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Rodeo roundup

STANDARD PHOTO BY RICK HIEBERT

Miami's Allana McCarthy competed at the Manitoba high school junior rodeo finals last month.

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Timberline Farms celebrating Turkey Lovers Month

June is Turkey Month, support local farms

By Autumn Fehr

Turkeys are more like people than many would think.

When you open the door of a turkey barn, at any time of day, you are met with thousands of turkey heads popping up to look at you.

Then the turkeys usually come running towards you, from the far end of the barn, greeting and welcoming you into their space – excited to see you.

And if you make any noise, they will respond like they are answering back.

Quentin Wiebe, owner of Timberline Farms Inc. looks forward to that greeting every day as part of his work as a turkey farmer.

“When you walk into a barn, it’s like you have 7, 8, 10 thousand friends happy to see you,” said Wiebe.

For 27 years, Wiebe and his wife Theresa Wiebe, have been looking after the turkeys on their farm in Gunton.

“My wife is an integral part of the farming process. It’s very much a team effort,” he said.

Wiebe starts his typical day at seven in the morning with his daily tasks to upkeep the farm, starting with a walk-through of all the barns.

“You wake up in the morning, and immediately your mind goes to the birds and what’s happening in the barn,” said Wiebe.

As a turkey farmer, checking on your birds is an integral part of your day and is done multiple times a day to ensure all is well with the turkeys.

“I think most farmers would feel

“I THINK MOST FARMERS WOULD FEEL THIS WAY, WHEN THE BIRDS ARE DOING WELL, THEN LIFE IS GOOD.”

Continued on page 4



STANDARD PHOTOS SUBMITTED

The day in the life of turkey farmer, Quentin Wiebe, at Timberline Farms Inc. in Gunton. June is Turkey Lovers Month.



Wiebe's turkeys have access to fresh air.



Turkeys are curious and will come up to greet you.



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A deeply rooted reminder of Canada's relationship with the Netherlands



STANDARD PHOTO SUBMITTED

Albert Mutcher's tulips have been growing since 1946, when the Netherlands sent millions of bulbs to Canada as a thank you for the help in liberation during the Second World War.

By Becca Myskiw

A blossoming Carman tulip patch represents a 77-year long friendship between Canada and the Netherlands and is a reminder of our history.

Albert Mutcher has been growing the same tulips in his yard since he moved there in 1999. The flowers were there before him.

The tulips were a gift and have been growing since 1946. The Legion handed out a dozen red tulips to veterans following the Second World War..

The tulips were sent to Canada as a beautiful thank you from the Netherlands for Canadians soldiers helping liberate the country and for Canada generously sheltering the Dutch

Crown Princess Juliana and her family in Ottawa, during which time Princess Margriet was born in 1943.

An ongoing gift of tulip bulbs has been generously gifted to Canada every year since, as a heartfelt 'Thank you!' to Canada and its World War II veterans for the important role they played in Europe and especially in liberating the Netherlands.

Since then, the tulip has become a symbol to represent the friendship between the Netherlands and Canada.

In 1946, veteran Joe Pethybridge lived in the house Mutcher now lives in, and she planted each tulip in his yard. When Mutcher bought the property in 1999, Pethybridge wanted to know if he was interested in gardening and if he'd keep the tulips going.

"I said 'yes, certainly I would,'" said Mutcher. "So, that's what's happened. I've kept them up. It's the same strain that came here when [Pethybridge] got them."

Mutcher and his wife have always been avid gardeners, but he didn't really know how to take care of tulips when he bought the house. So, Pethybridge taught him how.

The tulips grow in the spring and around three weeks after they flower, they start to die down, so Mutcher

pulls the vegetation off the plants. He then plants petunias in their spots for the rest of the summer, not hurting the tulips as the bulbs sit around six inches deep in the ground.

Tulips multiply as well, so every three to four years, when the bunches get too big, Mutcher digs them up and starts over with a single bulb for each bunch in October.

His property is across from Doyle's Funeral Home, so the red flowers attract attention from those driving on Highway 3. He said one year, a couple from Kentucky were in Canada for the first time, and when their car stopped by Carman, they decided to go for a walk, coming across Mutcher's tulips. He snapped a photo of the couple with the flowers, they got to talking, and now for the last five years they've

Continued on page 4



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> TURKEY MONTH, FROM PG. 2

this way; when the birds are doing well, then life is good," Wiebe.

Checking on the birds is both the first and the last thing done in a turkey farmer's daily routine.

"That's always the first thing to make sure all is well in the barn," said Wiebe.

Other daily duties include giving the birds food and water and ensuring all equipment is working.

Depending on the bird's age, they may require some extra attention. When the birds are young, some more manual labour is involved, like filling the feeders by hand.

"You have to babysit the young ones," said Wiebe.

Wiebe says they are always getting ready for the next flock of turkeys.

Timberline Farms could have up to four different flocks at a time.

The farm raises four different flocks at a time, raising seven flocks a year.

Timberline Farms ships their turkeys through Exceldor Cooperative, located in Blumenort, formerly known as Granny's Poultry, which is the only turkey processor in Manitoba.

"Exceldor's process is all very highly controlled and very closely monitored," said Wiebe.

Timberline Farms Inc. turkeys that the farm prepares are Butterball turkeys; turkeys raised without antibiotics that are fed a mixed, natural grain diet of soybeans, grains, and other vitamins and minerals.

Once they ship a flock of turkeys, the work of hauling out the manure and cleaning and disinfecting the barn happens in preparation for their next incoming flock.

Wiebe says they receive the first flock around mid to end of February and the last flock of the year between mid to end of November. The flocks vary in size. The smallest they receive is 7,000 birds, and the largest is 10,000 birds.

This means that from December to January, and most of February, the barns are empty, but Wiebe says during this time there is a lot of maintenance, cleaning, upgrades of equip-

ment and disinfecting equipment that needs to be done.

"Life is a little bit easier. There's still a lot of work, but it's just not so pressing," said Wiebe.

The farm's busiest season is spring and fall, between shipping and receiving birds. During the summer, the farm is steady with added yard work to get done on the land.

Although his work is busy and at times pressing, Wiebe loves the lifestyle, especially the ease of having his work in his own backyard, and the flexibility of being his boss.

"It's very rewarding when all the birds are doing well and happy. It can be a lot of fun," said Wiebe.

Not only does turkey taste good, but it reaps many health benefits.

Turkey is the leanest meat – whether it's white meat or dark meat. It is packed with high-quality protein, that energizes your body with a boost of iron, strengthens your immune system with zinc, and provides potassium which is healthy for the heart.

These are only some of the many benefits of eating turkey in your diet.

When using turkey as part of a meal, there are many options of how to use it, whether you bake the whole bird, use parts of it in a soup or sandwich, barbecue or smoke it.

"I think a lot of people when they think turkey, they think we have to make this whole bird. A lot of people don't even know what to do with those leftovers. There are so many options – sandwiches, soup, curry turkey," said Wiebe.

Like any poultry, it is important to cook turkey to the right temperate. Whole turkey and roasts are cooked when a meat thermometer reads 170°F (77°C) for unstuffed turkey, or 180°F (82°C) for turkey stuffed with a dressing. Turkey cuts such as breasts, thighs, drumsticks and wings are cooked when it registers 165°F (74°C). Always insert your thermometer into the thickest part of the meat, away from any bones.

To ensure proper handling, those preparing a turkey can follow the set



An aerial view of Timberline Farms.



STANDARD PHOTOS SUBMITTED

Turkeys are fed a mixed, natural grain diet of soybeans, grains, and other vitamins and minerals, for healthy growth and development.

guidelines listed on the Manitoba Turkey Producers website turkey.mb.ca, such as properly handling, cooking, and defrosting a turkey.

The Manitoba Turkey Producers website also has turkey recipes for ideas on what to make the next time you cook a turkey, whether using the whole bird or the leftovers after a big dinner with friends and family.

After 27 years of running a turkey farm, it becomes a lifestyle and a routine way to make a living. Wiebe says that since he has been taking care of turkeys for so many years, when he is

walking through the barn, he can tell just by the way they sound and even by the way they stand, if there is a potential problem, if they are happy or not and if they are comfortable.

"Bottom line, it's a fun way to make a living," said Wiebe.

