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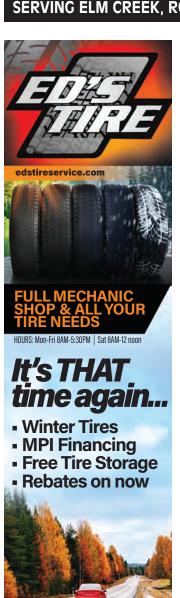
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STANDARD PHOTO BY BECCA MYSKIW

The Quinn family, along with their pup, went trick or treating together in Carman on Halloween night.

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Carman Gun Show celebrates 30 years after last year's absence

By Becca Myskiw

The 30th annual Carman Gun Show went off with a bang this Saturday, seeing many people come through the doors for the first time in almost two years.

Organizer Bruce Reid said it was a smaller crowd than they usually get, but it was nice to have everyone back together after not having the event last year.

"People are tired of staying at home," he said. "They want something to do. They're either hunters or target shooters...we all have something in common here."

The gun show was held at the Carman Community Hall. Upon walking in, guests saw 75 tables, two-thirds of which were full of guns, others covered in ammunition, knives, and other merchandise.

One of the vendors at one of those tables on Saturday was Herb Burlock, a custom knifemaker.

He started the craft 12 years ago after seeing an ad in the newspaper. He called the man who posted the ad, asked him for a handmade knife, and soon enough, he had a mentor and friend in one.

His friend has since passed away, but Burlock is carrying on his tricks



Bruce Reid is one of the coorganizers of the event with his wife

with his own handcrafted knife business — Burlock Blades.

"It's a great hobby," he said. "It's more than a hobby. It turned into a business now — something I didn't expect."

To make a knife, the first thing Burlock needs is a handle. He typically uses wood, and it doesn't matter the



STANDARD PHOTOS BY BECCA MYSKIW

The 30th annual Carman Gun Show was this Saturday.

kind, he said, just that it looks good and is in good condition. He picks up the wood he uses during his travels, so his knife handles come from as far as South America and Vietnam or as close as his backyard by Grand Beach.

He then puts the wood into a stabilizer, fits it to the blade, then gets to filing and doing the intricate work to perfect it. All Burlock's steel and sheaths are from a mill in Ohio.

Not all the handles he makes are onfrom wood, though. Some are elk horns, and another on display on Saturday was from a countertop.

Just one of a Burlock Blades knife takes up to three weeks to make. He's sold a dozen of his one-of-a-kind pieces in the last three weeks, and he doesn't have a website to promote his work on either. Everything Burlock sells is sold through word of mouth.

To get hold of Burlock or to learn more about his knives, call (204) 756-3781.

The Carman Gun Show showcases the world of hunting and target shooting. Reid said the sport is for anyone, regardless of age, gender, place, and season.











Herb Burlock is a custom knife maker from Grand Beach area.



This design is Burlock's first knife he ever made.



Carman arena installing energy efficient lights thanks to FCC grant



STANDARD PHOTO SUBMITTED

The Carman Arena received a \$15,000 grant from the FCC AgriSpirit Fund, which they're using to add energy efficient lighting on both ice sheets

By Becca Myskiw

The Carman Arena has a bright future, thanks to a Farm Credit Canada (FCC) AgriSpirit Fund grant.

Recreation programmer Sheena Nakonechny applied for the grant a couple of times. After being unsuccessful with the first few applications, Carman Dufferin Recreation decided to change its strategy and focus on becoming more energy efficient, rather than applying with a renovation project in mind.

That application worked, and the

Carman Arena received \$15,000 from the FCC AgriSpirit Fund to upgrade the A-side and B-side ice surface

Currently, the rink uses regular lighting, but Nakonechny said the ones they're putting in now are energy efficient ones that will not only save them money when it comes to paying bills but will improve the experience for players and spectators.

"If we don't keep up with all the maintenance and repairs for our facility, our facility would crumble and

be not accessible for our community," she said.

The FCC AgriSpirit Fund funding was announced publicly a few weeks ago, but Nakonechny received word of their approval in mid-August. The full quote they were given for the project is around \$17,000, so the extra \$2,000 needed to pay for the lights will come from their budget

The fund provides projects with anywhere from \$5,000 to \$25,000. To qualify, projects have to be in a city or town with fewer than 150,000 people or an Indigenous community.

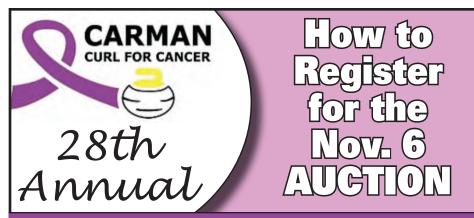
FCC considers projects that ask for refrigeration and equipment to support food waste and reduction, construction of/upgrades to a hospital, medical centre, childcare facility, rink,

or sportsplex, firefighting and rescue equipment, play structures, and renovations that reduce a building's energy footprint.

Eligible projects also have to recognize FCC's contribution, be completed within two years of receiving funds, and must be capital projects that "enrich the lives of community residents."

Nakonechny said without the grant; the rink likely wouldn't have been able to install the energy efficient lighting for a few years yet. They had talked about it before and wanted to do it, and receiving the grant allowed them to do it sooner than later.

The FCC AgriSpirit Fund applications for 2022 open in March.



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ECS sees interim principal Howard for the second year in a row

By Becca Myskiw

Elm Creek School will welcome one of their own teachers into the interim principal position again this year.

Leslie Howard will be taking over the post from current principal Jesse Thomaschewski due to him leaving for parental leave. Howard started her term on Nov. 1 and will be in it for five months until April 15.

Howard was the school's interim principal last year as well. She's been teaching at ECS since 2011. She's been

teaching various courses to Grades 9 to 12 this year. Her position was filled at the end of last week.

Howard said the interim principal position became available in late September and she applied for it with encouragement from colleagues, family, and friends.

"I applied for this position because my ultimate goal is to become a full time principal one day," she said. "I

Continued on page 5

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Stefanson wins Conservative leadership vote

By Lorne Stelmach

The first female premier of Manitoba struck a conciliatory tone in her first address as leader of the province last weekend.

Following her election as leader of the Progressive Conservative Party of Manitoba Saturday in Brandon, Heather Stefanson bid people "welcome to the new PC party of Manitoba.

"I am truly honoured and humbled to stand here with all of you making history in Manitoba," said Stefanson, who won the leadership with 8,405 votes compared to 8,042 for her lone challenger Shelly Glover. "A strong PC party is vital for a strong Manitoba, and together I know we will come out of this race more united than ever with a focus on winning a third consecutive majority government in 2023."

Stefanson was elected with a majority of the votes from the 64 per cent of eligible party members who cast a ballot in the contest.

She expressed gratitude for all who put their trust in both her and the party and offered particular appreciation for former premier Brian Pallister as well as interim leader Kelvin Goertzen, who also addressed the gathering.

Stefanson noted that she had visited all corners of the province in recent months and suggested that Manitobans had told her "loud and clear that they want to see us take a much more collaborative approach when it comes to working with other levels of government and with stakeholders in our communities.

"Manitobans want a government that works alongside them," Stefanson said in her acceptance speech.

"They want to see a government that focusses on strengthening our health and education systems, working with, listening to and learning from Indigenous elders and leaders on moving Manitoba forward with reconciliation and attracting and retaining talent, investments and business that will provide a culture and environment that ensures our kids want to live, grow and succeed right here in Manitoba."

"I'm ready to address the many challenges facing us," she continued.

"Our immediate priorities must be to focus on repairing our relationship with Indigenous peoples, to get Manitoba through the rest of this pandemic, to focus on economic recovery with an emphasis on the importance of immigration and addressing the critical labour shortage this province is facing and tackling the various serious concerns that COVID has exposed within our health care system."

Offering a final address as the interim premier, Kelvin Goertzen touched on the importance of working with municipal leaders who are knowledgeable and care deeply about their communities as well as representatives of various cultural and faith communities as well.

He emphasized particularly though working closely with Indigenous communities.

"Success for our province cannot happen unless we engage in meaningful ways with Indigenous leadership and ensure that they are heard as decisions are made," he said. "Indigenous leaders want respectful dialogue, and we must respond.

"We are committed to continuing



STANDARD SCREENSHOT

Heather Stefanson won her bid for the leadership of the Progressive Conservative Party of Manitoba on Saturday, making her the province's new premier.

to work with Ottawa and being a cooperative partner in Confederation Park," Goertzen added.

"The past 19 months has truly been the challenge of a lifetime," he concluded. "It has also shown us some things. It has shown us how much we care for each other.

"There are reasons for optimism," he concluded. "The pandemic tested governments and people in a way that we have never seen in our lifetime before, and as we look to emerge from it,

we have to do so as a province that is united."

