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EDITION 45

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Miami School's Alexa Knox with her drawing that was entered in the Royal Canadian Legion National Youth Remembrance Contest in 2023. Miami School students participate in the contest annually.

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Wine Survivor is back and ready to roll at Boyne Regional Library

By Ty Dilello

The ever-popular fundraiser Wine Survivor at the Boyne Regional Library is back and ongoing in Carman.

Wine Survivor is a fun and exciting way to support your local library and gives you a chance to win some wine before the holiday season. This year, the funds will go toward library programming, which may include youth, adults, and seniors in library activities, workshops, and crafts.

Gather a team of four members who are all 18 years of age or older, create a fun name, and bring your registration to the library before Nov. 29 at 5 p.m. Registration is \$60 per team, and you must bring four bottles of wine with a value of at least \$15 per bottle, along with all the team members' names and phone numbers. The library will accept up to 25 teams.

"We have a growing number of patrons who come to the library to participate in our programming, and Wine Survivor is a way to support this," said Lynsey Hannah of the Boyne Regional Library. "We offer programs for people to gain important skills, learn something new, and connect. Making connections at the

library can have profound effects on your own life and the lives of your neighbours. We are grateful for community members who attend our programming, and thank those who will participate in this fundraiser to make it fun and successful."

Wine Survivor is a daily elimination type draw, with daily winners and one final wine survivor. All team members' names are individually added to the draw. Ten names will be drawn each day, Tuesday to Friday, beginning on Dec. 3. The first nine names drawn each day will be eliminated from wine survivor, but the tenth name drawn that day will receive up to eight bottles of wine for their team. No draws will be made on Saturday, Sunday or Monday.

This will continue until Dec. 18 or until at least ten names remain. On the final draw date, all previous winners will be added back to the draw, and an elimination draw will occur until one name is left. That last name is the Boyne Regional Library Wine Survivor, and they will win up to 28 bottles of wine for their team.

The number of bottles won is based on filling all 25 team spots and may be



STANDARD PHOTO SUBMITTED BY LYNSEY HANNAH

Enter a team today in the ever-popular Wine Survivor fundraiser that is put on by the Boyne Regional Library in Carman. Wine Survivor is a fun and exciting way to support your local library and gives you a chance to win up to 28 bottles of wine just in time for Christmas

subject to change if not all team spots are filled. at <https://sites.google.com/site/boyneregionallibrary/wine-survivor>.

Daily winners and eliminations will be posted to the library's social media pages, website, and bulletin board. You can find more information You can also follow Boyne Regional Library on Instagram @CarmanLibrary.



LEST WE FORGET



carmanmanitoba.ca

Remembrance DAY november 11th SERVICES

2024 SERVICES MONDAY, NOVEMBER 11

Sanford Legion Branch #171 Observance Ceremony
10:45am – Sanford United Church
11:45am – March to cenotaph for laying of wreaths

Carman Legion Branch #18 - Carman Community Hall - doors open at 10:00am, seating by 10:30am, service at 10:45am

Midland MLA hosts Miami Railway Station Museum volunteers at Legislative

By Ty Dilello

On Oct. 28, Midland MLA Lauren Stone hosted volunteers and board members of the Miami Railway Station Museum at the provincial legislature in Winnipeg. She also gave a Private Members Statement to the House to congratulate the museum on reaching 135 years.

The Miami Railway Station Museum is a treasured historic site built in 1889 by the Manitoba and Northern Pacific Railways. Restored in the 1970s, it is a testament to the community's rich railway heritage.

The museum recently celebrated the 135th anniversary of its construction. It is both a National Historic Site and a Municipal Heritage site, highlighting its significance in Canadian history.

Inside the beautifully preserved station, visitors can explore a variety of artifacts and exhibits that tell the story of the railway's role in connecting rural Manitoba to the wider world, particularly in supporting the agricultural economy. The museum offers a unique window into the past, preserving the railway's legacy and its impact on the region.

"I know that they celebrated their 135-year anniversary earlier this summer in August, but it still was great to have them out and congratulate them in the House and then meet them briefly afterwards," said Midland



Midland MLA Lauren Stone presenting a certificate honoring the museum to Joan Driedger.

MLA Lauren Stone. "This is the best thing about Private Members Statements as we're able to congratulate and draw attention to things that are going on in our constituency. From both sides of the House, people were coming up to me to say that they had no idea that this museum even existed and that they now want to check it out. So it was just a great thing that we were able to do this."

The volunteers and board members of the Miami Railway Station Museum were equally thrilled to be able to visit the Legislative and be recognized in front of the House.

"It was wonderful for us all to get out to the Legislature and have our



STANDARAD PHOTOS BY JOAN DRIEDGER

On Oct. 28, Midland MLA Lauren Stone gave a Private Members Statement to the House at the Manitoba Legislature to congratulate the Miami Railway Station Museum on reaching its 135-year anniversary. From left-to-right: Ed Driedger, Joan Driedger, Donna Hanks, Cathy Savage, Midland MLA Lauren Stone, Kim Longley, Alyssa Rivard and Mel Vanstone.

museum recognized, especially for our young summer student, Alyssa," said Joan Driedger of the Miami Railway Station Museum. "A big thank you to MLA Lauren Stone for having us out."

It's show time - Back on Cue ready for action

By Annaliese Meier with files Gail Aubin

After months of preparation, the cast and Back on Cue (BOC) crew is ready for action!

This Friday and Saturday, Nov. 8 and 9, actors will enter stage right and left to bring you Sean Grennan's "The Tin Woman."

The play is based on a true story about a woman who unexpectedly receives a new heart. A tempestuous meeting ensues with the donor's family, resulting in a roller coaster of tears, laughter, and healing.

"It has been a pleasure to have everyone on board," says producer Lee Collingridge. "Our actors, crew and practice location at Carman's downtown have been wonderful to work with this year."

There are still tickets for sale; your \$25 ticket gives you community theatre at its best. Patrons can also take

in the "dinner and a show" feature. For an extra cost, two local restaurants offer pre-selection meals. The Breakaway and Bistro in the Boyne are offering diners two choices, each including everything but drinks.

Meanwhile, the faithful coordinator Susan Mooney is arranging a VIP section for diners at the Carman Collegiate and Community Theatre. All others are rush seating. The show begins at 7:30 p.m., doors open at 6:45 p.m. at which time you can get your 50/50 tickets.

BOC is delighted to have several young people from the Collegiate assisting with lighting, sound, stage crew and ticket assistance.

Any profits from the show go towards supporting local children's drama.

"Ticket sales are going very well so

Continued on page 7

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Spooktacular Halloween goblins and ghoules invade Carman



STANDARD PHOTOS BY DENNIS YOUNG

The home owners at 3rd Street NW in Carman had a lot of fun decorating their house and yard for Halloween trick-or-treaters. They had glow in the dark goblins, skeletons and spiders invading their front yard and a pair of headless scarecrows.

Flashback... Homewood rink and hall close

By Dennis Young

Homewood citizens were always behind other communities when it came to being progressive. They wanted their own curling rink, and in 1951, they began the plan to make it happen. All the building and finishing work would be done by volunteer labour, and the locals would cover the material costs.

