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Helping hands

STANDARD PHOTO SUBMITTED BY HEIDI BOYACHEK

Taylor, left, and her sister Hayley, raced to the field to help their dad Mark Boyachek harvest the oats just outside of Elm Creek last weekend.

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Carman rider top fundraiser for Rick Wiebe Memorial Charity Barrel Race

By Becca Myskiw

Dust wasn't the only thing flying when Carmanite Chloe McElroy raced at the Rick Wiebe Memorial Charity Barrel Race.

The 13-year-old raised the most money of every rider competing at the event, garnering over seven per cent of the total raised. When McElroy received her award for doing so, tears were streaming down her cheeks and those of everyone around.

Chloe started riding horses when she was just seven. After riding her first one at Odysseo, she was hooked. In 2019, she paired her love for horses with her love for adrenaline and started barrel racing.

That year, she raced at the Rick Wiebe Memorial Charity Barrel Race and has been back every year since. In her first year, she raised \$1,050. This year, her goal was to beat that by a little, but she exceeded her own expectations by raising a whopping \$2,005 for the event.

"It feels amazing," she said.

The total amount raised at the event was \$28,939, which came from pledges, silent auction, donations, and more. For being the top fundraiser, Chloe got a saddle pack to take home with her. All of the money raised at the event goes to South Central Cancer Resource.

But it's not about the prizes for her.

Her parents have both lost "an alarming number of relatives" to cancer, and even though she was too young to experience the pain herself, she knows it's something worth fighting for.

Her dad, Joey McElroy, said watching her put in the work to not only reach her goal but surpass it makes him extremely proud.

Chloe barrel races almost every weekend in the summer. She started this year off at the Red River Ex, did the rodeos in Selkirk and Miami, competed every Tuesday at the Denim and Dust Barrel Racing Series, and most recently competed at the Red River Ex's fall fair. She'll

"I WAS HOPING WE'D BEAT \$18,000, MAYBE HIT \$20,000. WE WERE QUITE SHOCKED WHEN WE ADDED IT ALL UP."



STANDARD PHOTO SUBMITTED

Thirteen-year-old Chloe McElroy was the top fundraiser at the Rick Wiebe Memorial Charity Barrel Race last month. McElroy raised \$2,005 for South Central Cancer Resource.

be busy up until the Manitoba Barrel Racing Association's finals.

Chloe said she's seen herself improve each weekend, most notably at the Rick Wiebe Memorial Charity Barrel Race. There, she placed first in the youth 2D competition and the youth 3D competition, and fifth in the youth 3D again with a different horse.

Chloe said she'll keep racing at the Rick Wiebe Memorial Charity Barrel Race as long as it goes on. Next year, she plans on beating her fundraising record yet again.

The charity barrel races were supposed to be held at the Rocking W Ranch off Hwy. 3 on Sunday, but the aftermath of the torrential rain a few days earlier forced organizers to move the whole shebang to Carman.

The last-minute change didn't prove a deterrent to the riders and spectators who came out in droves to the event, which raised a whopping \$28,939 for South Central Cancer Resource.

"The last year that we had it we raised something like \$18,000," said Dusty van der Steen, who organized this year's competition in memory of her late father. "I was hoping we'd beat \$18,000, maybe hit \$20,000. We were quite shocked when we added it all up."

She estimates they had over a dozen more riders than in past years and plenty of new spectators as well.

The 2022 Rick Wiebe Memorial

Charity Barrel Race saw competitors come from all over Manitoba to battle it out in the racing ring for a great cause.

The results of the Aug. 28 races include:

- Open 1D: Whitney Hogue (Eriksdale) in first place, Shannon Mullin (Cartwright) in second, and Leanne Plett (Grunthal) in third place.

- Open 2D: Rusty Rae Woodward (Montmartre, SK) in first, Tanis Shackelford (Oakville) in second, and Faye Legault (Oakville) in third.

- Open 3D: Dusty van der Steen (Elm Creek) in first, Rebecca Falk (Crystal City) in second, and Chloe Anderson (MacGregor) in third.

- Open 4D: Evan Trimble (Portage la Prairie) in first, Emily Dyck-Arnold (Oxdrift, ON) in second, and Sheena Marks, (Stonewall) in third place.

- Youth 1D: Rylee Olafson (Morden) in first, Tamara Devos (Bruxelles) in second place, and Morgan Turner (Miami) in third.

- Youth 2D: Chloe McElroy (Carman) in first, Jill Goff (Carman) in second, and Rylee Olafson (Morden) in third.

- Youth 3D: Chloe McElroy (Carman) in first place, Jaymee Krahn (Winkler) in second, and Jorgia Plett (Grunthal) in third.

- Pee Wee: Danica Hodgins (Dominion City) in first, Ari Selman (Carman) in second, and Raegan Friesen (Altona) in third place.

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10 Dogs Max



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RM repairing damage done by spring rain

By Becca Myskiw

After a spring like no other, the rural municipality (RM) of Dufferin is gradually fixing the damage done to culverts, roads, and bridges.

The three Colorado lows and seemingly never-ending rain earlier this year caused overland flooding, washed-out roads, blown out culverts, and damaged bridges throughout the RM. Carman received record levels of rain more than a few times this spring with an average of three inches in the town in June.

With the province's mitigation and preparedness program, the municipality has been able to repair what's been broken.

"It's a huge help to the RMs," said Dufferin reeve George Gray.

The Mitigation and Preparedness Program is an optional program to assist municipalities to mitigate against future disasters. It's only established for disasters that are cost-shareable with Canada and repairs must be submitted and approved to the government before the RM receives funds.

Gray said the financial help given through the program this year "certainly didn't disappoint" and that the government's response to the spring damage was excellent. He's unsure right now how much money will be spent on the municipality's repairs as they're still ongoing.

The RM of Dufferin noted 65 sites for damage. After submitting and the government reviewing them, around 40 qualified for repairs through the



The RM of Dufferin continues with road repairs after significant flooding this past spring caused blocked drains, road washouts, overland flooding, and home evacuations earlier this year.

STANDARD FILE PHOTO BY JOEY MCELROY

program. Two of those sites are bridges, one major culvert, and one riverbank that needs restoration, upon other culverts and road sites.

"There was a tremendous amount of damage done and we're working through it," said Gray. "We haven't had damage like this for a long, long time."

They'll be restoring culverts and adding rock to them for in flow and out flow to stabilize the ends. They'll

be rebuilding washed out roads, and they have to fix the riverbank erosion and bridge damage, but he expects the last two to take longer than the rest.

"The bridges are certainly going to be the biggest claim," he said. "And the riverbank erosion. But we're quite confident that'll be OK."

Gray is hoping the repairs will mostly be done this winter before the year ends, but he doesn't have an estimate

on when the bridges and riverbank repairs will be finished.

SCRL branches launching Acorns to Oaks program this fall

By Lorne Stelmach

The South Central Regional Library kicks off a new program this fall that uses a different approach to help children develop the essential skills to prepare for Kindergarten.

Acorns to Oaks is for children aged three-and-a-half to five years old who are not currently in Kindergarten, and it will be available through each of the five branch libraries in Altona, Winkler, Morden, Miami, and Manitou.

"We liked the idea of a program where we would have elders, parents and children involved and make it an inter-generational program," said Raina Teigrob, Miami branch librarian and program coordinator.

Teigrob sees a lot of potential benefit

for the children "especially with the involvement of the elders who have so much experience, and they probably have their own grandchildren and are good at teaching kids. That was an important part for us."

The library is aiming for 22 kids per branch. Each will have their own dates and times for the sessions, but the program across the board is slated to start the week of Sept. 12 and continue until the week of Dec. 4.

The program first focuses on helping the "Gardener" (parents/caregivers) model different skills to their children (the "Acorns").

Each module will include a code or link to an informational video that

Continued on page 4

School division redistributes trustees to go with changing populations

By Becca Myskiw

The Carman area is now a one-school division trustee ward.

The Prairie Rose School Division (PRSD) has nine trustees and eight wards. Up until this coming school year, the largest ward (by population) was the Carman/Graysville ward, and because of that, the area had two school board trustees.

