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STANDARD

VOLUME 4
EDITION 21

THURSDAY,
MAY 23, 2024

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Growing minds

STANDARD PHOTO BY MELISSA BENNER

Cohen and Avery learned that phosphorous came from ancient sea life and that healthy roots need phosphorous to live at the Seed Survivor mobile classroom. See full story on pg. 18.

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Carman Collegiate students take part in Agri-Ecosystems Day



Mitchell Timmerman (MB Agriculture), Zachary Pritchard, Carly Sotheran, Campbell Park.



STANDARD PHOTOS BY ROSEANNE MASSINON

On May 9, the Agriculture 30S class at Carman Collegiate participated in the Agri-Ecosystems Day at Fort Whyte. This event is all about connecting students with soil health and sustainable agriculture in Manitoba, leading to a better understanding of the challenges facing today's farmers and our environment, and future career opportunities in agriculture and environmental sciences. Above, Allie McCullough, Taytum Worms, Sydney Dyke



Sydney Dyke, Allie McCullough, Kent Lewarne (Nutrients for Life), Taytum Worms, Carly Sotheran

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Local Chamber of Commerce holds May meeting

By Ty Dilello

On May 14, the Carman and Area Chamber of Commerce held its monthly meeting in the lower level of the town's Memorial Hall.

It was announced that the Poutine Week winner was McGee's Original Grill, who had put together an amazing, mouth watering poutine. The Chamber extends a big thank you to everyone who participated, supported and voted during this Poutine Week.

The Carman Pool will plan to open on June 6 if all goes well following its pre-open inspection. Swimming lessons are filling up, so don't wait too much longer to sign up with the town's Recreation Department.

The Carman and Community Chamber of Commerce Golf Tournament is upcoming on June 13 at the Carman Golf and Country Club. Join the Chamber for a fun day on the golf course. Fun, networking, snacks, prizes and a delicious meal are included in your registration, which is \$125 per golfer

or \$500 for a team of four. Contact Jodi Winkler at the Chamber to register.

There will also be an opportunity to purchase a Team Ball for \$100, with the winner of the Challenge winning 50% of the proceeds. The tournament will shotgun start at 1:00 p.m., cocktails at 5:30 p.m., and dinner at 6:00 p.m.

Beukema Pneumatics has designed, produced and donated a Backyard Grill that you can win at the golf tournament. Raffle tickets for this amazing donation are available from any one of the Chamber Executive, Board Directors, or by contacting Jodi Winkler. Tickets are \$5 each, and only 300 tickets have been printed, with the draw to be made at the Chamber Golf Tournament.

Finally, the Chamber of Commerce is also excited for the Carman Country Fair Parade, which will be held at the Dufferin Ag Society Fair Grounds on July 13.

The next Carman and Area Chamber of Commerce meeting is scheduled for June 11.



PHOTO SUBMITTED

McGee's Original Grill was crowned the winner of the recent Poutine Week at the latest Carman and Area Chamber of Commerce meeting on May 14.

Carman Health Auxiliary celebrates 120 years of healthcare support



STANDARD PHOTO BY MADIE WINKLER

Carman Health Auxiliary's longest serving member of more than 40 years, 91-year-old Gwen McClement, cut the 120 year anniversary cake

By Ty Dilello

Carman Health Auxiliary celebrated 120 years of supporting healthcare at its Spring Tea on May 11.

Words of congratulations and thank you's were shared at the event by Carman mayor Brent Owen, RM of Dufferin reeve Cor Lodder and Midland MLA Lauren Stone.

"The event was awesome; very well attended and so well supported financially," said Betty Park of the Carman Health Auxiliary. "The new ideas and energy of new members was evident

and appreciated by everyone."

The funds raised at the Spring Tea and by the sale of raffle tickets will purchase a new overhead light for the Carman Hospital emergency room, as well as bursaries for graduating students entering the healthcare field.

Refreshments of cheese, fruit, and veggies were served along with an anniversary cake. The food was purchased with a donation from the Homestead Co-op location in Carman.

The Carman Health Auxiliary was honoured that its longest-serving

member of more than 40 years, 91-year-old Gwen McClement, cut the anniversary cake.

Lucky raffle winners on the day were Louise Collette, Charles Peckover, and Roger Tournier.



Public Notice is hereby given that Enbridge Pipelines Inc. (Enbridge) intends to conduct the following Pesticide Program from June 1, 2024 – November 15, 2024, to control noxious weeds on Enbridge ROW's, temporary workspaces, stations, and various facilities along the Enbridge Mainline and Bakken corridors.

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**Environment and Climate Change
Environmental Approvals Branch
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STANDARD



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Our commitment to you: we want to help build stronger communities through articles that both inform and entertain you about what's going on throughout the Pembina Valley. This is your community newspaper—let us know what you want to see in it.

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

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Boyne River Keepers launch shoreline protection program

By E Antonio

The Boyne River Keepers are introducing a shoreline naturalization program to restore and protect shorelines and freshwater sources in Carman.

With partnership through Watersheds Canada, the Keepers will plan, plant and restore private shorelines through the Natural Edge program.

The volunteer group is the first to initiate the federal program in Manitoba.

Watersheds Canada has partnered with various environmental groups across Canada since 2013.

The Keepers received a grant through Watersheds Canada to restore ten properties and build one Natural Edge demonstration site at Ryall Park in Carman.

The Natural Edge program will see the group plant different trees, shrubs, grasses and flowers that are native to the habitat.

The Keepers are also fundraising for a boat launch dock. Native plants will be placed around the dock to restore the shoreline and Boyne River.

Landowners in the Carman, Dufferin and surrounding areas are able to

apply to be a part of the Natural Edge program.

Owners need to purchase a Natural Edge starter kit which includes the necessities for shoreline restoration such as supplies and educational resources.

Landowners will receive a site visit by a Keeper volunteer, a program plan and plants and seeds that are native to the environment.

During the site visit, owners will work with the Keepers to plan what will be planted along the shoreline. Owners can opt for a variety of plants and can customize selections to their liking. Landowners can choose to plant themselves or have help from community volunteers.

Site visits will occur in the spring and planting will begin in the fall or following spring season.

The Natural Edge program will source plants from local nurseries, establishing relationships with Aubin Nurseries in Carman and Prairie Originals in Selkirk.

The cost of the starter kit is to be determined. Proceeds help the program continue in future years.

The Keepers are hoping to keep the

program sustainable and affordable to everyone.

Stacy O'Conner, Boyne River Keepers Education and Conservation committee member is excited to bring the program to Carman.

"It is a great program for maintaining habitats to protect wildlife and aquatic animals," said O'Conner.

Watersheds Canada said the Natural Edge program slows the aging process of the shoreline.

O'Conner reminds landowners that the Natural Edge program is a long-term commitment and that plants require proper maintenance to restore shorelines.

"The River Keepers will help owners get started, but then it is their responsibility to care for the plants and protect the habitat," added O'Conner.

Email brk.naturaledge@outlook.com to begin discussing your Natural Edge shoreline property.

For more information about the Natural Edge program, visit naturaledge.watersheds.ca

ACU teaming up with Winnipeg Blue Bombers to help students tackle finances

By Lana Meier

Manitoba schools will have the opportunity to win a unique financial literacy workshop sponsored by Access Credit Union and the Winnipeg Blue Bombers. This partnership aims to support community initiatives for young people and promote financial literacy, featuring a special guest from the Winnipeg Blue Bombers.

The "Tackle your finances like a pro" workshop will be delivered by the Access financial literacy team, along with a Winnipeg Blue Bombers player, to teach students practical money management skills and tips. The 60-minute workshop will be a fun and interactive experience, with students being able to ask questions and interact with a Bombers player, all while learning about financial literacy. Ex-

citing giveaways and prizes will also be up for grabs.

