

*The Carman-Dufferin*  
**STANDARD**

VOLUME 3  
EDITION 23

THURSDAY,  
JUNE 8, 2023

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STANDARD PHOTO BY RICK HIEBERT

Liv Dance's Junior Competitive Musical Theatre dance group performed to Falling for Ya. Pictured left to right, Brynn Stepler, Marley Unrau, Avery Klassen, Bekka Bartley, Emma Graham and Scarlett Rondeau.

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**We are located in Carman – covering Southern Manitoba**

# Boyne Valley Hostel corporation has lots on the go

By Ty Dilello

The Boyne Valley Hostel Corporation (BVHC) is a community-funded charity whose mandate is to enhance the lives of the residents in Boyne Lodge and Boyne Towers in Carman.

Things all started in 2012 when there was a community meeting initiated by the then RM of Dufferin Reeve and the Mayor of Carman to discuss the future of Carman's aging personal care home facility.

A large community turnout endorsed exploring a long-term care home development that had been done in Niverville, which involved the local community partnering with the government to build, finance and own a new personal care home facility.

ity.

After a number of years of discussion and a great deal of effort put into developing a comprehensive business plan, the project proceeded, and long-term care residents finally moved into the new facility in August of 2021.

Once the new facility was built, the original Lodge, which was deemed to be very structurally sound, was renovated to create two more "homes" on the top floor (quite an architectural feat), an expanded kitchen to serve the whole facility, a bistro that will be open to the public, and office space for the Southern Health-Sante Sud employees who were operating out of several facilities in Carman.

Earlier this year, the BVHC purchased a technology developed in the Netherlands called the Tovertafel (Magic Table in English). This is an overhead projector that projects interactive games and activities onto a table or onto the floor that reacts



STANDARD PHOTO BY LINDA MACNAIR

The Boyne Valley Hostel Corporation (BVHC) is a community-funded charity whose mandate is to enhance the lives of the residents in Boyne Lodge and Boyne Towers in Carman. The BVHC has recently purchased a Dutch-based technology called Tovertafel that will help out significantly with residents living with dementia.

to a participant's movements. It is designed to be engaging for people with mild cognitive impairment right up to people with quite serious dementia.

The Tovertafel promotes more joyful social connections for seniors living with dementia through its wide range of interactive games. Developed with seniors and care professionals, its games are designed to suit different stages of dementia and times of the day, such as family visits and sun-downing.

A representative from the company Eugeria, who supplied the system, recently came to Carman to do a training session with the Tovertafel with Boyne Lodge staff and some of the BVHC Board members to learn how to get the hang of the new machine.

The BVHC has also completed many other projects over the past 2022-23 fiscal year. Some of these projects include:

- Purchase of fresh, locally grown strawberries for the residents' enjoyment.
- Christmas flower arrangements for each house.
- Halloween Timbits for residents and staff.
- Installation of a permanent roof on the pergola in the courtyard to expand the shaded area.
- Expansion of the concrete patio in the courtyard to accommodate more wheelchairs.
- Purchase of large wall hangings featuring historical and other pictures of the local communities (there

are circa 1950 aerial shots of several of the communities that residents in the Lodge used to call home).

- Purchase of new planters for the courtyard (some residents helped plant flowers in them).
- Installation of automatic door openers in each of the resident houses.
- Purchase of a guitar for resident/staff use.

Ongoing activities at BVHC also include a Weekly Friendship Project flower arrangement distributed to a resident or staff member needing a "pick-me-up"; Bi-weekly Ice Cream Days to begin in July; Snacks for staff attending monthly "resident-centred care" training, and support for the staff "Wellness Committee"; and the coordination of a group of volunteers to take care of summer landscape maintenance around the Boyne Lodge.

"We, as Boyne Valley Hostel Corporation, are strictly a charitable organization supporting activities and projects in the Boyne Lodge and the neighbouring Boyne Towers (a senior's independent housing apartment block), so we have no involvement in the operation or ownership of the Boyne Lodge," said Linda MacNair, treasurer of the Boyne Valley Hostel Corporation. "But we were the charitable arm that accepted community donations that helped build the new facility (more than \$4 million), and several of our projects now focus on enhancements to the new facilities."

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# Honouring those who fought for our freedom

By Lana Meier

Carman's Royal Canadian Legion #18 celebrated the 79th anniversary of D-Day last Saturday on June 3 with a great sense of honor and reverence. The event was marked by a solemn march of the colour party as legion members gathered to honor and pay tribute to the brave soldiers who landed on Normandy shores in World War II. It was a touching moment when several family members and dignitaries laid wreaths at the base of the cenotaph to commemorate those lost in battle, acknowledging the impact that war has had not only on its vic-

tims but also on their families. These included Carman's Deputy Mayor Robert Bryson, Dufferin Municipality Reeve Cor Lodder, Marlene Rose on behalf of the Carman Ladies Auxiliary and Second World War veteran Jim McInnes on behalf of all the veterans.

Karen Maxwell officiated the event. These actions serve as an expression of gratitude for all servicemen and women who have dedicated themselves to preserving our way of life - one which we often take for granted without considering all those who have contributed unimaginable sacrifices throughout history.



STANDARD PHOTOS BY BEV MCLEAN

Carman's Royal Canadian Legion #18 celebrated the 79th anniversary of D-Day and the Battle of Normandy last Saturday on June 3.



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# Tax cuts need to be a focus of provincial election

By Gage Haubrich is the Prairie Director for the Canadian Taxpayers Federation

Manitobans need more tax relief.

A family of four in Winnipeg making \$75,000 a year is paying more provincial taxes in Manitoba than they would be in Saskatchewan, Alberta or British Columbia.