However, due to the Public Schools Act, the board had to recently review the populations changes in the division. Trustee Elaine Owen said they haven't changed the ward allocation since 2002, and since then, the St. Eustache, Elie, and St. Francois Xavier communities have seen an influx of residents.

So, to keep up with the changes,

the PRSD board of trustees changed the distribution of trustees. There are still nine trustees on the division board, but the St. Eustache, Elie, and St. Francois Xavier area will now have two trustees as their population is the largest. The Carman/Graysville area will have one.

This change won't go into effect until the school board election happens this fall. Along with the redistribution of trustees, they'll have to run for election again or give up their seat for someone new to put their name in the hat.

Between Sept. 14 and 20, PRSD will receive nominations for board trustee positions. The elections will happen on Oct. 26, which is when community members can cast their vote for their

trustee(s) in their respective wards.

Owen encourages everyone to get out and vote as this election is as important as any other.

"The PRSD board is a government board and so basically one of their main jobs is the budget," she said.

That means whomever community members vote onto the board is who has a say in what funds go where, which sets the community's students up for success or failure.

Being a school trustee is not an easy job, said Owen. There are two board meetings a month, along with the various committee meetings on top. Trustees have to always be available for people to express opinions and concerns to as well.

"When you commit to being a trust-



ee, you should commit for the whole involvement," said Owen.

To find more information on PRSD's wards and current trustees, go to <https://www.g.prsdmb.ca/board/trustees>.

> ACORNS TO OAKS, FROM PG. 3

will feature "Oaks" (volunteer elders from the community) who will explain and demonstrate the skill, activities, and learning outcomes.

Each module has additional materials such as suggestions for activities and games as well as practice worksheets that can be photocopied and used over and over. Acorns to Oaks will have five modules on pencil, scissors and glue, colours, shapes, num-

bers and letters.

With module one, parents will receive a backpack with supplies and a workbook that has a chapter on each topic and additional chapters on some social skills that help prepare children for school.

Each child will receive a 'growth' chart so they can track their progress and achievements at home. Before the next module is introduced, the kids

bring their homework project back to the library for a show-and-tell and in-person storytime with one of the Oaks. At this event, the next module package will be given to the parents so the learning cycle can begin again.

These modules and the accompanying materials have been developed by library staff in consultation with early childhood educators.

"We planned it during the school season ... older siblings are going to

school, and the younger children look forward to being at home with mom or dad and doing their own little program on their own," said Teigrob.

"We really ultimately hope that they enjoy it. We want the program to be a lot of fun for parents and children, so our main goal is that children learn but are also having fun at the same time."

You can find more information online at scl.mb.libraries.coop/acorns-to-oaks.



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Pembina Valley Studio Tour is back Sept. 10-11

By Lorne Stelmach

An annual showcase of the arts across the region is not only on again this year but back to offering a fuller slate of artists' homes, studios, and galleries to visit.

The Pembina Valley Studio Tour is set for Sept. 10-11. The weekend event, now in its 18th year, has become a good chance for artists to showcase both their work and the spaces in which they find the inspiration to create.

Organizer Margie Hildebrand noted it's great to be back to normal after needing to have fewer stops the past few years due to pandemic restrictions.

"It's all open again. Some of the groups shows and galleries that had bowed out because of the restrictions are back in this year," she said.

"It's great that United Community Arts in Pilot Mound is going to be on it again," said Hildebrand, who added they also welcome the return of the Miami group exhibit that will be on display in the railway station museum.

There are 28 stops overall in Altona, Winkler, Morden, Carman, Miami, Darlingford, La Riviere, and Pilot Mound.

"It's a big area, so you probably can't do it all in one day, but maybe you can go in one direction one day and another direction the next day. You can make a weekend of it," said Hildebrand. "It's a diverse group of

artists who work in a wide variety of media, and they are spread all across the Pembina Valley."

There will be many familiar faces and places but also some new highlights for the self-guided tour.

A fixture is sculptor Jake Goertzen in Horndean, and Miami will also have Brian McMillan and Lucinda Doran displaying stained glass, fused glass, wood birdhouses, and furniture at their Hollyhock Studio.

Participants in Carman include Kate Froese, Barb Murray, Chris Larsen and the Golden Prairie Arts Council, which will host the *Ghost Towns* exhibit by Candace Propp.

In the area from Darlingford to Manitou and La Riviere, participating artists will include Susan Crawford Young, Susan Pharaoh, Tracy and Justin Currie and the Wee Wollie Shoppe and Studio.

Stops in Morden include Margie Hildebrand, Laverne Lovatt, George Fieber, Walter Dueck, Laurie Hiebert and the Pembina Hills Gallery, which will be featuring a multimedia exhibit by Jan Jenkins.

Participating in the Altona area will be Ken Loewen, Olga Krahn and the Alexandra Robertson Art Gallery along with Gallery in the Park, which has up the *Poetry of Painting* exhibit by Genevieve Henderson and Angela Lillico as well as work by the Buffalo Creek Artists. The Altona gallery is also hosting the Blue House Market on the Saturday featuring several



STANDARD FILE PHOTOS

Mary Klassen and Marge Fehr will once again show their work as one of the Winkler stops on the Pembina Valley Studio Tour.

more artists and their pieces.

Winkler Arts and Culture will feature a Scott Bell display this year. Other Winkler artists include Mary Klassen, Marg Fehr, Jessica Rachelle, and Nina Sawazki.

The variety of galleries, studios, and homes will be open that Saturday between 10 a.m. and 6 p.m. and the Sunday between noon and 5 p.m.

"It's a great way to see some artists at work and to see the different kinds of art they're making," Hildebrand said, adding it is also a good opportunity for the artists to not only make connections but to perhaps sell some pieces.

"Some rely on this event to make some extra money," she said. "We

usually don't have a problem getting them to sign up. Many of them are signed up in January or February already."

Tour-goers hail from all across southern Manitoba, Hildebrand noted.

"A lot of people look forward to the weekend to see the area and to reconnect with people," she said.

Brochures with maps are available at various locations including Gallery in the Park in Altona, Winkler Arts and Culture, and the Pembina Hills Arts Council in Morden.

You can also head to www.pembinavalleystudiotour.com for more information.

Public engagement meetings to improve apprenticeship system

Submitted by Manitoba government

The Manitoba government invites the public to participate in the development of the Apprenticeship and Certification Board five-year strategic plan and share its views on the province's apprenticeship and certification system and workforce development, Advanced Education, Skills and Immigration Minister Jon Reyes announced last week.

"Our government recognizes the importance of effective apprenticeship and certification processes, so we welcome public input on how we can best provide a system that ensures a smoother path to employment for individuals and a stronger workforce for all Manitobans," said Reyes. "The anticipated insights will be invaluable as we continue to develop a five-year

strategic plan for 2023 to 2028 on the key areas of training, employment and professional development."

The Manitoba Apprenticeship and Certification Board (ACB) is hosting a series of engagement opportunities to help inform and develop a strategic plan slated for completion in early 2023. Public engagement will help identify the priorities of the next five years so the apprenticeship training and certification system continues to provide the skilled workforce Manitoba needs while delivering service excellence to industry, apprentices and all key stakeholders, the minister noted.

"The ACB provides leadership in the development and co-ordination of a relevant, accessible and responsive apprenticeship and certification

system in Manitoba," said Harvey Miller, board chair, ACB. "We are listening to stakeholders and adapting to industry needs to deliver training that meets the evolving needs of employers and apprentices to ensure we attract and retain workers for the skilled trades in Manitoba."

The board will host five in-person public meetings and two virtual meetings. Manitobans are also invited to complete the survey on <https://EngageMB.ca> until Sept. 30.

Meetings will be held throughout September including:

- Sept. 7 in Winnipeg from 9 a.m. to 12:30 p.m. at the Norwood Hotel, 112 Marion St.;

- Sept. 8 in Brandon from 9 a.m. to 12:30 p.m. at the Victoria Inn Hotel & Convention Centre, 2550 Victoria

Ave.;

- Sept. 22 in Thompson from 9 a.m. to 12:30 p.m. at the Best Western Thompson Hotel & Suites, 205 Mystery Lake Rd;

- Sept. 27 in Winnipeg from 12:30 to 4 p.m. at the Norwood Hotel, 112 Marion St.; and

- Sept. 28 in Winkler from 9 a.m. to 12:30 p.m. at the Quality Inn & Suites, 851 Main St.