There are a few examples, like the wiring done by Jack McEachern and Gordon Andersen, a Booker furnace donated by Nick Froebe, and a staircase built by Jack Ross. The ladies contributed, too, by serving dinners and running a variety sale to raise money for 32 rocks. To complete the project, 97 families contributed the astonishing sum of \$4,913.45 (\$57,000 today) towards the final cost of \$5,130.97.

In 1952 they proudly opened their Quonset style curling rink. Housing two sheets of ice and a waiting room on the main level, the upstairs served as a club room and a community hall featuring a full kitchen. Over 150 admired their rink and participated in a bonspiel and whist tournament.

The first board of the newly formed Homewood Memorial Recreation Club was for the men's Ernie Findley president, Lyle McCutcheon vice, and Stan Carr secretary. Louise Johnston

as president, Mrs. Mel Allan vice and Dorothy McGill secretary made up the Lady's section.

For years, the rink was kept busy with pick-up hockey, bonspiels, and whatever the locals could think of.

"The rink was probably shut down in the mid-80s," says Don Peckover. We were running a broomball tournament, and it was so crowded upstairs that we heard a loud boom. The middle pole had buckled under us!"

That news, plus the fact that Carman and Sperling had newer facilities, caused the curling and skating numbers to soon decline.

"Although the rink had been funded by the community and a grant through CDRC, it's expensive to operate for just 3-4 times a year," Peckover said. "You have hydro, upkeep, and liability." The last flooding was 1991-92, so the curling rocks, valued at \$5,000, were given to Carman, and the jam pail rocks to Sperling.

Meanwhile the Homewood Community Club's Hall, which was formerly the United Church, also came under scrutiny. The church was donated to the community in 1968, and the Club was formed and used for Christmas concerts and socials. But it, too, was rundown due to lack of use and too expensive to maintain.



STANDARD PHOTO SUBMITTED

The Homewood rink was a fixture for the community for 40 years until hard times caught up.

"We just haven't the time or the money to maintain them," commented Kevin Cutting at the 1995 public meeting. "It's sad, but times change, and there's just not room in our area for them to be used properly."

At that meeting, it was decided to issue tenders for the demolition. The

rink was eventually sold to Don DeWitt in 1996 and moved to his property northwest of Homewood and the hall torn down. The Club's \$4,800 bank account was transferred to the Carman Area Foundation general funds.

Book reveals the social fabric of early homesteaders

By Lori Penner

Most of us have read stories about the challenges and struggles faced by newcomers and pioneers who came to the Canadian Prairies in the late 1800s and early 1900s, but a new book delves into the social side of those early homesteaders.

Folklife and Superstition: The Luck, Lore and Worldviews of Prairie Homesteaders by Dr. Sandra Rollings-Magnusson is a rich collection of prairie folklife, compiled from hundreds of first-person accounts.

The book focuses on immigrants who settled in Alberta, Manitoba, and Saskatchewan between 1867 and 1914, sharing stories from families who migrated from diverse regions including England, Ireland, Scotland, Ukraine, Germany, Poland, Iceland, China, and the United States.

Each chapter covers different topics, from country fairs, community dances, and childhood games, to beliefs about luck and weather phenomena, capturing the essence of prairie homesteaders, celebrating their perseverance, hardships, and the joyous moments that defined their lives.

Rollings-Magnusson, an associate professor at MacEwan University, says she's been researching the life of pioneers for about 30 years.

"I have Moravian homesteaders in my personal background who came out in the early 1900s. I heard all the stories during the summers I spent with my grandparents. Way back when, I started collecting items from that time, so I've got all sorts of artifacts. It's become my hobby. And when I went into academics, that also became my area of research, so my whole world centres on my interest in these early homesteaders."

She was born in Alberta and raised in Saskatchewan.

"During those summers at my grandparent's farm, they had me do everything the old-fashioned way. I churned butter, collected eggs, and called the cows for milking. I don't think a lot of children these days have those opportunities. Mixed farms have disappeared."

During her studies, an advisor showed her the wealth of information that was available in the provincial archives.

"I was fascinated by all that information. It was like a treasure trove. I could read all these stories, and I've spent thousands of hours there ever since."

One of the greatest treasures, she says, was a project undertaken by the Saskatchewan archives in the 1950s.

"They realized they should gather

information from those who homesteaded before they passed away. So, they created 10 questionnaires with 45 questions each, covering different aspects of life, from their health practices to their farming experiences, religion, politics, folklore, and eating habits. They sent them out to people who had homesteaded and collected all that data."

Rollings-Magnusson has spent years collating that data for both academic projects and for her own literary pursuits.

"I like telling all those stories, because those are the voices of the homesteaders. It's all true."

She's written five books about homesteaders.

"The first one was about the labour of children on homesteads. Then I did one on women homesteaders. The next one was more of a general, pictorial coffee table book about homesteaders. My previous book, *Tales from the Homestead: A History of Prairie Pioneers, 1867-1914*, was a compilation of 36 stories written by pioneers, and was a finalist for the Alberta Literary Awards' Wilfred Eggleston Award for Nonfiction."

From all the information she's gathered over the last 30 years, questions began to arise about what kind of subculture these pioneers created.

"Did they create a folklife? What do they have in common, regardless of their ethnic backgrounds? This is revealed through their poetry, songs, tall tales, jokes, legends and traditions, superstitions and proverbial sayings as well as aspects of family lore. Homesteaders also learned from each other as they interacted with each other," explains Rollings-Magnusson. "They influenced each other to create a new society."

She adds, "There must have been things that brought them together. Each chapter in this book is about all the different things that they have in common. The community spirit and the folk life they created. They all travelled the same trails, and they had to overcome the language barriers. The books, the songs, the dances, and just all the ways they helped each other, whether it was building houses or quilting bees. They all worked together. They knew they had to rely on each other, or they wouldn't survive. That's what brought them together. Even in terms of idioms and phrases as people began to learn the language."

Life wasn't just about hard work, she says.

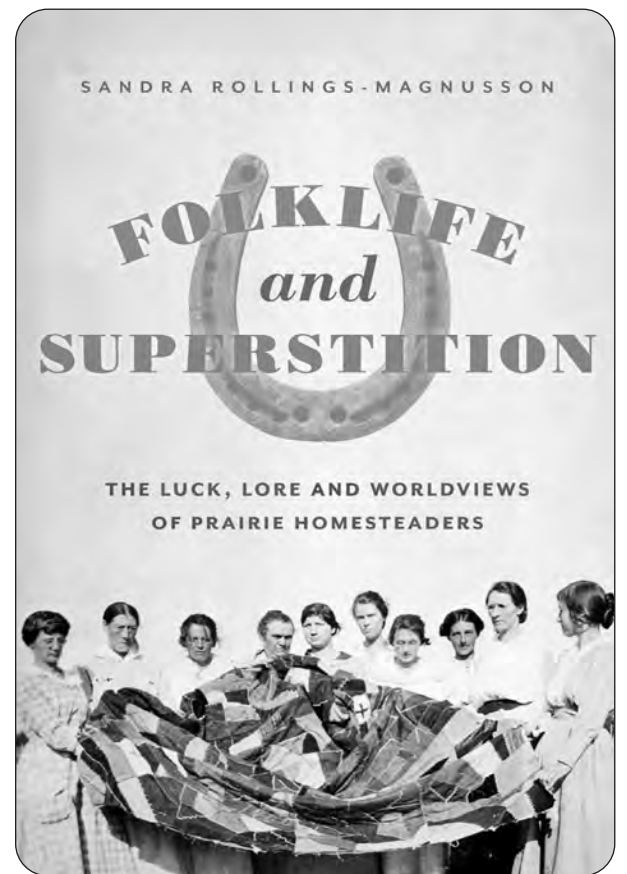
"They shared experiences. There were good-natured jokes that were

also part of the community spirit. Like the stuff they did at Halloween, like putting buggies on top of buildings or haystacks to surprise the farmers. There's a story about one store owner who just left the buggy up there, because he didn't know how to get it down. Or they'd move outhouses or switch buggy wheels. It was all in fun."

