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Honouring our Veterans

STANDARD PHOTO BY BECCA MYSKIW

Five-year-old Taylor Boyachek and her seven-year-old sister Hayley Boyachek salute all those who fought for our freedoms on Remembrance Day.

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Carman Curl for Cancer raises over \$50K in 28th year

By Becca Myskiw

The 28th annual Carman Curl for Cancer event raised \$51,320.

A successful online auction and in-person curling bonspiel made for a year to remember. Last year, Carman Curl for Cancer was completely online with no in-person aspect. They did the auction, 50/50, and raffle through the site, and raised \$57,000 — much more than they were expecting.

This year, they decided to keep the auction virtual. That way, people from all over could bid on items they wanted, and it would ultimately bring in more money for the cause.

There were over 50 (almost 60) prizes being auctioned off for a couple weeks. One of the most popular ones was a meal for four once a month for 12 months from Tracy Owen's catering business. That one raised over \$1,500 itself.

"It's amazing," said one of the organizers, Haley McIntosh. "It's always so overwhelming hearing the final amounts of what was raised. It goes over so well every year, but you never get used to how successful the event is."

On Saturday when everyone was at the bonspiel, they had little to no cell service in the building, so they



Pam King from South Central Resource spoke at the dinner.

couldn't access the auction online. McIntosh and the team behind Carman Curl for Cancer decided to postpone the closing of the auction until the following day to give everyone a fair chance at items they wanted.

But, with restrictions being more lax this year, they brought the curling bonspiel back too. 16 teams of four, or 64 curlers, hit the ice on Nov. 6 in support of cancer resources and research. They played one hour, four-end games throughout the day, stopped for dinner, and went back to compete in playoffs, semi-finals, and finals. Dinner was chicken and ribs done by the Carman Golf and Curling Club. McIntosh said it was an incredible meal



STANDARD PHOTOS SUBMITTED

Organizers of Carman Curl for Cancer raised over \$50,000 at this year's event. Pictured front row, left to right, Reegan Thompson, Regan Boklaschuk, Taya O'Brien, Maizy North; back row, Sam McGillivray, Haley McIntosh, Brady McGillivray, Kass McLean, Morgan Cott-McLean, Sandra Goff, Scott McIntosh, Robin Bergsma and Jeremy MacLellan.

that everyone enjoyed. During dinner, Pam King from South Central Cancer Resource came to speak about the organization and the work they do. The \$51,320 raised will go to South Central Cancer Resource, the Canadian Cancer Society, CancerCare Manitoba,

and Carman Palliative Care.

McIntosh said they will absolutely be doing the event again next year, they just don't know what it's going to look like — and they probably won't until the time for it rolls around.



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16	17	18	19	20	21	22
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What you don't see: Type 1 Diabetes, the invisible disease

By Becca Myskiw

A local family is sharing what it's like to be a pancreas supporting Diabetes Awareness Month.

Heidi Boyachek's daughter, Hayley, is a Type 1 Diabetic. She was diagnosed at three years old, and ever since, Boyachek's life has been about keeping her daughter alive.

"It's a complete life change," said Boyachek. "It's a huge learning curve. You're now carrying out the function of a human pancreas for her."

November is a month for many things, Type 1 Diabetes awareness being one of them. So Boyachek's been spending November showing people what they don't see with Type 1 Diabetes.

One of those things is the mental health aspect of the disease. Hayley is just seven years old and has the responsibility of keeping herself alive. Of course, she relies on others in her life to help her manage her disease, but that doesn't stop her from having to manage it.

"There is no finish line with this disease," said Boyachek. "You have to battle the highs and the lows of your mental health."

Those lows can come from the stress of it all, but they can also be side effects of having too low or too high blood sugar. When Hayley's blood sugar is too low, she gets pale, red around the eyes, and stares out, begging her parents for food while being

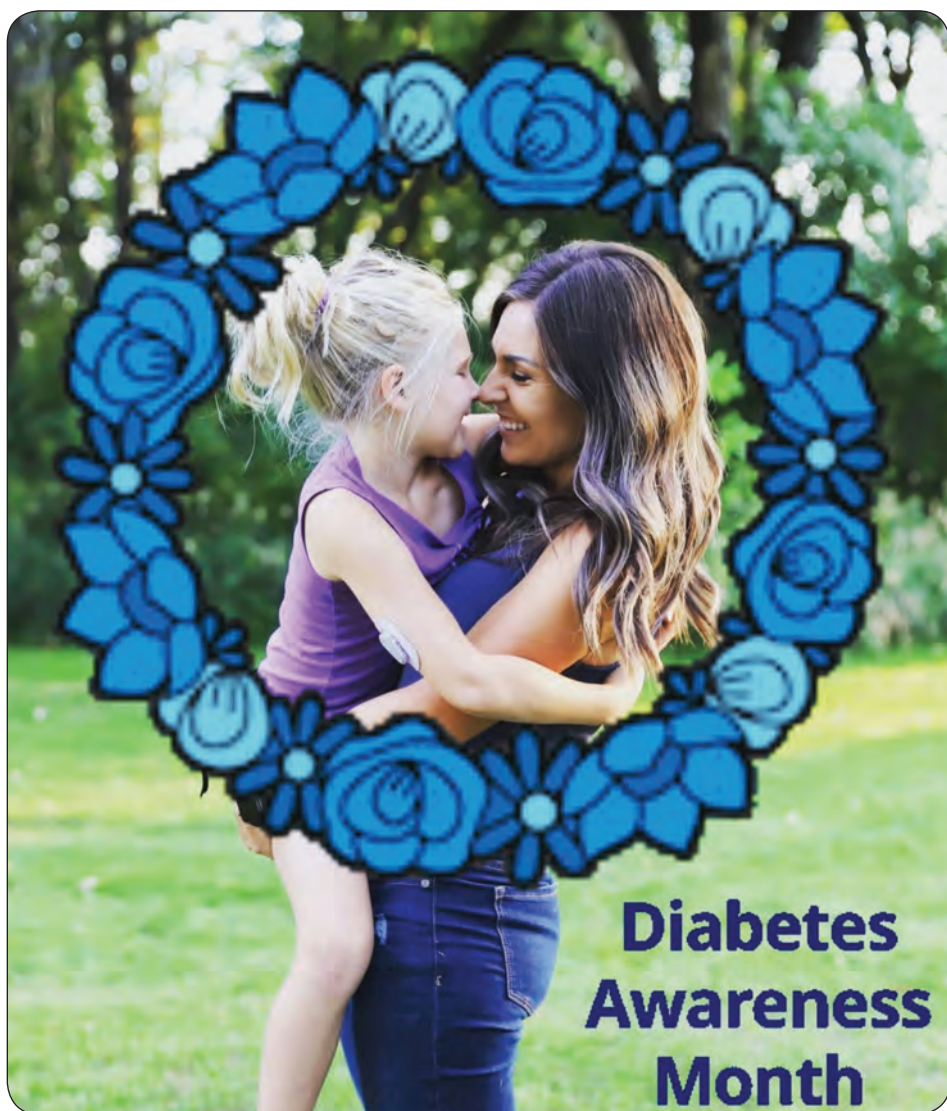
emotional. Boyachek said she doesn't typically feel these symptoms until she's in a dangerously low blood sugar level like 2.5.

Hayley could also go unconscious, have a seizure, go into a coma, or die from low blood sugar. On the other hand, when her blood sugar is too

high, her body can start filling with acid and send her into a coma, leading to death. The normal blood sugar level is between four and six.

To manage her blood sugar levels, Hayley wears a continuous glucose monitor (CGM) device. It monitors

Continued on page 4



STANDARD PHOTO SUBMITTED
Hayley Boyachek, left, and her mom Heidi Boyachek are raising awareness for Type 1 Diabetes.

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> DIABETES, FROM PG. 3

her levels every couple of minutes, sending updates to Boyachek's phone. The CGM has been a lifesaver for the family — as it literally saves Hayley's life by always knowing her levels instead of leaving it to chance — but it also means Boyachek sometimes can only watch her daughter's blood sugar levels drop when she's not around to help.

"You can do everything right and still have such a wrong outcome," said Boyachek.

When Hayley's at school and Boyachek's watching her CGM readings from her phone, she can watch Hayley's levels go from 5.7 to lower than 2.2 in minutes. Just that morning, Hayley's levels were at 11.7. And her levels fluctuate like that daily, not just sometimes.

"If you've never had to stare at a phone screen helpless and in fear," said Boyachek. "Wondering if your child is conscious or going to make it through the next five minutes without needing a life-saving injection, a 911 call for an ambulance, or the worst possible outcome from a severe low blood sugar...then consider yourself lucky."

Things like weather, excitement, stress, nightmares, and more can affect blood sugar levels.

Boyachek's day doesn't have a start or end time. She used to relax after putting her daughters to bed but now she becomes more stressed than ever. She has alarms set throughout the night so she wakes up and checks Hayley's blood sugar levels, then hopes she can fall back asleep.

Then, in the mornings, she spends most of her time weighing, reading, and writing down every crumb she puts in Hayley's lunch, using a ratio to determine how much insulin that food should

need. She then drives to Hayley's school for lunch every day to give her an insulin injection.

This year, Diabetes Awareness Month is extra special because the discovery of insulin was made 100 years ago by Canadian Frederick Banting. Boyachek said acknowledging World Diabetes Day (Nov. 14) is important for everyone to understand and notice the signs and potentially save a life.

On Monday, Nov. 15, Boyachek and Hayley gave a presentation to Hayley's class about Type 1 Diabetes. They've worked to normalize it with her peers since she started school, and this only continued that.

"Having such a young child with this disease, you work hard to carry the burden so she can be a child," said Boyachek. "We have to teter between [her peers] not thinking it's a big deal but also knowing what Type 1 Diabetes is and knowing the signs. We don't want to hide it, we never have, it's important for her confidence that she doesn't feel like she needs to hdie who she is."

Type 1 and Type 2 Diabetes are very different. Type 2 doesn't typically require insulin, happens later in life, and is managed with diet. Type 1 is an autoimmune condition where the body doesn't make insulin, so they need to artificially give it based on blood sugar levels.

Boyachek recently flew to Toronto to talk on Cityline about Type 1 Diabetes awareness. The episode aired on Nov. 11 and can be found at <https://www.youtube.com/watch?v=sce37TL3k4-Q&feature=share&fbclid=IwAR2wDSNSXPYsJkIGSjYIac9w6ZkqSmdzoAZwb2wNPuSbGfaN8Nf fKYUzZXQ>.



Hayley Boyachek, 7, has Type 1 Diabetes. This is how she looks when experiencing a low blood sugar: red around the eyes, pale, in a daze.

Chamber prepping for Christmas season with shop local campaign

By Becca Myskiw

The Carman and Community Chamber of Commerce just had their November meeting and announced some of their many plans

for the holiday season. Executive director Jodi Winkler said their "Keep the Cheer Here Campaign" will be starting soon. This is just like last year's shop local campaign, where they're en-

couraging residents to keep their Christmas shopping local and support Carman's business community. To help with that encouragement, the chamber will be doing Chamber Buck giveaways just as they did last year, which is a gift certificate to any business that's part of the chamber.

"Remember that Chamber Bucks are a great gift this holiday season and I am sure that your staff, family, and friends would enjoy spending these certificates at any of our local businesses," she said.

Chamber Bucks come in \$10, \$25, and \$50 certificates and people can purchase them from the chamber anytime throughout the year. Also coming this season is a beautifully lit-up Ryall Park. The Carman and Community Chamber of Commerce received a grant from the Carman Area Foundation (CAF), which they used to purchase 100 strands of Christmas lights. Winkler said they hope to get them all up in Ryall Park this winter with the town's help, but 100 strands is a lot of lights, so if anyone wants to volunteer to help, contact the chamber. Also mentioned at the meeting was the upcoming 2021 Chamber Business Awards. On the evening of Nov. 25, chamber members will spend time together at the Ladies Auxiliary Hall at the Carman Legion. Winners for Outstanding Business of the Year award, New Business of the Year award, and the Community Builder award will be given their prizes. In the meantime, the Carman and Community Chamber of Commerce is now selling tickets for the third and final basket in their Shop Local Basket Campaign. They've profited over \$8,000 to date from the first two baskets and are hoping to sell out tickets on this one so they can give over \$25,000 to help local businesses.

The Chamber hosts meetings every month, and all Chamber members are invited and able to attend. They happen on the second Tuesday of each month.

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Carman Legion hosts virtual Remembrance Day service

By Becca Myskiw

The Carman Legion took their Remembrance Day service to YouTube again this year with a pre-recorded one uploaded on Nov. 11. On Oct. 31, an invited group of guests sat in the Royal Canadian Legion Branch #18 to participate in the service as it was recorded. Then, on Remembrance Day, it was uploaded online for everyone to watch.