This month, support turkey farmers like Wiebe by enjoying some turkey. Some great options are a whole turkey, turkey roast, turkey cuts, like a breast, thigh, or a couple of drumsticks, ground turkey, or something quick and easy like frozen turkey burgers, sausages, ham or franks.

> TULIPS, FROM PG. 3

been exchanging Christmas cards. This year, his tulip garden has gotten

lots of attention for its vibrant beauty — more than usual.

"This year they were really exceptionally good," he said. "They were just beautiful."

Mutcher attributes that to the plenty of rain Carman's gotten this spring. He doesn't water the plants himself, so the natural water they've gotten has helped the tulips to grow taller than usual.

"They'll be going as long as I'm going," he said. "I like gardening and flowers and so on, and so I said when I took them on, I'd carry on as long as I could."

Blaine Pedersen MLA for Midland

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Food Security Working Group doubles the fun with new veggie stand

By Becca Myskiw

It's an un-beet-able idea —two free vegetable stands for the Carman community.

The town's Food Security Working Group set up the first free vegetable stand a couple of years ago, wanting to give those without access to fresh produce access to it.

The first stand was set up at the north end of town, and it essentially just sits there, waiting for people to drop off their extra produce in it and for others to come and take what they need. Two years later, the group has seen the need and the love for the stands, so they've built and set up another one on the opposite end of town.

"It's a totally give and take," said Edith Rook of the Food Security Working Group. "This is community. This really is not only about the more financially challenged."

Rook said for the past two years; the stand has been very well-received, almost always full of produce, with rarely any leftover to go bad. She said it's also become a place where community members meet each other. The original stand sits on the corner of 2nd Avenue and 7th Street.

The new stand they built was set up on Wednesday, June 1. It's by Number 60 at 6th Avenue SW by the stop sign. She is expecting the new stand to get just as much use as the other.

"Many of the people that come to the stand are on foot, they don't have a vehicle, they might have a bike, and the need is great," said Rook. "It's too far to walk. People aren't going to the north end from the south end."

The Food Security Working Group also plans to make recipe cards that include the fresh produce found at the stands to put out at each one for people to take home. They'll be in a plastic container, out of the elements, and will give people more ideas for vegetables than fresh eating.

According to Harvard's The Nutrition Source, fresh vegetables can lower blood pressure, reduce the risk of heart disease and stroke, prevent some forms of cancer, lower the risk of eye and digestive problems, and have a positive effect on blood sugars, which ultimately keeps the appetite in check. It's imperative everyone has access to fresh produce.



STANDARD PHOTO SUBMITTED

Food Security Working Group has set up a second free veggie stand — in the south end of Carman.

Province dealing with second soggiest spring on record

By Becca Myskiw

It's the second wettest spring in Manitoba, and residents and municipalities continue to deal with the aftermath.

With the extra downpours early last week, the rural municipalities (RMs) of Grey and Roland saw sewer back-up issues. Chief administrative officer (CAO) for Roland, Kristi Olson, said the main issue was that there should be no sump pumps attached to the sewer system.

"Everyone's groundwater that is entering the sump hole and being pumped out should be going to their yard, not plumbed into their sewer line," she said. "With the high amount of rainfall, when that much groundwater is being put into the sewers, our system is not designed to handle that load."

She said the lift-stations that pump the water to the lagoon get over-run and can't pump the water fast enough, causing the lines to become too full, and then the sewer backs into homes. She also noted everyone should have a backwater valve installed to help protect their home from sewer backup.

The RM was made aware of the problem last Tuesday morning and alleviated it by 5 p.m.

"I don't believe any ratepayers had sewer actively backing up in their home after 9 a.m.," said Olson. "The quick response kept the number of properties impacted to a minimum, and therefore I do not believe there will be significant aftermath for ratepayers. Of course, the houses affected

will have a bit of clean-up, and they will need to contact their insurance agents if the damage is major enough, but we have not heard from anyone with major damage."

The May 30 Flood Bulletin showed the system coming, with an overland flood warning issue on May 29 expanding from the USA to Carberry, Portage la Prairie, Selkirk, Winnipeg, and the southeast corner of the province.

From March 1 to May 31, Winnipeg received 246.9mm of precipitation, 133.9mm more than average. The only spring that's been wetter than this one (since 1872) was 1896, with 325.4mm of precipitation from March 1 to May 31.

Manager of the Redboine Watershed District, Justin Reid, said all areas of the district had been affected by the moisture. The escarpment area has had erosion and washout problems, with the Red River Valley area seeing prolonged flooding. He said the immediate effects of all this have been transportation and safety issues on municipal roads and some provincial highways, along with major delays in seeding for farmers and flooded pastures for some producers. Reid said the longer these water issues remain from high flow events, the longer it will take for road repair and culvert replacement to happen, and farmers will run a greater risk of missing their seeding window for some crops.

"The positive in all of this is that after a year of intense drought, the wetlands, ponds, dugouts, lakes, and streams that were suffering from a

lack of water are all now full," he said. "The negatives being that the amount and the timing of the water was far more than our drainage and storage systems could handle and it will have a huge cost in damage repair and lost opportunity."

Reid said the watershed district will be working with landowners and their partner municipalities to "add beneficial management practices on the landscape that will help to lessen the damage in future events."



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Bergen travels the constituency in May



Candice Bergen
MP Portage-Lisgar

By Becca Myskiw

MP for Portage-Lisgar, Candice Bergen, spent the last week of May touring local businesses and schools.

In a news release on May 30, Bergen's team said she visited J.A. Cuddy School in Sanford, Maple Leaf School in Morden, and various businesses in Brunkild and Carman.

"Despite the pandemic and recent flooding, Carman is continuing to grow," they said. "She visited Syl's Restaurant, which now includes a mini-putt course. Bergen visited the ESSO station in Brunkild, which is seeing an increase in traffic due to the closure of Highway 75."

At Maple Leaf School, Bergen spoke

with Grade 4 students, telling them how she was once a student there and now her granddaughter is. At J.A. Cuddy School, she talked to the Grade 7 and 8 class about her role as an MP and as leader of the opposition. Her team said students were well prepared for all questions, including the economy and firearms.

"It was wonderful to spend time touring the riding after a busy month in Ottawa," said Bergen. "Being in my constituency, although for a short time, and meeting with constituents is always the best part of my duties as a Member of Parliament. I look forward to seeing more constituents as we head into the summer."

Annual Teddy Bear Picnic is back for 2022

By Lorne Stelmach

A popular family event is back this year with the return of the teddy bear picnic.

The initiative originally of the Morden Parent and Child Resource Centre is now being done in jointly with the Winkler Family Resource Centre, and they welcome the chance to revive it after having it cancelled during the pandemic.

"It is definitely really exciting. We haven't had it for the last two years,

so it kind of feels like we're starting fresh," said executive director Sarah Peters, who sees it as a great opportunity for the Morden and Winkler centres to work together. "That's the direction we're going ... so hopefully we pull out all the stops and put on a great day for everyone from Winkler and Morden."

Children are invited to bring their special stuffed toys to the Winkler Parkland this Saturday from 11 a.m. to 2 p.m. for fun and games includ-

ing the chance for their teddy bears to have full check ups with a variety of health care professionals.

There will be a wide array of medical and health care professionals participating as well as the local police and fire departments.

Even more important than the demonstrations of care is the chance though for interaction with the children. It is not only a way for kids to see the people like the doctors and

Continued on page 7

COVID hospitalizations increase at end of May; backlogged medical procedures decrease

By Patricia Barrett

COVID-19 hospitalizations increased in late May, according to the province's weekly COVID surveillance data.

There were 120 new hospital admissions, of which nine required intensive care, and 15 more Manitobans died from the virus, according to the May 22 – May 28 report. There were also 416 new COVID infections, based on restricted PCR testing. The total number of Manitobans who've lost their lives to the virus is currently 1,980.

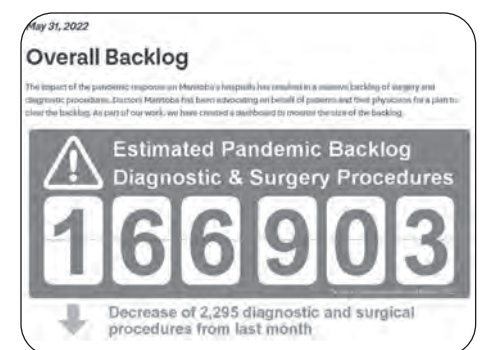
The province doesn't track rapid antigen tests.

