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Sweet treats

STANDARD PHOTO BY JEFF MEIER

Syl's ice cream was the perfect stop to cool off after an afternoon at the Carman pool last Saturday. Grandparents Dave and Lisa enjoyed ice cream with their children and grandchildren, Erin, Natalie, Elli, Seth, Josh, Jaxon and Bria.

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Carman welcomes RCMP Musical Ride on Aug. 7

By Ty Dilello

On Aug. 7, the RCMP Musical Ride will appear in Carman at the Carman Fairgrounds.

The Dufferin Agricultural Society, in partnership with the Royal Canadian Legion Branch Carman, Communities in Bloom, Town of Carman, RM of Dufferin and Carman, and the Community Chamber of Commerce, will present this year's RCMP Musical Ride.

The RCMP Musical Ride performs

in up to 50 communities across Canada between May and October each year. It travels to each province once every four years to ensure as many Canadians as possible can experience and enjoy this spectacle.

Since the early 1900s, the RCMP Musical Ride has performed for Canadians in small communities and major cities. Since World War I, the Musical Ride has been worldwide, including the United Kingdom, Japan, Bermuda, and the United States.



The RCMP Musical Ride will perform at the Carman Fairgrounds on Aug. 7.



STANDARD PHOTOS BY BERNIE TOWNSEND

The Manitoba Driving Society will present a Carriage Driving Derby featuring some of Manitoba's finest Horses, including Mini-Horse champions at 3 p.m. in the grandstand.

The Carman Fairground gates will open at 1 p.m. on Aug. 7.

At 2 p.m., the horse barn will be open, allowing people to meet the horses and their riders. There will also be a Hospitality Tent and the Carman Kinettes food booth, offering their world-famous burgers and fries. Ruddneck Farms will be in attendance with its Petting Zoo, Bouncorama obstacle course, and various displays to interest everybody.

There will be face painting for kids all day, and at 3:15 p.m., the RCMP will make a Red Serge visit to Boyne Lodge Personal Care Home.

At 3 p.m., the Manitoba Driving Society will present a Carriage Driving Derby featuring some of Manitoba's finest Horses, including Mini-Horse champions. At 4:30 p.m., a live mu-

sic program featuring some of our region's top artists will appear in the main arena.

The RCMP Musical Ride will begin at 6:30 p.m., and afterwards, the RCMP riders and their horses will be met and greeted.

Tickets are available online at www.carmancountryfair.ca, at Toews Printing, Carman Pharmacy, and the Carman Legion, and at the gate.

Free parking is available on Centre Avenue and the greenspace on 1st Avenue NW, west of the Community Hall. Accessible parking is available at the Carman Fairgrounds.

For more information, please visit Carman Country Fair on Facebook, visit www.carmancountryfair.ca, or email info@dufferinagsociety.com.



TOWN OF CARMAN PUBLIC NOTICE BOARD OF REVISION FOR 2024 ASSESSMENT ROLL

Public notice is hereby given that the 2024 assessment roll for the Town of Carman has been delivered to the Municipal Office 12 – 2nd Avenue SW, Carman, Manitoba and is open for public inspection during regular business hours. That any person, who believes that an assessment ought to be revised, may make application in accordance with section 42 and 43 of the *Municipal Assessment Act*.

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of *The Real Property Act*, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS

43(1) An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- be filed by
 - delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41(2), or
 - servicing it upon the secretary, at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on **Thursday, September 19th, 2024, at 7:00 p.m.** in the Council Chambers of the Town of Carman 12 -2nd Avenue SW, Carman to hear applications. The final date on which the Secretary of the Board may receive applications is **Tuesday, September 4th, 2024.** Dated this 25th, day of July 2024.

Susan Stein, Secretary Board of Revision
Town of Carman, Box 160 Carman, MB R0G 0J0

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Selman shares love of horses with next generation

By Ty Dilello

Former professional horse jockey Alyssa Selman of Stephenfield is now helping out the next generation of young horse riders in the area with lessons and training.

Selman was a respected horse jockey when she was thrown from a horse during a race at Winnipeg's Assiniboia Downs in June of 2015. She hit the ground with enough force to fracture her vertebrae and badly damage her spinal cord. She became paralyzed from the chest down.

It didn't take Selman long to get back on the horse after the accident; she was back riding again within a year and a half.

She is a tough customer, and Selman has persevered since returning to horse riding despite a few incidents and setbacks.

"One time, we were doing a late-night ride in the pitch black when my paint horse Duke tripped on a mound," said Selman. "He landed on his side while I tried to brace the fall of myself and a 1,600-pound horse with my hand. I thought it was broken and didn't think I could ride back, so I told everyone just to leave me in the field. That is, until the massive amount of coyotes howling motivated me. So they put me on Duke and led me back with another horse. It was soft tissue damage that time. My cousin Tiffany stayed with me for two weeks to help around the house after that, as being down to one limb is very limiting."

"Another time, Duke fell through a small, unmarked culvert. The fall broke my saddle, but not me that time. Everyone sat in the ditch with me while the horses grazed, and my



Alyssa Selman was paralyzed in a jockey accident in June of 2015.

cousins came. One drove me home, and the other rode my horse home."

Today, Selman rides her trusty Duke alone on a customized saddle that keeps her upright and on the horse. A few years back, Selman and her grandmother drove all the way to Arkansas for the saddle, which was made for \$4,000 by an 80-year-old man who designs saddles for people in wheelchairs. It has extra padding in the seat, a backrest, straps, hinges and Velcro to keep her secure.

It took many modifications until she could ride comfortably the way that she wanted to as well as the hours she wanted to spend in the saddle. But as of late, everything has been going great on the horse.

Selman now gives lessons on the horse to family and friends, but doesn't do lessons in the typical sense.

"I don't charge anything, but all the



STANDARD PHOTOS BY ALYSSA SELMAN

Stephenfield's Alyssa Selman has given horse lessons and experiences to family members and friends this summer. Together, they've competed in local barrel races and gymkhanas.

girls help me with the horses, dogs, fencing, and upkeep," said Selman. "I could not do it without my sister, Amy Scott and my aunt Teresa. It is a family/team effort as most of the girls are cousins, and my daughter Ari's friends from school."

Selman's main hobby is giving these six girls various horse experiences. She and her students now participate and have fun in the local gymkhanas and the Denim and Dust Barrel Racing Series.

"I have taught them the basics. I am not skilled in any discipline. Racing is the only sport I have competed in, but there are many aspects of it that are useful and universal. In this way, I

am able to teach the girls how to ride most horses and not just one horse."

Selman also finds time to breed lovely Catahoula dogs from her home when horse training isn't enough.

"A couple years after my accident, I needed something that I loved to do almost as much as the horses," said Selman. "It was dogs—fast, resilient dogs with big hearts. My grandparents had a Catahoula when I was in elementary school. When it passed, they got another, and when that one passed, they got another. All were named Jed. I was close to all the Jeds, so it was an easy choice of breed that I started in 2019. And now I have two litters a year. It's a lot of fun."



Selman also finds time to breed Catahoula dogs from her home.

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Graysville 4-H Light Horse and Pony Club 50 years strong

By Becca Myskiw

The Graysville 4-H Light Horse and Pony Club celebrate 50 years of equine love in 2024.

