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VOLUME 4
EDITION 25

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Riding for a cause

STANDARD PHOTO BY RICK HIEBERT

Carman's Stetson Reimer competed in the peewee event at the Rocking W Rick Wiebe Memorial Charity Barrel Race last weekend. Competitors from across the province raised \$33,000 for South Central Cancer Resource.

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Rick Wiebe Memorial raises \$33K for SCCR



The Rocking W Rick Wiebe Memorial Charity Barrel Race was a resounding success in Carman last weekend, attracting competitors from across the province and raising \$33,000 for South Central Cancer Resource. Bottom right: Event organizer Dusty van der Steen, daughter of Rick Wiebe, presents SCCR president Dianne Mestagh with the donation, which beat last year's total by over \$2,300. Above, left: Carlene Reimer from Carman rounds the barrel and above right: Miami's Alana McCarthy on the course.



STANDARD PHOTOS BY RICK HIEBERT



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STANDARD PHOTO BY LISA VAN DAM

To mark the end of another school year at Dufferin Christian School, some students opted for a country-style transport option last Friday, showing a strong preference for the green brand. The day concluded with the customary high school sports banquet and an entertaining baseball match between teachers and grade 12 students.

Local fire chief recognized for 45-years of service

By Ty Dilello

At the MAFC's annual conference in Virden on June 8, Rick Penner from the Carman-Dufferin Fire Department was honoured with the Long Service Award for his 45 years of dedicated service. The former Fire Chief in Carman, Penner was quite pleased to have received the 45-year award at the conference in Virden.

"I received an invitation a few weeks ago to attend the conference to receive my 45-year award," said Penner. "The initial call and stuff was a surprise, if you will, so being able to attend and go to the banquet was great. I very much enjoyed going up to see some people that I hadn't seen in a lot of years."

The Carman-Dufferin Fire Department would like to thank the Oak Lake Mutual Aid District for hosting the conference event in Virden, MAFC President Kelvin Toews for presenting the award and to the entire MAFC for recognizing firefighters in Manitoba for the time they dedicate to their communities.

After 45 years of service with the local fire department, Penner still isn't sure when he'll retire as he's happy to keep going at the pace he's at now.

"I'm very involved with training in the department, as along with one of the other captains in the department, we do the Level 1 and Level 2 training for prospective firefighters for twelve



STANDARD PHOTO SUBMITTED
Carman's Rick Penner, left, pictured with MAFC President Kelvin Toews.

fire departments," said Penner. "That has been pretty rewarding to have people move through, as they spend several months with us, working on their skills and knowledge, and then their success at the end is a pretty good high."

Penner also noted that the Carman-Dufferin Fire Department is at a very healthy state right now as they've recently hired four new firemen.

"We have great membership and great leadership. We've hired four new people and as we've had some past members resign due to other commitments. So they put out a call, and we have four new members. In the years to come, our fire department will continue to grow, develop and take care of the local community."



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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The Carman-Dufferin Standard is published Thursdays and distributed as a free publication through Canada Post to 3,457 homes by BigandColourful Printing and Publishing.

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EDITORIAL > VIEWPOINTS > LETTERS

Ty Dilello
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Mark your calendars for the 144th Carman Country Fair

Weekend festivities planned for July 11-13

By Ty Dilello

Following a fantastic 2023 event, which saw over 12,500 people enter the gates to enjoy the celebrations of the 143rd Carman Country Fair, the upcoming 2024 edition, which will be held from July 11 to 13, promises to be even bigger and better.

There will be plenty of entertainment, action, and displays for everyone, young and old. The familiar sights will once again greet traditional fair lovers, as will the sounds and smells of food trucks, midway carnival rides, livestock and horse events, and exhibits with amazing artwork, handcrafts, and stunning quilts lining the walls.

Education and Heritage are highlighted in the Agriculture Education Centre.

Animals feature prominently across the three days, with horse events taking centre stage through various mini-horse, heavy horse, 4-H Horse events, Open Barrel Racing, and 4-H Beef Cattle competition and auction.

“Our canine companions will also be able to showcase their talents with dog agility exhibitions, which are always proving popular,” said Bernie Townsend, president of the Dufferin Agricultural Society. “The largest poultry show in the Pembina Valley, Longhorn Steer exhibition, and many other farm animals provide a family-friendly experience. Prairie Exotics will return with their giant snakes, rare crawly things, exotic birds and reptiles.”

At the Carman Fair, Planes, Trains, and Everything and Manitoba LEGO users will provide interactive displays. High-powered Remote-Control vehicles will also return, providing three days of thrills, spills, and jumps.

Main Events include a Folklorama cultural experience, Red River Valley Modified Truck and Tractor Pull, and high-profile entertainers, including Richard Inman, Matt Zimmerman, Ashlee Bart, Sweet Alibi, Seven Pines, Car-



STANDARD PHOTO SUBMITTED

Carman annual Country Fair will be held from July 11-13 with Open Jackpot Barrel Racing on July 13.

man’s own Tayler Morgan, and many more local musical acts. The Saturday night Fireworks will also return.

Carman Handi-Van will provide a free drop-off and pick-up service for Carman residents with wellness and mobility issues.

Carman Country Fair is also pleased to announce that Carman Handi-Van and Carman Food Pantry will receive its annual profit-sharing gift.

For more information and a full schedule of events and attractions, please visit www.carmancountryfair.ca.

Crossway Elm Creek running Scuba-themed kids program

By Ty Dilello

The Crossway Elm Creek church has a fun Scuba-themed program running from Aug. 12-16 from 9 a.m. to 12 p.m. The program is catered for kids aged three to entering Grade 6.

There is no cost to the Scuba (Diving Into Friendship

With God) program, which is a kids Christian day camp. Scuba is the theme, so no actual scuba experiences will be taking place at the camp.

A typical day with the Scuba day camp includes a stage program with music and bible teaching, games,

interactive bible story, snack and hands-on elementary experiments.

“We have had this week-long program with different themes for many years here at our church,” said a Crossway Elm Creek church spokesperson. “There’s no limit on the number of kids

in the program, and we typically end up with around 100 or so, so please sign up when you can.”

The most up-to-date details (and sign-up) are available on the Church’s website here: www.crosswayelmecreek.com.

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Local storm-chaser tracks tornado

By Jennifer McFee

A local storm-chaser experienced a day to remember last Wednesday while many Manitoba communities were under a tornado warning.

Ethan Caners of Stony Mountain had been tracking the storm and keeping an eye on forecasts, which prompted tornado warnings in municipalities including Morden, Winkler, Stanley, Victoria, Glenboro-South Cypress, North Cypress-Langford, Oakland-Wawanesa, Neepawa, Carberry and Lorne.

On Wednesday, June 12, he picked up fellow storm-chaser Bradyon Morrisseau from the airport to begin their pursuit.

"He's Canada's best chaser, in my opinion," Caners said. "We teamed together."

They drove to Portage la Prairie and picked up another chaser, Jordan Caruthers, as well as a friend named Ethan Haggard also came along for the experience.

"We got on one storm that we saw form on the Saskatchewan border and then we kept following it. We followed that individual cell for about 2.5 hours," said Caners, who has been chasing storms across Canada and the United States for the past two years.

"It produced four tornadoes while we were following it. The first three tornadoes all spawned almost simultaneously with each other near Rivers, Manitoba, but the main one spawned in Swan Lake."

The tornadoes in Rivers were rela-

tively weak, he said, but that wasn't the case for the system in Swan Lake.

"The one in Swan Lake did some damage. That one was a little scary for me since my sister lives in Swan Lake right now, so I was on the phone with her, giving her updates, telling her to get downstairs and making sure she was OK," he said.

"It mainly damaged the powwow stadium in Swan Lake. It also hit a barn northwest of Swan Lake, which we heard about later."

In an effort to keep safe, Caners said they mainly rely on visual cues.

"You watch how the storm is moving, and you position yourself in a good area. You make sure you have escape options if you need," he said.

"We maintained a safe distance from this one because we realized that this could be a strong tornado."