Stefanson was slated to be sworn in as premier on Tuesday.

Meanwhile, Glover on Monday had asked the Court of Queen's Bench to declare the leadership election invalid and order a new election, claiming there were irregularities in the counting of the votes, including party members who did not receive their mail-in ballots to vote.

RCMP pay raise could be challenging for municipalities

By Becca Myskiw

Towns and municipalities that use RCMP services are likely going to have some hefty increases in retroactive pay after the collective agreement was announced recently.

A decision between the RCMP and the federal government regarding salary increases was agreed on recently. Over the six-year retroactive period between 2017 and 2023, members under the rank of inspector will be receiving a 23.7 per cent increase in their wages.

Towns and municipalities are under contract with the RCMP to receive safety services. Costs for that policing are split depending on population size — in communities with a popu-

lation less than 15,000 people, they pay 70 per cent of the increase, and in communities with more than 15,000 people, they pay 90 per cent.

In 2015, the Supreme Court of Canada ruled RCMP members have the right to unionize and since then, towns and municipalities have been anticipating costs. The national recommendation, however, was that they set aside 2.5 per cent for an increase annually to cover those costs, which is much lower than what was recently agreed to.

Now, towns and municipalities will have to pay approximately a 3.95 per cent increase, which totals nine per cent more than they expected. The rural governments know as much as the

public does now too, according to Association of Manitoba Municipalities (AMM) president Kam Blight.

He said towns and municipalities were left out of the negotiation process completely, meaning the decision was strictly between the federal government and the National Police Federation.

"Unfortunately, municipalities are upset," he said. "We were told to set aside a lower amount of dollars annually; we're now seeing these large increases in salary — and we're not against that — we're just against how this is being thrown onto our laps. There's going to be a great increase in costs to municipalities but no enhancement in services."

Towns and municipalities still don't know if 23.7 per cent is the final number, what their bill will be, and when they're expected to pay it. In other words, they're hanging in limbo.

Blight said AMM is keeping a close eye on this and lobbying for anyone and everyone, especially MPs, to bring forward their concerns to the Government of Canada. He said municipalities cannot afford this, so they're asking the federal government to absorb these retroactive costs.

"If it's left to municipalities, there will quite possibly be an increase in taxes to residents and cuts to services," he said. "Municipalities only have one way of generating revenue and that's through taxation."

Bowling lanes under new ownership, more open hours

By Becca Myskiw

Carman 5 Pin Bowl is open under the ownership of someone new.

After 13 years of running the facility previously, Ken Wilson and his three partners sold it with the prospect of having free time in their lives. They were working on selling the lanes to the right person or company for around three years, and though it took a while to find the right fit, Wilson's happy with the new investor.

The Carman bowling lanes were sold to Aquila Sportainment Inc., under the investor Sivam Sankaralingam on Jan. 31 of this year. Though he bought the business months ago, Sankaralingam hasn't been able to run it quite yet.

Wilson, who's continuing the operation of Carman 5 Pin Bowl right now, said Sankaralingam is from India and is currently working on acquiring his permanent residency in Canada. Unfortunately, there's been a few setbacks with him getting all the paperwork through because of the pandemic. Once the final documents are signed, Sankaralingam will be moving to the Carman area to become more involved in not only his business but also the community.

For now, Wilson is using his experience and knowledge of the bowling business to ensure customers are getting what they need.

"We want to give them what they expect," he said. "But also bring in new ideas to keep people coming and hopefully get increased business

He said walking into the bowling lanes right now, people probably wouldn't notice any changes —it's all in the works. They've hired a day-today operator for running the centre. Her job is to keep everything flowing smoothly and be around during open hours, which have also changed.

The bowling lanes used to be open evenings only during the week and all day on weekends. Now, though, Carman 5 Pin Bowl is open Wednesday through Sunday from 2 p.m. to 10 p.m., closed on Tuesdays, and open Monday evenings for mixed league games. Wilson said there isn't anything to announce right now but they're looking at adding new changes soon.

"What kind of plans those are and how it takes shape will take time," he

said. "We're learning and investigating options and looking at what successful bowling centres have done."

He encourages everyone to keep an eve out for more updates in the near future. But, for now, the lanes are open and ready for anyone and everyone to use them.



STANDARD PHOTO BY BECCA MYSKIW

Carman 5 Pin Bowl is under new ownership and looking forward to changes soon to enhance the experience for their customers.

> INTERIM PRINCIPAL HOWARD, FROM PG. 3

want to continue developing my leadership abilities and there is no better way than hands on experience."

Howard said she's excited and humbled to be in the leadership position she was in last year again for this 2021-22 school year. She said Thomaschewski has been outstanding in the job and she hopes to be outstanding too.

"I learned so much in my seven-month appointment last year and feel that there is still so much more to be learned," she said. "I look forward to growing further as a professional."

As her plan is to one day become a full-time principal, Howard said she hopes wherever it is, it's in the Prairie Rose School Division (PRSD). She's committed to delivering the best programming and supports to her students and for Elm Creek School this year, that includes carrying out plans the school team has come up with as well as overseeing some of Thomaschewski's current initiatives.

Ultimately, though, she said she wants to ensure the transition is smooth for everyone and that Elm Creek School continues to be "welcoming, safe, inclusive and a place that will continue to inspire the students to learn and grow together in a positive space."

Thomaschewski became Elm Creek School's principal just this year and will return to his post come mid-April.



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EDITORIAL > VIEWPOINTS > LETTERS

Call Becca Myskiw at 204-461-2602 news@carmanstandard.ca



By Patricia Barrett

Because of declining protection against acquiring a COVID-19 infection in fully vaccinated people, Canada's National Advisory Committee on Immunization (NACI) is broadening the scope of who is eligible to receive a third dose of vaccine.

NACI's "Interim guidance on booster COVID-19 vaccine doses in Canada," released Oct. 29, recommends third doses of an COVID mRNA vaccine - Moderna's Spikevax vaccine or Pfizer-BioNTech's Comirnaty vaccine - be given to a wider subset of the population, including seniors and those who had received vaccines developed by Oxford-AstraZeneca and Janssen (Johnson & Johnson).

During a news conference last Friday, Canada's deputy chief public health officer Dr. Howard Njoo said there's evidence that COVID vaccines' effectiveness against infection may decrease over time.

"At this time, NACI is recommending a booster dose for some populations at highest risk of severe illness and waning protection following their primary series [of vaccination]. Specifically, NACI has expanded their late-September recommendation that adults in long-term care or other congregate care settings should be offered a booster dose of an mRNA CVOID-19 vaccine - to include seniors 80 years and older," said Njoo speaking in French.

NACI recommends third dose of COVID mRNA vaccine for adults 70 and older

"Additionally, NACI recommends some other key populations, who may be at increased risk of severe illness or at increased risk of lower protection over time and who are essential for maintaining health system capacity, may be offered a booster dose of an mRNA COVID-19 vaccine at least six months after completing the primary series."

In addition to those 80 and older and long-term care patients, Njoo said those eligible for third doses include adults aged 70-79 years, people who received two doses of the AstraZeneca viral vector vaccine or one dose of the Janssen (Johnson & Johnson) viral vector vaccine, adults in or from First Nations, Inuit and Metis communities and frontline health-care workers.

Njoo said over 5.5 million adults and youth in Canada are not yet fully vaccinated, and a key focus of immunization efforts is to have more people completing a two-dose vaccination series.

"This is even more important as we head into respiratory infection season," said Njoo.

He recommended that the public continue to wear face masks, wash or

Continued on page 9

letter to the editor Letters to the Editor: letters@carmanstandard.ca

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Support us by supporting them. Take them home and say thanks for the newspaper by shopping local.

- Dennis Young

Turn the clocks back Saturday night

Clocks are turned back one hour

Most Canadians will turn their clocks back by an hour Sunday. Nov. 1 for the switch from daylight savings time to local standard time. Local standard time officially

in the fall for what's commonly called "the end of daylight savings time," an idea first used in Germany during the First World War with the goal of saving energy. It aims to take advantage of daylight hours in the spring so that people don't sleep through the first few hours of sunshine.

When the daylight period gets shorter in the fall, the clocks are readjusted to the proper "local standard time.

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Pit bulls: a misunderstood dog breed

By Becca Myskiw

People love dogs. With their soft fur, wet kisses, and endless love, it's hard to see them as anything but sweet. And most dogs get all the attention they deserve — but not all of them.

Pit bulls notoriously get avoided on the street due to their reputation. According to Love-A-Bull, they were bred in the 1800s from Old English bulldogs, an organization dedicated to advocating for the breed.

"The message we try to spread is that they are dogs," says the site. "Just like any other dog, they just happened to be called pit bulls."