The report also states that wastewater surveillance data for the city of Winnipeg indicated "ongoing activity" for COVID.

Other health news:

-Doctors Manitoba, a physician-advocacy organization, provided a new estimate on May 31 of the number of backlogged medical procedures in the province. There are now 166,903 procedures in the queue, a decrease of 2,295 from last month

-Canada's chief public health officer Theresa Tam reported 77 cases of monkeypox in the country as of last Friday, with five cases in Ontario, 71 in Quebec and one in Alberta.



DOCTORS MANITOBA

Doctors Manitoba's May 31 update shows a decrease since last month in the number of backlogged medical procedures. There are now almost 167,000 procedures in the queue.

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> TEDDY BEAR PICNIC, FROM PG. 6

others in a way that's welcoming but also an opportunity for families to be aware of the different services that are in the community for them.

"The big draw is the teddy bear clinic which will have doctors, public health nurse, dentist, physiotherapist, pharmacist and optometrist. They will be there to help out the teddy bears, fix them up and get them ready to go," said Peters, who sees it as a fun time but also playing an important role. "It brings them out of their buildings, which sometimes can be scary for the kids, and it gives it a fun vibe for them to meet and show that they are there to help them out."

They will also be giving away a free book for toddlers and pre-school children, and there will be games and ac-

tivities as well as a fundraising barbecue and entertainment including a Paw Patrol Show, music by LuLu and The TomCat and a performance by Danceworks dancers.

In addition to promoting the health and well being of children, the centre also uses this as a fundraiser to help the two centres be able to continue to offer free programs, Peters noted.

"In order to provide our programs to the communities, this is a big part of what we do rely on," she said. "The teddy bear clinic also brings awareness to people who aren't aware of what we offer or even that we are in the community for younger families."

"So this is a big fundraiser but also just an awareness event ... and we can give back to the community."

2022 Spring Flooding

Disaster Financial Assistance

What you need to know

Disaster Financial Assistance (DFA) is available to assist Manitobans and communities who experienced damages from 2022 spring flooding.

DFA is available to help with the cost of evacuation, the cost of preventing or limiting flood damage, and the cost of recovering from damages that were experienced. DFA is also available to assist with the cost of non-insurable damage to property such as principal residences and buildings essential to the operation of eligible farms and businesses. DFA is also available to assist with repairs to damaged municipal infrastructure.

The Manitoba Emergency Measures Organization (EMO) will be offering live webinars to answer your DFA questions. Check the DFA website for dates and times.

To find out more details about DFA eligibility or to obtain an application form, please contact the Emergency Measures Organization at:

Phone: 204-945-3050 in Winnipeg
Toll-free: 1-888-267-8298

You may also apply online at: Manitoba.ca/emo/dfa

Deadline to apply for DFA is August 8, 2022.

Manitoba.ca/flooding

Manitoba 

Fishing derby winners



STANDARD PHOTO SUBMITTED

It couldn't have been a better weekend for local fishermen. The Carman and District Game and Fish held their annual open water fishing derby on May 28 at Stephenfield Lake. Twenty-three fishermen entered this year, a little lower than normal due to uncertainty around the weather conditions. At the derby, a total of seven pike were caught, measured, and released. Darryl Krahn (above, left) won first place with his pike measuring 29 1/4". Val Hildebrand (right) placed second with hers measured 27 3/4".



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STANDARD PHOTOS BY TY DILELLO

Among those on hand for the opening were Gallery in the Park curator Susie Fisher, board chair Frank Friesen, Friesens Corporation board member Curwin Friesen, Friesens Corporation, CEO Chad Friesen and Friesens Corporation sales manager Ryan Hildebrand.

Calendar of Events

Miami School's A Midsummer Night's Dream production
Date: June 8, 9, 10 @ 7 p.m. (BBQ @ 6 p.m.)
Location: Miami School Gym

First Carman Farmer's Market
Date: June 17 @ 4 p.m.
Location: DAS building

Carman Beavers 1960s reunion
Date: June 24

Miami Fair & Rodeo:
Date(s): June 25, June 26
Location: Miami Agricultural Society Grounds

Peace Lily Market
Date: every Wednesday @ 5 p.m.
Location: Peace Lily Therapeutics

Have an event to add? Email news@carmanstandard.ca.



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Doc Walker to entertain in Notre Dame July 30

By Becca Myskiw

It's a beautiful life when Doc Walker comes to town.

On July 30, the Manitoba band is coming to Notre Dame. The concert will be part of a fundraiser hosted by the Notre Dame Splash Park Committee to raise funds for their dream of a town splash park.

Roxanne Chanel, president of the committee, said 100 per cent of the funds raised from the concert would go towards the splash pad after Doc Walker, lights and sound equipment, the stage, permits, and everything else are paid for.

"Our goal is we end up with 15K after everything," she said.

This year will be spent fundraising for the splash pad, said Chanel. Next year, they hope to break ground for it, and in 2024 will be the grand opening.

"We were prompted by the great turnout that Carman always has every year," she said. "People from here go there to use it, so we're hoping now they won't need to."

The Notre Dame Splash Park Committee plans to build a similar pad to

the one in Carman, complete with the same water recycling system. It will go in the park near the current play structure.

"We've got a really booming young family population in Notre Dame and I think we just need more to offer those young families," said Chanel. "And a splash pad is going to be a really nice way to do that."

So, to kick off the fundraising season, they've booked Doc Walker to play at the ball diamonds. There will also be beer gardens and a DJ, with the gardens opening at 8 p.m. and Doc Walker hitting the stage at 10 p.m.

Over 70 community members are volunteering at the event, with the fire department providing security, another committee looking after food, and more helping wherever they can. Local businesses are also sponsoring the event to help offset costs.

Early bird tickets for the Doc Walker concert are on sale now for \$75. All tickets bought after July 15 will be \$100. Students under 17 are \$50. Tickets can be bought at [https://www.eventbrite.ca/e/doc-walker-in-the-](https://www.eventbrite.ca/e/doc-walker-in-the-park-tickets-350582711327?fbclid=IwAR1YXxZkw_7PEa3WQ-xe_tT6tRtX-B2nLiTOF4iuS29QaI1ePwO764f6n-wt8)



STANDARD PHOTO SUBMITTED

Doc Walker will be headlining in Notre Dame on July 30 in support of the Notre Dame splash park.

park-tickets-350582711327?fbclid=IwAR1YXxZkw_7PEa3WQ-xe_tT6tRtX-B2nLiTOF4iuS29QaI1ePwO764f6n-wt8.

This year, the committee is fundrais-

ing with a dunk tank at the slow pitch tournament this month and a mud-slide sundae at Big Al's Burgers, with half of all sales being donated to the cause.

Local programs helping the hungry in need of financial support

By Becca Myskiw

The Carman community helps the food insecure in many ways, some of those being a food voucher program and a food currency program.

The food voucher program is supported by the Carman ministerial, who've been supporting locals since 2004.

One minister at the Carman United Church, Harold Kenyon, said the pro-

gram is supported financially by all churches in the district. When someone is in need of food assistance, they call the United Church, get put on a list, and after a meeting, they'll get a voucher up to four times a year to the Homestead Co-op food store.

"It's been a big part of who we are how we connect with each other," said Kenyon.

