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## Countdown to Christmas

STANDARD PHOTO BY BECCA MYSKIW

Jeanne Karlenzig started her Christmas shopping at Knockabouts last week trying to keep as many of her purchases local.

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# Tim Hortons and Carman hotel celebrate official openings

By Becca Myskiw

The official grand openings of the Carman Blue Crescent Hotel and the Carman Tim Hortons happened last Friday.

At 2 p.m. on Nov. 19, the red ribbon was cut at the front of the Tim Hortons. In attendance was mayor Brent Owen, owners Jeff and Linda Doerksen, and MLA for Midland Blaine Pedersen, along with chain employees.

“Let’s go back to late 2003 when our friends, Jeff and Linda Doerksen, and their young family moved back to Manitoba to open a Tim Hortons franchise in Winkler,” said Owen. “That is when the people in the Carman area first had dreams and aspirations of one day having a Tims here.”

The Doerksens then opened the Tim Hortons in Morden in 2006 and Owen said that only heightened the desire to get the coffee shop to Carman.

“And why not,” he said. “Morden wasn’t much bigger than us.”

Exactly 15 years later and the doors of Carman’s Tim Hortons opened. Owen said it will serve great beverages and food, employ many, and will give back to the community with Smile Cookie week, toy drives, Timbits Hockey, and Camp Day.

No more than an hour later just across the lot, the Carman Blue Crescent Hotel’s red ribbon was cut by Owen, Pedersen, president of the ownership group Calvin Smith, MP Candice Bergen, and Trevor Rempel from Steel Creek Developers.

Owen opened the ribbon cutting by acknowledging how different the ground they now stood on looked just 12 and a half months ago.

“This facility will do much more than create jobs or increase our tax base,” he said. “The economic impact will be far reaching substantial. Weddings, funerals, family reunions, hockey, soccer, and baseball tournaments, golf stay and play, even hosting the Scot-ties is now possible.”

Rempel said the Carman hotel was the smoothest construction project they’ve had to date, thanks to their main contractor, LCL Construction.

“We’re really excited about what this means,” he said. “The ripple effect is significant. It’s a benefit for the entire business community.”

He noted that for weekend tournaments, traffic will now be able to stay in town, which means they’ll be fu-

Continued on page 5



STANDARD PHOTOS BY BECCA MYSKIW  
(Left to right) Jeff Doerksen, Brent Owen, Blaine Pedersen, and Linda Doerksen cut the grand opening ribbon at the Tim Hortons in Carman.



(Left to right) Candice Bergen, Calvin Smith, Brent Owen, Justin Danyluk, and Blaine Pedersen cut the grand opening ribbon at the Carman Blue Crescent hotel.

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# The largest pea plant in the world opens in Portage la Prairie

By Becca Myskiw

Manitoba is officially home to the largest pea protein plant in the world.

On Wednesday, Nov. 17, Roquette, a “pioneer of plant proteins,” held the virtual grand opening of their newest facility in Portage la Prairie. The company is based in France, with facilities there and in the Netherlands.

The Portage plant is a \$600 million, 200,000 square-foot facility. It sits on a 200-acre parcel of land, with just 67 of those acres developed. At the pea protein plant, yellow peas will be processed into powdered fibres, protein, and starch, which have pharmaceutical, nutrition, and food sector benefits.

Ingredients produced at the Roquette plant will be available under the NUTRALYS brand. Products created from their pea proteins range from snacks to soups to sauces, pasta, biscuits, to meat analogues. As none of these products contain meat, they’re all vegetarian.

At the virtual grand opening, president and CEO of Beyond Meat Ethan Brown spoke about why plant protein options are so crucial for the environment. Beyond Meat has been working with Roquette since 2010.

“As a global governmental community, we cannot seem to solve [climate change],” he said. “But consumers can solve this problem, and they can do it faster than the government can.”

According to a University of British Columbia (UBC) study, most greenhouse gases come from livestock waste production, primarily methane, more destructive than carbon dioxide. Animal agriculture, they say, accounts for 18 per cent of all greenhouse gases.

Along with that, up to 90 per cent of US water consumption is from agriculture production, including what is needed to grow crops the animals eat, the water they directly consume, water used to scald them, and anything used for processing.

Brown also said plant farmers use 93 per cent less land to produce the same number of burgers as animal crops. In addition, by swapping meat products for plant protein products, the demand for meat products lessens and affects the environment.

Peas are also an excellent source of protein, high in fiber, and low in fat. In addition, they’re easily digestible, gluten-free, non-GMO, and have low allergenicity. They also require less water to grow than most crops and use less nitrogen fertilizer, benefiting soil health. Roquette officials said the Portage la Prairie facility has the resources to meet the global demand for pea plant protein. What that demand is, though, they’re unsure.

“It’s a fast-moving target,” said Jeremy Burks, senior vice president of plant proteins at Roquette.

He said their objective is to meet the constant demand, whatever it may be. They’re expecting a global growth rate between 15 and 24 per cent over the next decade.

Roquette chose to build their new plant in Canada because it’s one of the world’s biggest pea-producing countries, accounting for 30 per cent of the global production. They also chose to build in Manitoba specifically because of its reliable and sustainable hydroelectric power and the highly skilled and well-educated labour.

Peas used at the Roquette facility will come mainly from western Canada and local growers. It has the capacity to process 125,000 tons of yellow peas per year. Combined with the plant in place, the company’s capacity now rises to 150,000 tons of peas produced per year.

The opening of the pea protein plant created 120 jobs, 114 of which were filled as of the grand opening. Roquette expects it to reach full production capacity early in the new year.

Hosting the virtual grand opening was astronaut and Portage la Prairie native Chris Hadfield. He was joined by many Roquette employees, prime



STANDARD PHOTO SUBMITTED

The world’s largest pea protein plant, owned by Roquette, just opened officially in Portage la Prairie. Pea plant protein is used in all kinds of meat alternative foods.

minister Justin Trudeau, chef Michael Smith from Prince Edward Island, minister of agriculture and resource

development Ralph Eichler, and ambassador of France in Canada madame Karen Rispal.



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## Pfizer-BioNTech COVID vaccine for kids aged 5-11

By Ashleigh Viveiros

Manitoba's vaccination campaign is expanding to include children age five to 11 now that Health Canada has approved Pfizer-BioNTech's COVID-19 vaccine for younger children.

Government officials announced last week that they would be ready to begin vaccinating children in this age group within a week of the vaccine receiving approval and arriving in Manitoba. That approval came on Friday.

"We are here today to tell you that Manitoba is ready to implement the next phase of our vaccination campaign to protect our children ages five to 11," Premier Heather Stefanson said at a news conference in Winnipeg last Wednesday.

"Vaccines are the way out of this pandemic. They are how we keep our schools, our businesses, and places of worship open," she said. "And most importantly, they help keep our hospitals and communities safe."

In announcing its approval of the vaccine, Health Canada noted clinical trials have shown it to be 90.7 per cent effective at preventing COVID-19 in children in this age group, with no serious side effects identified.

"After a thorough and independent scientific review of the evidence, the Department has determined that the benefits of this vaccine for children between 5 and 11 years of age outweigh the risks," it said in a release.

The vaccine was initially approved for youth age 16 and older last December and then for children age 12-

15 in May.

For the five to 11-year-olds, Health Canada has approved a two-dose regimen of 10 micrograms to be administered three weeks apart, which is a lower dose than the 30 micrograms two-dose regimen authorized for people 12 years of age and older.

Moving forward, Pfizer-BioNTech is required to continue providing information to Health Canada on the safety and efficacy of the vaccine in young children.

"This will provide the Department with more data from ongoing studies and real-world use to ensure that the benefits of the vaccine continue to outweigh any risks, as well as to detect any potential new safety signals in any age group," the release noted. "Health Canada and the Public Health Agency of Canada will continue to closely monitor the safety of this vaccine, and will take action if any safety concerns are identified."

### Manitoba ready to go

Manitoba officials say the vaccine will be available at provincial and regional vaccine clinics, physicians' offices, pharmacies (which, in a change to aid in accessibility, are now able to vaccinate children as young as five), urban Indigenous clinics, and pop-up community clinics about a week after it arrives in the province. In-school vaccinations will also be offered to students with parental consent. Parents were able to start making appointments for their kids on Monday.

Manitoba expects to receive enough supply of the vaccine from Pfizer to allow all children ages five to 11 to get their first dose. Approximately 125,000 children in that age group live in Manitoba.

"We know that COVID cases are rising in Manitoba, and children make up many of those cases," Health Minister Audrey Gordon said, noting the risk of infection is especially high in communities where vaccine uptake has been low.

"In the 2021 school year, 13 school outbreaks in children ages 5-11 have resulted in a move to remote learning. More than 6,000 children age 5-11 have been tested positive for COVID-19 in Manitoba throughout this pandemic. Twenty-seven children have been hospitalized with COVID-19 and seven of those were admitted to the ICU. One child has tragically lost their life to COVID-19.

"Although children and youth are less likely than adults to get critically ill from COVID-19, they can still get sick, spread the virus to others, at school and in the community, and experience long-term negative outcomes from the virus," Gordon said.

