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STANDARD

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THURSDAY,
SEPTEMBER 1, 2022

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STANDARD PHOTO BY KEN REIMER
Maya (left) and Lea with their painted gourd bird houses and flower bouquets. The young entrepreneurs attended Carman's Biz Kids last month.

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Miami man gets carving inspiration from God

By Becca Myskiw

With God as his inspiration, a Miami man makes wood carvings like no other.

Barry Dueck started Big Bear's Carvings a year ago but has been carving for four years. He bought a normal saw for maintenance on his acreage, and after trying his hand at carving a face into a fallen tree, he realized he had a knack for the craft.

With his family and friends' encouragement, Dueck carved an eagle into a tree using more appropriate tools. His third ever carving was an eagle on a bench, which he sold for a pretty penny.

"I was always good at drawing and things," he said. "It took me a short amount of time for getting my brain to think three-dimensionally."

He watched a few videos online about wood carving but is primarily self-taught. When Dueck gets an idea for his next carving, he finds a piece of his wood that would fit his vision rather than finding a vision to fit a piece of wood.

"I'm a Christian man," he said. "That doesn't mean I'm perfect by any means, but I get inspiration from my God. I feel like we're partners."



Dueck was working on a bear carving at the Miami showcase.

Dueck has carved bears, eagles, wolves, and wildlife. He does a lot of commissions and sells a few personal projects. He said the most popular commission he does is a bench with carvings on either side.

He gets his wood from local businesses that cut down trees, people with bigger deadfall they don't want to deal with, and from a few other places here and there. His favourite wood to work on is maple because its plentiful in Manitoba and holds up better than others. Sometimes he gets cedar, a softer wood to work on, but it's not a Manitoba tree so that's rare.



STANDARD PHOTOS SUBMITTED

Barry Dueck is a self-taught wood carver. Benches are his most popular.

When carving, Dueck first looks at the side and front profiles and bone structure of whatever animal he's making. He then squares off a round log, does drawings on either side so the scale is right, then goes for it. Ninety per cent of his work is done with a chainsaw. He has five different saws, the smallest being a dime tip

which he uses for detailing.

"I like my carvings to look like real animals rather than cartoons," he said. "I do believe that God gives us all gifts of different abilities. This is absolute joyful. I love it."

To get a carving done by Dueck, call him at (431) 774-4471.

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Pumpkin growers to share tips on Sept. 3 tour

By Becca Myskiw

Roland pumpkin growers will share their secrets on growing enormous pumpkins on their annual patch tour.

Three growers are featured on this year's pumpkin patch tour, each in and around the Roland area. The tour will be on Sept. 3, starting at 1:30 p.m., and is an opportunity for growers to get together and throw ideas around and for new growers to see other patches and learn new techniques.

Art Cameron, one of the growers and tour coordinator, said a few pumpkin growers were flooded out earlier this year, so they didn't get anything from their crop. The stops on tour, however, have patches full of giant pumpkins, watermelons, beets, beans, and more. And each patch is in a different location, so they have different soil, growing conditions, and protection.

"The whole thing is set up to help growers improve their growing conditions," said Cameron.

He said caring for a pumpkin patch is similar to caring for a dog — you must tend to it daily.

Those on the pumpkin patch tour can expect to see smaller pumpkins this year. Most of Cameron's are over 500 lbs., but the world record pump-



STANDARD PHOTO BY BECCA MYSKIW
Art Cameron is in charge of the annual pumpkin patch tour, which will be on Sept. 3 this year.

kin was 2,702 lbs., so he's hoping his pumpkins continue to grow.

"It doesn't matter what size we have; we always hope to have them bigger," he said.

To take part in the tour and get the locations of each stop, call Cameron at (204) 343-2314.

Boyne's best yards



STANDARD PHOTO SUBMITTED

The Boyne River Keepers teamed up with Carman Dufferin Communities in Bloom to name the best yard along the Boyne River. The friendly competition was a way to encourage those living on the river to beautify their space, and by extension, the community space. Kathleen Anderson of the Boyne River Keepers said the contest was to recognize someone preserving the beauty Carman naturally has to offer. The winner was Stella Wiebe.

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Kit and Kaboodle offering early childhood literacy for local families



STANDARD PHOTO BY LANA MEIER

April Hildebrand, left, and Cherie, right, are encouraging families to join the Kit and Kaboodle literacy program beginning Sept. 12.

By Becca Myskiw

Young families from Miami and Roland will have the chance again this year to focus on bonding and child literacy.

The Kit and Kaboodle program is being offered this fall by Miami Recreation and Play Spaces again. It started during the pandemic as a parent-child program; then when Miami Recreation and Play Spaces became incorporated last year, the program became permanent.

Kit and Kaboodle programming is funded by the Winnipeg Foundation

grants, Healthy Coalition, the Early Childhood Development Initiative, and fundraising done by the group.

April Hildebrand is one of the program organizers. She said they started the Kit and Kaboodle program in Miami and Roland because both towns lacked literacy resources.

"There is a lack of programming here," she said. "So, to have these programs available free of charge and where people don't have to travel is a great support to the parents."

Kit and Kaboodle is for families with children aged two to five years

old. It focuses on literacy by including rhymes, songs, parent-child reading, crafts, activities, snacks, and games.

"We're just really wanting to focus on that parent-child attachment," said Hildebrand.

It prepares children for school by acting as an early childhood development instrument and teaching school skills. Hildebrand said 10 per cent of children in the communities the program serves are at risk for developing learning issues, so being able to intervene early helps long term.

The program also helps with parent-child attachment. It gets parents working with their children by engaging in activities together. Hildebrand said it allows parents to get comfortable doing certain things with their children (like singing), so they can do those things at home with them.

Kit and Kaboodle will run four times this year starting Sept. 12, with another session beginning Nov. 1. Each meeting will have a different theme for the families, and participating in the program is free.

Last year, both towns saw about 15 families and 30 children participate in Kit and Kaboodle. To participate this

year, contact Miami Recreation and Play Spaces at miamirecandplay@gmail.com.

"It's really important to have children doing some of these early childhood education pieces before school and having the parents involved," said Hildebrand. "This program specifically is early literacy. It focuses on all areas."

Corrections

Staff

In the Aug. 18 edition of the *Carman Dufferin Standard*, in the article "Carman's iconic bakery has closed its doors after 125 years", we wrote Audrey and Simon's last name as Reidstra, when it should be spelled Riedstra.

In the Aug. 25 edition of the *Standard*, in the photo spread "Miami showcases businesses and organizations", we reported the Miami Agricultural Society offered a putting challenge, when in actual fact it was the Miami Golf and Country Club.

The staff of the *Standard* apologizes for the errors.

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Boyne River Keepers get \$1K to put towards dock fundraising

By Becca Myskiw

Nine Lives Fashions is donating money from their jewelry donation program to the Boyne River Keepers this year.

Earlier this month, the local consignment shop gave the organization \$1,000. People donate jewelry to Nine Lives Fashions, and when it is sold the money from the sales goes to the donation fund.

Marge Warkentin of the business started the program as a way to give back to the community.

Warkentin said it's nice to see things added to the community because of the jewelry donation program at Nine Lives Fashions.

"I have been very pleased recently to observe the result of the donations we gave several years ago to our community pathway," she said. "It was donations from our jewellery program that covered the cost for the supplies for the fairy garden on the pathway and also the great pictures and descriptions of various plants and animals that people can view on the pathway.

"Over the years, I have attempted to choose agencies or projects that assist the wide variety of people in our community. Boyne River Keepers is doing

a great job of making our river accessible and beautiful for people in our community and surrounding areas."

Tracy Enns of the Boyne River Keepers said they're honoured to receive the donation. The money will be put towards their continued fundraising efforts to have a fully accessible dock for the public at Ryall Park. More information on the dock is to come.

"Their jewelry program continues to give back to the community," said Enns.

This donation was \$1,000 and one of two donations the business will make to the Boyne River Keepers this year. Over the years, they've donated more than \$23,000 to community groups thanks to their jewelry donation program, and Warkentin said they'll continue to support different agencies each year. Funds have been donated to Carman Palliative Care, the Family Resource Centre, the Carman Collegiate theatre, the splash pad, Carman HandiVan, Boyne Lodge, the Boyne Regional Library, the Carman Pathways Committee, Carman Dufferin Communities in Bloom, and more.



STANDARD PHOTO SUBMITTED

Nine Lives Fashions donated \$1,000 to the Boyne River Keepers from their jewelry donation program.

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for your generous donation of plants and the work in planting the hanging flower baskets. You wanted to see a wall of flowers so graciously donated additional flower boxes and the flowers for the Main Street fence. The flowers are so exceptional and amazing this year and as always, we received so many compliments on them!

Your dedication to your industry and your community is recognized and appreciated.

Thank you!
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of the Town of Carman

The Carman-Dufferin
STANDARD



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Farmers and the “prove it” generation

What is a farmer's relationship with environmental and animal welfare certification programs? Would it be right to say that it's complicated? On one hand, farmers feel targeted by those in the activist community who reject the realities of modern agriculture. No genetically modified anything. No fertilizer. No pesticides. Small holdings with a few chickens, a couple of cows, and a pair of pigs. Farms drawn out of an idealized past of Ol' MacDonald. Some farmers are concerned that certification programs might be helping to promote this agenda.

The reality is different. Agriculture can rightfully claim to be a leader in rapid advancement in environmental management. These improvements are made possible by the adoption of technology and innovation, not their rejection. Widespread adoption of minimum tillage is reducing greenhouse gas emissions and protecting our soils. Improved soil management is the reason Saskatchewan does not blow into Ontario anymore, like it did in the 1930s. In the hog sector, the adoption of technology, manure injection for example, is helping to ensure organic nutrients are placed where they are most accessible to crops, maximizing their value and minimizing potential environmental impacts. Research has shown that the hog sector's environmental footprint has decreased significantly in the past 50 years. Hog farmers today produce more food with less environmental impact, a trend that is continuing because of investment of farmers' money into research on innovative technologies and practices.

However, there is a divide between the view of agriculture held by some urban Canadians and daily farming practices. This is impacting how policymakers perceive agriculture and affecting the programs they implement. This gulf was exposed recently when the Government of Canada announced a target of a 30 percent reduction in emissions from nitrogen fertilizer. Farmers felt they were un-

necessarily targeted by policymakers who have not taken the time to understand the industry. Many believe that consultations were, at best, inadequate or even non-existent. Farmers are asking why there have been few attempts to collaborate with producers to align policies with agriculture initiatives that are already underway. There is a lack of evidence that policymakers understand the effect this target will have on Canadian agricultural production or the impact on our economy.

Why does this gulf exist? Part of the reason is the practice of wedge politics that pits one set of voters against another. All parties have been guilty of this. However, the divide is not just caused by divisive politics. Farmers and their representatives should also carry some of the responsibility for the gap between urban and rural perceptions because of the way in which we communicate the impacts of modern agriculture.

Poll after poll tell us that farmers are some of the most trusted folks in Canadian society. While I believe this to be true, I am concerned that this perception is based on an image of the 1950s farm and that it may not apply to the realities of modern, high-tech agriculture. In other words, Canadians may like farmers, but because of a lack of understanding of modern practices, they may not like what farmers do every day.

How do we change the narrative? As a first step, we need to stop apologizing for everything that comes with modern agriculture. It makes me cringe to see inaccurate portrayals, like advertisements with the little red barn next to a small field with an old cabbless tractor, and three pigs and a duck playing in the foreground. How about showing a modern, multimillion dollar hog production facility? Please, we need to forget the picture of the plow and show a 75-foot airseeder precision planting into a minimum-till field. We shouldn't hide modern agriculture away from the public.

Second, we are talking to the “prove



Cam Dahl
Manitoba Pork Council

it” generation and need to demonstrate the accuracy of what we say. This needs to include science-based assurance programs that set standards for environmental stewardship and animal welfare. These standards need to be backed by regular audits and commitments to continuous improvements, based on the latest scientific research. The hog sector is transitioning to Canadian Pork Excellence (CPE), a set of programs that allow registered pork producers to demonstrate compliance with food safety and animal care requirements. Other livestock groups have similar programs that help demonstrate responsible production. Farmers' participation in these programs needs to be embraced by the industry and better promoted as part of the story of Canadian agriculture.