Beyond the local storms, Caners also keeps an eye on tornadoes throughout the United States. Several weeks ago, he chased a tornado in North Dakota. And earlier in the year, he chased a high-risk tornado in Oklahoma, where he also spent about eight hours helping with search-and-rescue efforts amid the destruction.

But when he reflects on all the storms he's seen, last week's tornadoes top the charts for Caners — and he expects another tornado could be on its way to Manitoba before long.

"It was probably the best day we've had so far ever," he said. "I think I'll be chasing Manitoba again soon."



STANDARD PHOTOS BY ETHAN CANERS

Ethan Caners of Stony Mountain saw tornadoes in Rivers and Swan Lake on June 12. The storm system caused damage to the powwow grounds in Swan Lake.

Elm Creek 4-H Beef Club members prepare for Club Achievement

By Ty Dilello

On June 11, the Elm Creek 4-H Beef Club held its first practice of the year as its members had a great evening learning about showmanship, judging, washing and clipping their animals.

"Our club did a practice with our steers, and it was great as the members learned show etiquette, how to set up their animals and how to manoeuvre around in placing positions," said Kelly Richardson of the Elm Creek 4-H Beef Club.

A few weeks from now, on July 1, the Elm Creek 4-H Beef Club will have its Club Achievement in Elm Creek coinciding with the Canada Day celebrations at 1:30 p.m., which will be the last time for members to practice before the upcoming Carman Fair's festivities.

The young members of the Elm Creek 4-H Beef Club will then show



PHOTO BY KELLY RICHARDSON

The young members of the Elm Creek 4H Beef Club are busy preparing their animals to take part at the upcoming Carman Fair from July 11-12.

their animals at the Carman Fair from July 11 to 12.

"Everything's been good with the club this year, and we're at 20 members currently, which is a healthy number," said Richardson. "For those wanting to get involved in the future with the club, our sign-up is at the Club's reorganization meeting in the fall."



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Back On Cue announces the play and cast for November 2024



STANDARD PHOTO BY LEE COLLINGRIDGE

Jim Robson and Evelyn Hoogerdijk are rehearsing for Back on Cue's, *The Tin Woman* play that will debut Nov. 8 and 9.

By Lana Meier with files from Gail Aubin

The casting process for Back on Cue's upcoming production, "*The Tin Woman*" by Sean Grennan, has come to a close. Excitingly, the show will feature talented amateur performers and is inspired by a true story. Led by director Fay Harms, the incredible story of a heart transplant recipient, "*The Tin Woman*" has won accolades in many theatres across North America. This play uses humour and pathos to explore loss, family and what it means to be given new life.

Introducing Lee Collingridge, the new producer in charge. As the coordinator on and off stage, it's a demanding role to ensure everyone is "doing their job" both on stage and in the crew. The set, make-up, hair, costume, props, budget, marketing and programming must all be coordinated carefully. (There are many more details of course!) We always wonder what the producer does, well now we know. The show must go on!

Back On Cue is excited to announce the return of the popular *Dinner and a Show*.

Last year, the 'Breakaway' and 'Bistro on the Boyne' had a wonderful menu before the drama. After dining, the patrons then went to the Carman Collegiate and Community Theatre. With reserved seating for our guests, there's no need to worry about finding a spot. It is a popular and tasty pairing.

Thank you to Back on Cue for the continuous support in promoting various arts events in our community. We would like to extend our gratitude on behalf of the children and adults in the area. Please remember to save the date on your calendars: Nov. 8 and 9, for the upcoming show, "*The Tin Woman*".

The show features Director Faye Harms and the cast, which includes...Joy - Deana Gould, Darla - Christan Froese, Hank - Jim Robson, Alice - Lisa Pinkerton, Sammie - Evelyn Hoogerdijk, Jack - Mike Porter and Nurse - Nicole Blagden.

Send us your candid grad celebration photos!



STANDARD PHOTO SUBMITTED

We are looking for candid graduation shots from this year's ceremonies to include in the keepsake edition.

By Jennifer McFee

Will you be attending a local 2024 high school grad in the region? Do you know a student who is graduating this year?

We would love for you to send us some of your favourite grad photos for possible publication in the Carman Dufferin Standard.

We're looking for candid shots of graduates at convocation ceremonies and the following festivities from the entire region. Feel free to also send photos of grads getting ready for their special day.

It would be great if families and friends could send indoor and outdoor shots of the grads before, during and after their celebrations — and it's even better if you can provide their names too.

Please email photo submissions to news@carmanstandard.ca within one day of the event — the sooner, the better!

Congrats to the 2024 grads! We can't wait to see the memorable moments that you capture.

And you might just see your photo on the front page!



STANDARD PHOTO BY DENNIS YOUNG

Ben Nuttall (5) helps his Dad Tim with yard work on 4th Avenue Carman.

Celebrating Carman Collegiate student achievements



STANDARD PHOTOS BY KELLY VIPOND

Left photo, Carman Collegiate handed out its Athletic Awards last week for the 2023-24 school year. Pictured left to right, Ethan Wilde and Wynelle Dueck (Lyle Myers Coaches Award/Most Dedicated), Jayci Best (Kelly Hand Varsity Female Athlete of the Year), Jackson Best (Frank McKinnon JV Boys Athlete of the Year), Griffon Carnelly (Eddie Belfour Varsity Male Athlete of the Year and Scholastic Athlete of the Year), and Allie McCullough (Brian Parker JV Girls Athlete of the Year); Right photo, the Carman Collegiate students who obtained a high academic average while playing three sports throughout the year.

Faouzia releases new hit song "Fur Elise"

By Ty Dilello

Local singing talent Faouzia continues to make a big name for herself in the music world. The 23-year-old singer is best known for her hit song "Tears Of Gold," which has over 40 million views on YouTube. Faouzia has been performing her music worldwide and worked with some of the world's most prominent musicians.

Faouzia Ouihya was born in Casablanca, Morocco, in 2000. At the age of one, she moved with her family to Notre Dame de Lourdes before eventually settling in Carman.

Faouzia grew up listening to traditional Arabic tunes in her parents' minivan. She speaks English, French, and Arabic fluently. Early on in life, it was important in the family that she and her two sisters learn an instrument. After pursuing the piano, Faouzia eventually took up the violin and guitar.

However, her impressive singing voice began winning her local talent competitions in Notre-Dame-de-Lourdes and Carman as young as eight years old. As a teenager, she started making videos on YouTube, which secured her big wins at international competitions for her voice. This caught the attention of artist David Guetta, who had Faouzia provide vocals for one of his tracks.

At 17, Faouzia was signed to a United States booking agent who handled big names such as Coldplay and Ed Sheeran. She has since recorded songs with John Legend, Kelly Clarkson, and many others.

After graduating from Carman Collegiate, Faouzia began attending courses at the University of Manitoba, where she hopes to major in computer engineering.

The past few years have been a whirlwind for Faouzia. She has been steadily rising in fame and popularity with her music, which is soaring her to new heights.

Faouzia can be described as a pop singer with R&B and synth-pop mixed in. Growing up, her music was based on feeling and emotion, as the people heavily inspired her early songwriting, which she was closest to. However, her newer songs have become more personal to her.

Paying homage to her Manitoba roots, Faouzia sang O Canada at the 2022 NHL All-Star Game in Las Vegas, with millions of people watching on television. The year 2022 marked her biggest on Spotify to date, with over 170 million streams of her songs.

In 2022, she also teamed up with John Legend for the ballad "Minefields," which was dedicated to a friend of Faouzia's from the Atlantic Records record label who had died in a car accident.

Earlier this year, Faouzia released her new song, "Fur Elise." The song, which uses elements from the famous Beethoven composition, delves into themes of manipulation, devotion, and the desire to be seen and cherished by someone who holds power over you. The lyrics paint a picture of a one-sided and toxic relationship in which the narrator is willing to be controlled and manipulated by their partner in order to feel loved and valued.

The song and its live performance version have both had around 1.5 million views on YouTube to date. Faouzia's song Fur Elise can be listened to at the link here: <https://www.youtube.com/watch?v=Tt-zb3a85bQ>.