"Access is excited to be teaming up with the Winnipeg Blue Bombers to help teach students how to manage money, budget, and make good financial choices," said Larry Davey, President and CEO of Access Credit Union. "Our goal with financial literacy is always to help empower people with financial knowledge and we believe that starts at a young age."

According to Wade Miller, President and CEO of the Winnipeg Football Club, the Financial Literacy Program by Access Credit Union is an excellent initiative aimed at empowering and educating youth in our local communities. The Winnipeg Blue Bombers are thrilled to collaborate with Access

Credit Union and aid this program in the coming years, allowing students to reap the benefits of these workshops.

The Financial Literacy Program at Access Credit Union began in 2017 and provides the tools and resources to give employees, members, and the community the knowledge and skills they need to achieve financial success. The goal is to help increase financial knowledge and prepare for life's biggest events. Each workshop is led by a certified financial literacy trainer.

To have the chance to win a financial literacy workshop with a Winnipeg Blue Bombers player, schools can apply by visiting accesscu.ca/bombers. The deadline for applications is June 30, 2024.

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Carman Dufferin Standard
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Carman restorative justice group prepares for annual general meeting

By staff

A Manitoba volunteer group concerned with restorative justice will host its annual general meeting early next month, extending an open-invite to Carman residents interested in learning more.

Carman Community Justice Committee is comprised of citizen volunteers who represent their community and work in partnership with Manitoba Justice and law enforcement to provide justice services locally. The committee serves the communities of Carman, Elm Creek, Graysville, Miami and Roland and the RM's of Dufferin, Grey, Roland and Thompson.

"It's important for people to know the committee's purpose and role in building safe and healthy relationships between all community members. We also welcome people to

contact any committee member for further discussion if they are interested in joining us," committee member Allison Abbott-Wiebe said.

"We currently have a board of nine and many of the communities in our area are represented."

The federal government defines restorative justice as "an approach to justice that seeks to repair harm by providing an opportunity for those harmed and those who take responsibility for the harm to communicate about and address their needs in the aftermath of a crime."

Traditional justice is predominately concerned with what rule has been broken, who is to blame and what should be done to the offender for breaking that rule. Restorative justice gives both the victim and the offender the opportunity to describe the inci-

dent and its impact on them, Abbott-Wiebe said.

Restorative justice requires that the offender take responsibility for their actions and undertake measures set out by the Justice Committee to repair the harm to the victim, themselves and the community, she said.

The Carman Justice Committee receives case referrals from Manitoba Justice officials or the police. Typically, these referrals occur in cases where it would be more beneficial to all affected if the offender were to follow conditions set out by the committee rather than go through the court system.

The first Carman Community Justice Committee was formed in 1982. While the committee was initially youth focused, it now also receives adult referrals.

"Restorative processes can help build capacity for success and reduce the chance of re-offending by forming positive connections and relationships within the community while also repairing the harm," Abbott-Wiebe said.

"A successful completion of the process is beneficial to both victim and offender. The victim is provided reparation, healing, an opportunity for forgiveness, validation, support and safety. The offender will experience meaningful, restorative, and respectful consequences; accountability and reintegration to the community."

The committee is holding its annual general meeting on June 3 from 7 to 8 p.m. in the basement meeting room of the Memorial Hall.

Provincial money to remember and stand united in time of need



By Ty Dilello

On May 1, the Manitoba government announced financial support of \$20,000 for a memorial and \$300,000 in funding for Carman Wellness Connections (CWC), a non-profit organization that helped the community of Carman heal after five Manitobans were murdered back in February.

Carman Wellness Connections offers mental health services and helps community members navigate mental health and wellness resources. The organization, staffed by volunteers, works within the community to find solutions that minimize the impact of limited income. They work to generate connections and opportunities that contribute to the creation of a community where everyone can flourish.

The first year of funding allocated from the Province will assist CWC with operating expenses and provide for the recruitment of a part-time employed community coordinator.

"The coordinator will report to the

volunteer board of directors and will allow CWC to advance community resource initiatives, continuity in programming, and amplify our presence to the community," said Wendy Durand of Carman Wellness Connections.

The CWC board oversees operations of the six volunteer working groups, which each have their own objectives with the common goal to remove barriers and address the complexities of poverty and wellness.

"Monies received will allow us to review the CWC annual action plan and implement or continue initiatives addressed in the six working groups or the board related to supporting emotional health, food security, education and employment, housing, transportation, and affordable recreation and leisure," said Durand.

CWC continually seeks input from the community, builds partnerships with other organizations and government, to find ways to be a community where everyone has the means to flourish where they live, work, learn or play.

The \$20,000 will be used to build a memorial in honour of the victims to remember their lives and stand united against violence.

Carman Wellness Connections in collaboration with a committee of community partners including Communities in Bloom, Boyne River Keepers, Town of Carman, Chamber of Commerce, and the Clearwater family are planning enhancements

and memorial for the Friends and Family at the north end playground on 5th St. NW.

"We are in the early stages of planning, but we are working on upgrades and a memorial that will be placed in

the Friends and Family Park in the north part of town," said Jodi Winkler of the Carman and Area Chamber of Commerce. "More details will be shared soon."

Funding available to deter livestock predation

Eligible applicants will be reimbursed up to 75% of approved expenses up to \$10,000 for predator resistant fence construction and \$5,000 for pre-approved livestock predation equipment and guardian dogs.

To be eligible, applicants must have a paid livestock predation claim under the Manitoba Wildlife Damage Compensation Program in 2021 or later.

Deadline for fence construction applications is June 14, 2024.

www.manitoba.ca/scap/resiliency/livestock.html

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Myrtle history display at the Roland Memorial Hall

By Ty Dilello

A new display at the Roland Memorial Hall has been put up to show off the history of nearby Myrtle, a small community located along Highway 23 within the RM of Roland.

Myrtle was first settled in the 1880s, primarily by Irish and Scottish settlers from Ontario. For many years, it was a busy and thriving community.

Many of the people that first settled in the area were farmers, with pure bred cattle farmers such as the Allison family, as well as seed wheat such as Fife wheat being grown and sold. Most farmers had mixed grain and animal farms, with produce being shipped by train to Winnipeg.

Right from the beginning of the Myrtle settlement, two things became very important to these early settlers – one being a church within to worship, and the other being a school to educate their children. Following a fire in one of the early churches, the community came together to build a Union Church, which became the United Church a few years later.

Myrtle had one of the first consolidated schools in the area, with van routes bringing in children from the surrounding community. Besides academic subjects, Red Cross First Aide, 4-H sewing, and handicrafts were taught during school hours as well as woodworking for the boys.

Sports were always an important thing in Myrtle, with baseball teams providing a highlight of the year for many. A curling rink was built after World War II and provided a home for an active men's as well as women's club.

Events sponsored by different organizations became community events, such as the annual church fall supper. An end of school year annual picnic was always held with an afternoon and evening of events for all ages. For years, a shower was held for any woman in the Myrtle area who was planning on getting married. The men also received a gift from the community.

With the advent of World War I and World War II, many of the community "boys" joined the armed services. Plaques honouring their sacrifice are hung on the south wall of the Roland Memorial Hall. Those who made the ultimate sacrifice are also engraved on the statue outside the Hall.

Such an active community provides many memories for those who lived through them. However, with the passing of generations, a time comes when hard decisions need to be made over what to keep, where to keep it, so that it is not just stored in a box somewhere, or disposed of.

An idea was developed to offer an opportunity to help preserve these memories and share them with others. After meeting with seniors from the Myrtle area, a small committee got together to try and make this happen.

The local RM of Roland council was approached, and they showed great enthusiasm and support for the idea. They identified an area within the Roland Memorial Hall where display cabinets could be installed. And it was hoped that other communities within the RM of Roland would follow suit and develop a display highlighting



STANDARD PHOTOS BY DONNA CAMERON

A new display at the Roland Memorial Hall has been put up to show off the history of nearby Myrtle that is just down the highway. Come check out the "Memories of Myrtle Community" anytime on Monday to Fridays from 9 a.m. to 5 p.m.

their own communities. Display cabinets can be added along the east wall to house these additional communities.