Since the last election in 2019, inflation in Manitoba has gone up 12 per cent. Groceries now cost 18 per cent more and the price of gas is up by more than half.

The upcoming election is a perfect time for all parties to commit to making life more affordable by putting more money back in Manitobans pockets.

What can you expect from four more years of Premier Heather Stefanson? Or four years of newcomer New Democratic Party leader Wab Kinew?

Let's compare the tax cutting record of both parties. In 2019, the Progressive Conservative government cut the provincial sales tax by one point, lowering it from eight to seven per cent. And in 2020, the government started phasing out education property taxes, which will save the average homeowner \$581 this year.

Stefanson's latest budget increased the tax-free portion of Manitobans' income from \$10,145 to \$15,000. This will save taxpayers up to \$524 per

year. It will also remove 47,400 low-income taxpayers from having to pay any income tax at all.

The Stefanson government committed to further cut taxes after the election in 2024 by changing the income tax brackets. Under this change, the first \$47,000 of your income will be taxed at the lowest rate, compared to the current \$36,842. Income between \$47,000 and \$100,000 will be taxed at the second highest rate compared to \$79,625 before. This means that more of taxpayer's income will be taxed at lower rates.

Combined with the change this year, an individual taxpayer will save up to \$1,399 in 2024. That's a substantial tax cut. It's enough money to pay for a month of rent or a couple months of groceries. Greg Selinger, the last NDP premier, was more well-known for raising taxes. In 2012, his government raised the gas tax. While campaigning in 2011, Selinger promised Manitobans he would not raise the provincial sales tax, but, in 2013, he hiked the PST from seven to eight per cent.

The past shows that the PCs have the edge when it comes to a tax cut track record. Cutting taxes three times in the last seven years is an accomplishment. But an election is just as much about what a party will do as much as it is about what they have done.

Stefanson and the PCs need to follow through on their announced tax cuts. And if the PCs are really serious about affordability, they will cut the gas tax to offset Prime Minister Justin Trudeau's carbon tax hike.

"Manitobans will feel even more of a pinch when they are filling up the tank, buying groceries and heating their homes," Stefanson said on the latest carbon tax hike. The federal carbon tax increases the price you pay at the pump by 14 cents per litre. The Manitoba government also charges a 14 cents per litre gas tax.

Kinew also needs to make bold commitments if he wants the attention of taxpayers. After the budget Kinew refused to say if an NDP government would keep Stefanson's latest tax cuts. Kinew needs to come clean on what Manitobans can expect if he gets elected.

To the west, the Saskatchewan NDP is calling on the provincial government to cut parts of the PST. Promising a provincial sales or gas tax cut would show Manitobans that Kinew and his party have learned from the mistakes of the past.

Taxpayers are struggling. Politicians are supposed to work for the people. Manitoba politicians need to prove to taxpayers that they can make it a little easier to make ends meet.

# Carman welcomes aviation enthusiasts to Airport Day

By Annaliese Meier

Throughout the year, the Carman Flyers Group, with support from the Town of Carman and Municipality of Dufferin works diligently to provide a year-round airport to serve the aviation needs of our region. Each year the group hosts an Airport Day to give area residents an opportunity to visit this great aviation facility.

Everyone is welcome to join Airport Day on Saturday, June 10 from 9 a.m. - 1 p.m. at the Carman South Airport. This exciting event, hosted by the dedicated aviation enthusiasts, offers visitors of all ages an opportunity to explore this incredible facility and learn more about general aviation. With

activities like glider displays, flight simulators, and even a spray aircraft (weather permitting), and kid's activities.

There will be a pancake brunch available, adult admission is just \$10 (\$5 for kids aged 6-16; under 5 eat for free). It's an affordable way to enjoy some fresh air and sunshine while exploring the world of aviation or just enjoying time with family and friends in the community.

Airport Day offers people in the area an opportunity to see how their local airport serves its region. Through events like this one, John Carley – a local pilot himself – passionately emphasizes the "importance of commu-

nity engagement with airports and the community in general."

The volunteers are a key to the success of having events like the Airport day as they help to keep up with the conditions of the airport. There are roughly 12 full time volunteers but more are always welcome. The airport is meant to show that it is there for all ages from children to seniors to enjoy. So whether you're a seasoned flyer or have never set foot on a plane before— Airport Day is open to everyone on June 10. Just drive to the airport 1.5 miles south of the Carman traffic lights along Hwy. 3 and experience all that this fantastic facility has to offer!

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# Federal Tory leader makes a stop in Winkler

By Ashleigh Viveiros

Conservative Party of Canada leader Pierre Poilievre made a stop in Winkler Friday night.

The Leader of the Official Opposition was in Manitoba to show his support for the Conservative candidates running in the federal byelections in Winnipeg South Centre and Portage-Lisgar.

Branden Leslie is running here in Portage-Lisgar for the Conservatives against Maxime Bernier of the People's Party, Nicholas Geddert of the Green Party, Kerry Smith of the Liberals, and Lisa Tessier-Burch of the NDP (you can learn more about all the candidates on Pg. X).

At the meet and greet, held in the Meridian Exhibition Centre, Poilievre laid out his hopes and plans should the Conservatives win the next federal election, slated to take place in 2025.

He decried Prime Minister Justin Trudeau's Liberal government as lacking common sense, lamenting the impact of high taxes, inflation, and rising crime.

If elected as Prime Minister, Poilievre

promised to get government spending under control.

"A Poilievre government will bring in a common sense law that will require a dollar of savings for each new dollar of spending," he said, stressing this is how Canada will get a handle on runaway inflation and debt.

He said he also intends to reform the tax system to ensure people get to keep more of what they earn, increase the number of building permits issued to address the housing crisis, eliminate the carbon tax and fertilizer mandates to help farmers be able to afford to produce more food affordably, and make sure the country is producing natural gas for Canadian use.