Finally, Faouzia was in China last month and is currently participating in the Chinese TV show "The Singer," which is very popular, with nearly a billion viewers watching each episode. In every weekly episode of "The Singer," a rotating cast of seven performers sings live in front of a studio audience before the audience and 500 selected viewers vote for the winner.

Faouzia was going up against noted American



STANDARD PHOTO SUBMITTED

Southcentral Manitoba's most famous citizen Faouzia, a singer who grew up in Notre-Dame-de-Lourdes and Carman, recently released a new hit song "Fur Elise" that is available on all platforms including YouTube and Spotify.

singer Chante Moore in a couple of the show's performances and had recently come in first place for two episodes in a row.

Filipino community celebrates



STANDARD PHOTOS BY ASHLEIGH VIVEIROS

The Pembina Valley Filipino community came together in Morden Saturday to celebrate their country's Independence Day. Suncatch Plaza was packed with people out to enjoy traditional food, dances, music, and dress from the Philippines.



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Friesens: The success of employee ownership

In a business landscape dominated by shareholder demands, Friesens Corporation shines as a beacon of success through employee ownership.

This distinctive structure empowers the book manufacturing company based in Altona, MB to prioritize values alongside profits, guided by the best interests of their customers and fellow employee-owners.

"Employee ownership is more than just sharing profits," says CEO Chad Friesen. "It is a mindset, an attitude that if we think and act like owners, we will outperform other companies where employees don't share in the success of the business."

Historically, employees of Friesens bought and sold shares in the company.

"That worked well for a long time, but between the 1990 and 2010, the company realized there was a mature group of shareholders that needed to sell their shares so they could retire," Friesen explains.

"At the same time, we had a younger generation joining the company that either didn't have the wherewithal or as much interest in acquiring enough shares to make that internal market successful. Part of that was also influence by society in general. We had moved away from an investing and saving focused society, to more of a credit focused society today."

This challenge led to the creation of a more inclusive structure called an employee ownership trust (E.O.T).

"The company lent money to the trust and the trust bought shares back from the shareholders who wanted to retire. The trust became a bigger and bigger shareholder for the company because it kept buying back shares from these retiring owners. The goal was to one day sell the trust shares to the younger incoming employees. But when you're in your twenties and thirties, you just don't have the financial wherewithal to buy shares at that rate."

In 2010, the company decided to make the trust the sole owner of the company. This followed some trying times in 2008 when Friesens faced

challenging markets, the introduction of e-readers, and foreign competition.

"The U.S. economy was in a freefall. We had a whole bunch of nervous shareholders on the shop floor, worried about their investments," Friesen recalls.

"We wanted to avoid having employees leave the company to try and salvage their shares. We knew the company was in a good financial position, so Friesens lent money to the trust and the trust bought back all the shares from all the employee-owners, essentially derisking the situation for them.

"So, while previously we were a directly-owned company with individuals owning shares, we became an indirectly-owned company where the trust owns the shares, but all the employees of the company are beneficiaries of the trust. We still refer to ourselves as employee-owners because employees are the only ones who participate in ownership benefits"

This shift brought numerous benefits to Friesens.

"First, it put the company in a position where it would be owned in perpetuity by a trust," Friesen says. "In today's ownership model, everyone participates, equitably. Even in your first year, you start to participate in some of the ownership benefits. Instead of only benefitting those who can afford to buy shares, we have more equitable participation for everyone. It's a much more inclusive ownership model than we had before."

Becoming an employee-owner at Friesens is straightforward—the only requirement is to be a full or part-time employee and to pass your probationary period.

The impact of employee ownership translates into high standards, superior quality products, and a team proud of their collective achievements. Employees often describe the company as a big family that supports one another through good times and bad.

"Employee ownership at Friesens means different things to different people," Friesen says. "For some,



STANDARD PHOTO SUBMITTED

Friesens Corporation's employee ownership system empowers the Altona book manufacturing business to prioritize values alongside profits, and gives staff a vested interest in the company's success.

it's about giving back to each other and the community. For others, it's a chance to forge their own career paths. Despite these varied perspectives, a common thread unites all employee-owners, whether they've been with the company for two years or thirty: a sense of belonging and family."

This sense of unity and shared purpose, he says, is integral to the success of Friesens Corporation. Over the last 12 months, Friesens has shared over \$5 million with its employee-owners.

The company employs nearly 600 people, which translates to roughly 14 per cent of the community (although 1/3 of the employees live outside of Altona).

"Total employee ownership benefits have added up to over \$27 million over the last 10 years," Friesen shares. "That's a huge economic spinoff for the community."

"When our employee-owners receive these ownership payments, hopefully some of them are saving for retirement, but many of them are buying cars, doing home renovations, buying tools and equipment, or sending their kids to better schools ... things that help the community grow.

"If our company was owned by an individual or family, it's very unlikely that they would choose to spend all that money at the local level. Whereas if the same proceeds are divided 600 ways, you've got more chance of it being spread out throughout the community. That's a big win for Altona and southern Manitoba because every time we make a distribution, there's this flood of cash that goes into the community in some shape or form. I think that's a bigger benefit than most people in the community realize."

This sense of unity and shared purpose is integral to the success of Friesens Corporation, illustrating how a business model rooted in employee ownership can yield exceptional results for the company, its employees, and its community.

"Yes, it feels awesome to hand out cheques," Friesen says. "But ultimately, you want people to be a part of the whole story. I take pride in telling people how this company started, how we're owned, and how that benefits the lives of the people who work here."

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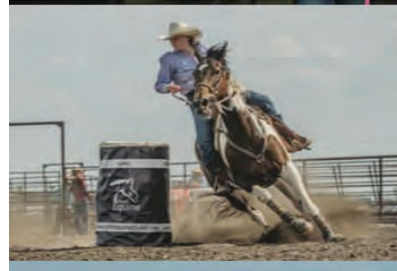
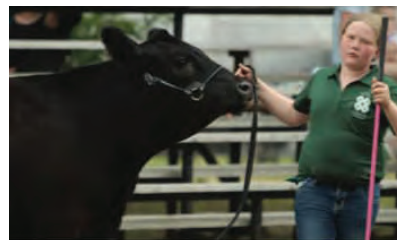
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Saturday, June 22, 2024

- 7-9am Free Pancake Breakfast sponsored by Miami Merchants
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- 9am Mini Horse Show
- 9am Miami Ag Society Food Booth
Next to the Grandstand
- 9am Cattle Show
Open 4-H Cattle Show followed by Purebred Cattle Show
- 11am-2pm Kids Fair
- 11am-3pm Ruddneck Ranch Petting Zoo
- 11am-5pm Southern Bounce-a-rama
- 11:30am-1:30pm Lunch Fundraiser - Miami Community Centre
- Noon-11pm Beer Gardens
- 2pm Heartland Rodeo Association Rodeo
Cost included in your Saturday admission fee

