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VOLUME 4  
EDITION 5

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**Fur-iends**

STANDARD PHOTO BY DENNIS YOUNG

Chelsea (11) and Wrenleigh Dyck (5) took part in the Access Credit Union Winter Pop-up free skate at the Carman Arena last Saturday. The girls also enjoyed the hot chocolate bar and giveaways along with a visit with Bill the Access greeter St. Bernard.

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# Pride educational events coming to Southern Manitoba

By Ty Dilello

Pembina Valley Pride is hosting free educational events in various communities across the Pembina Valley over the next month.

At these events, they'll be covering an introduction to basic terminology, how to be more inclusive, Rainbow history, and Pembina Valley Pride programming. These will be inclusive spaces to ask questions and engage in respectful discussions.

The events scheduled are as follows:  
Feb. 7 (7-9 p.m.) at United Community Arts - 148 Moffat Ave, Pilot Mound

Feb. 10 (2-4 p.m.) at The Community Exchange - 116 Main St, Altona

Feb. 15. (7-9 p.m.) at Manitou Library - 418 Main St, Manitou

Feb. 20 (7-9 p.m.) at Pembina Hills Arts Centre - 352 Stephen St, Morden

Feb. 29 (7-9 p.m.) at Paul's Place - 20 1st Avenue SW, Carman

These are free events but as a volunteer-led initiative, Pembina Valley Pride welcomes donations to help cover expenses for its programming and Pride events.

"I've spoken to so many people over the past number of years who are supportive of the Rainbow community but aren't 100% sure about things

like the right terminology or the acronym," said Pembina Valley Pride chair Kat Basso. "Our goal with these educational events is to create a space that encourages and empowers people with the knowledge that they're looking for, but might be apprehensive to ask about. I think a lot of people worried about asking a question 'the right way' to avoid causing harm, so they wind up not asking the question. This is the perfect place to do so without fear of judgement."

Basso and company are very excited to be putting these events on as it's something they've wanted to do for a long time.

"Every single person who makes an effort to learn more about the 2SLGB+ community and who we are makes such a difference. There is a lot of misinformation out there about our community, and one of the easiest ways to combat it is by building relationships."

Basso notes this is very important for fostering understanding, empathy, and inclusivity in our world. If someone takes the step to learn more, the impact can be huge. For example, if a parent or grandparent takes the initiative to learn more about the Rainbow community, it broadens their under-



STANDARD PHOTO BY KAT BASO

Pembina Valley Pride will be hosting a series of educational events across southern Manitoba over the next month in towns such as Carman, Morden and Altona.

standing and strengthens the family bond.

A family member, closeted or not, may feel a deeper sense of acceptance and support, fostering a relationship where they can be open and authentic. This small effort can have a profound impact on the individual, creating a more inclusive and harmonious family environment which spreads into other relationships.

"Learning about the Rainbow community helps create a more supportive society where individuals can be their authentic selves without fear of judgment or discrimination. We know that not everybody is exactly the same, and helping people understand and be supportive of the things that make people unique makes our communities better. better."

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# Automatic touchless car wash opens in Carman



STANDARD PHOTOS BY DENNIS YOUNG

Hometown Carwash, owned by Dustin and Lisa (Kissick) Dreger, had a soft opening last week at 169 Main Street South in Carman. Raymond Winkler of Carman was the first customer to drive through the automatic touchless drive thru car wash. Hometown Carwash has four wash packages, the base starting at \$12 (Bronze), \$14 (Silver), \$16 (Gold) and \$18 (Platinum). Payment will be cashless and made from your vehicle by tapping your debit or credit card at the self-serve teller outside the entry door. Other features to mention include the rocker panel/undercarriage spray as well as drying time will be offered on all washes. Other options throughout the packages include high-pressure wash passes, soaps and waxes, bug prep or rust inhibitor (seasonal).

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Alex grew up in Holland, Manitoba, and graduated from Treherne Collegiate in 2010. He attended Brandon University and graduated with a Bachelor of Arts in 2014. Prior to attending law school at the University of Manitoba in 2019, Alex worked with an agricultural company and as a carpenter. He also has experience as a staff member with the

Manitoba government. Alex enjoys working in rural communities and articulated with MMJS before being called to the Bar in 2023. He and his girlfriend are excited to move to Carman and make it their home. In his spare time, Alex enjoys playing a variety of sports, the piano, and fishing at the family cottage.

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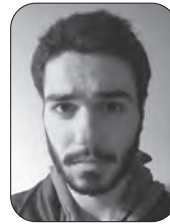
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# getheard

EDITORIAL > VIEWPOINTS > LETTERS

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## Stroke survivor support group puts call out for members

By Ashleigh Viveiros

Pembina Valley's new peer support group for stroke survivors has steadily grown since launching last fall, but organizers hope to see even more people take part in the months ahead.

Led by Dr. Margie Hesom, who survived a stroke herself a few years ago, the group meets the third Tuesday of the month from 10 a.m. to noon at the Central Station Community Centre in Winkler (555 Main St.).

At last week's meeting, 10 people—survivors and family members alike—came together to share their stories and lean on each other for support.

Lloyd Ching's stroke was three years ago. He joined the group in the hopes of finding encouragement and motivation as he works towards leaving his wheelchair behind.

"I'm progressing slowly, I think," he shared. "All I need is a little bit of energy to get better. I've kind of lost interest [in recovery] and I thought this group would kind of get me back in the groove again."

Hearing other people's journeys has been both inspiring and comforting, Ching said, knowing he's not alone in what he's going through.

"We've got the same problems," he said. "When you're on your own, you're always thinking the worst. But this, I hope, will help. You've got to have people [around you]. The more the merrier, I think."

"My dad always said ... if you have a problem, just find a rainy day and go to a neighbour's place and get together and talk. You'll find out that maybe somebody else has the same problem or worse."

"It's good to have a support system of other people around you that have gone through similar things, or more things," agreed Greg Armistead, a fellow stroke survivor. "It's good to be a part of a team that can help you get back, and support each other."

Angela Bergman has been attending alongside her mother, who had her second stroke six months ago. She's there to support her mom, but also



STANDARD PHOTO BY ASHLEIGH VIVEIROS

The new peer support group for stroke survivors is a welcoming bunch who meet at Central Station in Winkler the third Tuesday of the month.

learn more about what she's going through.

"The Stroke Recovery Association came into Riverview [a recovery centre in Winnipeg] when my mom was there. It was two individuals who had been stroke survivors and it really opened up my understanding on how to be there for my mom," Bergman said. "To hear other stories and to share ideas of things you can try, it just broadens your perspective of it and how to be there for them."

Sharing experiences is what the group is all about, Hesom said.

"We're just sharing stories and goals and encouragement," she said, noting they've been pleased to welcome newcomers every month so far.

They hope to eventually bring in guest speakers—doctors, physiotherapists, dietitians, lawyers, long-term survivors—and also provide participants with access to other recovery resources that are available, though Hesom noted it has been frustrating in that many such resources are Winnipeg-based right now.

Registration for the support group is not required; simply stop by to join in. The next meeting will be Feb. 20.

"Your stroke doesn't have to be recent," Hesom stressed. "Even if it was years ago, we want to support you and we want to hear from you."

You can also learn more at [www.strokerecovery.ca](http://www.strokerecovery.ca) or by contacting Hesom at 204-362-7088.