Politicians take their cues from the voters who elect them to office, the vast majority of whom come from urban Canada. Changing the narrative with consumers and citizens will also change the narrative with policymakers. It may take time to shift the conversation, but highlighting the benefits of modern agriculture and demonstrating, not just talking about, the industry's existing commitment to management practices that enhance the environment and improve animal welfare will help prevent naïve and shortsighted policy announcements and burdensome regulations.

Submitted by Cam Dahl, General Manager, Manitoba Pork Council

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Carman Kid's Biz Camp teaches kids entrepreneurial skills

By Autumn Fehr

Teaching kids at a young age is essential, especially when it comes to showing them the career options they have for their future.

Community Futures Heartland has aimed to do just that for kids since it started the Biz Kids Camp in Carman four years ago.

Community Futures Heartland runs two to three business camps per year in different communities, including Morden, Winkler, St. Francis Xavier and Portage la Prairie, picking a new community to run their business camps each year.

"The purpose of the camp is to teach kids entrepreneurship, as a career and life option for them," Ken Reimer, general manager of Community Futures Heartland in Carman.

This year, Carman's Kid's Biz Camp had 10 campers aged 9 to 12 come out from Aug. 15-19 from 9 a.m. to 3 p.m. to expand their horizons and knowledge on entrepreneurship.

"The benefits of being an entrepreneur are endless for people. Do what you love and if you can be your boss and do what you like doing and are happy with it, why not start your own business," said Reimer.

The kids start their morning at camp in their workbooks by learning about what an entrepreneur is and what are the traits of one, business basics, financials, marketing and advertising, customer service, and how to write a business plan.

They learn many different skills through the camp, such as dealing with the public, counting money, and making change, as well as knowing what it takes to run a business through the business tours, said Reimer.

Guest speaker Daralee Easter came in to talk to the kids about customer service and how they should treat their customers.

In the afternoons, they took business tours at Greenland Equipment, Kingdom Health, and Athletics and Corcava in the community



STANDARD PHOTOS BY KEN REIMER

Carman Biz Camp kids on their tour of Kingdom Health and Athletics.

"The local businesses are always very willing to show the kids around and talk about their business and how they got started and the good and bad about being an entrepreneur," said Reimer.

Starting on Wednesday, the kids started making their products.

The kids design their posters to advertise their products at their table at the Farmer's Market and design it to reflect their brand image.

After they determine a price for their product, it's off to the races as the kids start to make their products.

The kids created various products this year: painted rocks, flower bouquets, hydro-dipped mugs, flower-

pots, windchimes, wooden swords, tea light holders, slime, barbie accessories, flower presses, and painted gourd birdhouses.

On their last day, they sold their products at the Carman Farmer's Market from 4 to 6:30 p.m.

Most of the kids sold out of their products, and a lot of them made over \$100, said Reimer.

We aim to continue hosting the event; we always get a good response and are full wherever we go, said Reimer.

The team at Community Futures Heartland wants to thank the community for being so supportive of the kids, whether it's a tour or coming out to the Farmer's Market, seeing the young entrepreneurs grow and learn.



Biz Camp kids with their advertising posters.



Austin (left) with his camping pails and tea light holders and Brayden with his wooden swords.

Miami youth raise \$1,200 for BTHC Foundation Community Cancer Care Program

By Becca Myskiw

Local friends once again set up shop in Miami to raise money for a local charity.

Sari Burnett, 10, and Emily Bickford, 11, held their Cool Stand on Aug. 20.

The girls raised \$400 for Katie Cares last year.

This year, they decided to keep the good going and raised money for the Boundary Trails Health Centre (BTHC) Foundation, designated to their Community Cancer Care Program.

The program provides care across the spectrum, including prevention, detection, diagnosis, treatment, follow-up, and palliative care. A team of physicians, nurses, pharmacists, social workers, pastoral care, support workers, volunteers, and music therapists work together within the program to help their patients enjoy life amid a cancer diagnosis.

"We wanted to help people that have cancer," said Burnett.

BTHC's Community Cancer Care Program provides ongoing chemotherapy and treatments to

patients, education on medicines, their side effects, and how to manage them, ongoing patient support, and access to a multidisciplinary team.

The girls said a friend of theirs recently had a great grandma pass from cancer. Cancer affects everyone so they felt it was a good cause to support.

According to CancerCare Manitoba's 2015 statistical report, 6,700 Manitobans were diagnosed with the disease that year. The report also predicted in 2032, 8,255 Manitobans will be diagnosed with cancer each year.

So, to do their part, Burnett and Bickford sold vegetables they grew in their gardens, drinks, freezies, things they sewed, painted, and made, and more. They set up outside Miami Variety and saw a constant stream of people coming to buy their handmade goods and snacks.

In the four hours, the girls made \$1,226 for the BTHC Foundation Community Cancer Care Program, three times as much as they generated last year.



STANDARD PHOTO SUBMITTED

Sari Burnett, left, and Emily Bickford raised over \$1,200 for BTHC Foundation with their Cool Stand this year.

"It feels very good," said Bickford. "It feels awesome."

BTHC knew they were getting a donation from the friends, but the actual

amount was a surprise to them. Burnett and Bickford said they plan to have another Cool Stand next year to support another local organization.

Active Living Centre looking for new members for fall programming

By Becca Myskiw

The Carman Active Living Centre is gearing up for fall programming and is looking to attract new members.

The centre started over 20 years ago when a group of locals decided there should be a multipurpose space in town for seniors. They began by finding a site, raising funds, and inviting people to join, and within the first 10 years, the mortgage of the building was paid off.

"It was sort of build it and they will come," said Gustine Wilton, chair of the Active Living Centre board.

The members who built the centre from the ground up are getting older and they want to find a group of people to carry the Active Living Centre programs on.

Wilton said she worries most people in the community don't think they're old enough to join the people and programs at the centre, but it's open to people of all ages.

"I think that people find that it's a very good way to meet people who are not in their current social circles," said Wilton. "You get to go out, to have fun, and it keeps people active

and healthy socially and physically."

Currently, the building has two main rooms — one is a small meeting room and the other is where majority of the activities are held. They are now getting ready to start regular programs in the fall as they leave the summer open for people to get outside. As it's a community space, the larger room has also been used to hold concerts.

This fall, people can participate in floor shuffle, pool, carpet bowling, movie nights, table tennis, pickleball, fitness classes, choir, bridge classes,

social bridge, and duplicate bridge. There's also a ukulele group and Friday afternoon dance classes with a live band.

"We honestly don't know what would attract younger people," said Wilton. "So, we want to know what the centre can offer to get them here."

A membership with the centre is \$30 and partaking in each activity is an extra \$2.50. To join or share ideas, all people have to do is show up at the Active Living Centre or contact it at (204) 745-2356.

Manitoba government invites applications for intellectual disability issues advisory council

Submitted by Manitoba government

Applications are now being accepted for the newly formed Intellectual Disability Issues Advisory (IDIA) Council, an initiative in support of the Manitoba government's commitment to working together with community stakeholders to develop and implement programs that will better support Manitobans with an intellectual disability, Families Minister Rochelle Squires announced Monday.

"We invite qualified applicants for consideration for service on the IDIA, a group that will play a valuable role in shaping programs and services for Manitobans with an intellectual disability and their families," said

Squires. "The council will provide important insights as we continue to work toward implementing the recommendations made by the Vulnerable Persons Living with a Mental Disability Task Force."

Chaired by Heidi Wurmman, assistant deputy minister, Department of Families, the council will be composed of community representatives including:

- a representative of a service delivery organization;
- a representative of a disability advocacy organization;
- a family member of a Manitoban with an intellectual disability;
- two self-advocates, at least one of which must be an adult with an

intellectual disability; and

- a representative of Indigenous stakeholders.

"The establishment of the advisory council is a positive step forward and will help ensure that recommendations in the Pathways to Dignity: Rights, Safeguards, Planning and Decision Making Report are implemented as intended by the task force," said Dale Kendel, chair, Vulnerable Persons Living with a Mental Disability Task Force. "The appointment of family members, self-advocates, and agency and community representatives is key to including informed opinions about The Vulnerable Persons Living with a Mental Disability Act that impacts over 7,500 individuals with an

intellectual disability in Manitoba."

Manitobans are invited to apply until Sept. 30 at: www.gov.mb.ca/fs/idia.html.

In addition to the Intellectual Disability Issues Advisory Council, the Department of Families is also recruiting young Manitobans to join the Minister's Youth Advisory Council until the end of August. Minister Squires is looking to hear directly from children and youth about their concerns, their ideas for improving services from the department, and to ensure their voices are reflected in government decisions.

More information on the Youth Advisory Council can be found at: www.gov.mb.ca/fs/youthcouncil/.

Grundy, top female harness racing trainer in Manitoba

By Becca Myskiw

It was 15 years ago when Jacqueline Grundy first watched a harness race.

She was in Glenboro and decided to watch the races. After coming back time after time, Jackie met her husband, Tyler Grundy, when he was there racing.

"I thought it was really fun to watch," she said. "It was really interesting."

Soon enough, she started going to the barn with her husband on weekends and it snowballed from there. Before long, she was brushing the horses and helping pack up for race weekends, and after eight years, Jackie got her own horse. She started jogging her and Tyler's racehorses, and she became a certified trainer four years ago. Now, she trains the horses full-time, and Tyler is the driver.

The pair buy their foals halter broke and spend the next year of its life training it to be a racehorse. When buying a foal, said Jackie, you look at the sire and dam. Who they are generally has a big influence on the prospect of the colt, as well as its selling point.

They race with a breed of horse called a standardbred and in Manitoba, they don't race in the winter, but lots of people who race here travel to other places that do race in winter, she said. Those that do stay in Manitoba usually spend the fall and winter

breaking and training yearling colts to race the next summer

"When you own one and see them start from scratch and turn into a racehorse...it's amazing," said Jackie.

She's spending her summer camping at the Miami Agricultural Society grounds. There, she can stable their six horses, tend to them, train them, and keep them in one place between races.

Her day starts around 6 a.m. when she gives each horse their breakfast. Then, at 7:30 a.m., she starts jogging the horses, does putaways, rubs the horse's legs, and checks them for sore spots. Next, Jackie feeds the horses lunch, lets them rest, feeds them supper, then does it all again the next day. She sticks to the routine seven days a week.

She said she loves the animals and loves working in the barn. A nine-to-five job isn't the life for Grundy, so the life she's made for herself in the harness racing world is perfect.

"We've had a pretty good season," said Grundy. "I think right now I'm actually the top female trainer on the grounds. I always just look forward to race day and seeing [the horses] race and try their best out there. I'm happy to see them happy out there."

As of last week, the Grundys have 15 race wins this year.



STANDARD PHOTOS SUBMITTED

Jackie Grundy is the top female trainer in Manitoba harness racing this year so far.



Jackie Grundy, left, with Nacho and her husband Tyler Grundy.



Ballin'

STANDARD PHOTO BY DENNIS YOUNG

Alexa Knox and Tristen Brisson spent part of last week playing dodgeball at the summer camp offered by Carman Dufferin Recreation.

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PTM hosts Reunion Days Sept. 2-3

By Ashleigh Viveiros

The Pembina Threshermen's Museum (PTM) is gearing up for its biggest event of the year September long weekend.

Reunion Days are back Sept. 2-3 with a host of "blast from the past" activities.

It's been a few years since they've been able to host a full-fledged Reunion Days, noted PTM summer staffer Justina Berg, and they're eager to welcome people back for it.

"They had something last year but it was a little smaller than usual," she said. "So this year we're trying to get more back to normal."

The fun runs each day from 9 a.m. to 5 p.m.

The Valley Harvest Maids will be serving up lunch for purchase daily from 11:30 a.m. to 1 p.m. On the menu is perogies, farmer's sausage, an assortment of sides, and dessert.

"They'll also be serving apple pie and ice cream later in the afternoon," Berg says, noting you can also purchase homemade bread baked in the

museum's outdoor oven and cinnamon buns.

The General Store will also be open all weekend long, serving up sweet treats and cold drinks.

Many of the museum's heritage buildings will be manned by costumed volunteers, providing a glimpse into our area's pioneer past. The church, for example, will have live music both mornings starting at 10 a.m.