Sunday, June 23, 2024

- 11am Miami Ag Society Food Booth
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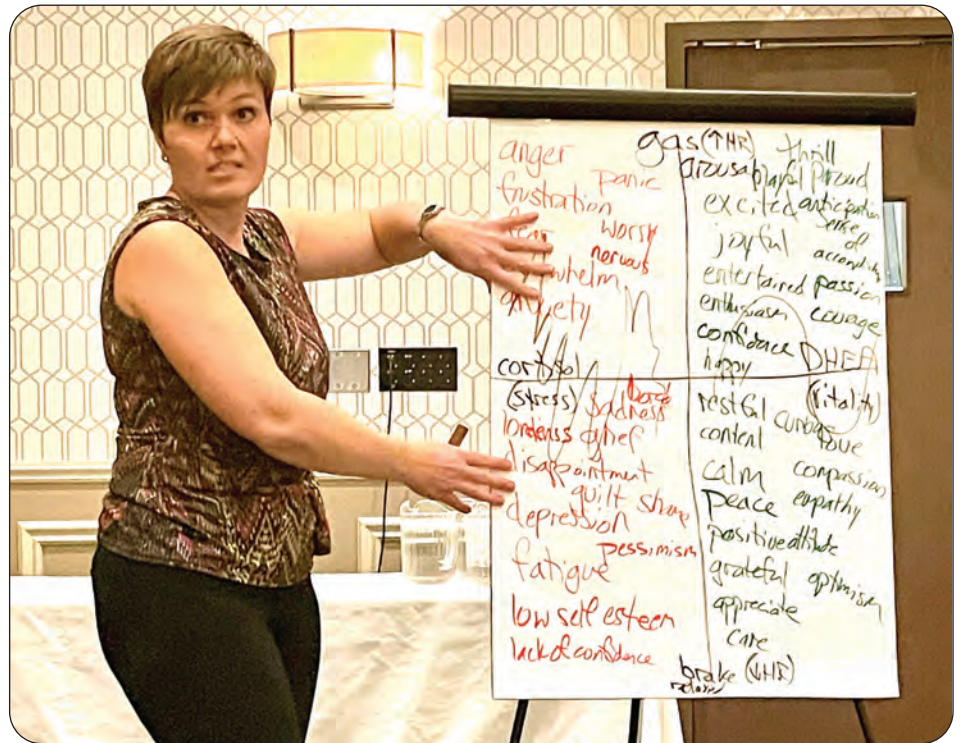
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Cultivating wellness by managing stress



STANDARD PHOTO BY LORI PENNER

Stress management trainer and coach Louise Sanders explains a learning tool she uses during conferences to demonstrate the relationship between the emotions, the nervous system, and the hormone system.

By Lori Penner

As anyone in the agricultural industry will attest, farming has its fair share of challenges.

But according to Louise Sanders, that doesn't mean you have to be stressed out.

As a stress management trainer and coach, and the founder of The Stress Experts, she helps her clients become their own "stress expert" by empowering them with scientific knowledge and practical skills to handle life's challenges, big and small.

Raised on a farm near Manitou, Sanders' journey from the fields to the clinic unveiled a profound truth: the importance of addressing stress in farming communities.

The agricultural industry is riddled with stressors, aggravated by the unpredictable financial landscape of farming and the profound sense of identity tied to the land. From consecutive years of poor yields to livestock epidemics and equipment breakdowns, each unforeseen setback inflicts profound financial strain, which can lead to a cycle of despair.

"Stress is a human condition, that's what we felt the same with every industry. But each industry has unique stressors. It's about managing the emotional dysregulation that those stressors can produce," Sanders says.

"When you understand the basics of

stress and have some simple, powerful tools to conquer stress anywhere, at any time, you can experience the benefits of increased resilience including less overwhelm and anxiety, more energy, better sleep, and increased efficiency."

For Sanders, the mission is clear: equip farmers with the tools to navigate the turbulent seas of stress. Drawing from her background in physical therapy and complementary therapies, she delved into the heart of stress management, seeking holistic solutions.

Sanders utilizes a multifaceted approach, integrating scientific insights with practical techniques. Collaborating with institutions like the Institute of HeartMath, she empowers farmers to harness the innate resilience within.

"There's a lot of misconceptions about stress, which makes the topic of stress, stressful. Everything nowadays is called stress. But there's a difference between the stress and the stressor. A stressor is an event, circumstance, or situation that you have little or no control of. It's something that's external to us. Stress, on the other hand, is a negative or ineffective response to the event, situation, or circumstance. This is something you do have control over."

Stress is an internal response. When

Continued on page 13

Your FARM



Park Dairies farm focuses on quality care

By Jennifer McFee

A fourth-generation dairy farm is mooing towards the future with a new barn equipped with the latest technology.

Located in the Lake Francis area, Park Dairies lost its barn and its entire herd of 60 milking cows in a barn fire last March.

A year later, the Park family moved their new herd into a new barn that features some automated features.

Cody Park farms alongside his dad Larry, whose grandparents Jonathan and Agnes Park started the farm in 1922 with about 10 cows. At that time, the dairy farm was located about six miles from its current location. They milked by hand and hauled the milk with horses to Lake Francis.

When the farm transitioned to the second generation of ownership, Larry's dad Harry and mom May took over, along with his dad's brother Walter.

In 1952, the family moved to the current farm, which is located right beside the railway track and only about 1.6 kilometres from Lake Francis.

"Outside our driveway was a water tower where the train had to stop and fill up with water, so all we had to do was carry the cans of milk out to the train," Larry recalled.



Osta, one of the first calves born in Park's new dairy barn.

"That's one of the reasons why we moved to this place where we are now, which was already a dairy farm before."

They continued milking about a dozen cows by hand. A couple years after they moved to the new location, they got electricity at their property.

In 1981, Larry took over his dad's half of the farm and continued farming with his wife Wilma and Uncle Walter. Nine years later, he took over his uncle's half of the farm.

Today, Larry continues to farm with his son Cody, whose wife Vanessa



STANDARD PHOTOS BY JO-ANNE PROCTER

Father-son duo Larry Park, left and Cody Park operate Park Dairies together south of Lake Francis.

helps out when she can. Cody and Vanessa have three children — seven-year-old Theo, five-year-old Adaline and two-year-old Emily — so the future looks bright for the fifth generation. Over the years, their herd has grown to about 60 milking cows.

"Eventually, the plan will be for me to take over," Cody said. "With my family, we'll all end up farming to-

gether."

For now, the father-son duo is still adjusting to their new barn and new animals. The new barn features a robot to milk the cows. The robot is also equipped with a tool that monitors somatic cell, which allows the Parks to monitor udder health on a day-to-day basis to help ensure milk quality. The barn is enhanced further with an automated feed pusher and a drive-through feed alley.

"In the old barn, we did all the milking ourselves. There was quite a bit of labour involved in milking cows and feeding. So we went automated and to a free-stall barn to help with the labour factor and giving a person a little more flexibility in their day-to-day life," Cody said.

"Another piece of technology we put in the barn called a behaviour analysis. It goes on the cow's ear and monitors the overall health of the herd by measuring individual cow activity, eating and rumination, which allows us to see a sick animal sooner and shows a cow's heat cycle. It's been a big learning curve to learn the technology, but it's been good. Right now, we're still trying to learn everything and learn our new herd."

Cody gives a shout out to everyone who helped their family while they



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Continued on page 13

> DAIRY, FROM PG. 12

were dealing with the tragedy of the barn fire last year. In particular, he expressed gratitude to Chris Roulin at Lifewind Holsteins, as well as Derick Olson and family at Lake Francis Holsteins.

"They took our cows in when they were calving and had a place for them to milk until we got going again. I just want to give a huge thanks to them," he said. "There's not enough thanks in the world for taking care of our animals. It's all appreciated."

Throughout the past century, and all the changes it brought, the Park family continues to enjoy life on their dairy farm.

"Milking cows has stayed in the family. I've always liked working with livestock. Our cows are Ayrshire, which is a different breed than most dairy farms. Our family has had them for quite a long time," Larry said.

"I like being my own boss and setting my own hours. But probably the best thing about dairy farming for me is working with livestock."

Like his dad, Cody enjoys being his own boss and the variety of work.



Larry checking the monitors as robots milk the cows.

But, most of all, he enjoys interacting with the animals.

"For me, sometimes I'd rather work with cows than people," he said with a laugh. "We treat them like our own family. Here, they're not just a number. They each have a registered name. When the barn burned, we made a plaque with the names of all the cows that perished in the fire. You wouldn't do that if you didn't care for your animals."

Looking ahead, the new barns are



Cows are fed in the new drive through feed alley.

designed with cow comfort in mind.

"I can't stress enough how much care we give these animals. I think the cows nowadays get treated better than a lot of people out there. They have their own nutritionist. We look after them day to day. I think sometimes people can't understand how much care is given to these animals," Cody said.

"With 60 cows, you still get that

one-on-one connection with every animal. My kids are in the barn, playing around and helping with feeding calves. They're going to be growing up with these animals. I grew up with these animals. Dad grew up with these animals. They are part of our own family. The quality of care we put into these animals makes a quality product."

