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STANDARD PHOTO BY LORRAINE STEVENSON

Adam Memme (front left) was joined by Annette Hall, Shirley Swaenepoel, Tessa Memme and Peter Hall Feb. 9 to play Ticket to Ride during a regular Thursday evening round of board games at the Boyne Regional Library. Game Night with Adam has been a popular winter activity this winter at the public library where many different types of board games are available to borrow.

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# Cruickshank joins the race for Tory nomination

By Lorne Stelmach

A fifth candidate joined the contest last week for the federal Conservative nomination in the Portage-Lisgar riding.

In announcing his candidacy, Winkler resident Don Cruickshank said in a news release that serving the residents of Portage-Lisgar is something he feels has been a calling for a long time. He declined a request for an interview.

"When we had our first child, my wife would read him books about Canada and on the page with an illustration of Parliament Hill she would tell him, 'Someday your Dad wants to work there,'" Cruickshank said in the release, recalling expressing his interest four years ago with Candice Bergen, whom he now hopes to replace in Ottawa.

He joins a field of candidates that so far includes former Morden-Winkler MLA Cameron Friesen, former Elmwood-Transcona MP Lawrence Toet, and behind-the-scenes Conservative campaigners Liz Reimer of Morden and Branden Leslie of Portage.

Cruickshank hails from southern Manitoba and has spent the last 18 years in Winkler, so he feels he understands the rural lifestyle and the values held here.

He holds a bachelor's degree in political studies from the University of Manitoba and a master's degree in leadership and management from Briercrest Seminary.

He is in his fifth year as board chair for his church and currently serves as the chair on the parent advisory council for his children's school and is a national prayer leader for Promise Keepers Canada.

As well, he is involved in mentoring youth at the local drop-in center, coaching local sports teams, co-leading a youth mission trip, and volunteering with the Winkler Youth Justice Committee on a special project.

Cruickshank also has experience campaigning for the Conservative Party of Canada, and he was an elected delegate representing Portage-Lisgar for the party's policy and bylaw convention in 2021.

Cruickshank said he wants to make life better for families in Portage-Lisgar, listing key priorities as including protecting core family values, eliminating the carbon tax, making life more affordable, good financial stewardship, and protecting freedom of speech, among others.

"It is time the common man and common woman gets back control of their life," Cruickshank said in his statement. "That is exactly what Pierre Poilievre's campaign is all about, and I fully stand with Pierre to ensure that is the very outcome residents of Portage-Lisgar will receive."

"Elected officials have the high-moral obligation to do what they say they will do and when they break their word it sows into mistrust of the government and



SUPPLIED PHOTO

Winkler's Don Cruickshank, shown here with his wife and kids, has thrown his hat in the ring for the Conservative nomination in Portage-Lisgar.

undermines democracy," he concluded. "I believe that democracy works best when it is transparent and all are invited to the table of participation. I think people want to know their representative in Ottawa is dedicated to giving them back control of their lives."



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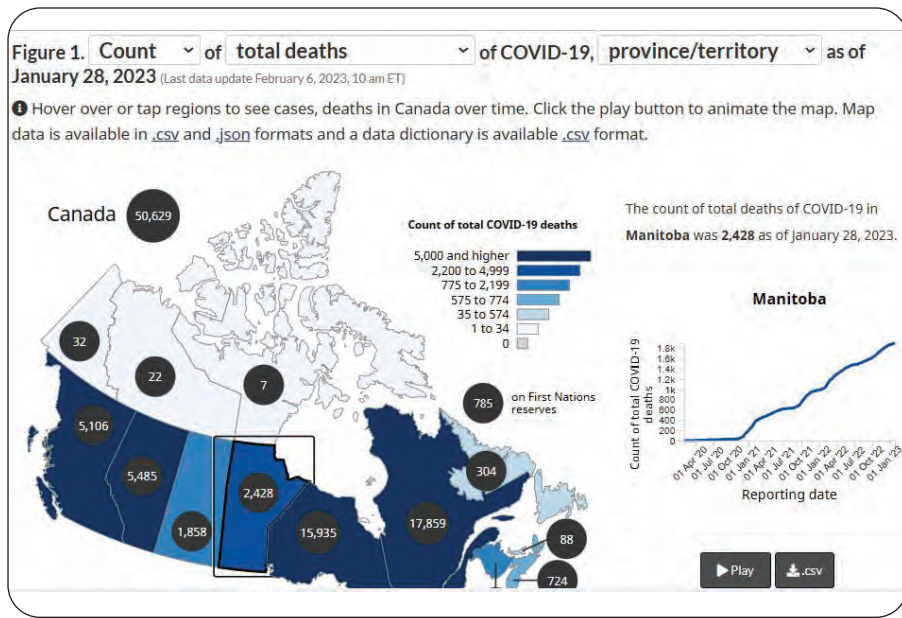
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# Manitoba's COVID hospitalizations rise significantly



COVID were reported globally over the past 28 days (Jan. 9 -Feb. 5), as well as over 90,000 new deaths from the virus. -The WHO had declared at the end of January that COVID still constitutes a

worldwide public health emergency and that surveillance by countries has dropped off, making it difficult to get a full picture of the virus' evolution.

## Community generosity



STANDARD PHOTO BY HEATHER ARMSTRONG

On Feb. 6, the Carman Collegiate Robotics Club received a cheque from the Carman and Community Chamber of Commerce for \$1,000 to help with costs for the upcoming Manitoba Robot Games. The Game are being held in Winnipeg on March 18 at Tec Voc High School.

Pictured, front Row, left to right, Clark S., Evan H., Caleb M. Mason, A.; back row, Marshall F., Mr. Jamieson, Sam P., Griffin C., Mackenzie D., Vaughn P., Marni Harrison (President of the Carman and Community Chamber of Commerce)

"Between the hardware, workshop, entrance fees, our costs are over \$900 at this point," said Robotics teacher JP Jameson. "We have raised the money we need to get the team off the ground thanks to the generosity of the Chamber and the businesses that pitched in."

Team co-captain Lana (not pictured) said, "After our first presentation to the Chamber of Commerce, the response from interested people in the community was awesome." Co-captain Sam added, "When the Chamber of Commerce gave us the cheque, I felt happy and excited. Now we can attend the Manitoba Robot Games."

Thank you to the sponsors that have made a contribution through the Carman and Community Chamber of Commerce: TRS Truck Shop, Remax Valleyview Realty - Trish Middleton, Richardson Pioneer, Webmarkers, Syl's, Valley Fiber, Royal LePage Legacy Realty, Carman Golf and Curling Club, Peace Lily Therapeutics, Higher Ground Consulting, Walinga and PFK Law Office.

## MNU asks public to vote for health care

By Patricia Barrett

Manitoba hospitalizations for COVID significantly increased around the beginning of this month, according to the provincial government's respiratory surveillance report for the period Jan. 29 to Feb. 4 (reporting Week 5).

Fifty-three people were hospitalized, with 10 people needing treatment in the intensive care unit. The previous week's report showed 11 hospitalizations with two people admitted to the ICU.

Eleven more Manitobans died from COVID in Week 5. There were 10 deaths reported the previous week, and 15 deaths reported the week before that.

There were 65 new cases of COVID detected by PCR testing in Week 5, a slight increase from the 62 new cases reported the previous week. Provincial data are an undercount of the real number of infections as the province restricts access to PCR testing and rapid antigen tests aren't tracked.

Wastewater surveillance data for COVID for Winnipeg and Brandon to the end of January show sustained activity.

The provincial government no longer provides in its surveillance reports the names of personal care homes and hospitals experiencing COVID outbreaks.

Manitoba's COVID death toll was 2,428 as of Jan. 28, according to the federal government's COVID webpage, and Canada's death toll now stands at 50,629.

The Week 5 report shows no new cases, hospitalizations and deaths from influenza, but there were 75

new respiratory syncytial virus (RSV) cases reported, down one case from the 76 reported the week before.

### Other health news:

-Manitoba Nurses Union launched a new campaign last week that aims to raise public awareness of the "extremely fractured" health-care system and exhort people to vote this year with health-care in mind.

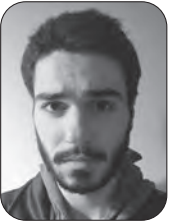
The union's campaign, called out-RAGEous, comes after more than three years of COVID plus other respiratory viruses overwhelming hospitals. Nurses are upset about the failing health system, being unable to provide safe levels of care, working extreme overtime and watching an exodus of their colleagues from the profession.

"At this point we are living in a world that is flooded with apathy and a health care system that cannot even keep its head above water," said the union in a Feb. 6 statement. "If it weren't for agency [nurses] and overtime, this system would have collapsed."

Taking a shot at "smooth-talking politicians" with "empty promises" and "big announcements," the union says the health-care system is broken and exhorts the public to "vote like your life depends on it" in the upcoming provincial election. The issue is not only a nurses' issue, but a Manitoba issue and "sitting back and watching our system crumble is completely unacceptable."

-The World Health Organization's latest epidemiological update says almost 10.5 million new cases of





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## Manitoba government offers free winter family fishing weekend

**By Manitoba government**

Manitobans are encouraged to get outside and explore fishing opportunities throughout the province during this year's Winter Family Fishing Weekend, Natural Resources and Northern Development Minister Greg Nesbitt announced Monday.

"Everyone can enjoy ice fishing for free this weekend without requiring an angling licence," said Nesbitt. "There's no better way to spend a winter day in Manitoba than ice fishing with family and friends, while also enjoying free admission to provincial parks during the month of February."

From Feb. 18 to Feb. 20, anglers may fish without a licence in the province, except in national parks where a federal angling licence is still required.