At the time, Old English Bulldogs were gaining popularity in the British Isles in bull-baiting, where one or two bulldogs would harass a bull for hours until it collapsed from fatigue, injuries, or both. In 1835, the bull and bear baiting was prohibited by British

parliament, turning the people to ratting, where they pitted dogs against rats, seeing who could kill the most rats in a time.

The rats were placed in a pit so they couldn't escape — that's where the "pit" in pitbull comes from. Soon enough, the public got into dogfighting, which required the animals to have agility and speed, so Bulldogs were crossed with Terriers to make the ultimate dogfighter: the Pit Bull Terrier.

They aren't inherently mean, though local groomer and pit bull owner Tana Reidstra wants people to know that. Her pitbull, one-year-old Luna, is mixed with a rottweiler and is "the perfect example of a good dog."

She said though the dogs were bred to be fighters, it depends on how you train them.

"Luna has always been really sub-

missive," said Reidstra. "It's not their nature to be aggressive. Dogs will never firstly choose aggression; they have to go through so much before they choose that. Every dog has the potential to be mean if they're trained to be. But that's all it is: training."

She often said when people find out Luna is part pit bull, they'll start avoiding the dog and pull their kids away or walk across the street so as not to pass them on a walk.

"These dogs are not aggressive," she said. "They're just dogs. It's not like they're going to lunge off their leash and attack your kid. It's heartbreaking."

Reidstra encourages people to educate themselves on dog breeds, especially pit bulls, and treat them based on their behaviour, not their breed.



Tana Reidstra wants people to know her pitbull cross, Luna, and all pit bulls aren't inherently aggressive — it all depends on how you train your dog, not its

Majority of new COVID-19 cases in Southern Health

By Ashleigh Viveiros

Public health officials were reporting 483 new cases of COVID-19 in Manitoba from last Friday to Monday.

The vast majority of those cases—266 in total—were in the Southern Health Santé Sud region, where vaccination rates continue to lag behind the rest of the province.

The Winnipeg health region accounted for 96 of the new cases, Prairie Mountain and the Northern health regions each had 41, and Interlake-Eastern had 40.

Of the 96 new cases identified on Monday alone, the province reports 70 were in individuals not fully vaccinated (two weeks past their second dose).

In our region, Southern Health, 37 of the day's 45 new cases were not fully vaccinated, the province reports.

Manitoba's total number of active COVID-19 cases was at 1,273 at press time. There have been 1,248 deaths due to the virus since the pandemic

As of Monday, there were 98 people hospitalized due to COVID-19 in Manitoba, including 25 in intensive

In the Pembina Valley, Winkler added 17 new cases over the past week to hit 54 active cases—the highest in the region.

Morden also jumped by 12 cases to 19. Stanley is at 13 active cases, as is Altona. Carman and Lorne/Louise/ Pembina both have seven cases, while Red River South has five, and Roland/

Thompson and MacDonald are both at three.

Third dose eligibility expanded Last week, the province expanded

its recommendations for third doses of the COVID-19 vaccine to include residents of congregate elderly persons housing. There are more than 500 such sites across the province.

Also eligible for a third jab are First Nations people living on a reserve, people who have only received a viral vector vaccine or who received



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one or two doses of a vaccine not approved by Health Canada, health care workers who have direct contact with patients or residents, immunocompromised individuals, residents of all personal care homes, and residents

and staff of all First Nations personal care homes.

More information about the vaccine campaign in Manitoba is available at www.manitoba.ca/vaccine and https://protectmb.ca.



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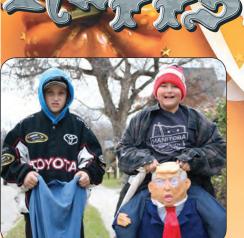


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Quenton, left, and Jagger were some of the first to hit the streets on Halloween.



Chloe, left, Wynter, middle, and James hit the houses together.



Keenya, left, Tenly, middle, and Knightley went Trick or Treating for the first time on Sunday after just moving here from Sweden and never experiencing Halloween before.





A large group of friends went candy hunting together.

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Carman's youth took to the streets on Sunday to Trick or Treat. Big numbers were out by 5 p.m., and costumes of every kind and colour were knocking on doors. All were excited to celebrate Halloween after an iffy 2020 with the pandemic. Joshua, AKA Captain America, and his sister Andrea went out to get candy together.

YOUR LOCAL LAWYERS

November is Domestic Violence Awareness Month

By Ashleigh Viveiros

November is Domestic Violence Awareness Month and the local shelter is doing what it can to get the word out about the help it offers victims of abuse. Genesis House has a few events on tap for the weeks ahead, including a chance for a virtual tour.

"Most people have never seen the inside of our shelter," said Ang Braun, executive director, explaining that the location of the shelter is kept under wraps for safety reasons.

The lack of a public storefront coupled with fewer community events than ever this past year thanks to the pandemic got Braun thinking about how they could connect with people in a new way. A glimpse inside the facility seemed a perfect fit. A video crew came in and spent an entire day shooting footage for the tour, she not-

"It's kind of like if you were entering the shelter, coming in right through the front door, and I'm taking you through the house as if you were coming to stay," Braun said. "It is pretty cool. People will get an inside peek at the place."

You can view the tour online at gene-

sishouseshelter.ca. Once you've had a chance to take a virtual walk through the shelter, you can show your support in person at the Nov. 12 Winkler Flyers hockey game, where all the players will be wearing Peace Begins at Home white jerseys and shelter staff will be on hand accepting donations and providing information about the services the shelter offers.

Also going on this month is a donation drive, with shelter reps. on hand at a few locations in Morden-Winkler (coming up, Morden Alliance Church Nov. 6 from 9 a.m. to noon and the Gilmour Braul Hiebert Law Office in Winkler Nov. 20 from 10 a.m. to noon).

Donations of all kinds are most welcome, be it food items, toiletries, clothing, baby/kids supplies, and Christmas gifts. A complete list can be found on the Genesis House social media pages and website.

"Usually by December our pantry is quite bare," Braun said, thanking anyone who is able to drop off a donation of any kind to help families in care.

Also accepting donations for the annual Power of the PJs campaign is every branch of the South Central Regional Library. Many of the women and children who show up at the shelter come with little more than the clothes on their backs, Braun shared, so donations of things like pyjamas, socks, and underwear are a real gift.

Finally, in lieu of their masquerade gala this year, Genesis House is hosting an online auction Nov. 16-30.

"We've got some very cool prizes that will be available," Braun said. "There's 56 items and there's such a variety of things that a person could actually do a bit of Christmas shopping with this."

The prizes, all of which have been donated, range from high-end things like a Nintendo Switch and a sound bar to hand bags, jewelry, and handmade quilts. Further details about the auction will be posted soon.

Reaching out

All these activities serve not only to raise funds and donations for the shelter but also to get their name out into the community. Domestic violence is a very real issue across the region. In the 2020/21 fiscal year, Genesis House provided shelter to 42 women and 30 children. Statistically, one in four women have experienced violence in a current or previous relationship, with young women aged 25-34 experiencing the highest rates of spousal violence. Children under five constitute the largest portion of abused children in shelters, followed by ages 5-9. Bringing awareness to what domestic abuse is and how it affects families is a big step towards creating a healthier community, Braun said. And it's not just about trying to reach only the victims of abuse—this is an issue the entire community can tackle together.

"One of the things we saw through COVID was our calls increased from family and friends calling and saying, 'We think there could be trouble here. What do we do?" Braun said. "People stepping up and saying what can we do to help?

"For me, the core message is always when a person tells you this is happening to them, you need to believe them. People don't make this up. It is such a difficult road that no one would choose it."

If you're in an abusive relationship and need help, or if you know someone in that situation and need advice on what to do to help them, you can reach Genesis House anytime at 204-325-9800 or toll-free at 1-877-977-0007.

> THIRD DOSE, FROM PG. 6

disinfect their hands, increase ventilation and stay home and away from others if symptoms develop. This will help protect other people and the health-care system throughout the winter. He also encouraged the public to plan"safer social events."

Canada's chief public health officer Dr. Theresa Tam was asked whether the government will have to re-define the meaning of being fully vaccinated in light of the third-dose offering.

"Right now, having had a full primary series of vaccination is considered fully vaccinated," said Tam. "We are not currently considering the need for the additional shot of [a] booster for the definition of fully vaccinated for the purposes of federal requirements at this time. But, of course, we will keep reviewing the evidence and requirements."

Fully vaccinated people are at a lower risk of developing a serious COVID illness, needing hospital care or dying from the virus than unvaccinated people are. But the vaccines' protection against infection is waning, and that can contribute to increased transmission rates, says NACI's updated interim guidance document.