The stories in *Folklife and Superstition* focus on pioneers from the three prairie provinces, including a few from communities right here in southern Manitoba, including Carman, Roland, Winkler, and the Red River Valley.

"I love telling real stories about real people, in that specific period," Rollings-Magnusson says, "and I already have ideas for two or three more books in the future."

"Writing and researching for me, is like a big jigsaw puzzle. You have thousands of pieces of information, and you take all these pieces, and you



build this picture that all comes together in the end."

Folklife and Superstition: The Luck, Lore and Worldviews of Prairie can be purchased on Amazon.



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EDITORIAL > VIEWPOINTS > LETTERS

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PC Critic for Finance concerned with NDP's new high-cost budget

By Ty Dilello

Manitoba's Premier Wab Kinew and the NDP used their majority government last week to push through a \$24-billion omnibus budget bill and block Opposition amendments aimed at protecting Manitobans from overnight tax hikes and preventing the government from making decisions without public input.

"This budget is the NDP's blueprint for more taxes, fewer services, and less accountability over the next four years," said Midland MLA Lauren Stone, PC Critic for Finance. "Manitobans have every reason to demand better than a budget that will cost them jobs, raise their taxes, and fund the NDP's partisan agenda. We will continue to hold the NDP accountable and fight for the right of every Manitoban to affordable living and a transparent government."

During debate in the Legislature last week, Progressive Conservatives outlined several major concerns with the 2024 budget, emphasizing the new costs it puts on the backs of families, workers, and small businesses:

- Fuel and property tax hikes: The budget grants the NDP authority to increase fuel taxes at the cabinet table without Legislative oversight and imposes a significant \$150-million property tax increase on all Manitoba homeowners, hitting those with cottages and rental properties the hardest.

- Income tax hikes for skilled workers: Professionals like doctors, engineers, and tradespeople will see higher income taxes as the budget eliminates their basic personal exemptions, driving talent out of the province and making it more difficult for key industries to recruit skilled



PHOTO SUBMITTED
Midland Manitoba Legislative Assembly
Lauren Stone

workers to Manitoba.

- Higher energy bills: By eliminating legislated debt reduction targets for Manitoba Hydro, the NDP are opening the door for annual electricity rate hikes of up to 4%, raising energy costs for families and businesses, while the NDP's support of the carbon tax will see home heating bills rise by 23% this winter.

- Restrictive labour laws: Banning replacement workers leaves businesses vulnerable to prolonged labour strikes, while eliminating the right to secret ballots undermines the democratic rights of every worker.

- Partisan use of public funds: The budget doubles taxpayer-funded rebates for political parties, funneling more public money into partisan election advertising without voter consent.

Lac du Bonnet MLA Wayne Ewasko, Leader of the Official Opposition, also highlighted that the 2024 budget failed to allocate funding for new

schools, daycares, or care homes, and slashed tens of millions in funding for community development and youth employment programs.

Midland MLA Lauren Stone, PC Critic for Finance, said that by pushing an omnibus budget bill through the Legislature without any chance for public hearings on significant changes to labour and election financing laws, the NDP are making Manitobans pay for a high-cost budget they had no say in.

"It's non-democratic and a non-transparent bill that they're doing," said Stone. "Not only are they introducing tax grabs on Manitobans, but they've stapled these five different pieces of legislation to the back of the budget bill. All of these should be standalone legislations as they're not minor changes or amendments. They should all go through a public committee process, and the NDP are undemocratically stapling these to the back of the budget bill, which means that the public does not get a say in it."

Stone noted that the PC's tried to introduce a couple amendments earlier this week that reduces the amount that the NDP can bring the fuel tax back.

"They voted against our amendments, but we'll be asking more questions once we get to third reading, but the NDP are ramming this through. Manitobans are about to see the largest fuel tax increase that they've ever experienced on Jan. 1 once the rate goes from 0 to 14 cents. And other than that, the NDP have no affordability measures, and they are completely eliminating the Education Property Tax Rebate that Manitobans have enjoyed over the past few years."

This week, the way it was through the years

By Dennis Young

100 Years ago, 1924... Carmania Orchestra plays for Eastern Star Halloween Dance and 12 acres of land east of town is listed at \$600.

75 Years ago, 1949... Graysville Calf

Club celebrates 10 years and George Muir is elected President of Carman Hockey Club to play vs Morris, Morden and Roland.

50 Years ago, 1974... Collegiate underground track closed by fire inspection

tor and Carman's 1st Minor Hockey Association is formed.

25 Years ago, 1999... Curl for Cancer raises \$10,000 in it's 6th year and the SEMHL has just Carman, Morden and Altona teams for this season.

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Regenerative Agriculture Workshop on Nov. 14

By Armand Belanger

Leading edge regenerative farmer Paul Overby will be speaking at a workshop in Stonewall on Nov. 14. This will be a great day to connect and learn from some of the best.

Regen Ag is revolutionizing farming by reducing input costs and enhancing soil, crop, and herd health. It's also a game-changer for conservationists and watershed districts, boosting biodiversity, improving the water cycle, increasing carbon sequestration, and building resilience to climate change.

This mini-workshop follows the Manitoba Forage and Grassland Conference in Brandon on Nov. 12 and 13. We've invited top speakers from the conference to stay an extra day in Manitoba to share their insights with those in the Interlake who can't attend the full conference.

You'll also hear from a panel of local producers who will share the rewards and challenges of implementing Regen Ag and discuss how shelterbelts can benefit both the farm and the community.

Paul Overby is a pioneering regenerative farmer from Wolford, ND. He and his wife Diane grow a diverse range of crops and are leaders in sustainable farming practices. They

work with major companies like General Mills to promote regenerative agriculture. Paul is also active in local conservation efforts and has received several awards for his contributions. His innovative approach and dedication to stewardship make him an inspiring speaker for anyone interested in the future of farming and sustainability.

Blain Hjertaas brings 45 years of farming experience, transitioning from high-tech methods to a more enjoyable and profitable regenerative approach. Now semi-retired, he still manages a small herd of cows while his family runs a large flock of ewes. Blain is passionate about soil carbon sequestration, actively measuring and improving soil health on his farm and

others in Saskatchewan and Manitoba. His innovative practices make him a compelling speaker for anyone interested in sustainable farming and environmental stewardship.

The event is free to attend and lunch is provided.

To register call 1-204-642-7578 or email: info@eastinterlake.ca



East Interlake Watershed District



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Paul Overby

Paul Overby is a leading edge regenerative farmer, along with his wife Diane, from Wolford, ND. They grow eight crops per year and are experimenting with polycropping. Their rotations are built mostly for ecological contributions along with economics. They began field zone management and no till in 2005.

