lagoon) and Solid Waste Disposal Sites
- THAT** Appendix B- "Permitted and Conditional Use Tab" be amended to include the following under the 'Basic Service Use Class':

Use	AR	AG	MB	MG	RR	RG	RMH	ER	CC	CA	CH	Use Specific Standards
Sewage Treatment Site (Lagoon)	C	C	-	C	-	-	-	-	-	-	-	
Solid Waste Disposal Sites	C	C	-	C	-	-	-	-	-	-	-	

FOR INFORMATION CONTACT: Dallas Braun, Chief Administrative Officer
RM of Thompson
Box 190 Miami, MB R0G 1H0
Phone: 204-435-2114
Email: cao@rmofthompson.com

A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday 8:30 a.m. to 4:30 p.m. Copies may be made, and extracts taken there from.

*****Please note: If you wish to provide comments regarding the application, we ask that you consider submitting your comments in writing to our office by email or mail (drop box also located at the office). Due to limited seating, if you wish to be present at the hearing, we will require you to contact our office a minimum of 2 business days prior to the scheduled hearing so that we can ensure we can meet the physical distancing requirement. Anyone attending the office will be required to wear a face mask. If you wish to participate in the hearing electronically, please contact cao@rmofthompson.com or call 204-435-2114 a minimum of 2 business days prior to the scheduled hearing. Thank you for your understanding and patience.



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get inspired

> MEAL IDEAS



Royal Salmon with Romesco Sauce and Aioli

black pepper
Aioli Sauce:
1 cup mayonnaise
1-2 cloves garlic, crushed
1 tablespoon olive oil
1 lemon, zest and juice
salt
white pepper
lemon wedges, for garnish
Preheat oven to 400 F.

Place large skillet over medium-high heat and add 1 tablespoon olive oil. Season salmon portions with salt and pepper, to taste, and place skin sides down in pan. Cook 2-3 minutes until skin is crispy. Place on sheet pan, skin sides up, and bake 6-7 minutes. Remove from oven and let rest.

In same skillet, add remaining olive oil then add peppers and potatoes. Cook 6-7 minutes until peppers soften and potatoes start to caramelize.

Add paprika, cayenne and peas; stir and cook 2 minutes. Add tarragon.

To make romesco sauce: In clean pan, heat olive oil and gently fry garlic, nuts and bread until toasted.

In blender, process red pepper, tomato puree and vinegar until smooth. Add toasted nuts and bread; process to desired consistency.

To make aioli: In bowl, whisk mayonnaise, garlic, olive oil, lemon zest and juice, salt and pepper.

Place several spoonfuls of aioli on plate. Top with potatoes, peppers and salmon, skin side up. Top with romesco sauce.

Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council

Servings: 2
2 tablespoons olive oil, divided
2 Atlantic Salmon MOWI Royal portions
salt, to taste
pepper, to taste
1 red pepper, cut into long strips
2 cups small potatoes, cooked and cut in half
1 teaspoon paprika
1/2 teaspoon cayenne pepper
1/2 cup garden peas
1 tablespoon chopped tarragon
Romesco Sauce:
1/2 cup extra-virgin olive oil
2 cloves garlic, smashed
1/4 cup slivered almonds, toasted
1/4 cup hazelnuts
1 slice white bread, crust removed
1 large roasted red pepper
1/4 cup tomato puree
1 teaspoon sherry vinegar
salt



Salmon and Shrimp Coconut Curry

chopped
1 1/2 tablespoons red curry paste
1/2 cup coconut milk
1 tablespoon fish sauce
1/4 cup tomatoes
4 shrimp
1 lime, quartered
2-3 cilantro leaves, for garnish
Cut salmon into 1/2-inch cubes. Cook rice according to package instructions.

In large skillet, heat coconut oil over medium-high heat. Add garlic, onion and pumpkin or squash; saute 5 minutes, or until onions are translucent. Mix in lemongrass and curry paste. Cook 2-3 minutes, or until fragrant.

Add coconut milk, fish sauce and tomatoes; mix thoroughly. Add shrimp and salmon; cook until done.

Serve with rice and lime quarters. Sprinkle with cilantro.

Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council

Servings: 2
2 pieces of MOWI Pure portions salmon
1 cup wild rice
1 tablespoon coconut oil
1 clove garlic, sliced
1/4 cup red onion, diced
1 cup pumpkin or butternut squash, diced
1 tablespoon lemongrass, finely

Expert Patient Here to Help!

By Susie Schwartz

A new year has begun. For some, January is pregnant with goals and anticipation. I am excited with you, as part of me feels the same way. (Hopefully not actual pregnancy. I'm too old and weathered to care to learn the names of the newest marvel characters, never mind push a baby out-side on a swing.) I have high hopes of more dreams coming true.

Some of you though, (and the remainder of me), feel a little (or a lot) fear or dread for whatever comes next. So what do we need to hear?

Maybe this: Sometimes, taking our next breath is all we can manage, and that is good enough.

Kate Bowler (A NYT bestseller, professor, and podcaster who incidentally grew up in Manitoba and was also diagnosed with stage 4 cancer a few years ago) said in a recent podcast that, for a while at least, she was stolen the opportunity to speak in the future tense. No more, 'Some-day let's...' or 'I can't wait until we...' Instead, she endured appointments and surgeries and chemo, never knowing if tomorrow would come.

I've never had cancer, but I have been dying before (For real, but I guess apparently also not.), and thinking of time in the block of a whole year didn't just cause overwhelm; it was literally impossible.

Some of you may feel that sounds fatalistic (Ahem, I was dying.), but you're probably one of the pregnant ones. Or maybe you are both sick and full of positivity on cocaine. (The positivity, not you - I think?) If you have a colon-removal surgery or a 7-finger amputation booked for



Susie Schwartz

January to buy you some months and are still aiming to plan an Italian holiday in February (Need I mention the pandemic?), props, friend.

There are probably a few of us who are made of different stuff. (I think it is called being human. You know... flesh; bone; a gamut of emotions.) Getting through everything takes all of our strength and courage, and unless there's a picture of pasta on the wall while our blood is being drawn (Weird. Used to be puppies.), we can't even picture that exquisite boot-shaped country.

So, as the needle goes into your arm or the doctor gives you hard test results, or you're afraid of losing your hair or a loved one, it's okay only to breathe and ignore all the days that may or may not come to pass.

Resolution it up! Or, take that next breath.

Less health stress, yes?

A published author and songwriter, Susie currently lives in the UK. Find her on FB @medicalmissstress, Instagram @susie.suschwa, and lesshealthstress.com



One-Pan Japanese Salmon with Sweet Potato

brown rice, for serving
Preheat oven to 400 F. Line tray with baking paper.

To make marinade: In bowl, whisk sesame oil, tamarind sauce, Dijon mustard, sesame seeds and honey until combined.

Place sweet potato on baking tray and drizzle with 1 tablespoon coconut oil. Toss to coat. Sprinkle with sesame seeds and sea salt. Roast 25 minutes.

Remove tray from oven and add broccolini. Drizzle with remaining coconut oil and sea salt. Place salmon fillets in middle of tray and drizzle with marinade. Bake 12-15 minutes, or until cooked to desired doneness. Serve with brown rice.

Servings: 2
Marinade:
1 tablespoon sesame oil
1/4 cup tamarind sauce
1/2 tablespoon Dijon mustard
2 tablespoons sesame seeds
1 tablespoon honey
1 sweet potato, cut into rounds
2 tablespoons coconut oil, divided
1 tablespoon sesame seeds
sea salt
8 spears broccolini
2 salmon fillets (4 ounces each)