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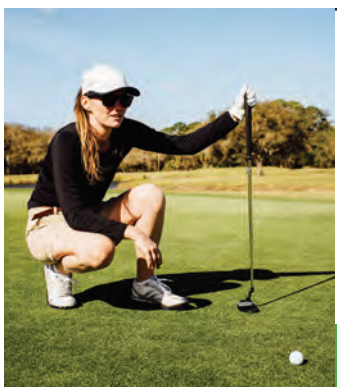


On the edge

STANDARD PHOTO BY RICK HIEBERT

The RWB School's Professional Division visited Carman performing a stunning, powerful repertoire that highlights the extraordinary talent of the dancers of the Anna McCowan-Johnson Aspirant Program in the On the Edge Tour.

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Carman Elementary students produce, perform stage play

By Becca Myskw

It was a magical weekend of wonder with Carman Elementary School's performance of *Jack and the Beanstalk*.

Since 2011, Carman Elementary's Advisory Council for School Leadership (ACSL) has been bringing Missoula Children's Theatre in for a whirlwind week of auditioning, rehearsing and performing — taking a brief hiatus during the COVID-19 pandemic.

Missoula Children's Theatre is a travelling theatre that brings two directors to a school for just one week to audition the students, rehearse with them and perform with them.

Each production they put on is a rendition of a well-known fable or fairy tale, and this year, they took inspiration from *Jack and the Beanstalk*.

The entire week is funded and organized by ACSL, the school's parent council.

"We think it's just so important for the children to have that arts and music experience," said Donna Wytinck, ACSL chair and Missoula committee lead. "It's a really unique theatre experience. The kids get to learn improv, there's acting and singing and some comedy."

Last Monday, the two directors from the United States travelled to Carman Elementary in a covered pickup truck to get to work.

All students from Kindergarten to Grade 5 were welcomed to audition for the production, but it wasn't mandatory for them to do



STANDARD PHOTOS BY SONIA PICTON

Carman Elementary School students presented *Jack and the Beanstalk* at their annual Missoula Children's Theatre production last weekend.

so.

A total of 80 children ended up auditioning, with 60 getting roles.

"It also kind of helps kids work through that resilience," said Wytinck. "You really learn about putting your best foot forward. Kids have to learn that sometimes they don't get a part but we encourage them to come back next year."

The less-than-traditional play had students rehearsing for hours a day until their first performance last Friday evening.

The Kindergarten students rehearsed for two hours each day. Some students got singing roles,



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speaking roles, or a mix of both. Others were choir singers and background actors.

This version of *Jack and the Beanstalk* has Jack planting wonder beans in his own backyard, and going on a grand adventure once they grow.

Playing the wonder beans was the Kindergarten class, a perfect row of magical lentils.

ACSL also paid for Missoula Children's Theatre to put on 10 workshops in the school last week so all students could get the theatre experience, whether they're in the play or not. The two directors did 10, 45-minute sessions with the students.

For each performance, one of the theatre directors has a lead role so they're on stage with the students the entire time, giving them a nudge when needed.

Both performances were extremely well attended and nearly sold out, with all funds generated going back into ACSL.

ACSL is able to bring Missoula Children's Theatre back annually, thanks to their sponsors.

Wytinck is hoping more people will join the parent advisory board so they can continue to bring it back for years to come.

This week, Missoula Children's Theatre is at Elm Creek School, and they'll be performing the same play.



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getheard

EDITORIAL > VIEWPOINTS > LETTERS

Ty Dilello
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Mixed review for budget

By Lorne Stelmach

The federal budget last week didn't earn a lot of rave reviews, but the government touted it as a plan where younger generations can get ahead and where everyone has a fair chance at a good middle class life.

Chrystia Freeland, deputy prime minister and minister of finance, last Tuesday released the 2024 budget with a theme of fairness for every generation.

"Our government first came to office with a vow to strengthen and expand the middle class. We delivered on that pledge by reducing poverty, especially for children and seniors, and creating millions of good jobs for Canadians," said Freeland.

"Our work isn't done. Budget 2024 renews our focus on unlocking the door to the middle class for millions of younger Canadians. We'll build more housing and help make life cost less. We will drive our economy toward growth that lifts everyone up. That is fairness for every generation."

The goals of the budget may have been laudable, but Portage Lisgar MP Branden Leslie lamented the failure to work towards balancing the budget and just further worsening the deficit with numbers which he said work out to about \$2,400 in new debt and new inflationary spending per family.

"The theme of over-spending is one that just continues," he said. "We're going to spend about \$54 billion this year to service Canada's debt ... that's about the same amount as we collect in GST. So every time you go and pay that five cents on every dollar you spend, that is basically just going to our foreign bankers and bond holders that we borrow money from instead of going to social programs, defence, and it's also more than we even send the provinces for health care.

"It's more inflationary gas on the fire," said Leslie, who added that "we've seen a staggering decline in per capita GDP. We're basically on par with America's poorest states now on

a per capita basis.

"Our quality of life is basically declining," he continued. "That's one of the most common things I hear when I talk to anybody is how hard life has become with seemingly no end in sight.

"We're in a serious growth challenge ... within the budget, there's no real measures to try to induce entrepreneurship," he added. "Instead of trying to find ways to foster innovation and growth, we have an activist government that's trying to dictate winners and losers."

One key platform with the budget for the Liberal government was taking action to build more homes to make home prices and rents more affordable by increasing the supply with a strategy to unlock 3.87 million new homes by 2031.

There was also a priority to help make life cost less by building on the expansion of Canada's social safety net - from \$10-a-day child care to dental care for uninsured Canadians to the first phase of national universal pharmacare

Freeland emphasized how they see the budget as advancing the government's work to lower everyday costs for Canadians. This ranges from helping to stabilize the cost of groceries to cracking down on junk fees to making prices fairer and lowering the costs of banking.

The government also aims to grow the economy in a way that's shared by all with a plan that will attract and increase investment, enhance productivity and encourage innovation that will create good-paying and meaningful jobs and keep Canada at the economic forefront.

They also aim to deliver new support to empower more entrepreneurs and innovators to put their ideas to work here in Canada. This includes attracting more investment in the net-zero economy by expanding and delivering the major economic investment tax credits, securing Canada's



SUBMITTED PHOTO

"Our quality of life is basically declining," said Portage Lisgar MP Branden Leslie. "That's one of the most common things I hear when I talk to anybody is how hard life has become with seemingly no end in sight."

advantage as a leader in artificial intelligence and investing in enhanced research grants that will provide good jobs and new opportunities.

The government also maintains the budget will make Canada's tax system more fair by asking the very wealthiest to pay their fair share. It also touts what it calls a responsible economic plan and sees Canada maintain the lowest deficit and net debt-to-GDP ratios in the G7.