Continued on page 11

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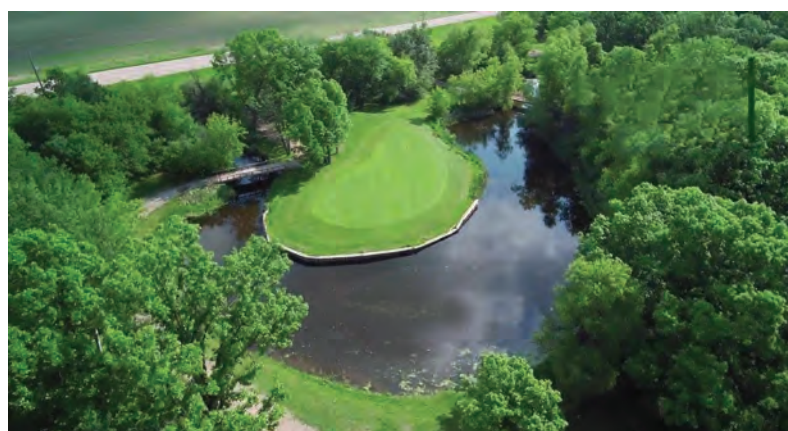
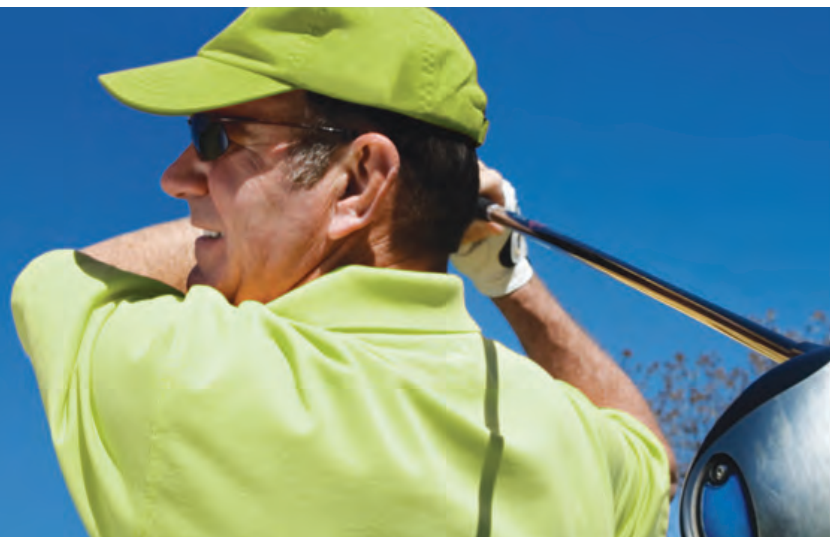
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The Carman Golf and Curling Club (CGCC) is located in Carman, Manitoba. The club was originally established on May 12, 1924 as a five hole club. In the spring of 1930 land was purchased and nine holes were opened on the "old side". On August 28, 1953 the first tournament was held. The course began production on the "new 11 holes" in 1982 and opened the 18 Hole Golf Course in the spring of 1984. On August 17, 1990 the new clubhouse officially opened and is enjoyed today! Carman Golf and Curling Club is known as a select destination for golf in the summer and curling in the winter months. Formerly two clubs, the CGCC amalgamated its executive and combined all operations to be a year round facility managed by a general manager and offering something for everyone. CGCC features a beautiful restaurant with an attached patio, a 200 capacity banquet facility, a five sheet curling arena, and an 18 hole golf course. Both the golf course and curling club have been recognized as top-notch clubs hosting many prestigious provincial and local events.



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Weather challenges



STANDARD PHOTO BY MATTHIEU MEIER

Stats from Environment Canada show that the spring of 2022 is on track to be one of the wettest recorded in Manitoba's history. The record for the wettest spring is 325.4 mm. set in 1896. Thunderstorms on May 30 brought over 50 mm. of rain to parts of the Pembina Valley, while this tree in Graysville was a victim of the 80 kmh winds.

> VOUCHER PROGRAMS, FROM PG. 9

buy groceries and household items. Kenyon expects the voucher program to become even more necessary this year than it has been in the past.

"The price of food has gone up quite dramatically and the cost of living has gone up; that affects people who are food insecure the most," he said. "We have seen that demand on grocery vouchers."

Carman Wellness Connections' Food Security Working Group, in conjunction with the United Church and the Carman Farmer's Market, also supports the food insecure with their food currency program.

This program started three years ago with Direct Farm Manitoba, but there have been funding issues from them this year, leaving the food currency program with a need for financial support. The Carman ministerial does support this program too, but they need donations to continue to do so.

"These are funds we still need," said Terra Huston, co-chair of the Food Security Working Group. "It is an amazing program for our community."

For this program, those in need

can get in touch with the church or Carman Wellness Connections, and they'll get eight \$3 vouchers a week to use at the Carman Farmer's Market. With the vouchers, they can buy any real food — meat, vegetables, fruit, honey, or eggs.

This year, there are around 12 families or individuals enrolled in the food currency program. Edith Rook of the market said with extra funding, they can increase that number.

"We don't think it's a problem, but we are asking the community to pitch in because we would like to do more participants," she said. "This program gives some of the participants enough dignity to shop along with others in places where they wouldn't be able to afford it otherwise. The best part, in my opinion, is for the participant, however, the farmer's market also has an advantage — vendors do sell more than usual."

To help support both programs, donate to the Carman United Church and the money will go to the right places.

Busy seasons ahead for summer camps

By Lorne Stelmach

After two seasons of facing pandemic restrictions, the region's two main camps are gearing up for busy summers.

It is a welcome challenge for both the Pembina Valley Bible Camp and Winkler Bible Camp to get up to speed again with their programs and staffing.

"You've almost got to start going back to the drawing board," said Chris Harms, executive director of the Pembina Valley Bible Camp. "Some of the things that were easy to do just repetitiously for all these years, we've now got to kind of recall and see if there's ways we want to tweak it or modify it since we're doing it all again for the

first time for a lot of the kids."

"We're looking forward to it, and there's been a very positive response from the community, so it's fantastic to know that people want to get back out here," said Dale Wiebe, executive director of the Winkler Bible Camp.

"But with the mix of programming - day camps and overnight - how do you make it work for all the kids so that everybody gets a full program as much as we can ... so there are programming challenges."

Harms felt the transition was going as well as possible at Pembina Valley Bible Camp.

"We've run two summers of day camps and modified ways of doing things," he said. "So this year, we will

be able to run overnights again and run most of our regular programs ... we can do canoe trips and stuff like that again, so we're really excited about it."

The challenge comes with being prepared with the staffing and the volunteers.

"Even for us, after not running some of the programs for a couple years, because camp relies on so many young staff, we have a lot of staff come through and they usually stick around for a couple or a few years," he noted. "So we have a lot of staff who haven't actually run some of our programs because they've only been here for the last couple of years."

"We're really focussing on the how

and the why of what we do with some of the programs then," said Harms, who noted it all starts in the spring season in May and June when they move on site and help staff get ready for the summer.

"They're kind of our leadership team then for once we hit the summer season," he said. "Then we'll have a week to get geared up for the season, and the following weeks we run a discipleship program, a two week program, where we train our future staff."

"It's always just an incredible time of them all getting to know each other and then again also laying out the how and why of what we do," Harms continued.

They then close out July with a week of family camps.

"It's something we started last year. It was new to us ... and we had a really positive response, so we're going to try that again," he said. "It's just an opportunity for families to come and experience what their kids experience, but they get to do it together as a family."

"Then we jump into August, and every week is loaded," said Harms, who noted the first week is for ages 10 to 12 before the remainder of the month is open to the entire range of speciality camps that cover an array of themes from bikes and sports to wilderness and horse riding.

"We don't have a lot of weeks where everybody does the same thing. We are a speciality camp, so people come for a very specific activity," he explained. "It's neat; it allows us to push a little harder and go a little more intense on those programs because the people who sign up usually have a passion for it."

Harms estimated they will end up



Greetings Town of Carman

Winnipeg's Inferno Pictures and Hallmark Channel will be filming *A Christmas Disconnect* in town on June 15th, 16th, 17th and 20th.

We filmed in Carman two years for a Hallmark movie called *Project Christmas Wish*.

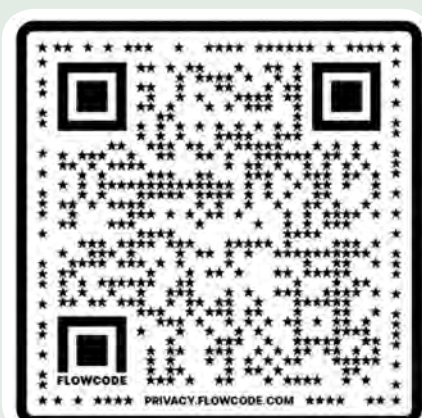
We wish to inform you that we are closing 1st Ave SW from 4pm to 4am June 15-17, including a closure at the corner of 1st St SW and 1st Ave SW.

1st St SW will remain open outside of our closure at the intersection of 1st Ave SW.

Businesses are open for the duration of our stay and we will facilitate people getting to businesses when we're filming. We will be filming at the Golden Prairie Arts Council June 20.