> STRESS, FROM PG. 11

traffic is moving slow, the combine breaks down, or the cows are getting stuck in the mud... you think you don't have a choice but to be angry, worried, confused or overwhelmed. But you do have a choice, Sanders stresses.

"The reason it doesn't feel like you have a choice is because it's become your habitual pattern of response. A negative response becomes second nature."

In farming, stressors can include weather, finances, policies, labour, farm transitions, succession, or even little things like sour milk or a broken dish. Anything can become huge.

"What if you can't get the harvesting done? You're in control of your response, but you're not in control of the weather."

Sanders calls stress physiological disharmony.

"The gas pedal is the sympathetic nervous system. The parasympathetic nervous system is the brake. And your heart is the gauge. That's what HeartMath is all about. The greater medical community thought that to become healthy, you want your heart rate to be like a metronome. Very consistent. Now we know that is not true. We do not want that. We want natural variation. It doesn't matter what you're doing, your heart rate should be varied."

The heart and the brain are in con-

stant communication, she adds.

"The heart does most of the talking, and it speaks in rhythms. The info from the heart goes to the brain, which affects the way the brain functions: your memory, choices, creativity, emotions, and relationships. Better brains become people who make wiser decisions."

But when you experience a negative emotion—fear, anger, worry, sadness, loneliness or worry—the brain goes offline.

"You can't think clearly. You can't make decisions. You can't solve problems on your farm or in business. It's like driving your internal car with one foot on each pedal. You'll cause mechanical wear and tear, and breakdown in your systems. And your ride through life will not be fun."

But there is hope.

"When we experience positive, renewing emotions, such as appreciation, care, love, peace, calm, excitement, we create a completely different rhythm in our heart, and that rhythm gets sent to our brain. It optimizes brain function. You make wiser decisions. You can plan. We get to choose what's happening in our brains, by choosing our emotions," Sanders asserts.

"At the core of it all lies understanding what stress truly is, its origins, and how it impacts us. Armed with this knowledge, farmers can reclaim control over their emotional well-being."

Youth in Philanthropy



STANDARD PHOTO SUBMITTED

On June 11, the Miami School Youth in Philanthropy group announced their 2024 award winners. Accepting on behalf of this year's recipients, from left to right, back row are Steve Doell, Morgan Turner, Alyssa Rivard, April Stepler, and Alana McCarthy of the Miami Ag Society. In the front row are Will Dueck, Jennifer Nichol representing the Miami School Drama Program, Lynn Sprott from the Miami Arts Association, Joan Driedger of the Miami Railway Museum, and Tricia Livingston of the Miami and Area Foundation.

MLB officially incorporates Negro Leagues statistics

By Ty Dilleo

Ron Teasley, Alymer McKerlie, and the Carman Cardinals of the old ManDak League – By Ty Dilleo (Standard)

On May 29, Major League Baseball announced that it has officially incorporated the statistics of former Negro Leagues players into its historical records on the MLB website.

This means that legendary leaders in some categories like Babe Ruth and Ty Cobb have now been replaced in the record books by players who were not allowed to play on the same fields as them during times of segregation.

Josh Gibson, one of the greatest sluggers in the history of the Negro Leagues, is now listed as MLB's new all-time career leader in batting average at .372, moving ahead of Ty Cobb at .367. The MLB website also shows Gibson overtaking Babe Ruth in career slugging percentage.

"We are proud that the official historical record now includes the players of the Negro Leagues. This initiative is focused on ensuring that future generations of fans have access to the statistics and milestones of all those who made the Negro Leagues possible," said MLB commissioner Rob Manfred in a statement. "Their accomplishments on the field will be a gateway to broader learning about this triumph in American history and the path that led to Jackie Robinson's 1947 Dodger debut."

Because the Negro League's last season was in 1951, today, there are only three surviving players of the League. Those players are Willie Mays, Bill Greason, and 97-year-old Ron Teasley.

Ron Teasley is a name that some locals if they're old enough might remember as he had once suited up for the local Carman Cardinals of the ManDak League from 1949 to 1951.

Before we get to Teasley, let's give some history and background on the ManDak League that the Carman Cardinals competed in from 1950 to 1954.

The Manitoba-Dakota (ManDak) League was an independent baseball league based in Manitoba and North Dakota that was founded in 1950 and lasted until 1957. It became the home for many African American and Latino players who wanted to play some semi-pro ball.

It was the outlet for former Negro League players to continue playing and entertaining fans, occupying fields with ex-major leaguers, minor league stars and some of the best Manitoba, North Dakota, and Minnesota-born players. It featured such greats as Willie Wells, Leon Day, Ray



Teasley had been signed by the Brooklyn Dodgers and played in the Negro Leagues for the New York Cubans.

Dandridge and the legendary Satchel Paige, who pitched briefly for the Minot Mallards in 1950.

The ManDak League evolved from the Manitoba Senior Baseball League, which was established in 1948. This returned an independent baseball league to Manitoba for the first time since the Winnipeg Maroons of the Northern League folded in 1942.

To start, there were three teams in Winnipeg and one in Brandon. The League unsuccessfully sought to add a team based in Grand Forks, North Dakota. When negotiations failed, the Carman Cardinals were admitted as the fifth team in the League.

Negro League players started coming to play for Manitoba teams at this time, as Carman joined the League in 1949. They put up a 14-13 record for third place, before falling to the Elmwood Giants in the league semifinals. Elmwood's team featured the great NHL goaltender Terry Sawchuk as the team's top hitter.

In January 1950, the Manitoba Senior Baseball League added a team from Minot, North Dakota, and was reorganized into the new ManDak League. The League drafted a new constitution, deciding that its teams would wear a patch that included both the flags of Canada and the United States.

The ManDak League became a strong level of baseball, largely in part to the Negro League players who had come up to play.

In addition to Ron Teasley, some of the other notable players who suited up for the Carman Cardinals these

years included Ed Albosta, who pitched for the Brooklyn Dodgers in 1941 and the Pittsburgh Pirates in 1946. And Sammy Drake, who played for the Chicago Cubs in 1960.

Lyman Bostock Sr. was a Negro League power hitter, while Walter McCoy and Gentry Jessup were Negro League pitchers. Lester Lockett and Andrew Porter were both four-time Negro League All-Stars.

NHL stars Black Jack Stewart and Jim McFadden also played for Carman in the ManDak League.

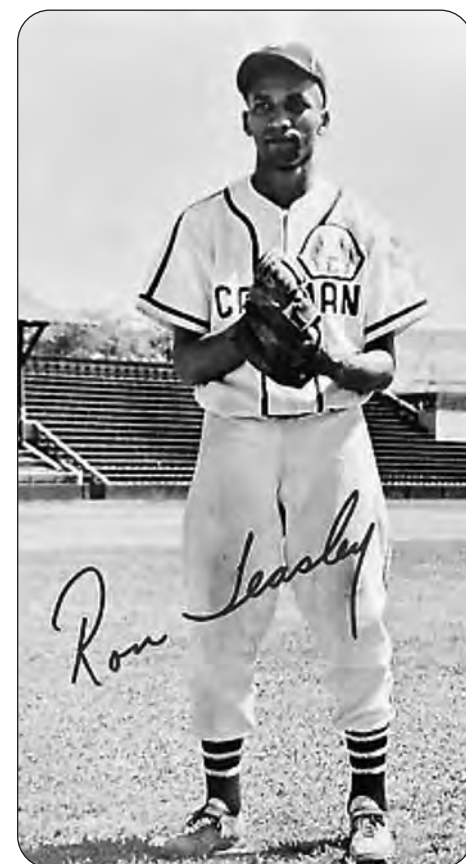
The Cardinals came close on a number of occasions but could never bring a ManDak League title to Carman.

In 1950, the Cardinals finished in fourth place out of five teams with a 21-27 record, and lost in the league semifinals to the Brandon Greys. In 1951, Cardinals finished in fourth place with a record of 29-33, before losing to Brandon in the semifinals once again.