Virtual meetings will be held in the month of September on:

- Sept. 9 from 12:30 to 4 p.m.; and
- Sept. 29 from 9 a.m. to 12:30 p.m.

To complete the survey and to register to attend a meeting, visit <https://engagemb.ca/apprenticeship-certification-board-strategic-plan-consultation>.

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High-risk Manitobans eligible for new COVID-19 vaccine

By Ashleigh Viveiros

Manitoba Health has announced the first groups of people eligible to receive the new COVID-19 bivalent vaccine.

The Moderna vaccine, approved by Health Canada for people age 18 or older last Thursday, has been developed to provide protection against both the original strain of the virus and the newer, more prevalent omicron variation.

"We are moving quickly to make the vaccine available to Manitobans," said Dr. Jazz Atwal, deputy chief provincial public health officer, at a press conference in Winnipeg Friday afternoon.

Eligible to get this new vaccine first in Manitoba are:

- adults aged 65 or older;
- Indigenous people aged 18 or older, regardless of where they live;
- adults of any age with higher-risk medical conditions, including people who are immunocompromised due to a health condition or medication;
- health-care workers aged 18 or

older; and

- residents of personal care homes and other congregate living facilities including assisted living, group homes, shelters and correctional facilities.

Individuals must complete their primary series of COVID-19 vaccine (usually two doses) before they can receive the bivalent vaccine, Atwal noted.

It is recommended people wait six months from their last dose of vaccine or COVID-19 infection. However, individuals who meet the criteria can receive the bivalent vaccine after a minimum of three months, if they feel they are at increased risk.

The bivalent vaccine can be given at the same time as other immunizations. This will include the seasonal flu vaccine, once it becomes available this fall.

Atwal said they expect to receive Manitoba's first shipment of 27,650 doses of the bivalent vaccine this week and a second shipment of 77,600 doses next week. Appointments to

receive them will be available across the province by mid-September.

"Based on supplies and initial uptake among eligible groups, we expect to be able to expand eligibility for the bivalent vaccine to all Manitobans aged 18 and older in the coming weeks," Atwal said.

"We will also be expanding access for a fourth dose or a second booster [of the original monovalent vaccines] for all Manitobans age 12+ starting Sept. 12, but we encourage everyone to wait a few more weeks and get a dose of the bivalent vaccine when they become eligible," he noted. "That's because the bivalent vaccine is expected to provide additional protection from COVID-19, providing broader protection to two different COVID-19 strains and a greater overall defense for Manitobans."

Eligible Manitobans can book their appointment by calling (toll-free) 1-844-626-8222. More information is also available online at <https://gov.mb.ca/covid19/vaccine/finder.html>.

Government supports First Nations Police Service financially

Submitted by Manitoba government

The Manitoba government is supporting law enforcement partners by providing \$155,100 through the Criminal Property Forfeiture Fund (CPFF) to the Manitoba First Nations Police Service (MFNPS) to purchase equipment and undergo training that will enhance human resource capacity, investigative capabilities and service delivery, Justice Minister Kelvin Goertzen announced recently.

"Our government remains committed to improving law enforcement services around the province to enhance public confidence in law enforcement and the justice system, and to help keep Manitobans safe in their communities," said Goertzen. "This funding will help the MFNPS enhance its ability to conduct its important work in the communities they are proud to serve while contributing to the further

modernization of our province's criminal justice system."

The support from the CPFF will assist MFNPS in purchasing equipment and providing staff training in several important aspects of law enforcement including:

- intoxilyzer/breathalyzer technician training;
- forensic analysis;
- use of drones in investigations; and
- software and training for front-line staff.

MFNPS will also use CPFF support to develop gang reduction strategies, assist in drug- and crime-related investigations and provide integrated approaches to interpersonal violence and abuse.

"\$155,100 goes a long way to support the work of the MFNPS to ensure community safety and well-being," said Doug Palson, police chief, MFNPS. "Further, it represents

a significant commitment on the part of Manitoba Justice towards the advancement of First Nations policing in our province as this funding will be dedicated to initiatives that otherwise would not be possible. At least, not this year."

The minister noted Manitoba has continuously advocated for consistent, equitable and sustainable long-term funding for First Nations policing in Manitoba from the federal government. This includes sending a letter in July to the federal minister of public safety Marco Mendicino, asking to receive an equitable distribution of total funding from the federal government based on Manitoba's on-reserve First Nations population. Currently, Manitoba receives only eight per cent of the total annual First Nations and Inuit Policing Program

Continued on page 8

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'Johnny and June' tribute show in Winkler Sept. 23

By Ashleigh Viveiros

A show celebrating the heyday of the Man in Black comes to the P.W. Enns Centennial Concert Hall in Winkler later this month.

A.R. Cash, the award-winning tribute show featuring Aaron Prociuk as Johnny Cash and Ashley Robertson as June Cash, takes the stage on Friday, Sept. 23.

"You can expect to hear a lot of the hits from the '50s and '60s of Johnny and June," says Prociuk of the show, which he's been performing since 2013 to rave reviews and accolades (including being named International Tribute Artist of the Year at the Josie Music Awards in Nashville). "We take it back right from the very beginning and go through the years over the course of the show."

The 2005 biopic *Walk the Line* is what drew Prociuk into the world of music.

Then 15 years old, he taught himself to play guitar and began mastering the work of Cash's guitarist Luther Perkins. He later came to realize he had a knack as well for singing Cash's

songs.

"Both Ashley and I, we kind of grew up with the music," Prociuk says. As he explored his own musical talents, he came to appreciate Cash's work more and more. "I think it was the simplicity but also the message he was putting across ... the stories that he told.

"Every song that he wrote he told a story, and you could picture yourself in that story. He was a poet."

That's why A.R. Cash is about more than just the music—Prociuk and Robertson also share historical tidbits and tales of Johnny and June's careers and life together in between the songs.

"We've spent a great deal of time with the Cash family and I've read pretty well every Johnny Cash book that you can read," Prociuk says. "We have a lot of stories about songs, we have a lot of personal stories from the family. We bring that all to the stage and share it."

Prociuk notes he's not necessarily trying to do *be* Johnny Cash on stage, but rather capture the spirit of his per-



SUPPLIED PHOTO BY ORA WALKER PHOTOGRAPHY

Aaron Prociuk and Ashley Robertson are A.R. Cash, a tribute show featuring the music of Johnny Cash that performs in Winkler later this month.

formances.

"I've watched countless hours of Johnny Cash footage from the '50s and '60s and I do bring some of that to the stage, but, in the end, it's paying tribute to Johnny's music."

The addition of Robertson several years ago as June Cash brought a welcome new element to the show.

"People look at the relationship between Johnny and June ... they look at it as being the perfect relationship,"

Prociuk says. "To have that chemistry on stage in front of people, it's a big draw.

"We do our duets. She has the spotlight, I have the spotlight. We play off each other and make it into a show you would have gotten back in the 1960s."

Ticket information is available online at winklerconcerthall.ca or at the ticket office in the Meridian Exhibition Centre.

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Back on Cue performing comedy mystery this November



STANDARD PHOTO SUBMITTED

Back on Cue completed their first table read earlier this month in preparation of their November performance.

By Becca Myskiw

Carman's live theatre group has completed their first table read in preparation for their November play.

Back on Cue is back in session after a two-year hiatus due to COVID-19. The group is comprised of local actors of all ages held their first performance

in 2019. They performed "Gladys in Wonderland" then with 12 actors and a core group of eight. Three years later, they're performing a comedy mystery with nine local actors ranging in age from 10 years old to someone in their 70s. There are also a few extras in the play, also local people.

"Although you'll never be able to tell that once we're done with makeup," said Back on Cue director, Faye Harms.

Harms said picking the play to perform this year was a laborious decision.

"It was based on the number of auditions we had, the different male and female roles in it," she said. "But basically, I was looking for a comedy so that people could just come and laugh after the stress of the last two years."

The group held auditions in June for the November performances and held their first table read in late August. Harms said they're still unsure of what the final performances will look like, but they're anticipating two

nights of live theatre in the Carman Collegiate Community Theatre.