"COVID-19 vaccines have played a vital role in the response and have been shown to be very effective against symptomatic laboratory confirmed SARS-CoV-2 infection, severe disease, hospitalization, and death from COVID-19," said NACI. "Unfortunately, the COVID-19 pandemic is ongoing and continues to cause significant morbidity and mortality, as well as social and economic disruption in Canada and worldwide (including impacts on health system capacity)."

That's why the advisory committee is recommending a third dose "to obtain more durable protection in some populations."

NACI said it examined real-world data from Israel which suggests a booster dose provides "good shortterm effectiveness" against infection and has a safety profile that's "comparable to that observed after the second dose of the vaccine."

There is no evidence to date, said NACI, about waning protection against "severe disease" in the Canadian general population who've been fully vaccinated.

The advisory committee will continue to monitor emerging scientific data on how best to use COVID vaccines, as well as examine important differences between a primary series of vaccination (to establish strong immune memory) and a booster (to stimulate the memory response once protection has truly waned).



Central Plains Cancer Services fall fundraising campaign starting

By Becca Myskiw

Central Plains Cancer Services hopes more people in the area will learn their names and keep them in mind.

The grassroots organization has been around since 1998. Though they've had many successful years since then, executive director of the organization Sharilyn Knox said they're hoping the pandemic hasn't scared people from contacting them if needed.

Essentially, Central Plains Cancer Services provides supports and services for those facing cancer in over 70 communities. They cover as far north as McCreary, as west as Minnedosa, east as Starbuck, and as far south as Mariapolis. That means they cover Fannystelle, Elm Creek, and communities just west of Carman and Miami.

According to Knox, the organization's most used service is its transportation program. They have volunteer drivers all over their service area who take cancer patients wherever they need to go. Patients using the transportation program pay a flat fee of \$25 for any trip, regardless of the distance. Central Plain Cancer Services subsidizes the rest and reimburses all drivers for their gas.

"The region is large," said Knox."We know we're all rural, and in order to get the vital treatments, our patients need...they have to go to big city centres. We don't want transport to be a reason they don't get treatment."

The organization also has a Care

for Kids program to support families whose children are fighting cancer. They cover meals for them, accommodations, and help with any interruption of wages the diagnosis may have caused them.

"We know that financial burden is the last thing they need to worry about," she said.

They also do a free headwear program, where they give wigs to those going through hair loss. The Hearts of Hope program is an onneed one where they essentially help patients with whatever they need. And the education program the organization does send retired nurses into schools, community centres, events, pharmacies, and more to get the information out to people on keeping healthy, preventing cancer, and getting everyone in a better spot physically to fight it if they get it.

Because Central Plains Cancer Services receives no government money, all of its funds come from fundraisers, donations, and sponsors. Unfortunately, Knox said they haven't been able to fundraise as usual for the past year and a half, so their funds are down more than they should be.



STANDARD PHOTO SUBMITTED

Central Plains Cancer Services is hoping more people keep them in mind when facing cancer. This map shows the areas they service.

People in the service area should watch their mailboxes for the organization's fall fundraising campaign flyers, called "Drive Away Cancer Together." Knox said they appreciate every donation, and they're hoping community members can help their neighbours by donating.

"Even through a pandemic cancer doesn't go away, and people need to have the supports that they need," she said. "We're one of the only programs that continued a driving program through COVID because without it, people might have chosen no treatment, and we wanted to take away barriers."







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Bergen sworn in



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Portage-Lisgar MP and Conservative Deputy Leader Candice Bergen, shown here with the deputy clerk, got sworn in on Monday for her fifth term in office. "From my first swearing-in to the House of Commons in 2008 until today, my focus has been to be a strong, relentless and courageous voice for the people of Portage-Lisgar," Bergen said."That continues to be my commitment and my pledge today to the people who elected me."

Where are they now? Catching up with ... Paul Jensen

Submitted

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

Q. Firstly let's get familiar with you again. When did you live in Carman? Born and raised from 1948 – 1970.

Q. Did you attend school here? Yes all grades and schools.

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

I worked for Barrie Sanders in his drug store as a delivery and cleanup boy. Also I had paper routes. During the Carman Creamery years, I was a milkman and a route driver to farmers to pick up cream.

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

To name a few....Student Council, high school plays, curling, golfing, music (The Saints), skiing at Snow Valley and Reach for the Top.

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

My family lived here until about 1971 when they moved to Winnipeg. My father was the owner

of Carman Creamery. My mother's family was from Homewood where my grandparents (Ivan and Lulu Langtry) lived and farmed.

Q. Do you have family living here? Not any more - but all of us in the Jensen family consider Carman to be

Q. What got you to leave Carman and where?

I left Carman in 1966 to attend United College (later called University of Winnipeg) in Winnipeg.

O. What was your chosen career af-

I went to the Manitoba Faculty of Law, graduated in 1973 and became a lawyer in 1974.

Q. Did you move here for career? What was the career?

My legal career was in northern Manitoba for five years, then in Winnipeg until I retired.

Q. Did you move around lots in ca-

I have lived in Winnipeg, Ottawa, Flin Flon, The Pas, and Thompson.

Q. Did you meet your spouse here or where?

I met my wife Maureen Prendiville in Thompson in 1980 and we married in 1982.

Q. Did you raise any children? Names, where now and doing what?

Maureen and I have two sons, Andrew and Kevin who are now married with children and both live in Winnipeg. Andrew is a financial advisor with TD Wealth Management. Andrew is married to Meaghan and they have two young daughters Finley and Remi. Kevin is an in-house lawyer for a large Manitoba company, Hilife. He is married to Sarah who is also a lawyer and they have a little boy, Solomon who is five months old.

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

I was in private practice for a number of years and also I was a Crown Counsel prosecuting criminal cases for the Manitoba Department of Justice and the Public Prosecution Service of Canada.



STANDARD PHOTO SUBMITTED

Maureen and Paul Jensen

Q. What passes your leisure time? Hobbies?

Maureen and I spend a lot of time at our summer cottage. We enjoy spending time with our grandchildren. We enjoy travelling, biking, hiking, travelling, reading, photography, learning computing, going to movies, the theatre and hanging out with our friends and family.

Q. Have you travelled for leisure and where?

Maureen and I have been very fortunate to have travelled in Europe, Israel, India, Vietnam, Cambodia, China, Japan, Mexico, Canada, United States (New York, Washington, Palm Desert, Hawaii)

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

Trying to stay healthy.

Q. Do you ever return to Carman?

From time to time we come out to Carman. It is a nice afternoon drive. My parents and grandparents are

buried in the cemeteries in Carman and Roland. My roots are in Carman, so it is fun and interesting to come

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

This may sound overly nostalgic or hokey....but life in Carman was like, for me at least, as it was depicted in the old sit-com"Happy Days". As kids in Carman we had the good fortune to grow up in a family and community that watched over you and allowed you the freedom to learn, play, work and grow up. I have many fond memories of school, friends and "happy days".

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

I was and am always proud to say to anyone that I am a "Carmanite".

If you would like to get in contact with Paul or Maureen, shoot me an email at denjohnyoung@gmail.com and I will share your address.

Paws & claws

Simple Winter four-footed family guidelines

In Winter, keep your pets inside with you. Under no circumstances should cats be left outdoors. Dogs are happiest when taken out frequently for walks and exercise, but inside the rest of the time. If your dog is outdoors for much of the day, they must be protected by a dry, draft-free shelter that is large enough to allow them to move comfortably, but small enough to hold in body heat. The floor should be raised a few inches from the ground and covered with cedar shavings or straw. The doorway should be covered with waterproof burlap or heavy plastic

Windchill can threaten a pet's life. Exposed skin on noses, ears and paw pads are at risk for frostbite and hypothermia. Shorthaired dogs are often comfortable wearing a sweater - even during short walks. Rock salt and other chemicals used to melt snow

and ice can irritate the pads of your pet's feet. Wipe all paws with a damp towel before your pet licks them and irritates their mouth. If they will tolerate them, booties will go a long way for protection.

Antifreeze is a deadly poison, but it has a sweet taste that may attract animals. Wipe up any spills immediately and keep it out of reach. Coolants and antifreeze made with propylene glycol are less toxic to pets, wildlife and family. Store de-icing salt in a safe place. If your dog ingests rock salt, call a veterinarian immediately.

Cars are one of many hazards to small animals - warm engines attract cats and small wildlife, who may crawl up under the hood. To avoid injuring any hidden animals, bang on your car's hood to scare them away before starting your engine.





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Luke, a Gryffindor, left, and his brother Beckett, a transformer.



Jane dressed as a pirate for Halloween and handed out candy to all who came to her door.



Logan went Trick or Treating with his aunties on Sunday.

his group of friends went out for a walk before the streets were full

This group of finiends went out for a walk before the streets were full of Trick or Treaters.

Province selects projects to receive support from parks endowment fund

Submitted by Manitoba government

The Manitoba government is investing more than \$450,000 from the Provincial Parks Endowment Fund to support improvement projects in parks across the province, Conservation and Climate Minister Sarah Guillemard announced last Thursday.