## Letter to the Editor policy

The *Standard* welcomes letters from readers on local and regional issues and concerns.

Please keep your letters short (excessively long letters are less likely to be published), on-topic, and respectful.

The *Standard* reserves the right to edit, condense, or reject any sub-

mission.

Please include your full name, address, and phone number for verification purposes. Your name and city will be published with your letter. We do not print anonymous letters.

Send your letters to us by e-mail at [news@carmanstandard.ca](mailto:news@carmanstandard.ca).

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# Remembering... Barrie Sanders Carman's druggist

By Dennis Young

The second youngest of five children, Barrie Sanders lived his entire life in Carman. At the age of 20 he piloted with the Royal Canadian Air Force during the Second World War. After the war he attended the University of Manitoba, and his last year of studies he and Lucille lived in the pharmaceutical huts on campus with their infant daughter, Lynne.

Upon graduation in 1950, he joined his father Milt in business at 66 Main Street. Milt had purchased Pulford Drugs in 1906 and renamed it Sanders Rexall Drug Store. The building was two-story with living quarters upstairs until 1928 when fire reduced it to a single story. In 1954, the original building was moved back thirty feet, and a new front section was added. They would work together until the late 60s.

Both Pharmacists would see major changes in their business over the years. From medications made-up in the dispensary to being filled by commercially manufactured products. Times changed locally too as Winnipeg and Winkler travelling crept into shoppers' routines.

In 1983 Barrie was honoured with a certificate upon his retirement from the Chamber of Commerce. Presenter Al Patterson commented on Mr. Sanders' long and faithful service to this community and his willingness to help people no matter what time of day or night. Barrie's would thank the Chamber for the honour and for the privilege of being a part of a great community.

**Lynne Sanders Clark and Ron Sanders:** The enduring bond between Dad and Grandpa Milt was evident as they often worked side by side in the pharmacy throughout the years. They employed various townspeople, but Dorothy Blank was particularly esteemed by Dad and Milt for her business acumen and exceptional customer relations. One could always find Dad indulging in the delectable warm array of delicious cashews available featuring a rotating tray under a comforting heat lamp. Putting customers first was Dad's priority and despite his love for golf, Dad never hesitated to interrupt his game to fulfill urgent requests. And with the absence of cell phones, a loon call whistle, taught by Dad, summoned him back from the course when a prescription needed filling after hours/weekends. Daily coffee meetings at the York Cafe with Doc North and Clarence Bedford were a routine while Duke, Dad's beloved Weimaraner, became a permanent

resident at the back of the store. Visiting the store now, its interior seems smaller, but the memories of Dad's commitment and the vibrant community it served remain enduring.

**Donalda Bell 1967-69:** We did Hydro and Telephone books as well as all inventory by hand those days. Stock would come from National Drugs of Winnipeg via Carman Transfer (Lofty Adamson and Art MacLean). Ken was a student then. Whenever I ran into Barrie at the post office, he would say, "Well our names not on Doyle's yet!" Was a pleasure working for him.

**Carol Glufka Ross 1966-68:** The store stayed open until 9 on Saturdays which made for very long days. A busy week was in October during Rexall 1 cent sale. To prepare for those we usually spent the Monday (when store was closed) stocking shelves etc. I looked after the Manitoba Hydro and Manitoba Telephone bills which could be paid at the drug store then. It was interesting working there, meeting customers and enjoying my fellow employees.

**Lori Sandulak Hanneson 1966-70:** My interview for the job consisted of my mom with me in tow asking Barrie if he was still looking for someone part time. He asked us a if I had integrity, which we assured him I did, and the job was mine. He was the best boss I have ever had treating Dorothy (Blank), Donalda (Bell) and I with kindness and respect. Barrie had one skill that I marvelled at, he could type faster with two fingers than most people using all 10! He was also very protective of me and would chase off any boy who got brave enough to come into the store looking for a date! I always wondered if he and my dad had corroborated on that with the result being me going home alone every day. I saw Barrie periodically through the years when I would be back in Carman. He always had a smile and a hug for me and was interested in hearing all the news of my life. My time spent working for Barrie was invaluable and I will always have a special place in my heart for him.

Eventually the continual training to do with the changing world began to take its toll. Barrie retired and sold to Barb and Ken Stevens when "the bureaucrats kept making compulsory upgrading courses essential to retain my licence".

**Ken Stevens:** I began work at Sanders as a student in the summer of '68 to see if I would be a good fit. When



STANDARD PHOTO SUBMITTED

Ken Stevens joined Barrie at Sanders Drug Store as a student in 1968.

I graduated in 1969, I was looking for a full-time job and knew Barrie was looking. Milt was working with him but was getting on in years and Barrie was left with a heavy workload essentially looking after the business on his own. After that summer I knew that I wanted to work there permanently since I saw Barrie as someone who put the patient or customer first.

He needed another pharmacist so thankfully for me I was hired. Barrie was always a good listener and I

always believed he had such loyal customers because he took the time to listen. Always current in his thinking and background knowledge from dispensing medication to drug information.

Barrie was so dedicated to his community that during one of our terrible floods, the Boyne River was flowing around both sides of the water treatment plant. He left the back and front

Continued on page 6

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# Resident okay after falling into frozen Boyne River

By Becca Myskiw

'Tis the season for ice, snow and...water?

With the unseasonably warm December, many Manitobans haven't been able to hit the ice this year like they're used to. Whether it be for ice fishing, skating, walking, skiing, snowshoeing or biking, you have to ensure the ice is safe before going out on it.

Last week, the Boyne River Keepers shared a photo on Facebook showing a hole in the frozen Boyne River, warning the community that someone had fallen through and to use caution when on the ice.

The person who fell through did so outside of town limits, to the west where the trail is not maintained. They are okay, and no emergency crews were called to the scene, but that doesn't mean the Carman Dufferin Fire Department is unaware of the incident.

Fire chief Chris Lemky said there are numerous reasons someone may fall through the ice — including wind, fluctuating water levels, water current and temperatures — and those spending time on ice should be aware of those factors

"The river is always flowing so if the water level goes down, the ice can stay on top and create a hollow pocket underneath," he said. "What we want to stress to people is the Boyne River Keepers has been doing a fantastic job of maintaining the trail, and they're watching for water to form on the ice. If they see any dangers, they'll close that part of the trail down."



STANDARD PHOTO SUBMITTED

The Carman Dufferin Fire Department is reminding everyone to stick to the path on the Boyne River after someone fell through recently.

Lemky added that sticking to the groomed path on the river is extremely important, as that's what the Boyne River Keepers watch and know is safe for people to be on.

According to the Lifesaving Society, around 35 per cent of drownings in Canada happen from October to April when most bodies of water are too cold for people to go in. They also report two thirds of ice-related incidents occur on lakes, with the other 33 per cent happening on rivers.

"We obviously want people to get out and use that trail but being aware the river is a moving body of water is important," said Lemky.

He noted two specific spots in the river for people to stay away from during the winter — the dam at the golf course and the part by BSI Insurance. Those

areas are always open with fast, moving water, making them unsafe in the wintertime.

Accidents do happen, though, so if you do happen to fall through the ice, know you have about 10 minutes to get out before the cold takes over. The first thing to do if you fall through the ice is keep breathing steadily, even when instinct will prompt you to breathe quickly. Take your time, take slow breaths and then get yourself out.