"We will be a nation that stands on its own feet, produces its own goods, and brings homes and businesses and jobs back to this country," Poilievre stressed.

He also pledged to repeal Bill C-11, the Online Streaming Act, which subjects social media platforms and streaming services to Canadian content requirements and regulations



STANDARD PHOTO BY ASHLEIGH VIVEIROS

Conservative Party of Canada leader Pierre Poilievre was in Winkler Friday night to rally support for the party in the Portage-Lisgar byelection.

comparable to those imposed on traditional broadcasters.

"I will stand up for freedom of expression," Poilievre said, noting he

also intends to ensure funded Canadian post-secondary institutions do not "muzzle" faculty and students for voicing their opinions.

## Nominations open for 2023 Seniors of the year awards

Submitted by Manitoba government

Nominations are now open for Manitoba's Seniors of the Year Awards, which celebrate senior Manitobans who have made a significant contribution to their families, communities and the province, Seniors and Long-term Care Minister Scott Johnston announced last Thursday.

"Older Manitobans laid the foundation of our strong, prosperous province, and their contributions continue to play a pivotal role in fostering a healthy, productive society," said Johnston. "These awards will recognize the hard work and dedication of Manitoba seniors whose outstanding voluntary contributions enrich their communities."

Awards will be presented in two categories, noted the minister. The senior of the year award recognizes Manitoba seniors for enriching the social, cultural or civic life of communities. The active and healthy living award recognizes role models for their work creating active, healthy communities.

Nominations for the awards are open until 4 p.m. on June 23.

The minister also invited Manitoba residents who are 100 or older to sign up for Manitoba's Centenarian Club, which celebrates their experiences, wisdom and contributions.

"Along with recognizing the immeasurable contributions of Manitoba seniors, our government continues investing in key initiatives that will build a stronger foundation for improved seniors care," said Johnston. "During the comprehensive public engagement process that informed our seniors strategy, we heard that it can be challenging to access and navigate services and supports which is why we are launching two new resources specifically designed to address these challenges."

The new Manitoba Seniors Guide provides important information about seniors serving organizations throughout the province and includes hundreds of listings of services supporting adults including home care, social services and community groups.

The fully accessible, bilingual guide was developed in partnership with 211 Manitoba and United Way Winnipeg and can be downloaded and printed for quick reference, noted Johnston. In addition to a general guide for all of Manitoba, there are five regional versions including Winnipeg, Southern, Interlake-Eastern, Northern, and Westman/Parkland,

Continued on page 6

Manitoba's

**Seniors** of the year

**Awards**

**Nominate**

**a Manitoban**

**age 65-plus**

**SENIOR OF THE YEAR**

For those who make outstanding contributions, enriching the social, cultural or civic life of their community

**AWARD FOR ACTIVE & HEALTHY LIVING**

For those helping to create active and healthy communities

**AGE 100-PLUS?**

Join the Centenarian Club!

Nominate & sign-up at [Manitoba.ca/SeniorsAwards](https://Manitoba.ca/SeniorsAwards)

Nominations close

**JUNE 23, 2023**

**Manitoba**

# BTHC hosts medical students for Rural Week

By Ashleigh Viveiros

First-year medical students got the chance to see everything our area has to offer during Rural Week 2023.

Eight students from the University of Manitoba's Faculty of Medicine were in Morden-Winkler last week, shadowing physicians at the Boundary Trails Health Centre, the C.W. Wiebe Medical Centre, and the Menzies Medical Centre.

"Some of them are from rural Manitoba and so have a bit of a sense of what it's like to live in a rural community, but some of them have only ever lived in a larger urban centre," said Dr. Kevin Earl, one of the physicians who worked with the students. "And so the comments we got from a lot of them were that they couldn't believe the medical care that can be provided in our region."

The students spent their days working in a variety of departments to get a real sense for what rural medicine is like.

"We had them scheduled with some of the anesthesiologists, some of the emergency room physicians, the family physicians, the surgeons, so they get exposure to different areas of medicine rurally," Earl said.

They were also treated to tours of some of the recreational options the Pembina Valley has to offer, including ziplining and enjoying a beverage and a tour at Dead Horse Cider.

Reaching out to medical students at this point in their education has proven to be very effective in aiding later recruiting efforts, Earl shared.

"In the first one to two years of medical school, that's really when students start to think about what their career path might look like. So planting the seed that rural medicine can be really rewarding, exciting, and living rurally can actually be a really nice lifestyle, it's really important."

The week certainly left an impression on Winnipeggers Kieran Milner and Vaishali Sheno. "It's been an amazing learning experience," Milner said. "It's also been our first real experience doing a lot of shadowing in the hospital. For a lot of our school year it's been mostly studying in classrooms, so it's been really cool not only to get to see medicine but how rural medicine works."

"It's not at all what I was expecting," he continued. "I thought it would be a lot smaller facilities, but the clinics are really nice and the doctors are



STANDARD PHOTO BY ASHLEIGH VIVEIROS

Eight first-year medical students from the University of Manitoba were in Morden-Winkler last week for Rural Week, which gave them the chance to shadow physicians at the hospital and the Morden and Winkler clinics to learn about what it's like to practice in rural Manitoba

amazing. And the community is amazing."

In his time here, Milner got the chance to see medical professionals at work on everything from kidney stones to emergency traumas.

"Before this week, I didn't really even consider family medicine, but now it's probably one of my top choices for a specialty just because I see how you can do a little bit of everything," he said.

Sheno was impressed by the relationships rural doctors get to build with their patients, some of whom they may have treated since childhood.

"It was neat to see that bond with patients. They kind of know them as their whole family, too, not just the individual," she said, noting there's a real sense that the doctors are part of a close-knit community. "There's more of a connection, a personal relationship."