"This is an evolving project, with the addition of a digital display hopefully being completed soon," said Myrtle history organizer Myrna Reid. "In the meantime, with the arrival of the dis-

play cabinets, these mementoes and artifacts are now on display for all to enjoy.

Access to the "Memories of Myrtle Community" display is available whenever the town office is open, which is generally Monday to Friday from 9 a.m. to 5 p.m.



Winkler educator brings historical play to the stage

By Lorne Stelmach

A Winkler educator is seeing a dream project become reality with her musical play on the life of Louis Riel set to hit the stage in a few weeks

Parkland School vice-principal Janna Larsen is also a playwright, and the production of her show *RIEL* will be performed for the first time June 7-9 at the Franco-Manitoban Cultural Centre in Winnipeg.

Larsen is no stranger to the theatre, as she has staged two pieces off-Broadway, including a version of *Little Matchbox Girl*, and done a Fringe show about kids auditioning for *Little Princess* where the audience voted and the winners got to finish the show.

Her production of *RIEL*, though, is special because of the connection to her father Norm, who encouraged her to tell Louis Riel's story.

"At first, I was, 'Dad, why is this my story? Why am I the person who should be telling this story?'" Larsen recalled. "He had researched all of this different stuff for me about the main players and Riel's life."

"So when I started, there was just so much there. It was hard to know how do you set up a story like this for success in a way it's offered to an audience in a way that this is him as a human being," said Larsen. "How do we take that and how do we learn from it and how do we move forward. Look at our history, and can we do better now?"

A composition major when she did her bachelor of music degree at University of Manitoba, Larsen started entering composition contests at age 12 and on, so this all seemed pre-destined.

"I won a couple of them right off, and it kind of was exciting to hear people perform my stuff, and it right away was a nice connection to my love for musical theatre and to music in general."

The genesis of the idea for *RIEL* goes back to 2015 when her father was diagnosed with cancer, so there was then over two years of what he called "senior-sitting."

Her father had previously been a lawyer for Legal Aid as well as a history teacher earlier on, Larsen noted.

"He was always NDP-minded and very much for the people and just wanted to make sure people all had rights and were allowed good legal counsel if they needed it," she said, adding that her father published a couple books, including one about notable trials in Manitoba that went into how the trial of Riel was unfair and how he faced many injustices.

"I knew very little about Riel when I started ... to be honest, I feel like a lot of people don't know," Larsen suggested.

"It's a complicated story. I didn't know that he had almost become a priest," she noted. "Had his father not passed away, he probably would have been a priest, and history would have been entirely different."

She worked on the project over about an eight-year period off and on, and although COVID offered her a lot of time, she didn't have the creative spark.

She has done extensive research, including going to the site of Batoche and taking in a re-enactment of the Riel trial and speaking to a number of historians.

"It's been a labour of love, sometimes very exciting and fun and sometimes just really hashing through how do we tell this story in a way that it's really about all of us as Manitobans, and it's about communicating, and it's about respecting each other," she said. "And it's about having conversations more so than it is about race and religion. It's about just being open to respecting others and finding ways to find commonality."

It's exciting for her to now see it staged for the first time, although this is, in the world of Broadway, what would be called the workshop production that still needs to be further developed and refined.

"I would like to orchestrate it much further, and there's a lot of pieces I would still grow from this production, but this was a really great opportunity to see where there are gaps in the story," said Larsen.

One example she noted was the character of Archbishop Tache, who tries to advocate for Riel but whose hands are tied, so she felt he needed a song.

"I'm also trying to give voice to women in this story too," she added.

"It's very exciting to finally see it and honestly hearing it sung," said Larsen, who recalled recently addressing a class about it at school here, and it became a revealing moment for her.

"As I was walking through it with them, I realized that without the music, it is quite depressing, and when you add the music, it's much more hopeful. There's hope in the lyrics," she said. "I feel like it's a hopeful piece, and I think that is why it needs to be a musical piece ... the music really does give it that hopeful aspect."

"I feel like when you look at his poetry and writings, which a lot of my lyrics are based on ... he was very hopeful for Manitoba, and he was al-

ready advocating for women's rights and all of Manitoban's rights," said Larsen. "I think he saw Manitoba in a light that we are still looking for today, but I think he would think we are on the right track, and I feel like that is hopeful."

Larsen now looks forward to seeing where all this production of *RIEL*

might go, but for now she is enjoying every moment with the people who are involved including some with whom she has strong connections.

"I have a wonderful cast. Most of the people are ex-students of mine from over the years, and it's just a really great group of people."

Congratulations to the 2022/23 and 2023/24 recipients of the Brandon University Pallister Awards and Scholarships provided by Mr. Brian & Mrs. Esther Pallister

Total awards provided:

2023 - \$6,730

2024 - \$10,405

Pallister ACC /BU Scholarship

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2024: Sydni Belinski

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2023: Amber Boulet

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Teresa Kliver

Cade Zacharias

2024: Caitlin Anderson

Reese Bolack

Sierra Fast

Joshua Hillier

Pallister Men's Athletic Award

2023: Travis Hamberger

Camilo Rodriguez

Philipp Lauter

Basketball

Soccer

Volleyball

2024: Khari Ojeda-Harvey

Zachary Wood

Riley Grusing

Pallister Women's Athletic Award

2023: Sydney Teece

Deja Newell

Carly Thomson

Basketball

Soccer

Volleyball

2024: Beth Dueck

Emilie Dornez

Kallie Ball



L-R: Brandon University President & Vice-Chancellor Dr David Docherty, Travis Hamberger, Philipp Lauter, Cade Zacharias, Camilo Rodriguez, Cassie Campbell, Sydney Teece, Deja Newell, Amber Boulet, Carly Thomson, Brian Pallister



L-R: Emilie Dornez, Sydni Belinski, Caitlin Anderson, Kallie Ball, Brian Pallister, Joshua Hillier, Beth Dueck, Reese Bolack, Sierra Hadway



BRANDON UNIVERSITY

'Pump Couture' fashion show to feature Elm Creek's Haley Boyachek

By Becca Myskiw

Elm Creek's Type 1 Diabetes warrior is going to be showing her strength at the first-ever Pump Couture Fashion Show in Winnipeg.

On June 20, Diabetes Canada is bringing its annual fashion show to The Leaf in Winnipeg, and Haley Boyachek will be one of the faces gracing the runway. The purpose of the show is to spread awareness for diabetes and end the stigma for people living with the disease.

All clothes in the Pump Couture Fashion Show come from across Canada, and are fashioned with the models' wearable technologies in mind.

"It highlights diabetes and that we can still rock our devices and look fashionable on a runway," said Heidi Boyachek, Haley's mom.

According to Diabetes Canada, people living with diabetes are two to three times more likely to live with depression, and people living with diabetes and depression are at greater risk of adverse depression-related complications.

The annual fashion show features models of all shapes, sizes, backgrounds and identities living with Type 1 and Type 2 diabetes. Along with showcasing some of the latest fashion trends, Pump Couture will highlight each model and their story, bringing visibility to an otherwise invisible disease.

All funds raised at the fashion show go to supporting Canada's D-Camps program, which is a five-day overnight camp for children with diabetes.

The camp is full of children, camp leaders and medical professionals living with diabetes them-

selves. Diabetes Canada subsidizes the camp cost for those attending, and it aims to raise \$160,000 at the Winnipeg show.

Hayley is going to D-Camp this summer in Lake of the Woods — it'll be the first time she's away from her family, and the first time Heidi won't be monitoring Hayley's glucose levels all the time. At camp, each meal will have a posted carb count, everyone will check insulin together and the staff will be doing routine blood sugar checks.

"I get a frog in my throat when I think about it," said Heidi. "But for Hayley to go and experience camp like everyone else and with people who go through the same thing, with other kids who understand...it's something she's always dreamt of."