In 1974, community members created the local club to offer the local youth another way to grow through hands-on learning. 4-H offers numerous programs for young people to participate in, each helping them grow in leadership, responsibility, community, and practical skills related to the nature of their program.

In this case, the Graysville 4-H Light Horse and Pony Club's members learn about horses and how to properly care for them, along with life skills through activities like grooming, riding, showing, and more. Group leader Lindsay Hoffman said the 4-H motto 'Learn to do by doing' reflects the club's focus on "experiential learning".

"4-H also has an emphasis on community on community and teamwork among members, encouraging them to participate in community service projects," she said. "This helps build confidence and develop lifelong skills. 4-H is known for its focus on leadership development, encouraging members to take on roles that require them learn new skills, to lead projects and mentor younger members."

4-H members also have to participate in a mandatory communications element that allows them to build on their public speaking and communication skills, something Hoffman deems essential for "building leaders who can effectively share their ideas and inspire others."

Though there aren't many, if any, documents dating back to the original Light Horse and Pony Club, Hoffman said it's varied in registration numbers over the years. This year, the club has 13 members; in some years, it has reached more than 30 members. In the 50 years of the club's history, members have participated in things like workshops, trail rides, competitions, and most memorably, the annual musical ride. Practiced during the club's regular lessons and meetings, they performed the musical ride at fairs

and on Achievement Day.

"Many past members fondly recall the event and the coordinated uniforms that were worn for the performances," said Hoffman.

She said Several Graysville 4-H Light Horse and Pony Club members have gone on to participate in and excel in rodeos after leaving the club.

The current club meets once a month from fall to spring. At the monthly meetings, members learn how to host a meeting with motions and voting and are responsible for electing and acting as a governing body. Throughout the year, they also participate in educational clinics and tours. In May and June, the club has weekly riding lessons, and in July, they participate in the Open 4-H Horse Show at the Carman Country Fair and then have their annual three-day horse camp.

At the camp, club members ride, learn, and have fun together, then wrap up the season with Achievement Day, which is on Aug. 2 at 1 p.m. this year. All are invited and encouraged to attend the club's achievements to see the skills riders have learned throughout the year.

"One of the most special things about our club is how it's become such a big part of our community," said Hoffman. "Many of today's members are the children and grandchildren of the original members, which is just amazing. It shows the lasting impact of the club and the strong bonds we've built over the years."

She added that the club is incredibly proud of its 50-year history and excited about its future. Hoffman thanks everyone involved with the club, past and present, pinning their commitment as the driving force behind its success.

Membership in the club is open to anyone. Registration happens every September, and those new to horses and eager to learn more about them are encouraged to join. Hoffman said the Graysville 4-H Light Horse and Pony Club has several members without their own horses, too, and members of all skill levels are welcome.



STANDARD PHOTOS SUBMITTED

The Graysville 4-H Light Horse and Pony club is celebrating 50 years this year.



This year's potato crop is right on par despite mass moisture

By Becca Myskiw

Though potatoes thrive with moisture, this year's rain might have been too much, even for them.

Because of the cold, wet spring, potato crops in Manitoba took a bit longer than usual to emerge. Soggy soils also caused seed rot, which was common among potato growers earlier this season. The fields were so wet that they couldn't dry fast enough, and seeds became waterlogged.

Vikram Bisht, Potato and Horticulture Crop Pathologist with the Manitoba Department of Agriculture, said all areas of the province saw seed rot, and less than 0.5 percent of them had to reseed their fields.

"Because we've had almost 150 to 200 percent of the 30-year normal rainfall, no one can say they had no issues," he said.

Luckily, potatoes can compensate for plant losses, and there were no considerable losses in the province from potato seed rot. Now, temperatures have risen, the fields have drained, and growers have started to irrigate again.

Bisht said the potato crop in Manitoba is looking very good overall. Most



The Colorado potato beetle is showing up more and more this year.

are row-closed and flowering now, which means the hills won't get too hot and good tuber formation and enlargement are happening. Bisht said crops seeded earlier will have tubers up to four inches now, and those seeded a little later should have at least dime-sized tubers. The number of tubers per plant has also been up to par, which indicates the crops have good moisture and fertility.

"The conditions are also good for



STANDARD PHOTOS SUBMITTED

Manitoba's potato crop could be as good as last year's this year.

disease and late blight," said Bisht. "But there's no report of it in the province so far."

Late blight is one of the most severe potato and tomato diseases, infecting leaves, stems, and tubers. The disease spreads quickly, and if it goes untreated, it can result in total crop failure. Bisht said late blight has been found in tomato and potato crops in Ontario, but Manitoba, Alberta, Saskatchewan, and North Dakota remain late blight-free thus far. With most winds in Manitoba coming from the west, Bisht is hopeful we won't see the disease here this season.

Last year's Manitoba potato crop had the highest yield Bisht had seen in his 14 years in the industry. Rain fell at the right times, and it was hot and cold when it needed to be. These conditions made for the perfect potato crop.

Bisht predicts this year's crop will be as good as last year's or a little under because of the slower start.

"I suspect if the conditions continue to be good once we get over the hump of these few hot days, we should have an about average crop," he said.

When growing potatoes, anything under 25 degrees Celsius is considered cool, and anything over 28 degrees Celsius is too hot. The tubers will abort if potatoes get too hot, leaving the plant useless.

While he monitors the potato crops, Bisht monitors the insects among them. This year, more growers are seeing the Colorado potato beetle, and its prevalence is stronger than usual. Bisht suspects resistance could be popping up in the beetles around the province, but they're working to confirm if that's true or if there are simply more beetles than usual this year.

"I'm hoping for a good season here on," he said. "Let's hope we get cooler days and continue to irrigate."

Yard of the Week accolades



STANDARD PHOTOS BY LEE COLLINGRIDGE

Carman/Dufferin Communities in Bloom has kicked off another season of their Yard of the Week recognition awards. CIB volunteer Joy Thielmann is seen here presenting Leanne Dawydiuk with the first award for 2024. Leanne's spectacular flower gardens are her passion and it shows. Leanne and husband Doug moved back to their home town of Carman from Alberta just four years ago. Leanne has transformed the property with a medley of flowers, shrubs and trickling water fountains. CIB wishes to express our appreciation of citizens like Leanne who adds beauty for everyone to enjoy. Also thank you to Aubin's Nurseries and Vanderveen's Greenhouses for the awards and to Melissa Froebe for the lovely sign.

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Miniature display at Dufferin Historical Museum

By Ty Dilello

Roland's Donna Cameron, a miniature house enthusiast and creator, has generously loaned a few of her creations to have on display at the Dufferin Historical Museum this summer.

Come out to the Museum and see a Log House, an Irish Cottage, a Victorian Sewing Room and a sod house and barn that Cameron has built in memory of her grandparents who homesteaded in the Myrtle area.

Donna Cameron always wanted a Victorian doll house as a child, so she made things out of cardboard, paper, and whatever she could find. Forty-five years later, she's upgraded to wood.

When Cameron got older, she started to have the time and means to buy her first kit, and now, after a few years, she's on to miniature houses 14 and 15.

Her first creation was the Victorian House. One side of the house is the outer part, showing the siding and yard. The other side is open to show the interior and its many rooms, each decorated by Cameron. The box set this house came in didn't include a room for the maid, but Cameron thought it needed one, so she added a maid's quarters herself.