To support families in making the decision to vaccinate their children, the province will launch a new #ProtectMB Kids information campaign and will provide information and resources on vaccine safety and availability.

## Eleven more COVID-19 deaths announced in province

By Ashleigh Viveiros

Seven people from the Southern Health region were among the 11 new deaths due to COVID-19 reported by the province on Monday.

A woman in her 40s was one of the region's casualties reported since last Thursday, alongside six other residents ranging in age from 60s to 80s.

Manitoba's total death toll due to COVID-19 has reached 1,292.

With 258 new cases, Southern Health-Santé Sud, which has the lowest vaccination rate in Manitoba, accounted for the majority of new COVID-19 cases reported in the province from Friday to Monday. Sixty-nine per cent of eligible residents in Southern

Health have been vaccinated thus far.

There were also 185 new cases reported in Winnipeg, 85 in Prairie Mountain, 82 in the Northern health region, and 50 in the Interlake.

Manitoba currently has 1,528 active cases of the virus, with 152 people hospitalized and 24 in intensive care

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# Fighting the odds three weeks at a time with prostate cancer



STANDARD PHOTO BY BECCA MYSKIW

Les Ferris has lived two years more than doctors expected after being diagnosed with prostate cancer.

By Becca Myskiw

A Holland man is fighting prostate cancer after being let down by the healthcare system.

Les Ferris went for routine bloodwork in 2015, nothing out of the ordinary. Upon receiving his results, he found out he had a high prostate-specific antigen (PSA) level. Unfortunately, when he was scheduled for a follow-up appointment, his doctor was sick and suddenly passed away, so he had to book an appointment with a urologist — something he got over a year later in December 2017.

"By this time my PSA was at 12.8 (double to triple the normal)," said Ferris in a blog post. "Upon physical examination, [the doctor] declared, 'I don't

care what your PSA is, that is not cancer.'"

Ferris was told he had an enlarged prostate but other than that, it was perfect. He later found out only the back two-thirds of it is accessible in a physical examination, so if there are lumps at the front, they're undetected. The only way to know for sure is with a biopsy.

That doctor also got ill, and Ferris was referred to another doctor and got an appointment in July of 2018. By then, his PSA was at 50 — now more than 12 times the normal level. And because his last doctor refused to do blood tests over the last six months, this one couldn't chart a steady rise in Ferris's PSA

level. He didn't get his next one until August in preparation for his next appointment in September.

"The day before my September appointment I received a call from Dr. Jumbo Ego saying my recent blood test revealed a PSA of 157 and he suspected I had cancer," said Ferris. "He moved my appointment back a day and did a biopsy. With cancer, early detection is key. This was the first week of September. The receptionist made my follow-up appointment for October 31."

That appointment revealed all 12 of his samples were cancerous. The doctor told him this

Continued on page 8

## > GRAND OPENINGS, FROM PG. 2

elling up in Carman, eating in Carman, and seeing what the town has to offer.

"Any car or vehicle that we can keep in town overnight is money spent in the community," he said. "It's definitely got a big impact on

the community and we're sure to see that for years to come."

The hotel and Tim Hortons are next to Syls' and across from Carman Collegiate off of Highway 3.



MLA Candice Bergen presented hotel manager Justin Danyluk with a congratulatory plaque.

## Blaine Pedersen MLA for Midland

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Learn more at [ProtectMB.ca](https://ProtectMB.ca)

#PROTECT MB

Manitoba 



# Blaze destroys Minnewasta golf course clubhouse

By Lorne Stelmach

The investigation is underway as to what caused the massive weekend blaze that destroyed the Minnewasta Golf and Country Club restaurant and clubhouse.

The Office of the Fire Commissioner of Manitoba was out on site already Saturday while around 40 firefighters from Morden as well as Winkler continued to control and extinguish the fire that sent a large black cloud of smoke out over the city.

"A building that size ... you're looking at anywhere from 1,200 to 1,500 degrees in temperature when those big exposed timbers on the inside are burning. That's a lot of fuel inside there, and it was pretty intense," said Deputy Fire Chief Tim Reimer.

The call came in at 9:15 a.m., and the main building was already well engulfed at that point, said Reimer, who noted their first priority was a survey of the building and to ensure that no one had been inside at the time.

"The building was as good as fully involved at that point," he said. "So we went with strictly a defensive attack and also to protect the neighbouring pro shop and golf cart shed.

"At that point, the fire was too intense. Our main concern was the building beside it, so we had crews and lines set up on that side; we had crews all around ... and we had to eliminate any other hazards, which were hydro and gas."

Safety for everyone of course was first and foremost, stressed Reimer, adding that included not only firefighters but also the public.

"We had a lot of onlookers, a lot of spectators, which is always a challenge for us, but I understand people want to see what's going on," he said. "We just get our job done."

The assistance of firefighters and equipment from other departments was integral, Reimer said, noting it meant they had access to three water tankers—something that was vital given there was no fire hydrant connection available right on site.

"We had the ability to draw a lot of water" thanks to that trio of tankers, he said.

Firefighters remained at the scene until late in the day to ensure the blaze was fully out.

"We were there until after dark. I think it was around or after 7 or 8 in the evening ... and we did a call back when someone had seen some smoke," Reimer said.

Reimer said the fire was an emotional experience for their members.

"That's a big loss to the community," he said. "It was very emotional to lose that building. It was a big attraction for the city, and it is a huge loss."

Club president Tyler Sawatzky was out of town when he got the news.

"It was a shock ... it was pretty sad to see that landmark in our city erupt in flames. So it's been a whirlwind. Ever since getting the news, there's been lots of things to take care of," he said, noting they were relieved no one was hurt. "Obviously, none of us have a whole lot of experience with a disaster like this, so we're just going through all the steps.

"The insurance company is still doing their due diligence ... we don't have many answers yet at this point," said Sawatzky, who added the board was planning meetings this week. "Once we have all that information, we can make a plan on how to rebuild and how to manage things the best we can. We'll slowly but surely develop a plan to rebuild.

"All indications are that the pro shop is okay. I'm really thankful for the fire departments and their hard work. We're grateful that they put in an incredible amount of courage and effort to save that building."



Firefighters were on the scene of the Minnewasta Golf & Country Club for hours Saturday trying to contain a blaze that broke out in the clubhouse, destroying it entirely.



STANDARD PHOTOS BY RICK HIEBERT



# Manitoba Hydro seeks five per cent rate increase effective Jan. 1

Submitted by Manitoba Hydro

Manitoba Hydro filed its 2021–22 Interim Rate Application with the Public Utilities Board (PUB) yesterday requesting an overall average five per cent electricity rate increase, effective Jan. 1, 2022. The Corporation was directed to file an application with the PUB following cancellation of Bill 35 and the associated electricity rate increase.

The higher rate ask is a direct result of the impact of the ongoing drought on the Corporation's finances.

If approved by the PUB, a five per cent increase for a residential customer who does not heat with electricity, using about 1,000 kilowatts per month, would result in an approximate \$5 increase on their monthly energy bill. For a customer who heats with electricity, using about 2,000 kilowatts a month, the increase on their monthly bill would be approximately \$10.

Despite the proposed increase,

Manitoba Hydro will continue to have some of the lowest electricity rates in North America, according to a comparison of rates prepared annually by Hydro-Québec. A Statistics Canada report on household spending, released earlier this year, shows the average Manitoba family pays more for cellular, internet and TV services annually than on their energy bill.

"We know no one wants to see a higher electric bill," said Jay Grewal, President and CEO of Manitoba Hydro. "Unfortunately, we're in a situation where the drought is having a major impact on our finances and we don't know when precipitation levels will return to normal. Without a rate increase, our ability to continue to reinvest in our system so that we can continue to serve Manitobans with reliable, clean energy will be hampered."

Manitoba Hydro is forecasting a potential loss in its consolidated op-

eration of between \$190 million and \$200 million for the current fiscal year. Manitoba Hydro had budgeted a positive net income of \$190 million for the 2021–22 fiscal year in its 2020–21 Annual Report. Grewal said the lack of significant precipitation across much of Manitoba Hydro's watershed over the past year and lower water flows — water inflows to the southern portion of the system are the lowest in 40 years — has weakened the utility's ability to generate and sell surplus energy on spot markets in the United States and Canada.

For Further Information Contact: Bruce Owen – Manitoba Hydro Media Relations 204-794-8270

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"The money we make from opportunity sales of renewable energy is vital to our financial health," Grewal said. "That additional revenue is money we use to help keep rates for our customers here in Manitoba lower than they

would be otherwise."

Grewal added any rate increase will be reviewed and approved by the PUB, following their public processes. The last electricity rate increase was 2.9 per cent which went into effect on Dec. 1, 2020.

"The loss of net income because of the drought and risk to the self-sustaining nature of Manitoba Hydro's debt obligations and financing is indisputable," she said. "Having a financially healthy utility will help protect Manitoba energy consumers over the long term."

"That's why this increase is needed to help ensure we have the revenue we need to operate, rebuild and expand the electricity system so we continue to serve our customers with reliable renewable electricity as we have for the last 60 years."

Manitoba Hydro's full rate application to the PUB can be viewed at 2021/22 Interim Rate Application.