Heidi said Hayley has a countdown for camp going and is beyond excited to go.

"The nice thing too is when her blood sugar goes low during an activity, chances are someone else is probably on the side having a juice box too," she said.

The Pump Couture Fashion Show will feature 25 models from Winnipeg. The event will start with cocktail hour, continue with live entertainment and culminate in the fashion show.

Hayley and the other models will be together the whole time, getting hair and makeup done and changing their outfits.

To buy tickets for the show, go to https://crm2.diabetes.ca/site/SPageServer?pagename=pump_tickets.



STANDARD PHOTO SUBMITTED

Hayley Boyachek will be walking the Pump Couture Fashion Show runway this June.



hanging baskets, roses, perennials, herbs, vegetables, assorted annuals, patio planters gift certificates & much more!

carman - 204-745-3534
3/4 mile west of the lights
mon - fri: 8 - 8, sat: 8 - 6
sun: closed

Music concerts return



STANDARD PHOTO SUBMITTED

On May 13, Elm Creek School held its first school concert in a few years with band classes returning. The school's band program disappeared several years ago, until Lane Collins was hired in the New Year to run the music program and has since resumed a band program. Last week's concert saw Grade 1 to 7 students perform a variety of songs over the course of the evening.

RURAL BUDS
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Dead Horse Creek SPEEDWAY



Off to the races!

By Lorne Stelmach

The roar of the engines will soon be heard at Dead Horse Creek Speedway, and the Valley Motorsports Association is excited to get racing underway again at the track west of Morden.

“We’re still pretty new at this ... but we’ve got one season under our belt, and we learned a lot. We’re going to keep at it and continue finding ways to improve it,” said president Chris Unrau. “There was pent up demand here for a long time. There’s a lot of gearheads in this area, and motorsports is hugely popular ... people need a place for it.”

The association formed as a not-for-profit corporation in 2023 and took over operation of the former ALH Motor Speedway. It’s made up of a group of grassroots enthusiasts whose mission is to advance motorsports for the enjoyment of the region.

A lot of their efforts last summer focused on revitalizing the track, starting with re-shaping and resurfacing it, and there are more improvements being made this year.

“We’ve put quite a bit of time and energy and effort into further improvements to the facility,” said Unrau.

Continued on next page



Voice File Photo
Dead Horse Creek Speedway kicks off
it's season this weekend.



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Continued from previous page

"We've got some permanent lighting that's getting installed. Little Morden Service has come forward to sponsor a lap leaderboard so we can see how many laps remaining in each race and what position are the top four at any time, so that's really exciting."

"We're going to have a large LED video screen this year," he added. "We're also hoping to move towards some kind of a streaming operation where we would get the races streamed live online ... I'm not quite sure when we will get there, but that is a goal."

Three weekend special events are on tap for 2024.

The McNaught Cadillac Cup will be May 25-26 and will include the attendance of the Northern Late Model Racing Association with a top level of late model competitors.

"That's the best of the best in the region ... the top late model drivers from North Dakota, Minnesota, Wisconsin and Manitoba," said Unrau. "It will bring the top competitors and the top high-powered cars. I can't stress with enough excitement how big of a deal it is to have the NLRA come here to our track."

The GVE Deere Run will go July 5-6 featuring the Watermelon Cup modified special as well as the Brad Wall Memorial.

Closing out the season then in conjunction with the Corn and Apple Festival is the Proven Seed King of the Corn Aug. 23-24.

"It's very exciting. We had such a great response from the community last year that we decided to expand a little bit to three race weekends," said Unrau, noting they are grateful to have all three races fully sponsored.

"The response from the community has been fabulous, and what we hear is that there's a lot of people planning to come out to these events this year."

Tickets are on sale at the Gardenland Co-op convenience store locations as well as online. Unrau encouraged people to get their tickets early.

"The sense I get in the community is that there are a lot of people who want to come out."

More information is available online at deadhorsecreekspeedway.ca.



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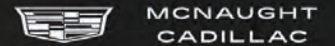
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Where are they now? Catching up with Brian Garnett

By Dennis Young

This feature will attempt to renew some acquaintances with those who called Carman and area home at one time or another. I have randomly selected people to answer questions of their past and present so the readers can be brought up to speed on their lives.

Q. Firstly, let's get familiar with you again. When did you live in Carman?

I was born in Carman in 1948 and left there in 1970 after university.

Q. Did you attend school here?

Mine was the last generation to attend a one-room school through Grade 8 at Kilmory which closed not long after I started Grade 9 in Carman in 1962.

Q. What did you do for jobs as a student?

There was never any need to look for a job as the farm and mink ranch always had plenty of work to offer.

Q. What activities did you participate in as a student?

High school was great as there seemed like endless new sports to try besides hockey and baseball, which were not school-affiliated at the time.

By good fortune, we had a group of guys of natural athletic ability who pushed one another and produced teams competing at the provincial level in several sports.

Q. Did your family live here? Who and what did they do for a living?

Emma and Harold Garnett raised me and 3 other siblings Brenda, Marilyn, and Glen here. Both served in WWII then after marrying, they returned to the farm in the Kilmory district three to four miles west of Carman to join twin brother Earle who had stayed in Canada to continue keeping the farm operational. At some point in my early childhood, they established a mink ranch, along with many others in the area at the time.

Q. What was your chosen career after school?

I left home at 17 to attend the College of Optometry of Ontario in Toronto. The culture shock of that change was memorable, most notably driving into the city and counting 16 lanes of traffic all on one highway! Upon graduation I was offered and took a minor teaching role at the University of Waterloo. Our small college had been merged into the Faculty of



STANDARD PHOTO SUBMITTED

Pat and Brian Barnett on holidays in 2019 visiting Zurich, Switzerland.

Science there. Preferring patient care to teaching, I took a job with a highly regarded optometrist in London. Despite our 25-year age difference we became good friends and enjoyed a 20-year partnership and for me, a 37-year career.

Q. What activities did you participate in while working there?

Again, sports predominated my non-professional life: competitive curling until the mid-1980's, distance running from the early 1980s with some 30 marathons, then triathlons culminating in the Lake Placid Ironman Triathlon in 2000. Now I just exercise to try to stay healthy. Professionally, I became involved in the provincial self-government body for optometry and in an American academic journal.

Q. Do you have extended family living here?

Both my parents have passed away and I don't believe there is anyone with the Garnett name still living in Carman.

Q. What do you do now? Retired?
My wife Pat and I retired in May 2008.

Q. What passes your leisure time?

In preparation for all the new spare time, we bought touring bicycles. Five days after our retirement party, we flew with our new bikes to Victoria and cranked our way across the country to St. John's by mid-August. It was a marvellous way to start a new phase of life. We liked it so much, we

did several more such trips, the first three along all the other sides of the USA.

Q. Have you travelled and where?

We never got to bike in Europe but were lucky enough to travel to several countries in the more usual way. The same was true of New Zealand and Australia

Q. Do you have to do list?

Much of our year now we spend at a small cottage near Tobermory, Ontario on the lakeshore of Lake Huron. It is our happy place.

Q. Do you ever return to Carman?

My visits are rare now, the last being to see old friends, Neil, and Dorothy Strachan in 2019, as they celebrated their 50th wedding anniversary.

Q. What are some of your fondest memories of your Carman days?

The highlight for me was the success of our Junior baseball Carman Goldeyes. We won the Manitoba title, memorably the same day the first man landed on the moon, in 1969. That allowed us to go to the Nationals, where we won the A-side in three games but lost twice to the home team Sarnia, Ontario team in the finals.

Q. Any last words you wish to send to our readers?

Looking back, I feel fortunate to have spent my early years in Carman. Sports kept me out of trouble and farming seems to have a way of promoting a work ethic that has served me well.

