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STANDARD PHOTO BY DENNIS YOUNG

The Carman Area Foundation provided the majority of funding for the construction of the announcers/scorekeeper booth for the Carman Cardinals Baseball Club at their home diamond. Pictured left to right, Cliff Holliston (announcer), Barry Gosnell (chairperson of Carman Area Foundation) and Jack Pethybridge (president Carman Cardinals Baseball Club).

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Chamber hosting socially distant Halloween fun

By Becca Myskiw

Next week will be one of the weirdest Halloweens yet — but the Carman and Community Chamber of Commerce is working hard to make it enjoyable.

Executive director Jodie Winkler said in a news release to chamber members the plan is still in progress, but there is lots set in stone for Oct. 31.

They're hosting an event of Halloween afternoon for children in the community. It will take place from 2 p.m. to 4 p.m. in the parking lot behind Access Credit Union, north to Newman Hand Insurance.

"Most of the activity will take place here, in this area, as this is a huge space, and there is plenty of room for social distancing," said Winkler.

The chamber is planning to have children participate in a costume parade in a huge circle around the parking lot. As it will be outdoors and will likely be cold, Winkler said she's requested KidDance to lead the parade with dancing so the children can keep warm.

Those who participate and are in costume will get treats.

From 2:30 p.m. to 3 p.m., Lulu and the Tom Cat will be performing on an

outdoor stage in the northwest corner of the parking lot. There will also be a mini donut truck and "various other surprises throughout the area during the event."

"Anytime between 2 p.m. and 4 p.m., families will be invited to trick-or-treat to the participating business in our downtown business area," said Winkler.

Around 20 businesses in the downtown area have expressed interest, Winkler said, in having trick-or-treaters come by, some of which are Home Hardware, Peace Lily Therapeutics, GPAC, Knockabouts, CIBC, Diamond Hair Salon, and Boyne Regional Library.

Along with handing out candy, the library is organizing a "Code Hunt", which is an activity that encourages the children to go to various businesses while trick-or-treating. There will then be story time at Ryall Park at 3 p.m. and again at 3:30 p.m.

The Carman and Community Chamber of Commerce has been planning this event for a while now. Winkler said they were looking for a way to make Halloween happen in a safe and fun way for the children and this is it.



STANDARD PHOTO SUBMITTED

Several Carman businesses will be handing out treats for children dressed in costumes from 2-4 p.m. on Oct. 31.

A safe Halloween fix for Back Door Youth

By Becca Myskiw

Kozak Plumbing and Heating has created a way for people to make Halloween in Carman safe and charitable.

The business has partnered with The Back Door Youth Centre this year and is selling PVC pipe to be made into candy chutes.

Chelsea Kozak said she got the idea from a video on Facebook. In the video there was a chute (PVC pipe) and on one end, the person handing out candy grabbed each piece with a pair of tongs, then put it into the chute where it fell right into the children's buckets on the other end.

"And I thought, oh that's actually a great idea," she said.

Originally she just thought of family and friends making candy chutes but, it snowballed into something bigger. So, without wasting a second, she started talking to Tyler Friesen, director of the youth centre and within half an hour, the pair created a plan.

Kozak Plumbing and Heating will donate all the six-foot PVC pipe that's being sold and Kozak herself will spray paint each piece orange. To get one, people have to make a minimum donation of \$25 to The Back Door Youth Centre's expansion project.

The centre is adding onto their current building to allow for more office space, more recreational space, and better washroom facilities. They're hoping to fundraise \$1 million by the end of next year and have reached almost half of their goal.

Kozak said she wanted to support the youth centre because she appreciates the work they do within the town.

"It is a really great resource for youth in our town," she said.

So, the candy chutes are her way of funding them and creating a Halloween experience for all the youth in Carman.

"We don't want to cancel Halloween," she said. "So much has already been cancelled."

Kozak added that a lot of the children who might benefit from these candy chutes probably go to The Back Door Youth Centre, so this is a double win for them.

In just one day of having the idea out there, Kozak Plumbing and Heating has already sold six of the PVC pipe candy chutes. Kozak said she's hoping they can sell a lot more.

To get one, email thebackdoor.yfc@gmail.com or admin@kozakplumbingandheating.com.

Reminder

Final Compost Collection Day is Monday November 2nd



CHOICE field raises almost \$30,000 for Canadian Foodgrains Bank

By Becca Myskiw

The 80-acre CHOICE field just Northwest of Elm Creek was harvested on the sunny afternoon of Sept. 25.

Carolyn Koster of the Canadian Foodgrains Bank, the organization the field is harvested for, said the annual harvest brings farmers from Elm Creek, Carman, and surrounding areas together. Five combines come from Elm Creek to take the crop off and a number of semi-trucks make their way from Carman to transport the crop.

Those who aren't actively working on the field come down and partake in the afternoon's fellowship.

"There's a lot of enjoyment that comes through and the sense of

community is really strong with this group," said Koster.

The CHOICE field started back in 2009 and has been growing strong ever since. All of the land, time, and caretaking of the field is donated — Koster said the only thing the Canadian Foodgrains Bank might have pay for is fertilizer or chemical here and there.

This year, they planted, grew, and harvested soybeans on the field donated by Helen Rempel. It netted 35 bushels per acre, raising a total of \$29,980 for the Canadian Foodgrains Bank.

Since the harvest, the field has been fertilized and cultivated, ready for next year's crop.



STANDARD PHOTOS SUBMITTED

The CHOICE soybean field was harvested on Sept. 25 this year and netted \$29,980 for the Canadian Foodgrains Bank.

ACU hands out Jeans for Charity donations



STANDARD PHOTO SUBMITTED

Access Credit Union staff were making the rounds last Thursday handing out the proceeds of this year's Jeans for Charity program. The Miami Christmas Cheer Board received over \$900.

Over the past year, ACU staff have donated at least \$3 a week to be able to wear jeans to work on Fridays. The financial institution then matched those donations, resulting in \$77,330.50 going out to 23 local organizations this fall.

The 2020 recipients selected by ACU's branches include the Lowe Farm Zamboni shed project, Vita Healing Gardens Inc., RM of Piney Christmas hampers, Hearteam Inc., Manitou/RM of Pembina Christmas Cheer Board Miami and Area Christmas Cheer Board, Pembina Valley Childcare Centre, Boundary Trails Palliative Care, Youth for Christ, Macdonald Fire Fighters Club, Rhineland Food Bank, Rhineland Empty Stocking Fund, Plum Coulee Campground, Dominion City Community Hall, Emerson Care Home, Gretna

Public School, Salem Home, Boundary Trails Palliative Care, the Grunthal Meal Program, Steinbach and Area Animal Rescue Inc., Genesis House, Central Station, and the Pembina Valley Pregnancy Care Centre.

"Community support is in our DNA," says Larry Davey, president and CEO of Access Credit Union. "Those values are deeply held by all staff inside the credit union and we are proud to be able to help strengthen the communities where we all live, work, and play."

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PHAC changes craft sale into an online auction

By Lorne Stelmach

The Pembina Hills Arts Council is going online in the hopes of replacing an annual holiday season tradition that is simply not possible this year due to pandemic restrictions.

COVID-19 means the arts council can't hold its annual November Christmas craft show, but it is planning an online art auction in its place as a means for people to still support both the organization and area artists.

"Not having that opportunity, this is a good alternative," suggested administrative co-ordinator Laurie Wiebe. "It sure is filling a void, and it's giving artists an opportunity to sell their artwork in a very safe manner."

Wiebe said it has been a challenging year for the arts council and its member artists as so many events have had to be cancelled, including a number of important fundraisers.

With that thought in mind, the 50/50 art auction that will take place Nov. 20-30 will see half of the proceeds go to the arts council and the other half go directly to the artists.

Wiebe said they felt strongly about providing an opportunity for artists as the sale is always a good opportunity for them to not only make sales but also promote themselves.

"Not only are they able to sell that

day, it also gives them the publicity. I know that some of the crafters and artists have been contacted by members of the public after the sale even for custom orders," she noted.

The online auction also opens it up to artists further afield, Wiebe added, although local artists were given first opportunity.

"We put the call out to our member artists first and we then announced it on social media to ask for any artists ... and we've had really good response so far, even from people in Winnipeg and from north of Winnipeg who otherwise might not be involved with the arts council."