"After the first build, which I ended up modifying, I ventured into making some scratch builds," said Donna Cameron. "I made a sod house and barn, with the house taking between 800 and 900 individual cut 'sods' out of foam board."

The sod buildings were built in honour of Cameron's great-grandparents, who homesteaded in the Myrtle area in the late 1800s as they lived in a sod house for several years.

The Irish thatched stucco cottage was made to honour her Irish ancestors. And the milled log house was built to show the progress of the early pioneers, as her great-grandparents



moved to the now defunct town of Nelsonville in order for the children could get an education.

"The farmland was rented to a brother-in-law until my grandfather was of age to return to the farm," said Cameron. "He was a four-month-old baby when he arrived at the claim in an ox cart. While living in Nelsonville, my great-grandfather built houses, four of which were skidded to Morden when the rail line did not go through Nelsonville but rather the town of Morden. The house across the street from the United Church with the mansard roof was built by him."

The last build of Cameron's on display at the Dufferin Historical Museum is a sewing shop made with four drawers out of an old treadle sewing machine.

"I enjoy doing both kits, with my alterations and scratch builds. This past March, I had the pleasure of travelling to Great Britain and meeting three of my miniature build pen pals,



STANDARD PHOTOS BY DONNA CAMERON

Dufferin Historical Museum's staff member Adam with some of Donna Cameron's miniature homes that she has designed and built. The museum will have them on display from 10 a.m. to 5 p.m. on Tuesday to Saturday and 1 p.m. to 5 p.m. on Sunday.



one in Wales, Scotland, and England. Treasures were brought back with me to be incorporated in my future build of an American colonial house from scratch and another Victorian kit, which I have yet to decide what style it will be."

The Dufferin Historical Museum is actively seeking more volunteers



to join the organization. For more information, please email info@dufferinhistoricalmuseum.ca or message them on Facebook.

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



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Flashback... Miami's grand track record

By Dennis Young with notes from The Red-book

For many years, the Mule Derby was held in the arena, which could be very warm in July and could only accommodate so many spectators or events. So, in 1984, when Destination Manitoba introduced a program to assist in tourist facilities, the community members became interested in moving the event outdoors and applied for a grant.

Undeterred by the Committee members' initial skepticism, the community presented a comprehensive plan. This included a ¼ mile track, a 30 x 200 1,450-seat grandstand, a catering booth, three ball diamonds, and a moveable show ring. Their persistence paid off when they returned from a meeting in Winnipeg with \$115,000 in guaranteed grant funds. This marked the beginning of their journey.

A building committee was formed, and discussions were held regarding everything from buying land to finding the right people to do the right things. The ¼ mile track needed to be ½ to accommodate harness racing so through fundraising and donations that was made possible. Many meet-

ings with engineers, hydro and with government support, volunteers were able to decide on building sizes and grandstand construction.

By May, the grandstand was completed and painted, the sound system was working, water was pumped into the washrooms, and the chain-link fence was up. That summer, they held the Mule Derby for the first time in 13 years outside, and in August, the track was engineered, shaped, and ready for use.

The books then showed the value of the facility to be over \$292,000 (\$760,000 today), which did not include the grandstand bridge timbers or expenses that were never charged to the Committee such as gas, mileage, repairs to volunteer equipment and much more that comes such a project.

The official opening was on July 29, 1984, complete with chariot racing, chuckwagon racing, and quarter horse races, with all proceeds going towards the debt. The mortgage was burned in 1988, just four short years after the idea but four long years for 100s of dedicated Miami volunteers.



STANDARD PHOTO SUBMITTED

The roof is lowered onto Miami's new 1450 seat grandstand in 1988 by Sperling Welding.

Carman does swimmingly



STANDARD PHOTO SUBMITTED

The Carman Swim Club captured the Altona Invitational Meet and the A.J. Hand Trophy in Carman August 1968. Over 100 competitors from the area swam in various heats at these competitions. This team would win back to back titles, winning again in 1969. Pictured left to right, front row: Michael Lansky, Joyce Williams, Tom Wilkie, Bruce North and Jay Wilkie; Back row, Pat MacQuarrie (coach), Murray Barrett, Bev Williams, Scott Hand and Pat Fonger (rec director). Missing from the photo was Peggy Soutar, Blair Lawson, Kim Sylvester, Steve Porter, Mike Porter, Jim Johnston, Lex, Michelle and Scott Hetherington.



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Manitoba Public Insurance, in partnership with Leger Marketing Inc., is conducting a survey about public auto insurance in Manitoba from now until August 11, 2024.

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Thanks in advance for your time and for helping to shape auto insurance in Manitoba.

For more information, including a link to the online survey, visit: api.legerweb.com/MPIsurvey.



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getheard

EDITORIAL > VIEWPOINTS > LETTERS

Ty Dilello
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Photo event to make a difference for nature

The Big Backyard BioBlitz runs this August long weekend

By Andrew Holland, NCC

Ready, set, snap! The Nature Conservancy of Canada (NCC) is calling on people across Canada to get outside this August long weekend to document the nature around them, in the name of science.

The non-profit's fourth annual Big Backyard BioBlitz aims to create a snapshot of nature in Canada, by encouraging people of all ages to observe and document the nature around them.

People can participate solo or with a group, and as often as they want, over the first weekend in August. The Big Backyard BioBlitz is a family-friendly activity that's engaging for all ages, no matter a person's level of knowledge about nature. Every observation can help conservation groups and scientists understand the state of local biodiversity, track at-risk species and even tackle invasive ones.

People can use their smartphones, tablets or digital cameras to snap photos or record audio of birds, insects, plants and other species wherever they happen to be, and then upload them to the event's online database.

By documenting the wild species in their neighbourhoods, including plants, birds, insects, mammals, reptiles, amphibians, lichen and fungi, participants help scientists map species and monitor changes over time. Big Backyard BioBlitz participants have recorded over 147,000 observations over the last four events, documenting over 7,700 species, including many that are at-risk or even endangered. In the face of climate change and biodiversity loss, people's observations can help inform solutions.



STANDARD PHOTO BY JEAN-PIERRE MERCIER

The Nature Conservancy of Canada is asking people from all across Canada to document the nature around them August long weekend.

"The Big Backyard BioBlitz is a great way to connect with the outdoors, while contributing to a national community science project," says Christine Chilton, NCC's community relations manager in Manitoba. "From invasive to endangered species, everyone's observations help protect the nature we love."

People can visit backyardbioblitz.ca to learn more and register. Once registered, they'll receive step-by-step instructions on how to participate, tips for taking great shots, fact sheets about nature near them, and be entered into a draw for a Big Backyard BioBlitz prize pack. Participants can also download learning activities from the website's Kids' Corner, such as scavenger hunt bingo, word searches, colouring pages and other activities for kids.

NCC's 2024 Big Backyard Bioblitz is made possible by presenting sponsor Stantec.



STANDARD PHOTO BY DENNIS MINTY

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FESTIVAL MAIN STAGE

Friday night on the Main Stage



SASS JORDAN, 8:45 P.M.

There are very few female singers used as an example to describe a sound/style, but Sass Jordan is one of them. A pioneer of female-fronted rock, Jordan is known for her powerful, gritty, blues-infused rock and roll and crowd-pleasing performances, and has received a JUNO award and multiple nominations for “Most Promising Female Vocalist of the Year” and “Best Female Vocalist.”