"There are some who don't share our vision. They believe that the job of government is to do little then less," said Freeland. "We understand that to do big things in Canada, sometimes government needs to lead the charge, whether it is getting more homes built, faster, or finally creating a national system of early learning and child care or bending the curve on emissions.

"Let's be honest about what austerity and shrinking the state would mean for Canadians: It means you're on your own," said Freeland. "It means no one will give you a hand when you falter and that you are choosing to turn your back on the friend or neighbour who has not been

Continued on page 5

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Highlights from last week's 2024 federal budget

Staff

The federal budget introduced last week offers a wide array of measures which the government will help fulfill the theme of 'fairness for every generation'.

Here is a selection of highlights:

- A new public lands for homes plan to use all tools available to unlock 250,000 new homes by 2031 on public lands.
- Building more rental apartments faster with an additional \$15 billion in new loan funding with a goal of over 131,000 new homes supported by 2031-32.
- Providing a \$400 million top-up to the \$4 billion housing accelerator fund, which is already fast-tracking the construction of over 750,000 new homes over the next decade thanks to 179 agreements with municipalities, provinces and territories.
- Launching a new \$1.5 billion Canada Rental Protection Fund to protect and grow the stock of affordable housing.
- Providing \$1 billion for the Affordable Housing Fund to build affordable homes and launching a permanent rapid housing stream to build on the success of the previous three rounds of the rapid housing initiative.

- Investing an additional \$1.3 billion for Reaching Home: Canada's Homelessness Strategy to address homelessness and encampments.

- Accelerating the construction and upgrading of housing-enabling infrastructure by providing \$6 billion over 10 years through a new Canada Housing Infrastructure Fund.

- Working to narrow the housing gap in indigenous communities by announcing \$918 million over five years in additional investments for First Nations, Inuit and Métis housing and community infrastructure.

- Enhancing the home buyers' plan by increasing the withdrawal limit from \$35,000 to \$60,000, enabling first-time home buyers to use the tax benefits of an RRSP to save up to \$25,000 more for their down payment.

- Enabling more younger Canadians to afford a mortgage by allowing 30-year amortizations for first-time home buyers purchasing newly constructed homes.

Lower costs

- Investing in helping to build more child care spaces to grow the Canada-wide early learning and child care system and deliver \$10-a-day child

care.

- Launching a new Canada disability benefit to supplement provincial and territorial benefits to increase the financial well-being of over 600,000 working-age persons with disabilities.

- Creating a new national school food program to expand existing provincial and territorial school food programs to provide healthy meals to 400,000 more children each year.

- Taking the first steps towards launching a national pharmacare program which will ensure cost is not a barrier to most prescription contraceptives and many diabetes medications.

- Continuing to help bring down the cost of groceries by implementing measures to strengthen competition in the grocery sector and monitor grocers' work to help stabilize prices.

- Amending the Telecommunications Act to better allow Canadians to renew, switch or cancel home internet, home phone and cell phone plans while avoiding unnecessary fees.

- Expanding the local food infrastructure fund with \$62.9 million over three years to support community organizations across Canada to invest in local food infrastructure.

Economic growth

- Temporarily allowing businesses to immediately write off the full cost of investments in patents, data network infrastructure equipment, computers and other data processing equipment to help them boost productivity and compete in the economy of tomorrow.

- Boosting support for student and postgraduate researchers including Indigenous researchers and their communities through increases to core research grant funding and scholarships and fellowships.

- Increasing access for the next generation of First Nations university, college and post-secondary students with an investment of \$242.7 million over three years.

- Launching a \$5 billion indigenous loan guarantee program to unlock access to capital for Indigenous communities, enabling them to share in the benefits of natural resource and energy projects in their territories and on their terms.

- Delivering a \$93 billion suite of major economic investment tax credits on a priority basis to drive clean growth.

> FEDERAL BUDGET, FROM PG. 4

as lucky as you. That is not the Canadian way. We take care of each other." Many weighed in with their criticism of the budget including Conservative Pierre Poilievre.

"After eight years of Justin Trudeau, the budget is still not balancing itself. Everything Justin Trudeau spends money on gets worse and more costly. Trudeau has spent, Canadians are broke, and the country is broken," he said.

The Canadian Taxpayers Federation criticized the budget for hiking taxes, increasing spending and allowing debt interest charges to eat up \$54 billion of the budget.

"Debt interest charges are costing taxpayers more than a billion dollars every week," said Franco Terrazzano, CTF federal director. "Massive deficits mean interest charges will cost taxpayers more than the feds send to the provinces in health transfers this year.

"The Trudeau government says it wants fairness for every generation, but doubling the debt isn't fair for Canadians' kids and grandkids."

The Assembly of Manitoba Chiefs expressed concern regarding the adequacy of the budget in addressing

the critical needs of First Nations in Manitoba, and the Southern Chiefs' Organization also hoped the promises turn into further concrete action.


"First Nations have faced many deficits in the area of housing and infrastructure with little investment made in repairing, rebuilding, and funding First Nations homes and communities," said grand chief Jerry Daniels. "It is encouraging to see Canada's commitment to invest \$918 million over the next five years to address these housing inequities. We hope these budgeted investments are front end loaded and deliver quality projects that meet the housing needs for our member Nations and citizens."

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Year of change and growth for Access Credit Union

By Lori Penner

Last year was a foundational year for Access Credit Union (ACU) with investments in many of their strategic priorities.

At its recent annual general meeting, ACU board chair Curt Letkeman announced a significant payout of \$13.5 million through the member rewards program.

This allocation, representing about 1.12 per cent of interest paid by members on loan services, was distributed to non-registered accounts.

Additionally, members holding surplus shares and common or preferred shares, excluding member shares, received dividends in the form of surplus shares with dividends paid out March 27 at rates of 2.25 per cent on surplus shares and 5.45 per cent on common and preferred shares.

President and CEO Larry Davey reported robust growth in both deposits and loan portfolios in 2023. Despite a challenging rate environment, ACU's loan portfolio expanded by nearly 16 per cent with mergers contributing 9.5 per cent and organic growth 6.5 per cent. Deposits grew by almost 14 per cent, with mergers accounting for 10.75 per cent of the increase and organic growth nearly 3 per cent.

Davey also highlighted a significant rise in profitability for the financial institution, and with nearly 1,000 staff serving over 200,000 members across Manitoba, it experienced a year of change and growth.

Letkeman emphasized last year's successful integration of mergers with other credit unions, highlighting the teamwork and positive energy displayed throughout the process. While acknowledging challenges such as banking system conversions and service outages from national providers impacting members nation wide, he emphasized the commitment to finding optimal solutions.

"What has stood out most for me during these transitions is the care, teamwork and positive energy that people have brought. It has truly been an example of the whole being stronger than the original parts," Letkeman said.

Meanwhile, he added the institution remains focused on offering competitive pricing and community investments while navigating increased costs for new banking programs and government regulations.