Lemky said it's important to first get your arms out of the water and above the ice. Then, lay your head down flat on the surface, like you would on a desk, and use your hands like an ice pick, pulling your body onto the ice.

After the 10-minute window, your nerves and muscles will be too cold for you to get yourself out, so timing is everything. Once you're safely back on the ice, don't stand up right away. Instead, roll away from the weak ice to a spot you know is safer and recover there.

If you're unable to save yourself in the 10 minutes, it's important to make sure you're visible to people and to keep your mouth and nose above water. You'll have about an hour until you lose consciousness from hypothermia, so you'll have to focus on keeping yourself from drowning.

Lemky said the Carman Dufferin Fire Department doesn't receive a lot of ice-related incident calls, and for that, he's grateful. Though accidents can happen, you likely won't be part of one if you stick to the trails.

# Wolfe will get chance to shoot for Canada

By Ty Dilello

Carman's Andrew Wolfe has been chosen to be a part of the youth team for Team Canada and will be participating in the World International Precision Rifle Federation (IPRF) match, being held in Grand Junction, Colorado, from Sept. 11-17.

Wolfe has been shooting since he was about five years old with a BB gun. He started playing with BB guns as a youngster and graduated to a .22 when he was seven years old with the guidance of his dad.

"I have always shot guns, but over the pandemic, I got into it more because I couldn't play hockey," said Wolfe. "We met my now shooting coach over the first winter of COVID-19, and I absolutely love shooting. I believe that I have gotten where I am now because of how much I shoot as I put down about 16,000 rounds a year."

After his coach, Mike Gorchynski, helped teach him long-range shooting and precision shooting, Wolfe got his first long-range rifle and got hooked on long-range shooting.

This last year, Wolfe finished first overall for youth shooters at the National event and third overall in Canada in the

adult division, with over 600 people shooting throughout Canada.

Based on his past results, the Grade 11 student at Carman Collegiate is very honoured to be chosen for Team Canada and to represent his country on the world stage.

"When I got the message that I was on the team, I was super excited to be going to Colorado," said Wolfe. "For this event, I'm hoping to shoot well and enjoy myself. I'm just hoping that I can perform to the level that I know I can. Leading up to the match, all we can really do to prepare is shoot lots and get the gun ready to shoot the best we can."

STANDARD PHOTO BY LEANNE DOELL PHOTOGRAPHY

Carman's Andrew Wolfe is one of the finest youth shooters in all of Canada as he has been chosen to compete for Canada at the World IPRF (International Precision Rifle Federation) Match, which is being held in Grand Junction, Colorado from Sept. 11-17.



## > DRUGGIST, FROM PG. 5

doors of the store wide open and let the water flow thru still staying open for business. We didn't need electricity as we had old fashioned manual typewriters and everyone who needed their medication got it.

When it came to Barrie selling the business to Barb and me in 1981, the transition could not have gone any smoother. One day he was in charge and the next we were, and he left us with a loyal group of customers to start with.

Barrie had a another passion that would oc-

asionally take him away from work. His love for golf often led to extended lunch breaks during the workday and maybe leaving early occasionally to partake. His passion for golf was inherited from his father Milt who took him out for his first swing at 10.

"I thank my father for creating this love of the game," Barrie was quoted.

"It was something I just really took to and always liked."

He remained as dedicated and successful to that sport as he was to his profession. Barrie passed away in 2020.

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# Community Christmas ensures nobody eats alone

Submitted by Susan Mooney

After more than a decade of hosting Carman/Dufferin's community Christmas Day Dinner, one thing is clear: it takes a village.

The annual festive feast began 11 years ago, when a group of five, diverse local residents formed a committee with the express goal of planning the community event.

Carman had never hosted such an event before, and questions swirled over who would attend, and who might be willing to volunteer their time over the Christmas holidays.

Why was it even necessary? Doesn't everyone spend Christmas Day with their family?

The reality soon became clear that for a variety of reasons many people are alone during the holidays. The community-based dinner would ensure an alternative.

With enthusiasm, determination, creativity, organization and efficiency, the committee developed plans for the first Carman/Dufferin community Christmas Day Dinner.

The request for volunteers united individuals and families who collaborated in the spirit of friendship and fellowship. Sixty people volunteered



STANDARD PHOTOS SUBMITTED

Carman/Dufferin Community Christmas Dinner 2023. Committee members: from left: Kenton Vanderveen, Amy Vanderveen, Irene Stevenson and Ross Bursey. It takes many volunteers to make this event happen. Note all the smiles on all the volunteers.

truest sense — a community-driven effort.

Iren Stevenson was tasked with preparing a traditional Christmas dinner,

complete with turkey and all the trimmings. Buying local produce, being environmentally friendly and using

Continued on page 8

SEASONED EXPERTS IN

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# Bruce gets an upgrade

## CFDC uses its new 3D printer to create a more accurate fossil display

By Lorne Stelmach

The most famous resident of the Canadian Fossil Discovery Centre collection has undergone a bit of cosmetic surgery.

The lifesize replica of Bruce the mosasaur has had some pieces of its skull replaced with more accurate pieces, a project that became possible with the museum now owning a high quality 3D printing system.

It is a good example of the possibilities that are opened up now through the 3D printing, said executive director Adolfo Cuetara.

"It allows us to do things that were impossible before," he said. "We could still do some traditional silicon molds ... but a problem with the silicon mold is the bone is very fragile. It is a tough process for the bone, and you can damage the bone in the process."

"With the 3D scanning, you are not handling the bone, and it is super accurate and super precise," Cuetara continued. "You can print hollow replicas that are very lightweight ... and you can work easily with them."

It is fitting to give Bruce some work now in the 50th anniversary of the year when he was discovered at a site just north of Thornhill.

The replica on display in the museum was made about 25 years ago. With a few fossil pieces missing, Cuetara noted there was some guesswork in a few areas, leading to some parts not being as accurate as they could be.

Today, with the benefit of being able to compare to other fossils, they have a better idea of how it all should look, and they now have the capabilities to finish it off more completely and accurately with their 3D printer

"Bruce's replica is a good replica, and it always was, but we are trying now to improve it with a few of the details we now have about it," said Cuetara.



They've 3D scanned and printed the proper right and left quadrate bones and replaced the old incorrect pieces of Bruce's skull.

The quadrates are very distinctive bones in mosasaur skulls, Cuetara noted, connecting the lower jaw with the rest of the skull. The quadrates were independently movable in all mosasaurs and acted to protract and retract the lower jaws, providing those marine reptiles a very effective way to grab and swallow big preys.

"We disassembled the skull from the replica and took it apart ... now the skull is looking more accurate like how it should be," Cuetara explained. "In the future, we will be completing all of that ... the idea is just to keep what is good and to improve where it is needed."

They are now also working on scanning part of another famous fossil of the same species as Bruce: the tylosaurus peminensis specimen on display in the Miami Museum

"We are scanning the skull from this specimen from Miami through the 3D printing and completing the bones that are missing using another specimen," said Cuetara. "What we will have at the end is the very first accurate reconstruction of the whole skull of a tylosaurus peminensis. It's going to be a very good complement to the Bruce exhibit."