Having sold over one million records worldwide, the raspy vocals of this rock sensation are unmistakable and command attention—she has worked alongside fellow rock greats like Aerosmith, the Rolling Stones, AC/DC and Van Halen, among many others. She is best known for

hits like “Make You a Believer,” “So Hard,” “You Don’t Have to Remind Me” and “High Road Easy.”

Jordan’s new Stony Plain Records album, *Bitches Blues*, can almost be considered part two of 2020’s *Rebel Moon Blues*. Like the previous record, it has eight tracks and features both originals and covers of songs from Taj Mahal, Freddie King and others. “It was just the songs that stood out to me and asked me to sing them,” Jordan says of assembling the material for what most would call her second blues album, even though the style has influenced her music since she first came to popular acclaim with her 1988 *Tell Somebody* debut.

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Welcome to the 2024 **HARVEST** FESTIVAL



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FESTIVAL MAIN STAGE

FRIDAY
NIGHT
OPENING
ACTS



THAT '80S BAND, 6 P.M.



JULIE C MYERS ROCK REVIVAL, 7:15 P.M.



Saturday morning parade

The festival parade makes its way through the city starting at 10 a.m. on Saturday, Aug. 10. The route begins at the corner of Pembina Ave. and 15th St., heads east down Mountain Ave., north on Main St. to Roblin Ave., and west down Roblin to wrap up at Park St.



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FESTIVAL MAIN STAGE

Saturday night on the Main Stage

CHAYCE BECKHAM, 8:45 P.M.

Three years after becoming the only artist to win American Idol singing his own songs, 19 Recordings/Wheelhouse Records/BMG country artist Chayce Beckham is living proof of his belief that "You can't tell someone how to write a song." Currently nominated at this year's CMT Music Awards for Breakthrough Male Video of the Year for his #1, platinum hit single "23," the fiery singer-songwriter laid out a course only he could follow, and today remains even more dedicated to his unique creative compass.

A California native schooled on tough times and a mix of country, rock, hip hop and beyond, Beckham started a habit of heart-on-his-sleeve songwriting after some hard times when he felt he had nothing left – and when combined with his warm vocal rasp on "23," that drive helped him charm the nation on Idol's 19th season in 2021.



With more than 406 million streams and counting, the bluesy and brutally honest anthem debuted at #1 on both iTunes' Country and All Genre singles charts, and now leads Beckham's first album, *Bad for Me*, as the emerging star finds his stride.

SATURDAY NIGHT OPENING ACTS



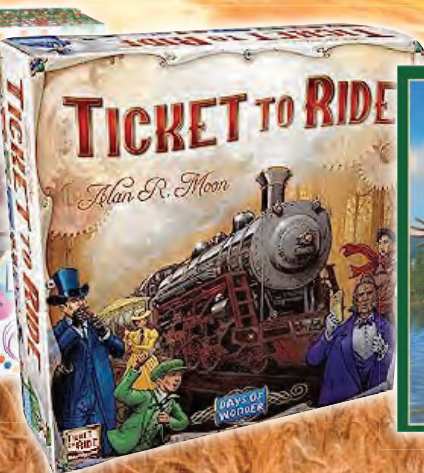
EMMA PETERSON,
6 P.M.



WATER & WOOD, 7:15 P.M.

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FESTIVAL MAIN STAGE

Sunday night on the Main Stage



AUSTIN FRENCH, 8:45 P.M.

Rising contemporary Christian music artist Austin French has lived a lot of life in his 24 years. Originally from small-town Georgia, he's spent time in Los Angeles, competing on reality singing competitions like ABC's "Rising Star" and NBC's "The Voice." He's been a worship leader at a church where 80 per cent of the members were recovering addicts. And he and his wife went from having no kids to having two—one biological, one adopted—within months of each other.

A life with this much adventure can only happen when you hold the posture that French does. "Life is meant to be lived wide open," he says, "not closed off, not safe, but living close to the Lord where he leads us...our job is to live our lives with our hands wide open."

This openness to God's leading is largely what inspired French's first album, *Wide Open*. The 13-track album features songs that speak to the ups and downs that inevitably occur while living the wide open life.

His newest project, *Wake Up Sleeper*, is inspired by Luke 7, the story of Jesus interrupting a funeral. The story is significant because for spiritual teachers of the day, participating in a funeral would make them ceremonially unclean. When Jesus saw a funeral procession going by, He ignored the custom, went and touched the coffin and said, "Arise."

"It's a parallel for our own lives," French shares. "We are all dead in our sin, without a hope or a savior. Jesus says to us, get up, wake up sleeper."

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WORK & WESTERN WEARHOUSE

2024 Winkler Harvest Festival Schedule

Friday, August 9, 2024

Saturday, August 10, 2024

Info. Booth

3:00PM - 9:00PM

Midway

3:00PM - 12:00AM

Vendors

3:00PM - 11:00PM

Fawn & Cub Market

3:00PM - 8:00PM

Kreating Smiles Photobooth

3:00PM - 8:00PM

Beer Gardens

Hours: 3:00PM - 12:00AM

10:00PM - 12:00AM
Karaoke

Main Stage

5:45PM - Opening Ceremonies

6:00PM - That '80's Band

7:15PM - Julie C Myers Rock Revival

8:45PM -



Kids Zone

3:00PM - 8:30PM Petting Zoo

3:00PM - 8:30PM Obstacle Course & Animal Train

3:00PM - 5:00PM Shining Expressions

4:00PM - 5:00PM Princess/Hero Photos

4:00PM - 6:00PM Face Painting

Kids Zone Sponsored by:

Grandeur Housing Ltd, WBS Construction, LMS Ag Equipment, Valley Fiber & Sun Valley RV

Info. Booth Sponsored by:

Cantrans Containers

Photo Booth Sponsored by:

Gardenland Co-op

Free Swimming

Winkler Aquatic Centre

1:00PM - 5:00PM

Max capacity of 350/day

Free Swimming Sponsored by:

Rosenort Credit Union

Etherlan

12:00PM-3:00PM Free Play

(ages 10 & under)

3:00PM Super Smash Bros.

(ages 10 & under)

4:00PM Mario Kart 8

6:00PM-9:00PM Free Play

Access Credit Union

Pancake Breakfast

7:00AM - 9:30AM

Parade

10:00AM

*Parade Route Available at

winklerharvestfestival.ca

StrongManitoba

Provincial Competition

1:00PM - 5:00PM

StrongManitoba Provincials

Sponsored by: Rite-Way Rentals

Info. Booth

12:00PM - 9:00PM

Midway

12:00PM - 12:00AM

Vendors

12:00PM - 11:00PM

Food Court Sponsored by:

D.A. Loewen Electric Ltd

Fawn & Cub Market

12:00PM - 8:00PM

Kreating Smiles Photobooth

12:00PM - 8:00PM

Beer Gardens

Hours: 12:00PM - 12:00AM

10:00PM - 12:00AM

Karaoke

Free Swimming

Winkler Aquatic Centre

1:00PM - 5:00PM

Max capacity of 350/day

Etherlan

12:00PM-3:00PM Free Play

3:00PM Super Smash Bros. (11-13)

4:00PM Mario Kart 8 (11-13)

6:00PM Super Smash Bros. (14+)