Now that the last long weekend of the summer has passed, Back on Cue will be holding regular rehearsals in the BSI Insurance board room or on the Ryall Park stage, weather depending.

Harms said though the cast for the play has been chosen, the group is always looking for more people to join them.

"There's a lot of work that goes on behind the scenes that is just as important as being on stage," she said. "It's a real team effort."

Anyone wanting to help out behind the scenes doing lighting, sound, backdrops, and more can contact Harms by calling BSI Insurance at (204) 745-6435. Back on Cue welcomes anyone to be a part of bringing live theatre back to Carman.

The dates have yet to be set for the November rehearsals, but to keep up-to-date on the group's progress, follow their Instagram @backoncue.

Artists 'create new perspectives, choices, and connections in life journey'

By Becca Myskiw

Local art therapist Chris Larsen held the Creative Path workshop last weekend, in conjunction with Winnipeg Beach artist Heidi Hunter.

On Saturday, Aug. 27, nine people from all over Manitoba came out to Larsen's River's Edge Studio to take part in her first in-person workshop in three years. The day, Larsen said, was about connecting with nature.

Hunter's part of the workshop was all about writing. She gave people prompts and exercises for them to think about when putting their pen to the paper.

"So, you're kind of accessing your inner wisdom through creative journaling," said Larsen. "The writing was wonderful when they shared."

Larsen's part of the tour involved her Métis roots and getting out in nature. She took the workshopers out around her studio, which sits along the Boyne River, and guided them through a forest walk complete with botanical printing and eco art installations.

"It automatically puts you into your right brain," she said. "It's connecting to your senses."

Along the way, Larsen pointed out natural local plants and their medicinal value.

One of those plants was a plantain, which grows in abundance in the area. In the Highlands of Scotland, it's called "San-Lus", meaning "the plant of healing" for its reputation as a wound healer. The leaves are heated to staunch blood flow, encouraging repair to damaged tissue.

According to Larsen, plantain arrived in the Americas on the soles of European shoes and planted itself throughout the continent, getting the nickname "Whiteman's Footprint." The Indigenous Peoples observed that it followed the white man, springing up underneath his feet wherever he walked, and soon adopted it into their herbal medicine.

Plantain leaves were used by the Indigenous Peoples to heal wounds, reduce inflammation, staunch bleeding, and to soothe stings, burns and rashes. They were taken internally for coughs, colds, bronchitis, diarrhea, gastritis, hemorrhoids, and bladder infections. The people carried the powdered root of the plantain with them as an antidote to snake bites and to draw out other poisonous toxins.

"We approached the mental, physical, spiritual well-being in a holistic way using nature as our guide," said Larsen. "It's just to create new perspectives, choices, and connections in our life journey."

She said the workshop overall was amazing and



STANDARD PHOTO SUBMITTED

Plantain grows in abundance in the area. In the Highlands of Scotland, it's called "San-Lus", meaning "the plant of healing" for its reputation as a wound healer.

so was the group of people who attended. Reconnecting with people through art and nature again was special for Larsen.

> FIRST NATIONS, FROM PG. 6

(FNIPP) funding, despite having the largest per capita Indigenous population including 19 per cent of the total on-reserve population. Under the current funding formula, 45 of 63 First Nations in Manitoba do not receive any dedicated, in-community policing services under the FNIPP.

First Nations communities in Manitoba experience some of the highest violent crime rates in Canada,

and several northern Manitoba First Nations are in remote and isolated locations without full-time police presence. First Nations policing is an essential service and the Manitoba government calls on the federal government to expand the FNIPP to fund all Manitoba First Nations policing services.

Since its inception in 2009, the Criminal Property Forfeiture Fund has distributed more than \$20 million back to communities throughout the province. The program seizes and liquidates criminal assets,

and redirects funding to projects and initiatives designed to protect Manitobans and enhance public safety. The funds are provided to organizations across Manitoba whose important initiatives continue to build community, invest in youth and support victims of crime, noted the minister.

For more information about criminal property forfeiture, visit: <https://gov.mb.ca/justice/comsafe/cpf/index.html>.

Boyne Regional Library wraps up successful summer reading program

By Becca Myskiw

Over 540 children had their noses in books this summer, taking part in the Boyne Regional Library summer reading program.

On Tuesday, Aug. 30, the program officially wrapped up with the drawing of each grand prize.

This year, the program was a little different than it has been in the past. Upon registering, the students received 10 prize tickets. There were 10 summer reading program prize baskets up for grabs this year, so participants would put their tickets in each basket, one, some or all of them.

There were also eight weekly incentive prizes throughout the summer for those registered in the program. Those contest entries came from the children doing specific challenges like reading a book by a Canadian author or trying a new genre, and they would then get a ballot to put in that week's prize.

This year's summer reading program had a total of 542 children register. That number included anyone in the rural municipalities (RMs) of Dufferin, Grey, Sperling, Roland and MacDonald.

"Not all children have access to a library in their town," said library clerk, Stacy O'Connor.

The summer reading program encourages children to read when

they're not going to school. It promotes literacy and gets students coming into the Boyne Regional Library regularly. O'Connor said they had more books taken out this summer than they would if they didn't have the summer reading program.

"It was amazing," said O'Connor. "We had so many children in and they were excited about coming into the library."

The program started with registration on June 28 and ran until the draw on Aug. 30. O'Connor and Access Credit Union (ACU) employee Tanis Ducharme pulled the names on Tuesday morning, seeing 10 different winners for 10 different baskets. ACU was among the program's sponsors, along with Greenland Equipment, Evensong Shoppe, Carman 5 Pin Bowl, Syl's Drive Inn, Tim Hortons, Blue Crescent Hotel, and Toews Printing and Office Supply.

The first prize was a variety basket with a squishmallow, a puzzle, a yoyo, barbie dolls, and more. The second prize was a Lego basket, followed by a family fun basket, a games basket, a John Deere basket, an RC truck, an outdoor basket, a teen basket, a craft basket, and another variety basket filled with chess, a squishmallow, a few puzzles, and more.



STANDARD PHOTOS BY BECCA MYSKIW

The library's summer student, Angela, coordinated the entire summer reading program.



The Boyne Regional Library had their grand prize draws last week to end the summer reading program. Sponsor ACU sent employee Tanis Ducharme to pull names.

Funding announced for school nourishment programs

Submitted by Manitoba government

The Manitoba government is investing an additional \$1.3 million to support the Child Nutrition Council of Manitoba in delivering school nourishment programs, Mental Health and Community Wellness Minister Sarah Guillemard and Education and Early Childhood Learning Minister Wayne Ewasko announced last week.

"All children deserve to be well-nourished for their days of classroom learning and kids need healthy food every day to grow strong and thrive," said Guillemard. "These programs will help many families affected by rising food prices and will enable the Child Nutrition Council of Manitoba to cover a larger percentage of costs for meal and snack programs at funded schools."

School nourishment programs support healthy eating and food security for Manitoba children during the critical, ongoing recovery from the COVID-19 pandemic, Guillemard

noted, adding that evidence suggests the programs are crucial in encouraging school attendance, supporting learning and promoting life-long health and wellness. The new investment brings the total provincial funding for school nutrition programs this year to \$2.5 million.

"Through our ongoing work with schools across the province in the delivery of school nourishment, we know there is a growing demand for these nutrition programs. Because of the increase in the numbers of schools and students asking for our support, we were falling further and further behind in our ability to meet the nutritional needs of Manitoba students. This new funding is extremely welcomed and so needed," said Wendy Bloomfield, chairperson, Child Nutrition Council of Manitoba. "The Child Nutrition Council of Manitoba is committed to working in collaboration

with the provincial government to ensure that funding for school meal and snack programs is both adequate and sustainable in the long term."

The ministers noted the new investment will ensure that more schools throughout the province, including those that were part of the former Home Nutrition Learning

Program as a response to the pandemic, will be able to support the needs of students as they return to classes this

Continued on page 11

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SWING into GOLF season!



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



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SWING into GOLF season!



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Roland shirts to honour and support the pumpkin town

By Becca Myskiw

A Roland woman is sharing her love for the town with its people by making t-shirts in honour of it.