## Eastman Region highest in vehicle-deer collisions

Staff

The Eastman Region remains the most likely place for vehicle-deer collisions in all of Manitoba, according to Manitoba Public Insurance.

MPI released its Top 5 list for high-collision regions earlier this month, and Eastman once again topped it.

Eastman—which includes the communities of Steinbach, Lac du Bonnet, Anola, Birds Hill Park area and Falcon Lake—experienced an average of 2,170 collisions yearly, based on collision statistics collected from 2016 to 2020.

Not far behind in the number two spot was Westman with 2,150 collisions annually followed by the Interlake (1,700), Central Plains (910), and Parkland (900) regions.

On average, almost 500 people are injured in wildlife-related collisions yearly, MPI reports. Over the last 10 years, nine people in Manitoba have been killed in crashes caused by an animal on a road. Overall, Manitobans are involved in more than 14,000 vehicle-wildlife collisions every year.

"At this time of year in particular, there's an increased likelihood of encountering these animals when travelling through these zones. Awareness is one key to preventing a collision," said MPI's Satvir Jatana. "With over 9,000 vehicle-deer collisions yearly in Manitoba, our goal is to see that reduced through education, awareness, emerging driver-assist technologies, and drivers taking preventative steps."

In addition to raising awareness of

high-collision hotspots by publishing its annual listing, MPI works in partnership with the City of Winnipeg (which was number seven on the list) to place high visibility message signs at strategic locations identified as key wildlife-vehicle collisions areas. In total, eight signs will be rotating across 21 identified locations this year.

In rural Manitoba, Riding Mountain National Park has a high-visibility sign warning drivers of the potential danger of collision with wildlife and encouraging safe speeds, particularly between dusk and dawn.

"These signs warn drivers to remain alert for deer, and watch for them in these high-collision areas," said Jatana. "It's important that drivers are aware when they're entering an area

where deer frequent and pay close attention to their surroundings. The boards are up during what is typically the highest collision period."

Tips to help keep you safe:

- Slow down when you see wildlife crossing signs and drive with extreme caution, scanning the road ahead as well as shoulders and ditches.
- Animals are normally more active at dawn, dusk and at night.
- Be especially alert where brush and tall grass grow near the road.
- Watch for the reflection of headlights in the eyes of a deer, or a dark silhouette.
- Do not swerve if an animal does cross in front of your vehicle—brake firmly to reduce the impact between the animal and your vehicle.

## McGee's renovations will add drive-through, more kitchen space, accessibility

By Becca Myskiw

McGee's Original Grill is set to look quite different starting this week.

Restaurant owner Robynn Linde has finalized plans to renovate her business's building. Off of Highway 13 when entering Carman from the north sits McGee's in the same place Retro's used to be. The drive-in is built to be exactly that: a drive-in. Essentially, it's just not made to be open year-round. There's no furnace — only baseboard heating — which isn't sufficient for opening in the winter months. The restaurant needs an air makeup unit, the front takeout windows can't be used in the freezing temperatures,

and there's not enough space inside to cook or sit.

So, Linde is renovating the building to be more comfortable for her staff and functional all year round. The first thing they're doing is adding an addition to the south side of the building. That space will allow for more room in the kitchen and will cater to McGee's needs.

"We made the current layout work," said Linde. "But it was nice to design it around my equipment and the McGee's menu."

The restaurant has a lot of homemade items on it that require ample space to work. The renovations Linde's doing

will give them the space to make those — and more. There will also be a door leading to new parking stalls. That's necessary because McGee's is adding a takeout window. Linde is from Winkler, so she grew up taking advantage of places with drive-throughs.

"I have always had the thought that Carman could use a drive-through," she said. "I know Tims is there now, but that's coffee and donuts. I just thought that if anyone could put a drive-through on their restaurant it would make them more successful and would be convenient for the Carman population." The McGee's drive-through won't be a traditional one, though, as

good; homemade food is still a priority for Linde. Instead, it will be for people who order their food ahead. Then, instead of going into the building to pick it up, they can go to the drive-through window. And if their food is still being cooked or packaged, they can wait in one of the designated parking stalls by the new door they're putting in. Linde is adding an access door in the front of the building, freshening up the inside, and creating a dining room for the future. Come the new year, McGee's will be looking to hire more staff. Keep watch of their Instagram @mcgees.original.grill for the call.



# Eden hires from within for new CEO

By Lorne Stelmach

Eden Health Care Services is drawing from within its own ranks to fill its top position.

Assuming the role of chief executive officer as of Dec. 1 will be Brad Unger, who for the last five years has been program director for Eden's Recovery of Hope counselling therapy program.

It will make for an easier transition for Eden, with someone stepping in with Unger's level of knowledge and experience in the organization.

"The benefit I have is having been part of the leadership team ... I have a good connection to a lot of the amazing staff, so there's some good familiarity," said Unger.

"I'm looking forward to diving in and getting more acquainted with all

of the staff and all the programs," he continued. "Eden has a wide range of services all across the spectrum ... and we're able to provide mental health support in a variety of ways and really a holistic approach to mental health."

In a news release, Eden Health Care Services cited Unger's impressive mix of education, experience, and interests. He comes to the role with degrees in commerce and Christian studies and has led and supported staff for over 15 years in counselling, employment, and housing services.

Unger said he has very much been inspired by the support from the community, faith groups, businesses, government agencies, and others who share the vision for integrated mental health care, and he looks forward to

working together to grow and develop their services so those on the mental health journey can receive hope, healing, and community.

"We have a strong team of leaders who are the program leads," he said. "I have some learning to do, but I know that team and know that there is strong leadership in all areas."

"We need to continue to be diligent," Unger said of continuing to face the challenges posed by the pandemic, but he sees the Eden staff as having been phenomenal in adjusting to continue to provide services in a safe way.

Other priorities include redeveloping space in Winkler with the overall goal of "continuing to make that a real centre of excellence for mental health care in the region."

In addition, Eden is also establishing or expanding on locations and services



Brad Unger

es in both Steinbach and Winnipeg.

"We're working to establish those hubs in Steinbach and Winnipeg in the medium term," said Unger, who sees it as a reflection of the continued and increased need for their services. "The demand for services is quite high. Doing everything we can to expand and develop programming is a high priority."

## > COVID DEATHS, FROM PG. 4

due to COVID-19.

Southern Health accounts for 530 of the active cases, 67 total hospitalizations, and 15 total ICU patients.

In comparison, the Winnipeg health region, which has a population more than three times that of Southern but a vaccination rate 20 per cent higher, has 385 active cases, 42 total hospitalizations, and five ICU patients.

Manitoba's five-day COVID-19 test positivity rate on Monday was 5.7 per cent provincially and 2.9 per cent in Winnipeg.

The province has also been providing test positivity rates every other week for the other health regions. On Nov. 17, Southern Health's rate was 14.4 per cent, the highest in the province. The case numbers have also been rising steadily in the Pembina Valley in recent weeks.

On Monday, Winkler was reporting 65 cases, Morden 54, Altona 20, Carman 17, and Stanley 16. Other communities in the region had under 10 cases each at press time.

## > CANCER, FROM PG. 5

wasn't a death sentence, but the cancer was too far advanced to remove the prostate, so he gave Ferris a hormone injection to starve the cancer.

Ferris's cancer had spread to almost every bone in his body due to what he calls extreme neglect by the doctors. At a follow-up appointment in November 2018, he was told he had three to six months to live, or a year at most.

"This was one of the darkest days of my life," he said.

This Nov. 12, he's celebrating three years since being told that.

He said after receiving his prognosis, he was getting up every day preparing to die. He remodelled the water system on the farm so it would be user friendly for his wife; they sold the farm equipment they no longer used, and more things like that.

Soon enough, he started Reiki healing, a form of therapy related to energy healing. He went into it a skeptic, but in his first session, his therapist had him stand relaxed and he sensed her following his body down to the floor but never touching him. When she got



to his knee, it started to jump and flex because of his meniscus, and he became a believer.

"She said, 'we're all going to die someday, so why do you want to be miserable?'" said Ferris. "I was so bitter. She cured me of that."



Now, he wakes up every day planning to live. He works in his shop and keeps himself busy, he spends time with his new granddaughter (something he never thought he'd get to do), he's done chemotherapy, and he tries different diets to extend his life. But, unfortunately, he knows there's no cure for his cancer at this point.

"I've lived three weeks at a time through all of this."


That's because every three weeks, he went for another chemotherapy treatment. He completed his tenth and final one on July 31, 2020. His PSA dropped to 1.95, then went to 2.18, 2.28, 2.83, and was last at 6.7 at his most recent appointment in the fall. Now, he goes back for blood work every four weeks and if his PSA rises over 8.4, Ferris will have to go back on chemotherapy.

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## 2<sup>nd</sup> ANNUAL 2021 HOLIDAY FAVOURITE Recipes

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## Appetizers

### Easy Cheese Ball

3 packages cream cheese  
2½ cups shredded cheese  
(tex-mex or cheddar)  
1 package Ranch dressing mix  
Mix well. Roll in chopped nuts and or dried cranberries. I make several balls or logs, wrap them in plastic wrap and put them in the fridge or freezer... ready to serve or gift!