President Mike Downs was the master of ceremonies, opening the service with Oh Canada and a prayer.

"Creator God," he started. "As you have gathered your people together this day in hallowed remembrance, we give you thanks for all who laid down their lives for our sake."

"I Vow to Thee My Country" then played, followed by another prayer and then a reading of John, Chapter 11, verses 25 to 26.

"Jesus said to her, 'I am the resurrection and the life,'" said Downs. "The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?"

Trumpets played and everyone stood for the moment of silence. Downs recited a passage from the famous poem "For the Fallen" by Laurence Binyon.

"They shall grow not old, as we that are left grow old," he said. "Age shall



One-hundred-and-three-year-old veteran Carm Colvin at the Knight of the French National Order ceremony on Aug. 28.

not weary them, nor the years condemn. At the going down of the sun and in the morning, We will remember them."

Rod McPherson then laid the wreath for the Queen, James Rodgers laid the wreath for the Second World War and Canada, MLA for Midland Blaine Pedersen laid the wreath for the province, mayor Brent Owen laid the wreath for the town, reeve George Gray laid the wreath for the rural municipality of Dufferin, Shane Houser laid the wreath for the veterans, Don Lemon



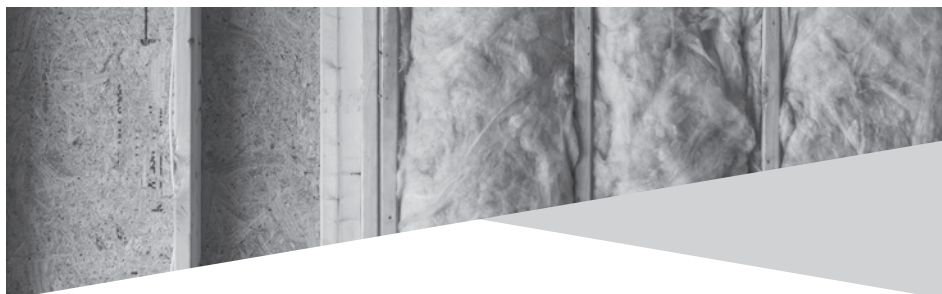
STANDARD PHOTO BY HARLEY SHEPHERD

The Carman Legion had an in-person wreath laying ceremony on Remembrance Day for all to attend.

laid the wreath for the legion, sergeant Len Mattice laid the wreath for the RCMP, and Darlene Pritchard laid the wreath for the Ladies Auxiliary.

James Rodgers then read the First World War honour roll, followed by Dennis Bell who read the honour roll for the Second World War, the Korean War, and the Service of Canada. Karen Maxwell read poems written by William Colvin, the uncle of 103-year-old veteran Carm Colvin.

Harley Shepherd read "In Flanders Fields", God Save the Queen played, and reverend Chuck Ross ended the service with a prayer. The online video then cuts to laying the wreaths at the cenotaph and the cemetery in town then shows Carm Colvin's Knight of the French National Order ceremony on Aug. 28. To watch this year's service, go to <https://www.youtube.com/watch?v=BA6bsTM91E4>.



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Province offering third COVID vaccine doses to adults 18 and older

By Patricia Barrett

Manitoba will be offering adults 18 and older a third dose of a COVID-19 vaccine as the province's fourth wave of infections climb and people continue to die.

The expanded third-dose eligibility (Indigenous people, health-care workers, the immunocompromised and adults 70 and older were already eligible for third doses) was announced Nov. 10.

The announcement came a few days after Health Canada approved Pfizer-BioNTech's request to have a third dose of its Comirnaty vaccine administered to adults 18 and older.

People are being asked to wait six months after their initial vaccine series before booking an appointment for a third shot.

"A minimum of six months is required between second and third doses, except in very limited circumstances," states the province's COVID-19 Vaccine Bulletin #138.

The province is recommending that an mRNA vaccine – either Pfizer's Comirnaty or Moderna's Spikevax – be administered for third doses, according to its COVID-19 Vaccine Eligibility Criteria webpage, and that people receive the same mRNA vaccine that they had for their first two doses. If that vaccine is not available or people can't remember which vaccine they got "another MRNA vaccine will be offered."

People who request their third dose earlier than six months will need to have a prescription from a doctor.

Health Canada authorized third doses of Comirnaty for adults aged 18 and older on Nov. 8 in response to an application from Pfizer-BioNTech.

"After evaluation of the submitted data package, Health Canada authorized that a booster dose may be administered at least 6 months after completion of the primary series in individuals 18 years of age or older," states Health Canada's website.

In addition to expanding the eligibility for third doses, the Manitoba government said it's expecting an initial shipment of 2,250 doses of the one-shot Janssen (Johnson & Johnson) COVID vaccine.

Johnson & Johnson is a viral vector vaccine, and like AstraZeneca's COVID vaccine, has been linked to a risk of developing rare clot clots. Last week the European Medicine Agency released a recommendation to add a warning about a rare spinal inflammation, called transverse myelitis, as a side effect of the Johnson & Johnson vaccine.

The Manitoba government is recommending that people who had already received the Janssen (Johnson & Johnson) vaccine should now receive a second dose of an mRNA vaccine "to provide the best protection possible," according to its news release.

To book a vaccine appointment, call

toll free 1-844-626-8222 (1-844-MAN-VACC) or visit the Manitoba Government's online Vaccine Shot Finder, which shows a list of facilities across the province offering COVID and/or flu shots.

The world passed a grim milestone of five million deaths from COVID-19 at the beginning of this month. Health experts say that number is likely two or three times higher given varying or little-to-no record-keeping in some countries. The U.S. leads the world with the highest number of COVID deaths followed by Brazil and India.

As of Nov. 10, there have been over 250 million cases of COVID reported, according to the World Health Organization, and more than seven billion doses of vaccine administered.

For the past few weeks, Manitoba has steadily seen triple-digit infection numbers. Last Friday saw 193 new infections. On that day the provincial government cancelled surgeries to create more intensive care capacity for people with COVID, adding to a backlog of surgical and diagnostic procedures that Doctors Manitoba had pegged at about 130,000 in mid October.

The government said last week new infections are spreading rapidly among younger people, and that they will have to be either vaccinated or regularly tested for COVID if they want to play sports indoors.

letter to the editor

Letters to the Editor:
letters@carmanstandard.ca

Concern for residents of Carman Boyne Towers

The residents have been prisoners in their own rooms with no where to go!

The Activity Room has been limited to less space because of Boyne Lodge construction and with summer approaching the screened in ve-

randa outside on the north side has very little space and no view to the Boyne Courtyard with the visiting trailer installed. No view, no sun!

Many residents have walkers and would love to have walkable paths to enjoy the sunny, beautiful outdoors.

The Residents of the Boyne Towers mental and physical well-being has been jeopardized.

Please do not forget the Boyne Tower residents and let their voices be heard. These senior residents need a walkable, enjoyable and beautiful space for their continued well-being. Please let's care for all our Seniors!

- Diana Lenton
Carman

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Notre Dame organizations coming together for families in need

By Becca Myskiw

Four Notre Dame organizations are banding together to raise money for local families in need.

The Notre Dame de Lourdes Parish, Knights of Columbus, Cultural Committee, and Heart to Heart are hosting an evening with dinner and entertainment, sending all funds to Heart to Heart. The organization takes care of families in need by getting them food vouchers, Christmas hampers, and anything else they might need throughout the year.

Gisele Dansereau from the Notre Dame de Lourdes Parish said with the pandemic, a lot of families have had members unable to work or get paid less than they used to. This fundraiser

is a way to help them thrive.

“And other donations, if we can get enough, are to help the families with kids pay for field trips because sometimes they can’t afford to,” said Dansereau.

They’re also working to broaden the donations in summertime so the families can put their children in things like swimming lessons and give them a “normal life.”

So, the four groups are hosting a dinner at the community hall on Dec. 4 at 5 p.m. Tickets are \$25 each and that gets attendees a Christmas dinner — mashed potatoes, chicken, vegetables, coleslaw, buns — to eat while they enjoy a show from local talents, including Angela Durand. Dansereau

said 90 per cent of the entertainment will be in French.

“Local entertainment pulls in local people right,” she said.

The hall can accommodate 300 people (50 per cent capacity) at the dinner according to current restrictions. Everyone in attendance has to be fully vaccinated and they will be checking for proof at the doors.

“If we can get 200 [people] I’d be really happy,” she said.

Dansereau said this event will pull the local community together for a good cause.

“It’s a good time to mingle and catch up,” she said. “And then of course to support the local entertainers... knowing that you’re also helping out

families that are maybe not as fortunate as the majority of us.”

The families will be given tickets to come to the fundraiser and if they can’t attend, they’ll be given a free meal from it. Dansereau said only the Heart to Heart committee knows who the families are — it’s completely anonymous so there’s no shame attached.

To buy tickets, contact Dansereau at (204) 723-5154. Everyone who buys tickets before Nov. 24 will get them for \$25 and those who buy after the date will get them for \$30. Tickets will be sold at the door, but they encourage most people to buy ahead of time so they can plan accordingly.

New restrictions for Southern Health, all of Manitoba

Religious gatherings limited, Proof of one vaccine dose or negative COVID test needed for recreational sports

By Ashleigh Viveiros

Rising COVID-19 case counts has led the provincial government to roll out new restrictions across Manitoba and especially in Southern Health-Santé Sud, where vaccination rates remain the lowest.

Chief provincial public health officer Dr. Brent Roussin was joined by Health Minister Audrey Gordon Friday in announcing the additional measures going into place the next day.

“Rising case counts and COVID-19 transmission in the province means we need to introduce new measures now to reduce the impact of COVID-19 in our province,” the minister said. “Case counts and hospitalizations are rising, and we must be proactive in protecting our health-care system and ensure we have beds available to continue to provide care for patients in need.”

To that end, Dr. Roussin announced two key changes to the existing public health orders:

- Religious gatherings in Southern Health (excluding a few communities considered to be part of the Winnipeg Capital Region) are now limited to 25 people, unless the facility can physically divide the space into separate

areas, in which case several cohorts of up to 25 can attend the same service. However, the total number of attendees at a service may not exceed 25 per cent of facility capacity, to a maximum of 250 people. Cohorts must not mingle, masks must be worn, and physical distancing rules apply.

Services restricted to fully immunized people and those under 12 who are not eligible for the vaccine may occur without capacity limits.

Minister Gordon noted enforcement officers will be sent unannounced to churches in the region to check that these rules are being followed.

- Province wide, proof of at least one dose of vaccination or a recent (within 72 hours) negative COVID-19 test result is now required for children age 12-17 years old to participate in indoor recreational sports.

This rule comes into effect Dec. 6 to give families time to get vaccinated.

For those who chose to go the testing route, tests need to come from a participating pharmacy. Provincial testing sites should only be accessed by symptomatic individuals or those who are required to take a PCR test by public health.

Cases on the rise

Roussin noted that COVID-19 cases have been climbing steadily across Manitoba for the past month, especially in Southern Health, which has the province’s lowest vaccination uptake at just under 69 per cent of the eligible population. In comparison, 87 per cent of all eligible Manitobans have had at least one dose of the vaccine and 84 per cent are fully vaccinated.

Cases are increasing the most rapidly in people under age 20, Roussin

noted, which informed the decision to enact restrictions on youth sports.

If these trends continue, the next several weeks could be rough for the province’s health-care system.

“Increase in cases always translates into increase in hospitalization, increase in ICU, and that’s where we get that strain on the health-care system,” Roussin said.

One of the mid-range models for

the next six weeks predicts daily ICU admissions of COVID-19 patients at three a day, climbing thereafter.

“That’s not a sustainable number,” Roussin stressed.

Manitoba has a limited number of intensive care beds. With the cancellation of a number of surgeries in Winnipeg announced last week, that

Continued on page 9

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Tourney champs



STANDARD PHOTO SUBMITTED

Elm Creek's U11 Lightning Team defeated the Springfield IceHawks 6-5 in overtime to win gold this past weekend at the Stonewall 'B' Tournament. Elm Creek defeated Stonewall 6-0 but lost 7-3 to Springfield in the round robin. In the semifinals, the Lightning beat the Warren Mercs 8-4. Pictured back row, left to right, Nathan Armstrong, Maguire Lepp, Camryn Armstrong, Riley Banman, Eden Lepp, Jace Reimer, and Ainsley Richardson. Middle row, Kinsley Friesen, Bryn Wilcox, Hunter Richardson, Jaxon Enns, Oren Katz, Kasen Deurbrouck and goaltender Jediel Hudson.