Anglers may retain up to a conservation licence limit of fish, which

includes four walleye/sauger, four northern pike, two smallmouth bass, one lake trout, one channel catfish and two stocked trout. Regular limits apply for those who already have a regular angling licence and all other angling regulations apply during this weekend, including regulations for individual waters.

For more information on all provincial angling regulations, refer to the 2022 Manitoba Anglers' Guide at [www.manitobafisheries.com](http://www.manitobafisheries.com).

To ensure ice fishing is safe and enjoyable, anglers should always check ice conditions before travelling onto ice, wear weather-appropriate clothing and advise someone where they will be fishing.

Anglers are also reminded that aquatic invasive species (AIS) requirements are in effect year-round. To re-

view the winter (ice-covered) season checklist, a step-by-step resource to ensure compliance with AIS regulations, visit: <https://www.gov.mb.ca/stopais/checklist/winter.html>.

Anglers cannot remove live bait from aquatic invasive species control zones and retain for future use.

Bait taken into an AIS control zone must be discarded before leaving shore, if it:

- is live bait,
- has been handled (e.g. hooked), or
- has come into contact with surface water from the control zone.

The requirements apply even with a valid three-day live bait fish transfer and use receipt. Additionally, all water from bait containers must be drained before leaving shore. For more information, visit: [www.Manitoba.ca/StopAIS](http://www.Manitoba.ca/StopAIS).

## Carman Area Foundation now accepting grant applications

**By Autumn Fehr**

The annual grant application for the Carman Area Foundation (CAF) is back again this year with some minor changes.

The start date to start submitting grant applications to the foundation was pushed back. The granting window for this year is from Monday, Feb. 13, to Thursday, Mar. 9, 2023.

New this year, the board has invested in modern software for the granting process.

As the foundation understands that it may take some people a little bit of time to get fully comfortable with the new software, they hosted an informative granting software seminar on Feb. 9 at the Legion Auxiliary Hall, for anyone to attend.

All local non-profits in the community are welcome to apply for the grant for funds to start planning their projects for the communities they serve.

For more information on the grant application process, contact Caddie Crampton, the community foundations coordinator at CAF, or visit their website to apply, starting on Feb.13.

## letter to the editor

Letters to the Editor: [letters@carmanstandard.ca](mailto:letters@carmanstandard.ca)

During August, 2022 I had a lengthy phone conversation with the general manager of Manitoba Beef Producers (MBP) regarding the announcement by Keystone Agriculture Producers (KAP) that it intended to apply a \$ 262.50 plus \$13.12 GST membership levy to Manitoba cattle producers sales. I offered that I would study the issue with the intent of drafting a resolution for presentation at the MBP, district 5 annual fall meeting.

While researching the issue I

found that the Agricultural Producers Funding Act empowers KAP to apply its levy to cattle sales. This is not debatable. The Act also provides balance by guaranteeing individual producers the right to be exempted from paying the KAP levy. I noted that diversified cattle operations, marketing gain, oil seeds and pulse crops had the KAP membership levy deducted from the sale of those products. KAP's initiative appears to be focused at collecting its membership

levy from those producers who's entire income is derived from cattle sales. The number of producers that fall into this category is hard to determine. One thousand, cattle only operations, paying the \$262,50 KAP membership levy would contribute an additional \$262,500.00 to KAP's annual revenue. I assume that in many cases these new contributors

Continued on page 6

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# Miami drama students to bring Wizard of Oz to theatre

By Ty Dilello

Miami School is going over the rainbow this month. For its 2022-23 major production, Miami School Drama presents *The Wizard of Oz*, the stage show based on the beloved 1939 MGM classic film.

In Miami School's version of *The Wizard of Oz*, join Dorothy Gale as she journeys through the beautiful yet mysterious land of Oz to find her way home, encountering danger and new friends along the way.

"Miami School is able to produce such an ambitious show with the generous help of the Miami and Area Foundation, a fantastic supporter of the arts and local youth, as well as our local Parent Advisory Council," said Jennifer Nichol, Miami School's drama teacher.

This year's production features nearly 80 students from Grades 5-12 singing, acting, and dancing their way across the stage. The Senior Drama club presents the leading roles while Junior Drama acts as Munchkins. Many more students are helping out behind the scenes, running sounds,

lights, and various special effects.

The High School Drama and Art classes have spent several months developing and creating sets, props, and costumes, while the Media class has helped with advertising.

"A big thank-you goes out to school staff and community members, who have also helped with costume-making, ending props, and putting together sets," said Nichol.

*The Wizard of Oz* runs Feb. 22 and 24 at 7 p.m. Tickets are \$15 for adults and \$10 for students.

Feel like enjoying some good ol' Kansas fare? Come for the dinner theatre on Feb. 23. Dinner starts at 6 p.m., served by the cast. Tickets are \$35 for adults and \$30 for students and can be reserved by contacting Craig Blagden at 204-435-2441 or cblagden@prsdmb.ca.

"The cast and crew of *The Wizard of Oz* are incredibly excited to spend this time in Oz and to bring this show to the community. However, after all of this hard work, they will soon discover that there truly is no place like home."



STANDARD PHOTO SUBMITTED

The cast of the *Wizard of Oz* is set to perform beginning on Feb. 22 at the Miami School.

## Bowl for Kids Sake returns March 11

By Lorne Stelmach

The Bowl for Kids Sake fundraiser finally returns this year, and it is not only exciting for Big Brothers Big Sisters of the Pembina Valley as an organization but also particularly for executive director Jenelle Neufeld.

The Saturday, March 11 event at VB Entertainment Centre in Winkler will be the first for Neufeld since stepping into the role, as they have had to be cancelled the last three years through the pandemic.

"I think it's extra special for me because I haven't been able to hold a Bowl for Kids since coming into the role. The first one I had planned was for March 2020, and we had to cancel it the day before," she recalled.

"So for me personally, it's extra exciting and a little nerve wracking. It's a huge event that is known for being held by our organization."

Bowl for Kids Sake raises funds to support Big Brothers Big Sisters' mentoring relationships for children and youth in several communities across the Pembina Valley.

There will be four times available for bowling that day starting at 10 a.m. and then continuing at noon, 2 p.m., and 4 p.m.

It is \$300 for a team, with people encouraged to collect pledges to hit the

amount—or even go beyond it.

"Anybody can participate from ages young to old, and it's definitely something that is for everybody. I think it's a great representation of our community and organization," said Neufeld, noting last time the event was held in 2019 it brought in around \$37,000. This time they're aiming for at least \$32,000.

"It is very significant for us, and it's been significant not being able to hold it," she said. "We've tried to be creative in how we can kind of have a fundraiser in place of it. In the past couple years we've done Big Night In [a fundraising pick-up meal], which was a success, but it brought in about half of what we would have budgeted for Bowls For Kids."

"For our organization, a lot of our costs are operating costs and programming costs, which a lot of grants don't cover, so having fundraisers like this is absolutely critical for us."

To register a team or make a donation, head to [pembinavalley.bigbrothersbigisters.ca](http://pembinavalley.bigbrothersbigisters.ca).

## Board game night at Boyne Regional Library: fun for all ages

By Autumn Fehr

Come one, come all, to board game night at Boyne Regional Library.

People of all ages have met in the exchange room across from the checkout desks at Boyne Regional Library to play board games Thursdays from 5-8 p.m.

"I like to say that no matter how young or old, we can find a game to play together," said Adam Memme, program organizer.

The program started on Jan. 19, 2023, and is intended to run for six weeks.

On a typical board game night at the library, participants choose a game and play it together as a group. Memme said that so far, they haven't had to play in separate groups or individual games, but depending on the turn out in the coming weeks, it could be fun to try something different.

In the program, Memme said everyone is always excited to see and try new games. The library also has an assortment of games that people can choose from, and Memme and his wife bring some from their collection for the evening.

Memme started board game night to introduce people to tabletop roleplaying games with *Dungeons &*

*Dragons* for five weeks back in Fall of 2022. He said he wanted to add board games that people might have yet to hear of or play before to the mix, and board game night was born.

But for Memme, board game night was more than just a place to play games.

"The real heart of the reason goes back to mental health and a sense of connection. Winter can be a lonely season for some; it can be a struggle to get out of the house, do something for yourself, and engage with others. I think Board Games Night is a fun and enjoyable way to be out of the house for a little bit and meet people that like to have fun," he said.

The program is sponsored by Carman Wellness Connections (CWC). Memme is running the program under the Supporting Emotional Health Working Group, one of the six working groups CWC supports.

Thanks to the Southern Health-Santé Sud Healthy Living Together grant funding, both programs will be rerun in the fall of 2023 and the winter of 2024.

To register for Game Night, email Adam at [memmethedm@gmail.com](mailto:memmethedm@gmail.com).

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# Language Buddy volunteers needed now

By Ashleigh Viveiros

Regional Connections Immigrant Services finds itself in desperate need of volunteers for its Language Buddies program.

Volunteer facilitator Shepherd Chiwandire says that demand for the agency's English classes are at an all-time high.

"Classes are full. We have people on wait lists right now."

With so many people actively working to hone their English skills, Chiwandire has requests from more immigrants than ever looking to be teamed up with a Language Buddy.

The program pairs newcomers with

a native or more experienced English speaker to get together and practise conversing in a casual setting.

These meetings can be in person a handful of times a month—perhaps meeting for a weekly cup of coffee or a walk—or even via video conferencing or phone.

"We match people and bring them together here for an introduction," Chiwandire explains, noting volunteers receive an orientation session prior to that meeting. "After that, the two of them decide what works for their schedules to meet."