Given it is now 50 years since the discovery of Bruce, Cuetara noted they are making some special plans to mark the occasion this year.

"We are preparing a few events, probably for late spring depending

on the melting and how it is going with the terrain," he said. "It is going to be a surprise. We want to wait until that time, but it's something that is connecting again with the land where Bruce was found."



STANDARD PHOTO BY LORNE STELMACH

CFDC executive director Adolfo Cuetara explains how they were able to replace a few pieces on the Bruce fossil display to create a more accurate representation of the giant mosasaur.

"We are also preparing a few documents. We are researching the history of what happened at that time," he concluded. "It's really something that

we need to tell people, to know the story of Bruce because he has a very unique story."

## > COMMUNITY CHRISTMAS, FROM PG. 7



existing community resources was of utmost importance.

In the end, 103 people paid \$5.00 for the meal, with those attending remarking on the "delicious" food that "tasted just like home."

Patrons would later reflect on what was described as a very relaxed atmosphere. People were happy to be there; no one was in a hurry. The room was filled with laughter, conversation and mingling.

Now, 12 years later in 2023, the community Christmas Day Dinner has become a yearly tradition.

This year, 250 community members sat down to another delicious meal. A total of 25 volunteers dedi-

cated their time, proving there is never a shortage of kind, generous people willing to return annually in support of their community.

There is always someone willing to prepare the traditional Christmas meal, and the price has remained \$5.00, making it affordable for all. Personal donations are plentiful, and surplus funds are donated back to food related projects in the community.

It remains a feel-good event for anyone who participates.

The Carman/Dufferin community Christmas Dinner goes a long way to connecting people in the community.

**Lauren Stone**  
MLA for Midland

Constituency Office Hours  
Monday, Wednesday & Friday  
9:00am to 3:00pm

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info@laurenstone.ca  
Unit 2 -195 Main St S Carman, MB





# Nordic club starts up weekly community ski night

By Lorne Stelmach

A community group is aiming to get more people out to enjoy cross country skiing this winter.

The Boundary Trails Nordic Club and Country Cycle are holding weekly community ski nights at the Burwalde nordic centre on Highway 3.

They are especially hoping to get more adults out skiing, but the ski nights that started last Thursday at 8 p.m. are open to all ages.

"We've been wanting to get more adults into skiing and kind of grow our community. The thought was if we have a night where people felt safe and welcome to learn," said Luke Broadland, shop manager at Country Cycle and a board member of the Boundary Trails Nordic Club. "A lot of time, there's kid's programs, but there isn't a lot of programming in sports for adults."

They hope it will be an easy and welcoming environment for people to learn or improve their skiing skills.

"It's a place where people can ask questions, and we'll have a bit of a structured time at the start to give some skill-based instruction and do some things to help people learn and improve," said Broadland. "We'll

go for a ski together and then have snacks in the cabin by fireside and candlelight because it's an off-grid cabin.

"There's lots of people out there who have skied for years ... maybe they would like to improve but they don't really have the space to do it," he said. "It's completely wide open to the community. All ages are definitely welcome."

He suggested Burwalde is an ideal place for people to learn or develop their skiing skills.

"It has about 20 kilometres of trail, so it's definitely a really good place to start," said Broadland, who noted people might want to bring along a head lamp for light.

"There's very few hills ... there's a few creek crossings and that kind of thing, but it's nice and flat, so it's a great starting place," he said. "It's all very close; the main trail system is all pretty close to the yard site, so as far as safety, it's really good."

The ski nights could also provide a boost for the nordic club by further increasing its membership.

"It's always dependent a little bit on snow and the conditions, but there is a good skiing community here,"



BOUNDARY TRAILS NORDIC CLUB PHOTO

The Boundary Trails Nordic Club is hosting weekly community ski nights on its trails off Hwy. 3 every Thursday night this winter.

said Broadland, who pointed out that people can rent equipment at Country Cycle and call there for more information.

He encourages people to come out some evening if they are at all interested.

"We're going to be doing it every

week now. The plan is for the rest of the winter, unless there may be the odd week we miss because of the weather perhaps," he concluded. "It's good for motivation, to get out in winter. It's often kind of hard for us all to get motivated when it's a little cooler out."



STANDARD PHOTO BY DENNIS YOUNG

Six-year-old Abilgail Cruickshank and her four-year-old brother Theodore took part in the Access Credit Union Winter Pop-up free skate at the Carman Arena last Saturday. Guests also enjoyed the hot chocolate bar and giveaways and a visit with Bill the Access greeting St. Bernard dog.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Team Hayward enjoys first Scotties appearance

By Ty Dilello

Team Shaela Hayward (Keira Krahn, India Young, Rylie Cox) out of the Carman Golf and Curling Club had a fantastic experience last week competing in the 2024 Manitoba Scotties Tournament of Hearts in Morden.

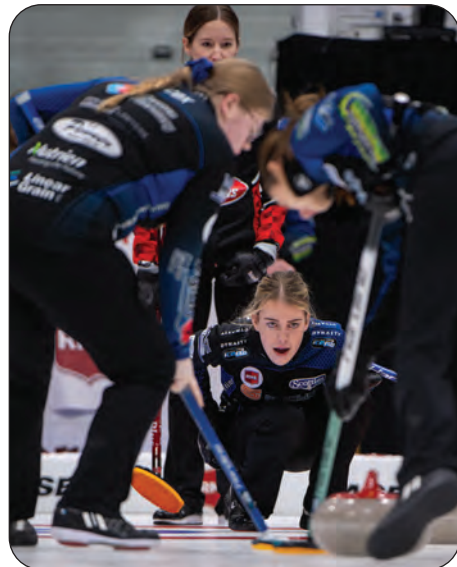
The Hayward rink, the youngest team in the field, as all four members are in Grade 12 at Carman Collegiate, finished the event with a 3-2 record.

"We were super pumped going into the last day as we had a chance to get into the championship pool," said Team Hayward's second Young. "Competing in our first Scotties close to home was amazing. Walking out onto the arena for the first time was unbelievable. All of us were blown away. We couldn't be more pleased with our performance. We entered the week wanting to keep games close and maybe get a win, but instead, we went 3-2 and almost made the playoffs."

In Team Hayward's first game of the event, they had the privilege of going up against Kaitlyn Lawes, a two-time Olympic gold medalist and the eventual winner of the Scotties. Lawes took care of business over the young Hayward rink by winning 12-2.

"Playing team Lawes was so cool for all four of us," said Young. "All week, we were amazed to be playing in the same event as them. It was our first game on arena ice, so we struggled a little, but we took all that excitement and came back firing in the next games."

Hayward went on to win three of their next four games, including a massive 13-1 win over Beth Peterson,



Shaela Hayward watches closely as her team sweeps a rock into the house at the Scotties.

who went on to lose to Lawes in the Scotties final. Hayward's 3-2 record was nearly good enough to make it to the next playoff round, but they were eliminated due to a tiebreaker as two other teams shared their same 3-2 record.

"We had a tough game against Lawes, but we took what we learned and stuck to what we knew. We had a big win against Team Peterson and ran from there. As a team, we had so much confidence in every shot. It also helped that the crowd was behind us every step of the way. There was always a huge Team Hayward presence in the crowd, and we could hear their cheers every draw."