"The thought of a community knowing each other so well, it's really appealing ... I feel like rural medicine is definitely on the map now for me."

Sheno has an interest in obstetrics, so getting to sit in on a number of pre-natal visits at the Morden clinic was a highlight.

"Being able to see how an ultrasound would go, or even see how far along someone is or this is where the baby is positioned, hearing their heartbeat, it was definitely interesting."

For Morden native Vienna Peters, Rural Week was a welcome opportunity to be behind-the-scenes in the local medical facilities she grew up with.

"I think it's super special to recognize people in the hallways here [at BTHC] and at Menzies clinic, feeling

## > SENIOR AWARDS, FROM PG. 5

making it easier to locate services and supports close to home, the minister added.

The minister noted the Department of Seniors and Long-term Care's newly refreshed, fully accessible website is now live at <https://www.manitoba.ca/seniors/>. The website includes comprehensive information on healthy aging resources including:

- housing options and care planning;
- community and caregiver supports;
- safety and security;
- financial and legal matters;

- health and well-being; and transportation.

The website also includes a section dedicated to combatting ageism, the minister noted.

"We want to support all Manitobans in their aging journeys," said Johnston. "Our government remains committed to making Manitoba an ideal place to age."

To nominate someone for a senior of the year award or to sign up for Manitoba's Centenarian Club, visit <https://manitoba.ca/seniors/seniors-of-the-year-awards.html>

**Visit the Ste. Thérèse Roman Catholic Church Museum**

Cardinal, MB

The Ste. Thérèse Roman Catholic Church Museum in Cardinal features a collection of religious artifacts, photos, and displays that tell the story of the Church, the Village and the People. Explore pictures and information relating to Cardinal's first writer, Raymond Paget, as well as the well-known author Gabrielle Roy, who was a teacher at the school in Cardinal in 1929-1930. The Church is open daily from May to October. Donations are accepted. Other visits can be arranged by calling 204 248 2372.

Learn more at: [www.cardinalchurch.ca](http://www.cardinalchurch.ca)

# Flashback...Carman duck race 1993

By Dennis Young

The Carman Community Pathway to Active Living were hoping to feel just ducky in 1993 when they organized the first ever Duck Race to generate funds for a pathway. This path later became the Carman Community Pathway to Active Living being developed along the Boyne River.

The event was like a lottery with participants purchasing \$5 numbered tickets. The corresponding numbers were assigned to the underbelly of the rubber ducks and were not revealed until the end of the race.

Ron Funk oversaw the event that took place during the annual Potato Blossom Festival in June. About 900 ducks were purchased and placed in the Boyne with expectations that the current would carry them to the finish line at the Main Street bridge. Mother Nature had other plans.

"The ducks were supposed to float down river about 1 km and cross the



Many interested spectators kept a close watch of the Boyne River Duck Race with the help of the Main Street Bridge.



STANDARD PHOTOS SUBMITTED

Cowboys Ron Funk, left and Jack McKinnon herd the ducks down the mighty Boyne during the first annual Boyne Duck Race in 1993.

finish line near the Chicken Delight spillway" Ron was quoted then. "Jack McKinnon and I "herded" them from a canoe, but we had to stop the race under the bridge because the wind had changed. The ducks were not go-

ing anywhere, and some were getting caught up on the riverbanks."

The organizers decided to hold a draw for the cash winners since those ducks were not cooperating. Pearce McDonald won \$450, Allison Murray

\$225 and Tanya Mitchell \$113. Six others received \$45 each.

Watch for more recent information re a resurgence of the Duck Race as a fund raiser for the Carman-Dufferin Historical Museum on July 12.

## Manitoba small business optimism falls slightly this month

Submitted by CFIB

Manitoba's small business optimism index was on the rise for six months in a row but is now beginning to slow down according to the latest Canadian Federation of Independent Business (CFIB) Business Barometer®. The province's long-term (12-month) optimism index is sitting at 63.5 in May.

PEI (75.0) and Newfoundland and Labrador (68.0) have the most 'upbeat' entrepreneurs due to the beginning of the summer tourism season. Manitoba sits at the top with the two eastern provinces, only seeing a drop of 1 point

from last month. Health and Education services (67.6) topped the sector rankings, while Agriculture (45.6) and Finance, Insurance, Real Estate and Leasing (45.7) were virtually tied for last place.

"Small business optimism in Manitoba has remained quite steady over the past few months," said Brianna Solberg, CFIB Provincial Affairs Director. "However, challenges such as lower sales, record-high business costs, and a historically difficult labour market are making it difficult for businesses to fully recover and that is why we are beginning to see optimism levels

plateau."

While some headwinds have eased, labour shortages and their side effects are still one of the biggest headaches for small businesses. Manitoba's top limitation on business development and growth in May continues to be labour shortages – with 46% of Manitoba small business owners reporting a shortage of skilled workers and 28% reporting a shortage of semi- or unskilled workers.

One CFIB member commented that labour shortages have forced their business to reduce their service offerings. Another reported a productivity hit after having to train technicians in-house due to a lack of qualified workers, while a third mentioned having to automate and swap domestic manufacturing with imported goods to cope with higher labour costs.

Full-time staffing plans have been on a steady upward trend in Manitoba since March, with 26% of businesses looking to hire in the next three months.

"Usually, businesses are looking to hire more people ahead of the busy summer season. At only 26%, the moderate indicator this month suggests employers are struggling to find qualified staff, or are looking for alternatives, in a cooling labour market," said Andreea Bourgeois, Director of Economics at CFIB. "The good news though is that fewer employers (10%) were planning to lay off in the next three months."