Understanding Ag

Blain Hjertaas

Blain is passionate about soil carbon sequestration, and has been measuring soil carbon for many years. On his farm they are sequestering more carbon than one Canadian individual's carbon footprint on every hectare. He has been doing regenerative farming for the last 20 years and finds it much easier, more enjoyable and more profitable.

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Panel Discussion: Experiences with regenerative practices implemented on farm and how shelterbelts can benefit you!



Panelists:

Blair English - Agronomy and Agroforestry Specialist
Scott Beaton - Farmer; Balmoral, MB
Andrew Harris - Farmer; Stonewall, MB

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PHOTO BY LEE COLLINGRIDGE

Tickets are still available for the live performance of "The Tin Woman" being presented by Carman's Back on Cue this Friday and Saturday.

far", says Mooney.

Tickets are available at Toews Printing, Golden Prairie Arts Council, One Insurance Carman or at the door. The cost is \$25 plus dining if so desired, by reservation.

Please also check out <https://www.signupforlife.ca> for information on transplant donation. Thank you!

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Price is Right theme shines a spotlight on hospital medical equipment costs

BTHC Foundation gala raises \$120K for regional hospital

By Pam Fedack

A new approach to entertainment at the 2024 Boundary Trails Health Centre (BTHC) Foundation Gala proved to be a resounding success Friday night at the Access Event Centre in Morden.

About nine months ago, foundation executive director Shannon Samatte-Folkett began thinking of a way to bring greater awareness of what the foundation does and engage guests in a new way.

The Price is Right was the theme of the night, and guests came dressed and ready to “Come on Down.”

“I was nervous about this being something a little bit different, but we were sold out early in September,” shared Samatte-Folkett. Well over \$120,000 was raised through the event. “It’s going to allow us to tackle so many more projects in the future.”

BTHC Foundation chair Ben Friesen said guests arrived for the evening expecting to have fun.

“You could see it when they came in

the door. They weren’t just coming to a banquet and a speaker. You could see it in the anticipation of the Price is Right game, they were truly there to have fun.”

The price of medical equipment purchased by the foundation for the hospital, or wish list items, were incorporated into the classic *Price as Right* themed games. Friesen said incorporating the equipment highlighted what’s truly happening with the money, and the actual cost of some equipment.

“I think there was some big eye openers when somebody put \$300 down on one thing and the item was \$50,000. So there was a huge learning curve happening at the same time as everybody having a lot of fun.”

The cost of a Bili blanket was another example highlighted. Bili blankets are used to treat babies with jaundice.

“You think it should be \$300 or \$400, but it’s not. It’s \$9,800,” Friesen noted. “Medical equipment must meet certain standards, and it’s not something you can go buy off the shelf. It’s very specialized equipment.”

Friesen said the foundation hasn’t yet earmarked this year’s gala funds for any specified item. He noted, however, they’re largely focusing on equipment. For now, the money will be placed into the foundation’s ongoing Building for the Future Fund.

A commitment by the foundation to raise \$10 mil-



STANDARD PHOTOS BY PAM FEDACK

BTHC Foundation gala guests were invited to “Come on Down” to take part in *Price is Right* games for a chance to win prizes. Contestants were tasked with guessing the actual cost for specialized medical equipment at BTHC—an eye-opening experience for many.

lion for the over \$100 million hospital expansion underway is already complete, but, as they finish construction, Friesen said they know programs and services will continue to grow and evolve.

“We know they’re going to keep on expanding, and they’re going to need specialized equipment to set up the Level 2 nursery and the pediatrics program, we are spending extra money there.”

Friesen said as the foundation gets a list of wants from the hospital, and the list gets vetted by some of the doctors, with Doctor Don Klassen assisting a lot in that area. The vetting process helps the foundation decide what medical equipment to purchase each year.

The foundation’s 2024/2025 com-

mitments include \$176,000 for palliative and spiritual care programming, \$125,000 for specialized equipment, \$35,000 for continued education, and \$40,000 for recruitment and retention of staff.

With the gala in the books, the foundation is getting set to launch its winter 50/50 campaign Nov. 1.

“We’re hoping this year to give away \$100,000,” said Samatte-Folkett.

The first-ever Kurling for Kids bonspiel is also approaching, scheduled for Nov. 16th in Altona. More information on the bonspiel can be found at www.k4k.ca

To find out more on the foundation’s initiatives, or to support their commitments, visit <https://bthcfoundation.com>.

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The Tin Woman by Sean Grennan



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Many gala guests came dressed to impress for the *Price is Right* themed evening, which of course included classic games like Plinko (right).

Remembrance Day - Monday, November 11



Artistic expressions serve as poignant reminders of bravery and sacrifice

By Becca Myskiw

For many, Remembrance Day is marked by simple gestures like wearing a poppy or attending a local ceremony. But for Miami twins Rebecca and Alexa Knox, it's an annual pilgrimage steeped in family history and heartfelt creativity. Each year before Nov. 11, the Knox sisters visit the Miami War Memorial, where they look for their last name - a name that tells a story of bravery and sacrifice from generations past. The girls' great-great-grandfather, George A. H. Knox, and great-grandfather, George William Knox, served in the First World War and Second World War, respectively, and both men returned home. George Andrew Huntley Knox was 22 years old when he enlisted in the First World War on Dec. 15, 1914. Enlisting with the Canadian Expeditionary Force (CEF), the country's overseas force during the war, he made corporal with the 32nd Battalion. He fought until he was wounded in the chest and both legs as a Sgt. in August 1917. After spending five months recovering in the field hospital, George A. H. Knox was discharged and sent home — he fought for a total of four years and one month. On Feb. 13, 1917, George



George William Knox joined the Canadian Army in 1942 serving with the Royal Canadian Regiment and Princess Patricia Canadian Light Infantry until 1945.

A. H. Knox was awarded the Distinguished Conduct Medal at Vimy Ridge for gallantry in action, the second highest award for the action for all army ranks below commissioned officers. George William Knox enlisted in the Second World War at 21 in 1942. He served overseas from 1943 to 1945, touring North Africa, Italy, and Holland with the Royal Canadian Regiment and the Princess Patricia Canadian Light Infantry. George William Knox then returned to Canada on July 4, 1945, with the first Pacific Draft. While training, he came down with jaundice,



STANDARD PHOTOS SUBMITTED
Rebecca Knox honours her great-great grandfather and great grandfather who fought in the First and Second World Wars.

so he was sent home to recover. The ten-year-old twins, Rebecca and Alexa, don't know much about their great-great and great-grandfathers, but they know they're heroes. "It's kind of scary and sad," said Rebecca, noting how proud she feels when she sees their names on the cenotaph. "I wish I could actually meet them." The Miami War Memorial was erected in 2021 and has 705 names inscribed on it, each belonging to residents of the rural municipality (RM) of Thompson who fought in the Boer War (1899 – 1902), the First World War (1914 – 1918), the Second

World War (1939 – 1945), the Korean War (1950 – 1953), the Balkans War (1991 – 1995), and the peacekeeping missions in Egypt (1956 – 1967 and 1973 – 1979), Cyprus (1964 – 1993), and Kosovo (1998 – 2001). Each Remembrance Day, the Royal Canadian Legion holds the National Youth Remembrance Contests, in which students nationwide submit drawings, poems, letters, and more in honour of those who fought for Canada. Miami School students participate in the contest each year, and Rebecca and Alexa take the opportunity to put their drawing skills to the test.