The program asks volunteers for a six-month commitment, though

it's not unusual for these matches to morph into friendships lasting years.

"Most people go longer than six months, because there's a relationship being built," Chiwandire says. Often matches will decide to continue to meet as friends but the volunteer may get a new official mentee within the program so they can help more people.

Language Buddies of all ages are needed across the entire region—Winkler, Morden, Altona, Carman, Morris, and all the surrounding communities.

If one-on-one language mentoring isn't your cup of tea, there are also

regular conversation groups happening at locations in Winkler (brand new starting this past Monday), Morden, and Altona. Volunteers are needed in all three locations.

"We would love for people who speak English and are wanting to be part of the conversation and wanting help newcomers to sharpen their English skills, to come be part of those groups," Chiwandire says.

If you'd like to help out, call 204-325-4059 or email [info@regionalconnections.ca](mailto:info@regionalconnections.ca). More details about volunteering can also be found online at [regionalconnections.ca](http://regionalconnections.ca)

## Manitoba government extends clinic hours, adds 80 physician-training seats

By Manitoba government

The Manitoba government is helping heal the health-care system by launching a new premium for physicians who offer extended hours in family medicine and pediatric clinics, adding 80 physician-training seats, and providing mental-health supports to doctors, Health Minister Audrey Gordon and Advanced Education and Training Minister Sarah Guillemard announced Monday.

"Our government is making significant investments to heal health care and we know that physicians will be essential in that healing process," said Gordon. "We recognize the enormous contributions of primary-care providers and pediatricians and the care they provide to Manitobans. Providing an incentive to extend clinic hours will make accessing care more convenient and timely, while taking pressure off emergency departments and urgent care centres so the health-care system functions more efficiently overall."

Gordon noted the changes announced today fulfil promises laid out in the Health Human Resource Action Plan.

Effective Feb. 1, family medicine

and pediatric clinics offering extended hours can receive a 20 per cent premium on extended hour billings. This change will help ensure primary-care providers and pediatricians are readily available, Gordon noted. Eligible extended hours, which can be used to see existing patients or take walk-ins, are considered weekdays from 6 a.m. to 8 a.m. and 5 p.m. to midnight, and weekends and recognized holidays from 7 a.m. to midnight.

Participating clinics have been asked to advertise or promote extended hours and availability, Gordon said, adding that the Manitoba government will work with Doctors Manitoba to ensure the new premium will help increase overall capacity in the health-care system.

"The actions the government is announcing today all directly respond to advice we've offered on behalf of physicians," said Dr. Candace Bradshaw, president, Doctors Manitoba. "From an innovative and unique-in-Canada approach to help clinics with extending their hours, to a significant expansion in medical training, to new resources for supporting physician wellness and avoiding burnout, all

three of these actions will help to support better access to medical care for Manitobans."

The Manitoba government will also provide funding for 40 new undergraduate physician-training seats, a 10-seat increase in the one-year international medical graduate program and 30 seats in the two-year postgraduate medical education program for internationally educated medical students.

"This is an incredible opportunity for Manitoba, so prospective physicians can find a place to learn and grow in their chosen career path in the province," said Guillemard. "The Manitoba government will be investing in the education of those who will provide care to Manitobans for years into the future, recognizing that our workforce needs to attract students from Manitoba, across the country and around the world. This work will also support the overall goal of adding 2,000 health-care providers as part of our government's Health Human Resource Action Plan."

This funding will ensure access to undergraduate medical education programs will keep pace with Mani-

toba's population growth, while supporting a sustainable and growing number of physician graduates able to work in the province's health-care system, Guillemard added.

Additionally, the Manitoba government is investing in physician retention by supporting overall physician health and wellness through a \$450,000 contribution to the Physician Peer Support program run by Doctors Manitoba. The program offers peer support networks and training for peer supporters, as the support of colleagues has been shown to improve overall wellness and help reduce the risk of burnout. This funding will help ensure the program can continue and expand to meet the changing needs of physicians, the ministers noted, as recommended at a rural and northern summit hosted by Doctors Manitoba and the Manitoba Chambers of Commerce last fall.

These investments are part of the Manitoba government's Health Human Resource Action Plan, a \$200-million initiative announced in November 2022 to help retain, train and recruit 2,000 health-care workers.

### > LETTER, FROM PG. 4

would represent the same operations that bore the brunt of MBP successful campaign to end the points based system of crown land allocation.

I presented a resolution to the District 5 annual meeting calling upon the MBP to utilize its publication

"Cattle Country" to inform its members of their legislated right to notify KAP of their objection to paying the organizations membership levy

and to make available to its members a fill in the blanks form that could be used by those wishing to exercise their legal right of objection. The resolution passed and proceeded to the MBP annual convention, Winnipeg, February 02-03, 2023. When the resolution reached the convention floor it was met by strong opposition from both the current President of MBP and the immediate past president

of KAP. Both spokespersons were strongly opposed to making the MBP membership aware of their legislated right to be exempted from paying the KAP membership levy. Comments made during the debate on the resolution led me to believe that there has been on going discussion between the two organizations regarding MBP joining KAP as a commodity group. If this comes to pass, the KAP levy would be automatically extended to all cattle sales.

Although the resolution was soundly defeated, the legislated, legally binding right of an individual producer to provide KAP with written notice of objection remains intact. Individual producers must retain their right to chose their choice of voice. It is a legislated right that is worth protecting.

Fred Tait  
Rossendale

# McCullough an eight-time World Flax Champion

By Ty Dilello

Retired farmer Charlie McCullough of Carman was an eight-time World Flax Champion in the 1970s.

McCullough started farming only a short time before he began to compete in flax seed competitions. He recalls that 1968 and 1972 were terrible years for farming. Despite having good grain and yields, there was no market.

"I was just starting farming, and I was trying to sell registered grain and make a name for myself," said McCullough. "So to help get my name out there, I started showing these flax seed entries at the Brandon Winter Fair, and then the next year, I showed at the Toronto Royal Fair. So the fact that I was showing grain and won, it got my name out there. From there, I was able to sell the grain and make a living."

McCullough won the Brandon Winter Fair (Western Canadian championship) five years in a row from 1969 to 1973. After the fifth championship, they gave him the trophy, and he stopped showing there to let someone else win.

McCullough won his first World

Flax Championship in 1970. That year, he worked over a five-pound sample of seed that had won the Western Canadian Championship. He and his wife worked carefully over each kernel of the seed, ending up with a three-pound sample that was sent to the Worlds in Toronto. And each seed was checked and re-checked for the slightest imperfections in shape or colour.

When it was all said and done, McCullough won the World Flax Championships for seven years from 1970 to 1976. Then, after skipping a couple of years, he returned to the Worlds in 1980 and won it one more time, making him an eight-time world champion.

"During those eight years, I used three different varieties of seeds that showed and won championships with. After that, my wife and I decided we weren't getting out as much, and with two young daughters, we stopped the flax seed competitions."

McCullough retired from farming in 1995. Nowadays, he stays active by curling three times a week in the winter and golfing five days a week in the summertime.



PHOTO SUBMITTED

Carman's Charles McCullough was the World Flax Championship for eight years. Mr. and Mrs. McCullough are pictured receiving the Searle Grain Company Limited Trophy from M. L.L.B. Mumsden, (right) of Federal Grain Limited. The award was presented at the Royal Agricultural Winter Fair in 1970.

The competitive juices still flow for McCullough as he's a former Canadian Stick Curling Champion, winning in 2010.

"Stick curling is a fun game for people of my age to get in some leisure activity. I think I'll keep playing until they tell me I can't anymore."

# Graysville's Harrison Earns Hall of Fame Induction

By Ty Dilello

Graysville's Doug Harrison is finally headed to the Manitoba Curling Hall of Fame.

The Manitoba Curling Hall of Fame has recently announced the 2023 Hall of Fame inductees who will be honoured at a dinner and ceremony on May 7 at Brandon's Victoria Inn.

Other inductees include the 2011 Canadian Senior Champion and 2012 World Silver Medal-winning Kelly Robertson team, along with the Canadian Masters Champion teams of Martin Bailey, Doug Armour, Ray Orr and Joyce McDougall. The individual inductees include Dave Petursson, Bob Flock, Ruth Wiebe and Harrison.

It should be noted that Ray Orr's Minnedosa-based team that won the Canadian Masters in 2009 included Homewood's Dennis Peckover at the third position.

Details of the May 7 dinner are still being finalized. Tickets will be available through the CurlManitoba office.

Harrison began curling as a young boy in Graysville in the 1950s.

"I grew up in Graysville, which had a two-sheet natural curling rink when I was growing up, so that's where I got my start," said Harrison. "My mom and dad would go curl, and

I'd go with them and throw rocks afterwards, and when I was young enough, I'd ride the rocks up and down the sheet."

In 1966, Harrison's local Graysville junior team played in the Schoolboys championship in Winnipeg. They ended up getting a berth into provincials in that event, and from there, Harrison began to play more competitively.

Harrison moved into Winnipeg in the mid-1970s, and that's where he began to have success at the provincial level. And it was in the year of 1978 that Harrison reached the pinnacle of curling.

That year, Harrison and his Heather Curling Club team of Jim Sampson, Rick Hoffman and Bryan Wood needed to go through the fabled MCA Bonspiel to earn their provincial's spot.

Well the Harrison rink did one better by going on a crazy run and winning the 1978 MCA Bonspiel Grand Aggregate. With momentum coming out of the bonspiel, his team rolled into Brandon's Keystone Centre and promptly won the Manitoba Men's title with a 7W-1L record.