Artists are being asked for a minimum price for their work that will be reflected in the amount of the reserve bid, and Wiebe noted they are looking for art pieces in all shapes and forms.

"We're not going to restrict it at all," she said. "So far we have everything from paintings to pottery to textiles as well and a lot more."

"If people are looking for a unique Christmas gift, this would be a good way to find it."

If you want to part of this auction, you will need to bring in your art by Nov. 10 at 5 p.m. For more information, contact Wiebe at admin@pembinahillsarts.com or 204-822-6026.

This week in review over the past 100 years

(This feature will inform readers of a condensed version of events that were in print in the *Dufferin Leaders* of 1920, 1945 and 1970).

October 21, 1920

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D. R. KERR - Phone 16

Oct 21, 1920

Oct 25, 1945

Graysville Calf Club Annual Banquet was held Friday Oct. 19. A fowl dinner was served by mothers of the members and was enjoyed by members, their parents, leader and special guests. . Donald Murray was MC for the evening.

Olive Coates was awarded for the best kept record book by E.T. Collins MLA. The prized offered by Mr. Collins was any calf from his herd, or he would purchase any calf that the winner wanted.

Marjorie Skeavington gave a splendid talk, describing the week she spent in Winnipeg representing the Graysville Calf Club, sponsored by the T. Eaton Co.

Robert Mills, Club Leader, stated that the club had now completed six successful years.

October 22, 1970

Jack Murta 27 yr old Graysville District farmer won the Progressive Conservative Nomination in Lisgar on October 17 at Swan Lake, Mb.

Midland Graduation Exercises were held at Miami School auditorium on Saturday October 17 when 51 students from Carman, 19 from Elm Creek and 27 from Miami a total of 97 received their Grade 12 diploma and other awards.

Two Senior citizens of Carman, Charles Miller and John Blank recently celebrated their birthdays. Charles Miller was 98 on October 12 and John Blank 96 on October 13. Both were born in Ontario. Mr. Miller came to Carman in 1904 and operated a butcher shop for 43 years. Mr. Blank was a farmer and carpenter in the area since coming to Carman. Both of these men maintain remarkable memories of the early days in Manitoba.

Blaine Pedersen
MLA for Midland

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Attention Apple Pie Bake Enthusiasts!

The students at Dufferin Christian School in Carman, MB would like to thank all of our past customers who have sampled and enjoyed our school prepared Apple Pies in years gone by! Unfortunately, due to COVID 19 restrictions, we will be unable to prep and sell any pies this year.

However, we do look forward to selling again in the future. Wishing you all the best!

The students of Dufferin Christian School



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Central Manitoba Youth Choir goes virtual

By Lorne Stelmach

The show will go on for the Central Manitoba Youth Choir, although in a different way while in the midst of pandemic restrictions.

The assembly of talented young singers from around the region would have normally have been out on tour this past week, but life under COVID-19 means they had to do an online performance instead.

The shift has posed a challenge for both the youth and volunteers involved with something that normally so relies on the group dynamic, observed committee member Loretta Thorleifson.

"I really take my hat off to these kids because they are singing in a choir without getting one of the most important rewards we normally associate with singing in a choir, which is being together," she said.

"A year ago, we would have thought that would be a crazy idea, but we've seen a lot of these online and thought it was worth a shot," Thorleifson said. "We definitely wanted to try to keep the choir alive this year and give the singers something to look forward to still."

The singers, who auditioned in spring, participated in a virtual camp on Oct. 3 via Zoom with director Marla Fontaine and accompanist Loren

Hiebert.

They then recorded videos of themselves singing, which were pieced together and edited by Virtual Music Productions and posted online last Friday.

The group included 44 singers drawn from a region that stretches to Altona and Gretna in the east, as far north as Langruth and Gladstone, and to Glenboro in the west.

"It's a really big region," said Thorleifson. "One of the things we didn't have to worry about this year was all the driving."

Things were further simplified by focusing on just one song selection.

"As you can imagine, trying to pull together a whole concert when you're not together would be a challenge," Thorleifson said, adding it was certainly a learning process for everyone involved. "They're singing alone. They can hear the accompaniment and they can see the conductor, but they only hear themselves. So it's just different from any kind of choir."

"Even when they recorded their parts, they did it individually ... it's definitely a challenge when they're not in the same room," she said, adding one saving grace was that most of the students were familiar with the Zoom platform.

"Most of them have been doing a lot



INSTAGRAM.COM/SINGWALKPLANT

CCMYC members met virtually instead of in person this fall to prepare and record a song released online last week.

of different learning by now ... so they were at least somewhat more familiar with the technology."

In the end, she was proud of how the students came through it all despite the many challenges.

"The biggest difficulty for a lot of the singers was a lot of them are from small towns or rural settings, and with

the internet being what it is ... but we were able to support them if they needed it," Thorleifson said. "They just rose to the occasion ... and I think it's going to be emotional [when we all see it]."

Head to centralmca.weebly.com/cmyc.html to see the video.

Rainbow Resource Centre offering counselling locally

By Lorne Stelmach

A new initiative is offering free counselling services to members of the 2SLGBTQ+ community across the region.

The Winnipeg-based Rainbow Resource Centre received a \$20,000 grant through the Bell Let's Talk Community Fund to support free short term counselling for people in southeastern Manitoba.

It is partnering with Manitoba Video Counselling (formerly Affirm Counselling) in Winkler to offer both in-person and online services

"Counselling services may centre around issues common to many people, such as anxiety, depression, transition, trauma, grief and difficult pasts, but 2SLGBTQ+ individuals may also seek counselling for issues specific to gender or sexuality," said therapist Greg Costen. "No matter the reason, we are so pleased to offer this free counselling opportunity."

Peter Wohlegemut, an Altona resident and a member of the 2SLGBTQ+ community, feels that having access to closer-to-home counselling will help to break down the isolation so many may experience in this area.

"I hope it will be an important part of building strength within the community," he said.

Wohlegemut said many members of the 2SLGBTQ+ community in southeastern Manitoba have benefitted from the counselling services offered by the Rainbow Resource Centre, but there are likely more who would like to access such services but are unable due to the time and cost involved in travelling to Winnipeg.

The community faces unique challenges, he noted, and the Rainbow Resource Centre has provided vital support for a long time.

"They have a wealth of experience in

Continued on page 8

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

COVID-19 cases continue to rise provincially

By Ashleigh Viveiros

A Winkler area man became the province's 38th COVID-19 death last week.

Public health officials reported last Thursday that the man in his 40s had succumbed to the illness.

By press time on Monday, four more Manitobans—all Winnipeggers—had died, bringing the COVID-19 death toll to 42.

The province's case numbers continue to rise. At press time on Monday, Manitoba had reported 727 new cases of COVID-19 over the previous seven days, bringing the total number of cases to 3,382.

There were 1,743 active cases listed at the start of the week and 1,597 recoveries. Twenty-eight people were in hospital with the virus, six in intensive care.

Fifty-one of the 80 new cases announced on Monday were found in the Winnipeg health region—an ongoing trend that has led public health officials to roll out new targeted restrictions in the Winnipeg area to battle the spread of the virus by reducing close, prolonged contact between people

That includes, in part, imposing stricter gathering size limits, reducing capacity in restaurants and stores, and closing casinos and bingo halls. Masks are also mandatory in all indoor public spaces in the Winnipeg Metropolitan Region.

Manitoba's chief public health officer Dr. Brent Roussin last week showed a graph demonstrating how fast one COVID-19 case can spread, using a real-life example of a Winnipegger who attended a social gathering on Sept. 11 while showing symptoms.

That one case led to 40 COVID-19 infections and 243 close contacts in just 12 days, ranging in age from 10 to 86 years old.

"We can see the significant impact of just that one exposure," Roussin said. "Forty people infected, 243 people

had to self-isolate, meaning they had to miss work, miss school, and added to the workload of public health, added to the workload of testing, all from that single night.

"We can see that this transmission event is not from having a couple contacts. These are large gatherings, large amount of contacts, and we can see how quickly that builds up."

Roussin again urged people to stay home when showing even mild symptoms, wash/sanitize your hands and cover your cough, physically distance when with people from outside your household, and wear a mask when physical distancing is not possible.