It's a quick turnaround for Team Hayward as they are off to Ottawa this week to compete in the 2024 Canadian U18 National Curling Championships. They will be heading to Ottawa with some newfound confidence after their wonderful performance at the Scotties.

"We are going to take all the things we learned about arena ice and our confidence to Ottawa on Friday. And we are so excited to get started at U18 Nationals."

### HAYWARD OFF TO NATIONALS AFTER SUCCESSFUL FUNDRAISER

On Jan. 27, Team Shaela Hayward (Keira Krahn, India Young, Rylie Cox) held its send-off fundraiser at the Carman Golf and Curling Club as they



STANDARD PHOTOS BY RICK HIEBERT

Carman's Shaela Hayward narrowly missed the playoffs at the 2024 Manitoba Scotties Tournament of Hearts in Morden as the young rink finished with a record of 3-2.



STANDARD PHOTO BY JILL KRAHN

Carman's Shaela Hayward and her curling team of Keira Krahn, India Young and Rylie Cox held a fundraiser at the Carman Golf and Curling Club on Jan. 27 to cover expenses for their upcoming trip to the U18 Curling Nationals.

embark this week to Ottawa for the 2024 U18 Canadian Curling Championship.

The night included many speeches, dinner, silent auction, a 50/50 and more.

"We had a great turnout with about 130 people at the event with another 100 people buying support tickets," said Darcy Hayward. "We did well and raised enough to cover the girl's hotel and their rental vehicle."

Curling Canada pays for the team's flights to the Nationals and gives a total \$500 to go towards other expenses. CurlManitoba gives a total \$500 to match that, but otherwise all expenses for the 10 day trip was the team's to

fundraise, and thankfully Team Hayward was able to hit their fundraising goal.

"We had a great night at our send off party," said Shaela Hayward. "We are so grateful for all of the overwhelming support we have gotten over the past couple of weeks. It is fantastic to see the support from our community, club, sponsors, friends, and families. Thank you to our parents for organizing the event and to the club for hosting, and to anyone who spoke at the event. We are so appreciative for all of the support. We also want to thank all of the businesses that donated a silent auction prize as there were a lot of awesome prizes."

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# Pembina Valley's win streak ends at 13 games

By Ty Dilello

They say all good things come to an end and that sentiment holds true for the MMJHL's Pembina Valley Twisters after their franchise-record 13-game winning streak was ended on Sunday night. The Twisters are staying firm in second place in the MMJHL's standings with a record of 21-9-2.

On Jan. 26, the Twisters had their biggest win of the season when they knocked off the first-place St. James Jr. Canucks in a tight 4-3 battle. Kyle Van Deynze led the charge for Pembina Valley with a pair of goals, while Merek Degraeve and Ryan Orchard had the other Twisters' tallies. Logan Enns stopped 39 shots in net for the win.

"Friday in St. James was as close to a playoff game as you're going to get right now, with a packed house at the St. James Civic Centre, we knew it wasn't going to be easy," said Twisters' head coach Braeden Beernaerts. "The boys played another full sixty-minute effort and never got down when things were not going our way. It was a great total team effort."

A few nights later at home on Jan. 28, the Twisters' winning streak was ended in a 4-2 loss to the St. Vital Jr. Victorias. Caelan Russell and Mike Heppner had the goals for Pem-

bina Valley, while Owen LaRocque stopped 21 shots in the Twisters' goal.

"We had a very good run," said Beernaerts. "These boys played extremely well over those stretch of games. We knew eventually there was going to be a night where things wouldn't go our way and we'd come out flat, and against St. Vital was that night. It's a very good reminder that we can still be beat if we let our foot off the gas."

Twisters' sniper Derek Wiebe is currently third in the MMJHL's scoring race with 54 points in 32 games and Degraeve is in seventh with 51 points in 33 games, while Logan Enns is currently third in the goalie rankings as he boasts a 2.99 goals-against average and a .914 save percentage.

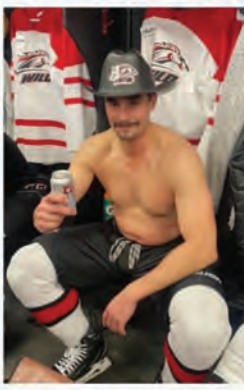
The Twisters are back in action with a road game

on Feb. 2 (7:30 p.m.) against the first place Charleswood Hawks. The following night (Feb. 3) is the Twisters' CancerCare game at the Morris Multiplex against the Fort Garry/Fort Rouge Twins as the club hopes to raise \$20,000. The puck drops at 8:00 p.m.


"CancerCare Night is a very special one for players and coaches as it is something that has touched all of us. It is a night we take very seriously and look forward to the daily games, activities and raising money towards a cure."


Continued on page 12

## WILD Fundraising



\$2000





Jonah Wasylack and Gavin Froese, from the Red River Wild Seniors, have pledged to shave their heads if the team could raise \$2000 in donation in support of The Annual Pembina Valley Twisters Cancer Care Fundraiser.

PHOTO SUBMITTED

Gavin Froese and Jonah Wasylack of the Red River Wild Seniors hockey team have pledged to shave their heads for annual Pembina Valley Twisters CancerCare fundraiser if they raise \$2,000. Heading shaving will take place at the Morris Winter Carnival. Donations can be e-transferred to: Mike Gilmore at 204-712-7145.



## Donations Accepted!

# Morris Area Recreation

## 13th Annual Winter Carnival & Cancer Care MB Fundraiser

### FEBRUARY 3, 2024

### 11:00 am - 3:00 pm












## DONATE DIRECTLY TO CANCER CARE

<https://support.cancercarefdn.mb.ca/goto/PembinaValleyTwisters>

11:00 am-3:00 pm

(Outdoor)

- Outdoor Firepits
- Outdoor Skating Rink
- Toboggan Hills
- Hotdog BBQ
- Dunk Tank - donate to dunk your favourite Town "Celebrities"



11:00 am-3:00 pm

(Indoor)

- Hot Chocolate & Cookie Try Curling (clean shoes required)
- Bouncy Houses
- Cotton Candy
- Beer Garden
- Silent Auction
- 50/50 License No. 4344

### Hockey Games | \$25.00 - 3 game packs

Mavericks VS. Altona | 1:00 pm

Red River Wild Senior VS Portage | 5:00 pm

Pembina Valley Twisters VS Twins | 8:00 pm

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## > TWISTERS CANCERCARE, FROM PG. 11

People can donate directly to the CancerCare Twisters' cause at the link here: [https://support.cancercarefdn.mb.ca/site/TR/communityevents/General?team\\_id=9994&pg=team&fr\\_id=1913&](https://support.cancercarefdn.mb.ca/site/TR/communityevents/General?team_id=9994&pg=team&fr_id=1913&)

Dale Rempel, the previous owner of Rempel Insurance Brokers, originally inspired the CancerCare Manitoba fundraising event. Dale was an avid sports fan. He loved the game of hockey as a player, Pembina Valley Twisters player, later the team owner, and spectator. CancerCare Manitoba took Dale's case on when he was diagnosed with brain cancer in 2008.

CancerCare Manitoba (CCMB) is the provincial cancer authority responsible for setting strategic priorities and long-term planning for cancer and blood disorders for the province. CCMB provides clinical services to both children and adults. The cancer services the organization provides to Manitobans include prevention, early detection, multidisciplinary cancer treatment, supportive and end-of-life care. CCMB is also responsible for radiation protection throughout the province. In addition, the Research Institute at CCMB investigates all aspects of cancer and blood disorders, including research to improve the patient's experience while at CCMB.