Carrie Hennan has lived in Roland since she was 10 years old. She remembers getting a Roland t-shirt around 30 years ago, which she still has it, but there's been no chances to get another one since then — until now.

"I just thought, 'we haven't had one since then,'" said Hennan. "It's time to get one going."

So, she reached out to her friends at Model 72 in Winkler and talked designs, materials, and prices. Hennan wanted to pull the design pieces from Roland staples — older buildings, landmarks, things the locals love. She has the book, "Living Gold", which is all about Roland, and includes landmarks that are gone now.

The final shirt design includes the old Roland grain elevator, the iconic Roland church, the main street, the museum, and the world's largest pumpkin of course.

"Who wouldn't want all that on a shirt?" she said.

Once the mock-up was done, Hennan had to make another decision. She didn't want to profit off of the t-shirt sales, so she took the Roland legacy one step further and thought about what's really Roland.

What she came up with was 4-H. So, \$5 from every shirt sold will go to the Roland 4-H Museum.

"Four H has always been special," said Hennan. "I thought, 'hey, they



STANDARD PHOTO SUBMITTED

Roland t-shirts are available for purchase through Carrie Hennan to showcase your love for the town.

could always use the money."

She's selling each Roland t-shirt for \$20. So far, it's just a personal sale, but Hennan will have a booth set up at the Roland Pumpkin Fair where she'll sell the t-shirts along with upcoming hoodies and crewnecks.

She said she's looking forward to giving people who've moved away from the town a chance to show their love for it with a shirt. Hennan knows the fair draws in a lot of people with roots in Roland and she knows the memento will be something they appreciate.

To order a Roland t-shirt right now, call or text Hennan at (204) 362-8407. This year's Roland Pumpkin Fair is on Saturday, Oct. 1 at the Roland Arena.

> NOURISHMENT PROGRAMS FUNDING, FROM PG. 9

September.

"School nourishment programs provide a social school environment where students can consume nutritious food, ensuring a healthy, nutritious start for the day," said Ewasko. "This additional investment was identified as a priority in the report of the Manitoba Commission on Kindergarten to Grade 12 Education and aligns with the Manitoba K to 12 Education Action Plan's identified actions to remove barriers to participation and engagement in learning. Delivering on this priority with the council benefits not only children's health, but also correlates with better school outcomes and improves every part of their lives."

Guillemard noted the investment

aligns with the mandate of the Department of Mental Health and Community Wellness to provide provincial leadership and oversight for wellness and health promotion programs and services in order to improve mental health and overall health outcomes. This work also aligns with the department's five-year plan, A Pathway to Mental Health and Community Wellness: A Roadmap for Manitoba, by strengthening the Healthy Food in Schools initiative and expanding the availability of school-based services and programming across the province.

For more information on school nourishment programs, visit <https://childnutritioncouncil.com/>.

Roseisle tractor ride on Sept. 17, raising money for local charity

By Becca Myskiw

It's almost time for tractor lovers to get together and parade through the hills of Roseisle.

The Roseisle Tractor Club is holding their fifth annual tractor ride on Sept. 17 at 10 a.m. It started in 2018 and as the years have gone on, the ride has only gotten better.

This year, the Roseisle Tractor Club has opened the event up to other vehicles, meaning you don't have to have a tractor to enjoy the fall colours of the valley. Anyone wanting to take part can show up by the Roseisle store where the club hosts tractor pulls and register. Curtis Cavers is the point person for the ride. He said registration will start at 9:30 a.m. on the day of so they can get going by 10 a.m.

All entering vehicles just have to adhere to safety rules, have working brakes, have a slow-moving vehicle sign, and have no passengers unless they have a buddy seat. Registration fee is by donation.

The whole ordeal lasts about two hours. The line of tractors and other vehicles will go through the hills that sit west of Roseisle, taking in the changing land, break once, then continue back to where they started.

The Roseisle Tractor Club's tractor ride donates all the money generated to a local charity or organization. In the past, they've donated to the local food bank and STARS. They typically donate a few hundred dollars.

"We feel like it's important to give back," said Cavers. "People have been supportive of us, so we feel it's important to support others."

The club doesn't yet know who they're donating to this year.

In past years, the tractor ride has brought out 12 to 15 tractors. Cavers is hoping they can get a few more this year and raise some more money for a local organization who deserves it.

"We just want to have [the tractor ride] and want those there to have a good time," he said.

After the tractor ride, the club is hosting a sort of practice tractor pull at their regular site. Tractor owners can pay \$10 per pull and pull as many times as they want, trying new techniques and seeing what works. There is no winner — it's simply for pullers to practice.

The money raised from the pull will also be donated to a local charity or organization.



STANDARD PHOTO BY BECCA MYSKIW

The Roseisle Tractor Club is hosting their fifth annual tractor ride on Sept. 17.

Red Hat Society looking to expand with new chapters

By Lorne Stelmach

Rossita Schau and her friends will usually stand out in a crowd thanks to what they're wearing—and that's just the way they like it.

Dressed in purple and wearing red on their heads, the Red Hat Society is an organization that is simply about fun and fellowship.

The Red Hat Society has members (called "Red Hatters") across Manitoba, and they are trying to reach as many communities as possible to join in the fun in conjunction with their 25th year in the province next year.

"We go out once a month and partake in some sort of activity," said Schau.

"Because you're dressed in purple attire and wearing a red hat, everyone would look at you when you're sitting in a restaurant and a lot of people and especially ladies would come up and ask what is this all about," she said. "Being a member of the Red Hat Society gives you the chance to meet so many wonderful ladies who will become friends."

It all started in 1998 in Fullerton, California when Sue Ellen Cooper gave her friend, who was turning 50, a thrift shop hat and a poem by Jenny Joseph called "Warning" as birthday gifts. Thus, the Red Hat Society was born.

The organization today includes not

only the Red Hat Society for ladies 50 and over but also the Pink Hat Divas for women under 50.

The movement has spread across the globe. There are currently 20 chapters in Manitoba, although Schau believes at one time, in the early 2000s, there were as many as 167 chapters here.

She would love to see those numbers grow once again, including, potentially, with new chapters in Morden, Winkler, Carman and Altona or any of the surrounding communities.

"We would absolutely love to see more people get involved, especially rurally, and start more chapters here," said Schau, who has been involved since 2005 and is currently a member and Queen of the "Bling Sisters" chapter in Winnipeg.

They meet once a month to participate in an activity. Dressed in purple and a red hat, members have been to plays, the ballpark, pole dancing, lawn bowling, painting classes, trips to some unique museums in Manitoba, and much more.

There is also the possibility to travel to many conventions hosted by various Canadian provinces and international locations, but particularly the U.S.

As women age, society sees their roles of having raised children and taken care of family as done, so it is time to sit back, said Schau, and embrace the golden years with joy.



REDHATSMANITOBA.COM

Red Hats Manitoba are hoping to grow the number of chapters in the province from the current 20. In the past, there have been as many as 167 chapters.

"As you age, a lot of times, you lose friends ... now you need girlfriends, people to chum around with," she said. "It's just wonderful friendships ... we don't do fundraising; we don't have meetings."

"What drew me to it was it just seemed like such a wonderful group of women. It was the camaraderie that you get with the different ladies

in the group. It was a wonderful way to meet new friends and experience just different activities."

She encourages people to either join a chapter or better yet get a bunch of friends together to start their own chapter.

For more information, call 204-253-1579 or head to www.redhatsmanitoba.com.

Life in the past lane



The Pembina Threshermen's Museum hosted its 54th annual Reunion Days celebration Sept. 2-3. Visitors got the chance to enjoy parades of vintage tractors and other vehicles, explore the museum's many heritage buildings, interact with costumed volunteers, get hands-on at education stations revolving around everyday pioneer tasks such as corn grinding, enjoy kids activities such as barrel train rides and a petting zoo, and watch threshing, sawmill, flour milling, spinning, and blacksmithing demonstrations. There was also live music from local acts and homemade food courtesy of the Valley Harvest Maids.

STANDARD PHOTOS BY LORNE STELMACH



get inspired

> MEAL IDEAS



Smoked Chuck Beef Ribs

Combine salt and pepper. Rub beef ribs well on all sides and ends with seasoning, coating generously.