"Older Manitobans or people of any age with underlying medical conditions are at higher risk for severe illness," Roussin stressed, "and the more community transmission that occurs the more at risk they are."

"This is why we all have to take steps to reduce the spread of the virus. Even if you perceive your risk as not extremely high, your risk is not your own. We spread this virus to our loved ones and to other parts of our communities."

"We all know what we need to do: we need to reduce the amount of contacts that we have."

Restrictions increase

With the growing number of cases in the Winnipeg Metropolitan Region, the province has introduced targeted measures under the Restricted (orange) level of the #RestartMB Pandemic Response System to reduce community spread of the virus by reducing close, prolonged contact between people.

New COVID-19 public health orders were issued for the Winnipeg Metropolitan Region by the chief provincial public health officer. These orders came into effect at 11 p.m. Monday and remain in effect until 11 p.m. on Nov. 2. These orders replace the orders issued on Oct. 7.

Under the new orders:

- The maximum size of gatherings is reduced to five people. Gatherings involving more than five people may take place under certain conditions.

- Casinos and bingo halls must close.

- Entertainment facilities with a license under the Liquor, Gaming and Cannabis Control Act that requires the licensee to present live entertainment must close to members of the public, with the exception of providing food for take-out or delivery. Other licensed businesses must limit occupancy to 50 per cent of their usual capacity.

- The maximum occupancy of retail businesses and restaurants is limited to 50 per cent of their usual capacity.

- The maximum occupancy of personal service businesses is limited to 50 per cent of their usual occupancy or one person for each 10 square metres of the premises that is open to the public, whichever is less.

- Operators of a restaurant or licensed premises, theatre, museum, gallery, library, personal service business, concert hall, or fitness facility are required to keep contact information for members of the public attending their premises and maintain those records for 21 days to support contract tracing.

Following further review, facilities licensed as beverage rooms under the Liquor, Gaming and Cannabis Control Act have not been closed under the order. All other requirements for licensed premises will still apply.

The new orders can be found at https://manitoba.ca/asset_library/en/proactive/2020_2021/orders-soe-capital-10192020.pdf.

For more information, businesses or residents should visit <https://manitoba.ca/covid19/restartmb/prs/winnipeg/index.html> or contact Manitoba Government Inquiry (toll-free) 1-866-626-4862 or 204-945-3744.

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Flu shot clinics coming to Carman

By Becca Myskiw

Flu season is upon us, but there is a way to prevent the annual illness and it's as easy as a poke in the arm.

Public health nurse April Hildebrand said it's important to get the flu shot every year, but even more so this year with COVID-19 going around so as not to overflow the hospital system.

The government of Manitoba describes the flu (seasonal influenza) as a "respiratory infection caused by a virus that can seem similar to the common cold or other viruses." The flu, however, is more severe than a common cold — it comes with a high fever, body aches, extreme fatigue,

and a dry cough. Nausea, headache, chills, loss of appetite, and a sore throat are also possible symptoms of the seasonal flu.

It spreads easily through coughing or sneezing and getting the flu vaccine, or the flu shot, is the easiest way to combat it, said Hildebrand.

That's why there are three clinics coming up where people in the community can get their flu shot. The first one will be on Nov. 5 from 1 p.m. to 6 p.m. at the Carman Community Hall. For this day, Hildebrand asks that people call her office at (204) 745-2426 to book an appointment until Nov. 4.

There are currently 200 spots avail-

able, so Hildebrand said the earlier people register the better so she can get more nurses if she needs to.

The second clinic will be on Nov. 6 from 3 p.m. to 6 p.m. at the Elm Creek Community Hall. The last one will be in Miami on Nov. 12 from 3 p.m. to 6 p.m. People do not have to book an appointment to go to these flu shot clinics.

Hildebrand said if people feel sick after getting their flu shot it's not because they have the flu. The vaccine is a dead form of the illness that provides the body with enough information about it to combat it. Some people feel chills or other flu-like symptoms and Hildebrand said it's just the body proving it knows how to respond to the illness. At each clinic, people will have to wear a mask and stay six feet apart from each other. They will be asked COVID-19 screening questions upon arrival and Hildebrand asks anyone feeling sick to stay home even if they've made an appointment.

RCMP respond to fatal ATV rollover

Submitted by RCMP

Pembina Valley RCMP received a report on Oct. 10 at approximately 1 p.m., of an ATV rollover that occurred just north of Stephenfield Provincial Park in the RM of Dufferin.

Initial investigation shows the ATV was coming down a hill into a sand-pit when it rolled. The driver and lone rider of the ATV was pinned by the vehicle.

The 14-year-old male from the RM of Dufferin was pronounced deceased on scene. He was wearing a helmet at the time of the collision.

A RCMP Forensic Collision Reconstructionist attended to assist with the investigation.

Province encourages Manitobans to get a flu shot

By Standard staff

Public health officials are urging all Manitobans to roll up their sleeves and get this year's flu shot.

"It is recommended that all Manitobans six months of age and older receive their influenza vaccine early in the fall each year, but even more so this year as we deal with a surge in positive COVID cases in Winnipeg and throughout the province," said Dr. Brent Roussin, Manitoba's chief provincial public health officer.

"This year it is crucial that we all work together to protect each other, which can be done safely and effectively by getting your influenza vaccine, staying home when you're sick, practising good hand hygiene, covering your cough, physical distancing and wearing a mask."

Premier Brian Pallister got the jab at the Manitoba Legislature last week.

"It has never been more important for Manitobans to get the flu shot," he said. "Manitobans have a long and proud history of taking care of each other and facing our challenges together. That is what the flu vaccine does: it protects each of us, and it protects our family, friends and fellow Manitobans."

"I encourage all Manitobans, especially those at increased risk, their caregivers, and close family and friends to get the flu shot this fall."

A record 26.3 per cent of Manitobans got the vaccine last flu season.

In an effort to protect those most at risk and to reduce the strain on the health-care system, the province has

increased its vaccination order by 20 per cent.

In addition to the regular flu shot, the province also offers a high-dose version of the vaccine for people age 65 years and up, who are at a greater risk of flu complications.

Last year Manitoba ordered 11,500 high-dose influenza vaccines. This year they plan to order up to 21,500.

The higher dose was previously only offered to residents of long-term care facilities, clients in interim or transitional care beds, respite care clients, or unimmunized residents admitted to long-term care facilities during the flu season.

This year, the high-dose flu vaccine criteria is expanding to allow more seniors to get the it for free starting this fall.

In addition to those who were eligible previously, Manitobans 65 years of age and older who meet one of the following criteria are now also eligible:

- residents of supportive and assisted living housing;
- those who are newly incarcerated or transferred from other federal or out of province correctional facilities;
- those receiving home care services while on a waiting list for admission into a long-term care facility;
- those living on a First Nation or in a remote or isolated community; and
- those living north of the 53rd parallel of latitude.

For details on where to get a flu shot this fall, head to manitoba.ca/health/flu/where.html.

Have your say on measures to stop rural crime in Manitoba

The Manitoba government is seeking feedback on proposed measures to combat rural crime and metal theft.

Four legislative initiatives have been proposed based on recently passed legislation in Saskatchewan, Alberta and B.C to reduce rural crime.

- Amendments to The Petty Trespasses Act (PTA)
- Amendments to The Occupiers' Liability Act (OLA)
- Amendments to The Animal Diseases Act (ADA)
- New scrap metal dealer legislation to combat metal theft by bringing transparency and accountability to scrap metal sellers transactions.

Please provide your feedback online at <https://engagemb.ca> by October 31, 2020

Manitoba 

Police pups more than just a pretty face

Imprinting is the first step of RCMP K9 training

By Nicole Buffie

Training a puppy isn't always easy; teaching their clumsy bodies to climb stairs, directing them outside when they 'gotta-go' and regulating their feeding schedule are all parts of puppy parenting.

But what if it involved letting your new four-legged friend climb on tables, explore every nook of any available space and receive head scratches from anyone they came across?

These are a just few things RCMP dog imprinters introduce their trainees to in the 20 months they spend with them.

Cst. Dan Rouleau, a veteran dog imprinter for the Mounties, and his latest K9 recruit Nyack have been spending the last few weeks together becoming familiar with each other and their surroundings.

"I spend more time with the dog than I do with my family," Rouleau said.