"We are committed to the ongoing maintenance and improvement of provincial parks as places of relaxation, adventure, recreation and tranquility," said Guillemard. "Through the Provincial Parks Endowment Fund, we will ensure funding is available in perpetuity for important projects that will enhance these experiences."

The new funding will support a variety of accessibility improvements,

such as an installation of a mobility mat for a beach in Clearwater Lake Provincial Park, surface improvements to the Bur Oak Trail in Birds Hill Provincial Park for users of wheelchairs and an addition of accessible picnic tables in parks across Manitoba.

Other improvements include repairs to the Bakers Narrows main beach,

new signage for Pisew Falls and upgrades to yurts at Paint Lake, Bakers Narrows, Clearwater Lake, Asessippi and Spruce Woods provincial parks.

STANDARD PHOTOS BY BECCA MYSKIW

Further upgrades to trails will be made along the Bear Lake Trail in Whiteshell Provincial Park and at Disappearing Lakes in Turtle Mountain Provincial Park, while campground improvements include electrical pedestal replacements or relocations in Stephenfield and Duck Mountain provincial parks.

The \$20-million Provincial Parks Endowment Fund is expected to generate as much as \$1 million per year to assist in offsetting the increased costs of enhancing and sustaining Manitoba's provincial parks, Guillemard said. Priorities for the fund are determined through a process involving engagement of citizens and stakeholders.

The Provincial Parks Endowment Fund encourages private and philanthropic contributions and enables the province to follow the wishes of generous donors who want to leave a legacy of support for parks. With a matching formula that provides one dollar for every two dollars donated from other sources, the fund has the capability to grow and support even more projects and improvements, noted Guillemard.

To learn more about Manitoba's provincial parks, visit www.gov.mb.ca/sd/parks/. Manitobans can also stay up to date with provincial parks news, activities and events on Facebook at www.facebook.com/MBGovParks and on Twitter at www.twitter.com/MBGovParks.





The Ryall Hotel...a piece of Carman (part 6) the Boxshalls, Masseys and Petersons

By Dennis Young

In 1978 current owners Bill and Susan Morrison were wishing to retire after six years in this enjoyable rat race. They found new interests in Candy and Al Boxshall of St. Andrews. With no previous experience in this field, they moved their family of four into the Ryall that April.

It did not start off well as the beer strike hit that very same year!

"Hot summer and newbie bar owners with no beer to sell so....friends went to North Dakota and brought us cases of American beer," Candy tells me. "It was illegal to sell it and we weren't gonna risk losing our license so I made five gallon pails of vodka slush. Buy a glass of slush and you get a free beer!!'

The next year was the '79 flood!

"We closed the bar but left the restaurant open to provide coffee and sandwiches to the countless volunteers sandbagging 24/7 at the bridge. They managed to keep the water out of the Hotel." Candy said all the rubber boots in town were sold out except for two left feet. She bought them and used them.

The Boxshalls set out to give the ol' place a face lift right away. They sold off the big slate pool tables and put in a 14 x 20 dance floor, an additional juke box, band stand, improved speaker system, uniform lighting (and disco ball) and a char-broil steak pit. "Now patrons could enjoy dinner and dancing in our 100 seat capacity pub."

For the pool fanatics, they brought in coin operated ones and started a league for guys and gals too. The bar service changed from table to self serve, the beverage room floor was adjusted to one level than the original two and carpeted.

"We were lucky to inherit some lovable staff. The best guy ever, Jimmy McFarlane. He was the last to leave at night and the first back in the morning."

The Ryall River Inn had its share of loyal staff too.

"I will miss some but there was Kay Lewco, Dorothy Lucking Karmazenuk, Jeanine Fredrickson, Karen Fry and Margaret Paul. Our cleaning staff was Jessie Fehr and Myrtle Emro while Lil Mossett helped in the bar

when we needed her."

After two years, Al and Candy put the Ryall up for sale, stayed in town until 2008, retired and moved to Grand Prairie where they currently reside close to their kids Jennifer, Chelsea and four grandkids.

With no major changes to be made now Vic Massey and his wife Terry settled in with the regulars in 1980.

"Customers named the bar the Ryall Bank as we accepted personal cheques from many to be accommodating," according to Terry.

Vic installed a satellite dish for television in the bar. In that day it was a 12 foot wide one mounted on the Ryall roof offering 72 channels! It was the first rural hotel in Manitoba to have it. Hosting sport nights and playing music daily increased the numbers and the atmosphere.

"We had lots of regulars but none like Butch who would bring in van loads of guys and make a day out of it. He even engineered the kidnapping of Vic one weekend! All in all Carman was an enjoyable place to be!" Vic passed away in 2012 while Terry resides in Winnipeg. Their son Paul owns the Dawson Trail Motor Inn at Lorette.

For a short period, Ray and Candace Peterson from Denzi, Sask. ran the Ryall 1983-84. Ray made some alterations as he removed the front desk from the lobby and moved the vendor from the lobby to the back where he built a new cooler. That made delivery and empty storage much easier.

A new bar was constructed more central to the pub and automated liquor and draft systems installed. I was unable to track this couple down for further info of their short time here.

Next week....the Croattos Crossmans.



Renos were completed in 1979 and a dance floor was added along with coin operated pools tables.



Candy and Al Boxshall took over the hotel in 1978.



STANDARD PHOTO SUBMITTED Terry and Vic Massey purchased the hotel from the Boxshalls.



Sue and Faith Bergman fueling up for the big game.

Amateur sports are the fabric of our communities

Community sports are builders of character and create the foundation of a healthy lifestyle, with leagues and arenas across the province serving as valuable connectors both in cities and towns. Young people benefit greatly from organized sports, and after missing activity due to the COVID-19 pandemic, community support is vital to support grassroots and amateur sports across Manitoba.

Manitoba hockey players and curlers are known around the world, recognized for their talent and ability to compete at the highest levels of their sports. Athletes like Jonathan Toews and Jennifer Jones, among others, have proudly represented our province on the national and international stage.

On behalf of its farmers, large and small, Manitoba Pork will continue to support athletes through amateur sports organizations like the MJHL and CurlManitoba to help hockey players and curlers excel in sport, foster the value of teamwork, and build community pride.

To learn more, visit manitobapork.com/community

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Twisters keep the wins coming

Bv Ashleigh Viveiros

It was a winning weekend for the Pembina Valley Twisters.

The MMJHL team came out ahead by one over the St. Boniface Riels and then trounced the River East Royal Knights.

Friday night's game against the Riels saw the hosting Twisters outshoot their visitors 47-33.

Caelan Russell had a hat trick while Riley Goertzen contributed a single in

the 4-3 win for the Pembina Valley. Logan Enns made 33 saves in net.

Russell added a couple more goals to his record two nights later against the Knights, joined this time by goals from Merek Degraeve, Jackson Wilson, Jordan Keck, and TJ Mateszewski as the Twisters won the night 7-4.

In net this time for the Twisters was Martin Gagnon, who made 32 saves out of 35 shots. Meanwhile, his teammates fired 45 the other way.

With that, the Twisters have improved their record to 10-1 for 20 points, putting them at the top of the standings with the Transcona Railer Express, who also have 20 points.

Not far behind are the St. James Canucks in third place with 18 points.

The Twisters kick off November with a match in Stonewall against the Jets Friday and then in Winnipeg against the Fort Garry Fort Rouge Twins Sunday.

Carman-Dufferin Minor Hockey game day slapshots

Staff

U13 Silver Carman Cougars versus Treherne:

Carman U13 Silver won their league opener on Saturday 5-4 against Treherne.

Brock Bartlett scored a pair along with Alexander Hartmann. Zander Bourgeois netted a single.

If you wish your team to be seen here, talk to your manager.

Cougars fall short to Trojans in game four

By Becca Myskiw

The Carman Cougars hockey team fell short in their rematch against the PCI Trojans, but this time by one goal instead of the previous six.

The Cougars lost a hard-fought battle against Portage Collegiate Institute on Oct. 27, . Head coach Jeff Park said they were a completely different team this game than they were the last time they faced off against PCI.

"Our effort was there," he said. "And every line contributed to scoring."

The team scored their first goal — and all the others — in the second period. Ethan Wilde scored the first goal of the game, and his first of his high

school career. Park said it was "wonderful to see from all his continued hard work."

Anthony Lehmann hit the score board yet again, dumping the puck in the net at 7:02, unassisted. He also got a double minor in the third for roughing and head contact, serving the full four minutes.

Ryan Orchard got the Cougars third and final goal with 4:00 minutes left in the first, but it wasn't enough to stop the Trojans from scoring their fourth in the third. By the end of the game, Carman had taken seven penalties and scored three goals, but the PCI Trojans were one goal better.