Despite the challenges, Letkeman expressed pride in ACU's achievements, noting its reputation for providing competitive savings and loan rates and its commitment to community support.

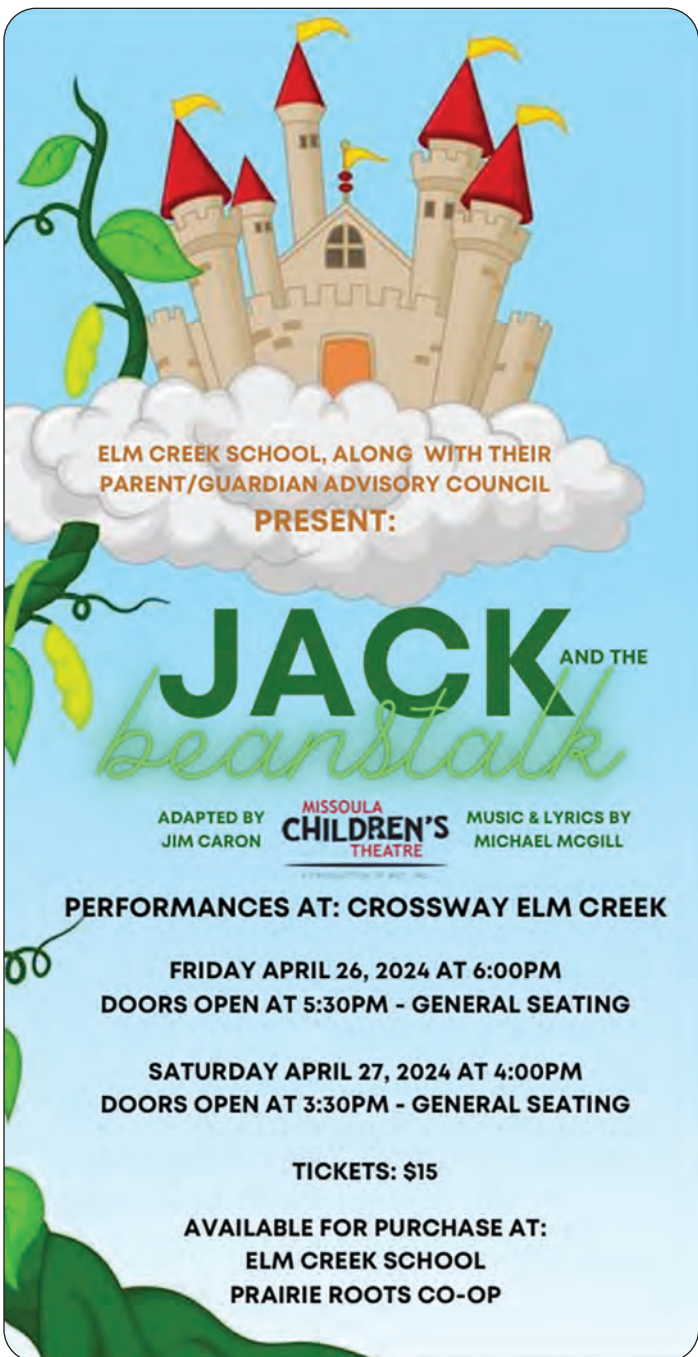
In 2023 alone, staff contributed over 14,000 volunteer hours to various community groups, and ACU donated almost \$1.8 million to local non-profits and charities across Manitoba. In addition, ACU employees raised over \$250,000 for community organizations with donations from their Jeans for Charity program.

ACU continues to prioritize its members' financial well-being and the communities it serves and was once again recognized as a top employer in Manitoba.

"Yes, we know there may be bumps in the road, but know that your board and staff are committed to serving the membership in the best way possible," said Letkeman.

"Over the last three years, we have been hard at work on executing and capitalizing on the mergers with other credit unions," said Davey. "These benefits continue to be seen in the economies of scale, competitive pricing and community investments that we bring to our members."

"While we continue to focus on bringing many different organizations together under the ACU banner, it is our privilege to serve every member to the best of our ability every day."



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Dufferin Historical Museum celebrating 65 years

By Lana Meier

The Dufferin Historical Museum is making a public appeal to bolster volunteer support and interest in the local historical hub, which is now in its 65th year of operation.

"We are looking for members and volunteers to help us with our various projects. There is lots of work to be done and many hands make light work," said museum vice-president Lori Keith.

The museum has many exciting events and activities planned for 2024, including several new artifacts it hopes to put on display.

"We also would like to freshen up our current displays and as usual, we need to do some spring cleaning and dusting to get ready for the new summer season," said secretary Trish Aubin.

Thanks to support from sponsors, the museum is hosting a membership drive and offering discounts to new members.

Museum staff will be at Homestead Co-op on April 27th selling memberships, which are \$10 per person or \$25 for a family.

Members are entitled to offer input into the operation of the museum and meet many people who also share an interest in history. Members get free admission to come to the museum at

any time.

Currently, all of the museum's board positions are filled, but it always needs volunteers to help out at events. Volunteers may be asked to open the museum on Sundays or whenever the summer administrator is not available, or to help with tours that come to the museum.

This summer, the museum will host its second annual Duck Race on July 10. The fundraiser will help support a planned renovation project.

"Last year was so much fun and everyone enjoyed spending half an hour watching their ducks race down the street," said Keith.

Museum staff will be at Carman Co-op on May 11th and June 8th selling ducks for the race. People can also contact the museum or any board member to purchase a duck.

The museum has already registered for a booth at the Carman Country Fair and is excited to participate in the Dufferin Agricultural Society's first ever bale decorating contest. It will also sponsor four age categories in the exhibit hall at the fair.

Sponsorship applicants are asked to write a story that is 200 to 500 words long, detailing

Continued on page 8

Royal Winnipeg Ballet dancers hit the stage with Liv Dance Co.



By Ty Dilello

Royal Winnipeg Ballet's On the Edge Tour made a stop in Carman on April 17 and featured local dancers from the Liv Dance Company. The RWB School's Professional Division visited Carman performing a stunning, powerful repertoire that highlights the extraordinary talent of the dancers of the Anna McCowan-Johnson Aspirant Program in the On the Edge Tour. The performance included excerpts from the lively and charming classical ballet, Don Quixote, filled with romance, fun, and Spanish flair, as well as an excerpt from Rudi Van Dantzig's beautifully haunting Four Last Songs.



STANDARD PHOTOS BY RICK HIEBERT

Local performers from the Liv Dance Company joined the Royal Winnipeg Ballet's On the Edge Tour on stage when they stop in Carman last Wednesday night



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Carman Elementary students were in the spirit



STANDARD PHOTOS BY MALLOREY BERGEN

École Carman Elementary School students got creative for their Spirit Week last week. They participated in spring hat day, jersey day, Bright Colours and Sunglasses day, Crazy Hair day and Anything but a Backpack day. Photos from Anything but a Backpack Day, left to right, Mrs. Minty's Grade 1-2 class, Mme. Fox's Grade 1-2 class and Mrs. Fehr's Grade 4 class.