Playground donation



STANDARD PHOTO SUBMITTED

Kody Webber President of the St. Claude School ACSL Board accepting a \$2,500 donation from Guy Rouire of R-Way Ag as part of the Canterra Seeds "Rooted in the Prairies" project.

Submitted

The St. Claude Advisory Council School Leadership along with the teachers and students from the St. Claude School Complex would like to give a big thank you to Guy Rouire from R-Way Ag and Canterra Seeds.

Rouire entered the Canterra Seeds "Rooted in the Prairies Project" to which he chose the St. Claude School playground structure upgrade as his project of choice for the donation of \$2,500. We are very happy to announce that R-Way and its chosen project were one of the selected recipients. The \$2,500 was put towards the overall cost of the playground project which was completed this past summer.

The St. Claude ACSL would also like to thank the many businesses and community members for their support over the years, without your support projects and upgrades like this would not be possible.

The St. Claude ACSL will continue to look for ways to help support growth of the students from St. Claude School Complex.

Bergen returns as Deputy Leader of the Opposition

Staff

Portage-Lisgar MP Candice Bergen will continue with her post as Conservative Deputy Leader.

Bergen was first appointed Deputy Leader of the Opposition in fall of 2020 and was re-appointed to the position last week.

In a statement, Bergen noted she was honoured to have been entrusted once again with this role.

"As always, the residents of Portage-Lisgar will continue to be my top priority as we move forward in this new Parliament," Bergen said, "and I'm honoured to have been given the opportunity to be their voice in Ottawa once again."

"Canadians want a government that listens to them and if Justin Trudeau isn't ready to listen, Erin O'Toole and Canada's Conservatives are."

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Humane society launches "Operation Santa Paws"

By Ashleigh Viveiros

The 12 Days of Christmas it ain't, but the Pembina Valley Humane Society has its own list of holiday gifts it's hoping for between now and Christmas.

The animal shelter is running its first Operation Santa Paws Nov. 20 to Dec. 18.

Organizers are aiming to stock the shelves with enough supplies to last them through 2022, including 600 cans wet cat food, 350 cans of wet dog food, 200 boxes/bags of clumping cat litter, 200 bottles of bleach, 25 bottles each of dish and laundry detergent, 20 boxes of compostable bags, and 15 jars of peanut butter

They're also accepting donations of dog toys, dog treats, cat treats, gloves, printer paper, and sticky notes.

"This past year was a challenging year for the PVHS," said public relations chair Holly Thorne. "We had a lot of medical and health issues to deal with, including an outbreak of ringworm in our cats, and working to contain it has depleted a lot of the supplies that were meant to last into 2022."

The shelter accepts donations year-round, but

they hope people will especially keep them in mind as they do their holiday shopping over the next few weeks.

"With the holidays just around the corner, people are going to be in stores and we're just encouraging people that when perhaps you see a discount on a box of kitty litter, think of the Pembina Valley Humane Society and grab a box," said Thorne.

Every item you donate gets your name on a ornament to be placed on the shelter's tree. They hope to have it covered in decorations by Christmas.

Thorne is feeling pretty confident the community will come through for them with this supply drive.

"These are numbers that we really hope don't include dealing with outbreaks at the shelter like we did this year," she noted, explaining the supply totals are tied to the number of animals the shelter cares for over the course of a normal year, including those in foster care.

"When we think about what supplies we go through in a year, we don't want to think that it's too lofty a goal, but we haven't done this before," Thorne admitted. "This is something we're hoping

will be front and centre in people's minds that they can help us with."

Every donation—large or small—takes a big load of the minds of the shelter's staff and volunteers.

"If we have these supplies, that's one less thing that we don't have to expend energy on trying to get ... we can be focusing our energies on the important things," Thorne said, including animal care, expansion of services, and educating people about the importance of spaying or neutering their pets.

Donations can be dropped off at the shelter in Morden (462 Jefferson St.) and a number of businesses, including the Winkler Collar Club, Flavors of Mexico, Frank + Olive, RuffMutts Morden, Eclipse Salon & Spa, and at Guest Services at CF Polo Park in Winnipeg.

If other local businesses are keen to put out a donation bin for the shelter, they can contact Thorne at publicrelations@pvhsociety.ca for more information.

You can also reach the shelter at 204-822-9413 or via email to manager@pvhsociety.ca

> RESTRICTIONS, FROM PG. 7

number has been increased to 110 (pre-COVID, Manitoba had 72 ICU beds).

The ICU numbers are expected to surge with COVID-19 patients in the weeks ahead. At press time, 31 people were requiring ICU care due to the virus, all but a handful not fully vaccinated. Fifteen of Manitoba's ICU patients at press time were from Southern Health.

"I know it's frustrating to be here again," Roussin said. "I think we're all disappointed, we're all frustrated that we're once again looking at further re-

strictions, once again looking at upward trajectory where our health-care system is again strained, which really puts that strain on COVID and non-COVID care."

The new restrictions are meant to battle these concerning trends while also providing a measure of freedom for Manitobans who have already done their part in protecting themselves from severe COVID-19 outcomes by being vaccinated, Roussin said.

"These orders will continue to allow fully vaccinated Manitobans to enjoy as much freedom and as few restrictions as possible while unvaccinated individuals will continue to be restricted in their activities in order to reduce transmission and, really,

that risk.

"These are our fellow Manitobans that are falling ill, being admitted to ICU, unfortunately some still dying, and the more that we can get vaccinated, the more that the unvaccinated are limited in the interaction amongst others, the more Manitobans we're going to protect from COVID."

If these measures are not effective in bringing cases down, health officials may have to reintroduce wider restrictions for all Manitobans, vaccinated people included.

"If we continue to see strain on our health-care system, further steps may be required," said Roussin.

Pfizer's antiviral COVID-19 pill cuts risk of hospitalization

By Patricia Barrett

Pfizer's antiviral COVID-19 pill was found to significantly reduce the risk of hospitalization and death in people considered at high risk of progressing to serious illness from a COVID infection, according to the results of a Pfizer-led study.

The antiviral drug, called Paxlovid, is a treatment option that can be used in patients with COVID but is not considered a replacement for the protection vaccines offer.

The drug was found to reduce the risk of COVID-related hospitalization or death by 89 per cent in people who were treated within three days of symptom onset.

"Today's news is a real game-changer in the global efforts to halt the devastation of this pandemic. These data suggest that our oral antiviral candidate, if approved or authorized by regulatory authorities, has the potential to save patients' lives, reduce the severity of COVID-19 infections, and eliminate up to nine out of ten hospitalizations," said Pfizer chair and chief executive officer Albert Bourla in a Nov. 5 press release.

Developed in Pfizer's laboratories, Paxlovid interferes with the virus's reproduction, thereby slowing its ability to spread and infect human cells.

The findings were based on data from 1,219 adults enrolled in a Pfizer Phase 2 study called EPIC-HR

(Evaluation of Protease Inhibition for COVID-19 in High-Risk Patients). Participants had to have at least one "characteristic or underlying medical condition" associated with an increased risk of developing severe illness from COVID-19. The study's subjects were randomized to receive either Paxlovid or a placebo pill orally every 12 hours for five days.

Enrolment in the study was at 70 per cent of the 3,000 planned participants by Sept. 29, and Pfizer decided to stop recruiting patients because of the "overwhelming efficacy demonstrated in these results."

Pfizer studies are already underway in participants who are considered to be at "standard risk" for COVID complications and in people who contracted COVID after vaccination. Paxlovid was also potent against COVID variants, said Pfizer, and may be effective against other kinds of coronaviruses.

"It has demonstrated potent antiviral in vitro activity against circulating variants of concern, as well as other known coronaviruses, suggesting its potential as a therapeutic for multiple types of coronavirus infections," states the press release.

Subject to approval or authorization, Pfizer said its pill could be prescribed as an at-home treatment to help reduce illness severity, hospitalizations and deaths, and also reduce the probability of infection following exposure in adults.

COVID-19 cases on the rise

Staff

Public health officials reported 399 new cases of COVID-19 in Manitoba at the start of the week, including 140 cases on Saturday, 102 on Sunday, and 157 on Monday.

Of those, 145 were in the Winnipeg health region followed by 119 in Southern Health, 68 in the North, 36 in Prairie Mountain, and 31 in Interlake-Eastern.

The five-day test positivity rate was at 5.9 per cent provincially and 3.1 per cent in Winnipeg. At press time, testing data for the other regions had not been updated since Nov. 3. Southern Health at that time was at 14.5 per cent test positivity.

Of the 157 new cases on Monday alone, 81 were in people who were not fully vaccinated. In Southern Health, 41 of the 72 cases reported that day were not fully vaccinated.

In total, Manitoba started the work week with 1,499 active cases of COVID-19, 146 hospitalization, 31 patients in ICU due to the virus, and a death toll that, with four new fatalities reported Monday, has reached 1,273. Locally, Winkler was reporting 60 cases of the virus on Monday, Morden 38, the Altona area 25, and Stanley 13. The other Pembina Valley communities each had under 10 cases.

First snowfall



STANDARD PHOTO SUBMITTED
Oaklan, 6, left, Nixon, 8, middle, and Jensen, 3, Nakonechny built a snowman on Friday to celebrate the first snowfall of the year.

Flashback...Carman Motel



Following the sale of his bulk oil agency to Ted Brown, Jake Feakes set to leave town until the upsurge of recreational facilities began in the '60s. He had his hand drawn plans approved and work began on land bought from Jim Lawson on Villiard Avenue. From April 1962 to the Grand Opening April 1963, Jake worked on Carman's first Motel that would serve still today.

The 12 unit motel was called the JK Motel after his and his wife Kay's initials. Rates were advertised at \$5-\$10 per day. They ran it until 1972 after which a succession of ownerships began: 1972-79 Arthur Sanderson, 1979-80 Henry & Josephine Frieling, then Jean Peckover took over from 1980-90. Her boys gave me some comments of those days.

"Mom always wanted to have a business. The drought of 1980 was the push she needed. She had Hazel Skeavington, Marj Whiteside and Chic Sanderson help her. Having a big family we would take turns being the "inn-keepers" when she went on holidays but we could not run it like her!"

Jean sold it to her sister Helen Penner and her nephew Bill in 1990 who in 1998 sold to Richard Krusznski and Marlene Colson. Today Debbie and Ron Vanderswaag have been owners since 2005.

"Ron saw the For Sale sign and had been wishing to invest in some kind of business in Carman. A light bulb went on, he persuaded me, we bought it and changed the name to The Oxbow Inn since the original property was once surrounded by one."

"The rooms and exterior were dated...not even phones or internet! Our vision was to clean it up and make it a place that was comfortable and affordable. After extensive renovations and upgrades, over four years, we ended with total of 18 rooms with some being kitchenettes and suites."

Debbie Vanderswaag wraps it up, "I'm sure I speak for all the past owners, we have been blessed by the Carman community and appreciate their support and encouragement shown."

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First case of CWD discovered in western Manitoba

By Nicole Brownlee

The province is beefing up surveillance of deer, elk, moose and caribou after discovering the first Manitoban case of chronic wasting disease (CWD).

The province discovered the first case of CWD on Oct. 14 in western Manitoba near Lake of the Prairies. Community members contacted the CWD surveillance program after noticing an unhealthy male mule deer.

After euthanizing the deer, biological samples from the deer were sent to the diagnostic centre at the University of Manitoba for preliminary testing where researchers confirmed, the deer had CWD.

"We know we have mule deer repopulating Manitoba because they are a native species. Whether this animal was born in Manitoba or if it's emigrated from across the border, we don't know at this time," said Brian Joynt, Manitoba's wildlife health unit lead.

"We do know that Saskatchewan has chronic wasting disease, and we're aware that mule deer have a higher prevalence for the disease, so it's not

surprising that we detected it in a mule deer in Manitoba. It's very disappointing."

CWD is present in Saskatchewan, Alberta and 25 states.

CWD is similar to Bovine Spongiform Encephalopathy, also known as Mad Cow Disease, said the Manitoba Wildlife Federation. Once infected, a cervid's brain degenerates until the animal dies within around five years.

The contagious disease is caused by a type of protein called a prion and travels between cervids through fluids like saliva, blood, urine or feces. CWD also contaminates soils for years and can be carried by scavengers and predators like crows, ravens and coyotes.

"While CWD is not known as a human health risk, meat from a CWD infected animal is not recommended for consumption," said the province in a news release on Nov. 1.

An infected cervid can look normal in the early stages of the disease, but will eventually become less alert, fearful and appear unhealthy.

"As it progresses, infected animals become very thin and uncoordinated,



STANDARD PHOTO SUBMITTED

The first case of chronic wasting disease was discovered in Manitoba on Oct. 14. Since then, the province has increase surveillance to discourage the spread of CWD.

with drooping ears and heads, are unaware of their surroundings and often have excessive drooling," said the province.