The weekend will also include threshing, sawmill, flour milling, blacksmith, and spinning demonstrations.

"We're also going to have a tractor parade both days at 1:30 p.m.," Berg said, noting it will be filled with antique tractors and other vintage vehicles.

Kids can also enjoy a petting zoo, barrel train rides, and interactive education stations showcasing everyday pioneer tasks like corn grinding and rope making.

Finally, the main stage will feature musical performances starting at 3



STANDARD FILE PHOTO

The Pembina Threshermen's Museum comes to life Sept. 2-3 with the 54th annual Reunion Days.

p.m. both days.

Whether you're a regular at the museum or a first-time visitor, there's no shortage of activities to enjoy at Reunion Days, Berg says.

"If you come to the museum on a normal day, there isn't all of this stuff going on," she says. "But for Reunion Days, there's all these demonstrations, there's food available ... the threshing

demonstrations only happen on Reunion Days and tractor parades only happen on special event days.

"So I'd say there's the most to see here on Reunion Days."

Admission is \$10. Kids 10 and under get in for free.

Learn more online at threshermuseum.com.

Pick of the birds: From field to feeder

By Ty Dilello

The Elskamps family farm is located in Woodlands, where they grow wheat, canola, corn, oats, and black oil sunflowers.

"The fields that we plant have been in the family since the 1950s, and we take great pride in the land we farm, the product we produce, and the customers we serve," the family said.

"In July 2021, we saw an opportunity to continue contributing to local agriculture by taking over ownership of Pick of the Birds, a Manitoba company with over 30 years of experience in the bird food industry."

Today, third-generation farmer Aaron Elskamp and his wife, Stephanie, plant, grow and harvest sunflower seeds and grains that they use to produce nutritious products for their company, Pick of the Birds.

The Elskamp family are active bird feeders themselves and enjoy the year-round fun of watching wild birds fly into their farmyard and feed outside their window.

Pick of the Birds specializes in manufacturing bird food which allows them to take the sunflowers produced in its fields "from field to feeder."

They plant, grow, harvest, clean, transport, and package

all of their own black oil sunflowers to supply avid bird feeders across Canada.

"Our packaging facility is located in downtown Winnipeg in a turn-of-the-20th century building in the Exchange District. Being a part of the process from start to finish poses challenges, but at the end of the day, it is incredibly motivating and rewarding."

Pick of the Birds specializes in black oil sunflowers, but they also offer a variety of mixed products. Wild birdseed, peanuts, finch mix, songbird seed, and deer food, to name a few. This allows them to contribute other commodities grown on the farm, such as oats, wheat, and canola, to its bird food products.

"Shortly after taking on this new venture just over a year ago, one of our goals was to 'go online' with our business to provide consumers with the luxury of fulfilling their birdseed needs from the comfort of their own home. We were excited to launch our online store via our website www.pickofthebirds.ca earlier this spring which offers local delivery within the Winnipeg and surrounding areas."

"Simply send us a message using our website to arrange local delivery outside of Winnipeg. We'd love to hear from you! In addition to online, our products can be found in Home Hardware's across all of Canada, as well as various local retailers in the Interlake and surrounding area. A full list of local retailers can be found on our website."

In addition to Pick of the Birds, the Elskamps continued to expand by becoming owners of Orenda Commodity Services, located in Ste. Agathe, Manitoba, with the goal of increasing



STANDARD PHOTO SUBMITTED

Pick of the Birds is a Woodlands-based business that specializes in manufacturing bird food taking their sunflowers "from field to feeder." Aaron Elskamp inspects some of the plants in their early stages.

capacity to fulfill the needs of the bird food market. Orenda Commodities offers "co-packing" services to help meet the demands of the growing market.

"We feel honoured to be a part of the agriculture and bird food industry and continue to adapt and expand through this ever-changing industry. Farming is our livelihood. It's in our blood, it's how we were raised and how we continue to raise our own families, and we are excited for what the future holds. Stay safe and feed the birds!"

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Honey, Garlic, and Maple Syrup Festival in Manitou next week

By Lorne Stelmach

The Honey, Garlic and Maple Syrup Festival shares many elements of other community fairs, but the event now two decades old offers something a little special in the eyes of organizers.

There is a vibe and a feel to the festival that may have it on people's radar, chairperson Juanita Cobb suggested in advance of the Sept. 9-10 celebration.

"We have a different feel because we don't have the rides and such ... we appeal to a different demographic," she said. "It really is a festival of the senses. I think people like coming especially for the farmers' market, and there's the gourmet alley for lunch, and then we have the banquet supper at night.

"The focus is on the fresh produce and food and the crafters and farmers market ... there is live entertainment, but it's more about the food as opposed to the entertainment."

The festival kicks off on Friday with a barbecue lunch and entertainment in support of the historic log cabin and Nellie McClung Heritage Site.

Municipal bus tours are available by pre-booking with Joy Pauls at 204-242-4424. Friday evening also includes a concert hosted by the Manitou Coffee House Musicians featuring Leaf Rapids.

Saturday morning begins with a pancake breakfast in support of the Manitou Kinsmen Club, and members of the Manitou Flying Club are also welcoming fly-in guests at the Manitou airport. You can also sign up in the arena for historic town tours, which run at select times through the afternoon.

The farmers market and craft show features many local farms and artists, so be sure to stop by and grab your fresh honey, garlic and maple syrup and maybe even start your Christmas shopping a little early.

Don't forget then to stop by gourmet alley featuring local restaurants for a light lunch or a snack. You can then kick back and have a drink at the Pembina Valley Saloon in support of the Manitou Curling Club and listen to some entertainment.

Take a wander then outside to see the "mighty machines" supported by many local businesses, stop by the kid's tent organized by the Manitou Christian Fellowship, or take a gander at the vintage wheels brought



STANDARD FILE PHOTO

Manitou's Honey, Garlic, and Maple Syrup Festival returns next week, Sept. 9-10.

by the Country Hicks Car Club.

The grand finale of the weekend is the gourmet buffet meal in the evening.

"We serve 600 people in about 45 minutes ... that's our goal," Cobb said of the undertaking, which tends to be a sellout success.

Overall, she sees the festival as having wide mass appeal.

"And a lot of people use it as a homecoming weekend," she said, noting she has relatives coming from Alberta and Ontario.

"This really is about coming together as a com-

munity," Cobb said. "All of our local user groups come together to help make the festival a success. It can't be done without literally hundreds of volunteers.

"It's nice to be back," she added in reference to events returning now that pandemic restrictions are gone. "Everything seems to be really well attended, and everybody is going in the spirit of the events as well ... everybody has missed it for two years. Everybody seems quite excited about it."

You can find more information online at pembina.ca/m/honey-garlic-maple-syrup-festival.

Leaf Rapids perform at Manitou Opera House Sept. 9

Staff

The Manitou Coffeehouse Musicians are getting in on the Honey Garlic Maple Syrup Festival fun next weekend with their first concert in some time.

The group brings Leaf Rapids to the stage at the Manitou Opera House on Friday, Sept. 9 at 7:30 p.m.

Leaf Rapids, named after the hometown of one of its members, is the brainchild of Keri and Devin Latimer. The band describes their sound as "cinematic folk with a wisp of theremin."

Their debut album, *Lucky Stars*, was

followed by their sophomore release *Citizen Alien*, which was nominated for a Canadian Folk Music Award for Contemporary Album of the Year.

The album was a labour of love for the Latimers, which each song spinning a tale that stretches back through both time and place.

Tickets are \$25 for adults and \$15 for 17 and under and are available by calling or texting 204-242-4415. All ticket holders will be entered for door prizes.

Seating is reserved, so an advance call eliminates the need for standing in line on concert night.



Leaf Rapids perform in Manitou Sept. 9.

Kids log over 1.6M minutes in summer reading program

By Ashleigh Viveiros

The South Central Regional Library's Summer Reading Program was a return to form this year and a huge hit with kids across the region.

The library wrapped up its Bookland Explorers Club with a free night at the movies at the Stardust Drive-in Theatre in Morden last Thursday, where kids got to enjoy an evening of fun and games and a showing of *How to Train Your Dragon*.

Miami branch administrator Raina Teigrob said the summer was an unqualified success.

"We had big plans for this year, especially since COVID prevented us from running a regular program the past two years," she said via email Monday, noting they worked hard to really emphasize the many in-person activities—weekly crafts, games, and storytimes—happening at all the branches over the past two months, "which we hoped would draw a lot of people in."

It proved a winning formula, with a total of 1,135 kids signing up for the

program—more than double the 519 participants in 2021.

The kids collectively read a total of 1,696,534 minutes, with the Winkler branch's 521 participants leading the way at 920,552 minutes followed by the Morden branch (344 kids, 457,020 minutes), Altona (164 kids, 220,663 minutes), Manitou (71 kids, 51,775 minutes), and Miami (35 kids, 42,456 minutes).

"Staff and summer programmers really went all out in decorating for our 'Fantasyland' theme this year," noted Teigrob. "We had some really great reading minute maps in all our libraries, as well as a lot of cool things like dragons floating from ceilings, castles and moats, hidden fairy doors, and lots of trolls, mermaids, goblins and sea serpents."

"We know the kids love to stop by the library every summer and discover all the fun displays and hidden decor there is to find, so we put a lot of effort into this part of planning for the program."

Last week's windup was the first



STANDARD PHOTO SUBMITTED

The South Central Regional Library wrapped up its summer reading program with a giant party at the Stardust Drive-in in Morden last week.

time the program brought all the branches together at summer's end instead of hosting individual library windups.

"We thought that trying something different and bringing together all the branches was a neat way to windup the program this year, and really made it a great family event too," said Teigrob, noting it was also the perfect opportunity to hand out a variety of

prizes to the kids, who earned entries for every minute they read.

"In the end, we really hoped to bring in as many kids as possible to the Bookland Explorers Club so we could continue to encourage the love of reading," Teigrob said, "and to help children practice the essential skill of reading over the summer months in the most fun and exciting ways we can think of."

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BACK TO SCHOOL Safety

Help everyone stay safe this school year!

- 1) Observe School Zone Speeds. Although you should always obey posted speed limits, it is especially important during the school year. ...
- 2) Obey the Crossing Guard. A crossing guard is there to keep children safe. ...
- 3) Watch for Darting Children. ...
- 4) School Buses.

Get Prepared for Back to School Safety! It's back to school time!

As school doors open, traffic gets a little heavier on our streets. People are back from holidays, school buses and public transit are on regular routes, and more people are walking, cycling or driving to school.

To help with the transition and share the roads safely, read our safety tip. Help everyone stay safe this school year!

1) Observe School Zone Speeds

Although you should always obey posted speed limits, it is especially important during the school year. Children crossing the road on their way to and from school can easily get distracted and step into harm's way. Slowing down and being vigilant is crucial to keeping kids safe. Children are often out throughout the day at recess, lunch, and for certain classes, so it's important to drive slowly throughout the day.

2) Obey the Crossing Guard

A crossing guard is there to keep children safe. If you come up to a set of lights, and the light turns green, but the crossing guard still says stop, follow his/her direction and not the traffic light. There might be a child still crossing the street that you can't see.

3) Watch for Darting Children

Kids are small and easily distracted, and for drivers, this can create dangerous situations on the roads. Be vigilant and alert behind the wheel. You never know when a small child might step out from between parked cars or off a sidewalk. Your fast reflexes might be needed to prevent an accident.

4) School Buses

Most mishaps take place outside the bus. Make sure children don't arrive too early at the bus stop where they can wander or get into mischief. Make sure children wait well away from the road and stay back until the school bus makes a full stop and the doors open. Explain that they must walk at least three metres (10 feet) away when crossing in front of the bus so the driver can see them. When driving your car near a school bus please note that extra caution is needed. You shouldn't pass a school bus when the signal lights are flashing (as children are often crossing the road at that time), and drive slowly as a general precaution.

The following information is useful for school bus passengers and their parents.