As an imprinter, Rouleau's job is to allow his puppies to become comfortable in all environments and with any individual they may come across in their careers as police dogs. After that, the dogs move to the next stages of tactical training.

"When it becomes a police dog, you're going to want it to be able to jump on counters and couches because that's where they may need to search," Rouleau said. "They don't want to associate that with a negative experience."

The potential police pups start their journeys at the Alberta Police Dog Service Training Centre as newborn purebred German Shepherds. After arriving in the city they're assigned to, the imprinting process begins.

The imprinters expose their trainees to as many

terrains and individuals as they can in order to become confident and useful in any situation they're put in.

"We want them to be dominant and comfortable," Rouleau said.

After becoming familiar with various people, places and things over many months and imprinters have a sense of whether they have the temperament to become a police dog, they are sent off for their next round of training involving narcotics and explosives detection.

However, not all dogs make it through the first round.

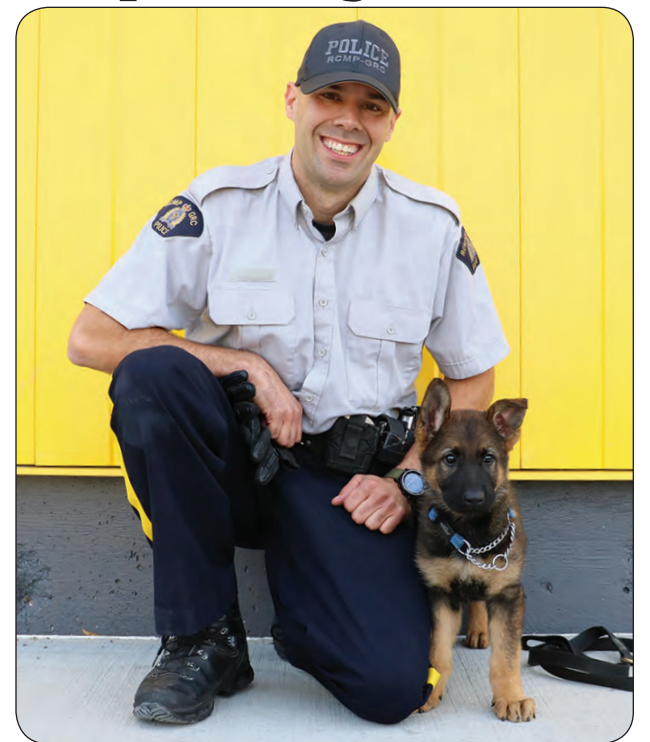
"Sometimes you can just tell the dogs won't be good police dogs," Rouleau said. "They're not aggressive or confident enough, or they're not great at tracking."

The dogs that flunk out are then sold to hopeful owners through the RCMP.

The ones that go on to complete their training serve as long as they can before retiring, averaging eight to 10 years. While the canine cops do not receive paycheques, they are compensated with plenty of treats.

Police dogs assist in executing search warrants, locate missing people and even help nab fleeing suspects.

In 2017, a male and a female attempted to evade police in a stolen vehicle after refusing to stop when pulled the vehicle over. After failing to get the stolen SUV through a farmyard in East Selkirk and fleeing on foot, police dog Eddie was dispatched and quickly located the suspects using his tracking skills and helped police bring them into custody.



STANDARD PHOTO BY BRETT MITCHELL
RCMP Cst. and K9 imprinter Dan Rouleau with his nine-week-old trainee Nyack showing him the ropes at Selkirk Plaza before he goes off to his next round of police dog training.

As for nine-week-old Nyack, there's no suspect tracking on the horizon quite yet. He and Rouleau have been spending a lot of time exploring the Winnipeg James Armstrong Richardson International Airport, Rouleau's home base for the RCMP, as well as exploring wooded areas.

"Right now it's just about having a good time, letting him explore and be a puppy for a little bit."

> RAINBOW RESROUCE CENTRE, FROM PG. 5

providing support particularly to the 2SLGBTQ+ community. They have knowledge, and they have that background that not all counsellors will have," he said.

"Greg is particularly aware of what the issues are and will be able to help people work through things," added Wohlegemut. "It's even things like just being aware of using people's correct pronouns ... and what do some of the terms mean."

"There are a lot of things developing and changing within the community in terms of what do certain terms mean, how do people choose them ... how do you be respectful. Those are all really important for a counsellor to be aware of," he said. "It makes such a difference if you know right from the

outset this is someone who is going to be affirming, this is someone who knows what's going on ... and you're not going to have to do that educating the counsellor that you might have to do in other settings. If you're seeking counselling already, you don't want to go into a situation where is this person going to be respectful, do they understand ... it's hard enough for some to seek counselling in the first place. For young people in particular, that can be very challenging, whereas now they will be able to access that kind of support locally. That's a huge help."

Representatives of the Rainbow Resource Centre said they were pleased to be able to access the funding, which allowed them to hire an additional counsellor to provide this service.

"We know that coming out can be an isolating experience and support during this process greatly contributes to people's mental health and well being," said executive director Noreen Mian. "We have heard from individuals and families living in southeastern Manitoba and wanted to let them know that they are not alone."

Larry Stout

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Virtual Thanks for Giving Run raises over \$10K

By Lorne Stelmach

Going with just a virtual event this year due to pandemic restrictions appears to have had minimal impact on the success of the Thanks For Giving Run.

The annual Winkler event had originally been scheduled for Oct. 3, but participants were instead encouraged to run on their own instead of gathering together that day.

The aim was to still keep it in the public eye and raise funds for the Winkler and District Food Cupboard, and although there were less runners, they still brought in almost as much money as in past years.

Sixty-five runners pre-registered and ran their distances between Sept. 25 and Oct. 12, including 25 for the half marathon distance, 19 for the 10 k, 20 for the 5 k and even one in the 1.5 k for kids.

Local businesses supported the campaign to the tune of \$8,650, while individual pledges and donations added another \$1,560 to the tally.

"It's pretty close to what we've done in the past ... and our expenses are lower," said organizer Dwight Suderman, noting for example they spent less on T-shirts for participants.

"It's pretty good ... really for a non-race event," he added. "Everybody basically was encouraged to run on their own, and that's I think kind of a victory there as people took initiative on their own to do this."

"I'm really happy with the way things went," Suderman continued, adding that while some people opted to run their distance on the usual course many others set their own routes.

Suderman noted they appreciated that the businesses who support them remained fully committed despite the changes. They in fact had more sponsors than usual this year.

And while businesses could always directly support the Winkler Food Cupboard on their own, this way also promotes and encourages activity and supports a community event.

"Because they do it through us, we have an event that encourages physical well-being by getting out there and running. A lot of people like organized events like this," Suderman suggested.

"I think runners feel a double win. They like getting out there and running a race and then supporting a good cause like this is a double win."

CWE's Extreme Consequences tour in Morden Nov. 5

By Lorne Stelmach

Live professional wrestling is returning to Morden, albeit with restrictions in place.

Canadian Wrestling's Elite is back in town with The Extreme Consequences Tour Nov. 5.

"There are many places across North America that cannot host live professional wrestling right now but Morden is not one of them," said promoter Danny Warren.

"Luckily, we have produced 13 live events since June, including one in Morden, with a safety plan in place and are happy to report zero COVID cases attributed to one of our live events," he noted. "And the Morden and Winkler wrestling fan and business community continue to be very supportive and encouraging of us resuming entertainment for people."

The event is being held with social distancing in place along with other

measures in cooperation and compliance with the provincial government, Warren stressed.

That is something that largely hasn't been possible in much of the country this year.

"It has been extremely tough this year to tour. In the spring, we were forced to cancel our 36 event, five province tour," Warren said. "We thought we'd be in the clear come October and rescheduled for the fall ... eight of our originally scheduled 24 event fall tour dates are still taking place."

"Unfortunately, with not only each province having different restrictions but now each individual region, it has been a logistical nightmare," he added. "Each individual regional health inspector is interpreting the rules and restrictions completely different from

Continued on page 13



STANDARD FILE PHOTO

Despite going virtual this year, the Thanks for Giving Run still drew 65 participants and raised over \$10,000 for the Winkler Food Cupboard.