In 1952, Carman finished in second place with a 27-27 record, but lost in the championship final to the Minot Mallards. In 1953, Carman finished in third place with a 37-37 record and lost in the semifinals to Brandon. And in 1954, Carman finished in last place with a 24-45 record before losing to Minot in the semifinals.

1954 was the last year that the Cardinals played in the ManDak League before folding. A few years later, the League also folded.

Ninety-seven-year-old Ron Teasley was born and raised in Detroit, Michigan. His love of baseball began as a young boy when his father would



PHOTOS SUBMITTED

Ron Teasley suited up for the ManDak League's Carman Cardinals during his professional baseball career.

take him to the historic Hamtramck Stadium to play. It was there that he saw older athletes playing baseball, and he became their ball boy, enjoying retrieving or supplying balls and eventually playing games with them.

Teasley was an all-star athlete in baseball in his high school years and soon after was playing with semi-pro teams in Detroit, Toledo and Ypsilanti, and toured Michigan playing teams from the Negro Leagues. One of those teams, the Motor City Giants of Detroit, was an independent semi-pro team aspiring to become a member of the United States League.

In college at Wayne State University, Teasley finished with a .500 batting average, which he still holds the record for at his alma mater.

Teasley tried out and was signed by the Brooklyn Dodgers of Major League Baseball after Jackie Robinson had broken the colour barrier. He was soon released by the Dodgers, but in 1948 he gained excitement as an outfielder with the New York Cubans of the Negro Leagues.

He then took his talents up north to Canada with the Carman Cardinals of the ManDak League. Teasley, who hailed from Detroit, was recruited to play on the Cardinals by none other than Pilot Mound's Black Jack Stewart.

> NEGRO, FROM PG. 14

art, a star NHL player at the time with the Detroit Red Wings.

While playing with Carman, Teasley was selected to the League's All-Star Team three years in a row from 1949 to 1951. Teasley hit .336 in 1949 with Carman in the Manitoba Senior League and then .299 with Carman in the inaugural season of the ManDak League as an outfielder.

For 97 years old, Teasley is still pretty healthy and has a remarkable memory of his ball career of yesterday and playing in Carman.

"I remember teammates like Alymer McKerlie, who was the catcher; Gentry Jessop, who was a star pitcher; and Lillard Cobb, and a bunch of guys that were great to play with as well," said Teasley. "My buddy up there was Lillard Cobb, who was an outstanding player that should have been in the Majors; he could really run."

Teasley also told this reporter that he enjoyed his paycheque in Carman compared to his other pro stops. He made \$150 a month with the Brooklyn Dodgers farm club, \$250 a month with the Negro League's New York Cubans, but got a big raise to \$450 a month when he joined the Carman Cardinals.

"I heard the ManDak League was compared to a level between AA to AAA baseball, leaning more towards AA," said Teasley. "But we had some Hall of Famers in there like Leon Day and Satchel Paige."

Teasley was excited to hear that his

Cardinals teammate Alymer McKerlie, who is 98 years old, is also still alive and living in Morden.

Miami's Alymer McKerlie was the catcher on the Carman Cardinals and was one of Manitoba's all-time top baseball players.

It's even more impressive how he got to be so good at the game, despite only starting to play baseball at the advanced age of 21.

McKerlie was born in Miami on March 11, 1926. He played hockey amongst other sports growing up as baseball just wasn't readily available in the 1930s. Eventually, he got into the game of baseball and was a fast learner.

McKerlie signed with the St. Louis Cardinals in 1948 for a whopping \$165 a month and attended the big-league clubs training camp in

St. Petersburg, Florida.

One of the camp highlights was playing alongside the great Stan Musial, one of the finest ballplayers of all time.

"He was quite a character and a really great player," said McKerlie. "He was one of the best, that's for sure. The first two weeks at training camp, I thought I was at a track meet and not a baseball camp, as all we did was callisthenics and running. Then I got blood poisoning and was in the hospital for two weeks."

A shoulder injury suffered at home plate shortly after he returned meant the end of his camp.

After the Cardinals training camp,

"TELL THE FOLKS UP IN CARMAN THAT I STILL THINK ABOUT THEM A LOT."



The Carman Cardinals in 1949.



Circa 1948, George Sisler Jr. of the St. Louis Cardinals looks on as Miami's Alymer McKerlie inks a contract to the big-league club.

McKerlie was to be assigned to the Johnson City (Tennessee) Cardinals of the Class D Appalachian League. However, the Miami native decided against a career in pro ball in favour of playing close to home in southern Manitoba.

Back in those days, MLB teams were reluctant to take Canadian players on their teams in fear of taking jobs away from American players.

"I deserved a better look, but I was a Canadian, and they didn't want anything to do with us in those years. I was only a minor leaguer in their eyes. Another thing was when I had to take out my passport and give them my age when they found out I was 23; they felt I had no years left to get better and make the team."

McKerlie was later offered a chance to manage a Single-A team in Minneapolis but turned it down as he and his wife were expecting their first daughter.

He returned to Manitoba and began a 40-year career playing and coaching baseball in the Carman area.

He went on to play for the Carman Cardinals in the ManDak League as a teammate and a friend of Teasley and hit .333 one season. He even played a few games against the great Satchel Paige, who played briefly in the League for the Minot Mallards.

"As a pitcher, Satchel had three speeds," said McKerlie. "Fast, faster and out of sight. He was terrific."

McKerlie was an excellent umpire and hockey referee for 20+ years and was elected to the Manitoba Baseball Association Honour Society in 1987. He was later inducted into the inaugural class of the Manitoba Baseball Hall of Fame in 1997. In 2007, he was named to Manitoba's All-Century baseball team.

In closing, the ManDak League was a noble, albeit short-lived experiment that was made possible by the continued racial discrimination against Black baseball players in the United

States.

The League was made possible for a few years because, at the time, there was a surplus of available African American talent as many short-sighted MLB owners refused to sign Black players because they were considered not as good as the favoured White players.

Because of that, talented players like Teasley headed up north to play for Carman and were welcomed with open arms by Canadians.

"I found it refreshing and enjoyable to experience a lack of prejudice, both on and off the field, because Canadians were so welcoming," said Teasley.

Ultimately, the combined pressure of baseball's sharply declining popularity, especially after the MLB level, while operating a league over long distances in tiny markets made the end of the ManDak League inevitable in the late 1950s.

The history of professional baseball in Manitoba and North Dakota before and after the ManDak era shows that, aside from Winnipeg, the area just does not have markets large enough to support a professional baseball franchise.

Carman never came close to hosting a professional franchise before or after the ManDak League folded. Instead, a Carman Cardinals senior ball club exists today in the Border Baseball League.

Today, baseball historians and locals still remember the ManDak League as a treasure that combined community pride with a competitive spirit and some strong, high-quality baseball.

"I really enjoyed my time in Carman, and I still reminisce about those days a lot," said Teasley. "I enjoyed the people there in town as they were so nice and friendly. And I certainly enjoyed the baseball. Tell the folks up in Carman that I still think about them a lot."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Gross on top at MHSAA Track and field provincials



Carman Collegiate's Sara Gross receiving the bronze medal for the 1500m event.

By Ty Dilello

The Manitoba High School Athletic Association's Provincial High School Track and Field Championships were recently held at the University of Manitoba from June 6-8.

Over 9,000 student-athletes participate in high school track field province-wide, and approximately 1,500 high school athletes advance and compete in 70 events throughout the Provincials annually.

Elm Creek School had 21 athletes compete at the provincial championships, with Kamryn Lepp notably winning a bronze medal in the Junior Varsity Girl's High Jump. All of the athletes who attended for Elm Creek accomplished several personal bests.

Miami School sent several athletes to the Provincials and had some good showings, but no one from the school won a medal. The Miami participants in the various events were Zeni Vanstone (Varsity Girls Shot Put and Javelin), Kaiden Dyck, Lincoln Koscielny, Egan Mintenko, Jeremiah Hector (Varsity Boys 4x400m Relay), Kaiden Dyck, Egan Mintenko (Varsity Boys Triple Jump), and Jeremiah Hector (Junior Varsity Boys 1500m).