We will be using hotel rooms and purchasing fuel and food in Carman. We will be making donations to local charities and organizations.

We are asking locals to be background performers in the film. If you're interested in being a background performer, please contact madlibcasting@gmail.com or click the below QR code.



If you have any questions or concerns about our filming, please email info@infernopictures.com. We look forward to filming in Carman and are grateful for all of the support for the Manitoba film and television production industry.



Continued on page 13

> CAMP SEASON, FROM PG. 12



STANDARD PHOTOS SUBMITTED

The Pembina Valley Bible Camp offers specific targetting programs such as biking while Winkler Bible Camp offers programs featuring a range of activities.

with around 250 campers and perhaps 50 staff overall, and he noted they will be drawing kids from a wider region again as they would not have been coming from a further distance for day camps.

"I would imagine we will exceed a typical year now that we're going back to overnights again," he suggested. "The numbers have bounced back and bounced back quicker in the sense that we opened camp registration later this year ... but by early March, we were already filling up some of our programs."

Wiebe also sees the Winkler Bible Camp numbers as really bouncing back strongly this year.

"We had a partial season last year. We were just

under 50 per cent capacity in 2021. It was strictly day camp, and it worked really, really well. It was something new for us, but it worked great," he noted.

"This year, however, we've doubled it, so we're almost up to 2,000 campers, and we're over 90 per cent full already, and we will be running a day camp along with an overnight camp," he continued. "So it will be new again with a number of programming challenges with people, traffic, timing, programs, but we are very confident it's going to work well."

A newer feature he highlighted is the day camps geared to older youth, but their camps otherwise will cover all activities and levels.

"We make sure that all of our activities are done at a level that everybody can engage it," he said, noting he welcomes having a place like the Pembina Valley Bible Camp to offer the focussed camps. "I'm glad there's different avenues for children ... in our world, everybody gets an opportunity at whatever we do with every activity ... that's worked well for us."

Wiebe also noted youth will be able to see and enjoy some of their new features and improvements to the facility.

"We took advantage of the COVID break ... it wasn't a good thing, and we had to refund camper fees in 2020," he said. "But we took advantage of that time without campers on site, and we made some significant changes to our ropes and our obstacle courses."

"We felt that was a real blessing because we normally don't have the

time to do that ... it's a lot of work, and you always have people on site."



Graduation 2022 Greetings

Congratulate our Graduates and send your heartiest wishes for a great future ahead!

Booking Deadline June 16

Publishing July 7

The Carman-Dufferin
STANDARD

Contact Gwen Dyck 204-823-0535
ads@carmanstandard.ca



Public Notice is hereby given that Enbridge Pipelines Inc. (Enbridge) intends to conduct the following Pesticide Program from May 01 2022 – November 15 2022 to control noxious weeds on Enbridge ROW's, temporary workspaces, stations and various facilities along the Enbridge Mainline and Bakken corridors.

The herbicide active ingredients to be used include:

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| • Pyraflufen-ethyl | • Aminocyclopyrachlor |
| • Bromoxynil | • Aminopyralid |
| • Clopyralid | • Diflufenoxypyr |
| • Glyphosate | • Metsulfuron-methyl |
| • Dicamba | • Picloram |
| • 2, 4-D | • Adjuvant |
| • 2, 4-DB | o Surfactant blend |
| • Aminopyralid | o Solvent (petroleum hydrocarbons) |
| • Propyzamide | |

Any person may, within 15 days after the notice is published, send a written submission to the department below, regarding the control program or register with the department their written objection to the use of pesticide next to their property.

Environmental Approvals Branch
Manitoba Conservation and Climate
1007 Century Street
Winnipeg, Manitoba R3H 0W4

JUNE IS TURKEY MONTH

Get Grilling Manitoba-Raised Turkey this Summer!



Turkey Steaks with Chimichurri

- 1 Turkey Roast, frozen
- 1 shallot, finely chopped
- 1/2 tsp | 2.5 ml fresh parsley, finely chopped
- 1/2 tsp | 2.5 ml fresh cilantro, finely chopped
- 1/4 tsp | 1.25 ml fresh mint, finely chopped
- 1 tbsp | 15 ml oregano
- 1/4 cup | 60 ml red wine vinegar
- 1/4 cup | 60 ml olive oil
- 3 garlic cloves, finely minced

Preheat oven or bbq to 325°F (160°C). Cook turkey roast for 2.5 hours, remove and rest for 10 minutes. Slice into 1" (2.5 cm) steaks. Preheat bbq to med-high (375°F | 190°C). Grill steaks for 4-5 minutes per side to achieve golden brown grill marks, set aside. While the turkey steaks rest, combine all other ingredients into a mixing bowl. Season with salt and pepper to taste. Spoon onto steaks and serve with grilled potatoes and salad.



More BBQ Turkey Recipes at:
turkey.mb.ca

A taste of the rural life for medical students

By Lorne Stelmach

It may be only one week of working and living in rural Manitoba, but a program aimed at giving new medical students a taste of both continues to have a positive impact.

It provides an opportunity for medical students to get a first-hand experience and exposure to rural and northern medicine and life, and it is also an opportunity for participating communities to showcase themselves and to promote the benefits of living in rural and northern areas.

"What we've found for recruitment to our hospital is having medical students and residents come through our site has been the best recruitment tool for our area," suggested Dr. Kevin Earl, who is the medical site lead for the Boundary Trails clinical teaching unit.

"A majority of physicians who have joined us in the last decade have rotated through our facility and our clinics in some fashion through exposure like this program," he said, noting as well there is the Home for the Summer program which offers an extended experience for first year medical students, while third year students also do a rotation here.

"It's been really successful for recruitment and retention of doctors and piquing students' interests early in medical school for rural practice," said Earl. "It was also a really great week to showcase what the Pembina Valley can offer them for life outside of medicine."

The rural week initiative had hospitals in the Southern Health-Santé Sud health region hosting first year students from the University of Manitoba. Earl has been involved with the residency teaching program and

medical education now since 2011, so he has seen the benefit of the initiative.

The students basically participate in a day in the life of a rural doctor here, but he sees it as being equally important that the students enjoy a bit of the time in the community, whether it is enjoying a backyard barbecue, dining out or trying some zip lining in the valley.

"It gives them exposure not only to rural medicine but living and interacting in a rural community," said Earl.

"They get to come out and spend a week following around a family doctor to see what rural life is like ... each of them is assigned a family doctor to follow for the week," he explained.

"They were able to gain experience seeing patients with us in the clinic, in the hospital. They had some exposure to our operating rooms, exposure to our emergency department, exposure to obstetrics," he continued.

"We also got them to meet some of our specialists at the hospital ... so rural medicine isn't just for family doctors; as a regional site, we have more specialists and specialties that are working out of this facility now."

Sydney McLaughlin came out for the week already sold on the idea of living and working in rural Manitoba.

"I've always had a real interest in rural medicine ... growing up in Neepawa, I kind of knew this was the way I wanted to go," she said.

"It's a beautiful facility here, so I was super happy to get matched up here ... it's exciting," said McLaughlin.

"I just can't believe how many amenities are in this facility. It's everything that's great about rural life, but there's also so many amenities in the hospital like having a CT scan, MRI,



STANDARD PHOTO BY LORNE STELMACH

The rural week initiative had Morden and Winkler hosting eight first year students from the University of Manitoba.

X-ray ... the amenities this provides for people of Southern Health is incredible."

She also heard first hand how this region and facility have been a draw as "some of the residents here mentioned they're from Winnipeg and they ended up here."

Joadi Jacobs, who is originally from South Africa but has been in Winnipeg for about four years, also sounded like she was sold on the idea.

"I really like living rurally. I've always thought that I would end up in a rural place; I wanted to see what it was like here, and it's been amazing," she said.

"My brother's also worked here for a little bit, and he had amazing things to tell me, so I wanted to come see if they were true, and they absolutely

are," Jacobs added.

"Seeing what the doctors do everyday, even if they think it's mundane, I loved it so much and being able to talk to the patients," she said. "Literally, every single person I spoke to just made my day a little bit better."

"It's a pretty big facility. I wouldn't have really expected that," she said. "The fact that they just do everything; even just how quickly something like an EKG was done."

"Most people I spent time with were just family doctors, but they did very different things, which was very cool for me to see," she added.

Jacobs also believes the experience could sway a student's ideas.