Dale Rempel, Rempel Insurance and the Twister hockey club wanted to recognize the efforts of CancerCare Manitoba by giving back to the organization that provided support to the Rempel family. While Dale passed away in 2012, the fundraiser and beloved sport of hockey continue to team up and raise awareness and support for the cause.



STANDARD PHOTO BY LANA MEIER

Every player on the Pembina Valley Twisters came out to play against the first-place St. James Jr. Canucks last Friday. Goaltender Logan Enns stopped 39 shots for the 4-3 win.

The fundraising activities are now an annual event. Hockey teams in surrounding communities coordinate their games with fundraising activities. The Pembina Valley Twisters of MMJHL, the Red River Wild of CSHL, Red River Mudbugs of HTJHL, Mavericks from Morris

High School and the Town of Morris have joined forces to hold a Cancer Care Manitoba Fundraiser. [ga=2.102955910.783981440.1706557963-1414070862.1706557963](https://www.gamail.com/ga=2.102955910.783981440.1706557963-1414070862.1706557963).

# Carman Beavers upset Warren Mercs in SEMHL action

By Ty Dilello

The Carman Beavers had its biggest week of the season with a pair of wins to keep their postseason hopes alive. With the wins, the Beavers move to

ninth place in the SEMHL standings with a record of five wins and twelve losses.

On Jan. 25, Carman went up against the Ile Des Chenes North Stars and

finally put up a good sixty-minute performance as they were able to pull out a 5-3 victory. The Beavers' offence was spread around throughout the evening as its goals were scored by Tyler Park, Fraser Mirrlees, Noah Skorpad, Tyler Livingston and Eric Klassen. Carman's netminder Luke Zacharias made 38 saves in the loss.

A few nights later on the road on Jan. 27, the Beavers won their second in a row by defeating the Warren



STANDARD PHOTO BY JO-ANNE PROCTER

Carman Beavers' goaltender Daniel Wenham stopped 54 shots in his teams 3-2 victory over the Warren Mercs last Saturday in Warren.

Mercs by a 3-2 scoreline. It's a big win for Carman as Warren is the second ranked team in the SEMHL with a record of 13-3-0. Scott Atkins led the charge for Carman with two-goal night, while Ben Dalke had the other tally. A beleaguered Daniel Wenham stopped 54 shots in goal for Carman

in the win.

The Carman Beavers are back in action with a road game on Feb. 3 against the Ile des Chenes North Stars. It's a must win game for Carman as they need a victory to have any hope at a playoff berth. The puck drops at 7:30 p.m.

### CARMAN BEAVER GAME DAY VOLUNTEERS



**Back l-r:** Lorne Zacharias P.A. & game sheet, Cheyenne Keith time clock, Brian Bernard signage & P.R.  
**Front l-r:** Lori Keith 50/50, Dennis Young Funds & dressing room prep, Mryna Klassen website & 50/50  
**Missing:** Bob Lambert square contest, Brenda O'Brien treasurer  
**THANK YOU from the Coaches and players!**



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**RURAL MUNICIPALITY OF THOMPSON PUBLIC NOTICE REGARDING THE AUDITOR'S REPORT**

Pursuant to Section 194 of *The Municipal Act*, notice is given that the Consolidated Financial Statements for the year ended December 31, 2022, for the Rural Municipality of Thompson are available for inspection by any person and that a copy thereof or extracts therefrom may be made at your own expense, during the regular office hours of the Rural Municipality of Thompson office at 530 Norton Avenue, Miami or on our website at [www.rmofthompson.com](http://www.rmofthompson.com). Dated at the Rural Municipality of Thompson this 25th day of January, 2024.

Melissa Brunel  
Acting Chief Administrative Officer  
Rural Municipality of Thompson



**Community Public Engagement Notice**

Dear Rural Municipality of Dufferin Community Members, We are excited to invite you to participate in an upcoming public engagement initiative hosted by the Rural Municipality of Dufferin Council. Your input and involvement are crucial to the success of our efforts, and we value the diverse perspectives that make our community vibrant.

**Date & Time: Wednesday, February 7th, 2024, at 7:00 p.m.**  
**Location: Carman Community Hall, 60 1st Ave NW, Carman, Manitoba**

We aim to gather feedback on awareness, understanding, satisfaction, and suggestions for improvement related to the v-plowing policy, ensuring a comprehensive understanding of community perspectives.

Come in person for an interactive session to engage in discussions, share your ideas, and provide feedback to gather insights from community members about the v-plowing policy. If you are unable to attend in person then feel free to follow the link to our website or scan the QR codes to participate in the survey. <https://carmanmanitoba.ca/duf-by-laws-policies/>

V-plowing Policy



Survey to gather insights from community members.



Please confirm your attendance by February 5th, 2024, via email to [info@rmofdufferin.com](mailto:info@rmofdufferin.com) or call 204-745-2301. If you require any accommodations to participate in this event, please contact us at 204-745-2301 in advance. The Council of the Rural Municipality of Dufferin looks forward to your valuable contributions and meaningful discussions!

Sharla Murray, CLGM, CMMMA  
Chief Administrative Officer

**Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication Please Call 204-467-5836**



**PRAIRIE ROSE SCHOOL DIVISION KINDERGARTEN REGISTRATION**

If your child was born in 2019, they are eligible to attend kindergarten beginning September 2024. Parents/guardians are asked to contact one of the following schools.

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Pat Hamm, Interim Principal  
(204) 745-2623

Vanessa Giesbrecht, Secretary  
[vgiesbrecht@g.prstdmb.ca](mailto:vgiesbrecht@g.prstdmb.ca)

**Elm Creek School**  
Ashley Cook, Interim Principal  
(204) 436-2354

Darlene Banman, Secretary  
[dbanman@g.prstdmb.ca](mailto:dbanman@g.prstdmb.ca)

**Miami School**  
Brandy Chevalier, Principal  
(204) 435-2441

Leann Friesen, Secretary  
[lfriesen@g.prstdmb.ca](mailto:lfriesen@g.prstdmb.ca)

**Roland School**  
Melissa Benner, Principal  
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Marcia Rempel, Secretary  
[mrempe@g.prstdmb.ca](mailto:mrempe@g.prstdmb.ca)

**St. François Xavier School**  
Marc Tellier, Principal  
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Debra Friesen, Secretary  
[dfriesen@g.prstdmb.ca](mailto:dfriesen@g.prstdmb.ca)

**École St. Eustache**  
Lindsay Noël, Principal  
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Melanie Zimmermann, Secretary  
[mzimmermann@g.prstdmb.ca](mailto:mzimmermann@g.prstdmb.ca)

**St. Laurent School**  
Bobby Ellis, Principal  
(204) 646-2209

Lori Combote, Secretary  
[loricombot@g.prstdmb.ca](mailto:loricombot@g.prstdmb.ca)



The Redboine Watershed District is currently seeking applicants for the position of

**Watershed Assistant (Summer 2024)**

The Watershed Assistant will work directly with the District Technician in seasonal projects and follow direction of any other tasks/jobs assigned by the District Manager or Administrator.