7:00PM Mario Kart 8 (14+)

Catan Tournament

1:00PM - 5:00PM

Etherlan & CATAN Tournaments

Sponsored by: Best Western PLUS

Kids Zone

12:00PM - 8:30PM Petting Zoo

12:00PM - 6:00PM Motion Zone

12:00PM - 8:30PM Obstacle Course & Animal Train

1:00PM - 6:00PM Face Painting

2:00PM - 3:00PM Princess/Hero Photos & 3:30PM - 4:30PM

2:00PM - 5:00PM Shining Expressions

Main Stage

6:00PM - Emma Peterson

7:15PM - Water & Wood

8:45PM -



Sunday, August 11, 2024

Sunday Service

9:45AM - Worship Music: Sharalee Smith

10:00AM - Speaker: Terry Thiessen

Car Show

1:00PM - 4:00PM

Car Show Sponsored by:
Ironmen Industries

Info. Booth

12:00PM - 9:00PM

Midway

12:00PM - 12:00AM

Vendors

12:00PM - 11:00PM

Fawn & Cub Market

12:00PM - 8:00PM

Kreating Smiles Photobooth

12:00PM - 8:00PM

Beer Gardens

Hours: 12:00PM - 9:00PM

Beer Gardens Sponsored by:
Smitty's Restaurant & Lounge

Free Swimming

Winkler Aquatic Centre

1:00PM - 5:00PM

Max capacity of 350/day

Kid's Zone

12:00PM - 8:00PM Petting Zoo

12:00PM - 8:30PM Obstacle Course & Animal Train

1:00PM - 6:00PM Face Painting

2:00PM - 3:00PM Princess/Hero Photos & 3:30PM - 4:30PM

2:00PM - 5:00PM Shining Expressions

Main Stage

6:00PM - Caleb & John

7:15PM - Jordan Janzen

8:45PM - **AUSTIN FRENCH**

Fireworks
At 10:00PM

2024 Festival Sponsors



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Proud to support Winkler Harvest Festival.

Enjoy all the events! Congratulations, and thank you, to all staff and volunteers for another wonderful year.

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FESTIVAL MAIN STAGE

CALEB & JOHN, 6 P.M.



SUNDAY NIGHT
OPENING ACTS

JORDAN JANZEN, 7:15 P.M.



KID'S ZONE

Fun and games



Plenty of afternoon activities on tap for the youngest festival-goers. This year the zone includes a petting zoo, obstacle course and animal train, face painting and glitter tattoos, princess/hero photos, and the Motion Zone activity area.





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Fawn & Cub Market

The Fawn & Cub Market is back in the Meridian Exhibition Centre all three days of the festival, offering a dizzying variety of vendor wares. Check it out Friday from 3-8 p.m. and Saturday and Sunday from noon to 8 p.m.



Community worship service

The community worship service takes place at the Triple E Main Stage at 9:45 a.m., featuring music by Sharalee Smith. Guest speaker Terry Thiessen takes the stage at 10 a.m. Thiessen is the pastor of alumni and community development at Adult and Teen Challenge of Central Canada.

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Calling all gamers

Put your gaming skills to the test at the festival's Etherlan tournament, brought to you by PVE Sports. The gaming takes place in the Meridian Exhibition Centre Best Western Conference Room with free play and Super Smash Bros. Ultimate and Mario Kart 8 Deluxe tournaments for various age groups Friday and Saturday.



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Check out these rides



The Harvest Festival Car Show is back for another year of automotive fun. This year the vehicles will be on display at the Winkler Ball Diamonds from 1-4 p.m. on the Sunday. Entry is free and pre-registration is not required—simply bring the wheels you want to show off to the grounds on the day.

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The **Winkler Morden Voice**
Your Community Newspaper

Honey bees and canola: Teaming up for success

By Lana Meier, with files from MCC

Canola farmers and beekeepers make a dynamic team. As with any team, communication and a clear game plan are key to their success.

Canola fields are a nectar jackpot. The bright yellow flowers are attractive to honey bees: they are easy to see and the shape of the flowers is easy to land on. Canola pollen is a good source of essential nutrients for bees, including amino acids, proteins, and fats, and canola nectar is high in sugars giving bees energy to fly, forage, and pack away stores.

The benefits go both ways. Research has shown that having pollinators near canola can lead to higher yields and improved seed ripening. An Australian study¹ revealed a decrease in the number of canola pods per plant as the distance from beehives increased.

"While there are many variables involved, we are seeing a one to two percent canola yield increase when there are bees present," says Ian Stepler, farmer and chair of the Manitoba Beekeepers' Association. The Stepler family farms 4,000 acres of canola, sunflowers, wheat, oats, and soybeans; they manage a 650-cow calf operation and tend to 1,500 hives near Miami, Manitoba.

There are close to 1,000 beekeepers in the province and 115,000 hives. Commercial beekeepers manage the vast majority (95 percent) of those hives. This mutually beneficial partnership between bees and canola is an economic win for beekeepers and farmers.

Manitoba produces over 8,500 metric tonnes (nearly 20 million pounds) of highly prized smooth, water-white honey per year – valued at over 50 million dollars⁽²⁾. The managed bee industry (honey bees and leafcutter bees) contributes up to 150 million dollars in increased pollination to canola, alfalfa and other crops grown in the province annually.

PROTECTING CANOLA FROM INSECT PESTS

While a thriving beekeeping industry brings economic benefits to Manitoba, canola crops are susceptible to various insect pests, which can significantly affect bee production and nectar yields.

Every growing season differs, and insects vary by location and field conditions. Properly scouting canola fields at the correct timing to assess the level of damage or infestation can help farmers manage insects throughout the season for a successful crop.

Common canola insect pests in Manitoba include flea beetles, cutworms, diamondback moths, lygus bugs, and grasshoppers. The Canola Council of Canada recommends farmers scout fields weekly for each of these pests and sample more frequently if/when insects begin to approach action thresholds to determine if insecticides are necessary.

Most canola purchased in Manitoba will be pre-treated with an insecticidal seed treatment for early-season protection from pests like flea beetles. However, scouting is still required as protection declines over time. Many crops require an additional in-season foliar insecticide application in late May or June to protect against yield loss.

The damage levels from these pests vary, and at higher population levels, they can cause damage detrimental to grain yield in canola, so pest control may be required.

"We work with agronomists to monitor thresholds. If we see patches for example, we might not pull the trigger on an insecticide, but if we start to see widespread damage, we will apply a pollinator-safe insecticide," says Stepler.

Some insecticides on the market offer control of crucial insect pressures with minimal impact on bees and other pollinators, which is ideal for integrated pest management programs. Though these insecticides typically come at an increased cost, they can be highly effective and add a diversified mode of action to farmers' insecticide programs, helping to manage resistance development. Farmers can consult their local retailers for these targeted and effective options.

BEST MANAGEMENT PRACTICES

If insecticides are warranted, there are best management practices that can minimize detrimental effects on nearby beehives.

First and foremost, open communication between beekeepers and farmers is crucial. Beekeepers should inform farmers of nearby fields on hive locations as they place them. A new app called FieldWatch that helps improve communication between farmers and beekeepers is being trialled in Saskatchewan and may be coming to Manitoba soon.

The Manitoba Bee Act states that all beekeepers must post a sign with their contact information at any apiary site. Farmers are also encouraged to take note of any hives near their fields.