Carman Collegiate had several athletes participate at the Provincials, with Sara Gross winning a bronze medal in the 1500m event. Other Carman athletes participating in the various track events included Ryder Wolfe, Adrien McIntosh, Alex Lemky, Griffin Carnelly, Nate Phillips, and Josh Hiebert.



STANDARD PHOTOS BY KELLY VIPOND

Several athletes from Carman Collegiate, Elm Creek School and Miami School recently participated at the MHSAA Provincial High School Track and Field Championships. Elm Creek School's Kamryn Lepp took home a bronze medal in the Junior Varsity Girls High Jump event.



Carman Collegiate's provincial 4x100 track team, left to right, Ryder Wolfe, Adrien McIntosh, Alex Lemky, Griffin Carnelly.

U15 Central Energy moves to second place in MPSL standings

By Ty Dilello

The U15 Central Energy squad won both games of its doubleheader on Saturday afternoon to improve to 6-2, which is good for second place in the Manitoba Premier Softball League (MPSL) standings.

U15 Central Energy defeated the Smitty's Terminators 6-0 in the first game and then dispatched the Interlake Phillies 4-2 in the second game. Shyanne Goertzen, Taylor Wall, Addy Nikkel, and Kennedy Funk were all outstanding in the pitching circle as they led Central Energy to two victories.

"A big focus on mental toughness and mental preparation, and lots of reps is creating some good habits," said U15 Central Energy coach Kevin Perrin. "We've also been having a lot of focus on strategy and aggressive base running which is helping lead to our success."

U15 Central Energy's next game is a doubleheader on June 22 against the Eastman Wildcats at the Morden Ball Diamonds. The game times are 12 p.m. and 2 p.m.

Looking ahead, the U15 Central Energy squad is preparing for a tournament in Fargo, North Dakota, during the first weekend in July, as they prepare for the upcoming provincials.

"Our goals for the rest of the season are to win the provincials and then to place in the top six at the Nationals later this summer in Montreal," said Perrin.

The U13 Central Energy team had the weekend off from MPSL action and will play their next games on June 22 with a doubleheader against the Manitoba Angels and Eastman Wildcats at the Winkler Parkland Diamonds. Game times are 12 p.m. and 4 p.m.

The U17 Central Energy squad also had the weekend off, but will be back in MPSL action on June 22 with a doubleheader against the Eastman Wildcats at Friedensfeld Community Centre. Game times are 12 p.m. and 2 p.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Carman Skating Club member named National Volunteer of the Year

By Becca Myskiw

An active member of the Carman community recently won an all-expenses-paid trip to the Skate Canada Ice Summit, where she was awarded the Canadian National Volunteer of the Year award.

Donna Wytinck has been involved in figure skating all her life, starting in the sport when she was three. She was a competitive skater in singles and synchronized skating, competing with the Notre Dame Silhouettes adult team until last year. Eleven years ago, Wytinck joined the Carman Skating Club as her three-year-old daughter started following in her footsteps. Since joining, she's held almost every position in the club — CanSkate coordinator, vice president, president, and treasurer.

"I have a passion of using my business background and analyzing the costs and revenue of our club, and we have built up to a place where we have been able to keep fees reasonably flat, and the Carman Skating Club has a long and sustainable future of offering skating of all types to the people in our community," she said.

With Wytinck, the Carman Skating Club was one of the earliest Manitoba clubs to move to a fully online registration and payment system, accomplishing the task in 2015. With her on the board, the club has also hosted a regional figure skating competition, put on numerous ice shows, and introduced new programs like Adult Skate and Shooting Stars.

Because of all she does for the club, a few members submitted an application and three reference letters to Skate Manitoba for Wytinck to be considered for Volunteer of the Year. Of all the applicants in the province, Skate Manitoba chose Wytinck as the provincial winner. Then, out of all the provincial winners, Skate Canada chose Wytinck to win the national title.

"I was very emotional," she said. "The board didn't tell me they had nominated me, so it was a complete surprise."

Skate Canada hosts the Ice Summit every two years, where more than 500 skating leaders from across Canada meet in person to participate in workshops and Skate Canada's Annual General Meeting (AGM). This year's event, which took place in Vancouver, BC, saw the 2023 and 2024 award re-



Wytinck3: Donna Wytinck of Carman Skating Club recently was awarded Skate Canada Volunteer of the Year.

ipients attend.

Wytinck and Carman Skating Club president Kirsten Nicolajsen flew to Vancouver May 23 – 25, staying downtown at the Sheraton Wall Centre. On Thursday, they went to the Scotia Barn for a day of training on and off the ice, going over synchronized skating essentials, skating skills essentials, positive body image tools, pair skating essentials and dynamics, single skating essentials and intricacies, elevating team dynamics, creating dynamic and visually stunning performances, and more.

On Friday, event attendees listened to various speakers on safe sport, exceeding CanSkate expectations, best practices for different forms of disability, moving from strategy to action, the technical side of the judges' score location, improving board functionality, minimizing liability risks, and more. They ended the day with a Kairos Blanket Exercise.

The 2024 Ice Summit keynote speaker was Tyler Smith, a mental health advocate, Humboldt Broncos crash survivor, and Amazing Race Canada winner. Twenty-one-year-old Smith shared his journey with mental health and advocated for it at the summit. Wytinck said his speech gave her chills.

Some of the speakers included Jodi Abott, president and CEO of the University Hospital Foundation; Debra Armstrong, Skate Canada CEO; Alison Purkiss, world and Olympic coach and choreographer; Yebin Mok, international coach and performance



STANDARD PHOTOS SUBMITTED

Carman Skating Club president Kirsten Nicolajsen, left, and Donna Wytinck, right, with Canada Pairs team Deana Stellatto-Dudek and Maxime Deschamps, 2024 world champions.

specialist; Nancy Lemaire, world and Olympic coach; Jackie Kwan, co-founder and CEO of Uplifter; Janice Hunter, an official.

Saturday of the summit started with the AGM, which was also live-streamed and ended with the awards banquet and black-tie gala on Saturday night, complete with fancy dresses and suits. Wytinck was excited to see Olympian-class figure skaters among them at the dinner. At that dinner, Wytinck received her award and was recognized as Skate Canada's Volunteer of the Year for 2024.

A personal highlight for Wytinck was meeting and receiving congratulations from the Canada Pairs team, Maxime Deschamps and Deana Stellatto-Dudek, who won the 2024 World Championships in Montreal earlier this year.

"She is especially inspiring to

us as she won the Worlds at age 40," said Wytinck. "The oldest female in the history of the sport to win Worlds. Skating is really for any age."

Receiving her National Volunteer of the Year award was an incredibly emotional moment for Wytinck, and she said it's a memory she'll talk about into her retirement years. Until then, she'll remain an engaged skater in Carman Skating Club's adult program for as long as possible.

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take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

- CLUES ACROSS**
- Breezed through
 - Supervises interstate commerce
 - Unruly group
 - Backs away from
 - Expression of understanding
 - Have concern for
 - Monetary units
 - Congressman (abbr.)
 - Iranian city
 - Eating houses
 - 2,000 lbs.
 - Grandmother
 - They include North, South and Central
 - In an early way
 - Foes
 - Shuttered British entertainment magazine
 - One who unloads cages
 - Another term for sesame
 - Formally forbid
 - Make clear
 - Inaccessible
 - Get through
 - Ancient kingdom near Dead Sea
 - Decameter
 - Type of sword
 - Actor Idris
 - Affirmative (slang)
 - Afflicted
 - One point north of northeast
 - Born of
 - Arabic name
 - Traditional Hong Kong street food: __ pai dong
 - Termination point
 - Email function

- CLUES DOWN**
- Sign language
 - In style
 - Helsinki neighborhood

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

- Unable to hear
- More rapid
- An idea accepted as a demonstrable truth
- In a cagy way
- Kate and Rooney are two
- Algerian port
- Community in Ladakh
- Midway between south and southeast
- Town in Galilee
- Satisfy
- Italian impressionist painter
- Brass instrument
- Chest muscle (slang)
- Transmits genetic information from DNA to the cytoplasm
- Records electric currents generated by the brain
- Woman (French)

- Aircraft designed to carry lots of passengers
- Baseball stat
- Pointed end of a pen
- Popular sports league
- Body part
- Unlikely to provoke dissent
- Yellowish cotton cloth
- Domesticated house pet
- Untruths
- Set out to attract
- Spiritual leader
- Abba __, Israeli politician
- Repair
- Genus of flowering plants
- Swiss river
- Prejudice
- River in central Europe
- Harness
- Father

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ANNOUNCEMENT

DISTINGUISHED TEACHER AWARD



Congratulations to Chrissy Tournier Croft on winning the Distinguished Teacher Award from Brandon University! It has been an exciting year for her as she will return as principal of Pembina Colony School in the fall!