### Layer Taco Dip

500g sour cream  
1 package taco seasoning mix  
Mix and let sit overnight in fridge to blend flavours. Spread mixture in pizza pan or deep plate. Top with shredded lettuce, diced tomatoes, chopped green onions and finely grated cheddar cheese. Serve with tortilla chips.

## Breads & Buns

### Focaccia Bread

1 tsp white sugar  
1 (.25 ounce) package active dry yeast  
1/3 cup warm water  
2 cups all purpose flour  
2 tbsp olive oil  
Tsp cracked sea salt  
Cherry tomatoes (optional)  
Tsp herbs (your favourite)

In a small bowl, dissolve sugar and yeast in warm water. Let stand until creamy, about 10 minutes. In a large bowl, combine the yeast mixture with flour, stir well to combine. Stir in additional water, 1 tablespoon at a time, until all of the flour is absorbed. When the dough has pulled together, turn it out onto a lightly floured surface and knead briefly for about one minute. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 30 minutes. Preheat oven to 475 degrees. Deflate the dough and turn it out onto a lightly floured surface; knead briefly. Pat or roll dough into a sheet and place on a lightly greased baking sheet. Brush the dough with oil and sprinkle with salt, herbs and tomatoes. Bake focaccia in a preheated oven for 10 to 20 minutes. If you like moist and fluffy, wait just about 10 minutes. If you like it crunchier and darker on the outside, wait 20 minutes. \* Can use Italian dried herbs and add cherry tomatoes to the top before baking.

### Brown Buns

2 eggs  
4 tbsp sugar  
2 tsp salt  
6 tbsp oil  
3 cups warm water  
2 tbsp yeast (instant, fast acting)  
7 cups flour (4 cups whole wheat, 3 cups white)  
½ cup ground flax

Mix first 5 ingredients. Add some flour, then yeast, then gradually add rest of flour and ground flax. Cover to let rise and double in size, punch down, shape into buns. Cover to let rise for 1 hour or until double in size. Bake 15-18 mins at 350 degrees.

## Desserts

### Best Shortbread Cookie

1/2 cup cornstarch  
1/2 cup icing sugar  
1 cup flour  
¾ cup soft butter

Put 3 ingredients in a bowl and add butter and make into a soft dough. Shape into small balls and place on a plate and put in fridge for 1/2 hour. Place balls on parchment paper in a cookie sheet spaced 3" apart. Flatten balls with a fork dipped in white sugar with a "x" formation. A maraschino cherry cut in half is another lovely topping. Bake at 300 degree F for approximately 15 minutes. Delicious!

### Peanut Butter Rice Krispie Balls

1 cup corn syrup  
1 cup sugar  
1 cup smooth peanut butter  
4 cups rice krispies  
½ cup chocolate chips

Place corn syrup, sugar and peanut butter in a saucepan. Bring just to a boil. Remove from heat and pour over rice krispies. Stir well to combine. Butter hands and quickly roll into 48 one-inch balls. Set on a sheet of wax paper to cool. When cooled, place chocolate chips in a plastic bag and microwave until softened. Cut a tiny hole in one corner of the bag and drizzle the chocolate over the balls.

## Beverages

### Minty White Chocolate Cappucino

1 ½ cup Carnation evaporated milk, heated  
1 ¼ cup hot coffee  
½ cup white chocolate, chopped  
¼ tsp mint extract

Place ingredients in blender. Process until smooth. Serve hot.



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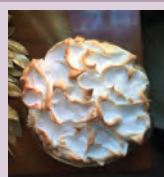


## Homemade Turtles

3 cups whole pecans  
½ cup butter  
1 cup brown sugar  
½ cup corn syrup  
dash salt  
7 oz sweetened condensed milk (half of a 14 oz can)  
½ tsp vanilla  
1 ½ cups milk chocolate chips  
½ tsp vegetable oil or shortening  
Place pecans in a single layer on a baking sheet. Bake at 350° for about 10 minutes or till lightly browned and fragrant. Let cool. Arrange in clusters of 3-4 on silicone liners or parchment paper. Combine butter, brown sugar, corn syrup, and salt in a 6 quart pot. Bring to a boil over medium heat. Add the sweetened condensed milk and vanilla. Continue cooking and stirring till mixture reaches 235-240 degrees. Quickly spoon the caramel over the pecan clusters, making sure caramel is touching each of the pecans. Let sit to harden. Melt the chocolate chips and oil in the microwave at half power, stirring often till smooth. Spoon chocolate on top of each layer of caramel. Let sit for 1-2 hours, or till hardened.

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# Fighting for change: the White Ribbon Project

By Becca Myskiw

A few Miami residents are joining the movement to promote awareness for lung cancer.

April Hildebrand and her family are part of the White Ribbon Project, a campaign to get healthcare and cancer centres to recognize Lung Cancer Awareness Month in November.

According to the White Ribbon Project's website, the stigma against cancer results from years of misleading campaigns, implying it stems from one thing: smoking, and that's not true. Unfortunately, that misconception has proven to be a barrier in recognition, patient advocacy, fundraising, and research on lung cancer, making it one of the most underfunded cancers.

The Canadian Cancer Society says lung cancer is the most commonly diagnosed cancer in Canada, excluding non-melanoma skin cancers. It is also the leading cause of death from cancer

for men and women in the country. They estimate that 29,600 Canadians will be diagnosed with lung cancer this year, accounting for 13 percent of all new cancer cases in 2021. Fourteen thousand eight hundred men and 14,800 women will be diagnosed with lung cancer. For men, 10,800 will die and for women 10,300 will die.

They also estimate 21,000 Canadians will die of cancer this year, accounting for a quarter of all cancer deaths in the country. In addition, 81 Canadians will be diagnosed with lung cancer every day and 58 will die from it every day. It's estimated one in 15 Canadian men will develop lung cancer in their lifetime and one in 18 will die from it. One in 15 will also get it for women, and one in 20 will die from it. Hildebrand's father is one of the one in 15 who was diagnosed with lung cancer. They received the news in the spring of 2018 and have since been trying anything to prolong his life and

improve his quality of life.

"It's really hard for anyone with cancer going through the journey," said Hildebrand. "Even more so with lung cancer due to the lack of resources and funding. He got on a clinical trial, and it provided him with a stable year, he still had a good quality of life, but it's always a battle trying to find one or getting on one to provide some kind of cure or something that would help prolong life."

Her dad has a 22 per cent survival rate over five years — a lower prognosis than other cancers have. He's currently on a palliative care program at home, living with an oxygen tank, taking a lot of medications, waiting to get on another clinical trial. For now, that's all he can do while the White Ribbon Project raises awareness around his disease. Hildebrand said the purpose of the movement is to decrease the stigma and get more funding so the statistics can change.



STANDARD PHOTO SUBMITTED

Eugene Prokopchuk has been fighting lung cancer for three years now. His family is taking part in the White Ribbon Project to raise awareness around the underfunded cancer.

## Doctors Manitoba hosting vaccination town hall Nov. 30

Staff

Got questions about COVID-19 vaccination as it relates to your child's health? Doctors Manitoba is offering to answer them at a virtual town hall being held next week.

Vaccine and pediatric specialists will be on hand Tuesday, Nov. 30 to field questions from parents and children about the vaccine, which was approved for use in kids age five to 11 by Health Canada last week.

"It's only natural to have questions about a new vaccine, especially when it's for children, and that's why we've planned this town hall," said Dr. Kristjan Thompson, president of Doctors Manitoba, which represents the prov-

ince's physicians. "Hundreds of pediatricians and family physicians across the province are also ready to answer questions one-on-one, and in many cases they will be offering the vaccine in their clinic too."

The town hall will begin at 7 p.m. next Tuesday and be broadcast live on the Doctors Manitoba YouTube page.

Manitobans can submit questions in advance or register for a reminder email at [ManitobaVaccine.ca/town-hall](mailto:ManitobaVaccine.ca/town-hall). Questions can also be submitted during the live event.

The panel of medical experts will include:

- Dr. Marni Hanna, president of the Manitoba Pediatric Society
- Dr. Ruth Grimes, president of the Canadian Paediatric Society
- Dr. Jared Bullard, section head of Pediatric Infectious Diseases and associate medical director of Cadham Lab
- Dr. Joss Reimer, provincial COVID-19 vaccine medical lead and medical officer of health
- Dr. Ashley Chopek, pediatric oncology and bone marrow transplant specialist.

Once the pediatric vaccine is available, pediatricians and physicians offering the vaccine will be added to [ManitobaVaccine.ca](http://ManitobaVaccine.ca).

The site, created by physicians about COVID-19 vaccines, will also be updated with answers to common questions about the pediatric vaccines.

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# GPAC members showing off art until new year

By Becca Myskiw

Golden Prairie Arts Council's (GPAC) annual member show and sale exhibition currently features 19 local artists.

The organization finishes every year with the event, featuring art from any GPAC member who puts forward an application. Executive assistant and curator Desiree Penner said the exhibition is an excellent way for artists to show their work in a professional setting without the commitment of a solo show.

Each artist can feature one to four pieces, and this year, there's a wide array of different mediums used. Penner said they have paintings, woodwork, soapstone carvings, glass art, fiber art, photography, ceramics, pastels, and more.