To discourage the spread of CWD through carcasses, the province banned hunting deer, moose, caribou and elk, also known as cervids, in the game hunting area where the positive case was found, GHA 22, on Nov. 1.

Hunters are required to submit the

head and upper neck of cervids killed in GHA 22 and surrounding areas within 48 hours of harvesting to drop-off depots stationed throughout the province.

"We have a surveillance program that's been in place for a number of years where we've been collecting hunter submitted samples from all along the Saskatchewan border," said Joynt.

Continued on page 20

Soil management launches fall tree sale

By Lorne Stelmach

If the level of interest last year is any indication, Richard Warkentin might expect to be selling a huge amount of trees again this year.

The technician with the Stanley Soil Management Association (SSMA) is preparing for what he thinks may be another successful fall tree sale by the organization.

"There's always been good uptake ... but last year, actually, there was big uptake. We sold over 18,000 trees just last year," he noted last week as the annual campaign got underway.

"People seem to be interested in planting ... so I think it is a good program. I think everybody's happy with it."

SSMA took up the initiative in 2014 after the former research facility based in Indian Head, Saskatchewan shut down the year before. Without having that source of free trees, the association here decided to take it on and began selling trees they were able to access from various suppliers at a reasonable price.

A large amount of the trees are being sold to rural landowners and farmers, Warkentin noted.

"The RM of Stanley is also kind of hopping on board a bit. They are of-



STANDARD PHOTO SUBMITTED

The Stanley Soil Management Association in partnership with the Pembina Valley Watershed District is once again offering rural landowners and farmers affordable trees to plant, to be delivered next spring.

ffering a small rebate to people in the RM of Stanley who plant, and these are for field shelterbelts," he said.

The association has also had interest from all directions beyond the region, such as Selkirk, Emerson, and Cartwright.

It works in partnership and with the support of the Pembina Valley Watershed District. Warkentin sees it as a benefit to both organizations.

"We did a lot of specialty ordering ... there were about 20 different kinds of trees that we supplied," he said.

"We're very encouraged to have such a good response."

The trees and shrubs that are available are conservation grade bare root or one year plugs depending on the variety, and they are available to any private landowners, community or conservation group.

Trees must be ordered in bundles of 25. The price varies according to number of bundles ordered: 1-5 for \$90; 6-10 for \$85; 11-15 for \$78, 16-20 for

Continued on page 20

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Christmas cheer board looking for experienced volunteers

By Becca Myskiw

The Carman and District Christmas Cheer Board is excited to be getting back to normal this year — almost.

After a difficult Christmas season in 2020 due to ever-changing restrictions, board chair Deanna Hendricks said they're hoping 2021 will go smoother.

This year, they will be packing hampers in the community hall again with the help of volunteers. However, only those who are fully immunized are allowed inside the hall and Hendricks said they want to have a maximum of 50 in there at once, so they need experienced volunteers only this year.

With current limits, they could have up to 300 people in the hall at once,

but that would be too chaotic for packing hampers.

"I'm hoping for people who know what they're doing will volunteer this year," she said. "We're going to be taking those numbers down, so I need the best of the best. We love the community help, but it's just not the year for it."

Anyone who volunteers will be given a time slot to come work within, so the cheer board can ensure there's a maximum of 50 volunteers in the hall at once.

They are also looking for volunteer drivers to deliver hampers on the 16th. All volunteers must be fully vaccinated and wear a mask while volunteering.

The Carman and District Christmas Cheer Board is now taking hamper orders until Dec. 10, too. There aren't a lot of hoops to jump through to get one, said Hendricks. Single parents are eligible, along with those who aren't working or are unable to. She said for new applicants, they'll ask for a reference just to ensure the program isn't being taken advantage of.

The cheer board also isn't taking food donations this year. Instead, there will likely be a coin collection at the places that would typically accept the donations on their behalf. People can also e-transfer carmanchristmas@gmail.com to make a donation and will be automatically deposited into their account.

They are accepting gift donations at Red Apple and Home Hardware. Each store will have a table full of toys the board still needs, but people are welcome to buy anything from the stores they'd like to donate.

Hampers won't have turkeys in them this year, either, due to a supply chain issue at Homestead Co-op. In lieu of the birds and the ice cream, people receiving hampers will get a gift card to the food store instead to buy the meat, or something else, themselves.

Packing for the hampers will start on Tuesday, Dec. 13. People receiving hampers can pick them up on Wednesday, Dec. 14 or wait to have them delivered Thursday, Dec. 15.

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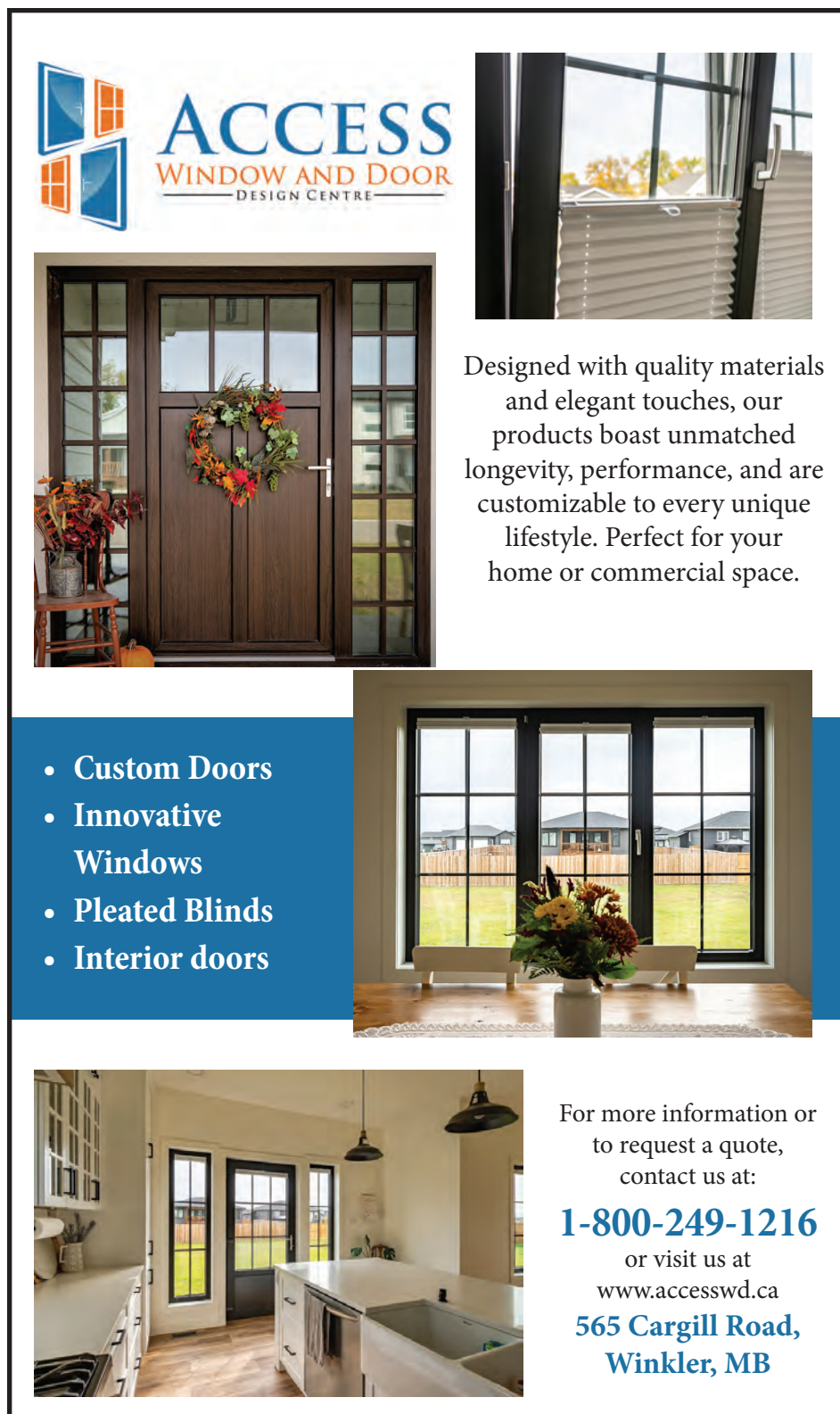
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- Ken Barron



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CARMAN COMMUNITY HEALTHCENTRE

We are pleased to welcome **Dr. Saima Afrose, MD** & **Dr. Shahrokh Nejad, MD CCFP** who have recently joined our primary health care team at Carman Community Health Centre.



Dr Afrose moved to Carman with her husband and two children and began working full time at Carman Community Health Centre in August 2021.

Dr. Afrose received her medical training and worked as a family physician in Bangladesh until coming to Manitoba in 2013. She recently completed the Internal Medical Graduate Program within Southern Health-Santé.

Much of Dr Afrose's past experience has been working as a family physician in a rural setting, and finds Carman to be similar in many ways. She enjoys working with all ages and has increasing interest in geriatric care. She has found Carman to be very nice and welcoming to her and her family and they are looking forward to being part of our community.



Dr. Shahrokh Nejad has joined our clinic in a part time term position. He received his medical education and worked as a family physician in Iran, before coming to Canada in 2002. He completed the Manitoba International Medical Training Program and started working as a family physician in 2010. He has worked as a family physician in Virden, Rural and Northern Health, Pilot Mound and Crystal City.

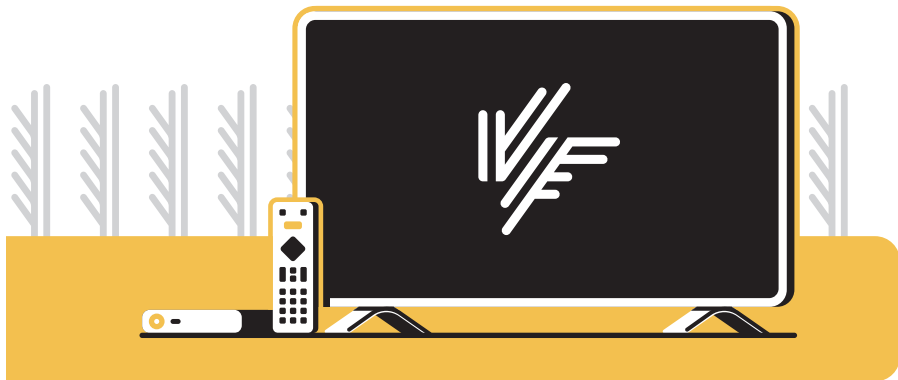
He is currently dividing his time between Carman and Toronto on a two week rotation. He is enjoying his time in Carman, and describes it as a good kind of busy in a nice community.

Dr. Afrose and Dr. Nejad will be providing primary care services to patients in the clinic as well as inpatient and Emergency Department coverage at Carman Memorial Hospital. They are both open to accepting new patients at the clinic at this time.

They join our team of:
Dr. T. Atchison, MD CCFP
Dr. J. Braun, MD CCFP
Dr. D. Hunt, MD CCFP
Dr. S. Vermeulen, MB ChB
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COMMUNITY NEWS



'Follow the Farmers' educating kids about agriculture in MB

By Lorne Stelmach

A new program is bringing farming and agriculture to classrooms across the province at a time when getting students out to a farm is just not possible.

The Follow the Farmers virtual farm tour program is a way for Agriculture in the Classroom Manitoba to still give Grade 3-6 students the opportunity to learn about farming, ask questions, and increase their overall agricultural literacy.

"Nothing will replace the in-person visits, the in-person field trips and programming that we do," said executive director Sue Clayton. "But during COVID, we tested out virtual farm tours in the spring and it went over really well. The students were able to see what was happening on the farm, they were able to ask questions live with the farmer, and we had classrooms from all over the province."

Agriculture in the Classroom Manitoba is a non-profit organization dedicated to developing curriculum-linked programs, resources, and activities for teachers and students to learn more about the importance of



STANDARD PHOTO SUBMITTED

Over 4,200 students took part in Agriculture in the Classroom Manitoba's first virtual tour last month. Another 4,700 were slated to enjoy this week's tour of the Signer Dairy Farm.

agriculture in Manitoba. It envisions a future where every student knows where and how their food is grown, every teacher has the tools to inspire tomorrow's innovators, consumers and decision-makers, and every Manitoban understands the issues and challenges our province's largest industry faces in its efforts to nourish the world safely and sustainably. Their ultimate goal is to reach into every classroom in Manitoba, said Clayton, so the virtual tours are a great way to work towards that aim. Com-

ing on board as an important partner was Penner Farm Services, which has paid for all of the professional video production for the program.

"They were so excited to be part of this ... that type of offer was really amazing, and it made it possible for us," Clayton said.