Well Water Testing Program

**Sample Drop-Off
Time 10 a.m.**

**Tuesday, June 4th
Tuesday, June 18th**

Sample Bottle Pick-Up & Drop-Off Locations:

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R.M. of Thompson	R.M. of Woodlands	R.M. of Rockwood
	R.M. of Grey	Redboine Watershed District Office

Testing Options	B1 Bacteria	\$30.00	Total Coliform and E. Coli
	B1 Bacteria	\$25.00	*The first test is \$25 and then \$30 for subsequent tests*
	N	\$45.00	Nitrates, Nitrites
	Mi2	\$195.00	Calcium, Magnesium, Hardness, Sodium, Potassium, Manganese, Iron, Zinc, Nitrates and Nitrites, Chloride, Sulphate, pH, and Conductivity
	Mi2HL	\$200.00	Includes all tests in Mi2 tests plus Arsenic, Boron, Barium, Fluoride and Uranium
Mi2HL+	\$230.00	Includes all test in M12HL tests plus Lead and Copper	

Samples must be taken the morning of testing. RBWD will look after shipping samples to the lab. Cheques payable to Horizon Labs.



Star Dome giving locals a chance to see the stars like never before

By Becca Myskiw

This summer in Carman is sure to be out of this world, especially with the Star Dome coming to town.

On June 20, the Star Dome will be setting up shop in the Carman Community Hall, giving 100 people the opportunity to stargaze during the day. The travelling planetarium transports participants through time and space through education and entertainment, having “inspired” more than 100,000 people across southern Manitoba.

The Star Dome takes people to different parts of the earth to see the sky from other perspectives. Once off the earth, people can see what makes the seasons and the phases of the moon, then go on a full tour of the solar system, seeing even Jupiter’s moons and Saturn’s rings. Star Dome will take people through stellae nurseries, jewel-like clusters of stars, and through debris from the deaths of massive stars. The experience will even take people a little out of the Milky Way and into other galaxies to see what they call “the vast and majestic cities of stars.”

Star Dome works from a multimedia projection system that simulates the sky and has the capacity to zoom in

on any object within it. The projection will go all over the inflatable dome, and because of the advanced tech system, stars and planets appear life-like as you fly past them in realistic speeds, making the entire experience feel as real as it can without being the actual thing.

Monica Halbesma, Carman public education safety coordinator, applied for a Healthy Together Now grant through Southern Health-Sante Sud to bring the Star Dome to Carman, and the grant was approved, meaning locals can take in the entire Star Dome experience at no cost. The grant Halbesma applied for was one that had to bring the community and nature together.

“I was thinking about how we can do that,” she said. “It snowballed into this. I thought it looked pretty cool. Who doesn’t like looking up at the stars?”

Before the Star Dome sets up at the community hall on June 20, it’ll set up at Carman Elementary for the Grade 4 and 5 classes the day prior. On June 20, there are four time slots people can participate in, and they have to sign up for one in advance:

- 11 a.m. to 11:40 a.m.



STANDARD PHOTO SUBMITTED

Star Dome is an amazing multimedia planetarium that transports you through time and space. The mobile planetarium is coming to Carman this June.

- 12 p.m. to 12:40 p.m.
- 1 p.m. to 1:40 p.m.
- 2 p.m. to 2:40 p.m.

After the interactive experience, participants will get sheets to take home so they can continue their learning in their own backyards, finding stars and planets they learned about in the real sky.

“Any education is good,” said Halbesma. “It opens your mind. And this is something you can do afterwards on your own time too and connect with yourself on.”

For more information on the Star Dome travelling planetarium, visit the Carman Dufferin website.

Paramedic Services Week

May 19 to 25



A day in the life of a paramedic

Being a paramedic is more than just a job — it’s a calling that demands resilience, compassion and unwavering dedication. Here’s what a typical day entails for these frontline healthcare heroes.

PREPARATION AND READINESS

The day begins with meticulous preparation. Paramedics must check their equipment, ensuring everything is in working order and fully stocked so they can respond to any emergency.

ON THE FRONTLINES

Once on duty, paramedics are on standby. They may receive a call to respond to a car accident, medical emergency or traumatic injury. Time is crucial as they rush to the scene, navigating traffic and obstacles to reach the patient as quickly as possible.

CRITICAL INTERVENTIONS

At the scene, paramedics assess the situation and administer life-saving interventions. They stabilize patients, control bleeding, provide CPR and administer medi-

cations. Their quick thinking and expert medical care can mean the difference between life and death.

TRANSPORT AND CARE

Once patients are stabilized, paramedics transport them to the hospital while continuing to provide critical care. They communicate with hospital staff to ensure a smooth handover and provide essential information about the patient’s condition and treatment.

ROUTINE TASKS AND TRAINING

Between emergency calls, paramedics engage in routine tasks, such as restocking supplies, completing paperwork and joining training sessions to stay up to date with the latest medical advancements and protocols.

Paramedic Services Week is May 19 to 25. Take this time to celebrate these healthcare heroes who work tirelessly to save lives and provide critical care to those in need.



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Back 40 Festival unveils its 2024 lineup

By Lorne Stelmach

A key mission for the Back 40 Festival is to help keep homemade music alive, so the emphasis for its upcoming annual daylong event will be on local talent.

Organizers believe their core audience appreciates and is keen to support performers from right here in southern Manitoba.

"We made the decision to try that last year, and we thought it was a great experience," said festival chair Scott Bell.

"It seems that since the pandemic, there's been a real upswing in the amount of local performers," he said. "We feel real strongly that it's an important part of our mandate to provide them with the opportunities to perform."

"I think there is an audience for it, and I think now, more than ever, there's good opportunities for performers, and we certainly want to be part of it."

The long-running festival is set for Sunday, June 2 in the Morden Park, and it will feature a variety of familiar faces as well as some perhaps who will be new to the audience.

The headline act is the musical collective described as a homegrown bluegrass supergroup, as the members of the Stanley County Cutups are all well known in folk music circles, including two members from this area.

The group includes Jeremy Penner

on fiddle, Tim Osmond on banjo and dobro, Jeremy Hamm on mandolin, TJ Blair on guitar, and Jess Reimer on bass.

All sing multi-part harmonies in a bluegrass style through original compositions and traditional numbers.

"They're a great band. They're a lot of fun, and they are all excellent musicians," said Bell. "It's always our hope that we will bring in an act that will attract people, and if there is a local connection then that is even better."

"The rest of the day is filled with lots of awesome local performers," he said, starting with Joe Wilson and his Rangers as well as Smokey and the Barn Cats, which includes Karl Redding, Joel Titchkosky, and Matt Sibbald. Paul Bergman will be joined by Andrew Braun, who is originally from Altona but has been based out west.

"He's toured nationally with some artists and personally, so he's a well-seasoned musician," noted Bell.

There will also be a blues jam featuring Link and the Moustaches, JP Lepage and Jayme Giesbrecht as well as Lakes and Pines and the duo of Steve Dueck and Jennesa Kehler. And there will be a number of solo acoustic players throughout the day, including Madel Morin, Bill Dowling, Nathan Strange, and Téa.

Children's entertainment will be provided by James Cullepon, and Karl Redding will serve as the day's



STANDARD PHOTO SUBMITTED

Headlining this year's festival are the Stanley County Cutups (above). Also taking the stage are Lakes & Pines (below, left) and Joe Wilson (below, right), amongst a host of other local artists.

MC.

"Karl's been doing a fantastic job of hosting open mic nights and coffee houses, and he was keen to take on this opportunity," said Bell.

As always, there will be the artisan vendor and food trucks. A new feature will be a beer tent.

"That's a big step. It's something we've actually been talking about for years, and we've been able to make it a reality this time around," said Bell. "We have some new board members who have really been able to make some things happen that have kind of been on our wish list."

Now Bell will just hope for good

weather for the day, although he noted the festival last year fared well even with a heavy rain storm.