"I could see this changing a lot of minds," she suggested.

The mail is not going through and putting some peoples lives in jeopardy

By Becca Myskiw

Many residents in the community have been left without mail over the past few weeks due to a Canada Post error.

People picking up their mail in Stephenfield, Roseisle, Graysville, Notre Dame, and parts of Carman haven't received their mail for up to three weeks. Pasty Helliwell-Payette of Roseisle didn't get her mail for over a week. She said she called Canada Post about the issue, and she was told the regular postman was on holidays and there hadn't been anyone put in his place to take over his duties during that time.

"He has a lot of holidays to take,"

she said. "So now we're not going to get mail?"

Helliwell-Payette owns a business that depends on the postal service for receiving cheques and bills. If they don't get their bills, they can't pay them, and they'll receive late fees.

"We can pay our bills, that's not the point," she said. "The point is when you're expecting cheques in your mailbox and you know they've been mailed, you'd sure like to get them."

Helliwell-Payette said their mailboxes were broken into a few years ago and now with this; she's thinking about moving her mail for the business.

Residents in Riverview Legion Place

haven't received their mail for over three weeks now. Support worker Chantell Love said they have medications and pensions that come through the mail, making it imperative they receive it.

"[The residents are] furious and I mean some of the have their pension cheques to pay for their rent and it's insane," said Love. "It's absolutely insane."

One of the residents gets her diabetic supplies in the mail and has been waiting for them for the three weeks now. Another resident gets her injections in the mail.

"So, it's literally life or death," she said.

She said she called Canada Post and got no answers, just like Helliwell-Payette.

A spokesperson for Canada Post said they were made aware of the customers in the region not getting their mail "because staffing was not in place." They said mail delivery was carried out the following week and they've taken steps to ensure this doesn't happen again.

If customers have questions regarding mail delivery, they can contact Canada Post's customer service team online at canadapost.ca/support or by calling 1-866-607-6301.g 1-866-607-6301.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Prairie Fire Racing off to a hot start

By Ty Dilello

Prairie Fire Racing is Country Cycle's sponsored race team based out of Winkler, and it is getting some attention on the racing circuit.

It's 2022 members include Peter Loewen, John Paul Peters, Mia Sawatzky, Logan Wiebe, Jamie Falk, Russell Thiessen and Sasa Ivetic.

"Prairie Fire Racing is meant for those who have a passion for both cycling and competing in the sport," said team leader Peter Loewen.

"Members who understand the human mind and body are capable of so much more than what is ever expected of it. Members who have the mental fortitude to overcome the adversity that comes with competition. And members who feed off the reward potential that comes with overcoming adversity."

Prairie Fire members all follow training programs provided to them by personal coaches.

Team members will compete in 20-30 races a season, which includes races held both in Manitoba and races held out of province including the United States.

The cycling disciplines they compete in include mountain biking, gravel and road events, fat biking and cyclocross, and these race events can go anywhere from an hour to 24 hours.

Sasa Ivetic, who is the newest member of the Prairie Fire team, officially joined two months ago but started riding about three years ago. He had

done a couple years of running but kept getting sidelined and frustrated with ongoing injuries, so he decided to pick up a road bike on a whim and loved it.

"Peter approached me towards the end of the winter, and I did not hesitate to accept the invite," said Ivetic. "I appreciate Peter's commitment and love for the sport of cycling and what he continues to do for the community, so joining was a no-brainer."

Ivetic was born in Bosnia Herzegovina and moved to Winnipeg in the fall of 1996 when he was 14.

"It was quite the year to move here with the infamous winter, the April blizzard and the Flood of the Century that followed!"

Ivetic and his family left Bosnia Herzegovina right at the end of the notorious Bosnian War that lasted from 1992 to 1995.

"We made the decision to leave and applied to come to Canada while the war was still raging and got our papers and flights a few months after it ended. It was definitely difficult to live through, though I was too young back then to understand much of the politics and business behind the War," said Ivetic.

"We were fortunate, if you can call anything related to war as fortunate, in that the situation in the city I lived in stabilized quickly after an initial assault," he continued.

"We were primarily spared the indiscriminate shelling and destruction, though everyone lived in fear and uncertainty. Unfortunately, even in our city, not everyone would make it through unscathed; as with every war, the minority was harassed, mistreated and worse. In the end, it was like all other wars – the innocent bystanders are the ones that were affected the most."

Ivetic recently finished third at the Maah Daah



STANDARD PHOTO SUBMITTED

Sasa Ivetic of Country Cycle's Prairie Fire Racing Team recently finished third at the Maah Daah Hey (Badlands) Gravel Battle in western North Dakota.

Hey (Badlands) Gravel Battle - a bike race that entails 120 miles and over 10,500 feet of elevation gain on the fast and rugged red scoria roads that crosshatch the badlands of western North Dakota.

"The race was very tough. Conditions for the Saturday pre-ride were perfect, as the gravel was dry and packed down, and I expected a very fast race. But then the rain started coming down Saturday afternoon and did not stop until sometime during the night. So the roads were turned into a sticky, soupy mess of gravel and mud. We had a strong headwind for the first half, which actually worked well as it dried the course and provided a good tailwind on the way back.

"I flatted 10 kilometres into the race and spent the second half battling

a tire that continually lost air. I still managed to hold on to my rapidly shrinking lead though and rolled in on the rim to take third place."

This was Ivetic's second race of 2022, having warmed up with the Belgian Waffle Ride - a 225 km race in South California. Next up for him is the Purgatory, which Country Cycle is putting on at the end of June.

"The fall months will be busy with the cyclocross season kicking off in early September. I will be travelling to British Columbia to race the RBC Whistler Gran Fondo on Sept. 10. I have yet to decide on whether to race the Canada CX Nationals as that will probably be a last-minute commitment depending on how I feel that late in the season."

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A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

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Please share your story ideas with **Dennis Young** at denjohnyoung@gmail.com or **Lana Meier** at news@carmanstandard.ca or call 204-467-5836.

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STANDARD

Local teens performing well at high school rodeo finals

By Becca Myskiw

Three local girls sent dust flying a couple weeks ago in one of the last rodeos of the high school season.

Manitoba high school junior rodeo finals were on May 27 to 29, with Alana McCarthy of Miami and Jill Goff of Carman competing. Morgan Turner of Miami competed at the senior level — finals for that are this weekend on June 10 through 12.

Goff and McCarthy are both in Grade 8, making this their last year of junior rodeo. Goff just started competing in high school rodeos this fall and ending after the senior finals this weekend.

She's been barrel racing since she was eight and always went to the rodeo in Carman, which looked like fun, so after some convincing, she decided to try it herself. Goff competes with two horses — Barbara Jean, who she's had since last fall, and Woody, who she got around four years ago.

Goff competes in barrel racing, goat tying, pole bending, light rifle, and breakaway roping. She rides Barbara Jean for everything except roping, which is Woody's job.

"I have the horse for it, and I really enjoy the speed events," she said. "I do all the events I can."

She starts the rodeo season by getting the horses conditioned and cleaning up their runs. After competing, she starts fine-tuning their performances. After Goff's first spring rodeo in Richer four weeks ago, she had to clean up the second barrel with Barbara Jean and getting off of Woody without "falling on her face" for goat tying.

At the junior finals in Grunthal, Goff had her first 15 flat on her horse and

was doing extremely well, but she knocked over a barrel on her third day, taking her out of the running to go to nationals.

"It is what it is," she said. "You just kind of have to deal with it."

Alana McCarthy started in high school rodeo this year too after getting the membership as a birthday present in August. Her aunt and uncle met in high school rodeo, so she was inspired to do it herself, and it was another way for her to rodeo.

McCarthy is part of the Heartland Rodeo Association so competing in the high school ones is new nothing new to her. This season, she's been doing barrel racing, pole bending, goat tying, and breakaway roping. She rides on her horse, Dudley.

"I had a really good first day and the second wasn't as good but was still good and the third day it rained lots," she said. "But overall, it was a good weekend."

Morgan Turner's in Grade 9. She takes her horse, Slider, to the rodeos where she competes in pole bending, and barrel racing. She started competing in the high school rodeo in the fall after going to Miami's rodeo and wanting to do it herself. So far, she's competed in six separate rodeos — three in the fall and three in the spring.