"It's so important to teach kids where their food comes from ... that's why we're so happy to partner on this program to help bring the farm to students and really show them what agriculture is all about," said Ashley Graye of Penner Farm Services.

The virtual tours began Oct. 26 with a visit to Herbsigwil Farms to learn about how weather impacts farming.

This Wednesday, Nov. 17, the second tour stop was Signer Dairy Farm, where the students learned about dairy cows and their habitat.

Planned for the new year are visits to Blue Ribbon Swine and Prairie View Pork and the sheep farm Dusty Ridge Ranch. Each tour will also have a curriculum-linked activity or resource for the teachers to use along with a lesson plan to bring it all together. Clayton is encouraged by the strong initial response to this program.

"The number of students who are being exposed to this is absolutely fantastic. The weather event had over 4,200 students registered ... and for the dairy event, we had over 4,700 students registered," she noted. "So the impact is absolutely terrific, and the feedback has been really, really positive ... so we believe it will just keep getting better and better."

She believes it is of real benefit not only to the students but also the farms as well. "I believe that the farmers

find it useful and that they are really engaged with the students, and they are able to help educate a lot of students about what is happening on a farm and where their food comes from."

And she added it increasingly benefits rural as well as urban students.

"More and more, even in rural communities, the students are not as exposed to what actually happens on a farm," Clayton suggested.

"It was surprising to me when I first started doing this kind of work, to be standing in a classroom, and you could have 30 students in a classroom, and there's a field of canola outside the window, and maybe five out of the 30 students know what it is.

"So much industry is still so connected to agriculture, but the students don't tend to see that," Clayton said.

"A lot of them don't live on a farm, they don't have relatives who farm ... so we find, interestingly enough, that just because it's a rural area doesn't mean necessarily that the kids know a lot about the agriculture industry ... and one in eight jobs in Canada are directly linked to agriculture.

"That's part of the whole educational aspect of what we do ... making sure that they understand the opportunities that are available."

Clayton sees the program continuing; they are already in discussion for the next couple of years.

"I think next year our focus will be on crops, and this year the focus was on weather and animals," she said.

Teachers can head to aitc.mb.ca for more information and to register to take part in this program.

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Your FARM



Woodlands' Current Holsteins farm earns BMO Farm Family Award

By Patricia Barrett

A farm family from Woodlands was honoured last month with a 2020 BMO Farm Family Award for their dedication to agriculture.

Darren Hueging and Allison Pylypjuk and their three children, Jocelyn, 8, Myers, 7, and Madden Hueging, 6, operate a dairy and beef farm called Current Holsteins near Woodlands. They milk 72 purebred Holstein cows and have about 150 beef cattle.

Last March, the family was supposed to receive the award during the 2020 Royal Manitoba Winter Fair, but the event was canceled because of COVID-19. So instead, they were presented with the Bank of Montreal's award on Oct. 27 during the Manitoba Ag Ex event in Brandon.

"It was a surprise for us when we received a phone call saying we had won," said Pylypjuk, who in addition

to farming is a veterinarian. "Somebody had nominated us for the award and a selection committee picked us based on criteria such as environmental sustainability and volunteer work in the community and in the ag industry."

Their children are actively involved in the farm operation, keeping it running smoothly and on schedule. They even own a few cattle.

"They're unbelievable. I can ask them to finish up in the calf barn and they know that means getting water, feeding them hay and washing bottles," said Pylypjuk. "They are a huge help. They're in the barn with us every day."

This year, Manitoba's severe drought was a challenge, she said, forcing them to buy hay for their animals. To save their pastures from over-grazing, they had to sell some of their beef cat-



TRIBUNE PHOTOS BY ASHLEIGH HAMM PHOTOGRAPHY

Darren Hueging, Allison Pylypjuk and their children Jocelyn, Myers and Madden Hueging earned a 2020 BMO Farm Family Award for their dedication to the agriculture industry.

tle about two months ahead of schedule. They also had a well dug and ran

pipes to a few different pastures to get clean water to their cattle.

Continued on page 19

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Your FARM



Crop contracts can be beneficial; some companies offer the Act of God clause

By Patricia Barrett

Some Prairie farmers are calling for an overhaul of crop contracts offered by grain companies after hundreds of them reportedly couldn't deliver the yields they promised because of severe drought and are on the hook for the balance of their contract.

But one Municipality of Bifrost-Riverton grain producer said crop contracts are typically beneficial as they more often than not offer farmers higher prices in the spring for the crops they expect to deliver in the fall.

"Farmers will make a contract in the springtime for a fall delivery for a decent price. Crop prices historically drop by fall time, so these guys are taking advantage of that higher price offered by a grain company," said Gordon Klym, who farms near Ledwyn, west of Riverton.

But this year's weather turned everything on its head. He said that many farmers who obtained low yields or

no crops are expected to shell out money to honour their contracts. He personally wasn't negatively affected by contracts, but is aware of a number of farmers who have to pay out a substantial amount of money to fulfil their legal obligation. That includes farmers in Alberta where he heard some owe around \$100,000 on their contract.

"I guess it depends on which side of the fence you're on. It never affected me. This year the price went up but there were no crops, so a lot of people are stuck with their contract and they've got no choice but to buy that contract out," said Klym. "Grain companies, on the other side of the fence, make their sales based on [the amount promised in] these contracts, so you can't really blame them."

Grain yields fluctuate from year to year, said Klym. It depends on weather and other factors such as disease and insects. Grain companies aren't

necessarily the bad guy for having offered farmers a contract in the spring of this year, the third year of Manitoba's drought.

"It was dry all right last year, but we did get a really decent crop. Guys that had contracts last year didn't have bin space. But this year, we didn't get the crops we hoped for and had lots of bin space," said Klym. "This year is a total reversal from last year."

To a certain extent crop insurance will help those who have it, he said, but it's not the answer to paying off a contract.

What would help is grain companies forgiving a contract or rolling it over to next year.

But if grain companies were to start forgiving contracts, Klym said that might lead to instability in the system. The companies themselves have an obligation to deliver a set amount of grain to their buyers. If farmers can't fulfil their contract, the grain company has to solicit farmers without contracts to see if they can make up the shortfall. That could mean having to pay even more for a crop.

"Every farmer would be making a contract if they knew they could just jump out of it a couple of months down the road," said Klym. "A contract is a contract; you have to live up to it or you have to buy it out. Or you can look for a contract with a clause in it that says if [low or no yield] is the result of an Act of God, the farmer is forgiven."

Bunge, an international company that has an office in Altona, is one company that has an Act of God clause in its contract, said Klym. He's not sure whether other grain companies offer similar clauses to protect farmers when excessive heat, drought or

other disasters affect yields and prevent them from delivering what their contract stipulates.

Grain companies likely suffer a financial penalty if they can't deliver to their buyers, he said. Or their reputation would surely take a hit.

"Who's going to come back and buy from that company again if they can't deliver what they said they would?" said Klym.

The *Standard* reached out to Paterson Grain for comment about contracts and to Bunge for information about its Act of God clause. Neither company responded.

"IT WAS DRY ALL RIGHT LAST YEAR, BUT WE DID GET A REALLY DECENT CROP."



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Your FARM



> BMO FARM FAMILY AWARD, FROM PG. 17

Darren Hueging said part of the award recognized their environmental sustainability efforts. The family practises rotational grazing so that they don't overtax their pastures, and also plants forage crops such as a grass-alfalfa mix. Forage crops help prevent soil erosion and soil compaction, help improve the condition, and provide food for animals.

"We have forage crops every year. They didn't produce very well this year but we'll plant them again next year. With the dry conditions, we're rotating some of them a little bit sooner than we normally would," said Hueging. "We've had four drier years in a row now and this year was probably the driest, so some of those crops haven't yielded very well. We've taken some out of the rotation and are putting in spring cereals because they'll do better with less moisture."

His biggest concern going into next

year is the grasshoppers, which this year were "really bad and ate a lot of our grass before we were able to get the cows to it," he said.

Spraying wasn't an option for many reasons, including not knowing its impact on beneficial insects, having lots of trees and bush around small pastures, making it difficult to spray, and the short-duration of the insecticide (up to two weeks) and cost.

The Huegings are very involved in the agriculture community, volunteering on numerous organizations to help improve and promote their industry.

Hueging has been the president of the Interlake Holstein Dairy Club for over 10 years. He also sits on an agriculture diploma panel for the University of Manitoba's Faculty of Agriculture and Food Science and on a Dairy Farmers of Manitoba advisory committee, representing the interests of dairy farmers and helping the board

make policy decisions.

Pylypjuk has been active with the Manitoba Veterinary Medical Association for several years and is currently its president. She also participates on or chairs several of its committees including the Food Animal Committee, the Code of Ethics Committee and the Veterinary Shortage Committee.

"We deal with policy-making for the profession as well as policies for protecting the public," she said. "A huge issue we're dealing with right now is a veterinary shortage in the rural area. We're working on identifying ways to recruit veterinarians."

The profession is seeing a lot of burnout because rural vets are expected to be available at all hours, she said. They also work for less pay than other medical professions.

"In rural communities you may be the only vet around and it's hard to have a work-life balance when you're on call 24-7," said Pylypjuk. "It's especially hard for females with a family when they're on call all the time. We

also see death at a higher rate than human physicians do because it often comes down to whether people can afford certain veterinary care."

Hueging and Pylypjuk said it was a "special moment" for them to be recognized for all the "early mornings and late nights" that go into improving their farm operation and providing service to their industry. They also appreciated being invited to the in-person Farm Family Award presentation held in the stunning dome building (also known as the Dominion Display Building) on the Keystone Centre's grounds.

The award was a testament to their dedication to the ag industry.

"We feel very fortunate to be able to raise our children on a farm," said Pylypjuk. "Darren and I are both from dairy and beef farms, and we sure appreciate the work ethic our parents instilled in us. We feel very fortunate to raise our kids with those same values."



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The Beaver Championship years...1963-64

By Dennis Young

In honour of the Beavers 60th season we look back at their ten S.E.M.H.L. Championships. Conversation in the September of 1963 turned to the possibility of Carman icing their first Intermediate Hockey team since 1955. A special meeting was called with a terrific turnout and it was decided that an application would be made to the S.E.M.H.L. Jake Feakes was elected chairman of an executive comprised of John Worden, Jim Adams, Ernie McGregor, George Bishop, Howard Dunn, Ron Skelton, Alymer Dunn, Allan Wells, Bob Wilton and Bob Takvam. They received approval in short time. Approximately \$300 was needed to start the club off with necessary equipment plus a lot of hard work behind the scenes. Two evenings a week, the potentials trained under the keen eyes of G.M. Colin Rothwell, player/coaches Gladwyn Scott and Brian Parker. The Midland employees were counting on two particular players to carry the offensive thrust of the club. Denny Hunter had been a playmate of Gladwyn's in Miami amassing 41 goals in the two seasons. A former Brandon Wheat King, Wayne Fawcett was a Provincial Champion with the Cloverleaves and more recently wore a Souris Elks sweater.

Two goalies signed with the Beavers for the opening season. Three-year IHL veteran Murray "Muzz" McPherson of Winnipeg and rookie Ken "Stretch" Hiebert of Sperling were between the pipes behind local defensemen Abbie Clearwater, Brian Parker, George Laing, Wally Jasper and Ted Worden. On the forward lines Fawcett, Hunter and Scott combined, as did John Gross, George Gray, and Michael Funke. Rounding out the snipers were Gary Ross, Ron Skelton and Chip Hand. Notable other youthful

players were Malcolm McEachern, David Bishop, Neil Strachan, David Rothwell, and Perry McGregor. Eventually working their way into the lineup were Ken Tjaden, Larry Goddard and Isaac Bergen as several aforementioned skaters dropped off.

Away from the gym and in the office, the executive was busy ordering sweaters, planning opening ceremonies, picking a name and appointing team officials. It was decided that the uniforms would be Chicago Blackhawks home colours, white and black with red trim, bearing the name Carman Beavers taken from the 1939 club.