"We were pleased with it, even considering there was a pretty major downpour in the middle of the day. A lot of the performers banded together and actually performed under the tent for those who stuck it out, and it wound up being a very special part of the day."

"It's a full day experience. We're trying to make it attractive to families and people of all ages."

You can learn more about Back 40, including ticket information, online at back40folkfest.com.

Miami rodeo making its return from June 22-23

By Ty Dilello

Heartland Rodeo Association is pleased to be returning to Miami from June 22-23 for this year's rodeo at the Miami Agricultural Society fairgrounds.

Established in 1995 with the goal of promoting and sustaining Manitoba's rodeo culture, Heartland Rodeo is dedicated to providing a family-friendly experience.

The Miami Rodeo offers a chance for competitors from all walks of life to join in thrilling rodeo competitions, including Bareback, Saddle Bronc, Ranch Saddle Bronc, Calf Roping, Goat Tying, Steer Wrestling, Breakaway Roping, Ladies Barrel Racing, Team Roping, and Bull Riding.

There are also events designed to encourage beginners to participate in rodeo: Pee-Wee Barrel Racing, Junior Barrel Racing, and Junior Steer Riding.

"It's an extraordinary sporting event

that captures the energy and exhilaration of the ranching lifestyle," said rodeo organizer Chad Gehring of the Heartland Rodeo Association. "The Miami rodeo committee is a very vibrant committee and puts on a great rodeo. Heartland Rodeo Association is extremely proud to partner with the Miami Ag Society to host an amazing event every year."

The 2024 Miami Rodeo will start at 2:00 p.m. each day and go into the night.

"We have had a rodeo in Miami for over 25 years," said Gehring. "It was one of the first-ever in the area, so we really love to get out to Miami. We would always like to have more spectators in the stands this year, and the Miami rodeo is also our first one of the summer schedule."

For more information on the rodeo, please visit <https://www.heartlandrodeoassociation.net>.



STANDARD PHOTO SUBMITTED

The Heartland Rodeo Association is pleased to be returning to Miami from June 22-23 for this year's rodeo at the Miami Agricultural Society fairgrounds.

Unique baby sensory program set for national expansion

By Raegan Hedley

Without planning it, Fran Hiebert and Denise Turanli got pregnant at the exactly same time. They'd met working at Coca-Cola, had their baby boys one day apart and got to share the fascination of watching them develop and grow together.

"I was living in the UK at the time, and Denise came over to visit and I took her to every baby class you can imagine," said Hiebert. "Although there were lots of aspects of programs over there that we liked, we felt that there were lots missing as well...there was a clear gap in the Canadian market to be serving new parents better."

Hiebert explained that one of the things her and Turanli noticed was that the experience for parents needed to be improved.

"It's such a huge transition being a new parent, especially when you're doing it for the first time, that we really wanted to create a space where we could bring people together and have the grown-ups have just as much fun as the babies."

Both from business backgrounds, the two Winnipeg moms launched Lullaland in 2019, a baby sensory class designed to encourage cognitive development using light, colours, sounds, songs and textures. Hiebert said she was more behind-the-scenes and at first Turanli ran the programs. They wrote original music and created 45 themes with different props, costumes, puppets and experiences. Nothing grates on an exhausted parent's ears quite like bad singing, so they decided to only hire qualified leaders with performing arts backgrounds.

"What we say is you can do your whole mat leave with us, and you will never experience the same class twice," said Hiebert. "We mix it up, we make it interesting and engaging for the parents. But we also do have a consistent beginning and ending because it is important for babies to



Take your tot through the rainforest! Lullaland has 45 themes with a predictable class structure to keep things consistent for babies and interesting for caregivers.

have some sort of repetition too."

Lullaland is not a baby playgroup where you sing the same old nursery rhymes repeatedly." Turanli added, "Our sensory classes are backed by research, designed with creativity, and crafted to encourage the rapid development of your little one in their formative years. From promoting eye tracking to nailing their pincer grip, and much more, our classes encourage these essential skills through wonder and play."

There are three different programs: Lullanewborns (from six weeks to sitting unsupported), Lullababies (sitting and taking first steps) and Lullatots (up to 3.5 years old). The timing of sensory classes is critical.

You may think that allowing babies to experience a collage of colours, sounds and textures simply keeps them entertained. In fact, it is far more beneficial for their growing minds. According to the Center on the Developing Child with Harvard University, the early years are the most active period in the brain for establishing neu-



STANDARD PHOTOS SUBMITTED

In the first three years, one million neural connections are created in babies' brains every second. Sensory engagement and play programs, like Lullaland, are backed by plenty of research and meant to help with eye tracking and strengthening the pincer grip.

ral connections, in fact, in the first few years of life, more than 1 million new neural connections form every second. This is why sensory stimulation from birth is vital.

That's one of the reasons why Anitra Longley and her 15-month-old son Jason are attending Lullaland classes at Seven Oaks.

"I've done church programs, drop-in programs and quite a few mommy-and-me classes. It's fun, but it's usually just free play, which is kind of cool, but it's not what we're looking for when we're going out at this age," said Longley. "I want Jason to be engaged, and that's what they do at Lullaland."

Longley explains she doesn't mind driving from Selkirk because "there are no other programs that offer games and themes the way they do."

"The thing that's different with Lullaland is it's such a positive atmosphere. It just feels like everyone wants to be there and everyone communicates. It just fills our cup up when we go. It's not draining like the other ones can be," said Longley. "It really helped with my mental health because parents also interact with each other, right? I've actually made some friends."

Hiebert and Turanli's idea was a runaway success, and they steadily kept expanding. Now, they deliver 43 classes a week to over 600 families across nine locations — eight in Winnipeg, one in East St. Paul— and

they're planning to franchise Lullaland across Canada.

"There's a Google review that says something like, 'It's harder to get into Lullaland than it is to get Taylor Swift tickets!' Because we did get there at one point. We want to be able to grow in a way that doesn't compromise the quality of the program," said Hiebert. "I think right from the beginning, although it started as a passion project, we very much knew that franchising was the route that we wanted to go with it."

Currently the classes cater to 1,000 participants each week with babies as young as three weeks and grandparents as old as 92. Everyone, regardless of their age, loves the class because there is so much variation. Their themes take babies into space, through the rainforest and even under the sea.

Longley joked that she has two dogs and she thought Jason was starting to act like them at one point. After she started taking Jason to Lullaland, she noticed that interacting with other kids consistently helped his personality come through more.

"Before I started taking him he was very reserved. And now he's so much more outgoing. He'll go sit in the middle of the room and dance... It's so funny," said Longley. "I'll definitely be going until he reaches the age cap."

For more information about Lullaland visit Lullalandsensory.ca.



Lullaland has three programs, Lullanewborns, Lullababies and Lullatots.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U17 Central Energy earns three victories to move to first place

By Ty Dilello

Over the weekend, the U17 Central Energy made their mark on the competition with a trio of victories. With the wins, U17 Central Energy moves to first place in the MPSL standings with a record of 4-1.

On Saturday, Central Energy dismantled Smitty's Terminators in both games of a doubleheader by 11-3 and 14-2 scorelines. The next day, Central Energy continued its winning ways by blitzing the Winnipeg Lightning by a 9-2 count.

In the first game on Saturday, U17 Central Energy handled the Smitty's Terminators thanks to a powerful performance from Brooklyn Friesen, who hit two home runs and drove in two more in the 11-3 win.

Nelia Fehr started the game pitching for U17 Central Energy, and she only surrendered two hits and two runs (one earned) over four innings, striking out seven and walking one. Heidi Reimer appeared in relief for Central Energy.

In the rubber match, Brooklyn Friesen continued her big day at the plate as she drove in four runs on three hits to lead U17 Central Energy past Smitty's Terminators 14-2. Friesen singled in the second, scoring two, hit an inside-the-park home run in the third, scoring two, and singled in the first, scoring one.