Continued on next page

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Remembrance Day

Continued from previous page

Learning to draw from their older sister, the twins crafted extremely detailed and thoughtful pictures to “remember the fallen”. Alexa’s picture shows two girls kneeling in front of crosses, with a helmet resting on the picture’s main cross. A Canadian flag flies on the right side of the drawing next to a church, and the entire scene sits over a sunset background under the words “Remember the Fallen.” “People lose people, and they want to remember them,” said Alexa. “I know that they tried to make our country free.” Rebecca’s picture shows a field of crosses with helmets resting on them and a soldier paying their respects. A plane flies over a war memorial next to the soldier, with a poppy and the words “Lest We Forget” across it. In the top left corner of the drawing are two soldiers carrying a casket with a Canadian flag draped over it. “I just thought of somebody who fought in the war, and I wanted to make it feel like it was after the war,” said Rebecca. “It honours everyone who died in battle.” Though their drawings weren’t chosen as contest winners, the twins don’t mind. They said they just like drawing and remembering those who fought in war. Rebecca already has some ideas for next year’s picture, but she said the idea could change between now and then. Rebecca and Alexa are singing with their Grade 5 class for the school’s Remembrance Day service this year, performing “Remember the Time” and “Peace on Earth.”




These Miami War Memorials were erected in commemoration of soldiers from the local area killed in the First World War and Second World War, along with a longer list of those who served during the Second World War. The new four sided stone monument commemorates all those from the municipality who served from the Boer War to the Kosovo peacekeeping mission. The Miami War Memorial has 705 names.

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First World War Veteran Ralph Hodgson inspired a generation of War Amputees

By Haley Cvar

Ralph Hodgson (1895-1948) was a man who embodied his own words. A motto he carried with him and even had inscribed on his tombstone read, "It's not what you have lost that matters, but rather what you have." Throughout his life, these words guided him as he dedicated himself to assisting other war amputee veterans in thriving despite their injuries. Hodgson, a law student at the onset of World War I, promptly joined Toronto's 24th Battalion. In April 1917, he sustained injuries during the Battle of Vimy Ridge which led to the amputation of his right leg below the knee. Hodgson was one of the original members of The War Amps, a group formed more than 100 years ago by amputee veterans from the First World War. Their goal was to come together, offer assistance and promote the interests of fellow amputee veterans. The First World War veterans served a crucial role



PHOTO SUBMITTED
Rachel Quilty, right, a graduate of The War Amps Child Amputee (CHAMP) Program, pays tribute to Ralph Hodgson at Ralph Hodgson Memorial Park in Port Hope, Ont.

Continued on next page



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Remembrance Day - Monday, November 11



Continued from previous page

in supporting and guiding a new wave of amputees who were coming back from the Second World War. They provided valuable insights and assistance in adjusting to their circumstances, drawing from their own experiences. Hodgson was known for his role in welcoming hospital ships as they returned with wounded soldiers from the Second World War. His presence provided comfort and inspiration to these brave individuals, aiding them in accepting their injuries and pushing them to keep going. Cliff Chadderton (1919-2013), a Second World War veteran who lost part of his right leg in Belgium in 1944, fondly remembered the unforgettable impact of Hodgson. According to Chadderton, upon returning home, there was a mix of joy and apprehension. However, this feeling was soon replaced by an unexpected and delightful moment when Ralph Hodgson entered the ward. Hodgson's energetic entrance included a miniature artificial leg, which he confidently walked, spun, and danced with before impressively jumping off a waist-high table. In his role as the inaugural Do-

minion Placement Officer for The War Amps, Hodgson embarked on a journey throughout Canada to address the issue of unemployment among amputees from both world wars. Chadderton recalled that Hodgson persevered until all war amputees secured employment, as he believed they were entitled to it. In recognition of his outstanding contributions, Hodgson received the Order of the British Empire, an honor bestowed upon non-military personnel who aided veterans and their families during the war. According to Rachel Quilty, a graduate of The War Amps Child Amputee (CHAMP) Program, Mr. Hodgson inspired fellow war amputee veterans by demonstrating that their amputations would not hinder their success in life. His legacy is not only defined by his efforts in securing employment for amputees, but also by his ability to instill them with courage and determination to overcome obstacles. Ralph Hodgson Memorial Park in Port Hope, Ontario stands as a testament to his unwavering dedication to Canada's war amputee veterans.

A day to honour those who defended peace

November 11 marks Remembrance Day in Canada. Every year, Canadians come together to honour the courage and sacrifices of the men and women who serve or have served in the country's armed forces, and particularly those who have lost their lives in the line of duty. Here's a look at this day of gathering and remembrance.

Nationally recognized

On November 11, Canadians wear a poppy to pay tribute to veterans. The national ceremony in Ottawa, broadcast across the country, is held in the presence of government representatives. It includes a two-minute silence at 11 a.m., readings, songs and symbolic cannon shots.

As a Canadian citizen, join the veterans in your area in this collective duty of remembrance. Contact your local municipality to find out about Remembrance Day activities near you.

Evocative numbers

It's important to remember the sacrifices made by the more than 2,300,000 individuals who have joined the armed forces in Canada's national history. Over 118,000 brave servicemen and women have given their lives to defend freedom. Remembrance Day honours the Canadian effort in the First and Second World Wars, the Korean War, the war in Afghanistan and all peacekeeping missions.



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Live pro wrestling comes to Fannystelle Hall on Nov. 9

By Ty Dilello

Canadian Wrestling's Elite Rumble to Remember returns to Fannystelle Hall on Nov. 9. The Door opens at 6 p.m. with a full kitchen and bar, and the bell rings at 7:30 p.m. to start the festivities. Tickets are \$20.

"It's our biggest hall fundraising event each year when the wrestling comes to our small

village," said organizer Rebecca Cabernel. "We have tried to do it once a year for the last six years or so. It's always a good time so get your tickets as it's a super entertaining evening for all ages."

If you'd like more information or to get tickets, please contact Rebecca Cabernel at 204-526-5182 or rcabernel48@gmail.com.



STANDARD PHOTO SUBMITTED BY REBECCA CABERNEL

Live pro wrestling will return to Fannystelle on Nov. 9 as it hosts a 2024 Canadian Wrestling Elite's Rumble to Remember event at the Fannystelle Hall. Get your tickets for only \$20.

Hayward looks to impress at this week's Mixed Curling Nationals

By Ty Dilello

Carman's Shaela Hayward is competing this week for Team Manitoba in the 2024 Canadian Mixed Curling Championships in St. Catharines, Ontario, from Nov. 3-9.

Hayward will throw thirds rocks for Team Ryan Wiebe, Ty Dilello, and Jennifer Clark-Rouire out of the Fort Rouge Curling Club as they represent Manitoba at the National Championship.

In March, Team Wiebe stole the winning point in the eighth end to win 4-3 over Carberry's Braden Calvert in the 2024 Manitoba Mixed provincial final, earning them this trip to St. Catharines.

Team Wiebe went 6-2 at the provincials to win the championships, in-

cluding a three-win day on the final Sunday Sunday by defeating Arden's Kevin Paramor, Deer Lodge's Sean Grassie and Braden Calvert.

In winning the Mixed Provincials, Hayward became the first Manitoba curler to win three provincial championships, as she had also captured that year's Manitoba U18 and U21 Provincials.