To prepare, Turner's done riding lessons in Carman, lessons with her cousin, clinics for goat tying and pole bending, and she practices at home often with the goat demi her dad made her. With the wet year it's been so far, most of her horse conditioning has been done on the gravel roads.

She's on the list to compete in senior finals in barrel racing.

All riders who place in the top 10 of an event get points based on where they ended, with first place getting 10 points and down to 10th place getting one. The three girls will be competing at the high school finals in Souris on June 10, 11, and 12.



STANDARD PHOTOS BY RICK HIEBERT

Carman's Jill Goff competed in breakaway roping, barrel racing, pole bending, light rifle and goat tying at the Manitoba high school junior rodeo finals in May; bottom left, Allana McCarthy dismounts her horse in the goat tying competition.



get inspired

> MEAL IDEAS



Endless Summer Grass-Fed Lamb Burgers

Prep time: 1 hour, 20 minutes
Cook time: 1 hour
Servings: 4

Burgers:
1 1/2 pounds Atkins Ranch grass-fed Ground Lamb
1/4 teaspoon kosher salt
4 brioche buns
1 medium tomato, sliced into rounds

Spread:
2/3 cup full-fat Greek yogurt
1 clove garlic, grated
1/3 cup mayonnaise
1 tablespoon Dijon mustard

Salad:
1 small English cucumber, thinly sliced
2 green onions, thinly sliced into rounds
2 tablespoons flat leaf parsley, chopped
2 tablespoons fresh mint leaves, chopped
1 tablespoon fresh dill, chopped
1/4 cup micro greens

2 tablespoons lemon juice
1 teaspoon lemon zest
2 teaspoons olive oil

To make burgers: Gently divide lamb into four equal parts and shape into rounds slightly larger than buns. Cover and refrigerate at least 1 hour.

To make spread: In small bowl, mix yogurt, garlic, mayonnaise and mustard; refrigerate until ready to assemble burgers.

To make salad: In medium bowl, mix cucumber, onions, parsley, mint leaves, dill, micro greens, lemon juice, lemon zest and olive oil; refrigerate until ready to assemble burgers.

Preheat grill to medium-high heat, creating hot and cool zones. Salt patties then grill about 6 minutes on each side until internal temperature reaches 150 F. As patties near 150 F or start to brown, move to cool zone to regulate doneness. Transfer to plate and let rest about 5 minutes.

To assemble burgers, add dollop of spread to bottom buns. Top each with one tomato slice, one lamb burger, salad and top bun.



Grass-Fed Lamb Meatball and Veggie Skewers with Herb Sauce

Prep time: 1 hour, 30 minutes
Cook time: 30 minutes
Yield: 6 skewers

Lamb Meatballs:
6 wooden skewers
1 pound Atkins Ranch grass-fed Ground Lamb
2 large eggs, whisked
2/3 cup Italian breadcrumbs
1 teaspoon olive oil
1/2 cup yellow onion, finely minced
1 clove garlic, minced
1/4 teaspoon coriander seeds, crushed
1/4 teaspoon red pepper flakes
1/2 teaspoon kosher salt
freshly ground black pepper, to taste

Veggies:
1 medium red onion
1 medium green bell pepper
1 medium red bell pepper

Herb Sauce:
1 cup flat leaf parsley leaves
2 teaspoons fresh rosemary leaves, minced
2 tablespoons capers

1 lemon, juice only
2 cloves garlic
1/4 cup extra-virgin olive oil
Italian bread, grilled

To make lamb meatballs: Soak wooden skewers in water 10 minutes. In large bowl, break apart ground lamb then add whisked eggs and breadcrumbs. In small saute pan, add olive oil and saute yellow onion and garlic with coriander seeds, red pepper flakes, salt and pepper, to taste, about 5 minutes until onion is translucent and spices are fragrant. Add to bowl with lamb. Mix until combined and form into roughly 1 1/2-ounce balls.

To make veggies: Cut onion and bell peppers into 1-inch stacks.

Add ground lamb meatballs to skewers, alternating with peppers and onions. Cover and refrigerate at least 1 hour.

To make herb sauce: In immersion blender, blend parsley, rosemary, capers, lemon juice, garlic and olive oil until smooth. Refrigerate until ready to serve.

Preheat grill to medium-high heat. Grill skewers about 3 minutes on each side, or until meatballs reach internal temperature of 150 F. Rest 5 minutes. Serve with dipping sauce and grilled Italian bread.

AsktheMoneyLady.ca

Dear Money Lady: One of my friends put all their retirement savings into an annuity and said we should too. What exactly is an Annuity? Janice

Janice, I am often asked about annuities, so let's discuss this strategy that is often recommended as a way to create a lifelong income in retirement. Life annuities are designed for clients who have insufficient savings and/or a very low risk tolerance to investing in the market. There are four main types of annuities: straight life, joint life, term-certain and deferred. We will discuss each one plus some of the added features you can opt for.

Straight life annuities are the simplest. This annuity guarantees a periodic income for life with payments starting immediately minus a premium. Be careful with this one. This annuity does pay the highest amount for life, but when you die the payments stop and there is no payout to the estate. The benefit from this plan is if you live longer than your life expectancy, you will benefit from the funds left in the pool by those who died earlier. One thing I am not a fan of with this product is that the payments are fixed over time and do not compensate for inflation. Because of this you can add an income protection option called an increasing life annuity. The plan will then increase by a defined pre-set percentage each year. You can also choose an indexed annuity (often less expensive) that will increase the payments each year in line with inflation (measured only by the Canadian Consumer Price Index).

Joint life annuities last as long as either partner is alive. There are a couple of options with this one. You can buy an income-reducing annuity which is less costly, whereby the payment from the joint annuity declines when the first spouse dies. There is also an option in this plan to guarantee the payout of the premium if you choose a cash payment provision. When the annuitants die, the difference between the premium and the payout can then be paid to the beneficiaries.

Term-certain annuities are usually the one I prefer. In this annuity, payments are made for a specific period whether or not the annuitant dies. If you are using funds from your RRSP/RRIF in a term-certain annuity, payments usually only last until age 90. You can manipulate your term from 3 to 40 years and most are highly flexible. A cashable option is only available with this type of annuity since the convertible value can be easily calculated at any time. If needed, you could cash in your plan in the event of a serious medical condition or financial emergency.

The last type of annuity is called a deferred annuity and often purchased long before the income from the product is required in retirement. With this plan clients can take advantage of a slightly higher



Christine Ibbotson

rate of interest by purchasing the annuity years earlier than actually required. You will be encouraged to pay a higher premium during the deferral period, allowing interest to accumulate in the product and therefore increasing the overall value at the agreed upon conversion date when it switches to a paying annuity. With this product, it is best to opt for a return of premium guarantee in the event that you die prematurely before the payments start. One thing to remember with this one: interest earned during the accumulation phase is taxable, so it is best to fund this product with your registered investments.

All annuities are insurance products and vary widely based on the provider. Some insurance companies offer variable pay annuities which can be linked in part to the return of a specified stock market index. These plans offer something for everyone. Clients can choose an index tailored to specific profiles, such as conservative, moderate, growth or aggressive. Depending on the insurance provider, you may even be able to choose a combination of indexes with variable payments. Basically, a person chooses an annuity product because they don't want to be concerned with the ups and downs of the stock market, and they want a "set-it and leave-it" strategy with a guaranteed monthly income for life. Now before you all run out to purchase an annuity, let me just go over some of the disadvantages. Most annuities cannot be cashed or altered after income payments have commenced. Payments often cannot be adjusted to reflect changing needs, and the funds cannot be accessed in an emergency. Remember, you are giving up ownership of your investments and control of your capital to the annuity. It cannot ever be used as a loan guarantee or reassigned. Annuities are great to help diversify a retirement portfolio, but it is always a good idea to use them with other investments that offer more flexibility, such as RRIFs and TFSAs.

Good Luck & Best Wishes,
ATML - Christine Ibbotson

Written by Christine Ibbotson, National Radio Host and Author of 3 finance books plus the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" www.askthemoneylady.ca or send a question to info@askthemoneylady.ca

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NOTICE OF VOTERS LIST / PERSONAL SECURITY PROTECTION TOWN OF CARMAN

Notice is hereby given that a copy of the VOTERS LIST may be revised at the Town of Carman office, 12-2nd Avenue SW, Carman, Monday through Friday, between the hours of 8:30 a.m. and 4:30 p.m. until Tuesday, September 20, 2022.