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Supporting Manitoba's cattle producers impacted by the pandemic

Submitted Agriculture and Agri-Food Canada

The Honourable Marie Claude Bibeau, Minister of Agriculture and Agri-Food and Manitoba Minister of Agriculture and Resource Development, Blaine Pedersen, on Oct. 15 announced the launch of the 2020 Canada-Manitoba Finished Cattle Feed Assistance Program, which will provide up to \$2.5 million to in direct support to Manitoba cattle producers impacted by the pandemic.

The 2020 Canada-Manitoba Finished Cattle Feed Assistance Program will provide owners of finished cattle \$1.20 per day per animal to help offset costs to feed animals beyond their expected marketing dates, due to slaughter plant closures and operational reductions resulting from COVID-19 outbreaks, or disease control measures.

"COVID-19 forced a bottleneck in our processing plants and a backup in demand that caused stress and

added costs on our cattle producers. Our Government acted swiftly to announce supports such as the Emergency Processing Fund and national AgriRecovery initiatives that have helped our producers to continue to supply their top quality products to Canadians. With today's announcement, our Government is directly helping Manitoba cattle producers with added costs they faced during this unprecedented time," said Bibeau.

Cattle producers can now apply for support, the deadline for application is December 1, 2020. The program will cover eligible extraordinary costs incurred between April 15, 2020 and Aug. 31, 2020.

Funding for the program is provided by the Government of Canada. The province of Manitoba will administer program applications and payments to producers.

The funding is provided through AgriRecovery, a Federal-Provincial-



STANDARD PHOTO BY BONNIE MCRAE

Cattle farmers are now able to receive funding under the 2020 Canada-Manitoba Finished Cattle Feed Assistance Program announced on Oct. 15.

Territorial disaster relief framework to help producers faced with the extraordinary costs associated with recovering from disasters. Last May, the Government of Canada announced the launch of national AgriRecovery initiatives of up to \$100 million in assistance for extraordinary costs of managing livestock backed-up on farms (pork and cattle), due to the

temporary closure of food processing plants affected by COVID-19. Extraordinarily for the 2020-21 fiscal year, the federal government announced it will provide the federal share of funding without requiring provincial contributions, and will cover 90 per cent of eligible extraordinary costs, up from 70 per cent.

Government to invest \$7 million for creation, maintenance and enhancement of Manitoba trails

Submitted by Manitoba government

In partnership with Trails Manitoba, the Manitoba government is investing \$7 million to support the creation, maintenance and enhancement of active transportation trails across the province and within the city of Winnipeg, Premier Brian Pallister and Municipal Relations Minister Rochelle Squires announced last week.

"Get outside and explore Manitoba – there is no better place to be and no better time to explore our beautiful province," said Pallister. "Our government is proud to partner with Trails Manitoba and The Winnipeg Foundation to ensure our trails and pathways are more safe and accessible for all users, for many generations to come."

There are more than 1,700 kilometres of active transportation trails throughout the province. The Manitoba government has created three funds that will be managed by Trails Manitoba and held in trust by The

Winnipeg Foundation.

"This investment by the province will allow us to leverage support for many trail projects throughout Manitoba," said Erik Dickson, president, Trails Manitoba. "It provides the financial stability to ensure our organization is sustainable and able to continue supporting the construction and maintenance of recreational trails while improving our province's trail offerings and ensuring their long-term viability for future generations to enjoy."

The \$1-million Trails Manitoba Operating Endowment Fund will serve as ongoing operating funding for Trails Manitoba. The \$4-million Manitoba Trails Improvement Endowment Fund will support annual application based grants to create new trails or improve existing ones. The third fund, a \$2-million Manitoba Trails Strategic

Continued on page 12

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Fire rages near Osterwick destroying 15,000 bales

By Ashleigh Viveiros

The investigation continues into the cause of a bale fire that began south of Winkler last week.

The Winkler Fire Department was called to battle a blaze that broke out at a hay bale storage facility near Osterwick on Thursday just after 9:30 a.m.

Firefighters arrived to find two hay

storage sheds containing approximately 15,000 large bales on fire, said Chief Richard Paetzold over the weekend.

"Due to the size of the fire, a defensive line was established to give time for the owner to first move all nearby equipment," he said. "Morden FD along with water tankers from Altona FD, Emerson Franklin FD and the RM



SUBMITTED PHOTOS BY RAYMOND KLASSEN

Firefighters from across the region came together to battle a fire at a hay bale storage facility south of Winkler this past week.

of Stanley were called in for mutual aid. These fire departments along with two tankers from local farmers successfully held this fire line to protect other adjacent properties until things could be stabilized.

"With the help of neighbors, nine loaders were used to save all bales from two more hay storage sheds that were in direct proximity to the fire."

Firefighters from Winkler and Plum Coulee spent the weekend manning fire protection lines on the perimeter of the site to protect surrounding residential properties and hay storage sheds.

The building itself has been structurally compromised, making it unsafe to have personnel or equipment under it, Paetzold noted.

"The fire is being allowed to burn and consume as much fuel as it can," he said, explaining equipment is be-

ing used to stir up the burning bales from a distance to allow them to burn faster.

Still, given the amount of fuel available to the fire, it was expected to burn for several days.

"Emergency personnel will be on scene for days to ensure adjacent properties are protected during the operations," the chief said. "So we ask the public for patience as we continue to deal with this incident."

"Thanks again to all those who have dropped off food and other goodies to help us all along the way," Paetzold added. "It has been another example of community coming together in a time of need."

The investigation into the cause of the blaze continues. Pembina Valley RCMP say it does not appear to be suspicious.

> MANITOBA TRAILS, FROM PG. 10

Fund, is designed to support capital projects that advance recreational trail development in Winnipeg and will be distributed as matching grants.

"We know that Manitobans took advantage of our trail system in record numbers this year and we want to ensure we continue to support this type of outdoor recreation opportunity," said Squires. "Whether it's commuting to and from work or escaping the city for a country hike or ride, today's

announcement ensures there will be more trails for all Manitobans to use and enjoy well into the future."

Eligible projects will be those that provide new trail opportunities, either be creating a new trail or extending an existing one, improve the quality of the trail network, or provide maintenance or trail beautification. Trails Manitoba will have more information on eligibility and project criteria in the coming weeks.

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Remains found in Roseau River identified as missing man

Winnipegger Bud Paul's body was found four days after he was reported missing

By Standard staff

RCMP confirmed last week that remains found on the Roseau River Anishinabe First Nation this summer are those of a Winnipeg man who has been missing since early August.

Police announced last week that the remains of Bud Paul, 56, were found on Aug. 11, four days after he was reported missing.

Investigators with the RCMP, Winnipeg Police Service, and Manitoba First Nations Police Service have been piecing together Paul's last days alive and determining how his body ended up hidden in deep brush in Roseau River.

Paul was last seen alive on Aug. 1 with two individuals at a Manitoba

Liquor store. On Aug. 10, his burned car was discovered on Queen Street in Winnipeg. The next day his body was found in Roseau River.

On Oct. 13, investigators were back at the scene in Roseau River conducting an additional evidence search.

Investigators believe that those responsible for the murder of Paul continued to access his bank account and use his cell phone after his death.

Police have also revealed that the man who parked the vehicle prior to it being burned also discarded evidence in a nearby garbage bin.

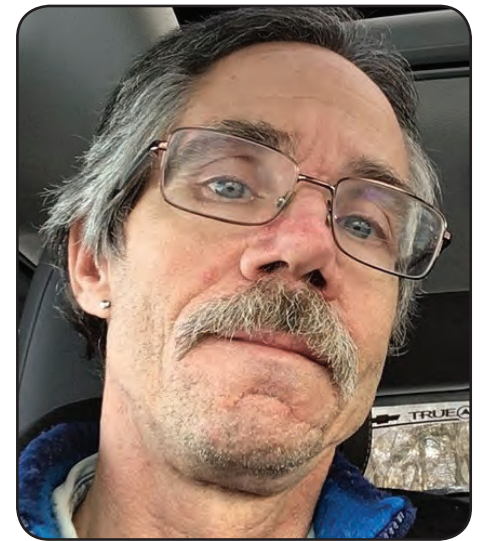
"Police are still looking to identify the woman who was present when the vehicle was parked," RCMP said in a statement. "Finding her and speak-



ing with her is essential to this investigation.

"We are very close to solving this homicide, and need public assistance to put these last few pieces of the investigation together."