"That creates a very dynamic show that is completely unique to any other exhibits we have here," she said.

Nigel Bart is one of the artists featured in the show. He entered four pieces — one soapstone carving and three paintings. Bart is a multi-disciplinary artist, meaning he works with various mediums like music, video, technology, paints, paint markers, and soapstone.

Art for him is a health release. It's



Debra McKay

helped him express the underlying things going on in his life and allows him to find balance.

"It's about improving myself and relating to people better in the world," he said. "It helps me be a better human being. I just feel like art is a way of communicating with people and allowing healthy relationships."

Bart's first piece in the member show and sale exhibition is the soapstone sculpture called "The Thinker." The 30 lb. sculpture depicts an introverted character who built himself up on a peak. The character appears to have their life together but they're lonely. For Bart, the piece is an expression of



STANDARD PHOTOS SUBMITTED

McKay's Forgotten Treasures exhibit it one of a number on display at the Golden Prairie Arts Council show and sale exhibition.



Susie Stewart

what he's going through personally.

His first painting is titled "Cass" and is an acrylic portrait of his two-spirit Métis friend, Cass.

"We've developed a really strong friendship and we share amazing ideas together," he said. "She's an artist as well. To me, this portrait is really to honour her spirit and just to say thank you for helping me in my journey."

Bart's other paintings are "Endangered," done with paint markers, and "The Squirrel," is done with acrylics. The first shows an iceberg meeting an orca in the ocean — two endangered things. The second is a portrait of his dog, Marley, looking intensely at her face, eyeing a squirrel.

Also in the exhibition this year is photographer Debra McKay. She got into the craft in 2005, starting to take photos as a hobby, but slowly began making money with it. McKay taught herself how to use her Nikon, taking online classes here and there and learning from others in the field.

At first, she was taking photos of everything she saw, then it was strictly wildlife, and now it's what she calls forgotten treasures — things like old buildings and landscapes people often pass over.



Stewart's acrylic paintings will be on display.



Nigel Bart



Bart will have one of his soapstone carvings on display.



Margaret Riddell mainly works with watercolours and dabbles in acrylics.



Continued on page 10

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# Smile Cookie week gives almost \$20K to Big Brothers Big Sisters

By Becca Myskiw

It's official — Tim Hortons' Smile Cookie Week generated \$19,429 for Big Brothers Big Sisters of the Pembina Valley.

Executive director of the organization Jenelle Neufeld said they've been looking forward to receiving the cheque since the week happened in September.

Smile Cookies are a promotion Tim Hortons does annually in September. Essentially, each chocolate chip cookie is decorated with blue icing eyes and a pink icing smile and sold for \$1. All proceeds from the cookies sold during the week go to a local charity each Tim Hortons selects.

Since their opening in 2004, the Morden and Winkler Tim Hortons have donated their Smile Cookie proceeds to Big Brothers Big Sisters of the Pembina Valley. Co-owner of the chains Jeff Doerksen said he likes getting to choose a local charity to donate thousands of dollars to each year, and he continues to choose them because their programs are a "worthy cause."

This year, the cheque presentation

happened at Doerksen's newest Tim Hortons location in Carman. Next year, they'll be in on the Smile Cookie campaign.

"This means everything for us, especially it gets overwhelming with COVID being a thing and not really being a thing," said Neufeld. "Our programming is pretty much back to normal, but fundraising isn't."

Fundraisers are a main source of income for Big Brothers Big Sisters of the Pembina Valley, and they haven't been able to have many in the last 20 months. They just decided to cancel Bowl for Kids, which is their biggest fundraiser of the year, bringing in over \$30,000 each year.

"For us that is a huge loss," she said. "Smile Cookie week will make up for some of that."

She said they'll still have their regular programming — one on one mentoring, Go Girls!, in-school mentoring, and Game On — but they'll have to dip into funds allotted for other things to do so.

With the nearly \$20,000 from Tim



STANDARD PHOTO BY BECCA MYSKIW

Tim Hortons sold 19,429 smile cookies this year, which means they raised \$19,429 for Big Brothers Big Sisters of the Pembina Valley.

Hortons, Big Brothers Big Sisters of the Pembina Valley can continue to change lives this year. They've recently moved into the Carman area and are looking for volunteer mentors be-

fore they look for mentees. To inquire about being a big brother or sister, contact Neufeld at [jenelle.neufeld@bigbrothersbigsisters.ca](mailto:jenelle.neufeld@bigbrothersbigsisters.ca).

## > GPAC, FROM PG. 9

"To go on these drives and you just... I just want people to, when they go

look at my pictures, they say 'wow!' you know. Create your own story for this building, this house, this barn."

She has four pieces in the show as well. One is an aerial shot of the Stephenfield Park she took when invited to fly with a local pilot. Another is a photo of a bald eagle her husband took, the third is a sunrise she caught on her way to work one day, and the last is a big forgotten mansion in black and white.

McKay's mantra is "do what you love or shame on you", something an Elder said to her years ago. Photography is what she loves.

Susie Stewart is showcasing some of her acrylic paintings at GPAC as well. She drew and painted when she was younger but only recently picked up the art again a decade ago, re-teaching herself the ropes.

"Nature inspires me," she said. "I love flowers, I love to paint them."

So, a lot of her paintings depict her favourite parts of nature. But Stewart is also in love with Europe — Scotland, especially — and has recently started painting highland cows as shown in the exhibit.

"It's bland here," she said. "In Europe, they're not afraid to express. I like doing buildings too because Europe has awesome architecture."

For Stewart, art is peace of mind. She calls it her sanity saver. When she's painting, her mind is busy, and she becomes focused and relaxed.

She said acrylics are what she

knows, and she likes to stick to them, but she's slowly dabbling with watercolours.

Margaret Riddell is the opposite — she mainly works with watercolours and dabbles in acrylics, among other things.

When Riddell retired, she found she had time to pursue a lifelong interest: art. Her sister is a watercolourist and convinced her to try it, so now she works with the difficult medium.

"It's not an easy medium to work with," she said. "But there's so much you can do with it. You can have a light pastel wash on your pictures or intense colour. There are a lot of different ways to use it."

Stewart's paintings are often based on photographs of scenes with lots of colour. At GPAC, she has an abstract painting, a metallic one, an acrylic one on wood, and a cubist one.

Her favourite painting in the show is done with acrylics, alcohol ink, and collage techniques showing colourful quails in otherworldly scenery. She also has a painting called "Picasso" and one of very realistic horses grazing.

"I think good art starts with experimenting," said Stewart. "You never know what you're going to get until you start."

The GPAC member show and sale exhibition is up until the end of December. Most pieces are for sale to the public and Penner says they're a great Christmas gift.

# PHOTO CALENDAR

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# Regional Connections offering settlement services in Carman

By Becca Myskiw

Newcomers to the Carman area can now get help settling into their community without leaving town.

Regional Connections has expanded its settlement services to Carman. That means once a week, immigrants to Carman can take advantage of these in-person services, whether it be for getting registered with Manitoba Health, getting a driver's license, housing, jobs, or registering children for school.

Executive director Steve Reynolds said there are varying degrees for a newcomer about how much they know with the processes, and they can assist at any degree.

To get involved with Regional Connections, newcomers have to contact them at their Winkler office by calling (204)325-4059 or by going to the memorial hall office on Tuesdays from 9 a.m. to 4 p.m. when they'll be there.

From Regional Connections will be Mariyam and Harry, who can offer English, German, or Russian services. In addition, over 20 more languages are available via video call from their coworkers.

Workers will do an intake assessment to determine what the immigrants need, their strengths, if they're already sponsored, and if they are already

working with people in the community. Then they'll make a plan with them for the next three months, six months, and up to five years down the road.

Reynolds said Regional Connections would be available to newcomers at any point in their journey for as long as they need them.

"Our goal is our services would end when they reach their goals and don't need that support anymore," he said.

Though the organization is available at their offices in Winkler, Morden, Altona, and Dauphin, and also available virtually, Reynolds said distance and connectivity issues could be a barrier. Nevertheless, they saw the need for them to be present in the Carman community.

"It's just always a question of client numbers and are there enough people who need the service to justify it being there," he said. "And as newcomers have continued to arrive in the Carman area...it just kind of hit that point where it made sense for us to be there."

Reynolds said over 60 per cent of Canadian immigrants are economic immigrants, meaning they move to Canada for jobs. Eighty per cent of immigrants in the southern Manitoba region are eco-



STANDARD PHOTOS SUBMITTED

Harry and Mariyam of Regional Connections will be offering language services.

nomic immigrants.

Regional Connections currently has over 200 clients on file in the Carman area, 77 of which arrived in the past five years.

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Joanne Riel

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# Where are they now? Catching up with ... Tara "Sylvester" Skibo

By Dennis Young

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

**Q. Firstly let's get familiar with you again. When did you live in Carman?** My family and I moved here in 1982 from Roblin.

**Q. Did you attend school here?** Yes. Elementary and high school.

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

I worked at Syl's Drive Inn all through school. I took time off one summer to babysit the McKnight kids.

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

I played ringette, volleyball, basketball, badminton, soccer and softball receiving the Female Athlete of the Year award in grade 12. It was special because my Mom won the same award and both were presented by Frank McKinnon.