. Ticket prices were \$0.50 for adults and \$0.35 for students. The Beavers sported a 12 - 8 record by seasons end, good enough for the fourth play-off spot in the league. As expected, Fawcett and Hunter did their share of goal scoring, accounting for 52 of Carman's 108 goals in the twenty games. Carman met Miami in the first round of play-offs and needed 4 games to dispose of the top scoring regular season club. Altona meanwhile had swept three straight matches from the first place finishers, the Pilot Mound Pilots and were anxiously waiting to do the same to Carman. What a shock the loyal Maroon fans received when our boys took a 2-0 series lead by outscoring Altona 6-4, and 6-1. Muzz McPherson shone in net while fiery Jerry Rempel (Altona) led his charges straight to the penalty box. That along with the absence of league scoring champ Harry Buechart made Altona easy prey. As soon as he returned though it seemed that the Sunflower Gardens natives regained their mastery over Carman. In the next three final play-off games, the Maroons posted convincing 12-3, 9-3, and 10-4 victories and took a one game advantage. Over 1,100 fans packed Car-



STANDARD PHOTO SUBMITTED

The Carman Beavers won the 63-64 SEMHL Championship.

man's arena to witness their team tie the series and force a seventh and deciding contest by silencing the Maroons 5-2. March 14th was not a banner day for Altona fans as their reactions showed that evening, when the favorites were whipped 11-2 on home ice. The upstart Carman Beavers had won the SEMHL Championship and the Manitoba Pool Elevator's Trophy!

Not all the actions were limited to the players as some of the 1,853 angry fans pelted McPherson with sunflower seeds and snowballs. The poor sportsmanship resulted in a referee being gashed on the forehead by a metal object. Others threw eggs while the game continued with Carman leading 7-1. Ironic, it was the fans who were partially to blame that the Maroons could not mount their usual slick attack, as the speedsters were bogged down due to the heavy ice caused by the mild temperatures in the Gardens caused by the large attendance. Although described by CFAM as an upset, the win was well earned. Effort, teamwork and sparkling individual plays resulted in a win that made the winter satisfying. Following the presentation of the hardware by

league president Elmer Hildebrand, the Beavers returned home and were treated to T-Bone steaks compliments of Gin Wah and the Rex Cafe

The Beavers entered M.A.H.A. play downs for towns 1,200-3,500 in population. To further their hopes they added Miami's top line of Bob Thompson, Bob Storey, and Glenis Scott plus Dman Red Williams of Winkler. They eliminated Pine Falls Paper Kings three games to one but the Boissevain Border Kings knocked the Beavers back to reality with two straight wins 9-3 and 5-4. More than 200 fans turned out for the invitational banquet in honour of the new celebrities who were the first to win the SEMHL. Jake Feakes acting as M.C. and the guest speaker was George Loeppky who said "that there are so many champions in Carman that people want to live here in spite of the smell of mink." Mayor L. R. Skelton, Reeve H. H. McCullough and M.L.A. W.H. Hamilton all gave their congratulations before a smorg and dance ended a winter full of fond memories of a team of who set the example still empathized years later.

> TREES, FROM PG. 11

\$75, and 21 or more for \$70. There is a 10 per cent increase in price for orders placed after the Dec. 18 deadline. Payment must be included with order and may be made by cash, cheque or e-transfer. Trees can be picked up next spring (likely early May) at either the water district's offices in Manitou or SSMA's facility in Osterwick, although special delivery arrangements may be made for larger orders.

Order forms are available through the association by calling 204-362-0352 or e-mail to stanleysoil@outlook.com or the watershed district at 204-242-3267 or email to pvwd@mtsmail.ca

> CWD DISCOVERED, FROM PG. 11

"Now that we've detected CWD, we're very keen to get more samples from the immediate area around a CWD finding to better understand what we're dealing with."

The CWD surveillance program started collecting samples in 1997. Since then, the program has collected over 90,000 samples. Around 500 to 700 samples are submitted to drop-off depots per year.

"We're just entering the prime time when people are going to start submitting more and more samples to our depots," said Joynt.

The general rifle hunting season started on Nov. 8 and will continue to

Nov. 28, which Joynt said will cause a rise in sample submissions.

"We're expecting hundreds of samples over the next 2, 3, 4 weeks."

After submitting the head and upper neck of the cervid to the drop-off depot, a hunter will receive a receipt with an access number. The hunter needs an access number to find their test results through the province's online tool.

The CWD surveillance program picks up samples from depots around once a week. They extract a lymph node from the sample and submit the node to a federal lab in Ontario.

Within around two weeks after the

sample is dropped off, hunters can find their negative test results online. If the sample is positive for CWD, the surveillance program will contact hunters as soon as possible.

"This is a disease we want to keep out of the province," said Joynt.

"It has far-reaching implications for wildlife populations, ecological impacts... There's a lot of spin-offs that come from this given the importance of hunting to Manitoba's economy."

For more information about chronic wasting disease, game hunting areas or drop-off depots, visit gov.mb.ca/fish-wildlife/wildlife/cwd.html.

The Ryall Hotel... a piece of Carman (part 8) History goes up in flames

By Dennis Young

Gary and Carrie Desrosiers, who ran the business as an employee for the Crossmans from 1998-2000s, also had their times with Ed the ghost! "I would be alone with our dog when more than once I heard noises in the hallway. The dog's head would trace from side to side as if he was watching someone walk by" Gary shakes his head telling me.

"So many times we had plates jump off stacks and break or moved around. One of the most amusing though was first thing in the morning there were mysterious shots of scotch rung in."

"We had lots of fun here such as Thirsty Thursdays where everything was \$2. It was by far our busiest day in fact I heard several businesses had young absentees on Fridays ...oops! Tuesdays was the \$2 special for burger and a coke. What a madhouse our sleepy restaurant turned into."

"My time in Carman was wonderful. When we left in 2000 and bought Brunkild, many of my patrons would come and patronize my new place. Carman people are truly great and I still keep in contact with many of them today" Gary wraps it up. They now reside in Alberta managing apartment buildings.

Karen Artes started working at the Ryall in 1982 for the Petersons and eventually was the last owner in 2002. She filled me in on her years there. "At that time there were many colorful residents living upstairs. Reg Main, Chuck Houston, Howard Bayliss and this strange little dude that always wore a bathrobe and carried a



STANDARD PHOTO SUBMITTED

The Ryall Hotel burned to the ground in 2002.

teddy bear. Some of the regulars were always entertaining like Gooday Pete Huston, Phyllis and Elgin Huston and Chuck's girlfriend Percy was always good for a laugh."

"Entertainment was a big part of the Ryall history. Over the years bands, evenings of Jack and Jill and our own Elvis impersonator/noon hour dish washer. I can't forget those impromptu games of ashtray/pool stick ringette, beer pitcher football and wrestling matches I had to referee."

"The most notable thing I remember about the Ryall was the ghost! I could always tell when he was around by

the faint smell of cigar smoke and the till being rung up with shots of scotch. Customers could be heard saying "Whose smoking the cigar" or Wow did you see that" with that being the pool balls or cues moving around on their own."

"When my son was young, maybe three or so, he would go play in the upstairs hallway. I would hear him laughing and talking so I asked him what he was doing? Playing with the man in the hallway he replied. I went out to see this man, no one was there. I watched my son as he rolled the ball down the hallway, then it stopped and

came rolling right back to him! As you know the Ryall sloped towards the river. This ball was rolling uphill. When the ghost became too annoying you just had to say Please Ed Stop and he would."

Karen Artes and Wade Stewart bought the Ryall in 2000 from the Crossmans but that only lasted until 2002 when a fire destroyed Carman's piece of history in its 99th year. It was a second such fire in the same suite due to children playing with matches.

Deputy Fire Chief Ed Vandersluis said, "We thought we could beat it with the right attack, but we lost it in the attic."

They concentrated on containing the blaze and luckily the Ryall being on a corner lot, the streets acted as a buffer to stop any spreading. It burned for 36 hours and was estimated a loss of \$750,000!

The entire Hotel was a loss as was all belongings to the eight residents who lived there. Immediately the community showed their overwhelming support by organizing fundraisers and drop off spots for cash, clothing, food and toys.

"Business was good and had it not of burnt down I'm sure we would still be there," said Karen. "I really miss that place and still tell stories about it all the time."

"After the fire Wade and I tried to rebuild numerous times but we started looking for a new bar. Eventually we bought Elkhorn Motor Hotel and have been running it since 2006." Wade passed away in 2016.

Genesis House launching new men's program

Reaching out to men an important piece of the puzzle: Braun

By Ashleigh Viveiros

A generous donation has allowed the Genesis House shelter for abused women and their children to address a key piece of the domestic violence puzzle.

The shelter has launched a new men's program, hiring a full-time coordinator who will oversee the return of the Caring Dads program and also offer individual and group counseling for men who have self-identified as using violence/abuse in a relationship or who have been recipients of abusive behaviour.

It's a big step for the women's shel-

ter, but one that's long overdue, said executive director Ang Braun.

"Most of the time, women are saying, 'What about my husband?' because they want them to get help," she said, noting many victims of domestic abuse do return to the relationship in the hopes things will change. "So part of us keeping women safe is listening to that message and then figuring out, well, what about the husbands? How can we reach them?"

To that end, Genesis House in 2019 hosted its first Caring Dads session, aimed at men who were interested in being accountable for their past behaviours and in learning new behaviours that would strengthen their family unit.

It's about interrupting the cycle of violence, Braun said, and the new men's program coordinator is going

to play a vital role in helping families do that.

"Prior to this program, there wasn't a lot of specific referrals we could make, until they got themselves into fairly hot water, ending up in trouble with the police and in court ... but most women don't want it to get that far," she said. "So what would happen if we had an intervention program that was voluntary, no charge, long before it got to that point? That's what we're hoping for with this."

Similar intervention programs in other areas have shown that men who participate are much less likely to re-offend.

The problem has long been that there was no funding to make a program like this happen locally. The money Genesis House receives from the provincial government is specifi-

cally dedicated to working only with the victims of domestic violence, not the perpetrators, so funding for this pilot project has to come from an outside source.

That source appeared this summer, when a donor contacted the shelter to make a \$40,000 gift that she ultimately decided to designate for this use. This, along with other fundraising efforts and new grants from the province, makes it possible to run the men's program for at least two years.

"At some point we will be calling on the community to say, hey, this program is taking off and we would like your support to make sure it can stay," Braun noted. "We're really hopefully that this will be valuable for families."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Mother Nature postpones SEMHL weekend action



STANDARD PHOTO BY DENNIS YOUNG

The Carman Beavers' Brett Takvam, left, chases after a loose puck against the Notre Dame Hawks during SEMHL action on Nov. 9. Carman won the game 5-3.

By Brian Bowman

Mother Nature wreaked havoc on South Eastern Manitoba Hockey League games on Saturday.

The Carman Beavers' game against the Winkler Royals and the Warren Mercs' matchup with the Morden Bombers were postponed due to hazardous road conditions.

On Nov. 9, Carman skated to a 5-3 road win over the Notre Dame Hawks.

Quade Froese led the Beavers with two goals while Aaron Lewadniuk had a goal and three assists.

Lewadniuk's goal came at 19:09 of the third period with Notre Dame goalie Christopher Lesage pulled for an extra attacker.

Jack Lotscher and Jake Dudar scored Carman's other goals.

Marc Vigier, Jeff Michiels, and Vincent Grift replied for the Hawks.

Beavers' goaltender Steve Christie made 36 saves for the victory.

Carman, tied with Warren for first place with a 2-0 record, will host the Portage Islanders this Thursday at 7:30 p.m.

Hawks fall short against Southwest Cougars

By Lorne Stelmach

The male U18 Pembina Valley Hawks gave it a solid effort but came up just short last Wednesday against the Southwest Cougars.

Trailing 3-2 after 40 minutes before giving up one more early in the third, the Hawks could only get one back in the final frame to fall 4-3 to the fourth-place Cougars in Morden.

Pembina Valley wrapped up their six game homestand with three wins and losses and remained in seventh place in the 13 team league with a record of 6-7-2 for 14 points, which has

them tied with Parkland and trailing the Winnipeg Bruins by four points.

Cohen Thomas, Griffin Ayotte and Ben Dias scored for the Hawks while Raiden LeGall made 32 saves, with Southwest holding a 36-26 edge in shots on goal.

It was the lone game of the week for Pembina Valley, who hit the road this weekend with the aim of putting a bit of distance between themselves and Parkland. The Rangers host the Hawks for a doubleheader with games in Dauphin Friday evening and Saturday afternoon.

Twisters losing streak hits four

By Lorne Stelmach

The Pembina Valley Twisters are looking to break out of a slump.

After having opened the MMJHL season by winning 10 of their first 11 including seven in a row, the Twisters have dropped four straight after a pair of losses last weekend.

Pembina Valley was edged 4-3 by the Charleswood Hawks Friday and then at least gained a point Sunday with a 5-4 in shootout loss to the St. James Canucks.

The Twisters trailed 2-0 and 3-2 at the intermissions against the Hawks and then pressed late but couldn't get the equalizer.