STANDARD PHOTO BY DENNIS YOUNG

Tim Horton's Carman staff and South Central Cancer board members celebrate the \$6,868 raised from this year's Smile Cookie campaign.

**Blaine Pedersen**  
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# Miami youth making a difference one grant at a time



STANDARD PHOTO SUBMITTED

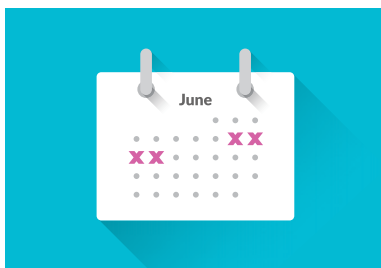
The Miami School Youth In Philanthropy group proved that age is just a number last week. These young philanthropists showed maturity beyond their years and were eager to make a difference in their community. On May 31st, this incredible team handed out grants and awards to some of the most deserving organizations in Miami, including the Miami Ag Society, Miami Railway and Station Museum, RM of Thompson Healthy Living Committee, Miami Children's Facility, Blair Sharpe Active Living Centre and the Miami Golf & Country Club. Pictured, left to right: Morgan Turner, April Stepler, Alyssa Rivard, Addison Elias, Tatiana Frost, Michael Stepler, Troy Turner (Miami Ag Society), Cathy Savage (Miami Railway Station Museum), Deb Weir (RM of Thompson Healthy Living Committee), Kelly Unrau (Miami Children's Facility), Karen Leblanc (Blair Sharpe Active Living Centre). Missing from the photo is Glenda Burnett (Miami Golf & Country Club).

FEDERAL BY-ELECTION  
PORTAGE-LISGAR / MONDAY, JUNE 19

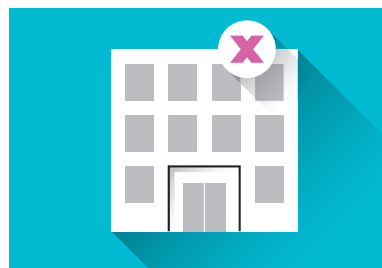


## There are ways you can vote early.

You can vote:



At your assigned  
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# 'Smoke alarm for every family' program renewed

Submitted by the Manitoba government

The Manitoba government, through the Office of the Fire Commissioner, is once again offering the Smoke Alarm for Every Family (S.A.F.E. Family) program, in partnership with the Manitoba Firefighters' Burn Fund, Municipal Relations Minister Andrew Smith announced Monday.

"The risk of dying in a reported home fire is reduced 50 per cent in homes with working smoke alarms," said Smith. "Smoke alarms save lives—but they need to be properly installed, equipped with functioning batteries, and within their 10-year service life."

The goal of the S.A.F.E. Family program is to save lives by protecting every home with a working smoke alarm and encouraging residents to make and practise a home fire escape plan.

Any homeowner without a working smoke alarm can apply to receive one. Only owner-occupied homes qualify for the S.A.F.E. Family program, since landlords are legally responsible for installing and maintaining smoke

alarms in rental units.

Fire departments will focus on identifying homes with at-risk residents including older adults, newcomers to Canada, young children, people with disabilities, and low-income families.

"The recent rash of fires in both vacant and occupied residences points out the seriousness of the issue for the public and firefighters, along with the number of adults and children who are admitted each year with serious and life-threatening burn injuries" said Martin Johnson, chair, Firefighters' Burn Fund of Manitoba. "The Firefighters' Burn Fund is pleased to be in partnership with the Office of the Fire Commissioner and Manitoba's fire departments in the delivery of this vital program."

Since the program started in 2015, fire departments across the province have installed more than 7,500 smoke alarms in eligible homes, the minister noted.

For more information on the S.A.F.E. Family program, contact a local fire department or visit [www.manitoba.ca/safefamily](http://www.manitoba.ca/safefamily).

# Community connections



STANDARD PHOTO BY BLAIR SHARPE MIAMI ACTIVE LIVING CENTRE  
On June 3, the Blair Sharpe Miami Active Living Centre held its grand opening with a luncheon at 11 a.m., followed by speeches at 12:30 p.m.. Active living activities followed in the afternoon, which included pickleball and various medicine ball workouts.

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# Carman dancers celebrate on the big stage

By Annaliese Meier

Liv Dance Company held their second annual recital, "On the Screen" at the PW Enns Concert Hall in Winkler on May 26, and it was a spectacular showcase of talent. With 140 registered students this season, the local dance school owned and operated by Jill and Tricia Livingston has truly taken off since its opening in September 2021.

Liv Dance Company is offering an impressive range of styles including ballet, tap, jazz, hip hop, acro, contemporary, lyrical and musical theatre. And despite the pandemic chal-

lenges faced by many businesses over the past year or so, the Livingstons have managed to weather the storm rather well thanks to its late opening date in 2021.

"It's been a surreal dream come true," says Jill. "We're excited for our upcoming summer program starting with parent-and-me classes on June 7 followed by week-long dance camps in multiple styles beginning mid-July."

With registration for next season set to open later this month - things are only just getting started at Liv Dance Company.



STANDARD PHOTOS BY RICK HIEBERT





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# Gimli International Film Festival looking for volunteers

Submitted by GFF

The highly anticipated Gimli International Film Festival (GIFF) is back, bringing the magic of cinema to the picturesque shores of Lake Winnipeg. Mark your calendars for July 26-30, as

GIFF promises to deliver an unforgettable cinematic experience for film enthusiasts of all ages.

Early bird tickets for this year's festival will go on sale on June 1, offering

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an exclusive opportunity to secure your spot at discounted rates. Regular tickets will be available for purchase starting July 1st, ensuring everyone has a chance to join in on the excitement.