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

Yep, my grandparents too. Grandpa Quentin Sylvester started Syl's with his brother. My dad, Darryl, took over when gramps retired. Grandpa John Smith was a farmer. Mom, Nola, did some substitute teaching at Carman Collegiate, helped run Syl's, and retired from the Active Living Centre, which she helped get built.

**Q. Do you have family living here?**

Yes, Mom and Dad and my oldest brother, Corby, there. As do my dad's sister, Kim Janzen and Uncle Kelvin Smith and his family.

**Q. What got you to leave Carman and where?**

I left to go to the University of Manitoba in 1962 for a degree in Physical Education.

**Q. What was your chosen career af-**



STANDARD PHOTO SUBMITTED

Tara Skibo, middle, with her parents Nola and Darryl Sylvester.

**ter school?**

I thought I would be an athletic trainer, but I don't have the stomach for it. I was a personal trainer for a few years, including running my own training business.

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

I moved back to Carman in 2000 for a contract with the Central Region Sport Association. I ran the Manitoba Summer Games for Central Region.

**Q. Did you meet your spouse here or where?**

I met my husband, Doug, in Winnipeg. We were both working at Sport Chek.

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

Our kids were both born in Winnipeg. Matthew in 2010, and Ruby in 2012. Matthew loves football, golfing with his family and entertaining anyone who will listen. Ruby plays ringette with me as an assistant coach and enjoys gymnastics and loves all

living creatures.

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

I spent seven years running the Manitoba Games program and ten years at Sport Manitoba in various communications, marketing, and business development roles. I worked for a year at Special Olympics Manitoba and spent another year with the Winnipeg Blue Bombers. I was incredibly fortunate to be with the team the year they won the Grey Cup. I finished off my work there, leading the Manitoba Grey Cup tour.

**Q. What do you do now?**

I'm currently working for a national non-profit organization called the Canadian Virtual Hospice. We are an online source of information and support for advanced illness, palliative care, and grief. I spend most of my time managing projects and planning and implementing new product launches. It's a significant departure from my many years working in sport. I'm enjoying the change, and the top-

ics are incredibly relevant to my current life situations. It feels good to be developing and promoting resources that help Canadians in a time of tremendous need.

**Q. What passes your leisure time? Do moms get to have a life outside of their kids' activities?**

I make time for long walks, drinks, and yoga with friends. My family enjoys cycling, swimming and golfing.

**Q. Have you travelled for leisure and where?**

My longest trip was three months backpacking Europe after I graduated from university. I also got to spend about two months in the Bahamas. I've spent some time in Mexico and many trips across the US's southern parts (Florida, Texas, Vegas, California). A favourite more recent trip was a long weekend in New York with my mom, Marie Robinson, and Kendra Vanbeselaere (nee Buchanan). I also met up in Kelowna with high school friends (Jo-Ann, Karen, Kirstin, Amy, Holly, Brandi, April, Jodi, Angela) to celebrate our 45th birthday.

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

I'm working on a list with my mom. We are nearing the end, but next is a trip to the East Coast. Maybe this fall if COVID-19 allows.

**Q. Do you ever return to Carman?** All the time. We mostly visit, golf, swim, and go to Syl's.

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

I have lots of great memories. They include my family, my friends, and my time spent playing sports.

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

I'm glad a local paper still exists in the town. Thank you for this opportunity.

*If you would like to get in contact with Tara Skibo shoot me an email at denjohnny-oung@gmail.com and I will share your address.*

## Local farmer killed in grain bin accident last week

By Lorne Stelmach

A local man lost his life last week as a result of becoming trapped inside a grain bin.

Area firefighters were called to a farm northeast of Morden around 5 p.m. last Tuesday in hopes of rescuing the man, who was in his early 60s, said Morden Fire Chief Andy Thiessen.

Despite their best efforts, the man's body could only be recovered around 11 p.m. that day.

"We worked there for about six hours to try to locate him ... a lot of

hard work because you've got to do it all manually ... it just takes brute manpower, but luckily we had a lot of guys there," Thiessen said. "As it turned out, he was right at the bottom of the bin."

Thiessen said it appears the man may have been in the full bin trying to clear up a crust or clumps of grain that would have impeded its flow.

It is a practice that is inherently dangerous owing to the risk of entrapment or suffocation within the grain, which can easily shift and settle.

When the call came in, the Winkler

Fire Department was immediately called to assist because it has members particularly trained in grain rescue, Thiessen noted, and they also called in the STARS air ambulance to be prepared if needed.

"STARS was called because if we could do a quick rescue, we know that person's going to need some attention really quick. They were only on scene for a short period of time," he said.

"We worked quite feverishly there for the first half hour because that's our go-to time if there's any rescue

possible at all," Thiessen explained. "After that time span, if we haven't located the person, then it's a matter of recovery."

Thiessen noted it is always especially difficult for their department when they end up dealing with a fatality—when what starts as a rescue becomes a recovery.

"It's a solemn decision that you have to make when you say, 'Okay guys, slow down, save your energy, because we're going to be here a while.'"



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Beavers bounced by Islanders

Carman Beavers lose 3-0 lead in 6-3 loss in Thursday's game at the Carman Arena

By Brian Bowman

The Carman Beavers spotted the Portage Islanders a 3-0 lead in a 6-3 home loss in South Eastern Manitoba Hockey League action last Thursday.

Jens Meilleur and Brett Brooks scored to give Portage a 2-0 first-period lead and then Lane Taylor made it 3-0 just 1:33 into the second period.

But Carman's Derek Wood and Jesse Livingston tallied just 22 seconds apart early in the second.

The Islanders' Garrett Maly scored 1:01 after Livingston's marker to put Portage up a pair of goals.

Meilleur completed his hat trick

with a pair of goals midway in the third before

Carman's Taylor Fisher closed out the scoring with a power-play goal.

Meilleur leads the league in scoring with 12 points (five goals, seven assists) in just four games.

Rocky Van de Velde made 40 saves in the losing cause.

With the victory, Portage improved its record to 4-1 and is in first place with eight points.

The Beavers, now 2-1, will host the Notre Dame Hawks on Saturday and then the Altona Maroons next Tuesday. Both games start at 7:30 p.m.



STANDARD PHOTO BY DENNIS YOUNG

The Beavers' Derek Wood, left, scored a goal and added an assist in his team's 6-3 loss to the Portage Islanders in SEMHL action last Thursday in Carman.

## The Beaver Championship years....1966-67

By Dennis Young

Assistant coach, Brian Parker put his veteran forces through their paces alongside some new youngsters. Ken Hiebert was slated to play puck-stopper, however 48 hours before the league opener Pilot Mound made a lucrative offer to retain him. Larry Stout filled in adequately for the Beavers until he tore knee ligaments. Chuck Woodlands filled in.

The Beavers rounded out the first half tied for second with Manitou Mercurys (replacing the financially troubled Morden Bomber squad) as Altona still commanded first place, losing just one game in eight starts. The Maroons were playing without top sniper Harry Buechert and short-tempered Jerry Rempel who was sitting out a three-year suspension for crosschecking an official across the throat.

Carman managed five points in five outings with juvenile Bill North leading the offense with 5 goals in the 7-4 defeat of Pilot Mound and 2 more past Manitou. After contests versus Winkler, Brian Parker, David Bishop and Bill North were named to an unofficial all-star squad to raise funds for Winkler in an exhibition game. The Royals had lost their arena in a fire and along with it went their equipment and uniforms.

To make playoffs, Denny Hunter recorded a hat trick and Bill North had two goals in a must-win situation against the Pilots ending in a 7-1 score. The Beavers ended in fourth with 19 points and again Altona was the pennant winner with 30 points los-



STANDARD PHOTO SUBMITTED

Kennedy, McKinnon and Scott

ing only five. The Maroons received the newly donated Ross Williams Memorial Trophy emblem of a first place finish. (Ross was a former Rocket who passed away suddenly at age 37.)

The Beavers received permission to use Pilot goalie Ken Hiebert in the playoffs as Woodlands had left town. In the initial game against Jim Moose Giesbrecht and the Royals, Hardy Letain totalled three goals for a 5-4 win. Winkler overcame Strachan's 3 markers on the next date and won 5-4 with Brian Dyck playing a major role. Carman put four wins back-to-back after that, with Winkler, playing their games in Morden. The Beavers ended the semifi-

nals with a 6-2 score and North's three goals, plus out shooting Winkler 40-29.

Altona and Carman last met in the finals in 1964, when the Beavers won their first SEMHL title in six games. For the opener, Gary Ross returned after two months of curling to score one goal and assist on another in a 3-2 loss, but young legs of the "kid line" prevailed in the ensuing contest to tie the record at one apiece. Goalie Ed Sawatsky then blanked the short staffed Carman offense in Altona 5-0.

Then he let five escape him the next game and the series was tied at 2-2. Carman used their fourth goalie of the season and seemed able to pluck puckstoppers whenever they wished. Ken Hiebert had left on a honeymoon, so Winkler's Giesbrecht pulled on a Beaver sweater for the final two games. Stretch was back for the fifth, but league officials ruled him ineligible.

