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VOLUME 2
EDITION 36

The Carman-Dufferin
STANDARD

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Two year old Annika and seven year old Charlotte were keeping their dad Warren McCutcheon of Homewood company during harvest last week.

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Local teen raises \$2,400 for Children's Hospital Foundation

By Becca Myskiw

A local 13-year-old raised almost \$2,500 for the Children's Hospital Foundation of Manitoba.

Victoria Morisette from Elm Creek had a bake sale on Aug. 28. She and her sister, Samantha, set up a table in the Ma's Drive-In parking lot and stayed there from 11 a.m. to 1 p.m.

Morisette said she's done fundraisers in the past but couldn't do one last year because of COVID-19 and its restrictions, so she was eager to get this year's going.

"I kind of came across our old notes and thought it would be nice to do one," she said. "There's no personal connection to the Children's Hospital. I don't know why I chose them, it just seemed like a good organization to donate the money to."

Before the pandemic, she raised money for Katie Cares in Winkler. It's a non-profit charity that makes a hospital experience for families going through illness a little easier. They provide sick children with teddy bears and beanie babies and offer families a place to stay across from Boundary Trails Health Centre in Katie's Cottage.

In that fundraiser, Morisette used a portion of the funds raised to pur-

chase items off the organization's wishlist, along with getting beanie babies for the children who stay there. She donated the money and goods in person.

"It warmed my heart to see their reaction," she said.

So, this year, she spent three days baking chocolate chip cookies, snickerdoodles, sugar cookies, zucchini muffins, banana muffins, and Rice Krispie cake to sell on Saturday. Though Morisette didn't sell it all, she ended up raising \$480 for her cause.

Her mom and dad told Morisette at the start of this that they would match whatever she raised because of how much work she was putting into the fundraiser. They were so proud to see her doing the initiative on her own.

After hearing they were matching the funds, Morisette's grandparents decided they would match them too. Her uncle, a paramedic, also jumped on the bandwagon and matched, as did her auntie, making the total raised for the Children's Hospital Foundation of Manitoba \$2,400.

"I'm super happy about it and how it turned out," said Morisette.

She's planning on doing another



STANDARD PHOTO SUBMITTED

Victoria Morisette, left, had her sister Samantha sold baking on Aug. 28 while raising \$2,400 for the Children's Hospital Foundation.

fundraiser for another charity next year and said she's learned how to improve her location, time, and management skills this year.

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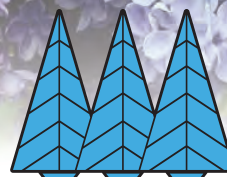
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Where are they now? Catching up with Lea McClement

By Dennis Young

This feature will attempt to renew some acquaintances with those who called Carman and area home at one time or another. I have randomly selected people to answer questions of their past and present so the readers can be brought up to speed on their lives.

Q. Firstly let's get familiar with you again. When did you live in Carman?
1971-1984

Q. Did you attend school here?
Yes

Q. What did you do for jobs as a student?

Mainly I worked for my dad on our farm. I did spend one summer during high school working as a puppeteer for the troop "Kids On the Block"

Q. What activities did you participate in as a student?

I was a band nerd, but also played some sports (mainly basketball) and was very involved in the Jr. High and Sr. High yearbooks.

Q. Did your family live here? Who and what did they do for a living?

My family farmed land in the Homewood area. My parents are Denis and Gwen McClement.

Q. Do you have family living here?
Yes, my brother Rob and his wife Karen still live on the home farm. My parents moved into Carman in 2011. My dad passed away in 2018 but my mom is still in Carman.

Q. What got you to leave Carman and where?

I went to Winnipeg for further education at the University of Manitoba. From there I lived and worked a number of places – Winnipeg, Thompson, Vancouver, Lincoln NE and currently Omaha, NE.

Q. What was your chosen career after school?

Nursing

Q. What activities did you participate in while working here?

Mainly working and raising my family

Q. Did you meet your spouse here or where?

Knew my spouse, Jeff Chase, growing up in Carman but reconnected in 2009 while living in Nebraska.

Q. Did you raise any children here

or where? Names, where now and doing what?

Two daughters both born in BC. Emily is in Omaha and is an admissions rep working for the Grand Canyon University. Laura is in Ottawa and works for the federal government.

Q. What else have you done career wise, where and how long?

My nursing career has largely been focused on cardiac care ranging from ICU to health promotion. In 2014 I left nursing and began working for Thoratec, a medical technology company that has since been purchased by Abbott Laboratories. I am a Clinical Consultant in the Heart Failure division specializing in mechanical circulatory support. Basically, I sell Left Ventricular Assist Devices (LVADs) and support the doctors and nurses that care for these patients.

Q. What passes your leisure time? Hobbies? Sports?

Pre COVID I travelled a lot, both for work and pleasure. Sadly that activity is on hold.

Q. Have you travelled for leisure and where?

UK, France, Spain, all the major cities in the US

Q. What do you listen to for music? What musician/band would you like to see in person?

I have broad musical tastes ranging from classical to Motown to blues. I've seen many of my favorite bands already (U2, Lenny Kravitz, Bare Naked Ladies, Hootie and the Blowfish) and I'm looking forward to seeing Robert Cray again once live concerts are back.

Q. Any future plans? Do you have to do list?

Retire, learn to like golf, get better at playing tennis.



Q. Do you ever return to Carman?

I try to get back once or twice a year to see family.

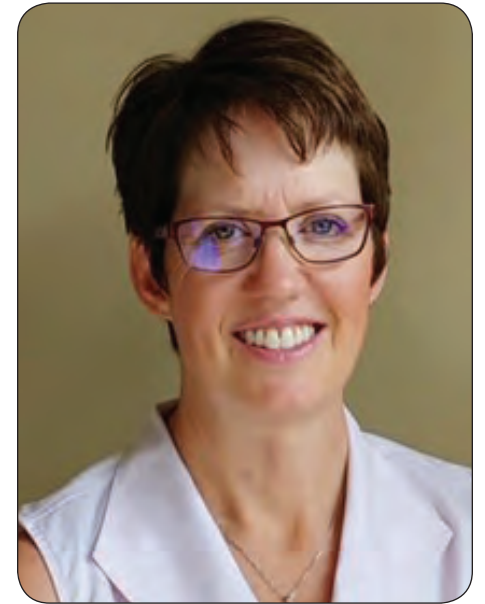
Q. What are some of your fondest memories of your Carman days?

I have great memories from Carman Collegiate – sports, band concerts/trips, friendships

Q. Any last words you wish to send to our readers?

Carman is and will always remain a special place to me. The strong values and work ethic have stayed with me and have helped me to be successful at every point along my journey, but Carman will always be home.

If you wish to reach this former Carmanite please send me an email at: denjohnyoung@gmail.com and I forward it to them for further contact.



Lea McClement

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Province acknowledges day for Truth and Reconciliation on Sept. 30

Day of observation advances reconciliation, allows Manitobans to reflect on residential school experiences of First Nations, Métis and Inuit

Submitted by Manitoba government

The Manitoba government is recognizing the National Day for Truth and Reconciliation as a day of observance to encourage reflection and meaningful discussions about the impacts of residential schools, Indigenous Reconciliation and Northern Relations Minister Alan Lagimodiere an-

nounced Friday.

Schools will be closed and no classes will be held on that day. Manitoba's public servants will also observe the National Day for Truth and Reconciliation and non-essential government services and offices will be closed for the day.

"We all have a role to play in recon-

ciliation. We can all listen, learn, and support the healing needed to address the intergenerational trauma caused by the residential school system," said Lagimodiere. "Reflecting on our tragic history by recognizing the National Day for Truth and Reconciliation provides an opportunity for Manitobans to learn about the ongoing legacy of residential schools. This shared understanding of our history is essential to reconciliation."

In June, the House of Commons unanimously passed legislation to make Sept. 30 a National Day for Truth and Reconciliation to commemorate the history and ongoing trauma

caused by residential schools and to honour the survivors, families and communities who continue to grieve for those who were lost.

Several Indigenous-led events will be supported by the province during the month of September to provide Indigenous and non-Indigenous people an important opportunity to advance reconciliation and to listen and learn about Indigenous stories and experiences, noted Lagimodiere.

Sept. 30 will also see flags on all provincial government buildings lowered to half-mast in observance of National Day for Truth and Reconciliation.

This week in review over the past..... 100 years of memories

(This feature will inform readers of a condensed version of events that were in print in the Dufferin Leader from 1921, 1946 and 1971). Due to the Leader taking holidays in August there has not been any memories for two weeks.

September 8, 1921

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September 5, 1946

A severe electrical Storm and heavy rain hit the Sperling area early Wednesday morning. Lightning hit the Sperling United Church caus-

ing damage to the cupola of the new building. Water damaged the interior but fire damage was not extensive. The Carman Fire Brigade assisted at the fire.

Ninety-two men took part in Carman's first open Golf Tournament held on Labour Day under ideal weather conditions. 62 of the participants were from various points including Winnipeg. The outsiders won most of the top placings Barry Sanders of Carman placed fourth in the Championship Flight.

September 9, 1971

Carman Goldeyes Junior Baseball Team won the Provincial Junior Baseball Championship in Winnipeg on Saturday at Grant Park. Over the past three years they have won league, provincial and participated in Canadian Championships.

Berkeley Newman Agencies—"Portage Mutuel" and A.J. Hand Agencies—"Wawanesa Mutuel"

Wish to announce that we have been appointed as Authorized "Autopac" Agents for the province.

Tickets on sale now for Raise the Woof

By Lorne Stelmach

An important fundraiser for the Pembina Valley Humane Society is hitting a milestone this fall.

Given that the Raise the Woof comedy night is in its 10th year, the organization would love to see the Sept. 24 event be a bigger success than ever.

"This is certainly one of those events that we rely on each year," said public relations rep Holly Thorne, who noted the last comedy night pre-COVID brought in about \$10,000. "We're obviously hoping to reach that same amount if not more this time."

"After the last 18 months that we've had, who doesn't want to get out and have a laugh?" she said. "Come on down, have a good time, and help raise a large amount of money for what we're trying to do, which is to save these animals."

Tickets went on sale Sept. 6 for the Winkler Dental Clinic Raise the Woof taking place at the Days Inn Conference Centre in Winkler on Friday, Sept. 24.

Dinner from Flavours of Mexico will be served at 6 p.m. followed by the show at 8 p.m. There will be lots of prizes to win including the return of the mystery bags.

Taking the stage this year will be comedians Michael Greene, Emmanuel Lomuro, and headliner Scott Belford, whose relatable comedy stylings and

nostalgic, witty, and creative approach has made him a hit.