Place ribs in smoker and close lid. Cook 5-6 hours.

In spray bottle, combine cider vinegar and water. Lightly spritz ribs every 30 minutes for first 4 hours of cooking.

Ribs are ready when completely probe tender. If parts still feel tough, continue cooking.

Once completely tender, remove ribs from smoker then wrap tightly in butcher's paper and place in small cooler to rest 30 minutes.

To serve, slice ribs between bones.

Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans

Cook time: 10 hours, 30 minutes

Servings: 8

1 slab beef chuck short ribs (about 4 pounds)

2 tablespoons kosher salt

2 tablespoons coarse black pepper

1/4 cup cider vinegar

1 cup water

Preheat smoker or pellet grill to 275 F.

Pat ribs dry with paper towel; remove moisture on surface.



Grilled Jalapeno Cheddar Meatballs

bowl. Add milk and allow chips to soften about 10 minutes.

After milk is absorbed, add beef, jalapeños, cheese, paprika, garlic and salt. Mix well to combine then scoop approximately 1/3-1/2 cup of mixture to form meatball; repeat with remaining mixture.

Place meatballs on plate or tray and refrigerate 30 minutes to firm.

Heat grill to medium for two zone cooking.

Place meatballs on indirect heat side of grill away from coals or lit burner; close lid. Grill 25-35 minutes, or until meatballs reach 165 F internal temperature on meat thermometer.

Remove meatballs from grill and cool slightly before serving.

Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans

Cook time: 1 hour, 15 minutes

Servings: 15

1/2 cup tortilla chips, crushed

3/4 cup milk

2 pounds ground beef

3 fresh jalapeños, seeded and finely diced

1 block (8 ounces) cheddar cheese, finely diced

1 tablespoon paprika

2 teaspoons garlic powder

2 teaspoons kosher salt

Place crushed tortilla chips in large



Szechuan Skirt Steak with Crispy Rice

Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans

Total time: 35 minutes

Servings: 2

2 teaspoons Szechuan peppercorns

1 teaspoon five spice powder

1 teaspoon kosher salt

1 skirt steak or bavette steak (about 1

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

“Always pack snacks.”

That was the best advice I've ever been given. I mean, my friend Beth should have known me better. I don't even go out to my back garden without snacks. Anyway, headed to Sweden, food prices were high. I appreciated the packing tip. And when travelling with health issues, tips can be helpful.

Pack smart.

I can't even imagine, but I've heard of people with diabetes putting insulin in their checked luggage. Can we say 'separation anxiety?' I did make a rookie mistake myself, though. In a rough patch with deadly low blood sugars, especially dangerous because my Gastroparesis was playing up and my stomach wouldn't do its job of digestion and getting sugar into my system, I hadn't brought my emergency injection kit in case I went unconscious onto a flight. As I sat and shook from both fear and hypoglycemia, all I could do was keep scanning my CGM and watch the straight down arrow take me into

the depths of the red zone. Unless someone had syrup or honey to put under my tongue, or my liver kicked in and kicked out sugar, if I went unconscious, it could mean death. Great. So I would be one of those dead people duct-taped to a seat and traumatized all the children until the plane landed? Oops. Anyway, I'd say, 'Clearly, I didn't die because I'm writing this,' but my editor wouldn't appreciate using extra words.

My carry-on always has my insulin, insulin pump supplies, glucose tabs, medication, batteries and food, leaving room only for a scarf and a pair of pants. (The British kind. That's underwear. Short for 'panties.' Okay, you get it.) So for all of you who say, "All you need is a couple of bikinis and a pair of flip-flops," when I am headed to Greece, you can flip-flop yourself out of my face.

The point is this: always stockpile food (Ooo...and toilet paper! You never know) and don't let those meds out of your grip, er, sight. Keep the essentials with you when you fly. Do you know how they announce over the intercom at the airport never to leave your bags unattended? That has nothing to do with drug trafficking or bombs. It's, so their on-site paramedics don't have their coffee go cold in case of a kneecap rash emergency. So always keep that medicated cream safe and accessible, people.

And snacks. Always pack snacks.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on FB @medicalmishstress, Instagram @susie.suschwa, and lesshealthstress.com

pound)

1/4 cup vegetable oil, divided

2 teaspoons milk or cream

2 cups cooked white rice

sesame seeds (optional)

scallions, thinly sliced (optional)

cucumber, sliced (optional)

cilantro leaves (optional)

In skillet over low heat, toast peppercorns until fragrant, swirling in pan to keep from burning, about 2 minutes. Allow peppercorns to cool slightly then add to spice grinder or mortar and pestle with five spice and salt. Crush until fine powder forms.

Pat skirt steak with paper towel to remove moisture then season well with Szechuan salt on both sides.

Place skillet over high heat then add 1 tablespoon oil. When skillet is hot, add skirt steak and cook 5 minutes per side for medium-rare or medium doneness

(135-150 F), turning occasionally. Remove steak from skillet then tent with foil to rest 3 minutes. Temperature will rise about 10-15 F to reach 145 F for medium-rare; 160 F for medium.

Lower heat to medium-high then add remaining oil and milk or cream. Add rice, pressing down gently with large spoon to form large, flat disc covering entire base of pan. Season with Szechuan salt, if desired, then lower heat to medium and cook 10 minutes until grains begin to turn brown and become crisp on bottom. Break up rice in pan to mix soft and crispy grains.

Slice skirt steak across grain.

To serve, place rice in two bowls. Layer with sliced skirt steak. Sprinkle with sesame seeds and chopped scallions then place cucumber and cilantro on top, if desired.

sports & recreation

Winkler Flyers host training camps

By Ashleigh Viveiros

The local junior hockey pre-season got off to a fine start last week in Winkler's Icon Arena.

The Winkler Flyers not only hosted their annual summer development camp for kids—helping, potentially, to train the next generation of players—but it also held its rookie camp Sept. 2-3 and then its main training camp Sept. 3-5.

Of the hockey school, which catered to the U13 crowd, Flyers coach and general manager Justin Falk said it was a fun-filled week.

"We capped it at 90 kids. We sold it right out," he said on the program's final day Thursday. "It was a really exciting week for our community and our organization."

"We had all of our returning players out there the whole week working with the youth, developing their game," Falk noted, adding they also worked with Rise Athletics and Wellness to provide off-ice training for the kids. "It was just a really good week as far as the next generation of players getting exposed to a great opportunity for training and development."

Hockey school in the books, the team got down to business with rookie camp, which saw around 40 of the youngest Flyers hopefuls hit the ice to try to show the coaching staff they have what it takes to wear the Orange and Black.

Some of those players made it to main camp to play alongside the 17 or so veteran and returning junior players also vying to play this fall.

It was, Falk said, a "highly competitive camp, with a lot of good players and prospects and everyone working hard to make the team."

Every player has to earn their spot, he noted. The training camp's various fitness tests and intersquad games provide an opportunity for the coaches to suss out which players have kept up the conditioning through the summer and are ready to return to the ice in top shape.



STANDARD PHOTOS BY RICK HIEBERT
Around 40 Flyers hopefuls took to the ice Friday and Saturday for the junior hockey team's rookie camp to try to show coaches they have what it takes to wear the Orange and Black. The team also hosted its main camp Saturday to Monday, where another 17 veteran players suited up. The Flyers have a series of exhibition games against the Steinbach Pistons and the Selkirk Steelers this and next week ahead of the regular season's start Sept. 16.

"We're looking for players that are hungry and put in the work in the off-season to come out and make the team," Falk said.

This season will be Falk's second as head coach of the Flyers. He noted they've spent a lot of time over the past year working on setting a certain tone for the team. It's something they'll continue honing heading into the 2022-23 campaign.

"When you look at the standards that we held our players to last year, we hope that the returning players will remember that and the culture and the day-to-day and we'll be able to pick up where we left off in a lot



of areas," he said. "We're looking forward to the players that are hungry to get to work and want a great season."

Hot on the heels of training camp are four exhibition games against the Steinbach Pistons and the Selkirk Steelers this and next week.

The Flyers play in Steinbach Wednesday and then host the Pistons

Friday night. They then travel to play in Selkirk Saturday before hosting the Steelers Sunday afternoon.