Children's park a major focus for CIB in 2024

By Lana Meier

Carman Dufferin's Communities in Bloom is preparing for a surge of community initiatives in anticipation of the incoming summer season.

The local, non-profit organization is composed of volunteers who are dedicated to beautifying and bolstering community infrastructure.

Its latest initiative includes a re-envisioned future for the Friends and Family Park on 5th Street NW, with the goal of creating a space for families and children to gather and enjoy the natural environment.

Possible upgrades to the park were discussed when the 2024 CIB volunteers met April 16 to discuss the full slate of beautification projects for 2024. The group hopes to add a picnic area, shade sail, and other family-friendly features at the park, plus new plantings of wildflowers and grasses.

The group will undertake fundraising efforts and seek support from local residents to complete the project.

"We have planted trees to provide necessary shade. The park needs additional structures to spark children's imagination and provide a safe play environment as well as comfortable

seating for adults. Our wish is to make this park so inviting that it becomes a real attraction for this community," said CIB co-chair Judy McGregor.

"Some fundraising has been done and we thank those who have already contributed. Please watch for more opportunities to contribute or contact a member of CIB."

The organization is also developing a pollinator habitat in Boyneside, where it has already planted many native plants and plans to add more in the lower natural space along the river. The project is to be coordinated by local volunteer Julie Reuben McDonald, who is working with the David Suzuki Foundation.

As part of its spring-cleaning efforts, the group will host its second annual Clean Sweep Day on May 3.

"CIB is encouraging both kids and adults to get excited about helping improve the town's attractiveness, and be involved any way they wish to tidy up playgrounds, pathway areas and public parks," the spokesperson said.

OTHER UPCOMING PROJECTS:

- CIB volunteers will judge a third



STANDARD PHOTO SUBMITTED

Carman and Dufferin Communities in Bloom volunteers met April 16 for its first meeting of 2024 to go over the group's strategic plan and get ready for a variety of projects in the year ahead.

annual Yard of the Week program.

- CIB volunteers will get busy this spring planning and planting street planters once again. The planters have earned the Town of Carman significant accolades in recent years.

- CIB is planning a public art project for mid June.

- CIB encourages homeowners, busi-

nesses and anyone looking after public space florals to consider planting orange flowers for 2024. Orange is the colour selected by the national Communities in Bloom program to honour Canada's Indigenous citizens and the respectful relationship all must have with one another and the living world.

> MUSEUM, FROM PG. 6

something that pertains to the exhibitor or the history of Carman and area. It can be as easy as an applicant's favourite memory of skating on the river, or a story that their grandparent told them about moving to the area.

A recent grant from the Carman Area Foundation will allow the museum to replace its sign, which will now include a bulletin board that will provide information about the artifacts that are outside the main buildings.

Keith and Aubin express their thanks on behalf of the museum to the Carman Area Foundation

for their ongoing support.

As it has done in the past, the museum is offering scholarship for students graduating in June 2024 who have been accepted into a university faculty for education, or a faculty of arts with a plan to major in geography or history.

In the fall, it will host its second annual Halloween event. Christmas at the Museum will be held on December 14th.

"We would love for you to be a part of our organization. For more information, please email us at info@dufferinhistoricalmuseum.ca or message us on Facebook."



Federal budget raises capital gains to 66.6% starting on June 25

By Ty Dilello

The 2024 federal budget, put forward last week, includes significant new spending on projects and programs. To help pay for it, the Trudeau government is relying on revenue from a change to the capital gains inclusion rate.

Capital gains is the difference between an asset's cost and its sale price. An asset could be a cottage, an investment property, a stock, a mutual fund, or shares in a corporation. For example, if someone purchased a cabin for \$750,000 and later sold it for \$850,000, they would have a capital gain of \$100,000.

Mona Brown and Andrew Winkless of PKF Lawyers in Carman helped try to answer some of the questions that residents might have on these changes.

The new budget increases the capital gains rate from 50 per cent to 66.66 per cent, effective June 25, 2024. This affects assets owned by a corporation or trust or personal assets such as a farm, cottage, rental property, or vacation home in another country if the capital gain is over \$250,000.

Currently, if you sell a rental proper-

ty or vacation property, and you have \$100,000 in gain, you put \$50,000 or 50 per cent as a capital gain on your tax return. After June 25, you'd put 66.6 per cent into your tax return for any gain over \$250,000.

Some situations don't trigger a taxable capital gain. If you sell your principal residence for more than you paid and it is your only residence or earn profits through tax-sheltered vehicles like TFSAs, those gains are not taxed. So, if you're selling your principal home, for example, this change won't affect you unless you own more than one home.

"This is for businesses and farmland, and the rate is going up," said Brown. "For people that are thinking about selling, do it before June 25, as that's the magic day before the taxes go up."

The federal budget also shows an increase in the capital gains exemption from 1 million to 1.25 million.

"Clients, for instance, that want to sell shares of a business or farm would get, instead of a million dollars of exemption, would get \$1.25 million. A husband and wife together would get an extra \$500,000 in capital



Mona Brown and Andrew Winkless of PKF Lawyers in Carman are available to answer questions that readers might have after the federal government released its 2024 budget to the public last week.

gains exemption room," said Andrew Winkless. "So people who think that they've planned and used all their exemption already, should come and talk to us because they could do more planning and have another \$500,000 between a couple. It's a significant amount, and it will take effect June 25. So if you have a sale closing before then where the gain is over your

current exemption, you might want to consider pushing it back past that date."

There is also a Canadian Entrepreneurs program for incorporated small businesses to pay less tax. This would reduce the tax rate on capital gains on the disposition of qualifying shares of

Continued on page 10

April 26 is Community Foundation Day!

The Manitoba government has proclaimed April 26 as Community Foundation Day across the province. This annual day of celebration recognizes community foundations' impact on community well-being, and the generosity of Manitobans.

Manitoba is home to 57 community foundations. Built by community, for community. Connect with your local community foundation at EndowMB.org

Carman Health Auxiliary recognized at Legislature

By Ty Dilello

The Carman Health Auxiliary was recognized and honoured at the Legislature on April 15 for recently passing a major milestone in its community services.

The Carman Health Auxiliary commemorated 120 years of dedicated service on Jan. 25, 2024. In 1903, two women took the initial steps towards constructing a hospital in Carman when they canvassed the community for \$200 towards the construction of the building. This led to the formation of a Women's Hospital Aid Society in Jan. 1904, which ten charter members attended. Since then, women in Carman have been helping out with the Health Auxiliary ever since.

During the legislative assembly proceedings on April 15, Midland MLA Lauren Stone gave a Private Member's Statement to acknowledge the Carman Health Auxiliary and its recent milestone. Nine members of the Carman Health Auxiliary were in attendance at the Legislature and were thrilled with their organization's recognition.