Heidi Reimer led things off in the circle for U17 Central Energy. The starting pitcher surrendered one hit

and two runs (zero earned) over two innings, striking out one and walking two. Karli Toews then tossed two innings of no-run ball for U17 Central Energy in relief. She gave up zero hits, striking out four and walking three.

"Saturday's games had great hitting for our team as in the two games we had five home runs," said U17 Central Energy coach Cam Zacharias, "but also great pitching as we only gave up five hits between the two games. It was really a full team effort."

U17 Central Energy continued its winning ways with a big 9-2 win on Sunday over the Winnipeg Lightning.

Central Energy opened the scoring in the bottom of the first, thanks to two singles. They first got on the board when Hailey-Jo Guffei singled, scoring one run. Central Energy extended its early lead with two runs in the bottom of the second thanks to RBI ground outs by Molly Conrad and Guffei. From there, Central Energy would cruise to another victory.

Gabrielle Hildebrand stepped into the pitching circle first for U17 Central Energy. She allowed two hits and zero runs over four innings, striking out four and walking two. Maddy Friesen then appeared in relief for Central Energy to close out the game on the circle.

"We had a solid game against the Lightning, and with Hildebrand and Friesen as our pitchers, each of them only gave up two hits a piece," said Zacharias.

"We had solid defence and some timely hitting."

The U17 Central Energy team also played an exhibition game on Sunday against the U19 Smitty's Terminators team and lost a close one-run game, which was very impressive



STANDARD PHOTOS BY LORNE STELMACH

The U17 Central Energy had a solid day on the diamond in Morden Saturday as winning both games of the doubleheader against the Smitty's Terminators. Game one saw Central score three in the first and four in the third inning on the way to an 11-3 victory. They then came out equally strong with a five run first inning followed by four in the second, leading them into a 14-2 win, before the game was called after four innings.

playing against an older age-group squad.

U17 Central Energy is back in action with a doubleheader on May 26 against the Manitoba Angels at 12:00 p.m. and 2:00 p.m. at Nellie McClung Collegiate's NW diamond.

The U13 Central Energy squad had the weekend off, but will be back in action with a doubleheader on June 1 against the Smitty's Terminators and Interlake Phillies at Stonewall's Quarry Park. The game times are scheduled for 12:00 p.m. and 2:00 p.m.

The U15 Central Energy team was also off last weekend from MPSL ac-

tion as they were in Calgary competing at the May Long Invitational Tournament. After a slow start in the round robin, Central Energy won its quarterfinal game before a rainstorm delayed its semifinal matchup on Monday afternoon.

U15 Central Energy is back in action with a doubleheader at 12:00 p.m. and 2:00 p.m. against the Interlake Phillies. The games will be played at Quarry Park in Stonewall.

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Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service?

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The Carman-Dufferin
STANDARD

Schroeder finishes first season with PWHL New York

By Ty Dilello

Elm Creek's Corinne Schroeder has completed her first season in the Professional Women's Hockey League (PWHL) with New York.

The PWHL is a brand-new professional women's hockey league featuring six teams in Minnesota, New York, Toronto, Boston, Montreal and Ottawa. This is the first instance of a full-fledged league for women's hockey.

Schroeder was drafted at the first-ever PWHL Entry Draft back in September and was selected by the New York team. She became the club's starting goalie, and on Jan. 1, Schroeder was in goal for the PWHL's first-ever game between her New York squad and Toronto. The game was broadcast nationally from coast to coast as the entire country was able to see Schroeder shine on television.

New York ended up winning the game 4-0 as Schroeder earned a 29-save shutout, with many of the saves of the high-quality variety.

"The first season with PWHL New York was incredible," said Corinne Schroeder. "The competition in the league was top-tier and the best I've ever faced so far in my career. Winning the first-ever game, and posting a shutout that day as well was a highlight for me this season. You could tell

how excited the fans were for the start of the league and to start it off on such a high note was amazing. There were a number of lows, but that's what you expect with any season, and I'm proud of how our group came out of those lows to finish off the season. I think that both the highs and lows of the year made it an incredible opportunity for personal growth, and I came away from the season with greater insights into my weaknesses as well as my strengths."

Schroeder finished the season with a 7-7-1 record with a 2.40 goals-against average and a .930 save percentage. New York finished in last place in the PWHL standings and missed out on the playoffs.

"We had an incredible group this season, and I enjoyed getting to know everyone on the team," said Schroeder. "We often did things as a group outside of the rink, and I believe that helped us bond and build our friendships."

Schroeder plans to be back home in Elm Creek for most of the summer and will continue to train in Winnipeg as usual as she prepares for the next PWHL season.

"Here and there, I have some trips planned, like for my sister's wedding and a hiking trip out in Calgary. Otherwise, I plan to spend a lot of time



STANDARD PHOTO SUBMITTED

Elm Creek's Corinne Schroeder made a name for herself in the PWHL's inaugural season with her strong play night in and night out for her New York squad.

polishing up my golf game."

Despite New York finishing in last place in the standings this year, Schroeder is confident that her team will be able to have a stronger season when she gets back to New York in the fall and is hopeful they will be able to make a push for the playoffs.

"I believe that we have a solid core

in our team, and with a few additions from the draft and free agency, we will be in a very good spot for next season," said Schroeder. "Scoring five-on-five seemed to be a weakness for us this year, so adding some depth to our forwards should give us that extra help to win some of those close games we encountered this season."

Mateychuk leads Moose Jaw to first ever WHL Championship

By Kieran Reimer

Dominion City's Denton Mateychuk was the first to lift the Ed Chynoweth Cup on Wednesday night as he captained his Moose Jaw Warriors to their first ever Western Hockey League Championship.

The Warriors won the game 4-2 over the Portland Winterhawks after both teams scored back and forth in the opening two frames before the Warriors provided two unanswered goals in the third to win the game.

The victory came on home-ice in Moose Jaw in front of 4,732 fans at Moose Jaw Events Centre as the Warriors completed the four-game sweep over Portland.

Mateychuk, Moose Jaw's captain, was awarded Playoffs Most Valuable Player after finishing second in playoff points with 11 goals and 19 assists for 30 points and a +18 rating in 20 postseason games.

The defenceman played a huge role in locking down the Winterhawks in game four with multiple blocked shots and a +2 rating.

Mateychuk was also awarded the

Bill Hunter Memorial Trophy as the WHL's top defenceman after putting up 17 goals and 58 assists for 75 points and a +35 rating during the regular season.

With the victory the Warriors have clinched a spot in the 104th Memorial Cup that will begin May 24 in Saginaw, MI.

The Warriors join the London Knights (Ontario Hockey League) and Drummondville Voltigeurs (Quebec Maritimes Junior Hockey League) in the tournament as champions from their respective leagues as well as tournament hosts, Saginaw Spirit (Ontario Hockey League).

The Warriors will open up their tournament against the Spirit at 6:30 p.m. central time on May 24 from DOW Centre in Saginaw.

For Mateychuk, the Memorial Cup could be the last time he plays in a Warriors uniform as the 12th overall pick to Columbus in the 2022 NHL Draft will likely make the transition to pro in the fall.

You can watch all games of the Memorial Cup on TSN.



STANDARD PHOTO BY MARC SMITH

Dominion City's Denton Mateychuk, right, was the first to lift the Ed Chynoweth Cup on Wednesday night. The Moose Jaw Warriors captain helped the team to their first WHL Championship in franchise history.

Seed Survivor Mobile classroom visits Roland

By Ty Dilello

On May 14, Seed Survivor Mobile by Nutrien visited Roland School with their mobile classroom to teach students about what makes plants grow.

Nutrien Ltd. is teaching the next generation about growing healthy plants and where food comes from through Seed Survivor Mobile.