GIFF is also calling for volunteers to be a part of the festival. Engage with industry professionals as you contribute to the success of this renowned event. Not to mention receive your complimentary GIFF Volunteer Film Pass, merchandise, and other exclusive invitations to events as a token of appreciation!

Volunteer roles include pre-event set-up, site management, box office

operations, guest services, hospitality, venue operations, event tear down, transportation, and more. Your minimum commitment of 12 hours will make a significant impact on the festival. By joining the GIFF volunteer team, you'll gain valuable experience, connect with talented individuals, and contribute to one of Manitoba's most unique summer experiences.

For more information on volunteering, tickets, and all things GIFF, visit the official website at [gimlifilm.com](http://gimlifilm.com). Don't miss out on this incredible opportunity to be a part of Manitoba's most unique summer experience!

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# Diversitas speaker series is back with June 20 presentation

By Lorne Stelmach

A series of talks aimed at being a platform for dialogue around issues related to our human diversity is returning this month starting with a speaker from Morden.

Diversitas kicks off again after an extended break during the pandemic with a June 20 presentation entitled *Violence, Race and Settler Colonialism in Late 19th Century Manitoba*.

It gets underway at 7 p.m. at the 500 Stephen Community Centre with a presentation by Dr. Shelisa Klassen, who hopes people will “come away from it with a more nuanced understanding of the history of southern Manitoba.

“History is complicated, and the way that we talk about history changes over time,” suggested Klassen. “History is an ongoing conversation.”

“This is not a presentation designed to make people walk away feeling guilty. It’s designed to provide historically accurate information,” suggested Peter Cantelon, who spearheads the Diversi-

tas series.

His goal for Diversitas has always been to expose participants to the variety and diversity of people to generate greater understanding. There will be times when someone may hear a presentation that they wholly or in part disagree with, but disagreement is not a bad thing, he noted—it is how we disagree that can be either good or bad.

Not having held any sessions through the pandemic period seemed to be the right choice even just in terms of the initiative needing time to recharge, Cantelon suggested.

“We could have done virtual things. It just hasn’t been the nature of Diversitas,” he said. “Gathering together has been good; it makes for an easier Q & A. It’s more personal, and so I felt it was better just to take that break. Plus it allowed for ideas to kind of come back, because we were running thin on recommendations.”

The idea for this upcoming

session was sparked when he saw Klassen has been making a number of presentations on her research of late.

“The content of the research I thought was pretty apt for our area,” Cantelon suggested. “It was a great example of the kind of thing Diversitas was created to do, which was to bring good quality, high level presentations from experts on the subject into the Pembina Valley, where we would normally not see this kind of content.”

He was especially drawn to how it touches on the impact of settlement on Indigenous populations and connects to an issue which has been very much in the public consciousness.

“I think it’s a gentle reminder of our history, particularly in our region where we don’t often think about the displacement or the impact on Indigenous peoples or anything in regards to colonialism,” said Cantelon. “We’ve often been presented with a region that was empty and

then settlers came and populated it ... [but] we know there were settlements in the Pembina Valley, and it was not simply a trade route.”

Klassen, who received her PhD in history from the University of Manitoba in 2022, especially welcomes the chance to be part of a dialogue on this issue here in her hometown.

“It’s a great opportunity for me to speak to an audience outside of an academic setting,” she said. “I’m looking forward to hearing the thoughts of whoever comes to engage in this conversation and I’m looking forward to being able to share whatever knowledge and wisdom that I can bring to that conversation.

“Ultimately, what I want to do is challenge the myth that the land was empty and the myth that, in Canada, settlement was a peaceful process,” Klassen continued.

“My ultimate goal is to present some historical evidence to open up that conversation



Dr. Shelisa Klassen

about what was happening here,” she said, adding that it is not about guilt, as “guilt isn’t really a helpful response. It’s about allowing us to open more doors for conversation.

“If we’re going to think seriously about reconciliation, we all have to be on the same page about what we are reconciling ... before there’s any reconciliation, there has to be truth.”

For more information and this and upcoming Diversitas sessions, find Diversitas on Facebook or check out its website at [diversitas.wordpress.com](http://diversitas.wordpress.com).



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# Five candidates asking for your vote in Portage-Lisgar

Who are they? What do they stand for? Why do they think they deserve your vote June 19?

## MAX BERNIER, PEOPLE'S PARTY OF CANADA

People's Party of Canada leader Maxime Bernier says Portage-Lisgar reminds him very much of his home riding of Beauce, Quebec, where he served as MP for 13 years as a Conservative Party member before starting the PPC.

"It is a rural riding with real conservative values, like my former riding," he says, explaining our area got his attention after the 2021 federal election when the PPC earned 22 per cent of the vote.

"We did very well in the last election here ... I believe that it's a nice opportunity for me to be back in the area and representing people from the riding with real conservative values," Bernier says, noting he's prepared to move to Manitoba if he's elected in the June 19 byelection.

Bernier's campaign has painted the PPC as the only truly conservative option for voters.

"I believe that they're not conservative anymore, only by name," he says of the Conservative Party of Canada, "and they don't want to do a real fight on a lot of issues like abortion, climate change [the PPC stance is that human-created climate change is not a scientifically proven fact]."

"I'm the only real conservative here representing the people," Bernier says. "If they vote for me, they will have a national discussion about the important issues."

The PPC, he says, is prepared to reopen the abortion debate, starting with making late-term abortions illegal unless the mother's life or health is at risk, there has been rape or abuse, or the baby has a lethal abnormality or no brain function.

They are the only party, Bernier says, committed to withdrawing Canada from the Paris Agreement, which has set a goal of reducing greenhouse gas emissions by 40-45 per cent below 2005 levels by 2030 and reaching net zero by 2050.