"I am pleased to rise in the House

today to honour the Carman Health Auxiliary, who celebrated 120 years of service on Jan. 25," said MLA Stone in her Private Member's Statement. "Over the past 120 years, it has accomplished a lot for the healthcare needs of Carman and the surrounding areas. They are a group of volunteers that strive to enhance the provision of quality health care for the Carman and area population. Thank you for all the work that you do for the community, and congratulations on celebrating 120 years."

As part of their 120th-anniversary celebrations, the Carman Health Auxiliary is hosting a special Spring Tea event on May 11 from 2 to 4 p.m. at the Legion Auxiliary Hall. This event is a wonderful opportunity to join in their celebration and support their ongoing community service.

Anyone interested in becoming a member of the Carman Health Auxiliary or making a donation should contact Betty Park at parkbm@live.com.

"We have several new members at the Carman Health Auxiliary and are



STANDARD PHOTO BY CRYSTAL MALENKO

The Carman Health Auxiliary was honoured for their 120 years of service on April 15 at a legislative assembly. Pictured in no specific order, Ken Heaman, Della Heaman, Midland MLA Lauren Stone, Gwen McClement, Sandy Sinclair, Kathie Findlay, Betty Park, Darlene Pritchard, Florence Lepp and Ray Pritchard.

quite excited," said Betty Park of the Carman Health Auxiliary. "We were thrilled with the experience of being

at the Legislature and the recognition and are now looking forward to the Spring Tea event."

"Food For All" event a success in Carman

By Ty Dilello

On April 18, the Carman Food Pantry and a local radio station teamed up to hold its first "Food for All" event at the Carman Co-op grocery store.

Carman Food Pantry received every dollar collected throughout the day. In total, they raised \$1,938, in addition to a \$1,000 donation from Homestead Co-op, which brought the total to \$2,938.

Terra Huston is the Chair of the Carman Food Pantry, which operates monthly on Thursdays out of Carman Mennonite Church at 105 Main Street North.

Huston appreciates everyone's support during the "Food for All" event.

"It went so amazing," said Huston. "All of the exposure we got was great as we were on the radio multiple times throughout the day, including

some of the Carman Food Pantry volunteers and a couple people who use the Food Pantry. Thank you to our amazing community as we didn't expect to raise this much."

When the Carman Food Pantry first started, they served about 30 households. Now, they're supporting over 130 families every month. The funds raised during the 'Food for All' event will make a substantial difference in these families' lives, ensuring they have access to more food and essential items.

"For our next Food Pantry day, every household will get margarine and we ordered extra cereal using those funds," said Huston. "Margarine is something we hardly get ever, so we've ordered enough so that everyone will get a tub which is huge for us."



STANDARD PHOTO BY TERRA HUSTON

On April 18, the Carman Food Pantry and a local radio station teamed up to hold its first "Food for All" event at the Carman Co-op grocery store. Pictured is Carman Food Pantry representatives Bob Pauls, Chris Dick, Bertha, Terra Huston and Carman Co-op Food Store Manager Justin Major.

> CAPITAL , FROM PG. 9

a small business corporation by an eligible individual.

"It's being phased in over ten years, mind you," said Winkless. "They're giving you a reduced rate of tax on capital gains if you qualify, but it's to the maximum of \$200,000 in 2025 and then going up from there each year

until 2034."

Finally, there is the ability for people to pull more from RRSPs for first-time home buyers.

"You can now pull \$60,000 instead of \$35,000, and it's starting right away, but it is only for buying a brand-new home, not a used home," said Brown. "Some of these things sound good on paper, but in reality, people need to

phone their accountants and lawyers because we need to interpret what the government is saying to each particular situation."

For anyone who would like to reach out, PKF Lawyers has a Carman office at 71 Main Street South that any-

one is welcome to drop in at. You can also call 204-745-2028 or email Mona Brown (mbrown@pkflawyers.com) or Andrew Winkless (awinkless@pkflawyers.com).

Cars from around the Interlake in new book supporting Parkinson's research

Interlake author Steve Van Vlaenderen shows off photography skills with beautiful new book

By Katelyn Boulanger

St. Andrews author Steve Van Vlaenderen has had a very busy life. He's raced cars, participated in competitive kayaking, and tried his hand at bodybuilding on top of running two different businesses in Selkirk. In 2011, he was diagnosed with Parkinson's disease and though the disease has affected his life, he's continued to keep busy now with the job of advocating for the need for research to be done into finding a cure.

"The neurologist did some basic tests and just advised me that I had Parkinson's disease. I have to admit that I had no knowledge of what Parkinson's was. I was taken aback. But when I started researching Parkinson's, I realized that it was more than me having Parkinson's and, at the risk of sounding altruistic, I just had to do something. I didn't want Parkinson to define me," said Van Vlaenderen

Residents in the region will probably know Van Vlaenderen as the former owner of Stronghold Self Storage in Selkirk with his partner Darlene Hildebrand.

Prior to his diagnosis, he and Hildebrand planned to sail on their, at the time, newly acquired sailboat, Cloud.

"It had been his dream to sail and I had never sailed in my life. He taught me how to sail. We had spent 2010 learning to sail on our new boat. We sailed out of Gimli on Lake Winnipeg and in April 2011, he got this diagnosis," said Hildebrand.

Parkinson's disease understanding has come a long way since Van Vlaenderen's diagnosis. Many people associate Parkinson's with the tremors that are a well-known symptom of the disease but it's much more than that. Van Vlaenderen and Hildebrand explained that Parkinson's affects a person's whole body. There are mental health changes that take place, the person's movement is slower than it was before, and they can also lack expression on their faces. Every person with the disease experiences it differently.

Van Vlaenderen was advised to stop

sailing when he was diagnosed but he says that because he was still feeling well, he wanted to continue and sailed for seven years on Lake Winnipeg.

"On Lake Winnipeg, the dream of many sailors here in Manitoba is to sail the Great Lakes. So after being involved in things like the Parkinson's Super Walk, Steve said, 'We're going to sail the Great Lakes and make it an awareness and fundraiser for Parkinson's disease.' So that's what we did," said Hildebrand.

They called their journey Sail On with Parkinsons and with the help of Parkinson Canada gave presentations throughout the Great Lakes region. Their journey started in the spring of 2018 when they went from Duluth to Sault St. Marie and then to Sarnia Ont. They left Cloud for the winter and then started up again in 2019 in Sarnia. They travelled to some ports

in Pennsylvania before heading to Toronto and then up the St. Lawrence. They returned to Sarnia and expected to start their journey again in 2020.

This allowed Van Vlaenderen to speak to many people about not letting Parkinson's disease define you.

"We raised almost \$15,000 For Parkinson Canada through Sail On," said Hildebrand.