Giving a beekeeper 48 hours notice before any application can give them



PHOTOS KNOWLEDGE AND RESEARCH TRANSFER PROGRAM FOR APICULTURE
A beekeeper checks on the hives next to a canola field.



Honey bee colonies are loaded at dusk to be moved to a new location.

enough time to relocate or cover nearby hives as necessary.

"It may not only take time for a beekeeper to reorganize their schedule or prepare equipment or staff to move colonies, but they also need to organize the new site where colonies will be placed," says Matthew Polinsky, Program Lead of the Manitoba Knowledge and Research Transfer Program for Apiculture (KRTP). "Bees can only be moved under specific conditions, so that move needs to be well-timed with weather, site access, and distances. It usually also takes place under the cover of darkness after already long days in the field."

If moving bees can be avoided, application timing becomes even more crucial.

"Spraying in the evening is the best thing a farmer can do to protect the bees and get the full benefit of the residual effect of the product," says Stepler.

Bees are more active during the day, so if spraying in the evening is not an option, spraying very early in the morning can also reduce bee exposure. If possible, the Canola Council of Canada recommends using an insecticide in canola to minimize its ef-

fects on bees until the field is no longer in bloom.

Flea beetle pressure can come on quickly, requiring fast action from farmers. To avoid potential insecticide spray damage to hives during the critical flea beetle window (susceptible up to the four-leaf stage), Stepler notes that it's advantageous to beekeepers if they can delay placing hives in summer yards or along fields where canola is emerging.

When applying an insecticide, it is important to always read and follow the product label instructions and check pre-harvest intervals.

Beekeepers and farmers can work together by better understanding each other's practices and communicating when preparing to take an action that may impact the other party in their shared environment. Simple steps like open communication, using treatment thresholds, considering pesticides with minimal impact on beneficial insects and pollinators, and proper application timing will ensure the best possible outcomes for both stakeholders and a bright future for honey and canola production in Manitoba.

Prairieview Elevator Museum expands

By Lori Penner

The Prairieview Elevator Museum in Plum Coulee recently opened for the 2024 season, and visitors are in for a treat.

Over the winter, a new exhibit area was created on the second floor, featuring a fashion and baby section. Everything from dresses, shoes and coats, and decor of the time, carefully arranged in era-accurate settings, with little extra artifacts to carry visitors back in time.

As well, the museum welcomes a special guest this season. Ceramic artist and educator Grace Nickel grew up in the Plum Coulee area and is delighted to feature several of her pieces in the main floor gallery.

The Plum Coulee elevator is listed as a Manitoba historic site. Built in 1975 by Manitoba Pool, the 108-foot-high elevator was the most modern of its time in Western Canada. As more modern features were added, the name eventually changed to Agricore.

It was gifted to the town in 2002. Seeing an opportunity for growth and visitor appeal, the contents of the museum on Main Ave. were moved to the elevator in 2020.

Doors were cut into several of its bins to make display rooms and the

former elevator opened as a community museum in 2010. The displays depict a variety of themes, such as kitchen, dining room, parlour, laundry room, town office, communication, business, toys, royalty, medical, fashion, sewing, one room school classroom, tools and more.

Museum committee chair and curator Linda Dyck says her work at the museum satisfies her passion for decorating and her love of antiques.

"I love to organize and was excited at the prospect of creating all these exhibits at the museum. And there's never a shortage of artifacts. People just keep on giving. Everybody just chips in. And our visitor numbers go up, year after year. Many people realize they have a family connection here, and when they find an artifact, they want to share it with us."

Through the years, more and more of the bins have filled up. This year, they've begun to expand to the second floor, after the catwalk was built. The committee enlisted members of the Plum Coulee Fire Department to help them get the artifacts up the narrow stairs.

"Brand new stairs are on the agenda now," Dyck shares. "We're planning on wider, shallower stairs with rail-



STANDARD PHOTO BY LORI PENNER

Prairieview Elevator Museum curator Linda Dyck in their new exhibit area on the second floor featuring a fashion and baby section.

ing on both sides. We are looking for grant money for that project. We are hoping to open even more bins up there."

Many of the items come from Dyck's own family collection.

The committee is excited to hear the feedback from this year's visitors.

"It's been a very busy year for us. I

think the visitors will be very pleased with the result," Dyck says. "It's a work in progress. It's important work. I'm hoping the next generation will take an interest and continue to expand on what we started."

The Plum Coulee Elevator Museum is open throughout July and August. Admission is by donation.

New COPP program starting up in Carman

By Ty Dilello

On July 18, the Carman Dufferin Citizens on Patrol Program (COPP) information night was held at the Carman Community Hall.

There were 17 residents in attendance from the Town of Carman and RM of Dufferin. Dustin Brown from Manitoba Citizens on Patrol was the facilitator and Cst. Devyn Toews of the RCMP was also there to field any questions.

Volunteer Applications and Criminal Record Check Fee Waiver Forms were given to the residents interested in volunteering at the Carman Dufferin COPP that evening.

"The next steps are when the volunteer application forms and criminal record checks are completed and received, the successful applicants will be provided the necessary training and equipment to begin their patrols," said Monica Halbesma, Carman-Dufferin Fire Department's public education safety coordinator.

The new COPP group in Carman is

looking for a few extra sets of eyes and ears. There's been some vandalism and car thefts lately, and the group would like to squash them before they escalate.

Contact information for Manitoba Crime Stoppers is already posted throughout the community, which is also serviced by the RCMP. Still, this new Citizens on Patrol Program will now be around to help coordinate crime prevention in the area.

The new Program's goals will include:

Deterrence: to provide a presence in the community through patrolling.

Education: to educate residents on crime prevention.

Awareness: to increase residents' awareness on crime-related issues.

For more information, please visit the Manitoba COPP website at www.citizensonpatrolmb.ca or contact Monica Halbesma at monica@townofcarman.com if you are interested in participating in the Carman Dufferin COPP.



STANDARD PHOTO BY MONICA HALBESMA

On July 18, 17 residents attended the Carman Dufferin Citizens on Patrol Program (COPP) information night held at the Carman Community Hall to get a couple of extra eyes and ears on the local crime watch.

Pritchard Memorial Golf Tournament raises over \$103,000

By Ty Dilello

The 27th annual Pritchard Memorial Golf Tournament was held on July 6 at the Carman Golf and Curling Club. The 2024 edition had 310 golfers, and tee times started at 7:30 a.m. and went until 3 p.m.

It was a banner event. The tournament raised \$103,049.14, which will be split evenly and donated to both the South Central Cancer Resource and the Cancer Care Manitoba Foundation.

The Memorial Tournament had raised \$523,000 since moving to Carman 12 years ago. This year's total broke the previous record for most funds raised in one tournament, which was \$101,000 in 2023.

The Pritchard Memorial Tournament honours Mike Pritchard, who passed away from sarcoma in 1998. His brother Darren Pritchard is responsible for moving the tournament to Carman to continue to contribute to the legacy of his deceased family member.

"It's a lot of work but so worth it," said organizer Darren Pritchard. "To hand over \$103,000 in my late brother Mike's name is what this is all about."

Raffle Ticket Winners: Jets Trip - Shawn Redick; Fishing Package - Sheri-Lynn Duncan; Thermea Gift Certificate - Vitali Penner; 50/50 Winner - Mike Veloso (\$2,410).