Caelen Russell, Riley Goertzen, and TJ Matuszewski scored for Pembina Valley. Martin Gagnon

made 26 saves in net. The Twisters held a 35-30 edge in shots on goal. On Sunday, Pembina Valley forced extra time by tying it up with just 40 seconds left in regulation. After overtime solved nothing, the Canucks won it by a 1-0 count in the shootout. Scoring for the Twisters were Ethan Carels, Nico Vigier, and Riley Goertzen with a pair. Logan Enns made 29 saves as the Canucks outshot the Hawks 33-31. The Twisters remain in third place at 10-3-2 for 22 points, which has them trailing St. James at 25 and Transcona at 28 points.

Pembina Valley looks to get back on track this weekend at home in Morris with St. Vital coming to town Friday and then Charleswood on Sunday.

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7:30 PM



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Carman Timbits Hockey goes to the big leagues

By Becca Myskiw

Thirteen players from Carman's U7 hockey teams got their chance at the big leagues on Nov. 6.

All eyes at the Canada Life Centre were on Carman's Timbits Hockey teams for three whole minutes. At the first intermission of the Nov. 6 game against the New York Islanders, the players got to play six on seven for a continuous 180 seconds on the big sheet of ice.

Parent and manager of the U7 blue team Stephanie McIntosh filled out a form online saying their 10 players were interested in playing at a Winnipeg Jets game intermission — they were one of 12 teams picked. Upon receiving the good news, McIntosh reached out to the U7 white team and exactly three players were interested, which gave them their maximum number of 13 players.

This program gives Timbits Hockey and Ringette players from four to eight years the opportunity to experience playing the game in front of an NHL crowd. Twelve hockey and four ringette teams from the province were selected randomly to play during an intermission in one of the 2021-2022 Winnipeg Jets home games.

When the Carman team got there, they sat in their seats for the first five minutes of the game, then were taken



STANDARD PHOTO SUBMITTED

The Carman U7 hockey team played at Canada Life Centre on Nov. 6 during a Winnipeg Jets game intermission.

down to the dressing rooms to get ready for their game.

"The kids were smiling the whole time," said McIntosh. "When they got off the ice and into the dressing room, there were huge smiles on their faces."

Al Pritchard from Roland is a massage therapist for the Winnipeg Jets. He's good friends with many players' parents on the team and after the U7

game, he brought each of the 13 players a hockey puck signed by the Winnipeg Jets.

The players also met Mick E. Moose and Benny the Jet and received Timbits donuts, apple juice, and a mini hockey stick. After their three minutes of fame, the players returned to their seats to watch the rest of the game.

Each of them got two game tickets:

one for themselves and one for their parent. McIntosh said a lot of families bought extra tickets so they could watch the children have their moment.

"It was totally worth the money," said McIntosh. "They just had the best time."

Hawks fall to Central Plains, best Yellowhead

By Lorne Stelmach

A pair of games on the weekend ended on a positive note for the female U18 Pembina Valley Hawks.

After being shut out 3-0 by the Central Plains Capitals Saturday, the Hawks rebounded Sunday with a 6-2 victory over the Yellowhead Chiefs.

The Hawks handed the Chiefs only their second loss of the season by

breaking open a 2-2 game with four unanswered third period goals on home ice in Morden.

Abbey Bourdeaud'hui led the way with a hat trick and a four point game, while other goals came from Jessica Anderson, Janik Grenier, and Quinn McLaren. Cambree Martens contributed a pair of assists, while goalie Tria Enns stopped 26 of 28 shots.

On Saturday, the Hawks were blanked by Central Plains goaltender Elyse Denbow, who made 28 saves for the shutout, while Hawks netminder Kaylee Franz stopped 22 of 25 shots.

The results kept the Hawks in fifth place at .500 with a record of 5-5-0 for 10 points. They trail the Winnipeg Ice at 12, Winnipeg Avros at 15 and both Yellowhead and Westman who share

first place at 18 points on 9-2-0 records. Trailing the Hawks are Central Plains at nine and Eastman at seven followed by winless Interlake.

Pembina Valley is on the road this weekend to first take on the Avros at Seven Oaks Friday then Interlake in Stonewall Sunday afternoon.

Cougars defeat the Mustangs after two weeks break

By Becca Myskiw

Last Wednesday, the Carman Cougars were back in action, coming off the ice with a 9-3 win following a two-week break. On Nov. 10, the hockey team faced off against the Mountain Mustangs at the Carman Arena. Gavin McCallum opened the scoring halfway through the first, followed by Dawson Gitzel, who got his first of the season before McCallum scored again. Carson Park scored the Cougars fourth goal, Ethan Wilde scored the fifth, Anthony Lehmann the sixth, and Slade Sotheran rounded off the

first period with the team's seventh.

"It was a very close game after that," said head coach Jeff Park. "It's tough any time with that much of a lead to stay in it and stay focused for the whole duration of the game. The Mountain Mustangs is a lot better team than what they played in their first, so we essentially tied the second and third periods."

Lehmann scored the Cougar's only goal in the second and third periods, getting himself a hattrick. The Mustangs scored one goal in each period, making the final score 9-3 for Carman.

However, scoring wasn't the only thing the Cougars did a lot of on Wednesday. Park said they took a lot of undisciplined penalties and had a not-so-fun practice on Monday and Tuesday because of it. Sotheran got three penalties in the game — one in each period. His first was two minutes for head contact, then he got another two for interference and two for goalie interference. Lehmann had two penalties — one for interference and another for head contact. The team had five more penalties throughout the game, giving them a total of 10.

"Taking penalties when you have the lead, I guess is better than taking a penalty when you're losing," said Park. "But you never want to give the team more momentum to get back into the game. You always have to play like you have a two or three-goal lead. Not five or six."

He said if the boys can't clean it up, their penalty minutes will start bothering the coaching staff. He said he wants the Cougars to be known as a hard-working team, not a rough one.

The team played on Nov. 17 but no score was available before our press

get inspired

> MEAL IDEAS



Apple Oat Crumble and Citrus Caramel Topping

1 tablespoon orange juice
vanilla ice cream
Preheat oven to 350 F.
In bowl, stir together sugar and ground cinnamon.

Toss apples in lemon juice then in cinnamon sugar mixture. Spread in 9-inch pie dish.

In another bowl, stir together brown sugar, flour and oats. Using hands or fork, cut in butter until pea size crumbs form. Sprinkle evenly over apples.

Bake 40-45 minutes until mixture is bubbling and golden brown. Remove from oven and let cool 15 minutes.

In small pot, whisk caramel, salt, orange zest and orange juice until warm.

Spoon apple oat crumble over large scoop vanilla ice cream and top with salted citrus caramel.

3 tablespoons sugar
1/2 teaspoon ground cinnamon
2 Envy Apples, diced into large cubes
1 tablespoon lemon juice
1/2 cup brown sugar
1/2 cup all-purpose flour
1/2 cup old-fashioned oats
1/2 cup cold butter, diced small
1/2 cup caramel
1/4 teaspoon salt
1/2 orange, zest only



Apple Stuffing Bites with Rosemary Gravy

In large saute pan, melt butter saute apples and onion until tender. Set aside to cool slightly.

Stir together stuffing and apple mixture. Spread stuffing on sheet tray and allow to cool in refrigerator.

After cooling, form stuffing into medium bites and place on sheet tray lined with parchment paper.

Broil bites until golden brown and slightly crispy.

To make gravy: In small pot, melt butter and whisk in flour. Cook flour 1 minute, whisking frequently.

Whisk in beef broth, salt, pepper and Worcestershire sauce; bring to boil, whisking frequently. Remove from heat and stir in rosemary. If desired, continue gently simmering gravy to thicken.

Arrange stuffing bites in serving dish and drizzle with gravy. Serve hot.

1 box stovetop stuffing
2 tablespoons butter
2 cups diced Envy Apples
1/2 onion, diced small
Gravy:
3 tablespoons butter
3 tablespoons flour
2 cups beef broth
2 teaspoons kosher salt
20 turns fresh cracked pepper
1 teaspoon Worcestershire sauce
1 tablespoon finely chopped rosemary
Preheat broiler.

Cook stuffing according to package directions; set aside and allow to cool slightly.



Bell-Issimo Brie Melt

1 round brie (6-8 ounces)
2 Envy Apples
1/4 cup walnuts
1/4 cup dried cranberries
firm crackers

Unwrap brie and place on microwave-safe dish. Cut off top of brie round and microwave 60 seconds until middle is soft.

Slice apples into thick wedges.

Top brie with half the apples, crushed walnuts and dried cranberries.

Serve with firm crackers and remaining apple wedges.

Sitting all day is bad! Get up with a 5 minute workout

By Julie Germaine

Even as a personal trainer, my job requires me to spend hours at a time on my computer. This goes for many careers – and unfortunately it's not healthy for humans to sit for long periods of time. This can contribute to heart disease, obesity, high blood pressure, and high cholesterol. But thankfully, research shows that by jumping up and interrupt sitting for just 3 to 5 minutes every hours will positively impact your health.

Do it with me now! Here are some simple ways to move your body to feel great and take control:

1. Squats! Stand up and pretend to sit down into an invisible chair. If you have bad knees or feel silly doing this, this actually sit into a chair and stand back up. Now do this 20 times. By engaging the big muscles in your glutes (butt), quads (above the knee), and hamstrings (back of leg), you are burning calories, and kickstarting digestion.

2. Jumping Jacks! This won't be for everyone, but if you're a work-from-home parent, your kids will find this hilarious and join ins. Do 20 jumping jacks, rest for 20 seconds, and repeat 5s times. If jumping is too intense for you, put on your favourite song and dance wildly. If your neighbours see you, no big deal! In fact, you'll likely be invited to their upcoming Christmas party because you're obviously loads of fun.

3. Stairs! Walk then, run them, take them 2 at a time – it doesn't matter, your body will warm up quickly to the challenge. Another great option is to walk around the block with your dog. If you've taken the time to



Health and Wellness
Fitness expert
Julie Germaine

bundle up, you may as well make it a 10 to 15 minute walk every 2 hours.

4. Plank! This is a core exercise in which you hold a push-up position from your fore-arms. There are many variations to accommodate different fitness levels and to keep you from getting bored.

5. Get the Paper! Or walk to pick up your mail instead of stopping on your way to work. Find ways in your daily routine to be active so your exercise is built in and happens regularly.

Would you like to connect with me to discuss your personal fitness goals and struggles? Visit juliegermaine.com or schedule a free 15 minute diet consultation at www.calendly.com/juliegermaine

Coach Julie Germaine is a fit mom, 2x Pro Fitness Champion, Certified Nutrition & Fitness Expert - and local here in Manitoba. She has helped thousands of men and women improve their health since 2005.



Pumpkin Spice Apple Cider

Envy Apple slices, for garnish
rosemary, for garnish
cinnamon stick, for garnish

In pan over medium heat, saute diced apples in butter and pumpkin spice 5-10 minutes.

In glass, combine bourbon and pumpkin spice apple cider; top with sauteed apples.

Add demerara sugar then garnish with apple slices, rosemary and cinnamon stick.

Photo courtesy of Getty Images (apple cider)

1 Envy Apple, diced
1 tablespoon butter
1 teaspoon pumpkin spice
2 ounces bourbon
4 ounces pumpkin spice apple cider
demerara sugar

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MISCELLANEOUS

Treadmill (Canadian Tire) Horizon T101C25.4, in good condition; exercise bike, Health Rider H-20 (Canadian Tire). Call 204-745-6165.

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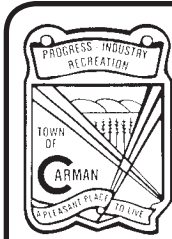
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Under the supervision of the Office Manager, we are seeking an **Accounting Assistant**. We offer an excellent work environment, and a strong team atmosphere.

Primary responsibilities for this position will include:

- Accounts Payable – Invoice coding, Approval and Entry into GP Microsoft Dynamics Software
- Monthly Expense Reports, Credit Card Reconciliations
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- Month End Reporting
- Assist with Financial reports and audits
- Assist with Payroll and Benefits

The right candidate will have:

- 3-5 years' work experience with accounts payable and payroll
- Experience in Great Plains Microsoft Dynamics accounting software would be an asset
- Strong Microsoft Office skills with Excel, Word, and Outlook
- Excellent verbal and written communication skills
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- Proficient in the use of accounting software
- Fast, Organized and efficient
- Work well individually and as part of a team

Location and Transportation:

DL Seeds Inc. is located at 25028 Road 17N, Off Highway #3 near Morden and Winkler. There is no public transportation to the site. Hours of operation are 8am-4:30pm. Salary will be competitive based on education, and experience. We offer an excellent benefits package. Closing Date: November 26, 2021
DL Seeds thanks all applicants, however, only those selected for an interview will be contacted.
Check out our website at www.dlseeds.ca

Email resumes to:
dlshr@dlseeds.ca

DRIVER WANTED

to deliver *The Winkler Morden Voice* to the City of Winkler and Morden along with surrounding communities.