**QUALIFICATIONS:**

- Preferably enrolled in post secondary programs surrounding earth sciences. (ie. Land and water Management, GIS/Geomatics, Agriculture etc.)
- Experience with GPS and GIS would be looked upon greatly.
- Must hold a valid class 5 drivers license.
- Agriculture background is a definite asset.
- Able to work alone, or with a team safely.

**DUTIES:**

- Assist in daily and summer projects such as dam building, well sealing, erosion protection etc.
- Work directly with landowners in the district.
- Assist in all GPS surveying and GIS analysis.
- Attend and assist with workshops, seminars, education days etc.
- Help with advertising the Watershed Districts.
- Daily housekeeping duties as needed.
- Follow safety guidelines.

Because the RBWD receives partial funding from the Hometown Green Team program and the Canada Summer Jobs program, priority will be given to applicants that are:

- students or unemployed youth aged 16 to 24
- living in rural Manitoba and legally entitled to work in Canada
- finished their studies for the year if in high school
- returning to an educational institution in the fall

If you are interested in applying for the position, please submit your resume before 4:00 pm, Friday, February 23rd, 2024 to:

Redboine Watershed District  
Box 220, 109 Broadway Street, Holland, MB  
R0G 0X0  
[admin@redboine.com](mailto:admin@redboine.com)

**Carman Family Resource Centre ANNUAL GENERAL MEETING**

**Thursday, February 8, 2024 @ 7:00 pm**  
**120 - 4th Ave SW**  
**Boyne Lodge**  
**Memberships: \$5**  
**Everyone Welcome!**

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Sudoku Answer

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

**IN MEMORIAM**

**Bonnie (Strachan) Froebe 1942 to 2020**  
Bonnie loved merry-go-rounds: at Carman Fair and



Disney World



Universal Studios

Oh, my love, how I miss you. From the first moment that Saturday night July 8, 1961, that I spotted you across the hall at the dance at the ski lodge at Roseisle my heart was enthralled. Be still my heart! I finally got up the nerve to approach you and say one line to you. "Is that a mouse?" of the broach you had on your sweater. "Yes." was your reply and I made a swift u-turn. Such was my bashful try, as I had been sent to all boy's residential schools my whole high school and my dating skills were very limited. Such a stunning looking 18-year-old young lady. I was captivated. I asked my grade school buddy Barry Downs who you were. He told me and my reply was that that was the gal (we could say gal in those days) I was going to marry. I finally met you the next week in the display building of the Carman Fair, and I offered to help you set up entries. When I grabbed your hand in the midway later, I think you caught on to the idea that I was totally enamoured with you. A year later we were engaged and a year and a half after that we were married on Halloween 1964. One of the many, many happiest days of my life. We were fortunate to have 55 years of wedded bliss. Unfortunately, you ended up with Parkinson's and after a three-year battle and 61 falls you passed. My heart was and is broken. Each fall broke my heart a just little more. When Ken, Della and I took you to the hospital, the only thing the doctor said to me was, "Does she want to be resuscitated?" I went into shock at that point. I had no idea that we were there to witness your demise. Several hours later you passed from "Septic Shock." We had spent our last few hours together holding hands and expressing our love for the many lovely years that we had together, and with our family and friends. Our last words to each other were "I love you." as you took your last breath and left to sing with the heavenly choir. Be still my heart until we meet again.



We will always have Victoria Falls, Zimbabwe

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## OBITUARY



**Dennis Allan Jones**  
June 11, 1945 - January 20, 2024

It is with heavy hearts that we announce the sudden passing of Dennis Jones, age 78, of Miami, MB.

Dennis will be mourned and sadly missed by his wife Susan of 54 years; four children: Carrie (Scott) Jones, Cheryl (Michael) Wright Israel, Chrissy (Scott) Hildebrand, and Allan (Alice) Jones; 11 grandchildren; cousin Warren (Cecile) Clearwater and their families, along with extended family, friends and neighbours.

Dennis was born in Winnipeg on June 11, 1945 and spent most of his childhood in Winnipeg alongside his cousin Warren who he considered a brother. On August 9th, 1969 Dennis married Susan Roy and in 1975 they moved to Carman where they raised their children on the Jones family farm alongside Dennis' parents. In 1999, they moved to Miami and enjoyed spending summers at

West Hawk Lake.

Dennis would strike up a conversation with anyone, either to discuss his infamous station wagon, tell a joke or share one of his favourite stories. Dennis was always on the go with a fix-it project, lending a hand in the community, or helping a friend or family member get a job done. In his career, he achieved 35 years of service with CFIA with a dedicated interest in animal welfare. Dennis spent over 10 years as a volunteer firefighter for the Carman/Dufferin Fire Department, and many years involved with 4H as his children went through the horse club.

Dennis was proud of his children's and grandchildren's achievements in their chosen activities, careers and the families they created. He shared his love and appreciation for the outdoors with them through teaching them how to care for animals, sailing, boating, fishing, snowmobiling, quadding, camping and capturing nature through photography. In their retirement years Dennis and Susan also enjoyed their travels together visiting many beaches, lakes and oceans.

As a family, we will forever hold onto the fond memories and life lessons you taught us. You are our husband, dad, grandfather, cousin, uncle and friend forever.

A private celebration of his life will take place at a later date.

In lieu of flowers, donations may be made to a fire department association of your choice.

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

## OBITUARY



**Edwin "Ed" Martin**

It is with heavy hearts that we release Edwin Arthur Martin to heavenly peace. A legendary trucker of almost 60 years, seasoned veteran of the winter roads, lover of animals and the outdoors, storyteller without compare, music lover, and a man of enduring faith who would reach out to make a friend of anyone he met.

He died suddenly at Portage General Hospital on January 21, 2024 at 80 years of age; only a few short weeks after a diagnosis of Stage Four cancer with significant spinal column and brain metastasis.

He is survived by his wife of 55 1/2 years Brenda (nee Gibson), his daughters Virginia (James) and Rebecca (Mark), and grandsons Garrett and Connor.

He also leaves to mourn his younger siblings: Carol, Ken (Betty), Andy (Dianne), Robert (Marlene), Doug (Barb), Katherin (William),

his brother-in-law Thomas (Debbie) and numerous nieces, nephews, grand-nieces and grand-nephews.

He is predeceased by his parents (Helena and Peter), younger brother Ron, infant sister Shirley, daughter-in-law Carol, and brother-in-law Eddie.

Three days before his passing, Ed wrote the following message for family and friends:

"In the event of my departure, please do not be stricken with sadness, but rather rejoice. I have won the victory in Jesus. Let there be singing, lots of singing of praise, honour and glory. I have lived a long life and God has been so good to me; never forsaken me. Give praise! Give thanks. Amen."

Donations in Ed's memory may be made to the Canadian Foodgrains Bank, Salem Foundation or a charity of your choice.

Funeral service was held on Saturday, January 27, 2024 at the Elm Creek Community Hall. Interment took place in the Elm Creek Cemetery.

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

## OBITUARY



**Robert (Bob) Diemert**

It is with great sadness that we announce the passing of Bob Diemert on January 11, 2024.

Bob was born to Ann (nee Burke) and Edward Diemert on October 4, 1938 in Morden, Manitoba. He was raised in Manitou and Winkler before moving with his father to Carman, Manitoba in his early 20's. This is when his aviation career began. Bob was a self-taught engineer starting with the building of his own car at the age of 14. He had many careers throughout his early life including running the movie theatres in Winkler and Carman. He met and married Elaine Roberts of Miami, Manitoba and they had three daughters.