If anyone has any information as to the identity of the woman involved with the burned vehicle or Paul's whereabouts between Aug. 1-10, or any other information related to this investigation, call the tip line at 431-489-8551.



SUPPLIED PHOTOS

The remains of Bud Paul, 56, were found on the Roseau River Anishinabe First Nation in August. Top left, Police are looking to identify this woman in connection with their investigation.

> EXTREME CONSEQUENCES TOUR, FROM PG. 9

the next, so what is being allowed in one region isn't always being allowed in the next."

Those who are able to take in the Nov. 5 event here will see WWE

champion Hotshot Danny Duggan, tag team champions the Canadian Crusher AJ Sanchez and the Boston Bruiser Kevin O'Doyle, and WWE icon and international lucha libre star the

Zombie Killer Mentallo. The card also features women's stars Kylie Morgan and the Masterpiece of the East Alix Zwicker as well as former WWE tag team, hardcore, and open rules champion Misfit Mike Mission, Sammy

Peppers, and more.

It takes place at the Morden Friendship Centre starting at 7 p.m. Nov. 5.

Tickets are available at Giant Tiger, online at cwtickets.com, or at the door.



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Some group therapy for your memory!

By Dennis Young with Dufferin Leader archives

There was a band formed by a group of Miami musicians who became increasingly popular in southern Manitoba during the late 60s and early 70s.

This band had music enthusiasts, Bill Doerksen, with his rhythm guitar, and Dennis Kissick on the drums, who began to play popular music with a few of their friends for their own enjoyment. But when Kelvin Brown joined the band with his guitar, the boys began dreaming of becoming a musical group.

They practised on a regular basis for four months, but lacked a bass guitar. A friend of Kelvin's, Ken Rempel, filled that position enabling them to play their first dance at the I.O.O.F. Miami Hall March 1, 1969.

They were received with a great deal of appreciation and shocked their friends with their ability.

Their next break through came when they were hired by the Miami student council to play for a dance in the local auditorium. This offer greatly boosted their spirits and made them feel for the first time that they were becoming a band.

Over the next months they were fortunate in welcoming Keith Allison of Roland on organ and Bill's cousin Jim Doerksen with his lead guitar. The Swiss Navy, as they were then called, continued to receive recognition in an

ever widening circle and their style and proficiency of music gradually improved as well.

They became dissatisfied with their name "The Swiss Navy" and came up with the name "Group Therapy."

By early 1970 the band began to play regularly on Friday and Saturday nights so they persuaded Lyle Sullivan of Miami to become their manager. The group also obtained Larry Hamilton to act as their public relations man with assistance from Bob Frost.

Bob and Larry also worked on the psychedelic lighting which added to the overall effect of the band.

They eventually reached the point where they were receiving sufficient financial returns to enable them to finance their costly equipment and expenses from being on the road.

Here are some random thoughts the boys sent my way after reaching into (as they put it) the way back machine:

1. Ahhh those Midnight Dances that began at 12 midnight until 4 a.m. on long weekends. Specifically Cypress River, Baldur, Crystal City, Pilot Mound and Glenboro.

2. During a hailstorm at a packed dance in Mariapolis the power went off. They opened the large end doors and people drove their cars in and shone their headlights into the hall. They played music from their car radios until power was restored in an



STANDARD PHOTO SUBMITTED

A Group Therapy autographed picture taken in 1969. Pictured left to right, Bill Doerksen of Miami guitarist, Jim Doerksen of Winnipeg guitar/vocals, Keith Allison of Roland keyboardist, Kelvin Brown of Miami bass/vocals, Dennis Kissick drums/vocals and seated, Lyle Sullivan of Miami, manager.

hour. Nobody left!

3. Rathwell a bank of our lights caught fire and we didn't realize it until we were half way through the song.

4. We played in Wawnesa the night the age limit dropped to 18. Now that was quite a night!

5. Carman and Elm Creek always had full houses and had no trouble. Most dances were held in the Carman Arena and at the Elm Creek hall. Memorable shows those places.

6. We fondly recall Crabby Steve's Barn near Gimli, the Roland, Manitou, Darlingford and Notre Dame street dances.

7. Oh and the Atomic Energy's Christmas Party at Pinawa Arena when Pinawa was brand new in 1970.

8. We drove to Oxbow, Sask., bought a school bus, brought it home and took people to our out of town bookings. We had a ready made crowd when we got to every new town lol.

9. We showed up for practice one day and the local bank manager was painting the band name on the side of the bus. Cool!

10. The band played every weekend for three years prior to leaving Miami and played six nights a week three of four weeks a month for the next couple of years.

11. Local area bands at the time were:

"Dr. Jekyll's Creation" from St.Claude which became "Electra"

and were a very good group that lasted several years.

Rick Wiebe in Winkler had a popular

Group called "Apple Core." They were a heavier band playing Led Zeppelin etc but had a large following. Later Rick lead a band called "Midnight Flyer" that played locally including a couple of seasons at the ski chalet in La Riviere. Bob Marginet from Swan Lake had a local band that played middle of the road music too.

The Hillman Express was big too and were the backup band for "Russ Gurr and the Federal Grain Train"

12. Finally we would have been nothing and gone nowhere without local community support. All of you were awesome to us!

Great memories right readers? Anyone recall dancing to these fellas? Let me know your memories!

Well P.R. man Larry also did an outstanding job of recording in a journal, every practice and concert (and much more) for this group. He wrote that by the end of their travels from 1969 to 1971, The Group Therapy had played approximately 150 dances! Miami saw them 21 times, Pilot Mound and Cypress River 15 times each, Darlingford 11 and Crystal City 10. Carman was fortunate enough to book them 7 plus once more for that awesome Homecoming 2000 concert also featuring The Saints, Boyne Flood and Midnight Zoo.

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Carman Curl for Cancer moves online for 2020

By Becca Myskiw

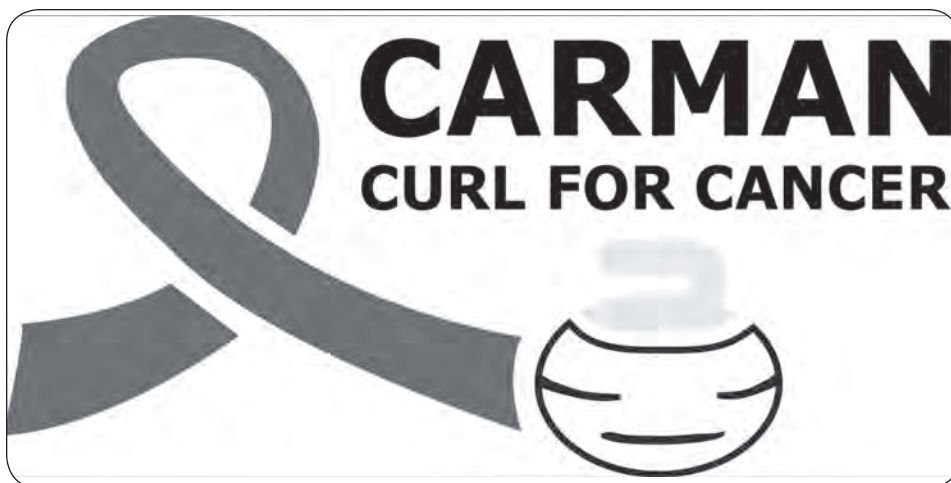
Carman's 27th annual Curl for Cancer event is taking to the screens for this year's fundraiser.

The event typically has a fun non-competitive curling bonspiel by day and a banquet by night. At the banquet there's a 50/50 draw, silent auction, and a live auction. Haley McIntosh of Curl for Cancer said it's usually an excuse for everyone to get out and have fun at the curling rink, but because of COVID-19, they can't host it the same way this year.

For 2020, Carman Curl for Cancer is an online auction. McIntosh said they were hoping to re-focus on the curling aspect of the event this year, but that will have to wait.

"It's kind of shifted to a banquet-focused event," she said. "We want to remind people it's a curling event."

The online auction had seven items up for bidding as of Sunday. There are 50/50 tickets, a custom-made wood table, Proven corn seed, a John Deere



Carman Curl for Cancer 2020 is an online auction.

XUV Gator Ride On, a Traeger Pro 575 Pellet Grill, a signed Jonathon Toews jersey, and 1,500 litres of propane.