The regular season then kicks off Sept. 16 against the Freeze in Winnipeg. The team's first home game is Saturday, Sept. 17 against the Winnipeg Blues.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Manitoba High School Rodeo returns to Miami Sept. 24 and 25

By Becca Myskiw

The high school rodeo is coming back to Miami this year.

After approximately 20 years without hosting the Manitoba high school rodeo, the Miami Agricultural Society decided it was time to bring it back. This year, on Sept. 24 and 25, the event will go from 10 a.m. to 4:30 p.m. each day.

President of the organization, Troy Turner, said they've been thinking about bringing the event back for a few years now, and he's excited they finally decided to do it.

His daughter and her cousin compete in the high school rodeo along with a girl from Carman. He said the whole event is a weekend of camaraderie, catching up, and fun. A lot of parents with children now in the rodeo used to compete themselves, so they get to rekindle past relationships at the rodeo.

"Really, there's kind of a void in high school rodeo locations," said Turner. "There's nothing central. As far as the Miami Ag Society goes, we're all about family events and supporting youth. They're the future of what's going on in this world. What better way to support them?"

The Manitoba High School Rodeo is essentially training grounds for the more competitive rodeos. Turner said

it takes each event and splits it up into the different parts of it. For example, in steer wrestling, the competitors don't go off a horse. They do chute dogging, which is where they start in a chute with the steer, then chase it to rope it. Turner said another event that gets them used to getting off the horse for steer wrestling is where the competitor gets a flag off a steer, so they get used to hanging off the horse.

Events like bull riding are also toned down so the students ride a steer instead of a large animal.

"It gets kids ready for the higher ranked rodeos," said Turner.

Because of the breakdown of each event, the Manitoba High School Rodeo will have 22 events each day.

The rodeo is also a recognized sport in Manitoba high schools, so the students can apply for scholarships and academic advantages from competing.

"We really like to support that — agriculture and schooling," said Turner. "If this is a way to help them do that, we want to support that."

Anyone is welcome and encouraged to take in the rodeo when it comes to Miami. Turner's hoping the event brings big crowds out to support the competitors as they hone in their rodeo skills.



STANDARD FILE PHOTO BY RICK HIEBERT

Miami's Allana McCarthy is a regular competitor on the High School Rodeo circuit.

Manitoba families most in need to benefit from \$87-million 'family affordability package'

Submitted by Manitoba government

As part of the Manitoba government's ongoing effort to help families make ends meet, Premier Heather Stefanson today unveiled an \$87-million Family Affordability Package to immediately provide families with children, seniors living on a fixed income, and Manitobans who are hurting the most, with benefits to help ease the burden of rising costs and high inflation.

"We know that many Manitobans are hurting right now and having a hard time making ends meet," said Stefanson. "Not only are we recovering from the pandemic, but we are also facing the burden of the new federal carbon tax along with soaring utility bills and rising prices on everything from gasoline to groceries. Manitobans need help right now and we're taking action."

Help for Families with Children

As part of the new Family Affordability Package, Manitoba families with children and a household income of less than \$175,000 in 2021 will receive a Family Affordability benefit cheque of \$250 for the first child and \$200 for each additional child. An estimated 145,000 families with approximately 282,000 children will benefit with an average cheque of approximately \$440 per family, totalling \$63 million in benefits.

Help for Low Income Seniors

In addition, seniors with less than \$40,000 in family income, who claimed an Education Property Tax Credit in 2021, will each receive a Family Affordability benefit cheque of \$300 to help ease the burden of rising costs. This \$16-million initiative will help approximately 52,500 senior households living on fixed incomes.

Help for Manitobans Most in Need

Manitobans receiving Employment and Income Assistance (EIA) will benefit from a long-overdue increase to the basic needs rate starting in October 2022 for the month of November. EIA general assistance clients without dependent children will receive an extra \$50 per adult each month. All EIA disability clients will receive an additional \$25 per household each month.

Additionally, to help feed even more struggling families who are turning to food banks to help make ends meet, the premier said help is also on the way with a temporary grant program called the Food Security Fund, which will support community organizations grappling with growing demands.

Stefanson noted historic tax relief measures were also part of Budget 2022 with the \$2,020 Tax Rollback Guarantee, which has now exceeded to \$2,400 or \$4,800 for a two-income

family. Some of these initiatives include:

- expanding the child-care subsidy program;
- phasing out of education property taxes;
- introducing a new residential renters tax credit; and
- providing rebate cheques to vehicle owners through Manitoba Public Insurance.

"This phase of the Family Affordability Package is our way of standing with Manitobans by providing immediate benefits and help for those who need it most," said the premier. "But there is more help on the way as we work to provide benefits to Manitobans, not just with one cheque, but with ongoing benefits."

To find out more about the Family Affordability Package, visit: www.manitoba.ca/familyaffordability.

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UPCOMING EVENTS

Cluck & Quack Poultry Club Annual Sale - Poultry, small animals, equipment, crafts, vegetables, hobbies, etc. Saturday, Sept. 10th, 10 a.m. - 3 p.m. at Springfield Curling Club in Dugald, MB. For further vendor information contact Bill 204-755-2347 Email: bhartmann@xplor.net.com

ANTIQUÉ & COLLECTABLE SALE

Don't miss the big annual JunkWagon Antiques & Collectables Sale. Everything from old toys, vintage clothing, comics, records, jewelry, rustic, retro, glassware, old advertising, old signs, upcycled & so much more. Saturday, Sept. 10th. Doors open 9 a.m. - 4 p.m. 980 Winakwa Rd. in Winnipeg. \$5 per person.

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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



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.



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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 ROG 0N0 Email: kim@rmofgrey.ca

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Please support our advertisers SHOP LOCAL

Carman Handi-van Annual Meeting

**Tuesday, September 20, 2022
at 8 p.m.**

Boyne Regional Library

The general public is asked to submit any questions or concerns to Kathie Findlay, Administrator kfindlay@mts.net
All questions and concerns will be addressed at this meeting, and we will respond to them.

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RURAL MUNICIPALITY OF THOMPSON PUBLIC NOTICE

REGARDING SPECIAL SERVICE PROPOSAL - BY-LAW NO. 12-2022

TO ESTABLISH A RATE FOR THE COLLECTION OF SOLID WASTE AND RECYCLING SERVICES WITHIN THE LOCAL URBAN DISTRICT (LUD) OF MIAMI

The council of the Rural Municipality of Thompson has scheduled a public hearing at Civic Centre, located at 530 Norton Ave, Miami on October 13, 2022, to present the following special service proposal:

This special service by-law is to establish new rates for the collection of solid waste and recycling services within the local urban district (LUD) of Miami for the years 2023 – 2027 inclusively. The estimated annual cost for providing this service is \$42,456.31 for 2023 and increasing by 2% annually up to a maximum of \$45,856.95 in 2027.

This special service will continue to be taxed annually from 2023 to 2027 inclusive on a per parcel basis being \$192.11 for 2023 for residential and light commercial properties to a maximum of \$207.95 in 2027.

A written objection may be filed with the Chief Administrative Officer, at 530 Norton Avenue in Miami, prior to the commencement of the hearing. At the hearing, Council will hear any potential taxpayer who wishes to make a presentation, ask questions or register an objection to the special service proposal.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name, address and property description of the person filing the objection and the grounds of their objection.

Copies of the special service proposal are available at the municipal office and on the municipal website at: www.rmofthompson.com

Dated at the Rural Municipality of Thompson this 29th day of August 2022 and issued pursuant to Section 318 of The Municipal Act.

Dallas Marie Braun
Chief Administrative Officer
Rural Municipality of Thompson
204-435-2114



Prairie Rose School Division ANNUAL PUBLIC NOTICE ADDITIONS TO THE VOTERS LIST AND/OR PERSONAL SECURITY PROTECTION REQUESTS

Notice is hereby given that a copy of the VOTERS LIST may be revised at: **45 Main St. S., Carman, MB** between the hours of 8:00 a.m. and 4:00 p.m. Monday - Friday

At this time the Senior Election Official (S.E.O) will be available to update the voters list by:

1. adding the names of voters who are entitled to have their names on the list;
2. deleting the names of persons who are not entitled to have their names on the list;
3. making such other corrections of errors to the list as required.