Rules for getting on the bus safely:

1. Be at the bus stop on time. Never run to or from the bus.
2. Wait at the designated stop in a safe place well back from the side of the road.
3. Remember the danger zone around the bus. The danger zone is anywhere close enough to touch the bus. The bus driver cannot see you when you are in the danger zone.
4. If you cross the street to get on the bus: when the bus comes, wait until it has come to a complete stop. The bus driver will make sure all the traffic stops. The stop arm will be out and the red lights will be flashing. Watch the driver. When the driver knows it is safe, he or she will signal you to cross, but watch for traffic yourself. Walk, don't run.
5. Hold the hand rail as you get on the bus. Don't push or shove.

Rules for on the bus:

1. Take your seat as quickly as possible and sit properly, facing forward at all times.
2. Hold bags and parcels in your lap. Do not put your feet into the aisle: someone might trip.
3. Keep your head, arms and every-

thing inside the bus. Don't throw anything out the windows or around in the bus.

4. Talk quietly. The driver must concentrate to drive the bus safely.
5. Save snacks for snack time at school or for when you get home. They may spill or you may choke if the bus goes over a big bump.
6. No fighting, shouting or playing in or around the bus.
7. Always follow the bus driver's instructions.

Rules for leaving the bus safely:

1. When you leave the bus, hold the handrail and step away from the bus.
2. To cross the street in front of the bus, walk ahead at least 10 giant steps (three metres). Cross only when the driver gives a signal. Cross the street in single file.
3. If you drop something near the bus, don't pick it up. Tell the driver or another adult first.
4. If everyone is getting off the bus, the people at the front leave first. Do not push.
5. Be familiar with the bus driver's rules for emergencies.

This safety tip was prepared by Public Safety Canada in collaboration with the Canada Safety Council.

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Indulge your tastebuds in Le Burger Week

Rural restaurants taking part Sept. 1-14

ed across Canada, generating over 150,000 participants in cities across the country.

As a theme this year, restaurants were encouraged to create plant-based burgers – vegan burgers, creating a platform for chefs to get creative and have even more fun with their creations, and for everyone to have a burger they can indulge in.

There are four rural restaurants participating in this year's Le Burger Week, with their delicious entries.

From Kahleigh's Brew Barn in Riverton, there is the Feisty Pickerel Burger, made with pickerel from Lake Winnipeg tossed in panko breading and fried, served on a sesame seed bun with mango salsa, chipotle, mayo, and mixed greens.

In Sandy Hook, Carlo's Cucina will be serving their Rock'n Rootbeer Burger made with Angus beef, apricot jalapeño jam, topped with braised AAA ribeye steak, Bothwell jalapeño Monterey jack cheese, and a fresh spring mix with rock'n cucumber mint aioli.

Something Beautiful Café in Stonewall will be serving their Bacon & Blue Quarry Burger, a beef burger topped with crumbled blue cheese, candy bacon, caramelized onions, and a house-made honey Dijon spread, served on a brioche bun with mixed greens and tomato.

At the Altona Hotel, they will be serving The Mac, made with a breaded deep-fried beef patty, cheese sauce, topped with bacon, lettuce, tomato, onion and drizzled with Chipotle aioli, on a grilled brioche bun.

With restaurants across Manitoba putting forth their best burger creations, festival participants have the chance to vote for their favourite burger via LeBurgerWeek.com.

At the end of the two-week festival, winners in each participating city will be announced for the different categories.

The five categories are the most popular burger, voted by participants at www.LeBurgerWeek.com, the judge's choice, determined by an expert panel of burger aficionado judges in the city, the Sysco choice, given to the most outlandish burger

in the city, Kim's choice, determined by Kim Lallouz, and the best plant-based burger, voted by participants on the website.

Don't miss out on this two-week festival and a chance to support local restaurants in your area through delicious never-before-seen burger creations.



STANDARD PHOTOS SUBMITTED

The mac, Altona Hotel's Le Burger is competing for best burger.

By Autumn Fehr

Feast your eyes and prepare your tastebuds for a two-week Manitoba tradition.

From Sept. 1 to 14, participants will be able to discover new restaurants while indulging in specialty burger creations never tasted before through Le Burger Week 2022.

Due to its popularity, over the last few years, Le Burger Week had extended its festival to two weeks so burger lovers can have the opportunity to try even more mouth-watering creations.

This year, there are 190 burgers to try throughout Manitoba.

The festival began in Montreal 11 years ago but has now expand-



The Feisty Pickerel Burger, Kahleigh's Brew Barn's in Riverton.



Bacon & Blue Quarry Burger, Something Beautiful Café's in Stonewall.



Rock'n Rootbeer Burger, Carlo's Cucina's in Sandy Hook.

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CARMAN Women in business

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CARMAN Women in business RESILIENT AND RESOURCEFUL

Car-WO-Man in Business event just days away

Tickets available for Sept. 10 event

By Becca Myskiw

Ryall Park will be full of friends, families and business associates celebrating local women entrepreneurs in just a few days.

The Carman and Community Chamber of Commerce's Celebration of Car-WO-Man in Business is on Sept. 10 in the park, and it's shaping up to be quite the affair.

The fall event is a celebration of Carman's many past and present women-owned businesses. The evening starts at 6 p.m. and will run until 1 a.m., complete with tents, tables, high-top tables, food, drinks, and an entertainment stage.

The confirmed entertainer is TKO, the band of Carman natives Tim Stefanishyn, Garth Kennedy, Grant Ken-

nedy, Brent Buchanan, and special guests. In addition, the event will include appetizers and desserts made by local restaurants, door prizes and giveaways, a fashion show by Knockabouts and Nine Lives Fashions, a dance performance by Liv Dance Company, and biographies of female entrepreneurs of past and present.

Currently, 77 active Chamber members are women-owned businesses, and there are 97 past women-run businesses. Of the possible 174 stories, Chamber executive director Jodi Winkler said they have just over 50 so far, and though that was their goal, the Chamber will be happy to accept more stories to put up at the event.

To submit a story, email ccchamber@gmail.com or contact Winkler directly.

The event isn't just for women — it's to celebrate them. Everyone can and are encouraged to buy a ticket and attend. Tickets are on sale at Knockabouts, Evensong Shoppe, Carman



STANDARD PHOTO SUBMITTED

The Chamber's celebration of women event is on Sept. 10. TKO will be playing at it in Ryall Park.

Congratulations to all the women business owners past and present for all your achievements



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Floristas, Birch and Honey Salon, or by contacting the Chamber.

"It'll be a really good night of fun and entertainment and celebrating women," said Winkler.

The Carman and Community Chamber of Commerce are

hoping to sell 200 tickets for the event but selling more would be even better. Funds raised from the Car-WO-Man in Business ticket sales will go back into the Chamber to pay for more helpful programs they offer to the business community.



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Women in business RESILIENT AND RESOURCEFUL

A look at the modern business woman

When women contribute to the business world, they often bring a fresh perspective that helps companies to accelerate their growth. Studies have demonstrated that gender diversity in corporate settings increases productivity and innovation.

What's more, women tend to bring a more humane leadership style to the table, one based on inclusivity and the empowerment of marginalized voices. This open-minded and collaborative attitude has been shown to improve a corporate team's performance, products and decision-making.

Obstacles to overcome


Women continue to face numerous challenges in the business world. For one, the wage gap persists with full-time female employees making an average of \$0.87 for every dollar earned by men in the same position. This disparity is even wider for women of colour, Indigenous women and recent immigrants.

Additionally, women are less likely than men to apply and be considered for management roles. Often, this is due to implicit or explicit bias among male employers. Another factor is the persistence of traditional gender roles among many couples, which leave

women disproportionately responsible for childcare and household tasks. Without a proper support system, it's difficult for women to strike a balance and advance in the workplace. Yet despite these hurdles, many women are thriving in the business world, and companies, as well as communities, are the better for it.



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5 facts about the Canadian trucking industry

After two years of disruptions from the COVID-19 pandemic, Canadian truckers have been at the forefront of public awareness. National Trucking Week takes place from September 4 to 10 and celebrates truckers and the integral role they play in keeping stores stocked with food and goods of all kinds. Here are five facts about the Canadian trucking industry.



1. Ninety per cent of consumer products and foodstuffs are shipped by truck.
2. Over 10 million trucks cross the U.S.–Canada border every year.
3. The value of goods carried by trucks each year is higher than that moved by sea, air and rail combined.
4. Over 450,000 Canadians are employed in the trucking industry. This contributes over \$24 billion in personal income to the Canadian economy.
5. Although the number of women truck drivers is increasing, trucking is the largest employer of men in Canada.

The demand for truck drivers continues to rise. To address the shortage, the Canadian Trucking Alliance (CTA), which represents the trucking industry in Canada, has been working with governments and industry leaders to promote mandatory entry-level trucker training programs. By providing a clear path for entry into the industry, the CTA hopes to attract new drivers while increasing safety on the roads.

Lastly, take the time to thank a trucker in your life for everything they do to keep the Canadian economy going.



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NATIONAL TRUCKING WEEK September 4 to 10, 2022

Demand for truckers is on the rise

This year, National Truck Driver Appreciation Week takes place from September 11 to 17, 2022. This event is an opportunity to celebrate truckers and the integral role they play in delivering goods safely, securely and on time.

However, demand for truckers has skyrocketed in the past few years, leading to a shortage of qualified personnel. The American Trucking Association (ATA), which represents the trucking industry, estimates that the industry is short 80,000 drivers.

That shortage is expected to grow to 160,000 by 2030. The COVID-19 pandemic contributed to this shortfall as many older drivers chose early retirement, and training offered by driving schools was disrupted.

The good news is that the United States government is taking several measures to address these challenges. Initiatives are underway to improve working conditions, and innovative workforce programs are being developed to recruit, train, and retain drivers. Efforts are underway to recruit

from underrepresented communities like women, the formerly incarcerated and service-disabled veterans.

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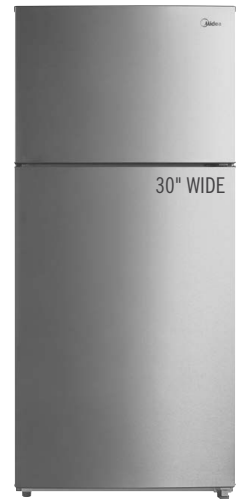


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get inspired

> MEAL IDEAS



Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council

Prep time: 20 minutes

Cook time: 50 minutes

Servings: 4

Chicken:

8 boneless, skinless chicken thighs salt, to taste

pepper, to taste

6 tablespoons unsalted butter

16 ounces mushrooms, such as white button, crimini or portabella, quartered

3 zucchinis, sliced in half moons

3 large carrots, thinly sliced

4 sprigs fresh rosemary, leaves removed and roughly chopped

4 cloves garlic, minced

Orzo:

4 cups chicken or vegetable broth

1 tablespoon unsalted butter

1 tablespoon extra-virgin olive oil

1 small yellow onion, diced

2 garlic cloves, minced

16 ounces mushrooms, such as white button, crimini or portabella, finely chopped

1 cup uncooked orzo pasta

1/8 teaspoon black pepper

1/3 cup white wine

1/3 cup shredded Parmesan cheese

To make chicken: Preheat oven to 450 F. Pat chicken dry. Season with salt and pepper, to taste. In large skillet over medium-high heat, melt butter. Sear chicken until brown on both sides, 4-5 minutes on each side.

In large bowl, toss mushrooms, zucchini and carrots with rosemary and garlic. On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan.

Bake 20 minutes until chicken is cooked through and vegetables are tender.

To make orzo: In small pot over medium-low heat, warm broth.

Using skillet from chicken over medium heat, add butter and olive oil. Add onion, garlic and mushrooms. Cook, stirring occasionally, until onions soften, 3-4 minutes.

Add orzo and black pepper. Stir and cook orzo 2 minutes. Add white wine and cook until evaporated, about 1 minute.

Add broth to orzo, 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding next. Remove from heat and stir in Parmesan.

Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.



Creamy Spinach, Mushroom and Lasagna Soup

1 bay leaf

3 cups vegetable broth

6 lasagna noodles, broken into pieces

1/2 cup heavy cream

5 ounces fresh baby spinach

1 cup whole milk ricotta

1/2 cup shredded mozzarella cheese, for topping

Heat large pot over medium heat. Add olive oil, garlic, onion and mushrooms. Cook, stirring occasionally, until onions and mushrooms soften, 4-5 minutes.