In recent weeks the party has also released its stance on what it calls "radical gender ideology," asserting there are only two sexes and those who feel misgendered are suffering from gender dysphoria. Part of its policy on this topic includes outlawing the use of puberty blockers, cross-sex hormones, and surgeries that serve to help minors transition to another sex.

"The Conservatives won't speak about that," Bernier says, lamenting

the "woke" culture that promotes what he calls a toxic ideology. "We are promoting the drag queen story hour in our schools and libraries across the country and promoting young girls or young boys who may not feel comfortable, if I can use that word, in their body, that they are able to transition. That doesn't exist. There's no transition. A boy is a boy and a girl is a girl ... we need to protect children."

Should the Conservative Party step up to speak out against these and like issues, Bernier says he will support them.

"We are kind of your insurance policy, being sure that the Conservatives will be conservative. And if they won't, I won't support them."

He appeals to conservative voters concerned about splitting the vote to concentrate on voting their conscience.

"There's no such thing as splitting the vote," Bernier says. "Because you won't change the government in this byelection. The Trudeau government is there and after the election will still be there."

"There's no chance that you will elect a Liberal or an NDP [candidate] here. The contest is between me and the Conservatives."

"I'm saying to people vote for your values for once, and if you don't like me and what I'm doing in Ottawa, you have the chance to vote me out in 2025."

"I want to tell you that it's time to act, because we are in a culture war in our country."

## NICOLAS GEDDERT, GREEN PARTY OF CANADA

Nicolas Geddert hopes having his name on the ballot as the Green Party of Canada candidate will be a step towards building bridges in the riding.

"It's something that we at the Green Party take very seriously is getting green representation on the ballot ... to at least give people that voice," Geddert says. "But we also are looking at it as an opportunity to develop some relationships in the area."

"We tend to get a little city-focused as a party, naturally that's where a lot of our membership comes from, but being an ecologically-based party, we need to have that broader connection so that our larger environment is being represented so we can say we're doing things with the voice of the people who actually live here."

This is Geddert's first foray into fed-

eral politics, though he's been active for some time with the Green Party of Manitoba, running in the Elmwood riding in the last election and taking a leadership role as one of its deputy leaders. He's currently the provincial party's communications chair, based in Winnipeg.

He has family in Carman and so has spent a fair bit of time in the region, and he's eager to spend the next few weeks reaching out to like-minded residents and be "a little bit more visible but also be a bit more active in supporting citizens who are trying to take climate action, or take responsible community action."

Geddert stresses that the Green Party of Canada is committed to letting the voices of people who know what they're talking about actually be heard.

"I think that's that's one thing that we fail to do so often as political parties and politicians is we try to posture like we know about everything that we're talking about. Really, we just need to be understanding what it is that we're hearing."

"Most of the problems that we're dealing with have been researched and talked about and discussed ad nauseam, and we know what works and the people on the ground know what works," Geddert says "So for us as a party, we need to leverage that. For me, as a politician, I need to encourage that to come out and provide a safe space [for people to speak up]."

"One of the problems with politics is that the people who should most be in politics rarely join because of the nature of politics," he reflects "That's one of the big challenges is bringing those people to the table .. bring [their] thinking into this so that we can better describe it, so that all of us can better understand the issue."

One issue Geddert is passionate about is seeing progress made on consumers having the right to repair their own equipment.

"I can't say that I know a whole lot about farming or what farmers go through, but I do know that you when you buy a million dollar piece of farm equipment and you have it out on your field and something breaks down, and you are legally not allowed to fix it, that's a problem. That's not the spirit that Canada was built around."

"We're a frontier country, and it was people who were able to do things for themselves and by themselves [who built it] ... that's what I think we need to tap into again."

He'd also like to see the nation take a common-sense approach to environmental stewardship.

"We tend to worry about things like straws getting into the ocean and choking turtles, but really it's not the straw's fault—it's our fault for not being more responsible with how we use our materials."

"Surely there are ways that we can sustainably use our material resources so that we're cutting out waste. That's one of the biggest problems in everything we do; food waste is a problem, but also bureaucratic waste. We spend a lot of time waiting for issues and not taking responsibility for things. That's a waste of everyone's time for not taking action. That's a waste of energy and resources and even just the community's sense of well-being."

## BRANDEN LESLIE, CONSERVATIVE PARTY OF CANADA

Branden Leslie was inspired to throw his hat in the ring as the Conservative candidate in Portage-Lisgar for one simple reason: he's fed up.

"Fed up with this Liberal government and its constant attacks on our rural way of life," he says, noting it's a sentiment he hears echoed over and over again as he goes door-to-door across the riding.

He also heard it, during his years with the Grain Growers of Canada, from countless farmers who feel they're under attack by the Trudeau government

"I was fed up with the carbon tax that disproportionately affects rural Canadians. I was fed up with the plan to ban a number of hunting rifles. I was fed up with loss of freedoms—freedom of speech, freedom to stand up for our for our rights. I was fed up with the proposed expansion of MAiD [medical assistance in dying]."

"In big picture terms, I was fed up with the direction that our country has been going under the federal Liberals under Justin Trudeau, and thought that I could do a good job of trying to represent our rural southern Manitoba values and defend our communities."

The Portage la Prairie native comes to the race with plenty of experience already behind-the-scenes in Ottawa, with roles both in the Harper government and the private sector.

## > CANDIDATES, FROM PG. 14

"Having spent a lot of time working within politics in the background and, of course, being Candice Bergen's campaign manager in 2019, I've learned a lot about both politics and a whole host of policy issues that matter to our riding," Leslie says.

"I've been fortunate to have a number of great bosses on Parliament Hill. I've had the chance to advise a number of members of parliament and cabinet ministers on important issues to many folks across rural Manitoba and rural Canada more broadly, such as standing up for defending the rights of law-abiding firearms owners, on hunting and angling issues ... standing up for our farmers."