Belford spent years as a radio DJ before finding his true calling on the comedic stage. Since moving to Edmonton in 2008, he has won funniest person in Edmonton at the West Edmonton Mall's Comic Strip and opened for big name acts such as Jay Mohr and Pauly Shore while touring across the country.

Thorne said they always appreciate the many comedians who each year support this and other similar events across the continent.

"They're going to small towns all across the country to really help the cause, which is really pet overpopulation and pet homelessness across the country," she said. "The fact that there are people out there who are willing to give their time and their talents for something so noble is awesome."

Tickets are \$40 per person (rush seating) or a full table for \$290. All public health orders at the time of the event will be followed, including masks and proof of vaccination.

Should the show need be cancelled due to tightening restrictions, 50 per cent of the ticket price will be refunded.

Head to www.pvhsociety.ca for tickets and more information.



SUPPLIED PHOTO

Comedian Scott Belford headlines Pembina Valley Humane Society's Raise the Woof fundraiser Sept. 24. He'll be joined by fellow funnyman Michael Greene and Emmanuel Lomuro.

Pembina Valley Studio Tour on Sept. 11-12

By Lorne Stelmach

An annual showcase of the arts across the region is on again this fall, although on a somewhat smaller scale.

The Pembina Valley Studio Tour is set for this weekend of Sept. 11-12, but with a fewer number of possible stops given the uncertainty that remained around pandemic restrictions when plans were being put together this spring.

"This year we're having a somewhat smaller number of studios than we've had some years," said organizer Margie Hildebrand, noting they're down from the usual 30 or so stops to about 24.

"A lot of the ones that were group shows weren't able to say earlier on what things were going to be like now," she explained. "We didn't know when we started planning months ago what the situation would be now."

"I think we still have a really good variety of artists and mediums," added Hildebrand. "The quality and the variety of the arts is really interesting and varied. It's everything from painting, ceramics, metal to glass, wood turning. The tour offers something interesting for everyone."

"I think it's also a great outing where you can enjoy the scenery of the Pembina Valley and see what the artists are doing and go into their homes or their studios and see how they make their art."

Now in its 17th year, the studio tour has become a good chance for artists to be able to showcase their work and the spaces that they create and find inspiration in.

There will be many familiar faces and places but also some new highlights for the self-guided tour, which covers an area from Altona in the east to Carman in the north and west to La Riviere.

New or less familiar faces on the tour include Tracey Currie, who does abstract acrylic and folk art and who will be joined this year at her La Riviere area location by her son Justin, who does graphic novel illustration.

"I just thought it would be a really fun way to show off the art, and it's very easy from an artist's view because you're setting up in your own space," said Tracey, who joined the tour for the first time last year.

"We had about a hundred people come through, and I thought that was very good because I'm at the very

edge of the tour, and I'm in the country, and of course there was the pandemic.

"For me, I don't do shows and things like that, so there were even a lot of local people who came," she noted. "It's just a nice opportunity for people to see what you can do ... for you to showcase your work."

"Mom has been trying to get me to be part of it, and I've wanted to be part of it for years, but I've always been travelling to conventions on the same weekend," noted Justin.

"Growing up in that area, I always wanted to showcase my art work in some way, but I didn't really have many outlets. Now that I'm a full-time artist and exhibiting all over the world, it's exciting to be able to go back home and do this there," he said. "Our artwork is nothing alike, so it's definitely more bang for your buck to make the trip ... we both have an enormous amount of work to show, so we're going to fill up that entire barn."

Elsewhere in the region, offering up a variety of work including drums, glass sculpture and alpaca scarves will be Joan Masters, who will be exhibiting along with sculptor Jake Goertzen in Horndean.

At Miami, Brian McMillan and Lucinda Doran will be displaying stained glass, fused glass, wood birdhouses and furniture.

Other participants include Kate Froese, Barb Murray, Lee Rothwell and the Golden Prairie Arts Council in Carman, Susan Crawford Young in Manitou, Susan Pharaoh in La Riviere, Pamela Yorke Hardy in Thornhill, Margie Hildebrand, Laverne Lovatt, George Fieber and Walter Dueck in Morden, Ethan Radstrom at Horndean, Ken Loewen, Olga Krahn, and Gallery in the Park in Altona and Winkler Arts and Culture.

"I think the artists enjoy being on the tour and like having people come see where they work and what they create," said Hildebrand, who enjoys being a participant herself each year. "I've met so many people over the years of being involved with this tour. "And you can see the beautiful countryside and enjoy the Pembina Valley as well."

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.

Brochures are available at various locations including Gallery in the Park



STANDARD FILE PHOTO

The Pembina Valley Studio Tour running Sept. 11-12 gives art-lovers the chance to meet with artists in their studios.

Job fair on this week at Regional Connections

By Lorne Stelmach

Regional Connections is again looking to help match up employers and job seekers in the region, and they are able to do it in person now.

The organization has held a couple job fairs in the past year, but they had to be strictly online events given pandemic restrictions.

This time, the job fair taking place Thursday, Sept. 9 at the Regional Connections office in Winkler (295 Perry St.) will have the advantage of allowing people to meet face to face.

"I'm very happy that we can make this happen," said Adeleke Dada, employment coordinator at Regional Connections. "Online has its challenges. Not everyone is tech savvy or comfortable with that ... but it's also good for employers to meet these people with in-person interaction."

It is a better format for people to talk about their skills and get across the intangible skills they can bring to the table, and Dada wants it to be an opportunity for anyone, whether they are looking for a first job, a different job, or want to upgrade to a better career.

Taking place from 2-6:30 p.m., the job fair will have about 20 employers from across the region, and there will be a good variety of employment opportunities represented from manufacturing to retail, and such things as

home care and the police service.

"And it's covering the whole area, not just Winkler and Morden but the entire Pembina Valley area," said Dada. "If you are looking for a job anywhere in this region, feel free to attend."

Dada said they want this to be a key part of an ongoing effort to connect people with work opportunities in the area and create a platform for job seekers to meet employers and potentially land jobs.

"It's helping employers fill those gaps and meet their employment needs," said Dada. "We are always trying to support and build stronger communities and also collaborate and help people."

For more information, call 204-325-4059, e-mail info@regionalconnections.ca, or head online to www.regionalconnections.ca.

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Our commitment to you: we want to help build stronger communities through articles that both inform and entertain you about what's going on throughout the Pembina Valley. This is your community newspaper—let us know what you want to see in it.

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EDITORIAL > VIEWPOINTS > LETTERS

Your voice matters – let it be heard



By Cam Dahl,
General Manager,
Manitoba
Pork Council

Political campaigners have an adage “public policy is set by those who show up.” We are in the middle of a federal election and now is the best time for individual producers to influence policy. Now is the time for you to actively participate in the political process and let your voice be heard, and to ask yourself “what message do you want your next Member of Parliament to deliver to Ottawa?”

Canadians will elect 338 MPs on September 20th, with 14 coming from

Manitoba. Every one of these MPs will influence, for good or bad, what happens on your farm, the international markets that will be open to you, and the regulations you will face as you work to bring high-quality safe food to Canadian consumers and people around the world.

There are both urban and rural communities in Manitoba that are thriving because of the investments made by our industry. This is a story that producers need to tell directly. I am confident that when candidates and parties know and understand the value of agriculture, good public policy will follow.

What does “showing up” mean? Every constituency is likely going to have all-candidates meetings (if your riding does not have some scheduled, organize one). Go to these sessions

prepared to stand up for the potential of agriculture and the future of your farm. Instead of avoiding candidates when they come door-knocking, engage with them on agricultural issues.

Don't assume that your candidates understand the importance of agriculture, even if you are in a rural riding. Engagement by farmers, and telling the story of agriculture, will help to drive candidates, and the parties that they represent, to openly acknowledge the significant role that our industry plays in the economy and the makeup of our communities.

These are a sample of the policy areas that are important for the future of agriculture in Manitoba. The most important thing is to push candidates to support the industry and its people. Stay informed, get involved, and don't forget to vote on Sept. 20.

> Got news?

Call Becca Myskiw
at 204-461-2602

news@carmanstandard.ca



letter to the editor

Letters to the Editor:
letters@carmanstandard.ca

BBQ business now booming!

A few years ago a man named Mr. Megarich started a business building barbeques. His product came with two unique improvements over the standard backyard BBQ. First, if required, the heat could be used to run a generator. And second, it had built in venting capabilities, allowing it to be used to pump heat into one's house. Accordingly the man named it, The Protector. Notwithstanding such a great invention, it was an expensive unit and sales were poor. One day he talked to Dr. Control, told him of his great product, and bemoaned the poor sales. “Cheer up!” said the doctor, “I'll fix that for you in no time.”

The doctor proceeded to declare a state of emergency by arguing that if there was a bad snow storm in the

middle of winter, hydro could be knocked out and tens of thousands of people would be left without heat or means of cooking. This will overwhelm the hospitals, he said. Having declared an emergency, the doctor could now act without parliament or debate. He proceeded to make a health order: “To save our medical institutions, everyone must own The Protector. And to prevent possible product failures due to rust, everyone must obtain a new one every year.” Not everyone accepted this strange and unprecedented narrative, of course. Some people already had their own emergency plans in place. Others yet liked to consider alternative suppliers and resented having one brand forced on them. Many couldn't afford it. And some

were persuaded that the unit didn't live up to its lofty claims. Forseeing these hindrances, the doctor (acting on his emergency powers) used government coffers to buy BBQ's for everyone. Even children were given one. Anyone that refused the hand-out was labelled a hazard to society and forbidden from participating in normal social events.

Now the business Mr. Megarich started is booming, sales of The Protector have gone through the roof, huge manufacturing plants have been built, and the inventor is soon to join the elite Trillionaire club. But government debt has ballooned out of control and half the population is bewildered.

As for me, when I heard this I wondered why the police didn't step in. Surely this was illegal somehow. No?

- Thomas Verduyn

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Free online courses in art, writing and mental health

Submitted by Carman Wellness Connections

Fall is when we begin thinking about learning new skills and pursuing new interests. Autumn can also be a time for focussing on what we need to be healthy and whole as a person.

Carman Wellness Connections - Supporting Emotional Health (CWC-SEH) is promoting several fall courses beginning this month that might be just what you're looking for.

Award-winning Manitoba Métis artist Chris Larsen is offering a four-part series of free art therapy classes over Zoom. Larsen's classes focus on nature and offer participants four 75-minute sessions where they can feel free and good about expressing themselves without worry about the finished product. The courses run four consecutive Thursdays from 7-8:15

p.m. beginning Sept. 30 with a registration deadline of Sept. 28. The only supplies needed are a drawing pen, sketchbook, water coolers and some brushes. A limited number of sketch books also available when registering for the course.