Add marinara, diced tomatoes, tomato paste, vinegar, sugar, basil, salt, oregano, pepper, bay leaf and broth. Bring to boil over high heat then reduce heat to low and simmer. Add lasagna noodles and cook, stirring often, until softened, about 15 minutes.

Remove from heat and remove bay leaf. Stir in heavy cream and spinach until wilted, 2-3 minutes.

Divide between bowls and top each with dollop of ricotta and sprinkle of mozzarella.

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council

Prep time: 10 minutes

Cook time: 30 minutes

Servings: 4

1 tablespoon extra-virgin olive oil

2 cloves garlic, minced

1 medium onion, small diced

8 ounces mushrooms, such as white button, crimini or portabella, sliced

1 jar (24 ounces) marinara sauce

1 can (15 ounces) diced tomatoes

2 tablespoons tomato paste

2 teaspoons balsamic vinegar

1 teaspoon granulated sugar

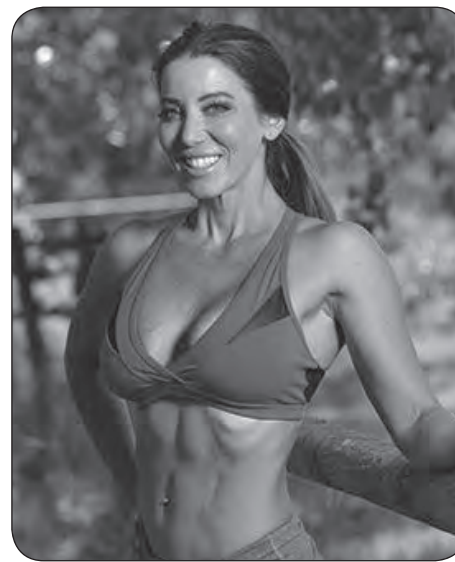
1 tablespoon dried basil

1/2 teaspoon salt

1 teaspoon oregano

1/2 teaspoon black pepper

The six best vitamins for improving your fitness level



Health and Wellness Fitness expert Julie Germaine Coram

By Fitness Expert Julie Germaine Coram

Every vitamin that your body uses to complete important functions is important, however there are a few that are particularly crucial when you are focused on improving your muscular strength or physical endurance.

Did you know that there are many vitamins and nutrients that assist the body's process of converting food into energy? If your goal is be able to lift heavier objects, have more stamina to keep up with your grandkids, or simply to have more strength for everyday tasks, then assuring you top up on these six vitamins will help.

1. Calcium – The ideal consumption of calcium is 1000 milligrams per day, to ensure strong bones and teeth, and regulate muscle contractions. Pills are available, as well as powders that can be easily mixed into water or juice.

2. Iron – A lack of iron can lead to anemia, which presents as fatigue and weakness. Include red meat, fish, poultry, beans, and lentils to maintain a healthy intake.

3. Zinc – This mineral has a hand in numerous processes in the body, including cell regeneration, injury recovery, and enzyme production. Zinc is also a supporter of the immune system, aiding the body in fighting off illness. If you are a vegetarian, have recently had surgery, or those with certain medical conditions may be at risk for zinc deficiency.

4. Magnesium – This abundant mineral helps regulate blood sugar levels, promotes healthy blood pressure, helps the body maintain normal muscle and nerve function, and is involved with immune system and bone strength. It is often added to breakfast cereals and can be found in leafy vegetables, legumes, nuts, and whole grains.

5. B12 – This water-soluble vitamin has been proven to provide higher mental clarity and soaring energy levels. You can find B12 naturally in animal products, and supplements are available.

6. Vitamin D – The sunshine vitamin is important to help the body absorb calcium, which promotes bone health, heart and muscle function, and prevention of diabetes. As the winter nears, you may want to consider supplementing vitamin D, particularly if you are at risk for developing osteoporosis.

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Coach Julie Germaine Coram is a Manitoban fit mom, 2x International Pro Fitness Champion, Miss Fitness Manitoba, Certified Nutrition Coach & Renowned Fitness Expert. She has helped thousands of men and women improve their health since 2005.



Blended Pasta Sauce

Recipe courtesy of the Mushroom Council

2 tablespoons extra-virgin olive oil

1 medium yellow onion, finely chopped

3 garlic cloves, minced

1 pound mushrooms (such as white button, crimini or portabella), finely chopped

1 pound 80% lean ground beef

1 tablespoon Italian seasoning

1 teaspoon kosher salt

1 jar (24 ounces) marinara sauce

cooked pasta

salt, to taste

pepper, to taste

grated Parmesan cheese

In large pot over medium heat, add oil and cook onions, stirring occasionally, until just soft, about 3 minutes. Add garlic and cook 1 minute.

Add mushrooms and cook 5 minutes, or until mushrooms are soft and reduced in size.

Add ground beef, Italian seasoning and salt; cook until browned throughout, about 6 minutes, stirring and breaking up lumps. Skim off fat, leaving about 2 tablespoons.

Stir in marinara sauce and reduce heat to low. Cook 10 minutes.

Serve over cooked pasta, season with salt and pepper, to taste, and top with grated Parmesan

Regional Connections programs are looking for volunteers

By Ashleigh Viveiros

Regional Connections Immigrant Services is putting a call out for new volunteers this fall.

Volunteer coordinator Shepherd Chiwandire says they're looking for fresh faces for all their programs.

"The volunteer program, it's key, it's essential for people to get connected in the community."

Two key areas in need of volunteers right now are the Language Buddy and Community Mentor programs.

Some newcomers arrive here with little or no local support system, and while they may be able to connect with other immigrants from their home country, "you need to learn Canadian culture as well," noted Chiwandire. "That's a big part of integrating."

That's where community mentors come in. Volunteers (which can be individuals, couples, or entire families) are paired up with an immigrant family or individual to get together informally and help educate them about the ins and outs of the community and life in Canada.

They ask for a one-year commitment from volunteers with this program, but beyond that how often you get together depends on what both parties feels works best for them.

"We say, hey, you guys go do your thing and work around your own schedules," Chiwandire said, noting volunteers get an orientation session before being matched up with a newcomer.

The hope, though, is that these matches will get together on a fairly regular basis to help the newcomer settle into their new home.

"It's answering questions about how things work here, but also just hanging out together," Chiwan-

dire said. "People can go for walks, get together for supper. It's just making them feel at home."

The Language Buddy program has also proven to be hugely beneficial to people learning English as an additional language.

These matches get together (either in person, on the phone, or via video conferencing) a couple hours a month just to chat.

It gives English learners a chance to hone their language skills with a native or more experienced speaker.

"People are coming in with a low English level and they're taking classes, but in class it's different," Chiwandire pointed out, noting a big part of learning a new language is simply conversing in a more casual setting. To that end, Language Buddies give people the "opportunity to get connect with somebody and just go for a cup of coffee and just talk, practice."

Regional Connections is also hoping to grow its roster of volunteer drivers and interpreters in the months ahead.

Drivers are needed to help newcomers get to various resources in the community, especially when they first arrive in town.

"For newcomers coming in, getting a car is not always their first focus," noted Chiwandire. "If we could have a community of volunteer drivers that would be amazing."

As for interpreters, they're looking for people who speak an additional language and are willing to help people navigate appointments and the like until their English skills are up to the task.

"We have like 10 main languages, but the big ones right now are Ukrainian, Russia, Punjabi, Arabic,



STANDARD PHOTO BY ASHLEIGH VIVEIROS

Regional Connections volunteer coordinator Shepherd Chiwandire says they're looking for volunteers to help newcomers integrate into the community.

Swahili," Chiwandire shared. "If we have a huge list of people we can contact then we don't always need to rely on one person every time."

Volunteers for these programs are needed right across south central Manitoba, in every community Regional Connection serves. The agency has local offices in Winkler, Morden, and Altona and caters to newcomers in all the surrounding areas.

If you'd like to help out as a volunteer, call 204-325-4059 or email info@regionalconnections.ca for more information.

Lace Up Your Way next month for Diabetes Canada

By Lorne Stelmach

Like many people, there is a personal motivation for Stephanie Klassen to get involved with Diabetes Canada.

Hailing from Winkler but now in Steinbach, Klassen has lived with diabetes for 30 years since being diagnosed at age four.

In addition, her sister and boyfriend are also diabetic, and her oldest son was just diagnosed in June, so she is participating in the Lace Up Your Way fundraising challenge for them as well as herself.

"My family in Winkler is going to have a team as well, and my company also has a team in it," Klassen said as she sought to promote the event that takes place through the month of September.

People are encouraged to challenge themselves or rally a team to #LaceUpYourWay and raise funds by choosing the activity and pace, with every distance and dollar helping to make a difference in the lives of people living with diabetes or pre-diabetes. The goals for Manitoba and Saskatchewan are to have 276 participants and

\$77,000 in raised funds.

Lace Up Your Way originated in Manitoba, and the 2020 event nationwide had 450 participants who raised about \$150,000. Those totals jumped to almost 1,200 people who raised about \$450,000 last year.

"It was quite a significant increase in one year ... and we had 386 communities across the country participate last year," said Kelly Lambkin, senior manager, of community fundraising and events for the prairies region.

"We have a pretty passionate diabetes community," she said, noting as well over 40 per cent of people who sign up are there in support of someone close to them. "I think that is incredibly powerful as a community as a whole that we support one another."

"I think it's nice that we are able to have something across Canada that can bring small communities together," agreed Amy Peters, who works with fundraising and events as well as social media for the organization.

"An event like Lace Up brings diabetes to the forefront," she said. "It's one of those diseases where you don't

see it, and a lot of people don't talk about it because of the care that goes into it."

It is estimated about 11.7 million Canadians have diabetes, including around 412,000 Manitobans with diabetes and pre-diabetes.

Type 1 diabetes makes up about 10 per cent of the population nationally and Type 2 about 90 per cent.

For Klassen, she is thankful about how far things have come in terms of treating and managing the disease, especially now that she is helping her son with it.

"Going to all the appointments with him, everything is so different from when I was a teenager ... just night and day difference, so it's interesting to walk through this journey with him.

"Diabetes management has changed like crazy since I was diagnosed," she continued. "I have an insulin pump. I've been on that for about four or five years and that's been life changing for me.

"It's great how much further we've come in our knowledge of diabetes

and how we can manage it so much better."

Lambkin noted Lace Up Your Way is not only important in terms of fundraising but in bringing people together around a common cause.

"Really, over COVID, it was probably a really significant time to come together and support one another, not just with diabetes but all people with chronic disease in the community as a whole," she suggested.

"The most powerful thing for me is with story telling ... you get to know a lot of people who really wanted to share their stories and their personal journey," she said. "And Lace Up allows you to support your wellness journey no matter your activity level.

"There's no limitations as far as what you want to do," said Peters. "Whatever you're comfortable with that will challenge you. It's about the follow through more than anything else."

You can find more information online at www.diabetes.ca.

COVID infections up, Interlake PCH outbreaks; out-of-province surgery offered

By Patricia Barrett

COVID infections in Manitoba are on the upswing, with the latest data showing another increase and long-term care homes in Stonewall, Selkirk and Gimli experiencing outbreaks.

The provincial government's weekly COVID surveillance report for the period Aug. 14-20 shows 473 new laboratory-confirmed infections, an increase of 18 from the 455 cases reported the previous week. The week before that saw 347 cases.

The data are an undercount because the government restricts access to PCR testing. Rapid antigen test results aren't tracked.

There were also 60 new hospital admissions reported for the above period, including eight people needing treatment in the intensive care unit. The previous week saw 72 hospital admissions which included 19 ICU admissions.

Twelve more people died since the last report, bringing Manitoba's death count to 2,105. The previous week's death count was 2,093 people.

The government reported six new

COVID outbreaks in Manitoba hospitals and personal care homes for the above period, including the Interlake-Eastman, Winnipeg and the Southern health regions.

PCHs in the region continue to practise infection prevention and control measures, said the spokesperson. Visitors are "screened and required to wear a mask" while in the facility even when there are no COVID infections. Health-care staff are also required to wear masks.

"Initiatives designed to mitigate the risk of COVID-19 spread amongst our patient population and staff continue to remain in effect, including screening visitors for symptoms upon arrival to these sites and the use of personal protective equipment. These initiatives reflect the advice of infection prevention and control experts," said the spokesperson. "Having said that, there is community spread of COVID-19 in our province and, indeed, throughout much of the world. Personal care homes are part of the community, so outbreaks at these homes will regrettably occur

from time to time."