Tournament Winners:

Men's - Coltyn Reimer

Ladies - Kari McFarlane



This year, the Pritchard Memorial Golf Tournament showcased a new logo that shows Mike's signature from his last Mother's Day card that he gave his mom. The "M" on his hat is the logo from the Minnedosa Golf Course where he worked for three years. The "C" on his belt buckle is from the Carman Golf and Curling Club where he worked for five years. The Pines in the middle are from the Grand Pines Golf Course where he worked for three years until he became sick. Est 1998 is the year he passed away as well as the year the Golf Tournament in his honour started, and the navy blue is from his favorite car which is a 1966 Ford Mustang.

Mixed - Allister Penner

For those interested in more information on Mike Pritchard and the tournament, please visit the website at <https://www.pritchardmemorial.ca/>.



STANDARD PHOTOS BY MATTHIEU MEIER

Three hundred and ten golfers participated in the annual Pritchard Memorial Golf Tournament.



sports & recreation

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Cardinals fighting in series with Altona

By Ty Dilello

The Carman Cardinals are putting up a fight in their first round best-of-five Border Baseball League playoff series against the Altona Bisons.

The Cardinals on the outside were the large underdog in this series, going just 4-13 during the regular season campaign. However, they posted two wins in their final four games to have some momentum going into the postseason.

On July 24, Altona won Game 1 by a 1-0 score. A few nights later on July 26, Carman blitzed Altona 6-0 in Game 2. And then on July 28, Altona got the best of Carman with a last inning game winning run to win 10-9 to take the lead in the series.

The Cardinals are currently down two-games-to-one with Game 4 taking place on Tuesday evening in Carman at 7 p.m. Game 5 if necessary, would then be held Wednesday night in Altona at 7 p.m.

"We're behind two games to one right now, but we're pretty confident going into the final two games, that we'll be able to pull it out," said Carman Cardinals' manager Jack Pethybridge. "We struggled the first part of the year, but near the end of the regular season we've started to look better. Some of the younger guys got some experience as well, so it's the right time of year now for us in the playoffs to be playing our best baseball."



STANDARD PHOTO BY EDWARD VINCENT ARCENAL

The Carman Cardinals trail the Altona Bisons two-games-to-one in their best-of-five Border Baseball League playoff series at press time.

U18 South Central has a third-place finish at provincials

By Ty Dilello

This past weekend, the U18 South Central hardball team took home a third-place finish at the 2024 U18 AAA Tier 1 Provincials in Winnipeg.

The U18 South Central ball club consists of the following players: Alex Wieler, Teemu Peters, Maksim Fehr, Koen Bleznuk, Brayden Fehr, Graham Thiessen, Tyler Fehr, Ryan Peters, Haiden Friesen, Josh Dyck, Logan Lesser, Ty Magarrell, Hudson Nikkel, Jackson Friesen, and Jaren Hildebrand.

Going into the provincials, South Central was one of the hottest teams in the province, accumulating a 14-2-1 record in league play in the Manitoba U18 AAA League.

"This season, we won a lot more than we lost," said South Central head coach Bobby Matuszewski. As a team, all the guys wanted to get better and put so much work in, and all of them developed a ton. We had lots of guys work on their own to get better, and as a group, we had good kids. They were a super fun group to coach."

At the Provincials, South Central got off to a hot start in the round-robin with convincing wins over Elmwood (3-1), North Winnipeg (11-1), and Brandon (11-4). However, they slowly fizzled down the stretch and lost to Winnipeg South (4-2) and Carillon (7-



2) to end the round-robin with a 3-2 record.

When the dust settled, South Central found themselves outside looking in, as only the top two teams in the round robin advanced to the finals. Their provincials ended with a third-place finish.

Coach Matuszewski notes that his club pitched very well this weekend, but its bats weren't as good as they could have been, which ended up being the theme in both losses.

"I'm proud of the overall season, but as a team, we had very specific goals, which was to win, so I know that at least right now, the boys don't look at a third-place finish as something to be



STANDARD PHOTOS BY JO-ANNE PROCTER

The U18 South Central hardball team left it all out on the diamond as they took home a third-place finish at the recent 2024 U18 AAA Tier 1 Provincials this past weekend in Winnipeg.

proud of. They worked super hard, were driven, and had one goal. Hopefully, they can look back at this team as one to be proud of once it's further out because the other coaches and I certainly enjoyed the season with them."

South Central had four graduating

players this year. Brayden Fehr is one and has committed to play college baseball in the United States next year.

"We hope the rest of the guys are back next year for another run at it," said Matuszewski. "It would be great to meet our goal and win a Provincials."

Central Energy win bronze at U13 AAA provincials

By Ty Dilello

The U13 Central Energy team took home the bronze medal at the 2024 Manitoba Premier Softball League Provincials this past weekend in Stonewall to wrap up their 2024 season.

Central Energy battled against six-teams from around the province during the four-day tournament.

Central finished the round robin games with a 3-3 record. Thursday the Energy won 15-8 over the Smitty's Terminators but lost 7-1 to the host Interlake Phillies. Friday was also split with an 8-1 loss against the Eastman Wildcats and a tight 9-8 win over the Westman Magic. The club once again went 1-1 on Sunday with an 8-3 loss to the Winnipeg Lightning and an 8-7 victory over the Manitoba Angels.

Central found themselves in fourth place after round robin play and in a Sunday matchup with the 3rd place Winnipeg Lightning. Central scored five runs in the first inning, which helped them defeat the Lightning 9-1 and secure the Bronze medal. Kylie Wiebe pitched three innings in relief for Central. The right-handed pitcher allowed two hits and one run while striking out three and walking none. Cassandra Lanthier led things off in the circle, giving up one hit and zero runs over two innings, striking out one and walking one. The Energy piled up 11 hits in the game. Beaudry English provided pop in the middle



of the lineup, and led Central with two runs batted in. The second baseman went 1-for-2 on the day. Brielle Friesen, Collins Vrooman, and Kylie Wiebe each collected two hits for Central. The defence was sure-handed and didn't commit a single error.

That win earned the Energy another shot at the Eastman Wildcats and a chance to win gold. The Wildcats opened the scoring in the bottom of the first thanks to two doubles, and they continued to add runs from there to win 7-0. Cassandra Lanthier started the game for Central. The right-handed pitcher gave up five hits and three runs over two innings, striking out one and walking none. Bianca Lanthier went 1-for-1 at the plate to lead Central in hits.

"This weekend went really well," said U13 Central Energy coach Hailey



STANDARD PHOTOS BY JO-ANNE PROCTER/SUBMITTED

The U13 Central Energy won the bronze medals at the 2024 Manitoba Premier Softball League Provincials this past weekend in Stonewall Pictured left to right, back row: Kelly Yuskin (assistant coach), Makenzie Bartlett, Hailey Baldwin, Kylie Wiebe, Bianca Lanthier, Cassandra Lanthier, Beaudry English, Hailey Yuskin (head coach), Miranda Barker (assistant coach); front row, Brady Wiebe, Brielle Friesen, Collins Vrooman, Lindsay French, Sydney Lewko and Kelsey Dyck.

Yuskin. "I'm very proud of the girls as they have improved so much since we started, and they really showed up to play this weekend. Considering we started the season off a bit slow, coming out with a bronze medal made our coaching staff very proud."