A four-session writing course is also being offered by artist and creative flow practitioner Heidi Hunter, who has taught journaling and creative writing to students and adults for over 20 years. Titled 'Writing from the Well' Hunters' 75-minute sessions are an invitation to a blank page where participants are encouraged to draw out their own thoughts and wise words in a personal journal. There is no previous writing experience necessary and Hunter keeps the focus on the process, not the final product. Those sessions are offered on Saturdays at 10

a.m. and run four consecutive weeks beginning Nov. 6. You can register for this course or Chris Larsen's art therapy course by emailing your name, address and phone number to cwc.emotionalwellness@gmail.com.

Two other courses available this fall are offered by Anxiety Disorders Association of Manitoba (ADAM). One is for parents of children ages three to 12 who have difficulties with excessive fearfulness, worry or shyness. This is a course developed to show parents how to help their children overcome these difficulties and to boost confidence and ability to make friends. The Zoom program begins Sept. 20 and runs for six Mondays from 6:30-8 p.m. There is no cost for the course by there is a \$25 fee for the manual. Registrations are being accepted to until Sept. 13.

Another free and online six-week program is the Anxiety and Worry Support program being offered for adults struggling with anxiety. That course begins Sept. 14 and runs for six consecutive weeks from 6-7 p.m.

Both courses are facilitated by Tami Giesbrecht, ADAM's outreach manager (southern region.) Giesbrecht has been employed in the mental health field for 23 years and has extensive training. If you are interested in participating in these six-week programs, or have questions, you can call 204-304-0271 or email central@adam.mb.ca. Please register by Sept. 13.

Carman Wellness Connections can also assist those who do not have a digital device or access to the Internet to participate in these programs. If you require assistance in that regard please contact (204)745-3504.

New public health orders in effect Sept. 3

Staff

A day before they were slated to come into effect, government officials provided some clarity on the newest public health orders last week Thursday.

The orders include a return of the mask mandate in indoor public spaces and require proof of vaccination against COVID-19 at certain events and locations.

"These orders will inform and guide us as we work to avoid the most serious effects of a fourth wave, and address the threat posed by the delta variant," said Dr. Brent Roussin, chief provincial public health officer. "By continuing to encourage Manitobans to get vaccinated, and supporting businesses and services as they take the steps to comply with these orders, we can work together to get through these difficult times."

Outdoor gatherings in public spaces are now limited to 500 people, down from the former limit of 1,500. Community fairs and festivals will be allowed to operate above that limit, subject to protocols approved by public health.

Museums and galleries are allowed to open, but are now required to ask for proof of vaccination from visitors to access indoor areas.

Wedding receptions held in licensed premises will be subject to the same rules as restaurants and licensed premises, and guests will have to show proof of vaccination.

Food courts are also now required to comply with the same rules as restaurants for dine-in patrons and require proof of vaccination if they choose to

open for options other than take-out.

Proof of vaccination is also required to attend indoor and outdoor ticketed sporting events; concerts, indoor theatre/dance/symphony events; restaurants (indoor and patio dining); nightclubs and all other licensed premises; casinos, bingo halls and VLT lounges; movie theatres; fitness centres, gyms and indoor sporting and recreational facilities (excluding youth recreational sport); and organized indoor group recreational classes and activities, and indoor recreational business.

Children born after Dec. 31, 2009 who are not eligible to be immunized will be able to attend events and activities with a fully-immunized adult.

Roussin notes these public health orders will reduce the need for more stringent restrictions and lockdowns that would otherwise be necessary to combat the COVID-19 fourth wave and protect the province's hospital and critical care capacities.

"We must continue to take steps to encourage people to be fully-immunized before attending higher-risk events, activities and services because we know—and the data is showing us—that when people get vaccinated it helps slow the spread of the virus," he said. "We must continue to be vigilant and follow the basics, or more drastic restrictions will be needed to keep us all safe."

Heading into the long weekend, Manitoba was reporting 440 active cases, 57,213 recoveries, and 1,192 deaths due to the virus.

The provincial test positivity rate was 2.4 per cent. A total of 66 people were hospitalized with the virus, 10 in

ICU.

In the Pembina Valley, Winkler's case count had jumped to 17, Morden was

reporting six cases, Stanley five, Altona seven, and Carman one.



REMINDER NOTICE OF PUBLIC HEARING

You're Invited

to share your views about the proposed rate changes from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for a 2.8% decrease to Basic Autopac vehicle insurance rates and premiums effective on April 1, 2022 through March 31, 2023. MPI also filed a Special Rebate Application on July 19, 2021 asking that a percentage of premiums earned between November 22, 2020 and December 9, 2021 be returned to customers. The rebate amount is currently estimated at \$155 million and if approved, would be equivalent to a rate reduction of approximately 15%.

MPI will ask the Board on September 17, 2021 (by way of motion) that the two applications be heard together.

For further details, please contact MPI at inquiries@mpi.mb.ca or visit the Board's website at www.pubmanitoba.ca.

An electronic based virtual public hearing on the proposed rate and premium decrease will be held commencing:

Tuesday, October 12, 2021 at 9:00 a.m.

Please view the hearing via the PUB website link:
<http://www.pubmanitoba.ca/v1/live-stream.html>

If you are interested in learning more about these applications, you are encouraged to observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool. Public attendance at the hearing may be restricted, due to public health circumstances.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll-free 1-866-854-3698, no later than **October 1, 2021**.

For more information, visit www.pubmanitoba.ca

Manitoba Public Utilities Board

400-330 Portage Avenue

Winnipeg, Manitoba R3C 0C4

Phone: 204-945-2638 | Email: publicutilities@gov.mb.ca

Health Canada approves Moderna's COVID vaccine for adolescents

By Patricia Barrett

Health Canada announced last week it approved Moderna's COVID-19 vaccine for use in youth aged 12 to 17.

"Until now, this vaccine was only authorized for use in people 18 years of age or older," states a notice posted Aug. 27 on the Twitter account of

Health Canada and PHAC (Public Health Agency of Canada). "After a thorough and independent scientific review of the evidence, Health Canada has determined that the vaccine is safe and effective at preventing [COVID] in youth aged 12 to 17."

Moderna's mRNA vaccine works

similarly to Pfizer-BioNTech's mRNA vaccine but both vaccines have different non-medical ingredients. In scientific studies, both vaccines have been found to be highly effective at inducing strong antibody responses and preventing people from falling seriously ill.

Health Canada approved Pfizer-BioNTech's vaccine for youth in this age group earlier this year.

The health agency will continue to closely monitor the safety of Moderna's vaccine and "take action if any safety concerns are identified," states the notice.

Goertzen sworn in as Manitoba's interim premier

By Ashleigh Viveiros

Kelvin Goertzen is Manitoba's interim premier for the next couple months.

The Manitoba Progressive Conservative Caucus selected the Steinbach MLA to temporarily fill the role left vacant by the departing Brian Pallister last week.

"There was healthy dialogue and discussion ... on the future of our caucus and a desired path forward for an interim leader," said caucus chair Greg Nesbitt in a statement. "It was unanimously decided that Kelvin Goertzen is the best person to lead us through this interim period until a new leader is selected in the fall."

The Tories are expected to select their new permanent leader at the end of October.

Goertzen has been the MLA for Steinbach since 2003, serving as the minister of health, seniors, and active living and the minister of education at various points in his career. In January he was appointed minister of legislative and public affairs and deputy premier of Manitoba.

Shortly after his swearing in as Manitoba's 23rd premier, Goertzen announced several pieces of legislation delayed by the NDP opposition would be scrapped for now.

Chief among them is the contentious Bill 64, which sought to reform the

provincial public education system. These reforms have been met with a great deal of criticism and protests in recent months.

Goertzen said he wanted to leave important decisions like these to his successor.

"A new leader has to be able to set their own agenda," he said. "This really is about setting that clean slate for a new leader; that's why it's important to remove these five bills."

The Manitoba Legislature is expected to sit briefly this fall to withdraw these bills and deal with a few necessary budget matters.

In another one of his first acts as interim premier, Goertzen appointed

Families Minister Rochelle Squires to serve as deputy premier.

He also did some cabinet role shuffling, including:

- Squires and Infrastructure Minister Ron Schuler will join the Priorities and Planning Committee of Cabinet;
- Crown Services Minister Jeff Wharton will become the chair of the Regulatory Accountability Committee of Cabinet and Justice Minister Cameron Friesen will join the committee as vice-chair; and
- Indigenous Reconciliation and Northern Relations Minister Alan Lagimodiere will join the Gender-Based Violence Committee of Cabinet.

Docs talk COVID-19 and school risks

By Lorne Stelmach

A virtual town hall last week brought together a panel of doctors to discuss the risk of COVID-19 in schools and what precautions students, parents, and educators can take to feel safe this fall.

The bottom line from the Aug. 31 forum was that while there is a somewhat lesser risk for children when it comes to the virus, all of the precautions that are being put in place by the province are important.

"With the right COVID-19 precautions in place, schools can be a low risk environment for children and youth, including those under 12 who are not yet eligible to be vaccinated," said Dr. Marni Hanna, president of the Manitoba Pediatric Society.

A group of physicians with medical expertise in a variety of relevant areas

took part in the session, including pediatric medical leaders and those with expertise in infectious diseases, mental health, and immunology.

Dr. Jared Bullard, a pediatric infection disease specialist, addressed the overall level of risk for youth and children.

"We've had about 15,000 kids get infected with COVID in the province over the three waves we've had so far. Of those, about one in 200 end up in hospital ... ICU is about one in 2,000," he noted, adding three children have died due to COVID.

It's a myth that children can't get COVID, though Bullard noted it most likely is contracted within their own home.

"It can definitely cause harm to children," he said. "It's a serious disease; not as serious in children as adults, and there's a variety of ways we can control the situation to protect them as best as we can."

Dr. Ruth Grimes, president of the Canadian Paediatric Society, noted it's difficult to say yet what long-term impacts if any there may be for children who contract the virus.

"I think that there are some children who can develop some long COVID symptoms ... fatigue being the predominant one ... and individuals who

are older, teenagers," said Grimes, who added they are still collecting data and assessing the long-term implications of the virus.

Bullard touched on the delta variant, which is of greater concern given it is more infectious.

"It's 50 per cent more infectious than the alpha variant; the alpha variant was 50 per cent more infectious than the original strains," he explained. "When you have a more infectious virus, it's going to spread in the community faster."

A case of SARS, for example, might infect two or three other people, while the alpha variant of COVID could infect three to five and the delta variant might infect six to eight others.