Vaccination is important for PCH residents in order to reduce their risk of severe illness or death from COVID. A vaccination campaign has been in place since 2021 in Manitoba PCHs, said the spokesperson. The government's Shared Health organization provides guidance on infection prevention and control and visitation in PCHs on its website.

Last week the province announced that children aged five to 11 are now eligible for a COVID booster (or third dose).

The province is also planning to launch a fall COVID immunization campaign and will re-open a regional vaccine clinic at 1680 Notre Dame Ave. in Winnipeg. Appointments will be available in mid-September. It's closing the vaccine clinic at the Winnipeg RBC Convention Centre in mid-September, according to an Aug. 24 COVID-19 Bulletin (#582).

The COVID pandemic is far from over despite many governments around the world using language such as "post-pandemic" and "transitioning from COVID" in a context that suggests it has ended, and ditching measures that help prevent the virus's spread. The pandemic catchphrase "learning to live with the virus" has failed to become a fillip for widespread preventative action and has instead become a game of chance we appear to be losing.

The World Health Organization's infectious disease epidemiologist and COVID-19 technical lead Maria Van Kerkhove said in a June 19 tweet that "We are not living with COVID-19 responsibly. Not even close. People are dying unnecessarily. Millions infected each week. Billions not fully vaccinated. Lives & livelihoods suffering. Dismantling systems needed to end the global emergency & fight the next one."

Almost 6.5 million people worldwide have died from COVID as of Aug. 24, according to the WHO.

Moderna said in a recent news release it will be supplying 12 million doses of its bivalent COVID booster vaccine to the Canadian government. Canada is scheduled to receive 1.5 million doses and has ordered an additional 4.5 million doses. Moderna and the federal government have also agreed to "convert" six million doses of the Spikevax mRNA vaccine to an omicron-containing bivalent vaccine.

Other health news:

The Monkeypox virus continues to spread, with nine of Canada's 13 provincial/territorial jurisdictions now having reported cases. Ontario leads

with 582 cases, followed by Quebec with 478, British Columbia with 129, Alberta with 31, Saskatchewan with three, Yukon with two, and Manitoba, Nova Scotia and New Brunswick with one case each as of Aug. 24. Total cases stand at 1,228.

As of Aug. 16, there have been 32 people hospitalized.

Last week the Manitoba government expanded monkeypox vaccine eligibility to cisgender, transgender and two-spirit people who self-identify as belonging to the gay, bisexual and men who have sex with men community. Manitoba has administered 436 doses of the vaccine as of Aug. 21.

The provincial government announced on Aug. 24 that it will be offering to ship up to 750 Manitoba patients out-of-province to Ontario, North Dakota and Ohio to receive knee and hip replacement surgeries.

"These three new agreements are an important interim measure to help people who have been waiting for care for too long, as we work to build long-term, sustainable improvements and increased capacity in our health-care system here at home," said health minister Audrey Gordon in a news release.

Patients will be offered treatment at Big Thunder Orthopedic Associates based in Thunder Bay, Ont., Sanford Health in North Dakota, which has previously provided spinal surgeries to Manitobans, and at the Cleveland Clinic in Cleveland, Ohio.

According to Doctors Manitoba's surgical dashboard as of June 28, the wait time for hip and knee surgeries is 35 weeks (about 8 months).

Moderna announced it is suing Pfizer and BioNTech for allegedly infringing patents it filed between 2010 and 2016 covering its ground-breaking mRNA technology.

The company says it believes Pfizer and BioNTech unlawfully copied its technology, without permission, to make [their own COVID vaccine]. Moderna expects compensation, the amount of which is not stated.

"We are filing these lawsuits to protect the innovative mRNA technology platform that we pioneered, invested billions of dollars in creating, and patented during the decade preceding the COVID-19 pandemic," says Moderna chief executive officer Stephane Bancel in an Aug. 26 news release. "This foundational platform, which we began building in 2010, along with our patented work on coronaviruses in 2015 and 2016, enabled us to produce a safe and highly effective COVID-19 vaccine in record time after the pandemic struck."

Who goes hoop to hoop?



STANDARD PHOTO BY BECCA MYKSIW

Kash worked on his jumping skills at King's Park a couple weeks ago, moving from one platform to the hoops and seeing how far he could go.

Celebrating a decade of the Manitoba Fibre Festival

Festival returns in person on Sept. 9 and 10

By Autumn Fehr

With the effects of climate change becoming more apparent in our day to day, it's important that people start to make significant changes in how they go about living their lives.

This includes being conscious of where our fibre comes from, whether it's the clothes we wear or the furniture in our homes.

This, year, the Manitoba Fibre Festival returns in person to celebrate its tenth year on Sept. 9 from 5 to 9 p.m. and Sept. 10 from 10 a.m. to 4 p.m. at Red River Exhibition Place, Winnipeg connecting local fibre farmers with the crafting community, and educating the public on local fibres.

"We want to bring the community together. To learn more about different fibre arts, to share in our love of the fibre arts...To promote our local businesses, so the folks who make stuff here in Manitoba especially, and the locally raised wool and fibres that are often overlooked," said Mandy Furney, volunteer coordinator for the Manitoba Fibre Festival.

The festival deals with all things related to the fibre and wool industry, discovering alpaca and sheep fleece, hand-spun and hand-dyed yarns, and pieces made by local artisans.

The Fibre Festival is a family-friendly event where you can find demonstrations of fibre arts, workshops such as ancient lace-making techniques, machine knitting, sheep shearing that people can sign up to take, and things to buy to invest in small businesses, most of them from Manitoba.

The artisan market will feature raw fleece, wool, and alpaca fibres for spinning and felting, hand-spun yarn, hand-dyed yarn (so much yarn!), knitted socks, scarves, shawls, and hats; goat's milk soap, rugs and mats, pillows and project bags, baskets, hand-made clothing, leathers and furs, wall hangings, spindles, knitting needles, tools, kits, wool bedding, patterns, fabrics, buttons, and yarn bowls.

The festival will have an art show as well, cu-



STANDARD PHOTOS BY MARGARET BROOK

Spinning guild members demonstrating their craft at the Manitoba Fibre Festival in 2017

rated by the Textile and Fibre Artists of Manitoba (TFAM).

There will be people there who raise sheep and alpaca, mohair goats and angora rabbits for fibre, as well as people there that harvest qiviut from the northern muskox, harvested by Inuit peoples, which is a premium fibre

There will also be a variety of different breeds of live sheep and alpaca there for people to interact with in the Hall of Breeds display.

"Folks love coming together, seeing what diversity there is offered in the fibre arts," said Furney. Fibre is so important.

So, buying local fibres is even more important.

Natural fibres are bio-degradable, which means it is good for the planet and promoting these fibres cuts down on the carbon footprint.

The festival also likes to highlight supporting local farmers, and the shepherds that raise these animals as their business and means of living, said Furney.

Before the pandemic, the festival was growing significantly, and expanding in what they offered in dem-



PHOTO BY CHRISTEL LANTHIER

A young visitor in a handknit sweater meets a sheep

onstrations at the festival.

Since COVID-19 hit, this year the festival has been pulling recovery.

In the future, the festival hopes to continue its regular festival activities, such as bringing in live animals, but they also hope to build on workshop offerings.

"We do see that the festival doesn't have to be a one-time a year event. It's an ongoing community that we seek to support where we can with our knowledge of the field. With our experience now of 10 years, wanting to make sure that there is this offering everywhere that different people can access at different times of the year," said Furney.

Admission to the festival is \$5, and parking is free.

For a list of vendors and details regarding the educational workshops visit www.manitobafibre-festival.com.



Vendors and shoppers discussing yarn.

Spark Joy Always: Organize your home the Marie Kondo way

By Autumn Fehr

A local home organizing business is committed to sparking joy through the KonMari Method.

Spark Joy Always, located in Libau, offers in person and virtual organizing sessions from Manitoba's first and only certified KonMari Consultant, Heather Bélanger.

At a young age, Bélanger wanted to be an interior designer, but dropped that dream and started working for the federal public service before starting her professional organizing business in Sept. 2020.

"I love seeing how it can change people's lives. It's so rewarding because it's the kind of thing where I can work with someone and I can show them how to do it and then they are empowered to do it themselves," said Bélanger, owner of Spark Joy Always.

If you wonder what sets the KonMari way apart from a minimalist way of organization, Bélanger offers some insight.

"There is a focus on identifying what it is that makes you happy and what it is that is making you feel less than happy. And sometimes that can be because there is so much clutter around us that we can't think straight or feel like we can relax," said Bélanger.

The KonMari Method of organization uses criterion that chooses what sparks joy in your life, ensuring one will not relapse to clutter afterwards. Following this method, you are choosing to keep items that spark joy (bring you joy and happiness) – that speak to your heart, rather than simply deciding what to get rid of.

Instead of resorting to a minimalist approach to home life, where one is encouraged to own less she focuses on decluttering more often.

This method follows a specific order by category, not by location. It begins with going through clothing, books, papers, komono (miscellaneous items), and sentimental items.

Bélanger got her start in professional organizing in 2020 by taking Marie Kondo's certification course from her company KonMari, after reading Kondo's books on decluttering and organizing back in 2015, while she was studying interior design.

"From there I kind of started to change gears from interior decorating to realizing that I wanted to help people the same way the books had helped me," said Bélanger.

The way that I work with people is based on addressing their belongings from a place of gratitude. It's about finding out what's really for you and what's something you can let go or give to somebody else so they can use it, she said.

The key difference between Bélanger's business and a typical organizer is that she works one-on-one with every client.

"It's really about coaching the person through the process of decluttering all their belongings and working with them to shift their mindset and get to the bottom of what got them to a point where they had too much clutter in the first place," said Bélanger.

"To find out what it is that's keeping them stuck in these patterns where they accumulate too many belongings versus just going in and fixing the problem and leaving again," she said.

To start working with Bélanger, there is a specific process she goes through.

First, Bélanger books a free 20-minute consultation with anyone considering working with her over the phone.

Afterwards, if they've determined it's a good fit, the client would fill out an ideal lifestyle worksheet, identifying their goals and timeline.

Finally, to start the official process, Bélanger does a house greeting, a meditation practice, going to the centre of their home, or whatever feels like the centre of their home.

"The house greeting is a way to set an intention for what we are trying to accomplish in that session... It's really based in gratitude," said Bélanger.

When Bélanger started the business, she realized quickly that the demand for the tidying service in the area exceeded her initial expectations, so she quit her day job and dove into full-time, which she recently transitioned into.

Now, she helps people across Canada and the United States virtually, and in person within the Interlake.

Due to this growth, Bélanger plans on starting a YouTube channel this fall, every Tuesday, to give people the information and resources for free.

She also provides regular content with free tidying and organizing advice on her website and social media.

"Anybody can do this themselves," said Bélanger.

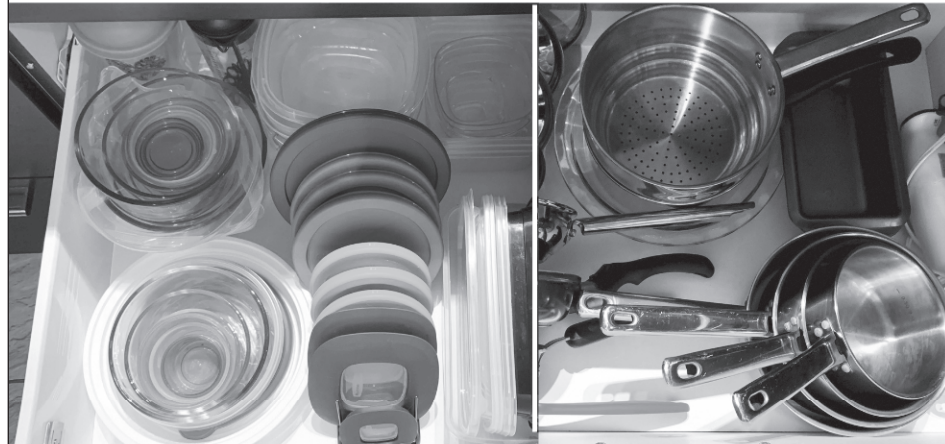
Those who are interested on venturing into the decluttering process on their own can also email Bélanger at heather@sparkjoyalways.com to join the email list and receive the monthly newsletter and tidying tips. Her social media also provides practical advice and tips to do it yourself.