OBITUARY



Robert Glen Carr

It is with heavy hearts that we announce the passing of Robert Glen Carr on June 13th, 2024 at age 76.

He is survived by his loving wife, Maureen; his children Kristen (Jay) Parker of Millarville, Alberta and Scott (Andrea) Carr, of Dauphin Manitoba; his grandchildren Aubrey and Easton Carr and Shelby and Kayden Parker; his brothers, Dennis (Cheryl) Young, Leigh (Wendy) Young, Kerry (Val) Young, Bruce Young; sister, Sandra (Bob) Howland; his sister-in-law Kathie Carr of Calgary, Alberta; Uncle Bob Petrie of Armstrong BC and numerous nieces and nephews and extended family.

He was predeceased by his parents Cliff and Clara Carr; stepmother, Audrey Carr; brother, Brent Carr; sister, Marlene Russell; and in-laws Wilf and June Drysdale.

A special thank you to Dr. Tyler Atchison for his friendship and unwavering care of Glen over the last year and a half. Also, thank you to the palliative care team, Carman Home Care, and the staff at the Carman Hospital for their kindness and unparalleled support in his last days.

In lieu of flowers, donations may be made to CancerCare Manitoba, the Kidney March, or the Carman Legion.

A Celebration of Life will be held on Thursday, June 20, 2024 at 2:00 p.m. at the Royal Canadian Legion Branch #18, Carman, MB. Private interment will take place in the Greenwood Cemetery Columbarium.

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



Carman Collegiate is recruiting for a:

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get inspired

> MEAL IDEAS



Roasted Sweetpotato Mango Salsa

Recipe courtesy of the North Carolina Sweetpotato Commission

Servings: 12
 1 1/2 cups (2 medium) sweetpotatoes
 1/2 teaspoon salt
 1/4 teaspoon pepper
 1/2 tablespoon chili powder
 2 tablespoons olive oil
 1 cup mango
 1/2 green bell pepper
 1/2 red bell pepper
 1/2 cup purple onion
 1 jalapeno
 1/4 cup cilantro
 1 tablespoon fresh-squeezed orange juice

1 tablespoon fresh-squeezed lemon juice
 1 tablespoon fresh-squeezed lime juice
 chips or crackers
 Heat oven to 400 F.
 Peel, rinse and cube sweetpotatoes 1/4 inch or smaller. Toss sweetpotatoes with salt, pepper, chili powder and olive oil. Spread on baking sheet and roast 20 minutes.
 Peel and cube mango. Seed and cube bell peppers. Dice onion. Seed and dice jalapeno. Finely chop cilantro.
 Once sweetpotatoes cool, mix with mango, peppers, onion and jalapeno. Cover with fresh-squeezed orange, lemon and lime juices.
 Chill and serve with chips or crackers.



Mangonada

Recipe courtesy of the National Mango Board

1 cup fresh mango cubes, plus 5-6 cubes for garnish, divided
 2 ounces fresh mango nectar
 1/2 ounce lime juice
 2 cups ice
 1/2 ounce agave nectar
 2 tablespoons Tajín Fruity Chamoy Hot Sauce, plus 2 ounces for garnish, divided

1 tablespoon Tajín Clásico Seasoning, for garnish
 1 tamarind candy, for garnish (optional)
 Measure 1 cup mango cubes, mango nectar, lime juice, ice and agave nectar into blender cup. Blend until smooth.
 In separate small dishes, add 1 ounce hot sauce and 1 ounce seasoning.
 Dip rim of 14-ounce Collins glass into hot sauce then seasoning to coat. Drizzle remaining hot sauce along inside of glass.
 In glass, pour 1 tablespoon chamoy sauce followed by blended Mangonada. Top with remaining fresh mango cubes and sprinkle with additional seasoning. Add tamarind candy to glass, if desired.

Tangy Chamoy Tropical Daiquiri



Total time: 15 minutes
 Servings: 2
 To Rim Glass:
 2 tablespoons Tajín Fruity Chamoy Hot Sauce
 2 tablespoons Tajín Clásico Seasoning

Drink:
 1/2 cup diced pineapple
 1/2 cup orange juice
 2 ice cubes
 2 tablespoons Tajín Fruity Chamoy Hot Sauce
 1 slice pineapple, for garnish
 Rim two glasses in hot sauce then in seasoning.
 Blend diced pineapple with orange juice, ice and hot sauce; pour into glasses.
 Garnish with pineapple slice.

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

Today, let's talk about using our smarts. By 'smarts,' I mean that device that we carry around everywhere we go and don't wash nearly often enough—our smartphones.

My friend Kath has missed so many appointments because she doesn't have a calendar app on her phone. I can't imagine. I count on the alarms I set for each event – a day before, an hour before. It has saved me so many times from missing bloodwork appointments, routine follow-ups, and meetings with my dietician. (Let's be honest. We probably won't forget that appointment when we have an oozing boil in our armpit.) But the dietician?)

The funny thing about Kath is that she missed an appointment recently because she forgot, and the appointment was for her struggling memory. Good grief. I might have to take matters, steal her phone while she's watching a Man City game (One could juggle jello in front of her,

and she wouldn't lose focus on the game), and install a calendar for her! Even Don keeps telling me to 'get that woman a calendar!'

That's just one app that can be useful when you have health challenges. There are symptom-tracking apps, nutritional info apps, or whatever you might need. I just got a new insulin pump, and I now have an app on my phone that gives me my insulin and tells me my blood sugar! It's algorithmic and smarter than the average bear. (Diabetic? Me. It's smarter than me.)

Soon, there will probably be an app that surgically removes that pesky boil, too. Why don't we take full advantage of this?

Some of you might be thinking... I don't want to be tied to my phone. Sure, but aren't you already using it as your alarm? Your computer? (Think: emails and YouTube tutorials on how to use red wine to kill mould on your white walls. Wait. Maybe look that up yourself.) Your camera for all those videos of your dog doing backflips in a waistcoat while smoking a cigar so you can blow up your Instagram account with hilarity? Sure you are. You're already tied to your phone.

Why not better your health with your phone's smarts? Not all the details are as loud and obnoxious as that angry armpit.

Less health stress, yes?

Susie, a published author and musician, 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*



Peanut Butter Cookie Banana Pudding

combined. Set aside to soft set, about 5 minutes.

Cut or break six cookies in half and set aside. Pour remainder of package in 1-gallon bag, seal it and use rolling pin to crush cookies.

Spoon layer of cookie crumbs in bottom of each jar, reserving some for topping. Top with layer of vanilla pudding. Cut one banana in half lengthwise and slice. Put layer of bananas on top of pudding. Top bananas with another layer of pudding. Repeat with remaining ingredients.

Refrigerate until ready to serve. To serve, top with whipped topping and sprinkle with crushed cookies. Serve each with broken cookie half.

Recipe courtesy of Peanut Butter Lovers on behalf of the Georgia Peanut Commission

1 box (5.1 ounces) instant vanilla pudding mix
 3 cups cold milk
 1 package (16 ounces) peanut butter sandwich cookies, divided
 12 canning jars (1/4 pint each)
 2-3 bananas
 frozen whipped topping, thawed
 In large measuring cup, whisk pudding mix and milk until thoroughly