VOTER ELIGIBILITY

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

- i. A Canadian citizen at least 18 years of age on election day; and
- ii. A resident of the Division for at least 6 months prior to election day, OR a registered owner of land in the municipality for at least six months prior to election day.

APPLICATION FOR PERSONAL SECURITY PROTECTION:

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

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

Dated at Carman in the Province of Manitoba, on August 30, 2022

**Prairie Rose School Division
Rhonda Smith
Senior Election Official (S.E.O.)
Box 1510, 45 Main Street South
Carman, MB R0G 0J0**

Phone: 204-745-2003 or Fax: 204-745-3699

The Next General Election takes place on October 26, 2022.

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- Presentation Folders

Call 204-785-1618

OBITUARY

Joan VanWyck (nee Nash)

Peacefully on Thursday, September 1, 2022 at the Carman Memorial Hospital, Joan VanWyck passed away at the age of 96 years.

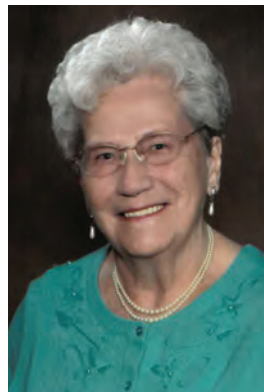
She was predeceased by her husband Earl and daughter Jennifer Vockins (Shaun).

Joan is survived by son Michael Gibbs (Val); grandchildren Robyn (Dagan), Jeffrey, Michael Webb (Trudy) and their daughter Tanya. Daughter Julia Webb (David) and family. Ten great-grandchildren and several great-great-grandchildren.

She was born a twin in Birmingham, England. After surviving World War II and losing a twin in her 30's she came to Canada in 1965 to start a new life, finally retiring in Carman in 1992.

Memorial service will be held on Tuesday, September 6, 2022 at 2:00 p.m. at the Carman United Church. Memorial donations may be made to a charity of one's choice.

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



take a break > GAMES

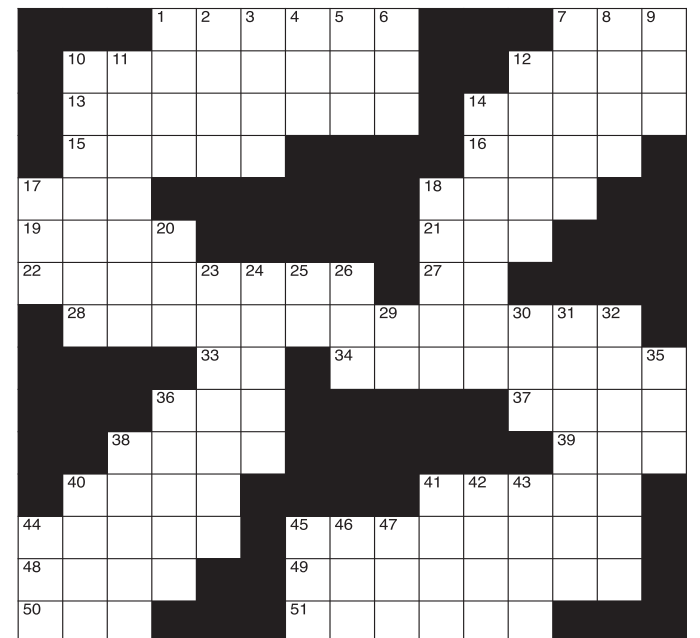
X CROSSWORD

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

CLUES DOWN

22. Clothes
27. - _ : denotes past a lover
33. Commercial
34. Utters repeatedly (abbr.)
37. Taxis
38. Belgian village in Antwerp
39. Talk excessively
40. Broad volcanic crater
41. Surgical instrument
44. Listens to



NOTICE OF NOMINATIONS



RURAL MUNICIPALITY OF THOMPSON AND L.U.D. OF MIAMI

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 R.M. of Thompson Municipal Office located at 530 Norton Avenue, Miami, Manitoba

I will receive nominations for the offices of:

- Head of Council
- 2 Councillors for Ward 1
- 1 Councillor for Ward 2
- 2 Councillors for Ward 3

of the aforesaid Local Authority and two (2) L.U.D. of Miami Committee Members.

The nomination deadline is 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, 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 fax. 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.

Dallas Marie Braun, Senior Election Officer
R.M. of Thompson
Phone: 204-435-2114
Fax: 204-435-2067
E-mail: cao@rmofthompson.com

Dated at the LUD of Miami on August 31, 2022

WANTED

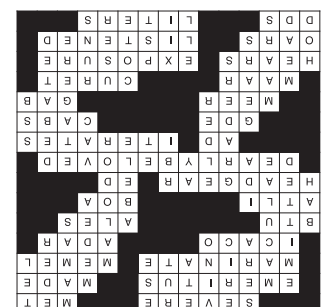
Standing
Timber

Call Grant
Kurian at

204-346-2537

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
 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



Crossword Answer

60 Years of 5 Pin Bowling

By Dennis Young

In 1961 Calmar Enterprises Ltd. announced construction of a completely modern 8 lane alley in Carman. It would be 1 of 6 the company planned to build that winter in rural Manitoba. Owner Mr. Mort Calof told The Valley Leader at the time "I purchased the former J. Harder property on Villiard Avenue (Main Street) to make it convenient for housewives to bowl. A nursery room will be added so they may bring their children as well."

Plans for the \$160,000 (\$1.5 million today) 50 x 120 building include fully automatic machining and a meeting room for league reps. The tender was awarded to a Wpg firm as no locals presented bids according to Mr. Calof. Material arrived in June but with a dispute over carpenter wages opening day was delayed. A difference of \$1.00/hour between Wpg and Carman labor kept many city carpenters not willing to travel for less.

Eventually opening day, with Johnny Harrison as manager, arrived in August of 1962 with bowling offered from 12 noon to midnight Monday – Saturday for .35/game. For the next 60 years Carman enjoyed it recreationally and well as competitively.....and successfully too!

National Titles: Youth: 2- Bantam Girls, 1- Senior Girls / High School: 1-Single, 1-Team, 2- Mb. Mixed Teams / Open: 2-Mb. Mixed Teams / Congress Event: 1-Mb. Mixed Team / Manitoba Society of Seniors: 1- Gold, 1- Silver
Provincial Titles: Youth: 9- Girls Singles, 5- Boys Singles, 3- Girls Doubles, 1 each – Teams / High School: 2- Mixed Teams / TSN Pins

Game: 2 –Ladies **Canadian 5 Pin Bowling Assoc.** Open Titles: 4- Ladies Singles, 4- Mens Singles, 1-Ladies, Team 8- Mens Teams, 5 – Mixed Teams **Canadian 5 Pin Bowling Assoc.** Hi/Low Doubles Titles: 1-Mens, 1- Mixed **Canadian 5 Pin Bowling Assoc.** **Interprovincial Titles:** 1-Ladies, 2-Mens, 2- Mixed / Golden Agers: 1-Mens Team



Congratulations on your 60th Anniversary

HERE ARE THE OWNERSHIP CHANGES /RELATED EVENTS OVER THE YEARS.

- 1961 Ground Broken on Carman 5 Pin Bowl
- 1962 Bowling Centre Opens with John Harrison as Manager
- 1963 John Harrison purchases Carman 5 Pin Bowl from Original Ownership Group (Assuming Calmar Enterprises)
- 1985 Bowling Centre purchased by Harold & Nola Cox
- 1988 John Harrison returns as proprietor of Carman 5 Pin Bowl
- 1993 Randy & Nancy McFarlane purchase Bowling Centre
- 2007 Bob Wilson, Marie Hanson, Ken Wilson and Chantale Wilson purchase Carman 5 Pin Bowl
- 2021 Bowling Centre purchased by Aquila Sportainment Inc.

Congratulations on Your 60th Anniversary

WAYNE WADDELL ELECTRIC

Box 153,
Carman MB
R0G 0J0

Ph. 204-745-7481
Email info@wwelectric.pro

Congratulats on Your 60th Anniversary



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CARMAN 5 PIN BOWLING
 Congratulations on your

60th
 Anniversary!



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