"it all started when we won the Rossmere Galaxy bonspiel, which was just before the MCA Bonspiel, and then



PHOTO CREDIT MANITOBA CURLING HALL OF FAME

Graysville's Doug Harrison, who skipped Manitoba the 1978 Macdonald Brier, is finally headed to the Manitoba Curling Hall of Fame as part of the 2023 induction class.

we went to the MCA, and everything just carried on. It was kind of nice as we ended up winning a ton of games too to win the province.

Harrison and his rink headed to the Brier to represent Manitoba that year at Vancouver's Pacific Coliseum. Harrison's rink finished with a 5-6 record

and missed the playoffs, but they still had one heck of a time representing their province on the national stage.

"The Brier was a chance of a lifetime, as most guys don't ever get a chance. But I got it and sure hoped I



## Redboine Watershed District a valuable resource for landowners

Submitted by Jennifer Corvino,  
Redboine Watershed District

By taking advantage of the funding and technical assistance offered by the Redboine Watershed District (RBWD), landowner Gordon Turner has been able to complete six different projects over the last 17 years on his land in the RM of Treherne Norfolk.

Turner owns 480 acres on the Boyne River, just northeast of Treherne. Mainly used to grow crops such as potatoes, cereal grain, pastureland, and hay, this land once provided for 50 head of cattle.

Over the years, Turner has addressed various concerns on his land through RBWD programs.

Using RBWD funding he installed a riparian fence along the Boyne and purchased a solar-powered alternate watering system to keep cattle out of the Boyne and reduce riparian erosion.

In 2021, due to declining soil health, Turner took 136 acres of cropland out of rotation for a year and planted a multi-species cover crop. By implementing this cover crop he was able

to increase water infiltration, reduce compaction, increase soil biota, and allow nutrients in the soil to become available for the next year's crop. The funding for this project was partially covered by GROW.

"The application process was easy to do, and Jennifer [Corvino] helped along the way" Turner says.

In 2022, as with many farmers, Turner saw an increase in severe erosion on the east of his property due to spring runoff. After a heavy rain followed the spring runoff, it overwhelmed the municipal culvert, and Turner's erosion doubled in size.

Currently this erosion has been addressed by the RBWD technician. The slope was reshaped to a stable grade and three rock check dams have been installed along the erosion cut to help disperse kinetic energy during future runoff events. The entire site is to be covered with erosion control blankets which will protect the topsoil and allow perennial forage to be established. This project is currently being funded by Disaster Financial Assistance and RBWD.



SUPPLIED PHOTO

Repairs in progress at a site of extreme erosion on Gordon Turner's land in the RM of Treherne Norfolk.

Through GROW, Turner was able to incentivize over 28 acres of riparian and upland areas.

"These are small areas that are hard to get into with equipment," he shares. "There are also springs in these areas and I thought it best to put it down to hay and stop the erosion"

In doing so, it allowed Turner to continue haying but kept marginalized land from being cropped with the added benefit of protecting the buffer area along the riverbank.

GROW will also incentivize Type 1 and 2 wetlands. By not draining these temporary pools of water on the surface, you can help slow down surface

runoff, while increasing soil biota, habitat for microorganisms, habitat for migrating waterfowl, frogs and more. These acres are still able to be cropped once they are dry enough.

Turner is a producer that has tapped into a resource available to all landowners residing within the eligible RMs in the Redboine Watershed District.

If you would like to inquire about any of these projects, or discuss any funding opportunities on your land, please call 204-526-4223, or email [projects@gmail.com](mailto:projects@gmail.com).

You can also find out more at [www.redboine.com](http://www.redboine.com).

## Cleanfarms speaks at Manitoba Beef Producers AGM

By Ty Dilello

Manitoba Beef Producers hosted its 44th Annual General Meeting and President's Banquet at the Victoria Inn Hotel & Convention Centre in Winnipeg Feb. 2-3.

The AGM had over 200 people in attendance, which was the goal that Manitoba Beef Producers sought. Carson Callum, general manager of Mani-

toba Beef Producers, noted that folks from all over the province made the trip and that many directors and past directors were also in attendance.

"It was great to be back in person as it was the first real one since 2020," said Callum. "Overall, it was a very positive event. There was a good vibe throughout the day-and-a-half session, plus the banquet. We heard many

great speakers, including Tim Hague Sr., who was the first winner of the Amazing Race Canada. So he provided a good message to end day one on perseverance and living your best."

One of the local speakers at the AGM was Serena Klippenstein on behalf of Cleanfarms, a non-profit environmental stewardship organization. Cleanfarms is in year two of a three-year transition timeline to move the collection of pesticide and fertilizer jugs 23L and smaller from municipal collection depots to collection sites at ag retailers.

"I was excited to have this opportunity to speak at the Manitoba Beef



AGM. I'm keen to help build awareness of Cleanfarms and the Cleanfarms agriculture plastics collection and recycling programs among beef producers and other agriculture producers in Manitoba," said Cleanfarms' Manitoba Program Coordinator Serena Klippenstein.

Cleanfarms operates collection programs across the province for crop input containers, crop input bags, grain storage bags, twine and silage plastics, and old and unwanted pesticides and livestock medications. Details about the programs and how to participate can be found online at [cleanfarms.ca](http://cleanfarms.ca).

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# Your FARM



## Egg farming a sustainable, stable way to diversify, says one local farmer



SUPPLIED PHOTO

Jason Thiessen and his family have operated Schoen Eggs in the Schoenwiese area for the past 13 years.

**By Lorne Stelmach**

Jason Thiessen is a third generation farmer growing crops such as grain, millet, and sunflowers.

He's now also a first generation egg farmer, with hopes his children will become the second generation.

His family operates Schoen Eggs in the Schoenwiese area, and he has no regrets about having added it to their operation over a decade ago.

"We felt it would be good for our family. It gives you a bit more stability, and it's just sustainable, I think, not driven so much by markets or weather.

"We still are grain farming. We just adapted where we added this to our existing farm," Thiessen added. "Diversification is probably the word that we often think of in terms of why we would go this route."

Thiessen and his wife Esther decided to diversify their operation in 2010, and it was through the quota draw that Manitoba Egg Farmers offered that they began the process of becoming egg farmers.

The decision of course brought with it a substantial investment and a willingness to learn.

"Like all livestock, there is different level of commitment compared to

night and day.

"We have had to learn a lot... it's been constantly growing and learning. But at the same time, I think the industry is really good that way. We get a lot of support, something we maybe don't really experience as much in the grain farming end of things.

"When we first started, we did not know much about egg farming. So

the support we received from the board, industry partners as well as other egg farmers has been a great asset for us.

"We learnt everything from how many eggs a hen lays in a year to the importance of good nutrition by monitoring and assessing biweekly the health of the hen in order to make necessary adjustments in the nutrition. We do this in partnership with the nutritionist and feed provider."

Thiessen par-

ticularly cited the importance of the whole area of animal health and welfare.

"That has been something that, maybe before we got into it, we didn't really see it. We didn't understand all the different types of systems in the egg industry.

Continued on page 11

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# Your FARM



## > EGG FARM, FROM PG. 9

"It's something that we have to deal with every day. It's not just the birds and how they're housed. It's temperature, water quality, the bird health. We have a nutritionist come to check the birds to make sure they're getting the right diet.

"The environmental conditions in the barn are very critical for the animal health," Thiessen noted. "When we first started, we were packing the eggs by hand. Since then, we have added a packer, a misting system and a controller which monitors the level of water, feed, temperature in the barn as well as in the egg cooler.

"Our latest addition has been the grain mill. Because we are grain farmers, we decided to use some of the grain we grow, like corn, in the diet for our hens."

Some of the challenges, especially during spring and fall, include maintaining tighter bio-security protocols to ensure the safety of the hens from viruses that can be fatal.

"Every day we check that the hens are content and that their behaviour is normal. We check the water and feed level in the controller as well as the temperature of the barn and cooler, and then we begin sorting and packing the eggs."

They are always keen on adopting new technology for better farm man-



agement, so their egg barn has an enriched housing system, and their egg facility has consistently attained a superior rating under the national on-farm food safety and animal care programs over the years

"It gives the birds more freedom to move, access to water all the time and feed and also a nesting area ... this is something that is working well for us and seems to be the way of the future," said Thiessen.

He also noted an example of how they benefit now from technology improvements.

"We can find out the conditions in the barn just with apps on our phone. That has been a good thing," he said. "For the most part, we always have been able to adapt and keep learning and keep moving forward."



SUPPLIED PHOTOS

It's a round-the-clock job to be an egg farmer, Thiessen shares. "We are available 24/7 to ensure that things run smoothly so the hens are cared for properly."

As egg farmers, they take pride in what they provide to our province.

"Eggs are a nutritious and affordable food. Here in Manitoba, 99 per cent of the eggs in the store come from our own province," Thiessen said. "Supply management ensures that, as farmers, we get a fair return for our investment, and it also makes sure the consumer pays a fair price, levelling the volatile changes in the economy.

"I think there's a steady growth

in terms of eggs being consumed."

## > CLEANFARMS, FROM PG. 8

when they have been appropriately prepared, including separating them by material type and keeping them as clean as possible, for example, putting only one material type in each Cleanfarms collection bag or bundle.

"It was encouraging to see that my presentation sparked producers' interest in the Cleanfarms programs. Some producers asked questions at the presentation, and others visited the Cleanfarms booth during the remainder of the trade show to bring their questions forward," said Klippenstein.

It has been a couple of years since members of the Manitoba Beef Producers have been able to meet for their annual meeting due to the pandemic, so last week's AGM was a chance for everyone to get together and network. It's something that Callum and the rest of Manitoba Beef Producers did not take for granted.