"This game was fun to be a part of," said Park. "We just needed a lucky bounce and a few less errors and the outcome would have been different. Portage is a good hockey team, and we now have proven that we are too."

The Cougars are now one and three, with their lone win against the NPC Nighthawks, and losses twice to the Trojans and one to the Pembina Tigers. The team has a lineup of practices ahead of them before their next game against the Mountain Mustangs on home ice at 7:30 on Wednesday, Nov. 10. To keep up with the Carman Cougars hockey team, go to www.carmancougarshockey.com.

Hawks fall to Thrashers, split games with Northstars

By Lorne Stelmach

It was a week of mixed results for the male U18 Pembina Valley Hawks.

The Hawks played well but came up just short in a 3-2 loss to the Winnipeg Thrashers last Wednesday in Morden.

The weekend then brought the Norman Northstars to Morden for a doubleheader. The first game Friday was a 9-0 romp for the Hawks, but Norman turned things around with a 4-2 victory Saturday afternoon.

That leaves Pembina Valley in ninth place in the 13 team league with a record of 4-6-2 for 10 points.

The Hawks fell behind 3-1 after one period against the Thrashers and could only get within one goal with a second period marker. It was a well-fought battle, with Pembina Valley holding a 29-24 edge in shots on goal. Cameron Parr and Liam Goertzen scored for the Hawks, while Bryson Yaschyshyn took the loss in net with 21 saves. The Hawks pumped in four first period goals Friday then ran away with it by firing in five more unanswered goals in the final frame.

Carter Sotheran had a hat trick and a four point night while Parr had a goal and three points.

Griffin Ayotte, Kam Thomas, Sebastian Hicks, Logan Fillion, and Keston Worley also scored for Pembina Valley while Raiden LeGall got the 39 save shutout with the shots 41-39 in favour of the Hawks. Things turned out differently on Saturday. Even though the Hawks outshot the Northstars 53-35, Norman took period leads of 1-0 and 3-1. Worley and Marek Miller scored for the Hawks. Yaschyshyn took the loss in goal with 31 saves. The Hawks continue their homestand this weekend as they welcome the Kenora Thistles to Morden for a doubleheader Saturday evening and Sunday afternoon.

Female Pembina Valley Hawks on a win streak

By Lorne Stelmach

The female U18 Pembina Valley Hawks are riding a three game winning streak after a pair of victories this past weekend.

The Hawks came up with solid efforts in a 4-1 win over the Westman Wildcats Saturday and a 4-2 victory against the Eastman Selects Sunday.

It boosted their record above .500 to 6-4-0 for 12 points and keeps them in the thick of the battle among the top four spots in the standings.

On Saturday, the Hawks held period leads of 1-0 and 3-1 against Westman. They were backstopped by netminder Kaylee Franz, who stopped 37 of 38 shots on goal.

Scoring for Pembina Valley were Abbey Bourdeaud'hui, Gracie Carels, Quinn McLaren and Mya Pearce, while Annika Braun chipped in with a pair of assists.

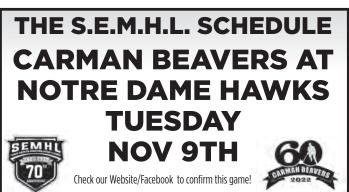
The Hawks then broke open a game against the Selects that remained tied 1-1 until the third period when they

scored three more to seal the victory.

Abbey Bourdeaud'hui capped off a good weekend with a hat trick while the other goal came in from Marissa

Fehr. Tria Enns got the win in goal on the strength of 30 saves.

The Hawks head west this weekend for an exhibition game Sunday against Pilot Mound Prep and then return to league play the following weekend against Central Plains in Portage Nov. 13 and Yellowhead in Morden Nov. 14.





Beavers blast Morden Bombers

By Brian Bowman

The Carman Beavers could not have asked for a better start to their South Eastern Manitoba Hockey League season.

Carman scored five goals just 13:11 into the game as the Beavers trounced the Morden Bombers 11-1 on Saturday evening.

Quade Froese led Carman with two goals and three assists while Aaron Lewadniuk had a goal and three assists and Darren Bestland chipped in with two goals and a

Brett Takvam, Fraser Mirrlees, Braeden Beernaerts, James Van de Velde, Taylor Fisher and Jaden Rose also scored for the Beavers.

Tyler Peers tallied Morden's lone goal in the second period.

Steve Christie made 38 saves for the victory.

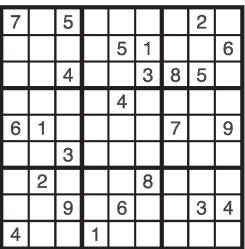
The Beavers are off this weekend but will visit the Notre Dame Hawks next Tuesday for an 8 p.m.



STANDARD PHOTO BY DENNIS YOUNG

Carman Beavers' goaltender Steve Christie made 38 saves as his club crushed the Morden Bombers 11-1 in SEMHL action last Saturday.

take a break > GAMES

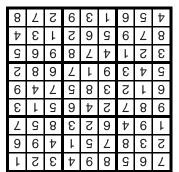


Fun By The **Numbers**

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

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!



Sudoku Answer



Crossword Answer

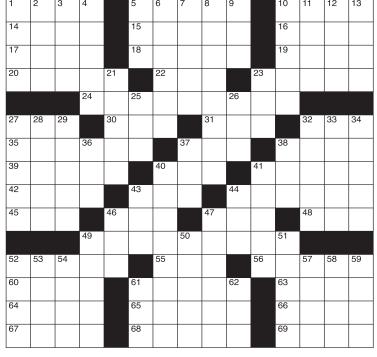
CROSSWORD

CLUES ACROSS

- 1. Nuclear undersea weapon
- 5. President of Syria al-
- 10. Partner to flows
- 14. "Snow" in Welsh
- 15. Famed Mexican painter
- 16. Song
- 17. ticks outward from the crown
- 18. Doddering 19. Resist authority (slang)
- 20. Antsy
- 22. Wrath
- 23. Spills the beans
- 24. Past 27. The woman
- 30. One has 24 hours
- 31. Talk
- 32. It can sting
- 35. Astronomy unit
- 37. Halfway
- 38. Chinese dynasty
- 39. Australian river
- 40. Software to transfer audio (abbr.)
- 41. Fabric
- 42. Crucifix
- 43. Defunct European economic
- group
 44. "Hotel California" rockers
- 45. Michael Knight's car
- 46. Actress Ryan
- 47. A digital tape recording of sound
- 48. Insecticide
- 49. Scientific instrument
- 52. Golden-__ corn
- 55. Israeli city __ Aviv
- 56. Sword 60. Ottoman military title
- 61. Aromatic plants
- 63. Cold wind
- 64. Large, semiaquatic reptile (slang)
- 65. Political unit
- 66. Indiscreetly reveal secrets
- 67. Comfort food dish
- 68. Actress Zellweger
- 69. Romanian city

CLUES DOWN

- 1. One point east of southeast
- 2. Italian monetary unit



- 3. Warship prison
- 4. Tropical American tree
- 5. Alias
- 6. Normal or sound powers of mind
- 7. English county
- 8. Not compatible with
- 9. Female deer
- 10. Not late
- 11. La __ Tar Pits, Hollywood 12. "Jupiter's Legacy" actress Leslie
- 13. Impudence
- 21. Advises
- 23. Founder of Babism
- 25. A baglike structure in a plant or animal
- 26. Male parent
- 27. A type of plug
- 28. Capital of Vietnam
- 29. Fungal disease
- 32. Shelter
- 33. Finished
- 34. Excrete
- 36. Unhappy

- 37. Partner to cheese 38. Coffee receptacle
- 40. Spend time dully
- 41. Makes full
- 43. Snakelike fish 44. Take in solid food
- 46. student, learns healing
- 47. A way to take away
- 49. Impart a lesson to
- 50. "Transformers" actress Fox
- 51. Spiritual leader
- 52. Every one of two or more things
- 53. Indian city
- 54. 17th stars
- 57. Weapon
- 58. Amounts of time 59. Isodor ___, American Nobel
- physicist 61. Soviet Socialist Republic
- 62. Witness

inspired > MEAL IDEAS



Prep time: 20 minutes Cook time: 10 minutes Servings: 6 1pound prepared pizza dough

2 1/2 tablespoons extra-virgin olive oil 2 cups halved green, red and black California grapes

Tricolor Grape Pizza with Goat Cheese and Thyme

2 tablespoons fresh thyme leaves 1/4 cup coarsely chopped walnuts 2 ounces fresh goat cheese, crumbled 2 tablespoons freshly grated Parmesan cheese

freshly ground pepper, to taste

Position rack in bottom of oven and place inverted baking sheet on top of rack; heat oven to 500 F.