At the Mixed Nationals, Hayward and her Manitoba rink will compete in a pool with New Brunswick, Northwest Territories, Nunavut, Quebec, Prince Edward Island, and Alberta. At the end of the week, the top four teams will qualify for the semi-finals.

"We're really looking forward to representing Manitoba and having a

great week at Mixed Nationals," said Hayward. "Anytime you can wear a Buffalo on your back and represent our province, it is always an honour, so we're all very excited to get going."

Hayward and her junior women's team are also having a successful season to date. They've played in three Manitoba Junior Curling Tour (MJCT) to date, reaching a final and a semi-final and notably winning the Stonewall MJCT event from Oct. 18-20.

"Things are going great with my new team as we're getting better and better each bonspiel," said Hayward. "We're hoping to have a great week at the junior provincials in January that will hopefully qualify us for the junior nationals in March."



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Small town runner runs big city marathon

By Ty Dilello

On Oct. 13, Carman's Chris Dick ran in the historic Chicago Marathon. In a word, Dick said that the experience was spectacular.

Chicago is one of six major marathons worldwide, including Berlin, London, Tokyo, New York, and Boston. Dick initially entered the lottery to get an entry to the Chicago Marathon in October of 2023, and to his surprise, he got in on the first try. Getting in on the first try is something that does not happen often, so he was thrilled to be going.

This summer and early fall, Dick included a number of races around his sixteen-week training plan to prepare for the big day.

"The day came, and perfect weather conditions unfolded on a Chicago Marathon morning. It wasn't too hot, and it wasn't too cold, as it was just about right."

Dick lined up with 52,000 other runners as coral F. Helicopters hovered above, and the national anthem was sung.

"Over one million people were along the course ready to cheer, and I was off with a sea of other people striding off," said Dick. "The journey of marathon training always takes some sacrifices, but that's part of the process. I often visualized what the experience of running a major world marathon would be like. And I have to say that this was by far the most energy, excitement, and support that I have ever seen and felt in a race. So many bands, continuous people lined streets, signs upon signs giving encouragement and cheer stations that gave me so much to be grateful for



with so much positive humanity."

Dick's goal for this marathon was to finish in under four hours, and he accomplished that goal with a time of 3:58:00.

"Maybe I could have run faster if I hadn't taken so many pictures and videos. I chuckle and hope others do too as those who know me, know I like to share my races on social media."

When it was all said and done, Dick felt that the training plan paid off for this result and that it was all worth it. He looks forward to possibly running in another world-renowned marathon in the future, but for now, he will continue running in the Carman area.

"A big thank you to the Chicago Marathon for an amazing experience, and thank you to my biggest fan and supporter, my wife Sheila. To hear her



STANDARD PHOTOS SUBMITTED

Carman's Chris Dick ran in the historic Chicago Marathon and beat his goal of finishing the race in four hours as he was clocked in at 3:58:00 on Oct. 13.

cheers in the spectator stands at the finish was definitely something I was looking forward to. Thanks also to

friends, family and my Carman community, who offered many well wishes, messages and prayers of support."

Male U18 Hawks fall to Lightning and Rangers, best Northstars

By Lorne Stelmach

The male U18 Pembina Valley Hawks only picked up one win this past week, but still earned four of a possible six points.

Their week began with a 3-2 shootout loss to the Interlake Lightning last Wednesday in Teulon, then was followed by a 4-3 overtime defeat against the Parkland Rangers Friday in Dauphin.

The Hawks closed the weekend out on a positive note with a 4-2 victory

over the Norman Northstars Sunday in Morris.

Pembina Valley salvaged one point last Wednesday by scoring in the final minute of regulation to force overtime against Interlake, but the Lightning connected for the lone goal in the shootout for the win.

Casey Magarell and Haiden Friesen scored for the Hawks, and Ryler Gates took the loss in net despite making 41 saves. Shots on goal were 45-44 in favour of the Hawks.

Pembina Valley had to settle for one point again Friday when Parkland scored 1:50 into overtime to get the win.

Friesen, Cole Second, and Tyson Pethybridge scored for Pembina Valley, which had a slight 35-34 edge in shots on goal. Karsen Dyck was between the posts for the Hawks, making 30 saves.

On Sunday, Adrien McIntosh scored a key shorthanded goal at 16:32 of the third period to help secure the

win over Norman. Gavin Rondeau, Carson Hiebert, and Tegan Fehr also scored for Pembina Valley, while Gates made 22 saves as the Hawks outshot the Northstars 49-24.

The Hawks have inched up to sixth place at 7-5-1-1 for 16 points, which has them three ahead of Eastman and two behind Parkland.

Pembina Valley welcomes two Winnipeg teams to Morden this weekend as they play the Thrashers Friday and the Bruins Sunday.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Kruizinga has successful inaugural Taekwondo tournament

By Ty Dilello

On Oct. 26, Carman's Rogue 101 Taekwondo club attended the River City Classic tournament in Winnipeg. Taekwondo tournaments include Poomsae or other forms such as board breaking and contact sparring.

"We had a small number of competitors attending," said Master Evelyn Hoogerdijk, instructor and owner of the Club. "Usually, there are at least eight or more students attending, but this time there were only two."

In light of this, Rogue 101 Taekwondo was well represented by athletes Jeremy Robinson of Portage and Rose Kruizinga of Carman. This was Robinson's fourth tournament, and tournaments become harder as you advance in belt level. He won a silver medal in Poomsae.

This was Kruizinga's first Taekwondo tournament. It was a great debut for her, as she won a silver medal in Poomsae and took home the gold medal in board breaking.

"It was my first competition, and it was an exciting experience," said Kruizinga. "I had a lot of fun and met great new people. Also, it was interesting to see all the different types of groups come together to do something that we all love."

Master Hoogerdijk was very pleased with the performance of her two pupils who competed at the River City Classic.

"Competitions in taekwondo take a large amount of focus, physical strength, accuracy and the ability to calm the nerves," said Hoogerdijk. "In Rogue 101 Taekwondo, we stress manner over medals, and the way Jeremy and Rose approached the competition was in keeping with that philosophy. I am extremely proud of their success. A special thanks to all mentors within the Club, as well as the organizers of the tournament for a great and successful day."



STANDARD PHOTO BY EVELYN HOOGERDIJK

Carman's Rose Kruizinga captured a silver and gold medal in her first-ever Taekwondo tournament in the River City Classic in Winnipeg on Oct. 26. From left to right: Jeremy Robinson (black stripe), Master Evelyn Hoogerdijk and Rose Kruizinga (yellow stripe).

Cox earns High School Athlete of the Week award



STANDARD PHOTO BY LARISA ENS

Carman Collegiate's Brayden Cox recently earned the Dairy Farmers of Manitoba Athlete of the Week award for the week of Oct. 30.

By Ty Dilello

Carman Collegiate's Brayden Cox recently earned the Dairy Farmers of Manitoba Athlete of the Week award for the week of Oct. 30.

Cox is a Grade 12 student at Carman Collegiate who participates in badminton, baseball, basketball, cross country, golf, and hockey, which is his main focus.

Cox is off to a great start to his 2024-25 hockey season for the Carman Cougars. During the recent Glenboro hockey tournament, Cox was a key player in helping the Cougars win. He had two goals and two assists as a defenceman in three games. Carman came out on top in the final game with a 4-3 win. Cox scored in the game and assisted on the game-winning goal for Carman.