Bullard also addressed the impact of vaccination.

"There are many benefits to the vaccine, and we certainly have some more data coming out," he said. "We've seen people who still get infected, however what you find is the amount of virus they have drops off quite significantly within 48 to 72 hours, so the likelihood of being infectious tails off quite quickly as opposed to someone who has no vaccination is likely to be infectious for the better part of 10 days, if not longer."

It was also acknowledged that there

is some degree of greater risk for children with pre-existing conditions and who are immunocompromised, but the level of risk can vary.

Dr. Ashley Chopek, a pediatric oncology and bone marrow transplant specialist, noted in example that there are points during chemotherapy treatment where there specifically may be more risk.

"The bottom line is that if you have a severely compromised immune system, there may be an increased risk," she said. "It depends on a lot ... it depends on your child's individual situation."

Responding to a question from someone whose daughter had cancer and is too young for vaccination, Chopek pointed out that the immune system within a few months from completion of treatment does return to normal.

"If the child has completed the treatment for their cancer, then they are safe and should be returning to school ... the benefits of school in this instance outweigh the risk to the child," she suggested.

Dr. Melanie Morris, a pediatric general surgeon and Indigenous health lead at Children's Hospital, also noted

Correction

Staff

The staff of the *Carman-Dufferin Standard* would like to apologize to Sheldon and Kathy Smith. In last week's 'Where are they now?' feature we printed Kathy's name as Karen.

Recovery centres essential in drug and alcohol rehabilitation

By Tyler Searle

Tuesday marked the 20th anniversary of International Overdose Awareness Day (IOAD), and as the summer ends, Canada's overdose and alcohol-related death toll is reaching unprecedented heights.

Between March 2020 and April 2021, Statistics Canada recorded 5,535 more overdose deaths than expected across the country.

Of those dead, 372 were Manitobans, that's an 87 per cent increase in provincial overdose deaths since 2019.

Lockdowns and isolation are undoubtedly contributing to the rise, said Aurora Recovery Centre president and chief operating officer Steve Low.

"(Before the pandemic), an individual that would have used a bad batch of an illicit drug and overdosed would be around friends who could either intervene or get some help fairly quickly. Now, suddenly most of these folks were doing it alone at home by themselves."

Additionally, border closures and supply chain interruptions are leading dealers to concoct toxic batches of drugs, he added.

Low is a certified addictions counsellor and clinician with 32 years of experience.

As part of its family-first approach, the Aurora team includes family, friends, and peers in the treatment process by teaching them how to support and set boundaries for people who use drugs (PWUD). The centre offers all-inclusive treatment at a modern facility with access to specialists and lifetime support for patients.

It's all part of what Aurora calls "continuum of care."

"If we were to look at any other major health crisis or chronic conditions, you would never use an acute care model to treat a chronic condition," he said.

Unfortunately, most insurance does not cover addictions services from private facilities. Without coverage, 30 days at Aurora costs \$19,900.

Manitoba's public healthcare system offers some of these supports but

is massively overburdened. Extensive waitlists can deny access to care for months at a time, and support often ends when patients leave the facility.

People suffering from substance abuse disorders require immediate access to detox, personalized recovery plans, and long-term counselling and support services. If PWUD wait before entering care, or exit care without a comprehensive recovery plan, they are more likely to relapse, Low said.

"We clearly need systemic intervention."

"If the numbers of illicit overdose fatality rates were dropping, then we could say 'hey, I think we're on to something,' but they're not, and so we have to look at something radically different, and that's getting away from siloed approaches to care."

Pooling resources is one potential solution.

It begins with community resources that support prevention, early intervention, education, harm reduction, and counselling services. People can contribute to the fight on a personal level by breaking down their preconceptions, Low said.

The stigma surrounding substance abuse is damaging to PWUD and can instigate feelings of shame that trigger drug use. It is critical people discuss and educate themselves on substance abuse disorders and communicate with PWUD using compassionate language, Low said.

Learning to support but not enable goes a long way, he added.

Low's advice for individuals or families struggling with addiction is to call the Aurora Centre.

"We have an entire admissions team that is available to guide you through a process," he said.

"If Aurora is not the right fit for you, for whatever reason, we do our best to line you up with what would be the best fit. We're not so focused on filling our beds. We just want you to go somewhere that is going to help you."

Above all, provincial and federal governing bodies need to recognize overdose deaths as an epidemic and



STANDARD PHOTOS SUBMITTED

The Aurora Recovery Centre is a private substance abuse treatment facility in Gimli.



Aurora offers a family-first approach that provides counselling services to people who use drugs and their families.

provide suitable means to combat it, Low said. On Aug. 22, conservative leader Erin O'Toole announced his government plans to allot \$1B over the next five years to build recovery centres and treatment beds across the country.

As part of its 2021 budget, the Liberal party announced a \$116M investment in the federal Substance Use and Addictions Program over the next two years. The Libs invested \$66M on the

same program in last year's budget.

Should the NDP party take power in the upcoming election, it plans to decriminalize drug use, invest in overdose prevention sites, and expand access to on-demand treatments. It also intends to investigate drug companies for their role in fueling opioid use.

The Aurora Centre phone number is 1-844-515-7876

The Manitoba Addictions Helpline number is 1-855-662-6605

Pregnancy care centre support group starting up again

By Ashleigh Viveiros

Pembina Valley Pregnancy Care Centre's support group for women coping with the loss of a child is getting up and running once again.

After a long absence due to the ongoing pandemic, the centre is hosting its Steps in HOPE (Healing Our Pregnancy Experiences) group for

six weeks starting Tuesday, Sept. 21 at 7:30 p.m.

The group gives women who have experienced miscarriage, stillbirth, or infant loss a safe place to gather together to work through their feelings, says executive director Linda Marek.

"We know that losing a child can be one of the most difficult experiences

anyone can go through and providing a caring space for women to share, knowing they aren't alone, is so important," she said. "Sometimes the pain is so deep but women are told they should be over it by now, or they feel misunderstood when they do take that brave step to be vulnerable about their experiences."

The group's sessions focus on sharing your experiences, learning to cope, cycles of grief, self-care, honouring your difficult journey and creating a keepsake. Attendance is free but pre-registration is required.

Email stepsinhope@gmail.com or call 204-325-7900 for more information or to sign-up.




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Dreaming of a blue September

World Alzheimer's Month

September 2021

#GoBLUEforAlz



Everyone is encouraged to wear blue on Sept. 21 to bring awareness to World Alzheimer's Day.

By Nicole Brownlee

Manitoba is turning blue this September to raise awareness about Alzheimer's.

"This month is basically just a time to come together and talk about a disease that impacts so many individuals and families," said Samantha Holland, Alzheimer Society of Manitoba's coordinator.

"It's really hard to come across a person who isn't impacted in some way, whether it's a family member or friend or themselves, and the numbers are only growing."

People avoid talking about Alzheimer's and dementia because of the fear and stigma associated with the illnesses, which can leave people who are struggling with their diagnoses in isolation, said Holland.

"We want to just prompt people to have those conversations and also show your support for those living with Alzheimer's or related dementia as well as their care partners so that they don't feel so alone," said Holland.

Across the world, 50 million people are diagnosed with dementia, a general term for a decline in mental ability. In Manitoba alone, there are over 23,000, said the Alzheimer's Society of Manitoba.

"Having a globally coordinated World Alzheimer's Month sends a strong message to governments and policy makers, alerting them to the fact that dementia is a serious health issue," said the Alzheimer Society in a statement.

The Alzheimer's Society of Manitoba encourages people across the province to wear blue on Sept. 21 for World Alzheimer's Day and tag them in photos with the hashtag #goblueforalz.

"Even for the month, have some blue Christmas lights on, plant some blue flowers, make signs," said Holland. "We're asking local businesses and landmarks to shine blue spotlights."

Reaching out to someone who has or is caring for someone with dementia is another way to show support during September, added Holland.

The Alzheimer Society is also hosting a virtual research forum on Sept. 21 over Zoom, led by Dr. Donald Weaver from Toronto's Krembil Research Institute. The forum will discuss dementia research and explore recent news stories about dementia.

"It's a time for the public to become more educated about what's really behind those headlines," said Holland. "There's a lot of myths about how Alzheimer's and dementia impacts a person."

People often associate end-of-life care with dementia or focus on potential disabilities. This doesn't help with understanding the illness or having compassion, said Holland.



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Harvest Moon Festival returns Sept. 17-19

After 20 years of bridging the gap between urban and rural communities, Harvest Moon is back

By Lorne Stelmach

A festival in the small Pembina Valley community of Clearwater has helped serve as a bridge between urban and rural communities for two decades now.

The Harvest Moon Festival supports the work of the Harvest Moon Society, a volunteer-led organization founded around a shared interest in building a sustainable food system.

It has grown over the past 20 years to become a registered educational charity operating under the motto "Healthy Land, Healthy Communities" with a focus on connecting urban residents to rural living and building a stronger community across southern Manitoba.

"I think the message just resonates with a lot of people ... the music is a draw for people as well," suggested



SUBMITTED PHOTOS

Clearwater's Harvest Moon Festival next month features performances from such acts as Royal Canoe (top, left), Ridley Bent (above), and the Lytics (left), to name just a few.

Cory Bellhouse, who is part of the event's organizing committee.

Set to return this year for an in-person gathering Sept. 17-19, the festival has become a well established draw, and Bellhouse suggested their mes-

sage and what they promote has only become even more important.

The festival also works to support the community of Clearwater and the surrounding area, including partners like the Clearwater Curling Rink,

Clearwater Memorial Hall and Clearwater Junction Restaurant and Clearwater Development Corporation, among others.

"I think one of the keys is that Clearwater is a really small but a really strong community, and the town has always supported it quite strongly," said Bellhouse.

"Without that willingness to host, we wouldn't be able to have 1,500 guests every year in a town of maybe 70 people."

"I think also the other thing is the message the festival is geared to promote is pretty strong and resonates with people," he added.

"Lots of people from the city are really interested in the ideas of local food, organic food ... and there's the fair trade fair which is all homemade skills and crafts and workshops."

"Some people from the city don't necessarily have access to these kinds of things very often ... so I think the interest is pretty widespread."

The musical lineup for the festival includes Ridley Bent, Royal Canoe, The Stanley County CutUps, Leith Ross, The Sturgeons, Là, Leonard Sumner, Andrina Turenne, The Hank Williams Lites, Fontine, Scott Nolan, Guilty Pleasures, Mouraine, Slow Leaves, Boogey The Beat, Ila Barker, Mason Weselowski and The Lytics

It will be a scaled-back celebration with pandemic precautions in place. Attendees must be fully vaccinated (two weeks past their second shot) and be prepared to provide proof of vaccination to access the festival grounds.