They were also awarded the Sailors of the Year Award from Sail Manitoba in 2019 for their efforts.

The pandemic caused Van Vlaenderen to have to shift his attention to an activity closer to home in 2020. Luckily, he was able to jump into an old hobby in which he's found renewed passion.

"I've been a hobbyist photographer for 50 years. I love taking photos. I experiment with different lighting. I always have a camera in hand when we're travelling, snapping pictures," said Van Vlaenderen.

At first, he left the house and Hildebrand said that she assumed he'd take photos of birds or landscapes but then Van Vlaenderen found an old car.

"I came across this car sitting in the treeline and I looked through the lens,



STANDARD PHOTO BY KATELYN BOULANGER

Steve Van Vlaenderen and Darlene Hildebrand with Van Vlaenderen's book *Vanishing Wheels*. Proceeds from the book go to Parkinson Canada.

looked beyond the patina and the car was layered in stories and it got an emotion started. I started thinking about who drove this car, how it got here, and what was it like back then. The more questions I asked myself more interested I got, so, I started looking for cars," said Van Vlaenderen.

He finds cars to be incredibly fascinating. Van Vlaenderen speaks about how industries like gas stations, modern roads, car dealerships, drive-in movies and even fast food as we know it is all thanks to how we use cars. He feels that vehicles represent the triumph of the human spirit.

From then on, he decided to find vintage vehicles that had been left in place and take photos of them. At first, he was driving around looking for them but eventually, he found a car enthusiast who sent him to others who had more cars that he could photograph.

"As he got into this and decided he wanted to do more than just take photos for himself. That's when he decided I want to publish a book," said Hildebrand.

That started a 16,000km road trip from our area to Banff, Alta. which

had him take the 115 photos of vintage vehicles that are in his new book *Vanishing Wheels*.

Once the pair made it back home, the book was written and it's now available for purchase with all proceeds going to Parkinson Canada.

He dedicated the book to people living with Parkinson's disease and their caregivers as well as his partner Hildebrand.

"I really want to create awareness because not very many people know what Parkinson's is. They think it's an old age disease. A few tremors and what's the big deal? It's much more than that and there has to be funding for research to find a cure," said Van Vlaenderen.

He is currently working on a second photographic homage to vehicles sitting in what might be their final resting places.

His book *Vanishing Wheels* is available at the McNally Robinson bookstores in Winnipeg as well as through Van Vlaenderen's website <https://www.vanishingwheels.com/>. They offer delivery to Winnipeg and Selkirk residents and more information can be found on their website.

"I REALLY WANT TO CREATE AWARENESS BECAUSE NOT VERY MANY PEOPLE KNOW WHAT PARKINSON'S IS. THEY THINK IT'S AN OLD AGE DISEASE,"

SCRL spring book sale returns May 2-4

By Lorne Stelmach

The South Central Regional Library's big book sale will be back this year with an opportunity having arisen for the South Central Regional Library.

The library had been considering what to do as far as a book sale goes, and the plans then fell into place when the Morden Fire Department decided it no longer wanted to do its own sale in support of the Children's Hospital in Winnipeg.

"They were doing their big book sale in spring, and they helped us set up a larger book sale at one of the churches here in Morden," said Morden branch administrator Gail Hildebrand, recalling that library volunteers helped with the department's sale last year. "At the end of that book sale, they decided the fire department was done with it. They didn't want to do the book sale anymore, so they asked us if we wanted to take it over from them."

"What we heard a lot last year was people saw us in our red aprons with South Central on there and everyone wondered is this the [library's] sale?" said director of library services Cathy Ching. "Gail and I talked during the sale and we decided we can do this if we plan long enough ahead."

The last large-scale SCRL book sale was held in 2019. It then had to be on hold during the pandemic, though a couple other factors came into play when organizers were deciding whether to bring it back in recent years.

"A lot of our volunteers have aged out or just moved on ... it was a lot of years between book sales, so we lost the volunteer base that we had," Ching said. "We also didn't have access to the Access Event Centre because it was a COVID immunization site."

The library then moved to having each branch library do its own smaller sale for a few years.

"We decided to try something different, and it was met very well by the

communities," Ching said. "A lot of those smaller communities were excited to have their own book sales."

"We thought we were done until this opportunity came up and dropped into our laps," noted Hildebrand. "People have missed the big sale in general ... for 44 years, having this big book sale in spring became an event that a lot of people looked forward to and relied on to get their summer reading stocked up."

Ching said they are aiming to set it up in a similar way to past sales again, but a new aspect is the mountain of books that will be coming from the Children's Hospital book sale in Winnipeg.

"It's going to be a lot of work because the books are just going to come out of the boxes from Winnipeg ... we're going to spend a day putting them on tables and trying to sort them into the categories," she said.

"We're hoping people will enjoy this again," Ching added. "Some people are browsers, and some people have limited time, and they just want to head straight to the children's books or the inspirational."

"It's not going to be perfect because we will have had very little time [between the books arriving in town from Winnipeg and the sale weekend] ... and we have no idea what will be sitting on the truck."

"We don't have the same kind of storage we used to ... we used to store them in the Access Event Centre, and everywhere is full to the rafters," said Hildebrand, who noted a patron a number of years ago donated a trailer so that used book donations collected from patrons throughout the year could be stored off-site.

To help simplify things for the sale, there won't be any per-book pricing done.

"We're doing a \$10 bag sale right from the start. We learned from the fire department that that was the way to go," Ching said. "We saved our-



STANDARD PHOTOS BY LORNE STELMACH

The South Central Regional Library's Gail Hildebrand (left) and Cathy Ching with some of the donated books that will be up for grabs as the annual book sale returns May 2-4 in Morden.

selves a ton of time with no pricing of the books. It's going to be much simpler."

Hildebrand said they do look forward to the sale, although it makes for a few long days for library staff and volunteers.

"It's a lot of work. It's a little daunting," she said. "It is a lot of fun to do them. In the moment, it is exhausting."

Ching noted the best book sale ever brought in close to \$21,000, so it provides a big boost to the library network.

"We are also planning ahead to our 60th anniversary next year," she said. "So we're going to put some money away to put towards our pet project next year, which may be a book bus."

"We always need volunteers," Ching added. "We've got classes coming to help us unload the boxes and cut down the boxes."

The sale runs Thursday, May 2 from 5-9 p.m., Friday, May 3 from 9 a.m. to 8 p.m., and Saturday, May 4 from 9 a.m. to 3 p.m. at the Access Event Centre in Morden.

Flashback... High School Champs



STANDARD PHOTO SUBMITTED

Manitoba High School 1969-70 Zone 4 Champions. Pictured, left to right, back row: Ron Peters, Ron Young, Brian Hodgson, Brian Burnett, Bill Keith, Bill Whitehead, Jim Arthur, John Driedger, Calvin McEachern; front row, Alvin Wiebe, Jack Sayer, Blake North, Ross McKnight, Brian Coates, Don Arthur and Marsh Kennedy.