Bélanger also does giveaways where people can win a free tidying consultation with her expertise.

Since Bélanger started her business, she has been committed to giving back to the community through her willingness to help change people's lives and her finances. At the end of



BEFORE



AFTER



BEFORE



AFTER

STANDARD PHOTO SUBMITTED

Heather Belanger quit her full time job to follow her passion and started her virtual and in person professional organizing business Spark Joy Always.

each year, she plans to continue giving five per cent of her profits back to the community.

This fall, the profits will be going to Nova House in Selkirk.

To book a session or learn more

about Spark Joy Always, visit www.sparkjoyalways.com.

"When you can tidy up all the clutter around you, it really helps you to gain clarity in many parts of your life," said Bélanger.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U17 Central Energy competes at Nationals

By Ty Dilello

The Central Energy (Manitoba 2) team competed at the 2022 U17 Girl's Canadian Fastpitch Championships in Montreal, Q.C. from Aug. 16-21.

The combined team of Central and Westman players posted a 2-4 record.

The Energy went 2-3 in the round robin before losing to British Columbia 3.

The girls started the first day of pool play with a 5-4 loss against British Columbia 5. Later in the day they lost 9-1 to Ontario 5. The Energy rallied the following day to defeat Alberta 2 by a 2-1 score in an exhilarating game.

They then beat Quebec 3-2 but lost 9-0 to British Columbia 4 to end their round robin placing them in fourth place in the second tier of teams. The girls played one more placement game with British Columbia 3 but lost 3-1.

"We had trouble stringing

together our hits to create a more favourable outcome, but enjoyed the tournament and the venue," said U17 Central Energy head coach Noelle Hildebrand. "We were very lucky to be able to travel this year, after two years of COVID-19 and made the most of our trip. I would like to thank the members of the U17 Central Energy team for their hard work and their parents for putting in the time and being great cheerleaders. I would also like to thank all of our sponsors for their support. My hope, as a coach, is that these girls have made lifelong friends and will cherish the experience of attending a National tournament and the memories of this 2022 season."

The senior girls on this U17 Central Energy team will be moving up to the U19 division next season. Tryouts for all Central Energy teams will be held this September for the 2023 season.



STANDARD PHOTO SUBMITTED

The Central Energy team returned home after finishing with a 2-4 record at the U17 Girl's Canadian Fastpitch Championships in Montreal, Q.C. from Aug. 16-21.

"Quite a few of these girls have their eyes on college ball in the States so that they can continue to play very competitive ball while getting an education."

Central Charge wins U13 AA silver medal at provincials

Staff

The U13 AA Central Charge brought home the silver medals from the provincial championships in Brandon earlier this month.

Coach Jim Smith says the team started strong with a decisive, seven-run win against the Westman Fury.

They stumbled, then, and lost the following two games against Westman Storm and Brandon Heat.

In order to make it to the playoffs, the Charge needed to win their final round robin game by seven runs. They did so handily, beating the Interlake

Phillies by a score of 13-3

That gave the ladies a fourth-place finish in the round robin and put them up against the top seeded Brandon Heat, who they defeated 10-5 to advance to the gold medal game against Westman Storm South.

Westman ultimately got the win to earn gold.

"Central got behind early in the final but never gave up," shared Smith. "Ultimately the comeback fell short, but the players showed grit and determination until the very end."



STANDARD PHOTO SUBMITTED

The silver-medal winning U13 AA Central Charge team. Back row, from left: Nevada Wrixon (La Salle), Hayden Manness (Domain), Shayna Driedger (RM of Stanley), Oksana Vasko (La Salle), Blaine Wiebe (Stanley), Presley Wolfe (Carman) Kneeling: Brielle Thiessen (Winkler), Sinead Convery (Morden), Ashley Dyck (Winkler), Payton Manness (Domain) Front row: Cara Klassen (Reinfeld), Megan Krahn (Stanley). Coaches: Jenn and Jim Smith (Stanley).

is organized for the year end tournament. This year, Scotswood Links Elm Creek was the location for the scramble.

"Selkirk has traditionally been one of the stronger teams in the league, while Carman has been dominant in recent years," said Bill Cushnie,

Selkirk's convenor in the Central Senior Golf League. "This season Selkirk, who handed Carman one of their rare defeats, battled for second place most of the season, but a loss in the final game dropped the team to fifth."

Central senior golf league wraps up

By Ty Dilello

The Carman Golf and Curling Club was victorious in the Central Senior Golf League for the 2022 season.

The Central Senior Golf League is to provide friendly competition for golfers 55 years of age and older and is run by a volunteer board. The league started in 1995 with six clubs: Kingswood, Transcona, Larters, Assiniboine, Selkirk, and Blumberg. Over the years it has grown to 12-14 teams.

The league resumed play this season

after a two-year COVID break. The following courses competed in the league: Assiniboine 48.5, Bridges 56, Carman 66, Elm Creek 21, Larters 39.5, Morden 46.5, Oakwood 57.5, Portage 62.5, Quarry Oaks 63, Selkirk 62, Transcona 59, Warren 65 and Wildewood 49.

Teams play a twelve-game schedule, with each game consisting of three, two-person better ball matches. The host club provides either breakfast or lunch to the competitors.

A windup with a scramble

Flyers welcomes Coltyn Bates to coaching staff

Staff

A familiar face will be behind the bench for the Winkler Flyers this fall.

Former player Coltyn Bates is returning to the junior team for the 2022-2023 season, this time as assistant general manager and assistant coach.

Bates, who hails from Brandon, played three seasons in Winkler, scoring 47 goals and 98 assists in 169 games.

He went on to play for the University of Wisconsin Superior (NCAA Div III) for four years, playing 88 games and scoring 47 points.

Now he's back in Winkler to join the coaching staff.

"Coltyn has proven over the past 14 months with his passion and work ethic behind the scenes that he is ready for this next opportunity," head coach and GM Justin Falk said. "We are thrilled to add a man of Coltyn's character and look forward to his positive contribution and commitment to the Flyers

organization and City of Winkler."

For his part, Bates said he's excited to be back working with a team he first joined at the young age of 15.

"The team and this community gave me the opportunity to take my hockey career to the next level, and having the opportunity to give back and help these kids achieve their dreams is what it's all about."

In other Flyers news, the team recently announced it has signed Winnipeg forward Zach Nicolas (2004).

Nicolas spent the 2021-22 season with the Northern Cyclones in the USPHL Premier league, where he scored 10 goals and 14 assists for 24 points in 35 game played.

"Zach is a talented young player with a wide array of skill sets," coach Falk said. "Whether playing off his strong shot, using his size to his advantage down low, or using his speed wide down the wing, he knows how and when to utilize his strengths to his advantage."



WINKLER FLYERS PHOTO

Former player Coltyn Bates (left) with Winkler Flyers head coach and GM Justin Falk. Bates is the team's new assistant coach and assistant GM.

SUDOKU

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

Fun By The Numbers

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

Level: intermediate

Here's How It Works:

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

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

Sudoku Answer

S	R	E	T	I	T	S	G	D
D	E	N	S	I	T	S	V	O
S	E	T	S	U	R	X	E	S
S	E	T	S	U	R	X	E	S
B	V	G	C	R	E	M	E	H
S	B	V	C	R	E	M	E	H
S	E	T	S	U	R	X	E	S
S	E	T	S	U	R	X	E	S
D	E	N	S	I	T	S	V	O
D	E	N	S	I	T	S	V	O
S	E	T	S	U	R	X	E	S
S	E	T	S	U	R	X	E	S
T	E	M	A	N	I	S	E	M
T	E	M	A	N	I	S	E	M
E	M	A	N	I	S	E	M	E
E	M	A	N	I	S	E	M	E

Crossword Answer

take a break

> GAMES

X CROSSWORD

CLUES ACROSS

- 1. Grievous
- 7. Queens ballplayer
- 10. Honorable title
- 12. Created
- 13. Grillmasters do it
- 14. Wartime German cargo ship
- 15. Cocoplum
- 16. Hebrew calendar month
- 17. British thermal unit
- 18. Brews
- 19. One of Thor's names
- 21. Decorative scarf
- 22. Clothes
- 27. - : denotes past
- 28. A way to address a lover
- 33. Commercial
- 34. Utters repeatedly
- 36. Google certification (abbr.)
- 37. Taxis
- 38. Belgian village in Antwerp
- 39. Talk excessively
- 40. Broad volcanic crater
- 41. Surgical instrument
- 44. Listens to
- 45. Revelation of a fact
- 48. Paddles
- 49. Heard
- 50. Tooth caregiver
- 51. Metric capacity units

CLUES DOWN

- 1. Protein-rich liquids
- 2. Musician Clapton
- 3. Wine
- 4. When you hope to arrive
- 5. Something one can get stuck in
- 6. Midway between east and southeast
- 7. Mothers
- 8. German river

		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		
												39
	40								41	42	43	
44						45	46	47				
48						49						
50						51						

- 9. Israeli city ___ Aviv
- 10. Discharged
- 11. Areas near the retina
- 12. Greek mythological sorceress
- 14. Very unpleasant smell
- 17. "___ Humbug!"
- 18. White poplar
- 20. Journalist Tarbell
- 23. Teachers
- 24. One older than you
- 25. Long Russian river
- 26. Run batted in
- 29. Beloved Hollywood alien
- 30. Holiday (informal)
- 31. Furniture with open shelves
- 32. Argued
- 35. Sino-Soviet block (abbr.)
- 36. Cars have them
- 38. Volcanic craters
- 40. Made of fermented honey and water
- 41. Shelter for mammals or birds
- 42. One who utilizes
- 43. Moves swiftly on foot
- 44. Builder's trough
- 45. Architectural wing
- 46. 12
- 47. Pacific Standard Time

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NOTICE OF NOMINATIONS TOWN OF CARMAN

NOTICE IS HEREBY GIVEN that on the following days: September 14, 15, 16, 19, and 20, 2022 between the hours of 8:30 a.m. and 4:30 p.m. at the following location, Town of Carman office, 12-2nd Avenue SW, Carman, I will receive nominations for the offices of Mayor and Councillors (6) of the aforesaid Local Authority.

The nomination deadline is Tuesday, September 20, 2022 at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters of the authority. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the date and hours specified, by an agent, or by email. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the SEO at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Cheryl Young, SEO
204-745-2443

cheryl@townofcarman.com

Dated at Carman, Manitoba on August 25, 2022.

Cheryl Young, SEO
Town of Carman



Rural Municipality of
Macdonald

NOTICE OF NOMINATIONS

Rural Municipality of Macdonald

NOTICE IS HEREBY GIVEN that on the following days: September 14th, 15th, 16th, 19th, and 20th of 2022

between the hours of 8:30 a.m. to 4:30 p.m. at the Rural Municipality of Macdonald office, 161 Mandan Drive, Sanford, Manitoba, nominations will be received for the offices of:

Reeve and six Councillors of the aforesaid Local Authority.

The nomination deadline is September 20th, 2022 at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person or by an agent at the above location, on the date and hours specified. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the Local Authority at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Local Authority telephone number - 204.736.2255

Dated at Sanford, Manitoba on August 24th, 2022.

Ernie Epp
Senior Election Official (S.E.O.)
Rural Municipality of Macdonald



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NOTICE IS HEREBY GIVEN that on the following days; being September 14th to September 20th, 2022 between the hours of 8:30 a.m. and 4:30 p.m. at 12-2nd Street S.W., Carman, MB

I will receive nominations for the offices of reeve and councillor of the aforesaid Local Authority.

The nomination deadline is September 20th, 2022 at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the date and hours specified, by an agent, or by email. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the SEO by telephone at 204-745-2301 or by email at cao@rmofdufferin.com.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations:

For the office of reeve(head of council): Between May 1, 2022 and September 20, 2022

For the office of councillor: Between June 30, 2022 and September 20, 2022

at the Rural Municipality of Dufferin office, 12-2nd Avenue S.W., Carman, MB during the regular hours of business, Monday to Friday - 8:30 a.m. to 4:30 p.m.