Initial ticket sales opened Aug. 18. Ticket sales were limited to 500 full weekend passes that cost \$100 (\$115 with camping), but organizers were considering releasing a second round of tickets at press time.

For those unable to make it in person, the Harvest Moon Festival will also be live streamed.

For more information, visit www.harvestmoonsociety.org or find them on social media.

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Katie Cares hosting online auction in lieu of fashion show

By Ashleigh Viveiros

Models won't be strutting their stuff on the Katie Cares Fashion Show runway this year, but that doesn't mean the charity is sitting idle on the fundraising front.

Katie Cares is holding an online auction Sept. 19 to Oct. 9.

"We've been working on this since January, knowing full well there was no way we'd be able to get 500+ people together for a fashion show this year," says executive director Ruth Reimer. "I think we have been able to put together a really good auction ... we have some awesome prizes."

Forty-three prize packages, to be exact, including staycation hotel and attraction passes, cabin accommodations outside the area, jewelry, furniture, baby supplies, artwork, a children's play kitchen, a fine wine basket, and more.

"Everything was purchased locally to support our local community," Reimer says, explaining the items were bought thanks to the generosity of individual and corporate donors.

They'll be posting sneak peaks of some of the packages on their social media pages over the next few weeks. The full listing will be available online



at katiecares.ca on Sept. 19 when bidding begins.

Bidding will be confidential—registered participants will only be able to see the highest current bid for each item.

Don't see anything that strikes your fancy? You can still support the work of Katie Cares and Katie's Cottage with a donation online or a mailed cheque payable to Katie Cares Inc, 255 13th St. Winkler, MB, R6W 1S5.

Reimer isn't sure what to expect in terms of money raised from this auction, but she's hopeful those who have supported Katie Cares in the past will find something to bid on.

"This is something very new for us," she says, noting it's a much bigger scope than the relatively small prize auction they have at the fashion show each year. "We've never done it at this scale before."



STANDARD PHOTOS SUBMITTED

The Katie Cares online auction coming up later this month offers 43 different prize packages ranging from an impressive kid-sized play kitchen to jewelry and wine baskets. Bidding opens Sept. 19.

The funds are integral to the continued operation of Katie's Cottage, the respite home down the road from the Boundary Trails Health Centre, and the various support programs they offer to patients and their families.

"We need to do this so we can sustain the cottage," Reimer says, noting the past year and a half has been tough for them, as it's been for everyone. "We're feeling the pinch in that

we feel we need to do something.

"We're very careful with the money that has been entrusted with us—and donations are still coming in, though maybe not at the rate that we had in the past—and we're grateful for every cent that has come in."

With any luck, the fashion show will return for 2022, and Reimer can't wait.

"I think we all want to get out and do something again," she says.



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Live2Lead returns to Winkler next month

By Lorne Stelmach

An upcoming conference will again offer local businesses, organizations, and community leaders the opportunity to be inspired by world-class leaders.

The Live2Lead conference provides a chance to learn from elite thinkers, and the leadership principles and personal growth techniques that can be gleaned from their teaching can be beneficial to many people, suggest local organizers.

"I say it's like a four hour booster shot of positivity," said Al Ruttan. "It's four hours of teaching that's really invaluable. It's good quality information, and everybody walks away with information they can apply in there

business or organization."

This is the fifth year the Live2Lead conference has been offered in Winkler, with two options to participate: an in-person simulcast from Atlanta at the P.W. Enns Centennial Concert Hall Oct. 8 or a virtual event Oct. 29.

Doors open for the Oct. 8 event at 7:30 a.m. with the broadcast starting at 8 a.m. and concluding by noon.

The virtual broadcast will happen via a Zoom webinar Oct. 29 from 8 a.m. to noon.

Ruttan suggested the conference is beneficial whether you lead a large organization or just want to just be a better mentor to those around you. You can also make meaningful connections by networking with like-

minded leaders who share a passion for leadership and learning.

Live2Lead is headlined by John Maxwell, a bestselling author, coach, and speaker who has sold more than 30 million books and been identified as a top leader in business by the American Management Association and the world's most influential leadership expert by



SUPPLIED PHOTO

Leadership experts like John Maxwell and Valorie Burton will speak at this year's Live2Lead conference. The livestream event takes place in Winkler Oct. 8. A Zoom presentation is also available Oct. 29.

Business Insider magazine.

Other presenters for the conference include:

- Jeff Henderson - his aim is to help organizations build a good name where both purpose and profit thrive. His best-selling book *Know What You're For* launched a movement in non-profits around the world and has become a focal point for many businesses.

- Jamie Kern Lima - a bestselling author and founder of IT Cosmetics, a company she started in her living room and grew to the largest luxury makeup brand in the country. She sold the company to L'Oréal in a billion-dollar deal and became the first female CEO of a brand in its 100+ year history.

- Valorie Burton - a life strategist and international speaker who is CEO of

the Coaching and Positive Psychology Institute. Her company provides coaching, coach training and resilience training and who has written 13 books.

- Ed Mylett - one of the premier business leaders, peak performance experts and motivational speakers in the world.

"I think anybody who attends is going to get value out of it," suggested Ruttan.

"It's a really good growth opportunity," he continued. "We encourage everybody to bring their teams, bring their leadership teams ... anybody in leadership, aspiring to be in leadership, leading a team of some sort, or just wanting to grow themselves personally."

You can find more information and register online at www.alruttan.com/121

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> COVID SCHOOL RISKS, FROM PG. 8

that there are some minority groups who appear to be at increased risk.

"There's been a disproportionate level of complications associated with COVID within minority groups and specifically the Indigenous groups ... there's ongoing research in regards to why this is occurring," she said.

In addressing concerns around young children who are not eligible to be vaccinated, Hanna stressed the importance of "trying to make sure that everybody around them that is able to get their vaccines gets them, because that will

greatly reduce the potential risk.

"I understand why parents are nervous ... but the best thing we can do is get vaccinated ourselves."

Finally, Dr. Andrew Hall, a child and adolescent psychiatrist, touched on the overall impact on not only physical but mental health, and he sees the social isolation as being a big factor for kids.

"There were three factors that were really good predictors ... it was disruption to the daily routines, it was greater online learning challenges ... and it was also reduction of respite services ... so the social isolation comes up over and over again," he said.

"I think that we can really try to get our kids to school safely, follow the recommendations of public health," said Hall. "[Parents] shouldn't be panicking, and I don't think that they should model anxiety because I think that kids will pick it up ... be attuned to your own mental health."

"Focus on what you can control," stressed Hall.

He who has the Son has life. (1 John 5:12 - THE BIBLE)



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COMMUNITY NEWS

Reunion Days at PTM

The Pembina Threshermen's Museum hosted its 53rd annual Reunion Days Sept. 3-4, welcoming history-lovers to come check out their pioneer village and enjoy a variety of demonstrations, parades, musical entertainment, and old time meals made by the Valley Harvest Maids. Clockwise from above: Volunteers showcase their blacksmithing and yarn spinning skills; a bevy of classic cars and vintage tractors were on site all weekend; no Reunion Days celebration would be complete without some threshing action. The day also included daily parades, barrel train rides for the kids, the opening of the Siemens house for the first time to the public, and musical entertainment in the Roseisle United Church building.

STANDARD PHOTOS BY LORNE STELMACH



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SPONSORED CONTENT



Friesen fighting for a stress-free future with NDP

By Becca Myskiw

Ken Friesen is looking to be the first New Democratic Party of Canada (NDP) candidate elected in Portage-Lisgar.

The riding has been historically conservative since its creation in 1997. Friesen is hoping to change that statistic this year.

The 2021 federal election will be his first time running for government. However, that doesn't mean Friesen is new to the NDP party. He's been a member of the party for over 20 years, knowing them, their values, and their platform inside and out.

At their last convention, he ran for federal council and is now on it, running as a candidate against four others in the constituency. He was a confirmed candidate for the party on Aug. 4.

"I live in this area," he started. "I love

my friends and neighbours and I want to represent them and their interests."

He remembers growing up in Morden and seeing, experiencing, and living the problems everyday people had. Personal finances affecting dental care, pharmacare issues, childcare issues — all these things being big ticket items affecting "regular everyday folks."

So, the NDP are campaigning for financial security by offering a guaranteed living income.

"People deserve to be able to feel secure," he said. "Not worrying about where their next meal comes from if they lose their job like in the pandemic and choosing between dental care, food, and paying rent."

They also want to tackle climate change by reducing greenhouse gas emissions. To do that, Friesen said they want to move Canada away from

an oil and gas-based economy. The NDP call it taking care of the future for everyone.

He said the difference between him and his fellow candidates is that if he gets elected, he will work hard to fulfill his promises — he has everything to prove to the people of Portage-Lisgar.

"Our governments have made promises in the past, and they have failed to keep them," said Friesen. "The promises made by them today have been made for decades. There's still issues and struggles I saw growing up. If the past is an indication of the future, we're going to have these promises broken again."

Friesen said the NDP is fighting for a future without stress. He said they're the party for everyday people.

The federal election will take place Sept. 20.



Ken Friesen is looking to be the first New Democratic Party of Canada (NDP) candidate elected in Portage-Lisgar

Dondo running with CHP in Portage-Lisgar for fourth time

By Becca Myskiw

Jerome Dondo of St. Claude will be representing the Christian Heritage Party of Canada (CHP) for Portage-Lisgar.

CHP was founded in 1988, and they've run candidates in every election since then, excluding the time when a party had to run 50 candidates to run, and they didn't meet the threshold, running as independent candidates. Dondo has been a candidate for the party for the past three elections, making 2021 his fourth time running in the riding.

He chose to run with CHP, he said, because "there is no other party that's completely pro-life and anti-vaccines." CHP, he said, is — as is he.

There are four main things the party, and Dondo, is fighting for this election. The first one is the elimination of

vaccine passports.

"We are against mandatory testing and vaccination for federal employees," he said. "We're against lockdowns. We do support research, though, and ways to deal with COVID in the best medical practices."

CHP is also fighting for the elimination of the income tax act and replacing it with a fair tax based on spending.

"There's no reason we should be paying a tax just because we're earning income," he said.

Along with that, they want to eliminate deficit spending in government. That's not sustainable in any way, he said, and no government will be able to continue operating if it keeps up.

"Another issue I hear about from this riding is their stands on abortion and medical aid in dying," said

Dondo. "We are the only party whose leader is outspoken on being pro-life."

He said CHP wants to protect the sanctity of life from contraception to natural death in any way they need to.