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake Kids of Steel triathlon registration open

By Becca Myskiw

A Kids of Steel triathlon, hosted by the Hecla Triathlon, is coming to Arborg this summer.

The triathlon is for children between six and 15 years old. Race director Paula Anderson said the Sulong Triathlon Group has wanted to hold an event for children for a while but didn't have the ability to in Lake Winnipeg.

"It's just never played out properly," she said. "We've always wanted to be inclusive and have that kid's option."

Anderson completed her first triathlon around 10 years ago in Riding Mountain National Park. Knowing she could swim, bike, and run, she decided to try it, and said she probably underestimated how difficult the three sports are to do in succession. When Anderson first stated, she was doing a 750-metre swim, a 20-kilometre bike, and a 5-kilometre run. The most common one she does today is the Olympic distance, which is a 1.5-kilometre swim, a 40-kilometre bike, and a 10-kilometre run. Anderson's favourite race, though, is the long one, and the only place she can do it in Manitoba is at the Hecla Triathlon. That race includes a 1.9-kilometre swim, a 90-kilometre bike, and a half marathon run.

"It's the challenge to push yourself," she said. "Any day can bring anything. You could get a flat tire and have to figure out how to work

through it, or you could be having an off day and just have to finish."

The Interlake Kids of Steel triathlon will be in Arborg on July 6. Children six to seven years old will do a 50-metre swim, a 1.5-kilometre bike, and a 500-metre run. Children eight to nine years old will do a 100-metre swim, a 3.2-kilometre bike, and a one-kilometre run. Children 10 to 11 years old will do a 200-metre swim, a 6.4-kilometre bike, and a two-kilometre run. Children 12 to 13 years old will do a 200-metre swim, a 6.4-kilometre bike, and a two-kilometre run, or if they prefer the longer race, a 300-metre swim, 9.6-kilometre bike, and a three-kilometre run. Children 14 and 15 years old will do a 500-metre swim, a 9.6-kilometre bike, and a four-kilometre run.

Athletes between the ages of 10 and 15 are also eligible to qualify for the 2024 Manitoba Summer Games, which will be held in Dauphin.

The Interlake Kids of Steel triathlon will start at the Access Credit Union Aquatic Centre in Arborg, where the athletes will complete their swim. Once done, they'll head outside to the bike racks, put their shoes and helmets on, and set out to complete their bike ride. That ride will take them to the Collegiate and back to the Aquatic Centre, the older ages doing the loop a few times. After that, the athletes will complete their run, taking them to the ball diamonds, around the track, and



STANDARD PHOTO SUBMITTED

A triathlon for youth is coming to Arborg this summer and registration for it is open now.

through an inflatable finish line.

Throughout each portion of the race, adult volunteers will count laps and distances for the children.

"We try to make the environment as safe as we can," said Anderson. "We want everyone to have fun."

Anderson said doing a triathlon is a great way to challenge yourself. She finds it easy to stay focused when training because of the three sports to focus on, keeping it interesting. She said the triathlon community in Manitoba is also very tight-knit and welcoming, a sort of family that pushes

each other and has fun doing it.

"You leave feeling very accomplished once you're done no matter if you did exceptionally well or had a poor day," she said. "You still put it out there."

The Interlake Kids of Steel triathlon registration is open until Thursday, July 4. Registration before May 15 is \$30 per athlete; after that, but before June 30, it is \$35, and after that, but before July 5, it is \$40. To learn more about the triathlon or to register your child, go to www.heclatri.com.

RCMP arrests three local high school hockey players

By Ty Dilello

RCMP Manitoba announced last week that three teenagers were arrested in connection with a pair of alleged hazing incidents on a local hockey team.

The three teens, all 17 years old, were arrested on April 15 for sexual assault with a weapon, sexual assault, and forcible confinement, while one was arrested for assault and sexual assault.

No allegations have been proven in court, and charges have not been officially laid.

RCMP said the arrests stem from two separate incidents of hazing involving five male victims, aged 15 and 16, who were rookies on the Prairie Mountain Mustangs high school hockey team.

The Prairie Mountain Mustangs, a co-operative AA varsity boys' high school hockey team in southern Manitoba, comprises of students from Prairie Mountain High School in Somerset, Ecole Regionale Notre Dame in Notre-Dame-de-Lourdes, and Miami School.

Police say the incidents happened in November 2023 and January 2024 at a Winnipeg hotel while the team was in the city to play in hockey tournaments. The alleged incident was first reported to Pembina Valley RCMP in Carman on Feb. 20.

The Prairie Mountain Mustangs were knocked out of the Zone IV High School Hockey League playoffs on Feb. 17, but because they finished the regular season as the top A/AA team in the league, they would have been one of the two

teams representing the league in the A/AA provincial playoffs in Bois-Sevain on Feb. 22-24.

Because of the hazing incident, the team did not attend the provincial championships and removed themselves from consideration for the league's post-season awards.

The three teens that were arrested were released on an undertaking and are scheduled to appear in court in Winnipeg on June 10.

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1. To Control noxious weeds on road allowances and municipal properties. The projected dates of application will be from May 15, 2024, to October 1, 2024

The herbicides to be used include:

- 24D Amine 600
- Glyphosate
- Par 111

2. To control weeds and turf fungal disease on the Miami golf course and greens. The projected dates of application will be from May 15, 2024, to November 15, 2024

The herbicides/fungicides to be used include:

- Par III
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The public may send written submissions or objections, within 15 days of the publication of this notice to:

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May 8-17 Green farm, MB

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Visit PV Auction Services for sale details pvauctionservices.ca



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Application forms are available at Carman Collegiate, Dufferin Christian School, Elm Creek School, and Miami School or by calling the Carman Legion at 745-2454. The applications must be received no later than Friday, June 7, 2024. Applications may be mailed to:

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OBITUARY



Tina Isaak (Peters)

Tina Isaak of Carman passed away peacefully at the Boyne Lodge on April 12, 2024. She had celebrated her 98th birthday in October with family and friends.

She is survived by sons: Peter (Irene) and Edward (Fely); son-in-law Harold Harms (Phyllis); brother Jake Peters; sister Selma Pauls; sister-in-law Wendy Peters; and their families.

She was predeceased by her husband Peter Isaak in 1981, and her daughter Ruth Harms in 2022.

Celebration of Life was held on April 18 at Friends Community Church with Pastor Neil Funk officiating, and burial at Miami Cemetery. Full obituary and service video can be viewed on Doyle's website.

The family would like to thank the Home Care staff, and all the nurses and aides at Carman Hospital, Foyer Notre Dame, and Boyne Lodge for the wonderful care they provided to our mother. Thanks also to the Friends Church for providing the venue and a wonderful lunch; to Mark, Andrew, and Craig, at Doyle's for their compassionate care and understanding; and to all our friends for your continued care and prayer support. May God bless you all!