One thousand fans at Sunflower Gardens sat in silence as Captain Frank McKinnon dented the twine with the winner in a 2-1 finish, then a thousand screamed with delight as goals from Marsh Kennedy (2) and North gave the Beavers their second SEMHL championship back on home ice. North was the top point getter (16) in league playoffs while Letain was top in goals (9).

The Beavers had a well-rounded club with few flaws, a combination of youth and experience, working like a well-oiled machine. However when the naming of the

Continued on page 16



## > BEAVERS HISTORY, FROM PG. 15

all-star team was done by the League, just Gladwyn Scott made the squad as coach. He promptly added Dvid Bishop, Neil Strachan, North and Leta, the latter two scoring singles in

the 5-3 victory over the Provencher League All Stars (Morris, Dominion City, Winnipeg, La Broquerie).

The Beavers added Glennis Scott, Wayne Busse and Randy Rietze to

their squad for Provincial play, but were eliminated in the first round 7-1 and 5-2 by Boissevain.

Wally Jasper, then a public relations representative for the Pan-Am Games, NHL'er Walter "Babe" Pratt and Chicago hurler Al Herman, all made guest appearances and speech-

es at the Annual Beaver Wind-up and Dance. Besides Chic's heel-and-toe number, a presentation was made to Howie Dunn for his contributions within the club.

# Pembina Valley Twisters win two at home

By Lorne Stelmach

The Pembina Valley Twisters kept right in the thick of the battle for first place in the MMJHL with a pair of wins on home ice in Morris this past weekend.

The Twisters needed a shootout Friday before edging St. Vital 3-2. They then beat Charleswood 4-1 Sunday.

Pembina Valley and the Victorias traded two goals each in the second period Friday, and the shootout need-

ed to go seven rounds before Travis Penner scored to give the Twisters the 3-2 edge.

Jacob Carels and Caelen Russell scored in regulation for Pembina Valley, while Logan Enns made 22 saves as the Twisters held a 27-24 edge in shots on goal.

The Twisters spotted the Hawks an early powerplay goal just over a minute in on Sunday but then shut them down the rest of the way.

Merek Degraeve scored twice (including an empty netter that sealed the deal) while Penner and TJ Matuszewski contributed singles. Shots on goal were 26-22 in favour of Pembina Valley, and Enns got the win in net with 21 saves.

The Twisters improved to 12-3-2 for 26 points and remain just three points back of St. James and four behind Transcona.

That sets up a big meeting Friday

in Transcona with the Railer Express. The Twisters then host the Raiders Sunday evening.

## Female Hawks bounce back from Avros loss

By Lorne Stelmach

A weekend road trip ended on a winning note for the female U18 Pembina Valley Hawks.

The Hawks fell 6-4 to the Winnipeg Avros Friday evening but came back to earn a 3-2 win Sunday afternoon over Interlake.

Abbey Bourdeaud'hui had a hat trick Friday for the Hawks, who trailed 2-0 and 4-1 at the intermissions before making a third period push with three goals.

Ava Dalebozik scored the other Pembina Valley goal, while Tria Enns made 24 saves as Winnipeg outshot Pembina Valley 30-21.

The Hawks took a 2-1 first period lead against Interlake and then traded goals with the Lightning in the second followed by a scoreless final frame.

Scoring for Pembina Valley were Bourdeaud'hui, Cambree Martens and Mya Pearce. Kaylee Franz was called on to make 31 saves with the

Hawks holding a massive 54-33 margin in shots on net.

The results kept the Hawks at .500 with a 6-6-0 record for 12 points. They remain in fifth place and two points back of the Winnipeg Ice and three up on Eastman and Central Plains.

Their week began with a visit to Niverville Wednesday to take on Eastman, and they are on the road again this weekend with Yellowhead Saturday in Shoal Lake and Westman Sunday afternoon in Hartney.

## Hawks split games with Dauphin

By Lorne Stelmach

The male U18 Pembina Valley Hawks earned a split on a weekend road trip to Dauphin.

The Hawks bounced back from a 5-2 loss to Parkland Friday evening by edging the Rangers 5-4 in overtime Saturday afternoon.

Special teams were in the spotlight Friday as the Rangers went three for seven on the powerplay while the Hawks capitalized on only two of their eight man advantages.

Mitchell Hlady and Logan Fillion scored on third period powerplays for the Hawks while Bryson Yachyshyn made 28 saves with Parkland holding a 33-29 edge in shots on goal.

On Saturday, Pembina Valley spotted the Rangers a 3-0 lead before rattling off three unanswered goals in the second period to get back into the game.

Keston Worley was the hero this time with the winner at 3:10 of overtime completing his hat trick. Cameron Parr and Marek Miller also scored for the Hawks, and Matthew Grysiuk made 27 saves with the shots ending up 31-30 in favour of Parkland.

The Hawks have slipped to 10th place on a record of 7-8-2-0 for 16 points, but they are just two back of Yellowhead and three behind Norman and the Winnipeg Bruins.

This week, the Hawks had a tough matchup Wednesday in Morden with first place Brandon, and they have a key doubleheader this weekend in Shoal Lake with Yellowhead.

## Cougars win three, lose three after game six

By Becca Myskiw

The Carman Cougars are now three and three after defeating the Miller Aces last Friday.

Ryan Orchard opened the scoring with a goal at 7:21 in the first. He was soon followed by Ethan Wilde and Gavin McCallum to finish off the first, giving the Cougars a 3-0 lead.

"Gabe Mondry was really great between the pipes for us tonight," said Cougars head coach Jeff Park. "Especially in the first 10 minutes of the first."

Things started to heat up in the second with Sam DeRocquigny scoring the only goal of that period. The Aces took five penalties that period — two 10-minutes, one of which was a game misconduct, two minors, and a five minute for fighting.

The Cougars answered with five penalties of their own: Two minors, one double minor, one game misconduct and one five minutes for fighting.

However, the game didn't end there.

Orchard scored two more goals for the Cougars in the third getting himself a hattrick, while securing the team a win. The Miller Aces managed to get one past Mondry in the third, making the final score 6-1 for Carman.

The Aces got just one penalty in the final 20 minutes, but the Cougars got five more. Two players received 10-minute misconducts and the other three all had minor penalties.

"It was a penalty filled game," said Park. "Glad the game was over when it was."

The Cougars faced the Mountain Mustangs again on Wednesday and are now looking ahead to a rematch with the Aces on Friday, Nov. 26. They play at 8 p.m. in Altona and Park is optimistic his team can

do well if they play the whole game.

"We had a couple of very good games against good teams recently," said Park. "All lines contributed again...and we have another big week coming up, but I like the compete of our team right now."

The Cougars have had two games cancelled so far this season due to weather and are working on getting them rescheduled. They still have seven games along with those ones before the Christmas break.

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**CARMAN BEAVERS VS**  
**NOTRE DAME HAWKS**  
**SATURDAY NOV. 27TH**



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

## take a break > GAMES

### SUDOKU

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

Level: Intermediate

#### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

Sudoku Answer

### Lady of the LAKE

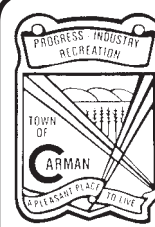
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Sealed tenders in writing for the purchase of the property described below will be received by McCulloch Mooney Johnston Selby LLP as follows:

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### 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.

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1. The bidder(s) whose tender is accepted will be required to complete an Agreement covering the terms and conditions of the sale.
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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.

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Attention: Scott W. Johnston

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Looking for farmland to rent in the Carman, Dufferin area, please contact Clayton Morgan at 204-750-1553



# get inspired

> MEAL IDEAS



## Turkey and Bean Tostadas

Recipe courtesy of the American Heart Association's Healthy for Good initiative  
Servings: 5

**Salsa:**  
2 cups chopped tomatoes (about 2 medium tomatoes)  
1 medium avocado, halved, pitted and diced  
1 large ear of corn, husks and silk discarded, kernels removed  
1-2 medium fresh jalapeños, seeds and ribs discarded, finely chopped  
2 tablespoons finely chopped red onion  
2 tablespoons fresh lime juice

**Tostadas:**  
nonstick cooking spray  
5 corn tortillas (6 inches each)  
8 ounces ground skinless turkey breast  
2 teaspoons chili powder  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 can (15 1/2 ounces) no-salt-added black beans, rinsed and drained

2 tablespoons water  
To make salsa: In small bowl, stir tomatoes, avocado, corn, jalapeños, onions and lime juice. Set aside.  
Preheat oven to 400 F.

To make tostadas: Line baking sheet with aluminum foil. Lightly spray foil with nonstick cooking spray. Place tortillas on baking sheet. Lightly spray tortillas with nonstick cooking spray. Using fork, pierce tortillas several times to prevent from filling with air.

Bake tortillas 5-6 minutes on each side, or until golden brown.

In medium nonstick saucepan over medium-high heat, cook turkey, chili powder, cumin and coriander 5-6 minutes, or until turkey is no longer pink, stirring occasionally to turn and break up turkey.

Add beans and water. Cook 5 minutes, or until beans are heated through. Using potato masher, coarsely mash beans. Remove from heat.

To assemble tostadas, spread turkey mixture over each tortilla. Top with salsa.