Bob restored many old war planes. He flew his Hawker Hurricane as a stunt pilot in the Battle of Britain movie. He was an aviation pioneer in Canada and had many requests for interviews over the years. The National Canadian Film Board did a documentary about his accomplishments called The Defender. There were many articles written about him in the local newspapers about his various accomplishments. The most recent one was receiving the Queens Diamond Jubilee medal in 2022 for his accomplishments in aviation.

He is survived by his children Dianne Sauvlet (husband Rene, son Matthew), Tracie Diemert (husband Daniel), Cindy Penner (husband Russ, son Seth).

Funeral Service will be held on Friday, February 2, 2024 at 2:00 p.m. at the Miami Community Hall, Miami, MB. Interment will follow in the Miami Cemetery.

Donations may be made to the Heart and Stroke Foundation of Manitoba, 1379 Kenaston Blvd., Winnipeg, MB, R3P 2T5.

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

# take a break > GAME

## SUDOKU

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

**Fun By The Numbers**

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

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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# get inspired

> MEAL IDEAS



## Everything Bagel Salmon Brown Rice Bowl

Total time: 10 minutes  
 Servings: 1  
 1 packet (2 1/2 ounces) Chicken of the Sea Wild Caught Alaskan Pink Salmon with Everything Bagel Seasoning  
 1 cup cooked brown rice  
 roasted nori seaweed sheets or pieces, crushed  
 1 small avocado, sliced  
 2 tablespoons shredded carrots  
 2 tablespoons shredded radishes

2 tablespoons minced cilantro  
 2 teaspoons furikaki seasoning (Japanese rice seasoning)  
 2 tablespoons Sriracha mayo  
 In bowl, top cooked brown rice with crushed seaweed sheets.  
 Add sliced avocado and top with salmon.  
 Add carrots, radishes and cilantro.  
 Sprinkle with furikaki seasoning and drizzle with Sriracha mayo.



## Lemon Garlic Tuna-Stuffed Roasted Mini Sweet Peppers

Total time: 20 minutes  
 Servings: 2-3  
 1 packet (2 1/2 ounces) Chicken of the Sea Wild Caught Light Tuna Lightly Seasoned by McCormick, Lemon Garlic  
 3 mini sweet peppers, halved, seeds removed  
 2 tablespoons olive oil  
 1/4 cup shredded cheddar cheese  
 1/2 cup sliced green onions  
 fresh cracked black pepper, to taste  
 Preheat oven to 400 F. Lay parchment

or foil over baking pan.  
 Place halved mini sweet peppers on prepared baking pan and lightly brush both sides of peppers with oil.  
 Divide lemon garlic tuna evenly between six mini pepper halves.  
 Top with cheese and bake 8-10 minutes, or until peppers are tender and cheese is melted.  
 Allow to cool and top with sliced green onions and fresh cracked black pepper, to taste.



## Seared Salmon with Apple Slaw

Servings: 4  
 4 portions boneless salmon  
 4 tablespoons Asian-style barbecue sauce  
 2 Envy Apples, cored and sliced into matchsticks or julienned  
 1 cup sliced or shredded red cabbage  
 1 cup sliced or shredded white cabbage  
 1 celery stick, finely sliced  
 1/2 red onion, finely sliced  
 1/4 cup mayonnaise  
 1 tablespoon chopped fresh herbs such as dill, parsley or cilantro  
 1 lime, juice and zest only  
 1 tablespoon toasted white sesame

seeds, plus additional for garnish  
 1 teaspoon black sesame seeds, plus additional for garnish  
 Preheat oven to 375 F using grill or broil setting and line baking tray with cooking paper.  
 Arrange salmon portions on paper and spread barbecue sauce over each portion.  
 Bake 5-8 minutes, depending on thickness and size, or until just cooked in center and caramelized on top.  
 In bowl, combine sliced apple sticks, cabbage, celery and red onion slices; toss lightly.  
 In separate bowl, whisk mayonnaise, herbs, lime juice and lime zest.  
 Fold dressing and sesame seeds into slaw and toss together.  
 Divide apple slaw between serving plates and top with glazed salmon.  
 Sprinkle with extra sesame seeds.

# Expert Patient Here to Help!

By Susie Schwartz

I made such a stupid mistake recently - twice!

I had a neurosurgeon appointment to discuss a spinal surgery that I'll be having, thanks to severe lumbar stenosis. We talked about the symptoms I had, and symptoms most people have chances of improving with or without surgery, chances of it getting worse with or without surgery, risks of the surgery, complicating factors for success, such as my fibromyalgia and diabetes and. It was a lot. We were with the surgeon for an hour before his secretary kicked us out, ha! And guess what I didn't do? I decided not to record it! Why? Because Don came with me. I thought that was enough.

But here's the thing. The doctor had given us so much information that neither Don nor I remembered everything he said... even to the point of arguing about it on the way home! We decided we needed another appointment after all that to decide if surgery or no surgery, which the doctor had left up to us to decide.

Then, within weeks, I had a complicated gastroenterologist appointment where we talked about my, erm, tricky future with my rare disease of gastroparesis. (A result of the type 1 diabetes.) We talked about feeding tubes and ileostomies and meds to start and meds to stop and, and, and. And I didn't record this one either! I mean, what was I thinking? If our phone recording apps aren't for this, then what? (Apart from secretly recording your mother-in-law or neighbour-friend to quote them



Susie Schwartz

in the sitcom script you are about to write about them, obviously.)

And I call myself an expert patient. Yikes.

So yeah, for the sake of your health and marriage, record an appointment! Especially if it's not just for a UTI that won't stop, and you know they will just give you a third round of antibiotics. Hypothetically, of course. Anything more complicated, do it. Press the red button. Just don't forget to press 'stop' after the appointment or you'll have hours of BBC Radio footage from the ride home about Prime Ministers who break their own rules during a pandemic. Just sayin'.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss\_stress, and at [www.lesshealthstress.com](http://www.lesshealthstress.com) Sign up there for her writer's substack. Her book, 'Help the Doctor Help You' is available on Amazon!



## Grilled Apple Portobello "Burgers"

1 Envy Apple  
 2 portobello mushrooms  
 1/4 cup olive oil, divided  
 1 tablespoon lemon juice  
 2 garlic cloves, minced  
 1 teaspoon oregano  
 1 teaspoon salt  
 1/2 cup herbed goat cheese  
 2 brioche buns  
 2 parge pieces butter lettuce

2 tablespoons mayonnaise  
 Heat grill to medium heat.  
 Slice apples horizontally into thick round wedges and remove seeds using fork.  
 Remove portobello stems.  
 In small bowl, combine 1/8 cup olive oil, lemon juice, garlic, oregano and salt.  
 Using basting brush, coat portobellos on both sides with olive oil mixture. Grill stem sides down 2 minutes then flip. Add goat cheese to portobellos and grill 2-3 minutes until cheese is melted. Remove from grill.  
 Use remaining olive oil to coat apple rounds. Grill apple rounds 1-2 minutes per side to lightly char.  
 Serve portobellos with apple rounds on brioche buns with lettuce and mayonnaise.