On lightly floured surface, press pizza dough into 10-inch round circle and cover with towel while preparing toppings.

Sprinkle large baking sheet lightly with flour. Stretch pizza dough into oval, about 14-by-10 inches, and place on sheet. Drizzle with oil. Sprinkle with grapes, thyme and walnuts. Place baking sheet on top of sheet already in oven and bake until crust is bubbling and golden, 8-10 minutes.

Remove pizza from oven. Sprinkle with goat cheese and Parmesan. Season with pepper, to taste. Transfer pizza to board, cut into pieces and serve warm.



Smoked Chicken and

slices with garlic-oil and place on cookie sheet. Toast in broiler about 1-2 minutes on each side until golden brown. Remove from broiler.

On each bread slice, place about 1 tablespoon chicken breast and three grape halves then top with 2 tablespoons grat-

Place cookie sheet about 8 inches away snipped chives and pepper.

Yield: 24 pieces 3 cloves garlic, minced 1/2 cup extra-virgin olive oil 1/4 teaspoon salt

1 French bread baguette 8 ounces smoked chicken breast (1 3/4 cups), shredded or cut into bite-size

1 1/2 cups red, green or black seedless California grapes, halved

12 ounces fontina, port salute or Monterey Jack cheese, grated

1 tablespoon chives, snipped

1/2 teaspoon freshly ground black pep-

Preheat broiler to 550 F.

In small bowl, combine garlic, olive oil and salt. Set aside. Slice baguette on bias into 1/2-inch thick slices. Brush baguette

Grape Bruschetta

from broiler and broil 2-3 minutes until cheese is melted and bubbly. Place on serving platter and sprinkle with



Expert patient here to help!

By Susie Schwartz

Expert Patient Here to Help! Susie Schwartz

The doctor called today. My Endocrinologist, who specializes in diabetes, had some blood results to discuss with me. In addition, he had some medication suggestions. If you find yourself in similar shoes, you might want to give this a try:

Negotiate. You hold power.

"Susanne, your overall cholesterol is good, but your LDL (the nasty stuff) is a bit higher than I'd like. Have you been on a Statin before?"

Yes, yes I have, and that little pill and I were not friends.

"Okay, well, have you tried a different family of cholesterol meds? Anything like Fenofibrate?" he asked.

I hadn't, and the reason is this: when they were suggested to me, I said I preferred not if I didn't have to be on another med (I'm on a list of non-negotiables already), and the next time I got my cholesterol tested, it was in the normal range.

"Dr. Walker, can you tell me what the numbers are? (To immediately be put in my home medical file for future reference) and can you look back and tell me if this is the first time it has come back too high recently? Or has it been climbing for a while?"

I could hear him looking back on my file and mumbling dates to him-

"Well, your LDL hasn't been tested for a couple of years, but it was good the last time it was."

"Okay, thank you. And is LDL something I might be able to bring down with dietary changes?"

"Yes, some people are able to. You'd need to cut down on animal fats – saturated fats like butter - and



Susie Schwartz

switch to healthy fats like olive oil."

My heart skipped three beats. We already use vegetable oils in the frying pan and salads, but nothing beats butter on super-seeded GF toast. Or on Yorkshire puddings! (Try it. Trust me. It's amazing. Although, on second thought...not the healthiest advice I've ever given!)

Okay. So. Which did I want more? Butter? Or to not be on another med.

"How about I try to get it down naturally and then retest in a while, see if there's progress, and decide then?" "That's fair," he said.

And that's what doctor negotiation looks like.

I don't know yet if I will need the med or not, but the point is, you don't have to say yes to taking something you aren't comfortable with or without further discussion. You really do hold the power.

Bye bye, yorkies! (And...cue tears.) Less health stress, yes?

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

Do you have a Health or Wellness Business? Call 204 467-5836 to advertise

Easy Grape Compote

Prep time: 5 minutes, plus cooling Cook time: 20 minutes Servings: 6

4 cups black or red California grapes 3 tablespoons granulated sugar 2 strips fresh lemon peel 1/4 teaspoon sea salt

2/3 cup water

1 tablespoon fresh lemon juice

1 tablespoon cornstarch

1/2 teaspoon unsalted butter 1 teaspoon high-quality balsamic vinegar (optional)

In bowl of food processor, finely chop grapes and sugar using one-second pulses. Transfer to deep, medium skillet or wide saucepan; stir in lemon peel, salt and water. Bring to boil over mediumhigh heat. Cover pan with lid, reduce heat to medium-low and simmer 18 minutes until fruit is tender.

In small bowl, stir lemon juice and cornstarch then stir into grape mixture with butter; simmer 6 minutes, or until desired consistency. Stir in vinegar, if desired. Serve warm or cool.

Cooled jam can be stored in covered glass jar in refrigerator up to 2 weeks.

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> **Tuesday and Thursday CLOSED** Saturday

11:00 a.m. to 4:00 p.m.

NOTICE TO CREDITORS

IN THE MATTER of the ESTATE of LAWRENCE EDWARD WYNNE, late of the Town of Carman, in the Province of Manitoba, deceased.

All claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at 309 Stephen Street, Morden, Manitoba, R6M 1V1, within thirty (30) days of the date of this publication.

DATED at the City of Morden, in Manitoba this 26th day of October, 2021. McCULLOCH MOONEY IOHNSTON SELBY LLP

Attention: THOMAS R. MOONEY Solicitors for the Executors **CARMAN**

Legion

CRIBBAGE - 7:30 PM

Proof of Immunization Required November 4 and 18 December 2 and 16 January 13 and 27 February 10 and 24 March 10 and 24 April 7 and 21

FARM LAND FOR SALE BY TENDER

Sealed tenders in writing for the purchase of the property described below will be received by:

McCulloch Mooney Johnston Selby Law Office 14 Main St. S., Carman MB ROG 0J0

PROPERTY FOR SALE (owned by Ron Bartley) NW 1/4 8-5-4 WPM (160 acres) (approx. one mile west of Roland, MB)

CONDITIONS OF TENDER

- 1. Interested parties must rely on their own inspection and knowledge of the property.
- Tenders must be delivered to McCulloch Mooney Johnston Selby (Carman Office) by 2:30 p.m., November 25, 2021.

Please mark on front of envelope "Tender NW 1/4 8-5-4 WPM".

- 3. Tenders must be accompanied by a \$20,000.00 deposit cheque payable to McCulloch Mooney Johnston Selby LLP. Deposit cheques accompanying unacceptable bids will be returned.
- 4. The highest or any tender will not necessarily be accepted.

TERMS AND CONDITIONS OF SALE

- 1. The bidder whose tender is accepted will be required to complete an Agreement covering the terms and conditions of the sale.
- 2. Possession and closing date will be January 7, 2022.
- 3. The successful bidder will be responsible for all realty taxes following January 1, 2022
- 4. In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the purchase price is not paid by the possession date or under such acceptable conditions, the deposit paid shall be forfeited as liquidated damages and not as a penalty.
- 5. The Purchaser shall be responsible for payment of GST or shall self-assess for GST.
- 6. The land is not subject to a first right of refusal

For further information contact Tom Mooney at: Ph: 1-204-745-2546 Email: tom@mmjslaw.com

LAW OFFICES McCulloch Mooney Johnston Selby LLP YOUR LOCAL LAWYERS

FIRM MANAGER

The law firm of McCulloch Mooney Johnston Selby LLP is growing and accepting applications for full time Firm Manager.

Our well-established firm conducts a thriving legal practice with offices located in Carman, Treherne, Manitou, Morden and Winkler.

The successful candidate will be responsible for managing the day to day operations of the firm, HR and some legal secretary duties. Required attributes include:

- organizational skills;
- interpersonal, written and verbal communication skills;
- able to work independently and in a team environment.

We offer a competitive salary and excellent benefits. The full time position will be Monday to Friday, 40 hours per week, and the successful candidate will be able to work from any of our four MMJS office locations. Some travel required. Knowledge of office management is an asset. Experience with Microsoft Windows, PC Law or other accounting software is preferred. Please forward your resume to chris@mmjslaw.com or mail to Box 450, Treherne, MB R0G 2V0 by November 19, 2021. Any questions can be directed Chris Bowler at 204-723-2777.

We thank all applicants - however, only those to be considered for an interview will be contacted.

Remember Your Loved Ones with an Announcement in the Call 467-5836

STANDARD

R.M. OF GREY Tender Snow Removal Services

Council for the R.M. of Grey invite written tenders for the providing of snow removal services in the L.U.D. of Haywood for a three-year period from January 1, 2022 to December 31, 2024.

Tender specifications outlining duties and responsibilities for this service can be obtained online at www.rmofgrey.ca under Local Notices.

Sealed tenders marked "Haywood Snow Removal Tender" shall be received by the undersigned until 4:30 p.m. on November 10, 2021.