Seed Survivor Mobile is a truck and trailer unit that arrives at pre-registered schools and children progress through interactive stations. Students spend half the presentation outside the trailer in a guided plant nutrient lesson and half the presentation inside the trailer playing each station. They explore multi-media and virtual reality games, interactive activities, talking walls and much more. A maximum of 30 students can participate in the display at one time and it takes 20 minutes to one hour to complete the activities and presentation (depending on grade level). The 36-foot trailer is handicap accessible and includes an entry and exit door. All participants get to plant a sunflower seed to take home and grow! Last year we planted approx. 100,000 sunflower seeds with students across North America.

Visitors to the Seed Survivor Mobile Classroom have an opportunity to compete as virtual farmers, dig for real fossils, and learn how they relate to agriculture.

"It was a great experience even with the soggy weather," said Roland School principal Melissa Benner. "They set up the activities that would normally be outdoors in the gym, had a presentation with each class and then students worked their way through the stations indoors and then went out to explore the Seed Survivor mobile classroom."

On the day, Roland students learned



Sofie learning how to plant seeds.



Cohen with Avery looking over at him

about several topics including what a seed needs to grow, why soil is important, how farmers use technology, careers in agriculture, and the importance for everyone to care for the environment.

All of the students doing the Seed Survivor activities got to plant a sunflower to take home.

"Everyone loved the games and technology in the mobile classroom," said Benner. "It was a very fun day for all of our students."



Liam learning about sunflowers.



Hallie and Adam playing an interactive game.



STANDARD PHOTOS BY MELISSA BENNER

Seed Survivor by Nutrien visited Roland School with their mobile classroom to teach students about what makes plants grow. It was a fun day had by all as the Roland students learned a ton about agriculture. Seed Survivor presenter Bella with Zeke and Charlie are learning about soil.



Mattie, Dominic and Jenna playing an interactive game.

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Come & Go Wedding Shower For Tessa Bruce May 31, 5-8 p.m. at Dale and Pat Owen's Yard Unwrapped Gifts BYO Chair

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OBITUARY



Wilhelm (Bill) Runne
April 10, 1936 – May 12, 2024
It is with great sadness that we announce the passing of Bill Runne. Bill passed away at the Carman Memorial Hospital on May 12, 2024, at the age of 88 years. He was born in Ottenstein, Germany to Wilhelm and Elisabeth Runne (nee von der Heide). Bill immigrated to Canada with his family in July of 1977. He farmed in the Municipalities of Dufferin and Grey for 47 years.

Bill will be lovingly remembered by his wife Hella of 60 years; children James Armin (Jade), Frank Axel (Kim); grandchildren Julianne (Joey Poncsak), Laura (Spencer Serviss), Kurt, and Thor. A private family interment took place in Greenwood Cemetery, Carman. A celebration of life will be held at a later date.

Memorial donations may be made to South Central Cancer Resource, 34 Stephen St. #400, Morden, MB R6M 2G3 or to the Carman Hospital Palliative Care, Box 610, Carman, Manitoba, R0G 0J0.

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9	2	9	2	6	7	8	1	8
7	2	6	8	1	8	9	2	9
8	1	8	2	9	9	2	7	6
8	9	2	1	2	6	7	9	8
6	8	7	9	9	8	2	2	1
2	9	1	7	8	2	6	8	9
2	7	9	6	8	9	1	8	2
9	6	2	8	2	1	8	9	7
1	8	8	9	7	2	9	6	2

Sudoku Answer

take a break > GAMES

SUDOKU

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

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!

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> MEAL IDEAS



Taco Tuesday Board

- Guacamole
 - Salsa
 - Queso
 - Hard and soft taco shells
 - Ground turkey, seasoned and browned
 - Lettuce
 - Diced tomatoes
 - Shredded cheese
 - Chopped onions
 - Chopped peppers
 - Sour cream
 - Cilantro
 - Lime wedges
- On grazing board or platter, arrange guacamole, salsa, queso, taco shells, ground turkey, lettuce, tomatoes, shredded cheese, onions, peppers, sour cream, cilantro and lime wedges.

Recipe courtesy of Healthy Family Project's "Come Graze With Us" e-cookbook



Weekend Breakfast Grazing Board

- Recipe courtesy of Healthy Family Project's "Come Graze With Us" e-cookbook
- Hard-boiled eggs
 - Cooked sausage links
 - Mini frozen waffles, toasted
 - Mini frozen pancakes, toasted
 - Mini muffins
 - Yogurt
 - Fresh fruit
 - Syrup
 - Jelly
- On grazing board or platter, arrange eggs, sausage links, toasted waffles, toasted pancakes, muffins, yogurt, fruit, syrup and jelly.



Southwest Ranch Taco Salad

- 1 can (15 1/2 ounces) black beans
 - 1 1/2 cups canned corn
 - 1 cup shredded sharp cheddar cheese
 - 2 tablespoons chopped fresh cilantro, plus additional for serving (optional), divided
 - 1 cup Newman's Own Southwest Ranch Dressing
 - 6 ounces tortilla chips
- Coarsely chop lettuce, halve cherry tomatoes and pit, peel and slice avocados. Set aside.
- In large frying pan over medium-high heat, heat olive oil. Brown ground beef, stirring occasionally, 4-5 minutes. Add taco seasoning and

- Total time: 25 minutes
- 1/2 head romaine lettuce
- 1 pint cherry tomatoes
- 2 small avocados
- 1 tablespoon extra-virgin olive oil
- 1 pound ground beef (80/20 ground chuck)
- 2 teaspoons Newman's Own Mild Taco Seasoning
- 1/4 cup water

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

Okay. So, the rebellious part of you (come on, we all have it) probably doesn't want to hear this — me either — but here we are.

Tip for today? Follow directions.

As patients, we often know our bodies better than the medical professionals do, but our doctor's knowledge trumps us on certain things.

Like infection, for example. I recently had back surgery and have been told I need to wait for the incision to completely seal over with no crusties before I can go in my hot tub. This is taking way too long for my liking. I mean, I just had back surgery. It is aching, and I can't have a therapeutic soak. (Also, if I do soak, those crusties will dissolve right off of there, so in my mind, it's kind of a chicken/egg scenario, right? No! Bad Susie.)

Seriously, I know from the diabetes side of things that if I don't wipe my skin with an alcohol swab before

inserting my insulin pump cannula, the site can get infected. (Been there.) It's really not worth the trouble or risk. (Although don't ask me how often I changed the lancet in my finger pricker when I used to have to test my blood sugar that way, multiple times a day. Never mind. Thankfully, I got away with it, but still... that's me being a bad example.)

My point is this: is the risk of infection near or in the spine worth instant gratification? (In case you're still not clear, no it isn't.)

This also applies to things like not stopping a medication immediately when it could be dangerous to do so. We should always ask a doctor or pharmacist how quickly we can come off medication before taking matters into our own hands. If we rush the process, strokes, seizures, and cancellations for that long-saved trip to the Bermuda Triangle might ensue.

Yes, we know the patterns of our bodies and what often triggers our symptoms, etc. But when it comes to risky business like minuscule beetles crawling into our flesh and having a party in there eating us for dinner (gross!), we should probably listen to the doctor.

I've heard delaying satisfaction is a virtue, and in cases such as Bermuda and beetles, I think they're probably right.

Less health stress, yes?

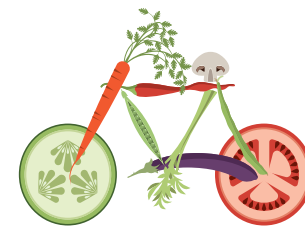
A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss_stress, and at www.lesshealthstress.com If you like her writing, find more on her Substack page: *The Quest For Less Health Stress*

water; cook according to package directions, 5-8 minutes, or until meat is thoroughly cooked.

Drain and rinse black beans. Set aside.

Divide lettuce among serving bowls or plates. Top with ground beef, tomatoes, avocados, black beans, corn, cheese and 2 tablespoons cilantro. Tuck in tortilla chips.

Drizzle with southwest ranch dressing and sprinkle with additional cilantro, if desired.



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