"It was just a fantastic couple of days getting to see everyone again," said Callum. "It's going to be a busy rest of the year for us, but once we take some

time to breathe, we'll start planning next year's AGM in the next couple of months."

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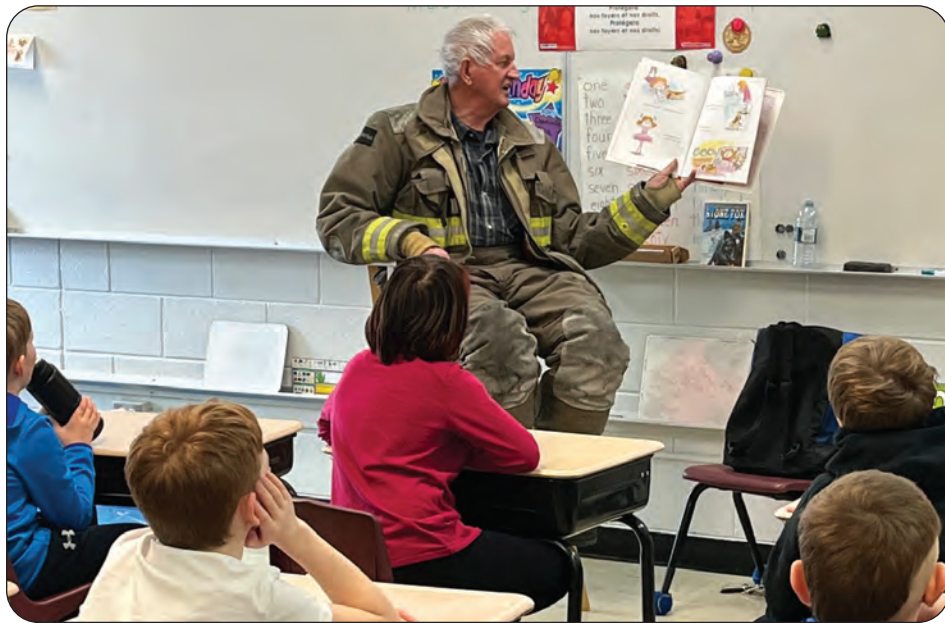
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# Volunteer firefighter on duty for I Love to Read Month



STANDARD PHOTOS BY CECILE AFFLECK

On Feb 6, the Carman Dufferin volunteer firefighter Martin Dewit made a trip to Carman Elementary School to read to students as part of February's I Love To Read Month. The Grade 1-3 students enjoyed "No Dragons for Tea: Fire Safety for Kids" author Jean E. Pendziwol, "Stop Drop and Roll" by Margery Cuyler and "Firefighters to the Rescue!" by Judy Kotschke.

## Program allows residents to find environmentally conscious products at grocery store

### Ecolabel program advocates for better habitats for local wildlife

By Katelyn Boulanger

Some farmers in the region are making changes to better coexist with our region's wildlife and those efforts are being acknowledged through the Habitat Friendly Winter Wheat Ecolabel Program.

This program was created by Cereals Canada, Ducks Unlimited, and prairie winter wheat producer groups and allows people at the grocery store to find and purchase products that have been given the ecolabel. When residents purchase those products, they know that they are made using up to 30 per cent Western Canadian Winter Wheat which, because of the way it is farmed, is much better at providing suitable habitat for pintail duck populations when compared to spring sown cereals.

"We've been developing this program for probably two to three years. It was something that Ducks Unlimited has brought to the table and got all the players involved to try to develop a label that recognizes winter wheat as an environmentally friendly cereal grain, that creates an environment that's beneficial to wildlife, especially to ducks," said Doug Martin who is a fourth generation farmer from the East Selkirk area who has been farming himself for over 35 years.

He says that winter wheat is different from spring wheat because it is sown in the fall and this provides

benefits for wildlife.

"You sow it in the fall, and then it grows a little bit in the fall, then it goes into dormancy, and then it starts growing again in the spring. And so, you don't do any tillage or any movement of soil in the spring. This actually creates an ideal environment for ducks and other wildlife because there's no disturbance in the spring. It creates an environment that allows for ducks, especially their nesting habitats to increase the success rate of ducks hatching in the prairies," said Martin.

He says that ducks are very good at hiding.

It's quite difficult to spot them in the fields and whether it's tillage, seeding or other types of equipment that is used, there is the risk of accidentally disturbing a nest should a farmer have to do work in a field during their nesting season.

Planting crops that require less disturbance of the area is not just good for ducks, however, it really benefits many types of wildlife to have an area that is disturbed less by people.

"Whether it's pollinators or whatever [other animals are out there], I think it's just good to have that crop in your rotation and it just helps leave the land alone for a while. It allows wildlife whether it's beneficial insects or ducks or [other animals] to use the land," said Martin.



PHOTOS SUBMITTED

Look for the ecolabel to support winter wheat production and wildlife habitat conservation. Below: A duck and her ducklings.

He feels that being conscious of what plants go into their fields on an environmental level makes sense for farmers as they are all dependent on the soil and what the soil can do as stewards of the land.

"Growing winter wheat or winter cereal, it just puts you up on the next level and does just does that little bit extra . . . I think all farmers are very environmentally conscious. This is the next level," he said.

Farmers in our area can put winter wheat into their crop rotations. It is typically sown on canola stubble which when the snow falls on it insulates the winter wheat from winter kill.

As for residents in our community that would like to support a crop that is more sustainable, they can look out for the ecolabel on grocery store prod-

ucts in order to support businesses that are buying winter wheat for their products.

Some of these products are Coyote Pancake Mix, Les Moulins de Soulanges which provides flour to bakers in Canada, and Beam Suntory which distills the Northern Keep vodka brand.

"Winter wheat's always been a sustainable crop but it's just tying the sustainability to flour or to a sustainable product that consumers can buy and maybe feel good about what they're buying for the environment," said Martin.

More information about the Habitat Friendly Winter Wheat Ecolabel Program can be found at <https://cereals-canada.ca/habitat-friendly-winter-wheat-ecolabel-program/>.



# get inspired

> MEAL IDEAS



## Crunchy Salad Pizza on Cauliflower Crust

salt, to taste  
freshly ground black pepper, to taste  
1 ounce fresh goat cheese, crumbled  
Heat oven to 400 F. Place frozen crust on large, parchment-lined baking sheet and brush top lightly with 2 teaspoons olive oil. Bake until crust is lightly golden, about 10 minutes. Transfer to cutting board and cut into quarters.

Using mandolin, peeler or large, sharp knife and cutting board, thinly slice carrots, fennel, bell pepper and onion. Transfer to mixing bowl and add grapes and 1/2 cup chickpeas. Add parsley, pesto and 1 tablespoon olive oil; toss well. Season with salt and pepper, to taste.

Using fork, coarsely mash remaining chickpeas and remaining oil; spread among pieces of crust. Mound grape-vegetable mixture on top. Dot with goat cheese and serve.

Nutritional information per serving: 490 calories; 9 g protein; 66 g carbohydrates; 22 g fat (40% calories from fat); 4 g saturated fat (7% calories from saturated fat); 30 mg cholesterol; 380 mg sodium; 4 g fiber.

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

1 frozen cauliflower pizza crust (11 ounces)

1 tablespoon, plus 4 teaspoons, extra-virgin olive oil, divided

2 medium carrots, peeled and trimmed  
1 medium fennel bulb, quartered and trimmed

1 medium yellow bell pepper, halved and trimmed

1/2 medium red onion

16 black California grapes, halved

1 cup canned or cooked chickpeas, drained and rinsed, divided

2 tablespoons finely chopped fresh parsley

2 tablespoons pesto



## Roasted Salmon and Grapes with Pistachios Over Fresh Greens

Pat fish dry and place skin side down in pan. Brush fillets lightly with 1 tablespoon olive oil and sprinkle with salt and pepper, to taste. Pour wine in pan, scatter grapes around and sprinkle pistachios and parsley on fish.

Roast salmon 7 minutes for medium-rare; 8 minutes for medium.

In large bowl, toss spinach, onion, remaining oil and vinegar. Season with salt and pepper, to taste; toss again and divide among four plates.

Place fish on top of greens. Spoon roasted grapes around fish.

Nutritional information per serving: 360 calories; 31 g protein; 12 g carbohydrates; 19 g fat (48% calories from fat); 3 g saturated fat (8% calories from saturated fat); 65 mg cholesterol; 105 mg sodium; 2 g fiber.

Prep time: 15 minutes  
Cook time: 7-8 minutes  
Servings: 4

4 wild sockeye or coho salmon fillets (about 5 ounces each)

3 tablespoons extra-virgin olive oil, divided

salt, to taste

freshly ground black pepper, to taste

1/3 cup dry white wine

1 cup green California grapes

1/4 cup shelled, unsalted pistachios, coarsely chopped

2 tablespoons finely chopped Italian parsley

5 ounces baby spinach

1/4 red onion, thinly sliced

1 tablespoon white wine vinegar

Heat oven to 400 F. Lightly oil shallow, 9-by-13-inch baking dish.

# Expert patient here to help!



Susie Schwartz

By Susie Schwartz

So your throat gets itchy and your legs don't work and you have no energy and your 'daily constitutional' is weekly at best. You've been to your GP who sent you to a specialist and then another and another and still no answers. My advice?

Don't give in.

The above symptoms sit randomly in that sentence with no obvious links to each other. But in my case, they are linked, and it took about seven years and a female hormone specialist to suggest a possible explanation: Histamine intolerance.

Huh?