Up next is the U15 Central Energy team that will now be representing

Manitoba at the U15 Female Western Canadian Softball Championships in North Battleford, Saskatchewan, from Aug. 2 to 5.

Finally, the U17 Central Energy squad will be headed to Calgary, Alberta, this week, as they will be representing Manitoba at the U17 AAA Canadian National Softball Championships from July 29 to Aug. 4.

MJBL hands out All-Star awards



STANDARD PHOTO SUBMITTED

The Manitoba Junior Baseball League honoured its 2024 All-Star recipients on July 25. Pictured left to right, back row: Third Base - Riley Husk, St. James A's; Outfield - Easton Toews, Elmwood Giants; Outfield - Keenan Allan, Interlake Blue Jays; Shortstop - Easton Grieve, St. James A's; Right Hand Pitcher - Maddox Mateychuck, Altona Bisons; front row, catcher - Cody Gunderson, Carillon Sultans; Second Base - Cal Grieve, St. James A's; Outfield - Brady Papineau, Carillon Sultans; Utility Player - Chris Peters, Pembina Valley Orioles; First Base - Rylan Penner, Carillon Sultans and Left Hand Pitcher - Linden Meilleur, Carillon Sultans.



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> MEAL IDEAS

Taco Salad



Recipe courtesy of "Cookin' Savvy"
Total time: 30 minutes
Servings: 6
1 pound ground beef
1 can (15 ounces) black beans
1 can (15 ounces) corn
2 cans (14 ounces each) diced tomatoes with chilies
1/2 cup half-and-half or milk
2 tablespoons onion powder
2 tablespoons garlic powder
2 tablespoons mesquite seasoning

1 tablespoon black pepper salt, to taste
1 lime, juice only
1 cup chopped cilantro
romaine lettuce
2-3 cups shredded cheese
1 tub (16 ounces) sour cream
crushed tortilla chips
In pan over medium heat, brown beef until cooked through; drain. Add black beans and corn. Stir in tomatoes with juices and half-and-half. Add onion powder, garlic powder, mesquite seasoning and pepper. Season with salt, to taste. Bring to simmer. Add lime juice; stir. Sprinkle with cilantro.
Wash and chop lettuce. Place cheese and sour cream in bowls for toppings.
On plates, top crushed tortilla chips with meat sauce, lettuce, cheese and sour cream, as desired.

No Bake Dragon Fruit Cheesecake Bars



Prep time: 35 minutes
Rest time: 6 hours
Yield: 16 bars
Crust:
1 1/2 cups graham cracker crumbs
6 tablespoons unsalted butter, melted
2 tablespoons C&H Light Brown Sugar
1 pinch salt
Bars:
1 small fresh dragon fruit, peeled and cubed small
1/4 cup C&H Granulated Sugar
12 ounces cream cheese, at room temperature
1 1/2 cups C&H Powdered Sugar
2 teaspoons pure vanilla extract
1 cup plain Greek yogurt, full fat, at room temperature
1/2 cup heavy whipping cream, cold
To make crust: Line 8-by-8-inch baking pan with parchment paper. Leave 2-inch overhang of paper on both

sides. In medium bowl, mix graham cracker crumbs, butter, brown sugar and salt until well combined. Pour mixture into prepared pan and press into even layer. Place in freezer.
To make bars: In small saucepan over medium heat, cook dragon fruit and granulated sugar until sugar is completely dissolved, dragon fruit is soft and mixture reduces in size, 10-12 minutes, stirring occasionally. Remove from heat and cool completely.
In large bowl, beat cream cheese until soft. Add powdered sugar and mix until fluffy. Scrape sides of bowl. Add vanilla and yogurt. Beat until combined.
In separate bowl, beat heavy whipping cream until stiff peaks form. Fold cream into cream cheese mixture. Pour half of mixture into prepared crust. Add 5 tablespoons dragon fruit mixture to remaining cream cheese batter. Mix until well combined. Pour over plain cream cheese mixture. Place in refrigerator to set at least 6 hours, or overnight.
Cut into 16 bars.

Taco Mac and Cheese



1 box macaroni and cheese
1/4 cup milk
4 tablespoons butter
1 pound ground turkey

Ask the money lady

Planning to travel this summer? Most Canadians are not. The higher interest rates and rising debt servicing challenges of Canadians may be to blame for the reduction in travel and leisure tourism activities. Interest rates are still too high, even after the Bank of Canada's quarter point discount. According to RBC Economics, Canadians will not see a turnaround in per-capita spending until Q4/Fall of 2024. So how can you enjoy a summer vacation on the "cheap?"



Christine Ibbotson

Most Canadians are planning to have "stay-cations" to lower costs. There are tons of things to do with the kids such as day trips to museums, art galleries, country markets and even camping in the back yard. Canada has a number of beaches that are open, so "pop-a-squat" and enjoy the sun. Here are some other ideas to keep the costs down, but still create a memorable summer vacation.

Visit a summer music festival, farmer's market, flea market, flower farm, petting zoo, farm pet sanctuary or a local pioneer village. You could also go camping, cave exploring, join a bike riding tour, go on a train tour, tall ship cruise, or island cruise. What about white water rafting, canoeing, fishing, or why not discover Canada's lighthouse histories and visit them all. You could also go hiking, horseback riding, rock climbing, or better yet, visit a trampoline park or water park. For those who want a slower pace, why not check out food tours, wineries, sunflower or lavender farms, or even plan some home events like BBQs or backyard picnics.

But, what if you absolutely must travel outside of Canada to enjoy your summer? Well, according to the recent flight surveys that came out in May 2024, the following destinations in South America now have the lowest costs for air fare and accommodations for Canadians: Mexico, Cuba, Dominican Republic, Chile, Guatemala, Costa Rica, Panama, Belize, and Argentina.

Would you rather go overseas? All European travel tends to be hyper-expensive this year. According to WestJet CEO, Alexis von Hoens-

broech, Canada has some of the highest costs for air travel due to fees added to ticket fares for airport maintenance and other infrastructure-related costs. And let's not forget the Olympics in Paris this summer, which now makes air travel outrageous. Still there are some overseas destinations that have come in lower than Europe and could be an alternative to those who want to jet set across the pond. Why not consider Asia? According to the Canadian travel and tourism stats released last month, the following destinations have the lowest costs for air fare and accommodations: Vietnam, Thailand, Cambodia, Indonesia or the Philippines.

Whatever you do this summer – whether you stay close to home or travel to far off lands, keep in mind that everyone needs time to refocus and recharge. According to Health Canada, those people that took a vacation every 2 years (as opposed to those who waited longer than 5 years) were more likely to reduce their risk of coronary heart disease, cancers and stroke. So, for your personal health and longevity – take some time off this summer and enjoy your life.

*Good Luck and Best Wishes,
Money Lady*

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6 syndicated across Canada. Send your questions through her website at askthemoneylady.ca

1 red bell pepper, diced
1 yellow bell pepper, diced
1 orange bell pepper, diced
1 onion, diced
2 teaspoons taco seasoning
Prepare boxed mac and cheese with milk and butter according to package

instructions.
In skillet, brown ground turkey over medium heat. Add bell peppers and onion. Add taco seasoning.
Stir turkey mixture with mac and cheese to combine.