We rent the truck, which is picked up in Winnipeg Tuesdays at 4:30 and returned Wednesday nights once delivery is complete.

Must be physically able to load and unload papers from the truck and follow directions.

Valid driver's license a requirement.

If interested call Brett at 204-485-0010 or email: bigandcolourful@mymts.net

Deadline to apply *The Winkler Morden Voice* is November 19th.

FARM PROPERTY FOR SALE BY TENDER

Sealed tenders in writing for the purchase of the property described below will be received by McCulloch Mooney Johnston Selby LLP as follows:

PROPERTY FOR SALE

1. PARCEL 1: (160 Acres)
NW ¼ 22-7-6 WPM
(150 Cultivated Acres – R.M. of Dufferin)
2. PARCEL 2: (160 Acres)
NE ¼ 11-6-7 WPM
(146 Cultivated Acres – R.M. of Thompson)
3. PARCEL 3: (120.56 Acres)
SE ¼ 20-7-5 WPM
EXC THE ELY 1300 FEET PERP OF THE SLY 1100 FEET PERP
(120 Cultivated Acres – R.M. of Dufferin)

CONDITIONS OF TENDER

1. Interested parties must rely on their own inspection and knowledge of the property. Any specific questions pertaining to the property should be directed to Scott W. Johnston at (204) 745-2546.
2. Tenders must be delivered to McCulloch Mooney Johnston Selby LLP by 2:30 p.m., December 17, 2021. Please mark on front of envelope "Tender".
3. Tenders must be accompanied by a \$10,000.00 deposit cheque payable to McCulloch Mooney Johnston Selby LLP. Deposit cheques accompanying unacceptable bids will be returned.
5. Interested parties may bid on one parcel, two parcels or all three parcels. If not bidding on all three parcels, interested parties are to set out what parcel(s) is being bid on.

TERMS AND CONDITIONS OF SALE

1. The bidder(s) whose tender is accepted will be required to complete an Agreement covering the terms and conditions of the sale.
2. Possession date will be January 14, 2022.
3. The successful bidder will be responsible for all realty taxes following January 1, 2022 (the adjustment date).
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.

McCulloch Mooney Johnston Selby LLP
P.O. Box 1670
14 Main Street South
Carman, Manitoba
R0G 0J0
(204) 745-2546
Attention: Scott W. Johnston

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Please email your resume to:
news@selkirkrecord.ca
by Monday, Nov. 22/21



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A hearty thank you to all who contributed land, equipment, inputs, skills, cash and encouragement to make the 2021 CHOICE growing project a success!

The 80 acre field north of Elm Creek provided by Helen Rempel produced 44 bu/ac of wheat. The sale of the crop raised over \$38,000 and net proceeds for the growing project will be finalized at the end of the year.

Proceeds were designated equally to the implementing agencies of the United, Canadian Reformed, Pentecostal, Lutheran/Anglican and Mennonite churches.

It is a pleasure to work with so many supportive and generous people!

Abe Elias 745-2497, Carolyn Koster 750-2515



PRAIRIE ROSE SCHOOL DIVISION EMPLOYMENT OPPORTUNITIES

The following positions are available as indicated:

- #112-21-22 – **Mechanic**
 - o Carman and Elie Bus Garages
 - o Full Time, \$27.92/hr
 - o Start ASAP
- #115-21-22 – **Head Mechanic**
 - o Carman Bus Garage
 - o Full Time, \$30.33/hr
 - o Start ASAP

For complete postings, please visit www.prsdmb.ca. Accessibility resources will be provided upon request. All PRSD staff must provide proof of full vaccination against COVID-19 or undergo mandatory COVID-19 testing as per provincial Public Health Orders.



PRSD IS RECRUITING FOR A FULL-TIME: TRANSPORTATION SUPERVISOR

Effective ASAP or a mutually agreeable start date.

The PRSD fleet consists of 55 school buses plus several maintenance and divisional vehicles. Each day approximately 1500 students are transported on 37 routes between St. Laurent and Miami in South Central Manitoba.

Duties and Responsibilities:

- Supervise, coordinate, and schedule the activities of Bus Drivers, Mechanics, and Admin Assistant
- Liaison with parents, school principals and other interested parties regarding school related transportation services
- Manage operational transportation budgets
- Prepare work reports, including variance explanations as required
- Resolve work problems and recommend measures to improve performance
- Ensure compliance with applicable policies, administrative guidelines, Acts and Regulations
- Train staff in job duties, safety procedures and division policies
- Monitor routes to ensure schedules are met and to resolve operation problems
- Attend meetings of the Board of Trustees as required.

Qualifications:

- A minimum of 5 years' experience in a management/supervisory role in a transportation services setting; staff supervision and evaluation within a unionized environment and budget management.
- Strong administrative skills that demonstrates the ability to work in a high pressure, dynamic work environment.
- Strong analytical, problem-solving skills, interpersonal and communication skills; written and verbal.
- Strong skill sets in the usage of computers and computer aided technology/software, including Microsoft Word, Excel, Outlook, etc.
- Familiar with applicable legislation, policies, and procedures as they apply to pupil transportation
- Possess or the ability to obtain a valid Manitoba Class 2 drivers' license and a valid School Bus Operator's Certificate
- Possess or the ability to obtain a School Bus Trainer's Certificate as endorsed by the Province
- Provide a satisfactory driver's abstract
- Knowledge in the mechanical aspect and safety requirements of school buses is highly desirable.
- Possession of a valid Transport/Heavy Duty/Diesel Mechanic Certificate/Red Seal would be an asset.

For more detailed information, please contact Rhonda Smith, Secretary-Treasurer at 204-745-2003.

Apply to prsd@prsdmb.ca
For complete posting, please visit www.prsdmb.ca.

Clear criminal record and abuse checks are required of all employees of the school division.
PRSD reserves the right to verify the authenticity of all submitted references. Only applications leading to interviews will be acknowledged.
Accessibility resources will be provided upon request.
This document is available in alternate formats by request.
All PRSD staff must provide proof of full vaccination against COVID -19 or undergo mandatory COVID-19 testing as per provincial Public Health Orders.

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 R0G 0J0

PROPERTY FOR SALE (owned by Ron Bartley)
NW ¼ 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.
2. 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 ¼ 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 (the adjustment date).
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@mmjlaw.com

CARD OF THANKS

Myrtle Young and family would like to thank everyone who helped us celebrate Myrtle 95th Birthday. Thank you

CARD OF THANKS

Elias Seeds would like to express a heart THANK YOU to all our customers for the many years of loyal support in the seed industry. We have decided to discontinue custom cleaning, sorry for any inconvenience this may cause. May God bless you and have a great winter.
-From the Elias's

IN MEMORIAM

Albert Norman Penner
July 5, 1945 – November 7, 2020
Loved beyond words,
Missed beyond measure.
-Judy, Sylvia, Phyl and Rob,
Brandi, Jodi and Kevin,
Amanda and Derrick, Lehla and Anthony,
Samantha, Hailey, Jesse and Logan

IN MEMORIAM



Stan Klassen
October 25, 1943 – November 17, 2020
God saw you getting tired,
And a cure was not to be;
So He put His arms around you,
And whispered "Come to Me".
A golden heart stopped beating,
Hard working hands at rest;
God brought him home to prove to us,
He only takes the best!
A wonderful husband, father and grandfather.
We will love you and miss you forever.
You will never be forgotten.

-Lona;
Rex, Myrna, Mark, Eric and Jeff;
Trevor and Heidi;
Angela, Jarrett, Mason and Ross;
Thomas, Danielle, Eleanor and Henry

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BIRTHDAY



This handsome guy just turned 60!
Just look at all that hair!
Did you go to school with him?

OBITUARY



Lorne R. Bartley
With heavy hearts we said goodbye to our dear Dad, Grandpa and Husband Lorne R. Bartley on September 18, 2021 at the age of 83 years.

Lorne was born in Manitoba and took his schooling in Roland. He then "Went West, Young Man", left his childhood home on the farm for a lengthy career in the oilpatch. Lorne made many cherished friends in Swan Hills, Cold Lake, Drayton Valley, Edmonton and Calgary, as well as both Russia and Cuba. He always had a solid work ethic but balanced it all with an infectious sense of humour as he truly loved a good belly laugh.

In 1960 he married the love of his life, Ella, and they went West "It will be an adventure, dear!" and it truly has been - many a story, dance, cheer, and celebration!

And although Lorne enjoyed his career, he finally retired for the 2nd and "LAST" time in 2004 as he and Ella planned to spend the golden years travelling and making even more memories. Lorne loved travelling and, along with Ella, founded a Friendship Force International branch in Calgary. They enjoyed many world destinations from Europe to South America to Asia, without forgetting their Roland roots. He said it was always good to get home.

Dad loved the outdoors and many-a-magnificent thunderstorm. He had a genuine love for camping, fishing, bird hunting, boating, hockey, curling, golf, skiing, and many water sports. There are numerous hilarious sporting and outdoor episodes of where Dad was involved, all of which he loved the story telling, particularly over a pint or dram with cherished friends and family.

He is survived by his wife of 61 years, Ella; his children Marlene, Kevin (Doreen), and Jocelyn (Paul); as well as seven grandchildren: Ryan, Shannon, MiCaela, Stewart, Heather, Quinn and Brighe. We will forever miss the glimmer in his eye, his cheshire-cat grin, the dance in his step and his soulful voice.

In honor of his Irish heart, Lorne's Wake will be held... (at a later date).
For those that can't wait, please raise a glass for Lorne, "To absent friends!"
In lieu of flowers, donations can be made in his memory to any of Lorne's favorite charities: Edmonton ALS Society, Alberta Kidney Foundation, and/or the Heart & Stroke Foundation.

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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@mmjlaw.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.

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 hilifecleaning@hotmail.com



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WHAT ARE CROHN'S AND COLITIS?

WHAT IS CROHN'S DISEASE

Crohn's disease is named after the doctor who first described it in 1932 (also known as 'Crohn disease'). Inflammation from Crohn's can strike anywhere in the gastrointestinal (GI) tract, from mouth to anus, but is usually located in the lower part of the small bowel and the upper colon.

Patches of inflammation are interspersed between healthy portions of the gut, and can penetrate the intestinal layers from inner to outer lining.

Crohn's can also affect the mesentery, which is the network of tissue that holds the small bowel to the abdomen and contains the main intestinal blood vessels and lymph glands.

Crohn's disease can be controlled with medication and reduce the chance of a disease relapse. In severe cases, surgery of the small or large intestine may be required to manage the disease.

WHAT IS ULCERATIVE COLITIS

Ulcerative colitis is more localized in nature than Crohn's disease. Typically, the disease affects the colon (large intestine) including the rectum and anus, and only invades (inflames) the inner lining of bowel tissue. It almost always starts at the rectum, extending upwards in a continuous manner through the colon.

Colitis can be controlled with medication and in severe cases can even be treated through the surgical removal of the entire large intestine.

Indeterminate colitis is a term used when it is unclear if the inflammation is due to Crohn's disease or ulcerative colitis.

COMPARING CROHN'S AND COLITIS

There are similarities and differences between Crohn's disease and ulcerative colitis. We've described above how Crohn's disease and ulcerative colitis involve different areas of the gastrointestinal tract.

These diseases can also differ in their symptoms; surgery and treatment options; disease complications; and the impact of smoking. Some examples are listed below:

Females are more likely than males to be diagnosed with Crohn's disease; whereas the risk for being diagnosed with ulcerative colitis is the same across females and males

Blood in the stool or rectal bleeding and a sense of urgency or false urges are more common in ulcerative colitis than in Crohn's disease

Sores in the mouth and around the anus occur more often in Crohn's disease than ulcerative colitis

5-aminosalicylates and sulfasalazine medications are typically only used for ulcerative colitis; other forms of medication are used for both Crohn's and colitis (e.g., steroids, immunomodulators, biologics)

There are no existing cures for Crohn's disease, whereas a colectomy (removal of the colon or large bowel) may be considered "curative" and induce remission in ulcerative colitis. Maintenance therapy is used to reduce for both Crohn's and colitis to reduce the chance of relapse.

Growth failure in children and adolescents is more common in Crohn's disease and ulcerative colitis.

Osteoporosis is more common in Crohn's disease and ulcerative colitis.

HAVE YOU BEEN RECENTLY

DIAGNOSED WITH CROHN'S OR COLITIS?

You or someone you care about has been diagnosed with Crohn's disease or ulcerative colitis, the two main forms of inflammatory bowel disease (IBD). You likely have a lot of questions, coupled with a fair degree of concern and uncertainty. You are not alone. One in 140 Canadians are living with Crohn's and colitis. You have started a journey of discovery that will help you to cope with your disease and not just survive, but thrive.



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