Yup, not her area of expertise, but Dr. Ladybits had heard that sometimes, oestrogen supplementation can exacerbate a histamine intolerance wreaking havoc on one's health. What is a histamine intolerance, you ask? Well it's when the body stores or intakes too much histamine (usually from food sources) causing body-wide allergies. She suggested I research the problem and make some dietary changes and

see if it helped. It did.

Over the last year I've gotten lazy with my eating in this department. (Try being Diabetic, gluten-free, dairy free, low-fodmap, low histamine and vegetarian with gastroparesis. It is no 'picnic'.) And guess what? My symptoms have gotten worse again. I also just found a histamine intolerance blood test through an online lab that confirms I have it. What does this mean? Power. (And a lot of blueberries. But hey, who needs spinach and nuts and avacados and all those 'healthy' food options, anyway? Sigh.) At least now I can do something to feel better.

My point is, I had given in to feeling awful all the time, thinking it was hopeless. And then Dr. Ladybits took a long shot and suggested something most people have never heard of and even more don't believe to be a thing. (She wasn't even sure herself.) So keep asking questions and do your own research on the scary web. (But be smart. Only reputable sites. If you are the type to get wound up and worried and jump to the 2% worst case scenario, ask a loved-one or friend to do some digging for you. Maybe they might even see some possibilities through their fresh eyes.

So don't give in to the non-answers and vague explanations like, 'It's probably the diabetes'. Sometimes it's not, and there is help to be had.

Going to eat some blueberries.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss\_stress, and at [www.lesshealthstress.com](http://www.lesshealthstress.com) where you can sign up for 'Convos with Carlos - 1 Care, 1 Quote, 1 Question' to get weekly support to your inbox.

## Warm-Spiced Chickpeas and Couscous with Grapes and Arugula

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

2 tablespoons extra-virgin olive oil

1 small onion, chopped

1 1/2 teaspoons ground cumin

1/2 teaspoon kosher salt, plus additional, to taste, divided

1/8 teaspoon ground allspice

1 cup Israeli pearl couscous

3/4 teaspoon ground turmeric

1 1/2 cups water

1 can (15 ounces) no-salt-added chickpeas, drained

1 cup red California grapes, halved

2 tablespoons chopped fresh cilantro or parsley

freshly ground black pepper, to taste

4 cups lightly packed baby arugula

lemon wedges

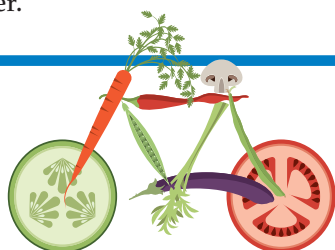
In large saucepan over medium heat, heat oil. Add onion, cumin, 1/2 teaspoon salt and allspice; cook, stirring, until onion is softened, about 3 minutes. Add couscous and stir 1 minute to toast lightly. Add turmeric and water; bring to boil. Reduce heat, cover and simmer until couscous is tender, about 15 minutes.

Stir chickpeas, grapes and cilantro into couscous then season with salt and pepper, to taste. Transfer couscous-grape mixture to large bowl, add arugula and toss well. Serve warm or at room temperature with lemon wedges.

Nutritional information per serving: 370 calories; 12 g protein; 61 g carbohydrates; 9 g fat (17% calories from fat); 1 g saturated fat (2% calories from saturated fat); 0 mg cholesterol; 160 mg sodium; 8 g fiber.



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# Remembering...Carman businessman Eric Lansky

By Dennis Young

Eric Lansky, born in Miroslav, Czechoslovakia, competed in the 1936 Olympics in Berlin as a swimmer for his home country at the age of 15. He walked in the athlete's parade with Jesse Owens parading by Hitler.

Lansky's parents and his sister perished in 1941 during the Holocaust but by 1939, at 19, he had fled to Denmark. There he worked for the Danish Resistance before serving in the British Army in the Second World War. He was a captain and tank driver in the 59th Armoured Regiment of Field Marshall Montgomery's 8th Army. Proficient in seven languages, Eric also served as an interpreter for General Matthew Ridgways US 101st Army.

After a brief career in Winnipeg at Industrial Acceptance Corp Ltd. and an import/export business, Lansky moved here with his wife Nora and their two children, Ditte and Michael, in 1956. He had purchased MLM (Mercury Lincoln Meteor) Motors (now A New You Salon) from a finance company that represented Walter Armitage and George Loepky. That dealership representation ran until 1959, when he switched over to VW and Mercedes.

He took on the Wells Wayne Blue Bird school bus franchise in 1958, supplying division transportation in rural Manitoba for 10 years, eventually becoming the province's largest private school bus owner.

Lining up weekly transportation for three local minor hockey teams out of town games came under the supervision of Lansky in the 60s too. With many games played on the same night, at least 15 cars had to be organized simultaneously. Art Grundy praised him back then, "You never knew who was taking a car, but cars were always waiting at the hall when the teams were ready to leave."

The successful Bearing and Automotive was his next venture at the same location for 12 years from 1960 -



Coach Eric Lansky

1972, employing Fred Peters, Charlie McCullough, John Poklitar and bus driver Don McFarlane. It was the first wholesale automotive parts outlet in Carman. Eventually, he sold it to Elwin and Thelma Chase (who sold it to Ed Wiebe in 1979).

From 1965-1969 he was also the parts and service director at Holiday Chev-Olds.

One other business legacy was having one of the province's first rural cable television systems called Valley Cablevision. It provided Carman with seven channels...three American and four Canadian for the first time.

Lansky used his Olympic experience to coach the successful Carman swim teams of the 1960s and was President of the Carman and Community Chamber of Commerce and Pembina Valley Development Corporation. In 1968, he was elected to the first of two terms as Councillor for the Town of Carman and in 1983 was elected Mayor for a term.

In 1989, Lansky retired to Winnipeg



PHOTO SUBMITTED

Valley Cablevision president Eric Lansky flips the dial on a monitor in the company's equipment shed for a choice of the seven channels - three American and four Canadian - made available for the first time last week to cable subscribers in Carman. Work is continuing on installation of cable along the town's back lanes,

with his second wife Peggy. During his early retirement, he worked for the Canadian International Development Agency in Casablanca and many Northern First Nations communities. The Agency provided unpaid experienced senior leadership to developing countries. He enjoyed providing counsel to new entrepreneurs and always gave freely of his time.

Many told me Lansky was argumentative and disagreeable, but you can't argue that the businessman was a success from where he started. He passed in 2004.

**Lansky's son Michael recalls:** "At first we lived in a house on the little "island" northeast of Skelton's Hardware, until about 1959. Then we moved upstairs above the B & A business on Main Street. When Eric sold B & A he had Harms Movers move that house from the "island" to a loca-

tion on Centre Ave. across from McKnight's fertilizer operation. He and Peggy lived there until they moved to St. Norbert."

**Charlie McCullough (11 year employee) recalls:** "I was in Winnipeg doing my usual pickups for Bearing & Auto when I was pulled over by the local police. I was speeding and received a ticket for which I paid out of pocket. When Eric heard of this, he reimbursed me saying you were on the job so that is my expense....but if you do it again it's yours!"

**Elwin Chase recalls:** A very interesting, talented individual and an astute business man. I first met him when I was manager at the Bank of Montreal in 1969. He liked coming in to talk business and that is how we ended up buying Bearing and Automotive.

## > HARRISON, FROM PG. 7

would get back, but that didn't happen to me. Manitoba was always a very tough province to win with so many great teams over the years."

Although he never went back to the Brier, Harrison played in 21 Manitoba Men's from the British Consols, through the Labatt Tankard, Safeway Select, and Safeway Championship eras and into the Viterra Championship era when he played in his final men's championship in 2016. He is

one of the very few men to have ever played for all five of the championship trophies, if there are in fact any others.

In all, he played in 40 Manitoba championships and won Manitoba championships on five occasions; as skip in the 1978 British Consols, 2000 Manitoba Mixed, 2005 and 2006 Senior Men's team, and as third for the legendary Vic Peters in the 2008 Manitoba Senior Men's.

He won a second MCA Bonspiel Grand Aggregate in 1988, the 1,280 team 100th anniversary edition, playing third for Mike Riley.

Now being inducted as part of the 2023 class of the Manitoba Curling Hall of Fame, Harrison is excited and honoured to be joining some of the province's most illustrious curlers in this special club.

"It's a big honour to have. A lot of my curling buddies are in there al-

ready, so it's very nice to join them there. I'm just thrilled by it all."

Harrison would like to get in contact with some of his old curling teammates from youth and high school from the Carman/Graysville area. So if you're reading this and had curled with him, please get in touch via email at dharrison49@gmail.com.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Shannondale hosts cross country ski provincials

By Lorne Stelmach

The weekend offered an opportunity to showcase the region as a destination for cross country skiing in southern Manitoba.

The Boundary Trails Nordic Club hosted the Cross Country Ski Association of Manitoba's 2023 provincial championship at Shannondale Ski Area near Thornhill.

The club last hosted perhaps over a decade ago, so it was a great chance to promote what is available here in the region and the local skiing community.

"It was an absolutely amazing opportunity, and it was part of the push to showcase Shannondale especially and that the trails that are there and that they're race-worthy trails," said Andrew Vanden Berg, who served as race director and is involved in coaching the club's junior development team.

The event offered two days of racing starting Saturday with a mass start 10 km skate race, while the younger skiers had one, three, and five kilometre races. Sunday then offered a classic race.

There were over 86 competitors on Saturday and another 82 on Sunday.

"Most of the racers and athletes would have been fairly well seasoned racers. We did offer a recreational race, and we had a few participants," said Vanden Berg. "They were all smiles as well, so it was great to introduce some new folks to the racing scene."