To bid, go to <https://www.charityauctionstoday.com/auctions/Carman-Curl-for-Cancer-14085> and simply click "Bid Now" on your desired prize.

McIntosh said there are new items going up on the site every day. To keep up to date with that, follow @carman-curlforcancer on Instagram or like their Facebook page at Carman Curl for Cancer 2020.

McIntosh said if someone is out-

bid, they'll get a text message to their phone telling them, so they have the chance to bid again.

The online auction started around a week ago and goes until Nov. 7, when the annual event would have happened.

Carman Curl for Cancer is still looking for sponsors and donations even though the event has already started.

"Cancer still affects everyone every day," said McIntosh.

The event keeps some funds local and sends some money to help those outside of the community. They donate to the Canadian Cancer Society, CancerCare Manitoba, Carman Palliative Care, and the South Central Cancer Resource.

Last year, they hit the \$1 million mark of fundraising and McIntosh said though they aren't expecting to raise as much this year because of the change, she hopes people will still support however they can.

Twisters fall to St. B 6-2, down Twins 10-6

By Lorne Stelmach

The Pembina Valley Twisters earned a split on the opening weekend of the MMJHL regular season.

They rebounded from a 6-2 loss to St. Boniface at home Friday by outscoring Fort Garry Fort Rouge 10-6 Sunday in Winnipeg.

The Twisters trailed 1-0 and 4-0 at the intermissions before getting back

into the game in the third period with a pair of goals 25 seconds apart, but the Riels capitalized on special teams with a pair of powerplay markers and a shorthanded goal.

Caelan Russel and Brett Bergman scored for Pembina Valley, which had a 41-38 edge in shots. Brock Moroz stopped 28 of 33 shots while Martin Gagnon gave up one goal on five

shots.

On Sunday, the Twisters were firing on all cylinders in grabbing period leads of 3-1 and 8-3 while outshooting the Twins 43-34. Moroz made 28 saves in net.

TJ Matuszewski had a five point night including a pair of goals, while Travis Penner contributed a pair of goals and assists and Russel had a

goal and a four point night as well. Nico Vigier also had a pair, with other goals coming from Quade Froese, Jordan Keck, Merek Degraeve, and Nick Hatley.

The Twisters pay a visit to the Raiders this Friday and then are back home in Morris to host River East Saturday.

WHL pushes back regular-season start date

Staff

The Western Hockey League Board of Governors announced last Thursday that the WHL regular season will begin Jan. 8.

Details regarding the schedule of games in each of the four WHL divisions will be announced at a later date.

The WHL has agreed that all regular-season games during the 2020-

21 season will be played exclusively within the boundaries of each of the four divisions.

The East Division will consist of the seven Saskatchewan and Manitoba-based teams; the Central Division will include the five Alberta-based teams; the B.C. Division will consist of the five B.C.-based teams; and the U.S. Division will feature the five teams

located in Washington and Oregon.

"The WHL is very excited to be opening our WHL regular season on January 8," said WHL Commissioner Ron Robison in a media release. "The WHL is a world-class development league and we remain fully committed to providing our players with the highest level of training, coaching, and competition in the system."

All WHL players will be reporting to their respective clubs following

the Christmas break where they will begin training in preparation for the opening of the regular season.

A final determination had not yet been made as to whether spectators will be permitted to attend WHL games as this will be subject to the approval of the Health

Authorities in each jurisdiction, said the release.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Carman Beavers getting ready to hit the ice with roster of 20

By Becca Myskiw

The Carman Beavers hockey team is lacing up the skates for another season — but this year, not everything looks the same.

The Beavers play in the South Eastern Manitoba Hockey League (SEM-HL) and club president Tyler King said they're looking forward to the 18-game season.

The team can roster up to 25 players and right now King said they have a little over 20, though they're still finalizing numbers. Because of that, the Beavers won't be making any cuts at their camp, which King said is more like practice this year.

At practice on Thursday, Oct. 15, there were 15 players who showed up — the best turnout yet, said King.

"I think we're looking pretty good," he said. "I think we have a good mix of some veterans and rookies."

King said the Beavers did lose a couple players this year, but that always happens. With the losses, fans can now look forward to seeing new faces on the ice and a few familiar ones still.

The faces, however, will only fully be visible on the ice. Whenever players — and fans — are in the building but not on the ice they have to wear



a face mask. King said the teammates are accepting the changes and following the guidelines well.

A lot of the guidelines and restrictions will apply to spectators. Along with constantly wearing a face mask, they'll have to give contact information at each game (in case of COVID-19 exposure), stay in the stands between periods, sanitize upon entry, and more. The facility is allowed 115 fans, which King isn't worried about as he said they average 75 to 100 people each game.

King said the team is still going to find ways to make the games fun for everyone there.

"We'll still try to do most things that



STANDARD PHOTO BY DENNIS YOUNG

The Carman Beavers first game of the season against Morden is Nov. 7 in Carman at 7:30 p.m.

we would do during game day," he said.

The Carman Beavers are still in need of a few things in order for their season to go smoothly. King said they need a trainer as theirs from last year isn't returning, they need people to work the doors, off-ice officials, and

game day volunteers to help with tasks here and there.

The Beavers' first game is on Nov. 7 at 7:30 p.m. in Carman where they host the Morden Bombers. The following Thursday they'll be hosting the Warren Mercs.

Canada West cancels multiple sports seasons

Submitted from the University of Manitoba website

Canada West announced last Thursday that no conference regular season, playoff, or championship events will be staged during the 2020-21 season in men's and women's basketball, volleyball, hockey, and wrestling, along with women's rugby 7s. Decisions on the staging of 2020-21 Canada West championships in curling, track & field, and swimming have been deferred to a later date.

"Despite Canada West regular season, playoff and championship events being cancelled in the aforementioned sports, conference members have been empowered to explore competitive opportunities for their student-athletes, based on the principle of regional cohort play," read a statement. "Learnings from the relaunch of fall sports will be applied,

as competitions are explored on a member-by-member basis through the remainder of the 2020-21 season, with hopes of paving a path for the full resumption of Canada West play in the fall of 2021.

A vote of the conference's 17 members formally made the cancellations and deferrals, following recommendations from the Canada West Board of Directors based on information provided by the Canada West COVID-19 Task Force.

The Task Force was comprised of Canada West athletic directors, along with medical professionals.

"While this decision is disappointing for our teams, we support the members' vote and decisions announced by Canada West," said Gene Muller, Director of Athletics and Recreation at the University of Manitoba on the school's website. "Our top priority is

the health and safety of everyone involved in competition and delivery of our programs. We will continue our work with Canada West, UM and government health authorities to strive for a future return to competition.

"I couldn't be more proud of our student-athletes and the character they have demonstrated through this unusual year. I am encouraged and inspired by their commitment to their studies and to each other," he continued.

All Canada West fall team competition had previously been cancelled on June 8 while the conference's

golf championship was cancelled due to travel restrictions on Sept. 22.

The decision to cancel these sports wasn't easy.

"This isn't the outcome any of us wanted, however, it has become increasingly clear over the last few

weeks that the environment wasn't going to change sufficiently to ensure safe competition in traditional conference formats in these sports," said CW president Clint Hamilton.

"Ultimately our members saw no feasible path to staging traditional Canada West conference events during the 2020-21 season in these sports. With today's decision our members have opted to provide clarity to our stakeholders, most importantly our student-athletes. Collectively we didn't take the decision to cancel fall competition lightly in June, and today's announcement is equally disappointing to everyone involved in university sport. Our members will now shift their focus to finding new ways of delivering non-conference sport competition for our student-athletes."

get inspired

> MEAL IDEAS



Chipotle Veggie Chili

1 can (7 ounces) chipotles in adobo sauce
2 cans (15 ounces each) sweet corn with liquid
2 limes, juiced
guacamole (optional)
sour cream (optional)
jalapeno slices (optional)
cilantro (optional)

In large dutch oven, heat oil over medium heat. Add onion, 1/2 teaspoon salt and 1/8 teaspoon pepper. Stir and cook 5 minutes until onion is translucent. Add garlic and red pepper. Stir and cook 8 minutes until soft.

Add tomatoes, red beans, pinto beans, broth, chipotles in adobo sauce, corn, remaining salt and remaining pepper. Simmer 25 minutes, stirring occasionally, until chili has thickened.