## Apple Nachos

1/4 cup smooth low-sodium peanut butter  
1 tablespoon honey

In small bowl, stir cranberries, almonds and sunflower seeds.

Layer 18 apple wedges on large plate or platter. Sprinkle with lemon juice to keep apples from browning.

In small microwaveable bowl, microwave water on high 2 minutes, or until boiling. Add peanut butter and honey, stirring until mixture is smooth.

Using spoon, drizzle half peanut butter mixture over apple wedges. Sprinkle with half cranberry mixture. Layer remaining apples over cranberry mixture. Drizzle with remaining peanut butter mixture. Sprinkle remaining cranberry mixture over top.

Recipe courtesy of the American Heart Association's Healthy for Good initiative  
Servings: 6

1/3 cup dried unsweetened cranberries or raisins  
1/4 cup sliced unsalted almonds  
2 tablespoons unsalted shelled sunflower seeds  
3 medium green or red apples, cored and thinly sliced into 12 wedges each, divided  
1-2 teaspoons fresh lemon juice  
2 tablespoons water

## Walnut Pumpkin Cream Cheese Tart



Total time: 2 hours, 30 minutes  
Servings: 12

**Sweet Tart Crust:**  
1 1/4 cups flour  
1/3 cup California walnuts, finely chopped

1/3 cup powdered sugar  
1/3 cup salted butter, softened  
1 large egg  
nonstick cooking spray  
**Filling:**  
1 can (15 ounces) pumpkin



By Gwen Randall

Sometimes we respond to situations in ways that others consider overreactive. We may have very strong feelings that we need to express, only to feel hurt and negated when someone says it's no big deal or tells us to chill out. If a reaction is indeed out of proportion to the situation, it means that something else is bothering us, or that old emotions are being triggered.

If a woman gets angry at her partner and accuses him of being controlling, it may be that she was controlled by her Father (or Mother) and she's had enough. As a child she could do nothing about it, but as an adult she will not put up with it. A man may feel that his partner is never satisfied. No matter what he does, it is just not good enough. This may upset him deeply if he spent his childhood trying to be "good enough" for his parents, but never succeeded. If one feels that his or her partner has little time to give to the relationship, this may trigger feelings of neglect and abandonment from earlier years. If one was constantly criticized by parents or siblings, there may be difficulty hearing honest feedback from friends or employers.

While we should not have to take the brunt of someone's unresolved feelings, we can try to bring some compassion to the situation. No one can change the past, but simply feeling understood and supported can go a long way towards healing it. Really listening to the reasons why someone is so upset can allow them to release old hurt. In order to do

## Strong emotional reactions

this, we have to set our egos aside temporarily.

Generally, showing that we care will defuse another's hurt or anger. Validating their feelings makes things even better. Then you are both in a more positive position to discuss the contentious issue. Mocking someone, and accusing them of being just like their parent, or of acting out childhood issues is one of the worst things you can do. That would be like abruptly awakening a sleepwalker. If the person is not conscious of the connection with deeper emotional issues, such comments could escalate their emotional reaction dramatically.

In close relationships, you have the power to profoundly assist in healing, but also the power to hurt the individual even more. That is why it is so important to be aware of our own unhealed parts, and those of others. Some will take the stance that they have dealt with their past, and it is no longer an issue in the current relationship. Unfortunately, past hurt is like radioactive waste, and does tend to seep up into our lives no matter how well we think we have stowed it. It also tends to operate through the unconscious parts of our being, and so we may truly be unaware that it is still affecting us.

Strong emotional reactions to current life situations are often a clue that there is something coming to the surface so it can be healed. It's best to tend to that healing before it contaminates our present, and leaks into our future.

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

4 ounces low-fat cream cheese, softened

1/2 cup brown sugar, packed  
2 teaspoons pumpkin pie spice  
1 teaspoon vanilla extract  
1 egg, plus 1 egg yolk  
1/2 cup California walnuts, coarsely chopped

whipped cream, for serving (optional)  
To make sweet tart crust: In medium bowl, stir flour, walnuts and powdered sugar. Stir in butter and egg. Using fork, stir well until soft dough forms. Gather into ball and wrap tightly.

Refrigerate at least 1 hour, or until dough is easy to handle.

Preheat oven to 350 F and coat 9-inch tart pan with removable bottom with nonstick cooking spray.

Lay pastry dough on lightly floured board and roll into 11-inch circle. Press dough into bottom and sides of prepared pan and poke with fork on bottom and sides. Bake 20 minutes.

To make filling: In medium bowl, whisk pumpkin and cream cheese until smooth. Add brown sugar, pumpkin pie spice, vanilla extract, egg and egg yolk, beating until incorporated.

Pour into prepared crust and top with walnuts. Bake 40 minutes, or until filling is set when pan is gently tapped.

Remove from oven and let cool. Cover and refrigerate until ready to serve.

Serve each slice with dollop of whipped cream, if desired.



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The Carman-Dufferin  
**STANDARD**

## OBITUARY



### Ivy Margaret Desjarlais

Ivy Margaret Desjarlais (nee Clarke) passed peacefully November 13, 2021, Boyne Lodge, Carman, Manitoba. She was 98.

Her husband Emil Desjarlais predeceased her in 1999. She is survived by two sons, Garry, wife Francis, and Ron, wife Linda. She is also survived by her former daughter-in-law Donna, husband Wayne. Ivy's family includes four grandchildren, Michael, Litonya, Treena, and Ryan.

Before and during WWII, Ivy lived in London, England. There, she met and married her Canadian soldier, Emil. After the war, the two moved to Oak Point, Manitoba. She also lived in

Winnipeg, Altamont, and Miami, MB.

Condolences can be left at [doylesfuneralhome.ca](http://doylesfuneralhome.ca)

In lieu of flowers, donations can be sent to Carman Palliative Care Program, Boyne Lodge or your local Canadian Legion branch.

Doyle's Funeral Service  
In care of arrangements

## OBITUARY



### Russell Stewart Warcup

With broken hearts we are sad to announce the sudden passing of Russell Warcup on November, 6th 2021. He was a son, father, grandson, brother, uncle, nephew, cousin, and loyal friend.

Russell was predeceased by his grandfathers Russell Warcup and Helmet Weisz, grandmother Heloise Warcup, and cousin and best friend Nolin Bouchard. He is survived by his grandmother Leona Weisz (Bob).

He will be sadly missed by his father, Brian Warcup; Aunt Cathy Van Velzen and cousins, Christopher and Jennifer. Missed by his mother Donna Weisz. Hope Storoszczuk, who is the love of his life and mother of their son, Noah Warcup. Missed by his sisters Devon, Cortney, Allissa and Chelsea. Half-brothers Randy, Todd and Kenny and half-sister

Amanda. He will be missed by numerous cousins, aunts, uncles, nieces, nephews and friends.

Russell grew up in Carman MB, wreaking havoc, pulling pranks and dropping beats with his cousin Nolin. He made a career of being a butcher and had a deep passion for it.

When he wasn't working, he loved being with his parents, playing darts, golfing, fishing, hanging out with friends and being the best kr-uncle around.

Russell was a different character, but he had this charm and way about him that couldn't make you not like him. It's unexplainable, but we are sure you know what we mean.

Love you always Russ.

Doyle's Funeral Services  
In care of arrangements

## OBITUARY



### Maggie Enns 1930 - 2021

Magdalene (Maggie) Enns (nee Janzen) passed away quietly in her sleep on November 12th, 2021 at Boundary Trails Hospital in Winkler. Her family was able to sit with her, singing songs, reading Scripture, sharing memories and praying. It was truly a gift to be able to spend these last hours together in this way.

Maggie was predeceased by her parents, Abram and Helene Janzen, and husband Jake Enns. Also predeceasing her were siblings John (Daphne) Janzen, Anne (Rudy Boschman), Irma (Ernie Esau), Mary (Frank Borgen), Henry Janzen; sister-in-law Lydia Janzen; and brothers-in-law Frank Borgen, Rudy Boschman and Ernie Esau. She is survived by her brothers Fred Janzen (Dorothy), Jack Janzen (Hilda) and Abe Janzen (Aggie); and sister-in-law Clara Janzen (Henry). Maggie leaves behind her daughter

Carolyn (Harry Tielmann); her sons Harvey (Vicenza), Barry (Angela), and Rod (Rena); along with eight grandchildren and two great-grandchildren.

We wish to express our sincere thanks to the nurses and staff at Lions Prairie Manor for their wonderful care of Mom and consideration to the family during her time there. We also extend our sincere thanks to the nursing staff at Boundary Trails as they cared for Mom and us in her last hours.

Memorial donations may be made to: ShareWord Global (The Gideons) PO Box 3619, Guelph, Ont. N1H 7A2, Email: [info@sharewordglobal.com](mailto:info@sharewordglobal.com) or The Backdoor Youth Centre, 108 Main Street South, Carman, MB R0G 0J0, Email: [thebackdoor.yfc@gmail.com](mailto:thebackdoor.yfc@gmail.com)

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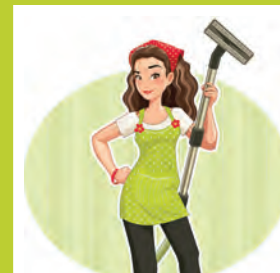
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