"Overall, it a huge turnout for our ski community, and we're very pleased with the numbers who showed up," he said. "We had athletes travelling in, some from as far away as Kenora, and obviously Winnipeg has a big ski community, so a lot of folks came out from there. We had representation from about 10 different ski clubs in Manitoba."

Vanden Berg was pleased with how local competitors from this region fared at the event, with both adult and youth teams competing.

"We were quite successful. There were many podium finishes," he said. "I'm quite happy with our athletes and how they all performed. It was a very exciting time for them."

In the end, he said it was just nice to be able to do this again post-pandemic.



SUPPLIED PHOTO BY JEFF SCOTT

The Shannondale Ski Area near Thornhill hosted the Cross Country Ski Association of Manitoba's 2023 provincials last weekend.

demic.

"It was kind of exciting to regroup and to gather together and see faces we haven't seen for awhile. The ski community may be small, but it's a fun community to be part of."

"The event seemed to be a hit with everybody ... and Mother Nature sure went easy on us. When you're hosting an outdoor event, weather is always such a big factor ... the weather was great, and the sun was shining."

And Vanden Berg especially felt Shannondale itself left quite a favourable impression.

"As far as ski venues or ski trails in the province, it would probably rank up there pretty high ... Shannondale definitely tests you well," he said. "David Lumgair has put 30 plus year of work into those trails, and I think to have a provincial event there was pretty special for David and pretty special for our club as well."

## Curling reunion champs



STANDARD PHOTO SUBMITTED

Carman's Jayden Rutter, reunited with his former junior team, to sweep the A-side of the Winkler Men's Spiel this past weekend. The team was down 5-0 after two ends of play and clawed back to win 9-8 in the final. Pictured left to right: Emerson Klimpke, Reece Hamm, Tim Johnson and Jayden Rutter.

## Local youth off to the Winter Games

Staff

Team Manitoba will have more than a few local faces at the 2023 Canada Winter Games taking place in Prince Edward Island Feb. 18 to March 5.

The team, made up of 207 youth athletes from across the province, includes 15 locals representing Manitoba in a variety of sports, including:

- Cross country skiing: Isaiah Vanden Berg (RM of Stanley) William Vanden Berg (Winkler) Hezekiah Hoepfner (Thornhill), Kate Sawatsky (Altona), Gideon Hoepfner (Stanley), Mia Sawatsky (Altona), Naomi Wiens (Morden), and Benjamin Wiens (Morden).

- Curling: Altona's Gillian Hildebrand, Piper Stoesz, Dayna Wahl, Anna Ginters, and coach Keith Stoesz.

- Figure skating: Alison Convery (Morden) and Jorja Best (Carman). Best, at age 11, is the youngest member of Team Manitoba.

In addition to the hundreds of athletes, Team Manitoba also includes 68 coaches, managers, and technical support staff, and 22 mission staff.

From our area that includes Andrew Vanden Berg (Winkler) going along with the large local cross country skiing group for technical support and Morden's Elizabeth Derraugh, who is going as a manager of the speed skating team.

At a press conference in Winnipeg last week, speed skater Sofia Bieber (Winnipeg) was announced as the Team 'Toba flag bearer for the opening ceremonies taking place this weekend.

"I'm so honoured to represent Manitoba as the flagbearer for the 2023 Canada Winter Games. When I first heard, I was like, 'Wow, they picked me?'" said Bieber. "The Canada Games are different than any other competition. We're representing our province together as a team, more than just ourselves. This is our moment."



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Annual Sperling curling bonspiel returns



STANDARD PHOTOS SUBMITTED

The Sperling Community Center District (SCCD) hosted the first annual curling bonspiel since 2020 on Friday, Feb. 3, and Saturday, Feb. 4. The tournament brought 14 teams to the community and a large number of spectators who came and enjoyed meals, cocktails, and prize draws. The SCCD would like to extend a huge thanks to all the supporters, participants and volunteers who made the event a huge success. With all the support, they were able to raise over \$10k that will be used to operate the arena in Sperling. Tentative dates for the 2024 bonspiel are Feb. 2 and Feb. 3. The A-side winner was the Dillon Baleja rink, which defeated Josh Hennan's team in the final. On the B-side, Tim Dunn's team beat the Matt Baleja team; on the C-side, Bill Heard and his rink defeated the Erin Dunn team.

## Cougars defeat Nighthawks in high school hockey action

By Ty Dilello

It's been a rough season for the Carman Cougars high school hockey team to date, but things are beginning to turn around after splitting a pair of games last week. The Cougars find themselves with a record of seven wins and seventeen losses, which puts them in seventh place in the nine-team league.

On Feb. 7, the Cougars put up one of their best performances of the season when they defeated the NPC Night-

hawks by 8-1. Ethan Wilde scored four goals on the night to pace his team, while Griffin Carnelley, Josh Hiebert, Alex Lemky and Ryan Penner had the other Cougars goals. Zander Cox stopped 31 shots in goal to get the win for the Cougars.

The next night (Feb. 8), the Cougars were back in action and lost 3-2 in a shootout to the Morris Mavericks. Carman jumped out to a 2-0 lead in the game after goals by Ryan Orchard

and Jack Bausman. Unfortunately, they gave up a pair of goals and then lost in a three-round shootout. Maysen Mazurat stopped 36 shots in a losing effort for the Cougars.

Ryan Orchard is still leading the way as the team's leading scorer with 48 points, including a whopping 34 goals. Behind him is Ethan Wilde with 31 points and Josh Hiebert with 28 points.

Goaltender Maysen Mazurat, a

Grade 11 student from St. Claude, continues to be a bright spot on the Cougars' team. He currently has a 6-12-2 record, with a 4.00 goals-against average and a very impressive .910 save percentage.

The Cougars are back in action with a road game on Feb 15 against the Morden Thunder, and a home game on Feb 18 as well against Morden.

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The Carman-Dufferin  
**STANDARD**

## Flyers fall to Pistons, make short work of Nighthawks

By Ashleigh Viveiros

The Winkler Flyers found themselves on either end of the win-loss column last week.

On Wednesday, they fell to the visiting Steinbach Pistons 3-2.

Dalton Andrew opened scoring three minutes into the first and Trent Penner closed it in the third period's eighth minute. In between, Steinbach scored once in the first and twice in the second for the win.

Aidan Comeau made 22 saves in net for Winkler as the Flyers outshot the Pistons 34-25.

The tables turned the two nights later in Niverville against the Nighthawks.

Down 1-0 after 20 minutes, Winkler's offensive lines lit up the scoreboard with three goals in quick succession in the back end of the second period. Doing the honours was Mike Svenson with one and Andrew with two.

Niverville managed to tie the game in the third, but then Zach Nicolas scored the winning goal with 24 seconds left on the clock.

Malachi Klassen was in net

for Winkler this game, making 33 saves off 36 shots. His teammates fired 27 the other way.

With a record now of 28-11-5-1 for 62 points, Winkler remains in third place in the MJHL MGEU East Division standings behind Portage in first (70 points) and Steinbach in second (66 points). The Terriers and the Pistons have both clinched a spot in the playoffs.

This weekend, Winkler heads into Portage to play the Terriers Saturday before returning home to host Swan Valley Sunday.



## Dairy Farmers of Manitoba Athlete of the Week



Shane Buhr of Elm Creek School was named the Dairy Farmers of Manitoba High School Athlete of the Week on Feb. 8.

### Submitted

The Dairy Farmers of Manitoba High School Athlete of the Week is Shane Buhr of the Elm Creek Cobras basketball team.

This 6' 3" forward is the captain of the Elm Creek Cobras varsity boys Basketball team. He led his team to a third-place finish at the Glenboro Panthers tournament, and an undefeated record in league play so far this season. His efforts on the season have helped the Cobras to 5th place ranking the Varsity "A" Power Rankings. Coach Brian Brewer states "Shane is a positive player who leads by example with his work ethic. He is a tenacious rebounder and someone we count on for points in the paint. He works hard, encourages others and always has a smile on his face. He is our defensive leader who sets the tone for our team at both ends of the court. He is an excellent basketball player who strives to get better each and every time on the court and his enthusiasm rubs off on his teammates. He is a great ambassador for his school and a pleasure to coach".

In grade 12 he maintains an 80% academic average.

# Female Hawks taking on the Avros in playoffs

By Lorne Stelmach

The Pembina Valley Hawks U18AAA female team are now taking on the Winnipeg Avros in the opening round of the playoffs.

The best-of-three Manitoba Female U18 AAA Hockey League quarter-final kicked off Tuesday in Winnipeg. Results were not available at press time.

Game two was set for Friday in Winnipeg. Game three, if necessary, will be Feb. 24, also in Winnipeg.

The Hawks finished in sixth place with a record of 9-18-1 for 19 points, while the Avros were in third at 21-6-1 for 43 points. Winnipeg won all four times the two teams faced off against each other in the regular season.

The final weekend of the regular season saw mixed results for the Hawks as they were doubled up 4-2 by Eastman Friday but then saw their offense come to life for a 7-4 win over Yellowhead Sunday.

The Selects had period leads of 2-1 and 3-1 on the Hawks Friday, with Ava Dalebozik and Caitlin Anderson scoring for Pembina Valley. Kasia Rakowski made 23 saves, while the Hawks were mostly stymied on 37 shots on goal.



PHOTO BY ASHLEIGH VIVEIROS

Marissa Fehr of the Pembina Valley Hawks escapes the defensive efforts of Yellowhead's Nadia Nickel Sunday afternoon in Morden. The Hawks beat the Chiefs 7-4.

Jessica Anderson had a hat trick and a four point night against Yellowhead. Caitlin Anderson contributed a goal and three assists for the Hawks. Dalebozik, Gracie Carels, and Erica Fijala also scored.