"We want to prevent abortions from happening," he said. "If it's making them illegal, then that's what we'll have to do."

Dondo said he's here to give people the option of voting. He wants everyone in his constituency to know they don't always have to vote the same as they have in the past — they can change the status quo if they want to. He encourages everyone to research their candidates and their parties and vote with knowledge.

"I want to be a voice for the people," he said. "And for making a stand for them."

The federal election is this Sept. 20.



Jerome Dondo of St. Claude will be representing the Christian Heritage Party of Canada.

Liberal candidate Andrew Carrier feels its time for a change

By Ashleigh Viveiros

Andrew Carrier feels it's past time for the people of Portage-Lisgar to have a new voice representing them in Ottawa.

Carrier has thrown his hat in the ring as the riding's Liberal candidate.

"I have strong rural roots, am a proud Manitoban, and I'm here to offer people a choice," he says. "A fresh face, fresh ideas."

Though he calls Winnipeg home, Carrier has deep ties to rural Manito-

ba, including a grandfather who was a sugar beet farmer in St. Joseph, which he says gives him a strong understanding of the needs and concerns of local farmers.

He's no stranger to advocacy, either, having served for 20 years with the Manitoba Metis Federation. He is currently the agency's vice-president.

His background in social services and human resources have also equipped him with tools vital to a Member of Parliament.

"Problem-solving is not new to me," Carrier says, going on to stress as well the importance of communication and transparency. "For too long the people of Portage-Lisgar have not had fair representation in Ottawa. I think it's time for change and to give constituents a chance to be heard."

Carrier has been bringing himself up to speed on the issues facing Portage-Lisgar, meeting with voters across the riding in recent weeks, and he intends to keep the lines of communication

open after the election as well.

"To give a voice to our constituents is truly important," he said, stressing the riding needs "someone you can trust, that is accessible ... I do return phone calls."

A number of issues are top of mind for Carrier, including addressing things like high unemployment rates,

Bergen promising a 5-pillar plan with Tories

By Becca Myskiw

Candice Bergen is hoping to be the voice for the people of Portage-Lisgar for the fifth election in a row.

Bergen was voted in during the 40th federal election in 2008 with the Conservative Party of Canada, previously the Canadian Alliance and the Reform Party of Canada. Since its creation in 1997, the Portage-Lisgar constituency has been painted blue — Bergen is hoping that stays the same.

For the 44th Canadian election, the Conservatives have a platform with five pillars. The first promise they're making is the securement of jobs.

"We need to ensure that people are going to be able to get back to work," she said.

So, they've created a job surge plan that will regain jobs lost during the pandemic and encourage people to get back into the workforce.

Their platform also has a plan to secure mental health. They've created a three-digit number to call for suicide prevention, they have a plan to combat the opioid crisis, and they've created new spots for drug recovery across Canada.

"We believe that mental health is health," said Bergen.

The third pillar in the Conservative's plan is to secure accountability in Ottawa. Bergen said the Liberals have created a mess and the Conservatives plan is to clean it up along with stopping the red party's corruption.

The Tories are also promising to secure Canada. Bergen said that means building capacity at home to handle future pandemics by creating vaccines here and ensuring Canada has the amount of personal protective equipment (PPE) needed.

The final pillar is securing the Ca-

nadian economy. Bergen said there's been a huge rise in prices in every sector — gas, food, and more — and it continues to go up.

"It's a direct result of bad economic policies from Justin Trudeau," she said. "The Conservatives have a plan to secure the economy and it's going to be by balancing the economy over the next decade."

Along with that, Bergen said they plan to help the agricultural sector by making sure trade is fair. To do that, they'll open new markets for free trade negotiations, end unfair tax treatment for farm families, adopt a grocery supply code, and more.

The Conservatives will also act on the internet in rural areas by ensuring everyone has dependable access and service.

The federal election is this Sept. 20.



Candice Bergen is representing the Conservative Party of Canada for the people of Portage-Lisgar.

Wiebe looking to get PPC into Parliament

By Becca Myskiw

Solomon Wiebe is giving the people of Portage-Lisgar a voice with the People's Party of Canada (PPC).

The PPC party, led by Maxime Bernier, was formed in 2018, running in 315 of a possible 338 ridings in the 2019 federal election. No candidate was elected that year.

Wiebe is hoping to change that in the 44th federal election. He said he knows the people in his constituency aren't happy with the current government and the way it runs, and neither is he. So he's here to give them their faith back in the institution and "make them proud to be Canadian again."

To sum up PPC's platform, Wiebe described it as trying to increase individual's rights and liberties at the expense of big government. In more straightforward terms, they're hoping

to eliminate big government.

To do that, PPC would get rid of the areas that don't make sense, such as the lengthy processes that make Canada uncompetitive in the economy and is inconvenient in personal lives.

"Getting rid of things would prevent unelected officials from making large decisions because people have no say in them, but they impact our lives," he said. "That's not right because that's not democracy."

PPC also wants to control immigration, protect Canadians from censorship and discrimination, build more pipelines, make supply management more affordable, fix the healthcare system, and reject alarmism surrounding climate change.

"I'm passionate about the People's Party because I think it's the only party that represents me," said Wiebe. "I

think they're common sense and better for Canada. I think they'd make our country prosperous."

He said if he gets voted in, he'll enforce his promises. He hopes the people of Portage-Lisgar use their vote this election to elect someone who represents their interests and not just to remove someone from power.

He said if people continue to vote, as they have in the past, like there are only two parties, those two will be competing to be less corrupt — and will stay corrupt.

Wiebe is speaking at various rallies across the constituency, handing out flyers by hand, door-knocking, and delivering signs and merchandise to increase his following.

The 44th federal election is this Sept. 20.



Solomon Wiebe is representing the People's Party of Canada in the upcoming federal election.

> LIBERAL CANDIDATE, FROM PG. 16

the need for more childcare options and early childhood education programs, settlement services for newcomers, and climate change.

"There's a lot of issues that we need to be proactive on," he says, adding that Canada's progress when it comes to truth and reconciliation is also a very personal passion for him.

Carrier feels he could be a strong

representative for Portage-Lisgar in Parliament, willing to fight to see the region gets the resources it is due.

"As taxpayers, you work hard, you pay your taxes, and you need to see the return coming back to your community.

"I'm reaching out to people who want change," Carrier says. "I know historically Portage-Lisgar for the last

several elections has voted Conservative, but I wanted people to have the opportunity to choose.

"If they want proactive and hard-working individual ... someone who is accessible and someone who is transparent and accountable to the constituents ... I'm offering myself to the riding.

"I'm looking at trying to meet the needs of our citizens."



Andrew Carrier is representing the Liberal Party for the Portage-Lisgar region.

Carman's Chinese connection....the restaurant business

By Dennis Young

Opening a restaurant was a relatively logical thing for an immigrant to do as it required no specifically Canadian skill-set. Even English was not a necessary requirement as the universal language of hungry bellies served to overcome the language barrier.

In rural communities the Chinese restaurant owners learned English to make friends with their customers and others in the community to make a living. Carman was not alone in that regard.

The Royal Café of 1919 and later the B.C. or Broadway Café, was located west of the former Bowie's/Carman Bakery on 1st Avenue. By newspaper accounts, Charlie Wong ran it in 1928 and Dan Chang in 1939. In 1948 the B.C. was bought by Soong Jack. By 1959 ownership changed to Quinsay Lai Mak. No date when this B.C. Café wrapped up business has been confirmed but the Dufferin Credit Union was built there in 1970.

The York Café opened in December of 1938 (today Kingdom Health Club). The owners were Wy Jack and Henry Mar, the son or nephew of Jack Mar who ran the Rex at the time. By 1949 The *Dufferin Leader* showed ownership had changed to Soong Jack (who also owned Rex, Carmania and B.C. Cafes). He sold them all to a Winnipeg firm in 1951 but stayed on to run The York.

Fred Kent's name was in an ad in 1953 before a 1954 announcement that Hans Paessens & Walter Gauden replaced W.C. Smithers & H. Thurton as owners. In my interview for my Louis the Boot Pappas story (April 8, 2021), Louis's son told me his Dad bought The York from John and Zeena Paessons in 1962. No more Café.

The North sisters supplied me with this memory.

"Teenagers in the 50s would hurry after school to listen to those fancy juke boxes at The York. Around 58/59 there was a group of us girls known as the "Silly Six" including Ellen Hunter, Faun Ross, Marj Stevenson, Marilyn Cochran, Bonnie Cochran and Willa North. The annex to The York was vacant so on Saturday nights, we "rented" the space and held dances using a record player to provide music! With one set of parents chaperoning, large crowds of maybe 50 people would attend."

During the week, The York was a meeting place for local businessmen to solve the world's problems over coffee. The regulars would be Dr. North, Barrie Sanders, Howard Bennett and Clarence Bedford.

The Club Café of 1920s or Rex Café in the 30s was housed in one of Carman's historic buildings. The Sons of England's two story brick structure was built in 1898 (now Carman Home Hardware site) by Edmund Watson. The Lodge occupied the upper floor, Hemmingway & Waller operated a store in the south part of the main floor (The Rex area) and Loree Real Estate had offices in the north (later Adams Bakery). Leu Pon was an owner (ad in 1928) but everyone recalls Dan Gin Wah (ad in 1946).

Gin was well liked and respected for his involvement in this community. So it was no surprise the outpouring of support he and his family received when The Rex burned to the ground in 1976. The entire family of four aged 8-15 lived on the 2nd floor and lost all their possessions. Funds were raised, clothes and lodging donated but a new restaurant never became a reality and the Wahs moved to B.C.

Margot Wilson, daughter-in-law to Gin reached out to the Historical Society awhile back asking for information to pass along to her family.



The Rex Cafe 1960s



The York Cafe in the 1960s

"My husband grew up in Carman. He remembers how generous the community was towards them. Gin passed years ago but even in his final times, he recalled and talked fondly of Carman and The Rex Café."

Staff that might have served you "chip & gravy" during the 6 p.m. to midnight shift were Dorothy Lucking, Mrs. Leash, Doreen McFarlane, Emma Clark, Ken Ng and more but I only found their first names such as David, Lim, Ku and Terry.

Pete's Place on Main Street shut down in 1983 and in came Wai Sum Lam to start Lammy's Restaurant. In 1988, after two years vacant, Sam and Kitty Lee moved in from Brandon where they were partners with Sam's uncle in the Kingsland restaurant. The name became the Tidbit Restaurant.

Kitty tells me "Carman was very hungry for us to open. We were still painting and people would come in! Oh and it was so easy to get staff back then....lots of resumes. Kim Friesen, Tracy Richardson and Allison Wieler worked hard for us. But later it was very hard for us two to keep up. No one wanted to work."