To obtain a registration form contact the SEO by telephone at 204-745-2301 or by email at cao@rmofdufferin.com.

Dated at Carman, Manitoba on August 25th, 2022.

Sharla Murray, CMMA
Senior Election Official

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SEASONAL HELP REQ'D!

Bo-Russ Contracting Ltd is seeking a motivated individual to assist in the seasonal drain tile operation. Duties may include operating various heavy equipment (i.e. backhoe, tractor, excavator). Physical work is involved.

For more information or to apply, please contact

Sid at 204-750-1481 or

by email sid@boruss.com

FOR RENT

2 bedroom suites available Aug. 1 and Oct 1., appliances and air conditioning included. Balcony, shared laundry, mail delivery, secure locked entrance, non smoking. Upgraded flooring and paint.

For more information or viewing email at carmanapts@gmail.com or call 204-751-0039



NOTICE OF NOMINATIONS

RURAL MUNICIPALITY OF GREY

NOTICE IS HEREBY GIVEN that on the following days:

Wednesday, September 14th, 2022

Thursday, September 15th, 2022

Friday, September 16th, 2022

Monday, September 19th, 2022

Tuesday, September 20th, 2022

between the hours of **8:30 a.m. and 4:30 p.m.** at the Rural Municipality of Grey Municipal Office located at **27 Church Avenue East, Elm Creek, Manitoba**

I will receive nominations for the offices of:

Office:	Vacancies:
Reeve	1
Councillor Ward One (1)	1
Councillor Ward Two (2)	1
Councillor Ward Three (3)	1
Councillor Ward Four (4)	1
Councillor Ward Five (5)	1
L.U.D. of Elm Creek Committee	3
L.U.D. of Haywood Committee	3
L.U.D. of St. Claude Committee	3

for the Rural Municipality of Grey.

The nomination deadline is September 20th, 2022 at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations must be filed in person at the above location on the date and hours specified. To obtain a nomination paper, and/or candidate's declaration of qualification, contact the S.E.O. at the address or telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Dated at Elm Creek on August 24th, 2022.

Kim Arnal
Senior Election Official (S.E.O.)

Rural Municipality of Grey Phone: 204-436-2014
Box 99, 27 Church Avenue East Fax: 204-436-2543
Elm Creek, Manitoba R0G 0N0 Email: kim@rmofgrey.ca



Prairie Rose School Division
PUBLIC NOTICE
NOTICE OF NOMINATIONS
AND BY-LAW 85-22 – WARD CHANGES

At the Special Board Meeting of July 26, 2022, the Board passed By-Law 85-22, being a by-law to re-establish the boundaries of the wards and the number of trustees in each ward. The newly established areas are listed below.

- Ward 1 - Miami/Roseisle - One Trustee
- Ward 2 - Roland/Homewood/Sperling - One Trustee
- Ward 3 - Carman/Graysville - Two Trustees
- Ward 4 - Elm Creek/Fannystelle - One Trustee
- Ward 5 - Elie - One Trustee
- Ward 6 - St. François Xavier - One Trustee
- Ward 7 - St. Eustache - One Trustee
- Ward 8 - St. Laurent/St. Ambroise - One Trustee

Please visit our website for a revised ward map at www.prsdmb.ca. School trustee elections are set for October 26, 2022.

NOTICE OF NOMINATION IS HEREBY GIVEN that on the following days:

September 14, 15, 16, 19 and 20th, 2022, between the hours of 8:30 a.m. to noon and 1:00 p.m. to 4:30 p.m. at the following location: School Division Office, 45 Main Street. South, Carman, MB., the Senior Elections Officer will receive nominations for the office of School Trustees of the aforesaid Division.

The nomination deadline is September 20, 2022, at 4:30 p.m. Nominations cannot be accepted after this date and time.

Candidates seeking election for School Trustee must obtain on their Nomination Form a minimum of 25 signatures of voters or not less than 1% of the voters of the ward (whichever is the lesser). Voters who have signed the candidate's nomination form, must have their name on the Prairie Rose School Division Voters List for the school division ward in which the candidate is seeking election.

Completed nominations must be submitted in person at the above location on the dates and hours specified. Candidates must bring in the original nomination form with acceptable signatures.

Nomination forms and more information can be found at www.prsdmb.ca under the "Board" menu or contact Prairie Rose School Division by phone at (204) 745-2003 or email at prsd@prsdmb.ca

JOB OPPORTUNITY:

Streamline Dairy is a growing dairy farm, striving to excel in animal care and cleanliness. We are looking for a self-motivated individual to work full time helping out with general chores, feeding, bedding, milking\robots and general animal care. Job would reflect applicants' experience.

We are willing to train the right person. Wages and job depiction depends on experience.

Contact Martin for more info.
204-828-3511 or 204-750-4393
No Sunday calls please



Prairie Rose School Division

The schools are recruiting the following positions:

Canteen Helper – Carman Collegiate

4 hours/day Monday to Friday
\$13.50 per hour

Effective September 7, 2022 to June 30, 2023 or earlier depending on needs

Canteen/Kitchen Worker – École Carman Elementary

Up to 5 hours/day 3 to 5 days per week as per canteen operation schedule
\$13.50 per hour

Effective September 6, 2022 to June 30, 2023 or earlier depending on needs

Apply to prsd@prsdmb.ca
For complete posting, please visit www.prsdmb.ca.

Clear criminal record and abuse checks are required of all employees of the school division. PRSD reserves the right to verify the authenticity of all submitted references. Only applications leading to interviews will be acknowledged. Accessibility resources will be provided upon request. This document is available in alternate formats by request.

FIND THE RIGHT PERSON FOR THE POSITION with an **EMPLOYMENT/CAREERS AD** in

The Carman-Dufferin
STANDARD

Call: **204-467-5836**

Book Your Classified Ad Today - Call 204-467-5836

Classifieds Announcements

The Carman-Dufferin
STANDARD

Book Your Classified Ad Today - Call 204-467-5836

South Central Regional Archives Inc.

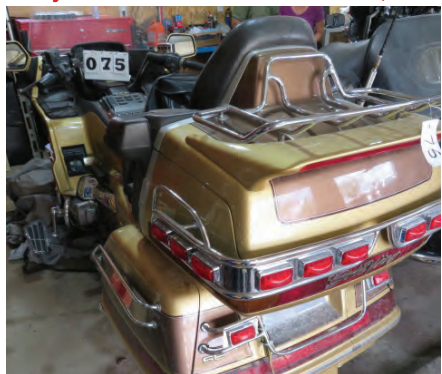
is a not-for-profit corporation established with the mission to plan, design, construct and operate an accredited archive facility for Manitoba's south central region.

This archive would provide a secure and acclimatized facility for the proper storage and access of local municipal, community and personal/family historical records.

If you are interested in helping to make this project a reality, please read the membership information at scrarchives.ca/membership/ and complete a membership form.

MOTORCYCLE SHOP & TOOL AUCTION

Timed on-line for the late
Wayne Boonstra of Brunkild, MB



See the bidding line up and photos at billklassen.com
- More details on our website.

Bill Klassen Auctions Ltd.
Ph: (204) 325-4433
Cell: (204) 325-6230
Fax: (204) 325-4484

Live auction at the acreage of Cornell Martens

1.5 mile west of Plum Coulee, MB, yard # 15097B
on Hwy 14. Saturday, Sept 17, 2022 at 10 am,
lunch available on site.



Large Dewalt roll away tool chest, 40 ft sea can container with side door and room partition.
250 AMP Miller Bobcat Mig welder powered by Kubota diesel engine, 60 gal up-right air compressor, good trailer axles with tires. Milwaukee compound miter saw on quick stand & much more.

Check out our photos on www.billklassen.com

Bill Klassen Auctions Ltd.
Ph: (204) 325-4433
Cell: (204) 325-6230
Fax: (204) 325-4484

THANK YOU

Thank you to those that came to my party on Saturday evening. I hope you enjoyed it as much as I did!

-Love to you all, Marion Hodgson

Golden Prairie Arts Council presents JOHN WORT-HANNAM

John Wort-Hannam is an Alberta musician with a JUNO nomination and many awards, including a Canadian Folk Music Award for Best Album of the Year.

CARMAN ACTIVE LIVING
CENTRE
CONCERT AT 7:30PM

Thursday
Sept 8
2022

Adult tickets = \$30
Youth tickets = \$15

Buy concert tickets in person at GPAC or through our website www.goldenprairieartsCouncil.com.



2022 Spring Concert Series sponsored by:



Remember Your Loved Ones

with an Announcement in the

The Carman-Dufferin
STANDARD

Call 204-467-5836

Field2Field
Agronomy Inc.

Seasonal Soil Sampler - Term

Position: Seasonal Soil Sampler - Term

Location: Carman North/Winkler South

Employment:

F/T Term with possibility of extension
Available for up to 40+ hours/week, including weekends
O/T will be paid out after 40 hours/week
Wage: starting at \$22/hr, commensurate on experience

Reporting to a Supervisor, the Seasonal Soil Sampler collects soil samples according to established methods and techniques using vehicles with GPS equipment and soil sampling probes. They are responsible for ensuring quality control of samples and accurate recording of information.

Duties may include the following:

Travel to assigned rural locations to take core soil samples from client's fields;
Record sample data accurately;
Database administration and maintenance;
Safe operation of motorized vehicles.

Education and Experience

Valid driver's license;
Some agricultural experience would be an asset;
Ability to carry up to 20 kg.

Send your CV to: Troy Turner at troy@field2fieldag.com

Only the successful candidates chosen for an interview will be contacted.

OBITUARY

Kenneth Warkentin

On Thursday, August 18, 2022, at the age of 77, Ken Warkentin passed away at the Health Sciences Centre in Winnipeg.

He was born in Winkler to Cornelius C. and Katherine (Tina, nee Hoepfner) Warkentin and grew up on a family farm in the Glencross District. He married Barb Martindale in 1965, and raised their children Janice and Dwayne first on the family farm, and then on the farm West of Morden.

Ken was predeceased by his wife Barb in 2016; his parents C.C. and Tina; his siblings Kate, Walter, John, Anne, Pete, and Bette; his parents-in-law Buff and Shirley; brothers and sisters-in-law Doris, Peter, Neil, Grant (Butch), Donna, and Anne; two grandchildren and one great-grandchild.

He is survived by his daughter Jan (Daniel); his son Dwayne (Denise); his grandchildren Sara, Dustin, Rikki, Melissa (Brody), Tyler, and Christopher (Taylor); as well as his great-grandchildren Seth, Addison, Pax, Gage, Easton, Vincent and Oren. He also leaves behind his sister Helen; his brother Ed (Helen); sisters-in-law Mary, Marge and Susan; brother-in-law Bill; many nieces and nephews, and numerous friends.

The family would like to thank Dr. Shacter and her team, as well as all the staff of GH7 at the Health Science Center. Our deepest gratitude also goes to the many family and friends who reached out to us with love and support.

Funeral service will be held on Thursday, September 1, 2022 at 2:00 p.m. at the Christian Life Centre in Morden, with interment to follow at Chapel Cemetery. Viewing will be at Wiebe Funeral Chapel Morden on Thursday, August 25 from 1 to 9 p.m. and on Wednesday, August 31 at 7 p.m. with a short devotional.



Wiebe Funeral Home, Winkler
In care of arrangements
wiebefuneralhomes.com



OBITUARY

David Walter Neufeld

In loving memory of David Walter Neufeld born September 24, 1935 and passed away August 22, 2022.

David is survived by his loving wife of 65 years Margaret (Bridges), son David, daughter Louise (Ted), eight grandchildren, six great-grandchildren, his twin Irma, and sister Betty.

He was predeceased by his daughter Holly.

Walter was very blessed in his life and willingly shared his talents with family and friends. He will be fondly remembered by all who knew him.

In lieu of flowers, please make a donation to a charity of your choice.

A private graveside service will be held.



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Standing
Timber
Call Grant
Kurian at
204-346-2537

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**Scleroderma
MANITOBA**

**Online Patient
Support Group**
**September 17
2022**

10:30 a.m. CDT

Facing Fear -
Coping with a
chronic disease

To register:
sclerodermamanitoba.com
204 510-2855



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