Kaylee Franz made 36 saves as Yellowhead outshot the Hawks 40-29.

The league's other playoff series pit Westman (who ranked first in the regular season) against Central Plains (eighth), the Winnipeg Ice (second place) against Interlake (seventh), and Yellowhead (fourth place) against Eastman (fifth).

## Rocky week for PV Twisters in MMJHL action

By Lorne Stelmach

The week began well but ended on a very sour note for the Pembina Valley Twisters.

A 5-4 win over the Stonewall Jets last Tuesday was followed by a 5-3 loss to the St. James Canucks Friday and then a 9-2 thrashing Sunday by the Charleswood Hawks.

Pembina Valley held period leads of 2-1 and 3-2 on Stonewall before two goals less than two minutes apart in the third cemented the win.

Scoring that night was Kyle VanD-enyze (with two), Derek Wiebe, Nico

Vigier, and Riley Goertzen with his team-leading 22nd of the season.

Matt Grysiuk made 30 saves as the Twisters held a 40-34 edge in shots on goal.

Grysiuk helped keep Pembina Valley in the game against the league-leading Canucks, who outshot the Twisters 50-27 and held period leads of 1-0 and 4-3. Derek Wiebe, Mike Heppner, and Slade Sotheran all scored in the defeat. Things fell apart for the Twisters in the second period Sunday as the Hawks fired five unanswered second period goals and then added four

more in the third period.

Scoring that night was Brett Bergman and Merik Degraeve while Grysiuk made 38 saves in net off 37 shots. His teammates had 47 shots on goal.

Pembina Valley slipped to sixth place at 15-13-3-3 for 36 points, which is one behind Charleswood and six back of Fort Garry Fort Rouge while two up on Transcona and eight ahead of St. Boniface.

Pembina Valley hits the road this weekend with visits to Transcona Friday and Fort Garry Fort Rouge Sunday.

## U18AAA Hawks head into final three games in third place

By Lorne Stelmach

The Pembina Valley Hawks' U18AAA male hockey team earned three of a possible four points in a weekend doubleheader with the Yellowhead Chiefs.

The Hawks edged the Chiefs 3-2 Saturday but then fell 4-3 in a shootout Sunday. Both games were in Shoal Lake.

Raiden LeGall made the difference in game one with 45 saves as Pembina Valley was outshot 47-25. Liam Goertzen had a pair for the Hawks, while

Sebastien Hicks scored the go-ahead goal with 1:20 left in the game.

Bryson Yaschyshyn was then even busier in net for the Hawks the next night as Pembina Valley was outshot 55-34.

Cedrik Robidoux, Jayden Penner, and Marek Miller all scored for the Hawks, who had the game tied at 2-2 after 40 minutes.

Following the overtime session, the shootout went scoreless until the Chiefs connected on their third shot to gain the extra point.

Pembina Valley remains in third place at 28-7-6 for 62 points. They trail Brandon and the Winnipeg Bruins by five and four points while sitting just three ahead of the Winnipeg Wild.

The Hawks now have just three regular season games remaining starting with a home and home doubleheader with the 11th place Kenora Thistles Saturday and Sunday.

The season finale then has the Wild hosting Pembina Valley in Winnipeg Wednesday.



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**RURAL MUNICIPALITY OF GREY**

The Rural Municipality of Grey has been advised of wholesale water purchase rate increases from Pembina Valley Water Co-operative.

The revised rates for the **St. Claude** Utility customers are as follows:

|                                  | Current Rates  | January 1, 2023 |
|----------------------------------|----------------|-----------------|
| Quarterly Service Charge         | \$32.52        | \$32.52         |
| <b>Water (per 1,000 gallons)</b> | <b>\$16.34</b> | <b>\$16.55</b>  |
| Wastewater (per 1,000 gallons)   | \$6.40         | \$6.40          |
| Minimum Quarterly Charge*        | \$100.74       | \$101.37        |

\* Based on 3,000 gallons water and wastewater consumption

For more information, the full Public Utilities Board Order No. 138/22 may be found online at [www.rmofgrey.ca](http://www.rmofgrey.ca) or you may contact the municipal office at (204) 436-2014.

Rural Municipality of Grey



**Prairie Rose School Division is accepting applications for the position of Workplace Safety and Health Officer**

This permanent position will commence ASAP or depending on the successful candidate's availability. Reporting directly to the Superintendent/CEO, the successful candidate will provide expertise and support to the Prairie Rose School Division's senior administration team, Workplace Safety and Health Central Committee, and all Site-based Workplace Safety and Health Inspection Teams to ensure that students, workers, community members, and contractors, are adhering to Provincial Workplace Safety and Health laws and regulations and Prairie Rose School Division administrative procedures.

The successful candidate will demonstrate an overarching commitment to Prairie Rose School Division's Workplace Safety and Health Program. A demonstrated ability to initiate, manage, and grow with organizational change is required.

For complete posting, please visit [www.prsdmb.ca](http://www.prsdmb.ca). Accessibility resources will be provided upon request.

**RURAL MUNICIPALITY OF GREY**

The Rural Municipality of Grey has been advised of wholesale water purchase rate increases from Pembina Valley Water Co-operative and Cartier Regional Water Co-operative.

The revised rates for the Grey Utility customers are as follows:

|                                  | Current Rates  | April 1, 2023  |
|----------------------------------|----------------|----------------|
| Quarterly Service Charge         | \$29.87        | \$29.87        |
| <b>Water (per 1,000 gallons)</b> | <b>\$17.30</b> | <b>\$17.57</b> |
| Wastewater (per 1,000 gallons)   | \$6.43         | \$6.43         |
| Minimum Quarterly Charge*        | \$101.06       | \$101.87       |

\* Based on 3,000 gallons water and wastewater consumption

For more information, the full Public Utilities Board Order No. 138/22 and notice from Cartier Regional Water Co-operative may be found online at [www.rmofgrey.ca](http://www.rmofgrey.ca) or you may contact the municipal office at (204) 436-2014.

Rural Municipality of Grey





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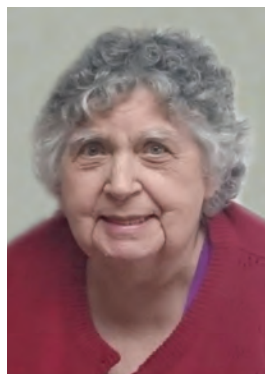
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#### Sudoku Answer

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

#### OBITUARY



#### Mary Siemens

Mary Siemens (Fleming) 90, passed away peacefully at Portage District General Hospital in Manitoba on February 5, 2023. She was surrounded by her five living sons.

Mary was born on July 3, 1932 in Carman, Manitoba. She was the youngest of the five children of Johann and Eva (Rempel). Mary's father Johann died at the young age of 24, when Mary was only one year old, and this contributed to a difficult childhood.

Mary married Cornelius in 1955 and had six beloved sons. Mary loved life on the farm and had a profound love of animals. She was at home raising chickens, growing food in her garden, and taking care of her family. She loved to bake for her boys and her boys loved to eat. Mary had a happy heart and chose to see the good around her. She loved to sing about her savior Christ Jesus to her sons.

Mary also loved to read, instilling a love of reading in her sons. She loved doing crossword puzzles, wordsearch, and also the look on her son's faces when they enjoyed the foods that she made. Favorites were her cinnamon buns and cookies. She also made cottage cheese from raw milk, which she put inside her delicious homemade perogies. Her sons considered themselves blessed to have a mother who cared enough to do these things. Mary loved her children unconditionally, even though her patience was tested many times.

Mary's family would like to express their appreciation to her sons John and Phillip, for their unwavering support in allowing Mary to live in her own home until the end, as she wanted.

Mary was predeceased by her husband Cornelius, son William, her siblings Annie (Roy), Katharina (Frank), Johnny (Lorraine), and Eva (John). She is survived by her sister Helena Martin (Peter), and her sons David (Betty), John, Frank (Elaine), Phillip, and Daniel (Linda).

Funeral service was held on Friday, February 10, 2023 at 2:00 p.m. at Doyle's Funeral Home, Carman.

Memorial donations may be made to Faith to Life By, Box 426, Winnipeg, MB, R3C 2H6.

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# Conflict vs. bullying: what's the difference?

Conflict and bullying aren't the same things. One describes a healthy dialogue between two parties, while the other represents an intent to harm someone else. Learning to deal with conflict healthily can give you essential social skills. It can also help you better identify bullying.

## WHAT'S CONFLICT?

Conflict is a normal part of life and happens when two people respectfully disagree. The two parties have equal power in the relationship, and each has a chance to express their views.

Even though there may be negative emotions and hurtful words exchanged, both people are looking for a solution and don't want to harm each other. Each person takes responsibility for their actions and modifies their behaviour if they feel they've made the other person feel bad. Conflict can often lead to two people learning to solve problems and overcome challenges.

## WHAT'S BULLYING?

Unlike conflict, the goal of bullying is to hurt, harm, insult or humiliate another person and make them feel bad about themselves. The actions are unwanted and unwarranted, and the bullied person has little power to stop them. Bullying can result in physical and emotional harm.

Bullying happens when one person uses their power to control another. Power can mean the bully is bigger, stronger, older or more popular than the person they're bullying. Moreover, bullies aren't trying to resolve anything and show no remorse if they hurt someone else. There's no interest in a relationship with the other person.

This Pink Shirt Day, February 22, stand up to bullying when you see it. Don't be afraid to share your views and express your opinions constructively. Not all conflict is bad.



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Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.  
*Ephesians 4:29 ESV*

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