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> GAMES

SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

- Excessively theatrical actors
 - Footwear
 - A way to disfigure
 - Exchange rate
 - Hawaiian wreaths
 - North-central Indian city
 - Bungle
 - Extremely angry
 - A short note of what's owed
 - Criminal organization
 - Mimic
 - Try to grab
 - U.S.-born individuals
 - Some are covert
 - Order of the British Empire
 - Don't know when yet
 - Payment (abbr.)
 - Winged angelic being
 - Variety of Chinese
 - A way to be anxious
 - Famed wrestler Hulk
 - Partner to cheese
 - Slang for sergeant
 - Canadian flyers
 - Actress Ryan
 - Highly unpleasant vapor
 - Body part
 - Halfway
 - Cool!
 - Consume
 - Salts
 - Upper bract of a floret of grass
 - Housepet
 - Cavalry-sword
 - Symbol of a nation
 - Frocks
 - Used to carry food
 - Portuguese folk song
 - Sharp mountain ridge
 - Ireland
 - Where golfers begin
 - Greek mythological sorceress
 - Fluid suspensions
- ## CLUES DOWN
- "Mad Men" leading man
 - Water (Spanish)
 - Annoy
 - Bulgarian capital
 - Japanese title
 - Capital of Zimbabwe
 - Giraffe
 - A mixture of substances
 - Midway between south and southeast
 - Staffs
 - Turkish title
 - Type of acid
 - Thin, flat strip of wood
 - Russian river
 - Ribonucleic acid
 - Partner to flow
 - Airborne (abbr.)
 - Earthy pigment
 - Genus of earless seals
 - "Key to the Highway" bluesman
 - By or in itself
 - Hot fluid below the earth's surface
 - Partner to trick
 - British Air Aces
 - Ammunition
 - Supervises flying
 - Health care for the aged
 - Flanks
 - Millimeters
 - Where wrestlers perform
 - Not around
 - Flightless bird
 - Bell-shaped flowers of the lily family
 - Expressed concern for
 - Satisfies
 - Flew off!
 - Wings
 - Load a ship
 - Vigor
 - British title
 - Whiskeys
 - ___ Adams: founding father
 - Body of water

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15							16		
17					18							19		
20				21		22					23			
			24		25					26				
27	28	29		30				31				32	33	34
35			36				37				38			
39						40				41				
42					43				44					
45				46				47				48		
			49					50				51		
52	53	54				55				56		57	58	59
60						61				62		63		
64						65						66		
67						68						69		

get inspired

> MEAL IDEAS



Shrimp, Broccoli and Potato Skewers with Lemon and Thyme

Prep time: 5 minutes
Cook time: 20 minutes
Servings: 4

1 pound bagged Little Potatoes
1 bunch broccoli
12 large shrimp, peeled and deveined
1 1/2 lemons, juice only
3 tablespoons fresh thyme, chopped
2 tablespoons olive oil
salt, to taste
pepper, to taste

In large, microwave-safe bowl, microwave potatoes on high 5 minutes.

Chop broccoli into large pieces. Add broccoli and shrimp to bowl once potatoes are steamed.

Add lemon juice, thyme and olive oil; evenly coat potatoes, shrimp and broccoli. Season with salt and pepper, to taste.

Build skewers and grill 10-15 minutes on medium-high heat, until shrimp is cooked through.



Easy as 1-2-3 Potato Salad

Prep time: 2 minutes
Cook time: 5 minutes
Servings: 4

1 package A Little Savory Herb Microwave Ready Little Potatoes, with included seasoning pack

2-3 tablespoons green onions, chopped
1/2 cup mayonnaise or plain Greek yogurt

In microwave, cook potatoes 5 minutes according to package directions.

Combine seasoning pack, chopped green onions and mayonnaise or Greek yogurt.

Pour dressing over cooled potatoes. Stir gently and serve.



Taco Mac and Cheese

1 box macaroni and cheese
1/4 cup milk
4 tablespoons butter
1 pound ground turkey
1 red bell pepper, diced
1 yellow bell pepper, diced

1 orange bell pepper, diced
1 onion, diced
2 teaspoons taco seasoning

Prepare boxed mac and cheese with milk and butter according to package instructions.

In skillet, brown ground turkey over medium heat. Add bell peppers and onion. Add taco seasoning.

Stir turkey mixture with mac and cheese to combine.

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

If you didn't know it already, medical self-advocacy is of utmost importance to me.

Recently, I had spinal surgery to deal with some pesky (near-total debilitating) lumbar spinal stenosis. Thankfully, the surgery did the trick, and my legs still work. Phew.

I had to spend a night in the hospital, and although great in attitude, some of the nurses lacked know-how. Although I could barely move, I had to steer the baton. Horse? Ship. You get the point.

The young supply nurse (Jane) from an agency had me contorted like a dead body in a suitcase when she tried to reposition my bed for me. My back was not in the contortionist mood, so I had to ask her to get help to learn to control or stretch the cord to me so I could take over.

A little later, I needed the commode, and the same nurse came to help. The nurse in charge (Sally) came in to say she'd be right back with my pain meds. Jane proceeded to push the commode to the foot of the bed, push my wheelie table in front of the closed door, blocking

it, and then took my I.V. bag off the pole so I could reach the commode without ripping it out. She needed both her hands to hold my insulin pump and the drain in my back so this math did not add up. She hung the bag on the pole and stood there, confused.

"Hmm...it doesn't reach."

Now. I am no genius, but both the commode and the I.V. pole are portable.

"Umm, the pole is on wheels," I said, trying to keep my impatient bladder from dripping out my disbelief in my words. I have a question. What nurse doesn't know an I.V. pole rolls? Also, Sally was not impressed that Jane had made an obstacle course of my room and blocked her entry. (And what if there was a fire or I coded, dare I ask? Yikes. Just me and newbie Jane trapped in a hospital room. At least we had a good view. But it was pitch black at 3 a.m.)

The point? Say what you need. Help problem solve. I know we shouldn't have to, but we do. Be respectful, but don't stress about hurting feelings or being 'a pain.' (You wanna talk pain? Speak to my back that night.)

It's okay to ask what your blood pressure is when they take it. It's okay to say that your water jug is empty. It's okay to point out wheels on an I.V. pole! Sigh.

It's okay to self-advocate. More than.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalm-iss_stress, and at www.lesshealthstress.com If you like her writing, find more on her Substack page: The Quest For Less Health Stress



Country Caramel Apples

Using melon ball scoop, carve round apple pieces, starting at skin and rotating inward.

Insert long toothpick into each round apple piece.

Place crushed pecans in small bowl. Roll round apple pieces in caramel dip then roll in crushed pecans.

Place coated apple bites on serving tray and refrigerate until just prior to serving.

3 Envy Apples
1 bag crushed pecans
1 jar caramel dip

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