His leadership and hard work resulted in Cox being named Captain for the season, as voted on by his teammates. He followed up his strong tournament play in league play by helping the Cougars beat Garden Valley, where he added another goal and assist. Cox also has an 80% average this year.

"So far, we're having a tremendous season as we're 8-1," said Brayden Cox. "I'm extremely honoured to be recognized as the athlete of the week, and I couldn't have done it without the help of all my teammates and coaching staff."

Twisters snap long losing streak

By Ty Dilello

The Pembina Valley Twisters snapped a nine-game losing streak on Sunday afternoon with only their second 2024-25 season victory. The Morris-based MMJHL is now 2-10-1, which is good for last place in the league standings.

On Nov. 1, the Twisters were blown out at home in a rough 7-1 loss to the St. Boniface Riels. Austin Spicer had the lone goal for Pembina Valley, while Maysen Mazurat and Darion Penner combined for 42 saves in the loss.

A few nights later, on Nov. 3, the Twisters finally won when they

pulled out a 4-3 overtime win over the Transcona Railer Express. Austin Spicer had two goals, while Slade Sotheran and Ty Sadowski had the other goals for Pembina Valley. Darion Penner made 48 saves.

"It's great for the confidence moving forward to win a game like that," said Twisters' head coach Braeden Beernaerts. "We stuck to the game plan for a full sixty minutes and got the results we wanted. It showed we can accomplish great things when we all pull in together."

Twisters' sniper Austin Spicer is in eighth place in the league's scoring race with 16 points in the first 11 games.

"Austin has been a great fit with this team and he's scored a lot of key goals for our team so far this season," said Beernaerts.

The Twisters are back in action with a pair of games this week. First up, they're at home to play the Raiders Jr. Hockey Club on Nov. 8 (8 p.m.). And then also on Nov. 10 at home against the St. Vital Jr. Victorias (7 p.m.).

Carman Beavers move into first place early in season

By Ty Dilello

The Carman Beavers split a pair of games this past weekend. They currently sit in first place in the SEMHL standings with a record of 2-1-0.

On Nov. 1, the Beavers overcame the Ile Des Chenes North Stars with a big 4-3 road win in overtime. Carman's goals were scored by Noah Skorpad, Everett Bestland, Dane Halstead and Marcus Sekundiak. Beavers goaltender Daniel Wenham made 38 saves for the win.

A few nights later, on Nov. 3, the Beavers dropped their first game of the year with a tight 3-1 loss on the

road to the Winkler Royals. Mikol Sartor had the Beaver's lone goal, while Luke Zacharias made 36 saves in net for the loss.

Carman's Marcus Sekundiak is currently in ninth place in the league's scoring race with six points in three games, while Daniel Wenham and Luke Zacharias are both in the top five of the league's goalie leaders list with save percentages of .927 and .925 respectively.

The Carman Beavers are back in action on Nov. 16 on the road against the Warren Mercs. The puck drops at 8 p.m.



Beaver's goaltender Luke Zacharias made 36 saves in Carman's 3-1 loss against Winkler on Nov. 3.



STANDARD PHOTOS BY RICK HIEBERT

Carman's Riley Goertzen looks to make a pass against a Winkler Royals player.

Female U18 Hawks split exhibition games

By Lorne Stelmach

The female U18 Pembina Valley Hawks had a break from league play this past week but still played a pair of exhibition games.

The Hawks blanked the Brandon Wheat Kings 3-0 Saturday in Brandon.

Madison Froese made 20 saves in earning the shutout, while Emma Durand, Casey O'Brien, and Abby Brigg scored for Pembina Valley.

On Sunday, the Hawks hosted the Buffaloes, and the Pilot Mound Hockey Academy team came out on top 3-1.

Pembina Valley sits in seventh

place at 2-6 for four points. They are even with Interlake in eighth place and three ahead of winless Central Plains while trailing Brandon by two and Yellowhead and the Winnipeg Ice by four points. Westman and Eastman are tied atop the standings at 12 points followed by the Winnipeg Avros at nine points.

The Hawks have this week off and then return to league action with a busy three-game weekend. They face Westman Nov. 15, Brandon Nov. 16, and Yellowhead Nov. 17.

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www.mcna.com

RURAL MUNICIPALITY OF THOMPSON PUBLIC NOTICE

REGARDING SPECIAL SERVICE PROPOSAL
- BY-LAW NO. 12-2024

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

The council of the Rural Municipality of Thompson has scheduled a public hearing at Civic Centre, located at 530 Norton Ave, Miami on Thursday November 28th, 2024, at 10:00 a.m. to present the following special service proposal:

This special service by-law is to establish new rates for the collection of solid waste and recycling services within the local urban district (LUD) of Miami for the years 2025 – 2028 inclusively. The estimated annual cost for providing this service is \$49,605.98 for 2025 and increasing by 2% annually up to a maximum of \$52,642.52 in 2028. This special service will continue to be taxed annually from 2025 to 2028 inclusive on a per parcel basis being \$216.62 for 2025 for residential and light commercial properties to a maximum of \$229.88 in 2028.

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

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

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

Dated at the Rural Municipality of Thompson this 24th Day of October 2024 and issued pursuant to Section 318 of The Municipal Act.

Melissa Brunel, CMMA
Chief Administrative Officer
Rural Municipality of Thompson



Announcements Classifieds

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FLIGHT ACADEMY

Want to learn how to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger; can easily add float rating to permit. LS Airways Flight Academy 204-651-1402.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

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204-467-1858
or 204-886-7027
mcsherrytld@gmail.com



Carman Legion Ladies Auxiliary Remembrance Day Tea

Saturday, November 9, 2024

2 - 4 p.m.

Legion Auxiliary Hall

Bake table, fun auction and raffle

**SHOP LOCAL
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BUSINESSES**

SKIRT SALE EVENT

Sat., Nov. 9, 2024 • 10am-4pm

Don't miss this unique opportunity to shop a vast selection of skirts in all different styles and sizes. Girls, women's and plus sizes. Denim, dressy and lots more. Large selection of 1000+ skirts!

**Rosebrook Community Hall
at Rosebrook Place**

Cornerstone Christian Care Society

thanks the following businesses and individuals for their support with our annual Golf Tournament. Thanks also to everyone who donated items for our online auction.

- | | | |
|----------------------------|-----------------------------|-------------------------------|
| Access Credit Union | Hilltop Meats | Simply Sourdough |
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| Combcroft | Legacy Letters Custom Steel | Tri-Star Ag Services |
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| Dick's Heating | LJ Acres | True North Foods |
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| Doyle's Funeral Home | MMJS Law Offices | Service |
| Dufferin Market Gardens | Newman Hand Insurance | Vanderveen Construction |
| Earl and Marilyn Vanassen | One Insurance | Vanderveens Greenhouses |
| Ed's Tire | PEG Construction | Vanderveen Promotions |
| Eileen Cox | Premier Printing | VCS Construction |
| Elevation Construction | Quiet Mile Flower Company | VG Ventures |
| Farmers Depot | Richardson Pioneer | Visscher Automotive |
| FC Woodworks | Royal Le Page - Kelly Dyck | Walinga Inc. |
| Gautier Painting/MK | Samson Architecture | Wiersema Construction |
| Photography | Scotswood Links | Winvest |
| Greenland Equipment | Shcriemer's Family Farm | XL Drilling |
| Halarda Farms | Seahawk | |

BUNGE

Instrumentation, Controls & Electrical Specialist or Engineer

The Instrument, Controls and Electrical Engineer or Specialist will work with the Plant Manager to lead all ICE - related efforts at the site. This role owns electrical safety compliance at the site for all internal and external resources, in accordance with Bunge requirements and all federal, state and local regulations.