Lowest or any tender shall not necessarily be accepted.

Kim Arnal, CMMA Chief Administrative Officer R.M. of Grey, Box 99, 27 Church Avenue East Elm Creek, MB ROG 0N0 204-436-2014

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- Strong learning culture,
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- Build strong customer relationships in this fast-growing community.

Skills & Requirements:

- Applicant should possess a Level 1 Brokers license or be committed to achieving a Level 1 license,
- Previous insurance experience in a fast-paced brokerage is beneficial,
- A minimum of 2 years customer service experience working in an office setting,
- High level of proficiency in MS Office Applications such as Word, Excel, Outlook, etc.,
- Excellent time management with the ability to multi-task and problem-solve,
- Candidates require an aptitude for learning; excellent communication and interpersonal skills; commitment; a professional demeanor and a high level of personal integrity.

Please send in your resume to: careers@bsimb.com by November 10, 2021. For more information on BSI or to apply online please visit our website at www.bsimb.com.

We thank all applicants, however, only those under consideration will be contacted.

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Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? The Selkirk Record is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Interlake and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an

Please forward your resumé along with three writing and photography samples to: Email: news@selkirkrecord.ca

Deadline to apply is Friday, November 12.





These are lonely times – Red Cross can help.

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Call: **1-204-583-6285**

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Do you need help with your household or a loved one?

Hi my name is Helen Thevenot, I've been doing house-keeping for families and businesses in the Carman and surrounding area for over 15 years. If you need help with cleaning or other tasks around the home I'm here to help. I also have 9.5 years experience working with senior citizens. If you are a caregiver & need some time to do errands or just time for yourself to refresh I can help!

Call or text 204 745 8648 or email hilifecteaning@hotmail.com



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Administrative/ Legal Assistant

We are accepting resumes for a full-time Administrative/Legal Assistant in our Carman office. We are a fast paced, client focused, rural law office in Carman, Manitoba. It is essential for this individual to be able to work effectively as a member of our team with minimal supervision, take initiative, demonstrate sound judgement, problem solve, manage their time and have maturity in dealing with clients.

REQUIREMENTS:

- 1-year minimum of office experience;
- Knowledge of computers and the use of Microsoft Word and Outlook;
- Writing and typing skills
- Attention to detail and accuracy
- Ability to perform under pressure and meet deadlines;
- Experience preparing legal documents, an asset, but not required;

DUTIES

This individual will be trained to work as a legal assistant in the areas of estates, wills and power of attorneys, real estate and other duties as assigned.

We offer a benefits package and competitive compensation based on education and/or experience.

If you are looking for a diverse and challenging career, we look forward to hearing from you.

Please submit cover letter and resume with 3 references to:

PKF Lawyers, 326 Stephen St., Morden MB R6M 1T5 or email to Idonaldson@pkflawyers.com

Open until filled.

Thank you for your interest, however, only those selected for an interview will be contacted.

Announcements Classifieds



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OBITUARY

Bargen, Mary 1923 - 2021

Mary Bargen (nee Janzen) passed away quietly in her sleep on October 27th, 2021 at the Boyne Lodge in Carman. During her last days, the family had visited often as she had made it clear she wanted to be with Jesus by her birthday on October 28th. She stopped eating and drinking and told us over and over how much she loved us.

Mary was predeceased by her parents. Abram and Helene Janzen; husband Frank F. Bargen; her son Don Bargen and her grandson Chad Falk. Also predeceasing her were siblings John (Daphne) Janzen, Anne (Rudy Boschman), Irma (Ernie Esau) and brother Henry Janzen as well as well as brother-in-law Jake Enns and sister-in-law Lydia Janzen. She is survived by her sister Maggie Enns and brothers Fred Janzen (Dorothy), Jack Janzen

(Hilda) and Abe Janzen (Aggie), and sister-in-law Clara Janzen (Henry).

Mary Leaves behind her daughters Linda (Dave Enns), Ruth (Ron Stege), Elaine (Gerry Falk), her son John Bargen (Donna-Rae) and daughter-in-law Karen Bargen, along with 24 grandchildren and 23 great-grandchildren.

Mary was born on October 28th, 1923 in Steinbach, Russia to Abram and Helena Janzen. In 1926, she moved to Canada with her parents and older brother John, and settled in Elm Creek.

Mom gave her life to Jesus, her Saviour, early in her life and was baptised upon confession of her faith in July, 1944. As the eldest girl of the family, she was Oma's number one helper to raise her siblings. Mary attended Winkler Bible School for a year and in 1945 went to work in Winnipeg as a housekeeper/maid.

When Frank Bargen saw Mary in a Dakota School concert, he fell in love and decided that was the girl he would marry. She was only 13 and he had to wait 10 more years to fulfil his dream. They were married on September 20th, 1947.

Mom will always be remembered for her big heart and welcoming spirit. Dad would invite almost everyone for coffee or the next meal. As kids, we learned the meaning of F.H.B. (family hold back) if Mom hadn't made quite enough. We remember always hosting friends and relatives.

Mom had a heart of gold and will be remembered for how loving and kind she was. She taught Sunday School and DVBS, sang in the choir and could be found helping in the kitchen at many events. She was a life member of the Tracy Homemakers Club. She knew how to cook or clean anything; she planted a huge garden and put it up for winter; while at the same time gathering, cleaning and grading the eggs for shipping. Mom supported Dad in all his farming endeavours, serving on community boards and organizing local functions.

Mom loved fishing and every summer the family would go camping for a whole week. We enjoyed family times and it wasn't until later years that we realized the extra work Mom did to get the food and clothes ready for these holidays.

Mom's endless wisdom provided us with guidance throughout her life. We have been truly blessed by her long life with us.

We wish to express our sincere thanks to the nurses and staff at Boyne Lodge for their wonderful care of Mom and consideration to the family during these last days. We also sincerely appreciate the expertise and care taken by Mark Reimer of Doyle's Funeral Home in the planning of the funeral, and to Pastor Bob Pauls for blessing us through the service and laying Mom to rest beside Dad.

Recording of the funeral service is available on Doyle's Funeral Home website.

Memorial Donations may be made to MCC, Winnipeg 134 Plaza Drive R3T 5K9, or to a charity of one's choice.

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

OBITUARY

Margaret Wood (nee) Peters



It is with great sadness, Margaret Wood, (Nee) Peters passed away on October 23rd, 2021 unexpectedly at Regina General Hospital. Margaret lived her life for her children, grandchildren, siblings, and the least of those among us. Margaret could be found at the local Tim Hortons in Portage La Prairie, spreading her infectious love and kindness to all she met. Despite her many challenges, she always gave of herself and always asked, "Is there anything I can do for you" whether a cup of coffee, hugs or simply words of encouragement to those around her. Her greatest legacy, her children, Tracy,

Lyall, Abe, Neil, and Gerry (Ger Ger), and her grandchildren. Margaret lived her faith in the most powerful way, by example. Heaven gained an angel, but sadly we must linger, till we meet again.

If you wish to donate in her memory, A Go Fund Me has been established to help with her unexpected expenses, and final costs while in Regina.

https://gofund.me/584639e1

The family would thank you for the many messages of support and prayers through this difficult

OBITUARY



Jacob Thiessen 1943 - 2021

Jacob Thiessen, age 78 of Miami, MB passed away at Boundary Trails Health Centre on Thursday October 28, 2021.

He is survived by his wife, Tina (nee Unger), two sons and two daughters: Henry Thiessen, Agatha (Randy) Krahn, Katharina (Corny) Wiebe, Abram (Esther) Thiessen and four grandchildren: Rochelle, Arlen, Adrian Thiessen and Allison Wiebe.

Jacob was born on January 15, 1943 near Plum Coulee. He was the second oldest of five siblings. Jacob was baptized upon the confession of his faith on June 8, 1965 by Bishop John A Friesen of the Sommerfelder Church. On October 10, 1965 he entered holy matrimony with Tina Unger. They enjoyed 56 years of marriage. Jacob enjoyed farming, later farming together with his children. He liked spending time with his horses, occasionally going for Sunday

drives. He loved to spend time with his grandchildren. Another hobby which he enjoyed was gardening, planting flowers and fruit trees. Many times he would bring his wife flowers from his

Funeral service was held on Tuesday, November 2, 2021 at the Chortitz Old Colony Mennonite Church with interment at the Chortitz Village Cemetery.

Thank you for the cards, meals, visits, phone calls, flowers, prayers and to the ministerial of the Old Colony Mennonite Church. Thank you to Dr. Woelk and to Dr. Atchison for their care. Thank you to the hospital staff at Boundary Trails Health Centre, CancerCare Manitoba, St. Boniface Hospital, Health Sciences Centre and Wiebe Funeral Home.

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



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