They ran the successful dine in-take out business until 2013 when Wei and Xueling Liu purchased it. She had been in the industry in Winnipeg and it was time to move out on their own. After a few calls they met the Lees and continue to op-

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Management and Staff





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STANDARD PHOTOS SUBMITTED

Christmas Greeting ads for The Rex Cafe through the years.

erate today with much support from the area.

"Even through COVID we have been very happy with Carman."

All of them made important contributions to Carman and fostered fond feelings among their customers and neighbours. Today a Chinese restaurant continues to be a focal point in Carman's past and present community.

Flashback-Carman Fruit and Vegetable



STANDARD PHOTO SUBMITTED

Bert Klos started Carman Fruit and Vegetable on the west side of Skelton's Sunset Hardware (now Birch & Honey) in 1971. In 1976 he purchased the entire building and continued to operate there until 1981. The big move came when he built the current Carman MCC bldg and operated Carman IGA for 17 years. Bill VanAssen managed after Bert opened up Klos Realty the same year. Newman Hand current resides in the building. Nester Kohut took over from Bert in 1988. Bert is presently retired and living in B.C.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Local golfer turning golf game into career; wins a scholarship

By Becca Myskiw

A local golfer has been awarded a \$1,000 scholarship to put towards his post-secondary studies in Toronto.

Samuel Sullivan graduated from Carman Collegiate in 2020. He's been golfing for the past five years, after getting a job at the Carman Golf and Curling Club. Over the years, general manager of the club and golf pro Dean North has been mentoring him.

Sullivan said every game of golf is different, and that's why he's stuck with the sport.

"It's just the challenge every day," he said. "It's a new thing. Not every day is going to be the same."

This summer, Sullivan played in the Maple Leaf Junior Golf Tour (MJT). Each province hosts its own five tournaments in this nationwide tournament and sends the Regional Order of Merit Leaders to the National Championship in Surrey, BC.

Sullivan placed 8th overall in the Order of Merit Standings, with 525 points and a stroke average of 77. His best finish in a tournament was 2nd place.

He also played in the Golf Manitoba junior championship held at the Shilo Country Club, placing 25th out of 80 plus golfers. In 2019 and again this year, Sullivan won the club championship in Carman.

"You've just got to keep playing, practice, and practice," he said. "Golf is more of a skill you've got to work on."

He said his short game is the best, meaning his chipping and putting is on par. Sullivan's mental game, however, is what he's working on. According to Jon Stabler at GolfPsych, golf is one of the most challenging sports out there due to learning to use 14 clubs in 14 ways, adapting to different grasses and weather conditions, and playing for periods of six hours at a time.

"The physics of the game make it very hard to play intuitively," Stabler writes.

Because of all the "downtime" in a golf game, the golfers have lots of time to think, which means they have lots of time to get in their head. However, Sullivan said to ensure he doesn't do that too often; he has to refresh his mindset.

"You get thinking down on yourself and get in a negative mindset," he said. "It affects your physical game. So, I take five seconds, breathe in and out, and focus on positive thinking. You have to know how good you are."

Now, he's taking his golf game into the classroom at Humber College in Toronto. Sullivan is pursuing a three-year golf management business diploma there, and hopes to use that to



STANDARD PHOTO SUBMITTED

Carman's Samuel Sullivan won a \$1,000 scholarship for his post-secondary studies in Toronto.

turn golf into a career in some way.

He recently won the Craig Yahiro Memorial Scholarship award of \$1,000. The award honours the late Craig Yahiro, a long-time member of

the PGA of Canada, and is supported by an annual fundraiser at the Rossmore Country Club.

Larters' ladies win 'B' Interclub Net Division Championship

Staff

The host course team, consisting of Carol Ann Wilson (74), Rina LaClaire (74) and Marlene Marynick (77), won the "B" Interclub Net Division Championship at the Larters at St. Andrews Golf & Country Club last week with a combined +15 total.

That was one stroke better than Southwood and St. Charles Country Club.

Meanwhile, it was a single stroke victory for the Glendale Golf & Country Club as their team combined for victory, winning the Women's Interclub "A" Gross Division Championship.

Cathy Derewianchuk (80), Shannon Wales (80) and April Calderon (81) finished at +31, one stroke better than the Breezy Bend Country Club.

Southwood Golf & Country Club won the Interclub "A" Net Division Championship at +7, one stroke better than Breezy Bend. Southwood's team consisted of Ruth Schappert (70), Trish Jordan (73) and Heather Shayna (74).

Southwood also won the "B" Interclub Gross Division Championship at +96. The victorious trio featured Marge Dyck (97), Joyce Kerslake (99) and Kathy Hughes (110).

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The Carman-Dufferin
STANDARD

Boyne Tower residents celebrate the Olympics

By Becca Myskiw

Boyne Towers staff organized 55+ games for residents bringing home the gold, silver, and bronze, while celebrating the Olympics last month.

Lois Froese, a support for seniors in the building, organized their own 55+ games on the week of Aug. 16. They had one event a day for four days that week, each based off of Olympic events, which were going on at the same time.

"COVID has been rather difficult for the seniors in this building," said Froese. "They haven't been able to do anything, so when the restrictions were lifted, I decided to go ahead and plan an activity that would be fun that they could do."

Each event welcomed people of all abilities. One of the events was "high diving", where participants had to push a frog back and have it jump into the pool. There was also a memory game and a strategic one that required cooperation.

Froese said she had six participants show up every day, and others showed up for a few. At each event,

participants got a number of points for where they placed and for trying the games. All who were there enjoyed every minute of it, she said.

After each event, the participants would get together and watch the Olympics.

"It was to build a little bit of comradery among the people to kind of get them out of their rooms that they are now used to being stuck in," said Froese. "Just to give a little celebration to Canada. And it was a good conversation starter because they all watched the Olympics, and it was a safe topic. It wasn't COVID, it wasn't politics... everyone could contribute."

After the Monday, Tuesday, Wednesday, and Thursday events were finished, Froese tallied the points and everyone got together for a medal ceremony, complete with ice cream, tea, and conversation.

Deanne Mintenko won gold and Alwyn Wakely silver. Meanwhile, John Murray was awarded bronze. One received a Canada sweater along with their prize, another got a Winnipeg jets shirt, and the other a Canada



STANDARD PHOTO SUBMITTED

Boyne Lodge 55+ games winners: Alwyn Wakely (silver), left, Deanne Mintenko (gold), middle, and John Murray (bronze).

hat and socks. The other participants each received a notepad and pen, a keychain and some candy.

Froese said the 55+ games were a

success for everyone involved and she's looking at doing something similar for next year.

Young becomes new Carman Beavers' president

By Brian Bowman

The Carman Beavers' new president is no stranger to the organization.

Dennis Young took over the role of Beavers' president on Sept. 1. He replaces Tyler King who announced his retirement several weeks ago.

Young doesn't have much time to get things organized as South Eastern Manitoba Hockey League training camps will begin next month.

"I am filling the vacant role of president and forming a new executive of general manager, coaches, and volun-

teers," Young said last Saturday.

Young is not new to the position, having been team president for 14 years previously (1981-86 and 2009-2018) as well as being involved in various capacities for 21 seasons.

"Someone had to step up," Young said. "The position was open when Tyler King retired and there was no replacement forthcoming. I've done it before so I thought I should step in and try to get things back working again because it's already September and camp starts in October."

There is plenty of work to do in the coming weeks and the organization is in dire need of many volunteers to help out.

"I've been beating the bushes but not much success so far," Young admitted. "But hopefully people will come on board and offer their assistance - that's what I'm hoping (for)."

As for the on-ice product, the Beavers have two goalies and 14 skaters confirming that they will be part of the team this season.

"They're all presently beating the

bushes with buddies and friends," Young said. "We have room for two imports so we have guys looking for guys who maybe finished their (University of Manitoba) Bisons career. That kind of thing. From the previous year's roster, we've only had three guys retire, so that's not bad."

Anyone interested in being a part of the Beavers' organization can contact Young by phone at 204-745-8811 or via email at denjohnyoung@gmail.com.

Curling Canada to require mandatory vaccinations to attend events

From Curling Canada

All athletes, coaches, fans, volunteers, media and event staff and contractors above the age of 12 will have to be fully vaccinated against COVID-19 in order to participate in, and attend, Curling Canada-affiliated events, it was announced last week.

The policy will be implemented as soon as possible, and will be extended to all events put on by Curling Canada, including in-person meetings and championships, regardless of location.

Those attending Curling Canada events must provide a proof of first

vaccination by no later than Sept. 8 and proof of full vaccination by no later than Oct. 12.

Those dates apply specifically to athletes participating in upcoming Olympic qualifying events (the Canadian Curling Trials Direct-Entry Event and Canadian Curling Pre-Trials Direct-Entry Event Sept. 22-26 in Ottawa, and the Home Hardware Pre-Trials Oct. 26-31 in Liverpool, N.S.)

Fans, staff, media and volunteers, meanwhile, must provide proof of full vaccination that took place a minimum 14 days before the start of the event they are attending.

"Above all else, we believe this is necessary to provide the safest possible environment for everyone who participates in our events, and that point can't be emphasized more strongly," said Katherine Henderson, Chief Executive Officer of Curling Canada. "There's absolutely no question that vaccinations work and significantly reduce the risk of COVID-19 infection. We want our athletes, our fans, our volunteers and our employees to feel as safe as possible at our events, and we believe this is a necessary step toward that goal."

"Curling Canada's Board of Gover-

nors unequivocally supports the position that the organization is taking," added Curling Canada Board Chair Amy Nixon. "We ask that our staff provide environments for athletes to compete and fans to enjoy that are safe for everyone. We firmly believe that the health and safety guidance that they have asked for and received is being listened to and acted upon in the best interests of all."

Ticket-buyers who are declining to be vaccinated will have the opportunity to get refunds. Further details on how this policy will be implemented will be available at a later date.

get inspired

> MEAL IDEAS



Overnight Apple Cinnamon French Toast Casserole

Spray 8-by-8-inch glass baking dish with nonstick cooking spray.

In baking dish, add 10 ounces cubed French bread in bottom of dish. Pour apple filling over bread. Top with remaining cubed French bread. Set aside.

In medium bowl, whisk eggs, half-and-half and cinnamon. Pour evenly over bread.

Cover with aluminum foil and chill overnight.

Heat oven to 325 F.

Remove foil and bake 50-60 minutes.

Let cool 10-15 minutes.

In small bowl, whisk powdered sugar and milk. Add additional, if needed, until pourable glaze is reached. Drizzle over casserole before serving.