Main Accountabilities:

- Ownership for safety related to all ICE efforts, assets and systems.
- Ensures safety of all internal/external resources in daily operation of site, troubleshooting efforts, and in all project phases with special focus on installation, commissioning, startup, maintenance and operations.
- Ownership for site compliance to BNA Electrical Safety Policy, timely responses to ICE - related safety requests, and site support in creating safe work plans - often driven by un planned events in off-hours.
- Design, implement, maintain and improve instrumentation, control and electrical distribution systems.
- Develop and manage plans that resolve system obsolescence, spare part availability issues and ensures Critical Path spares are in stock at all times.
- Where possible, leverage proven technologies, adhere to Bunge design standards and leverage existing suppliers.
- Ability to identify/develop new technology to gain ground and support to initiatives like Industry 4.0.
- Manage efforts related to manufacturing, construction, installation, maintenance, support, documentation and testing related to ICE efforts in compliance with specifications, applicable codes and all BNA requirements.

Education / Experience

- Engineering Bachelor's in one of the following (Instrumentation, Controls, Electrical) is preferred. Two-year diploma or Trades background will be considered. Experience in each of these areas is preferred, with preference given to electrical and power distribution.
- Minimum 8-years multi discipline ICE experience.
- Effective collaboration with procurement throughout project life cycle.
- Excellent project management skills and ability to control scope, cost, schedule and benefits delivery on all projects.
- Experienced applying risk management methodology at key points in project lifecycle.
- Experience applying HAZID and HAZOP, as well as Hazardous Location rating assessments.
- Team player, excellent communication, skills and time management, ability to influence others to right outcomes regardless of level or position in business.

Please contact: james.doell@bunge.com

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> MEAL IDEAS



Shepherd's Pie

1 tablespoon garlic powder
1/4 cup heavy cream
1 bag (12 ounces) frozen mixed veggies

Heat oven to 350 F.
In Dutch oven, brown ground beef and drain fat.

Boil potatoes until fork tender and mash them. Add 1 teaspoon thyme, salt and pepper, to taste, and set aside.

Place ground beef back in Dutch oven and mix in onion powder, tomato paste, beef broth, garlic powder, cream and remaining thyme. Season with salt and pepper, to taste. Mix in frozen veggies.

Cover meat mixture with potatoes and bake 25-30 minutes.

Recipe courtesy of "Cookin' Savvy"

Servings: 8-12

1 pound ground beef
6 medium potatoes, peeled
2 teaspoons thyme, divided
salt, to taste
pepper, to taste
1 tablespoon onion powder
1 can (6 ounces) tomato paste
1/2 cup beef broth



Green Bean Casserole

1/4 teaspoon ground black pepper
8 cups cooked cut green beans
2 2/3 cups French's Fried Onions, divided

Heat oven 350°F.
In 3-quart casserole dish, stir soup, milk, soy sauce, black pepper, green beans and 1 1/3 cups fried onions.

Bake 25 minutes. Stir green bean mixture. Sprinkle remaining fried onions over casserole.

Bake 5 minutes, or until fried onions are golden brown.

Recipe courtesy of Campbell's.

2cans (10 3/4 ounces each) Campbell's Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or Healthy Request)

1 cup milk
2 teaspoons soy sauce



Mississippi Mud Cake

Pour marshmallows over top of cake. Return to oven and bake 2-3 minutes, or until marshmallows are somewhat melted.

In microwave-safe bowl, melt fudge frosting in microwave.

Drizzle frosting over melted marshmallows.

Sprinkle pecan pieces over frosting. Allow cake to cool completely before serving.

1 chocolate cake mix (15 1/4 ounces)
1 1/4 cups water
1/3 cup canola oil
1/3 cup creamy peanut butter
3 eggs
1 cup semisweet chocolate pieces
1 can (16 ounces) chocolate fudge frosting

1 bag (16 ounces) miniature marshmallows

1 cup chopped pecans
Heat oven to 350 F.

Grease 13-by-9-by-2-inch baking pan. In large bowl, using electric mixer on low speed, combine cake mix, water, oil, peanut butter and eggs. Stir in chocolate pieces. Pour into prepared pan.

Bake 30-35 minutes, or until toothpick inserted in center of cake comes out clean.



Expert patient here to help!



Susie Schwartz

By Susie Schwartz

After almost a month back in Canada, our flight from Winnipeg to Toronto was delayed. As we stood in the aisle after landing, we knew it'd be a mad dash if we were going to make our flight to London. If you know me, you know 'mad dashing' is not my strength. In fact, my muscle weakness not only holds me back, but when I exert myself past my limits, it gets worse - for days or months.

Here's two things my body forced me to do after the 'run'. (That looked so pathetic, that the transport dude waved me over to get a ride. I was shuffling barely faster than a walk, but with the look of a hungry tiger on my face and dripping with sweat. I had to make that flight. I had a sick puppy to get home to!)

It taught me (again) to pace myself and to look at the big picture.

My legs wouldn't work right for the next couple of months, and my energy levels were so low, like a limbo pole taking a nap on

the ground. Speaking of naps, my duvet became as loyal as my dog. Cancelling plans became a regular item on my to-do list. When I tried to 'push through,' it just equalled earlier nights and later mornings. (And mashed potato brain.)

I had two choices. I could host pity parties with frustration and disappointment as my honoured guests or see this as strength training for my next (airport) marathon. I needed to be kind to myself and offer patience for my healing.

The other thing this health-crash retaught me was to zoom out and look at my life. You know how they say, 'If you haven't got your health, you haven't got anything?' (Not entirely true.) Well, I didn't have my health at that moment, and I needed to do whatever it took to get it back. What's the worst that could happen if I missed a meal out with friends or even a writing deadline? The world keeps spinning, time keeps ticking and all that. What did count was getting as much of my health back as possible.

So, think: health first, rat race second. (Or sixth?) Think pacing and perspective.

(Oh, after getting to the gate, we found out they'd cancelled our flight and we had to spend a night and day in Toronto. Sigh. Apparently, I now need to learn another lesson: attitude adjustments. Double sigh.)

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz, and at www.lesshealthstress.com. (Email: info@lesshealthstress.com) If you like her writing, find more on her Substack page: *The Quest For Less Health Stress*



Peanut Butter Chocolate Energy Bites

In large mixing bowl, combine rolled oats, flaxseed, nut butter, syrup and chocolate chips; mix well using spoon or mixer.

Using hands, roll mixture into balls, approximately 1-inch each. Place balls on cookie sheet and chill in refrigerator until firm.

Note: Balls can be stored in airtight container in refrigerator up to 1 week.

Prep time: 5 minutes
Servings: 8 (3 bites each)
1 cup rolled oats
1/2 cup ground flaxseed
1/2 cup nut butter of choice
1/3 cup maple syrup
1/2 cup mini chocolate chips or raw cacao nibs