Squeeze lime juice into pot; stir. Serve with guacamole, sour cream, jalapeno slices and cilantro, if desired.

Servings: 6-8
3 tablespoons olive oil
1 medium yellow onion, chopped
5/8 teaspoon sea salt, divided
1/4 teaspoon pepper, divided
2 garlic cloves, minced
1 red bell pepper, chopped
1 can (14 ounces) diced fire-roasted tomatoes
1 can (14 ounces) red beans, drained and rinsed
1 can (14 ounces) pinto beans, drained and rinsed
1 cup vegetable broth



Cheesy German Potato Soup

Place cheeses and flour in gallon-size zip-top bag. Close bag. Shake until cheese is covered with flour; set aside.

In large Dutch oven over medium heat, cook bacon until crisp, stirring occasionally. Transfer to paper towel-lined plate; set aside.

Pour off all but 2-3 tablespoons bacon drippings. Return Dutch oven to medium heat. Add carrots, onion and garlic. Cook until onions are translucent and carrots are softened, 3-4 minutes. Add chicken broth, black pepper, red pepper flakes, thyme and parsley. Stir in potato salad. Continue cooking over medium heat 5 minutes, or until potatoes are heated through, stirring occasionally.

Reduce heat to low. Slowly stir in cream and milk. Cook 5-8 minutes until blended and heated through, stirring frequently. Slowly add cheeses, stirring until melted.

Top with bacon. Garnish with parsley or chives, if desired.

Recipe courtesy of "Today's Creative Life"

Servings: 8
1 1/2 cups shredded cheddar cheese
1 cup shredded Gruyere cheese
3 tablespoons all-purpose flour
8 slices bacon, chopped
3 large carrots, chopped
1 medium onion, diced
2 cloves garlic, minced
6 cups low-sodium chicken broth
1/2 teaspoon ground black pepper
1/2 teaspoon crushed red pepper flakes
1/2 teaspoon dried thyme
1 tablespoon dried parsley
2 cans (15 ounces each) READ German Potato Salad
1 cup heavy cream
1 cup whole milk
chopped parsley or chives (optional)



By Gwen Randall-Young

In order to have a relationship that goes beyond the superficial, there must be some level of honesty. In fact, honesty is sometimes what allows a relationship to go deeper. Regardless of the relationship, be it with a parent, child, partner, colleague or friend, the principles are the same. Sometimes we really need to let another person know what is going on inside of us.

This is not an easy thing in our culture. Let's face it: we are masters of looking like everything is fine on the outside, even when we are crumbling within. Hiding what we are really feeling leaves us feeling lonely and isolated.

There comes a point when the feeling needs to be expressed, and because we are not practiced in doing this, sometimes it comes out wrong. Then things get worse. So we resolve to bury our feelings even deeper. Now, we feel even more alone, certain that no one, especially those closest to us, really cares how we feel.

What is the way out of this dilemma? When we feel hurt, our first instinct is to protect ourselves. We do this either by building a protective wall, or else by attacking. Neither approach gets us what we want and need.

Ironically, if we truly show our vulnerability, only the most hardened individuals would shut us out. If we build a wall, and retreat inside, we shut others out. They interpret this

Honesty in Relationships

as rejection or abandonment, feel hurt, and then themselves choose retreat or attack. Things have begun to escalate.

If, on the other hand, we choose to initially attack, we similarly provoke one of those two responses. Clearly, we need an option that would allow us to break out of this cycle. There is one. It demands expanding our view of the situation to encompass the other person's feelings and perceptions. It requires that we take a problem-solving approach, rather than just trying to argue for our own position. It asks that we truly care about the other person as much as we care about ourselves. It further requires that we not judge the other person as wrong for trying to fulfill their needs.

It can be helpful if we imagine that the problem in question is between two other people (not 'me' and 'you'), and think how we would approach the issue if we had been called in to mediate. If we approach another person with an attitude of caring and an expressed desire to understand their point of view, it is more likely that they will open up. It is only then that meaningful communication can occur. If both people use this approach, both the relationship and the individuals are transformed. When most of us do it, our world will be transformed.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for daily inspiration.

1 large egg
1/2 cup semi-sweet chocolate chips, melted
Topping:
2 tablespoons frozen orange juice concentrate
3 tablespoons pure maple syrup
1/8 teaspoon ground cinnamon
whipped cream (optional)
Preheat oven to 350 F. Line 12 medium muffin cups with foil liners.

To make crust: In medium bowl, combine flour and walnuts.
Using fork or pastry blender, cut in butter until mixture resembles fine crumbs. Place about 1 tablespoon mixture into each lined muffin cup. Lightly press crumbs into bottom. Bake 5-6 minutes, or until crust begins to brown.

To make cheesecake: Drain beets, reserving 2 tablespoons liquid. In blender, puree 1/2 cup beets and reserved liquid until smooth; set aside. Dice remaining

beets; set aside.

In large bowl, combine cream cheese and syrup. Beat until smooth. Add egg; mix until blended. Stir in reserved pureed beets. Add melted chocolate; mix well. Spoon about 3 tablespoons cream cheese mixture into muffin cups over warm crusts. Bake 15 minutes, or until filling is set. Let cool to room temperature. Place cheesecakes in refrigerator at least 30 minutes.

To make topping: In small saucepan, combine reserved diced beets, orange juice concentrate, syrup and cinnamon. Cook and stir over medium heat until mixture comes to boil, stirring frequently. Continue cooking and stirring until mixture thickens and appears glossy, 5-8 minutes. Remove from heat; let cool to room temperature.

Remove cheesecakes from muffin liners. Top evenly with glazed beets. Serve with whipped cream, if desired.

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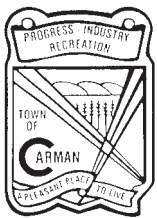
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Servings: 12
Crust:
1/2 cup all-purpose flour
1/4 cup chopped walnuts
3 tablespoons salted butter, softened
Cheesecake:
1 jar (15 ounces) Aunt Nellie's Sliced Beets
1 package (8 ounces) cream cheese, softened
1/4 cup pure maple syrup



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

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

Sudoku Answer

S	T	R	V	E		M	A	T	V	S	A	M
W	O	I	D	I	R	E	T	V	E	R	A	O
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S	P	O	H	C		T	V	E		G	V	H
S	N	O	I	T	V	D	N	E	W	M	O	C
S	E	T	E	T	I	O	T		V	A	R	N
O	T	S	O		A	M	A		D	E	R	A

Crossword Answer



CROSSWORD

CLUES ACROSS

- Battered corners: dog—
- ___ Mater: one's school
- National capital
- Frogs and toads order
- Bathrooms (French)
- Praise
- Witch
- Consume
- Pork and lamb are two types
- Rocky peak
- Women's undergarments
- From end to end
- Bed sheets
- South Sudanese king
- Dislike immensely
- Diving seabird
- Breathe noisily
- Full of roots
- Inside
- Small island in a river
- Tear into pieces
- "CSI" actor George
- Make less dense
- Derogatory term for a country native
- Pike and pickerel genus
- Important in respiration and other biochemical reactions (abbr.)
- Belgian city
- "The Joy Luck Club" author
- Essence of "Aloha"
- Suggestions
- One who overindulges
- Expression
- Maize dough
- Make into leather
- British noblemen

CLUES DOWN

- One of two or more people or things
- Small, deerlike water buffalo
- Part of a ladder
- Unit of work
- Patriotic women
- Fragrant essential oil
- Aggressive, uncouth man
- One thousandth of an inch
- Brisk and cheerful readiness
- Serving no practical purpose
- Prevent from going forward
- Camera part
- Former CIA
- Colorless, odorless gas
- Long division of time
- Atomic #73
- Make a bleating sound
- The kids love him
- Female condition prior to menstrual period
- Founder of Sikhism
- Sudanese swamp
- He/she can help with your finances
- Part of the human body

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

- Mortar trough
- Greek island
- Change pagination
- Queens hip hop group
- Precursor to the EU
- A way to go on
- Slender marine fish
- Georgetown's mascot
- Farm state
- Military leader (abbr.)
- Russian river
- Teams' best pitchers
- In a more positive way
- Long French river
- Reactive structures in organic chemistry
- Distinctive practices
- Male gypsy
- When you hope to get there
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-Barb, Keith, Fawn and Carol

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