Servings: 12
Nonstick cooking spray
1 package (20 ounces) French bread, cubed, divided
1 can (20 ounces) apple pie filling
9 eggs
1 cup half-and-half
2 teaspoons ground cinnamon
1 cup powdered sugar, plus additional (optional)
2 tablespoons milk, plus additional (optional)



Breakfast Burrito

1 large tomato, seeded and diced
1 avocado, sliced
hot sauce (optional)

In large skillet, heat canola oil over medium heat. Add red onion and red bell pepper; cook 8 minutes. Add black beans and red pepper flakes; cook 3 minutes. Season with salt and pepper, to taste. Transfer to dish.

In medium bowl, whisk eggs and egg whites. Stir in cheese until combined. Heat large skillet over low heat, add egg mixture and scramble 3 minutes, or until cooked through.

Spread sour cream over tortilla. Spread salsa over sour cream. Spoon 1/4 bean mixture over salsa. Spoon 1/4 scrambled eggs over bean mixture. Top with diced tomatoes and avocado. Drizzle with hot sauce, if desired. Roll-up burrito. Repeat three times with remaining ingredients and serve.

Servings: 4
2 teaspoon canola oil
1 small red onion, diced
1 red bell pepper, seeded and diced
1 can black beans, drained and rinsed
1/4 teaspoon red pepper flakes
salt, to taste
pepper, to taste
4 eggs
4 egg whites
1/2 cup shredded pepper jack cheese
nonstick cooking spray
4 flour tortillas
1/4 cup sour cream
1/4 cup salsa



Blueberry and Pomegranate Power Bars

6 ounces bittersweet chocolate, melted
Line 13-by-9-inch pan with foil; spray with nonstick cooking spray.

In large bowl, combine popcorn, oats, blueberries, pomegranate seeds and almonds.

In small saucepan over low heat, boil honey, brown sugar and butter 2 minutes. Pour over popcorn mixture and mix thoroughly.

Using damp hands, press mixture firmly into prepared pan. Refrigerate until firm, about 2 hours. Cut into 12 bars.

Dip bottoms of bars into melted chocolate. Place on wax paper-lined pan; refrigerate until ready to serve. Store in tight covered container in refrigerator.

Yield: 12 bars
Nonstick cooking spray
8 cups popped popcorn
1 1/2 cups old-fashioned rolled oats
1 cup dried blueberries
1/2 cup pomegranate seeds
1/2 cup whole natural almonds, toasted and coarsely chopped
2/3 cup honey
2/3 cup light brown sugar
2 tablespoons butter or margarine

Expert Patient Here to Help!

By Susie Schwartz

Did you know that you probably know more than you think you know? There are always clues to what is going on when it comes to our bodies and our health. So, the doctor can often help solve the puzzle, but the chances are less likely without our intuition and expertise.

Know your body and trust your instincts.

I caution people not to revere doctors in such high regard that they overrule what they feel to be true for their health. In the past, I have needed an I.V. iron infusion due to dangerously low levels. I knew low energy to be a definite sign, (Does hitting the snooze 14 times and getting up to shower only to need an immediate nap count?) but also found out that mouth ulcers and swollen feet can be signs too. Recently, I started having these symptoms again, and I asked the doctor if it would be worth checking my iron levels. (I never tell them they should, but rather frame these suggestions as questions. Trust me, this is key to a two-way relationship with your doctor.) She agreed and my iron was in fact low, but just above the qualifying number for an iron infusion. (It's a drastic measure and costs the health care system.) But I cannot supplement orally due to gastrointestinal issues and my restrictive diet makes it tricky to intake much iron. After reminding my doctor of these obstacles, and that I had an infusion before, she agreed to send my results to my specialist who had ordered the previous infusion. With the authority to order it (The NHS in England works slightly



Susie Schwartz

different than in Canada), he agreed we should do so. Guess what? I may still hit the snooze once or twice but can shower AND shop in the same day! And the other symptoms have almost disappeared.

The reason I tell you this story is this: I knew from experience and intuition that my body needed help, and in presenting my case thoughtfully and thoroughly, my doctors were willing to get me that help. We were a team. If I had overruled my knowledge and intuition, the doctor would have just followed regular protocol and not got the infusion ordered.

So I guess this tip is two-fold: See yourself as a valuable part of the team and trust your instincts if you know your body.

Less health stress, yes?

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

Crunchy Popcorn Trail Mix

Yield: 9 cups
5 cups popped popcorn
3 cups whole-grain oat cereal
1/3 cup raisins
1/3 cup peanuts or other nuts
1/3 cup sunflower seeds
1/4 cup (1/2 stick) butter or margarine
6 tablespoons brown sugar
2 tablespoons light corn syrup
In large, microwavable bowl, stir popcorn, cereal, raisins, nuts and seeds; set aside.

In small saucepan, heat butter, brown sugar and corn syrup until boiling; cook 3 minutes, stirring occasionally. Pour over popcorn mixture, stirring to coat evenly.

Microwave 3-4 minutes, stirring and scraping bowl after each minute.

Spread onto greased cookie sheet; cool. Break into pieces and store in airtight container.



SUDOKU

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

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!

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CROSSWORD

CLUES ACROSS

1. It governs Federer and Nadal's sport
4. Golden apple tree
8. Central Mexican river
10. Horn
11. Egg-shaped
12. With tooth
13. French modernist painter
15. Disprove
16. Painful intestinal obstruction
17. Baby shoes
18. Make the grade
21. Type of screen
22. Christian fraternal organization (abbr.)
23. Computer giant
24. When you hope to get there
25. Corporate executive title (abbr.)
26. Shout of welcome or farewell
27. Imaginary awards for good deeds
34. A citizen of Iran
35. It can be sounded
36. Making dirty
37. Romanian city
38. Baking ingredient
39. Share a common boundary with
40. Succulent plants
41. Penny
42. Jr. U.S. Senator Paul
43. "Laurie Partridge" actress

CLUES DOWN

[illegible]

1. A type of bomb
2. Pacific island country
3. Earth is one
4. A place to gather around
5. Expressed opposite views
6. Group that lives near Siberia
7. Ore deposit
9. Language related to Eskimo
10. Narrative piece of music
12. The distance covered by normal stride
14. Glycoprotein hormone (abbr.)
15. Mathematical term (abbr.)
17. Popular beer
19. Jabbing
20. Historic Swedish castle
21. Humorous expressions
24. Christmas and New Year's Day each have one
25. Filled up
26. Nerve that serves the forearm (abbr.)
27. One of British descent
28. A way to get at
29. Food-related allergic reaction
30. Group of arteries near the pelvis
31. Picked up
32. Being three in one
33. Obscene
34. Dravidian language
36. Growl



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Morden Station**

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- Maintaining seed inventories
- Data collection
- Assisting in crossing programs
- Hand harvesting and threshing of greenhouse plants
- Integrated pest management
- Assisting with field activities as needed

To be considered for this position, you should:

- Have excellent attention to detail and organizational skills
- Be able to work independently as well as part of a team
- Some knowledge of plant biology and experience with Canola would be an asset
- Experience working in a greenhouse environment would be an asset
- Possess valid Class 5 driver's license
- Be legally entitled to work in Canada

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Closing Date: September 27, 2021

DL Seeds thanks all applicants, however, only those selected for an interview will be contacted.

Email resumes to:
dlshr@dlseeds.ca

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

Crossword Answer

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Robert and Mya

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OBITUARY

Menno Jacob Friesen
Elm Creek, Manitoba

April 20, 1938 - September 1, 2021

Menno Friesen, devoted husband, father, brother, uncle, and friend passed away unexpectedly on September 1, 2021 at Carman Memorial Hospital, Carman, Manitoba at age 83.

He is survived by his wife Shirley (nee Morgan), his daughter Lori and son-in-law Chris Hardy, his siblings David Friesen (Margaret), John Friesen (Mari), Margaret Janzen, and Leonard Friesen, sister-in-law Georgina Swark, brother-in-law Don Melvin, sister-in-law Marie Friesen, and many nieces, nephews, extended family, friends Gordie, Bob, Mel and Ray, Elm Creek Walkers friends, church friends and many more.



He is predeceased by his parents, Nick and Helena Friesen; his mother-in-law Helen Morgan; his sister Susan Melvin; his brother Abram Friesen, his sisters-in-law Doris Friesen, Frances Friesen, and Vivian Amison; and his brothers-in-law Alvin Janzen, Frank Swark and Victor Amison.

Menno was born in Winkler and lived until about age 10 in Kronsart. When he was 10, he moved with his family to Elm Creek.

He married Shirley Morgan on May 19, 1962. He worked in Winnipeg for a few years, he was very proud to say he worked on building the Winnipeg Floodway. Lori was born in 1965. Menno had a farm in Oakville, Manitoba in the early part of their marriage, but then sold it and bought a farm in the Red Rose/Dallas area of the Interlake where they spent seven happy years from 1968-1975. In 1975 Menno and Shirley sold their farm in Dallas and bought his father's farm in Elm Creek (RM of Grey). During this time, he achieved one of his life goals of owning a full square section of land.

Throughout his life, Menno worked as a welder, welding teacher, farmer, and long-haul truck driver. After he retired, he and Shirley travelled far and wide. One special trip was to the Ukraine with his brother Abe on a Mennonite History tour, and they visited the area where their father was born. Menno has travelled to every province and every state except Louisiana.

His motto was, "everything in moderation", and while not always achieved, he lived an honest life. Menno was a member of the Carman Mennonite Church and was an usher there for many years; something that he took seriously as being of service for his Church community.

He loved hockey! He played with the Peguis Oldtimers and the Elm Creek Seals, he coached the Elm Creek Bantams for a few years, and watched all games avidly on TV or with whomever would go to a game with him live. He loved baseball too, and he finally got to a Major League game in April 2017 where he saw the Blue Jays win a game.

He always kept busy and active, and he lived on the farm and worked on projects up to a few days before he passed. In the winters, he walked regularly with the Elm Creek walking group at the Hall. He loved to host a summer BBQ for them each summer on the farm. Menno went for coffee like clockwork each day, enjoying meeting good friends and having fun.

He gave unselfishly of himself to friends and family. He was a supportive and loving father and husband who went above and beyond. Menno and Shirley were married for 59 years.

Menno is sorely missed, and may our comfort be in our wonderful memories of his life that was well and fully lived, and that he is in Heaven with his Lord.

Private funeral service was held at the Carman Mennonite Church with burial in the Elm Creek Cemetery.

Doyle's Funeral Home
in care of arrangements
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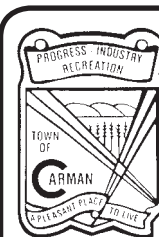
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