At this time the Senior Election Official (SEO) will be available to update the voters list by:

- adding the names of voters who are entitled to have their names on the list;
- deleting the names of persons who are not entitled to have their names on the list; and
- making such other correction of errors to the list as required.

VOTER ELIGIBILITY:

A person is eligible to have his or her name added to the Voters List if he or she is:

- 1) a Canadian citizen and at least 18 years of age on election day; and
- 2) a resident of the local authority for at least six months prior to election day, OR a registered owner of land in the municipality for at least six months prior to election day.

APPLICATION FOR PERSONAL SECURITY PROTECTION:

A voter may apply in writing to the SEO (at the address / email below) no later than September 20, 2022 to have his/her name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or email and must include your name, address, and include proof of identity.

All changes to the voters list must be completed on or before September 20, 2022.

Dated at Carman, in the Province of Manitoba, on 22nd day of April, 2022.

Cheryl Young SEO
Town of Carman, 12-2nd Ave SW, Box 160
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We thank all applicants for their interest, but only those selected for an interview will be contacted.



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**Fair Hours:
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**All are welcome.
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Classifieds Announcements

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CARDS OF THANKS

Thank you very much to everyone who attended my community bridal shower in Roland. It was so great to see so many people. Special thanks to Shelley Bartley, Shirley McLaren, Auntie Elaine and Auntie Debbie for organizing and hosting.

Aaron and I are extremely thankful for all of the cards and generous gifts. I am truly blessed to have such a wonderful community that I will always call home.

Thanks to all!

-Karen Hodgson

ENGAGEMENT ANNOUNCEMENT



John Wiebe and Allison Abbott-Wiebe are pleased to announce the engagement and forthcoming marriage of their youngest daughter Erica, to Kyle Wittevrongel of Winnipeg MB. Their wedding will take place this September in Morden MB.

Remember Your Loved Ones
with an Announcement in the
STANDARD Call 204-467-5836

OBITUARY

John David Unrau

John Unrau passed away suddenly at his residence on Wednesday, June 1, 2022 at the age of 51 years with his brother Phil and Janine by his side.

John David Unrau was born to Bernhard (Ben) and Frieda Unrau on August 4th, 1970 in St. Claude, MB. John grew up on the family farm in Graysville until the age of 17 when the family moved to a farm near Elm Creek. After graduating high school from Carman Collegiate, he moved to Carman and started his lengthy career in the trucking industry. John was blessed with his first son Steven in 2003 and Nicholas (Nick) in 2005. John was involved in different levels of trucking until January 2019 when he became a Snap-On franchisee. John's two greatest passions were his sons and his Snap-On career, particularly the customers who became friends.

In 2014, John was diagnosed with cancer for the first time and had one kidney removed which deemed him cancer free. He remained cancer free until September 6, 2019 when he learnt the cancer had returned. In May 2020 he moved in with his brother Phil and Janine and family. Since his re-diagnosis, John's spirits and outlook on life remained very positive and he was an inspiration to many. In his 2.5 years of battling cancer, John remained strong and passionate about his friends, family, Snap-On and living his life to the fullest.

He was predeceased by his mom Frieda (1986), his dad Ben (2021), sisters Katie (1967) and Eva (1967) and brother-in-law Ervin Ens (2014). He is survived by his two sons, Steven and Nick; brothers and sisters, Aaron (Theresa), Hank (Colleen), Helen (Dan), Elizabeth, Dorothy (Ken), Dan (Jackie), Phil (Janine), Matilda (Tim), Becky (Kevin) and their families and by his step-mom Sarah Unrau. He was also survived by many friends, far and wide, that he met through his trucking and Snap-On careers.

A public service will be held Tuesday, June 7th, 2022 with interment at the Carman Cemetery to follow.

If friends so desire, donations may be made in John's name to CancerCare Manitoba or Eden Foundation.

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take a break > GAMES

SUDOKU

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

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!

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

Sudoku Answer

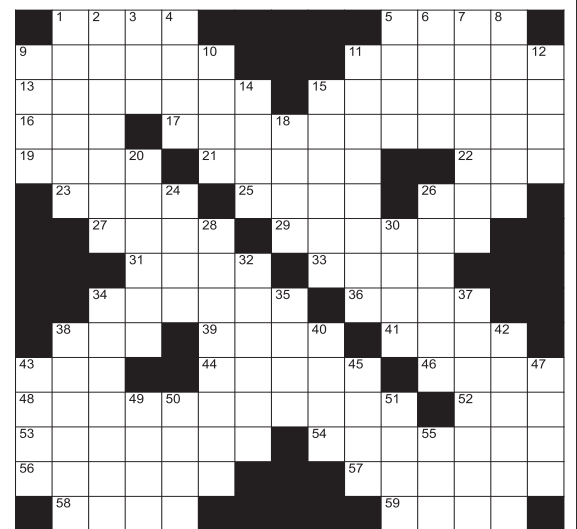
S	E	R	V	E	S	S	N	E
I	S	E	R	E	S	S	E	R
O	V	E	R	O	I	T	H	I
S	R	V	E	R	N	V	E	R
E	T	R	E	T	E	V	O	D
E	T	V	S	W	V	T	O	D
S	E	Z	I	S	S	G	O	V
W	I	S	S	N	V	S	S	E
S	N	S	E	N	E	X	V	O
A	T	I	O	K	E	O	A	M
E	O	S	S	I	H	E	S	N
O	E	S	S	I	H	E	S	N
K	I	D	S					

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Slovenian mountain
- Growl
- Where things stand
- Made a sharp sound
- Female spirit in Irish folklore
- Deteriorate with age
- A way to save for retirement
- The Big Apple
- Intestinal pouches
- City in New Hampshire
- Giving a bad impression
- Samsung laptops
- Without (French)
- Scientist's tool (abbr.)
- System of one more computers
- Captures
- Authentic
- Female mammal's nipple
- Pandemonium
- Satisfy
- Arrived extinct
- Shipborne radar (abbr.)
- Network of nerves
- Monetary unit
- Showed old TV show
- They help you hear
- One who eliminates
- Congress' investigative arm
- Parties
- Most supernatural
- Takes illegally
- Breathes while asleep
- Sea eagles
- German surname
- CLUES DOWN
- Looks at for a long time
- Solution for diseases



- Belonging to a thing
- Former Packers fullback
- Contemptible person
- One billionth of a second (abbr.)
- Helps
- Final section of the large intestine
- Invests in little enterprises
- Look for
- Unbeliefs
- Susan and Tom are two
- Female sheep
- A poet writes it
- Affirmatives
- "Full House" actress Barber
- Traveled rapidly
- Long upholstered seat
- Set wages
- Peter Gabriel song
- Sides of a jacket
- More beautiful
- Actress Kate
- Furniture with open shelves
- Indicate
- The cost of a room
- Gets rid of something
- Impudence
- No No No
- Drunkards
- Middle eastern country
- High energy lasers (abbr.)
- Primary component of ribosomes
- An informal debt instrument

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June is Alzheimer's & Brain Awareness Month

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them.

Memory loss that disrupts daily life

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own. Typical age-related change - Sometimes forgetting names or appointments, but remembering them later.

Challenges in planning

Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. Typical age-related change - Making occasional errors when finances or household bills.

Difficulty completing tasks

People with Alzheimer's often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite

game. Typical age-related change - Occasionally needing help to use microwave settings or to record a TV show.

Confusion with time or place

People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there. Typical age-related change - Getting confused about the day of the week but figuring it out later.

Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving. Typical age-related change - Vision changes related to cataracts.

New problems with words in speaking or writing

People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a "watch" a "hand-clock"). Typical age-related change? Sometimes having trouble finding the right word.

#7 Misplacing things and losing the ability to retrace steps

A person living with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go

back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses. Typical age-related change - Misplacing things from time to time and retracing steps to find them.

#8 Decreased or poor judgment

Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean. Typical age-related change - Making a bad decision or mistake once in a while, like neglecting to change the oil in the car.

Withdrawal from work or activities

A person living with Alzheimer's disease may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity. Typical age-related change - sometimes feeling uninterested in family or social obligations.

Changes in mood & personality

Individuals living with Alzheimer's may experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone. Typical age-related change - Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

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