A farm boy a heart—he grew up on his family's farm just outside Portage—supporting producers is one of Leslie's passions.

"I have a lot of very specific ideas as it relates to agricultural policy to ensure that our farmers have the newest innovations, that we're able to bring private investment in new technologies such as gene editing and variety development," he says, adding that he wants to depoliticize "what is happening right now with the number of agricultural regulators and the department of agriculture in general and really try to get back to basics and make sure that we ... get the government out of the way and let the private sector provide the tools that farmers need to feed Canada and the world and make sure that our communities remain vibrant. Agriculture is at the backbone of a riding like ours."

"At the end of the day, being from here is vital, knowing this riding, being able to hear out the needs of our communities," he says. "I want to see our rural communities being vibrant, thriving communities. Growing. Being a good place to live. I think it's very difficult for somebody from another province to come here and have that same vision and same desire to see that for our communities."

Leslie spoke out against opponent claims that Conservative Party isn't conservative enough.

"In talking to a lot of people right across this riding ... people are very happy with Pierre [Poilievre] as our leader. I think they view the party with a high level of excitement and momentum as the best option to end the Prime Minister's time in office here at the next general election."

"I think of myself as a team player, one that is willing to do his part to make sure that Pierre Poilievre becomes our next prime minister and we can get this country back on track."

## KERRY SMITH, LIBERAL PARTY OF CANADA

Kerry Smith doesn't necessarily consider herself a dyed in the wool politician, but she thinks that might be just what Portage-Lisgar needs.

The Liberal Party candidate comes to this byelection with 25 years of experience working with the Manitoba Métis Federation (MMF).

"I'm the senior director for Métis employment and training," she shares. "And I've had the opportunity to be a part of many different strategies involving childcare and education, housing, as well as employment and training."

"These are all programs that are developed and delivered by the Government of Canada, so I have seen firsthand what some of these programs look like when they get to the service delivery ground level."

She feels that personal, grassroots experience will hold her in good stead should she earn the seat in Portage-Lisgar.

"I feel like I have a lot to add in the development of the programs themselves," Smith says, noting she's no stranger to taking a leadership role when it comes to lobbying for her community. Her work with MMF has helped thousands of Métis people with their training and employment goals.

She has also served on the Future Skills Council, a federally appointed group of community leaders who share advice regarding skills development and training.

"For me, being the Liberal candidate is fantastic because I feel that they have developed a lot of great programs," says Smith. "Obviously, everything can be improved, and that's where I come in. I feel like, given the opportunity ... my experience would be a huge benefit."

Raised on a farm near Brandon, Smith today calls Tyndall home, but she's very familiar with Portage-Lisgar—she and her family lived in Starbuck for years before moving to be closer to work.

"I am really familiar with the riding," she says, acknowledging the strong grip the Conservatives have traditionally had on the riding, but stressing just how important it is to have a variety of voices on the ballot to truly represent the full breadth of its constituents and give people options.

"I feel like, typically, everyone there that wants to vote a different party hasn't felt like there has been anyone to truly invest in," Smith says. She hopes she can be that candidate. "I really feel like Portage-Lisgar needs an

option that believes in all Canadians and wants to support LGBTQ, wants to support womens' rights, wants to support the communities themselves."

Her visits throughout the riding thus far have yielded a lot of fruitful discussion and positive feedback.

"That shows me that the community needed something else; they needed something fresh and they needed somebody like myself ... somebody that's community-first and represents the true faces of Portage-Lisgar."

Smith urges people not to vote from a place of fear but rather one of informed choice, for the candidate you truly feel best reflects your values and hopes for the future.

"Please, please come out and vote. Do not take this opportunity lightly," she says. "This is the time for change."

"When you live in a rural community, especially in Manitoba, you almost feel like if you don't live in the city of Winnipeg then you don't even really have a say on what's going on," Smith says. "I want to be that say. I want to be that person that literally takes the concerns of the community forward."

"It's not just nodding my head and going with whatever the party tells me I have to say at that particular moment. I am voted in by people and I'm there to represent those people."

## LISA TESSIER-BURCH, NEW DEMOCRATIC PARTY

New Democratic Party candidate Lisa Tessier-Burch comes to this byelection with a lifetime of political interest and activism behind her.

"I'm a close political follower, just given the nature of the family I was raised in," she says "We've always been very socially aware and politically active."

Tessier-Burch explains she was encouraged to throw her hat in the ring by friend Niki Ashton, who serves as the Member of Parliament for Churchill-Keewatinook Aski.

"We've known each other since childhood, and we've continued to bond over politics and the work that she does, which I think is wonderful. She suggested maybe it's time you think about running and serving your community and your riding."

Tessier-Burch, who lives and works as a teacher in Portage la Prairie, agreed it was time to step up and get involved in representing a party she believes has the right plan for the riding and the nation as a whole.

"In one way or another, I've been connected with the NDP basically my whole life," she shares. "Whether it was helping family deliver flyers or put up signs for candidates."

Tessier-Burch grew up in northern Manitoba but has lived in Portage

since 2008.

"I grew up in a family of blue collar workers. My mom's dad was the head of the steelworkers union," she says. "Union values were something that was very important to us when I was growing up. It was a value we upheld in our household."

Tessier-Burch says the NDP is "the party that takes care of people. They're the party that has established institutions that Canadians identify with being Canadian. Things like universal health care."

As a teacher, Tessier-Burch has spent her career working to improve the education system.

"I do a lot of extracurricular for the school division. I've been a committed immersion educator since 2008 when I started working in Portage la Prairie. I've given a lot of my time and my energy towards the betterment of education for our youth."

She feels she would bring a strong voice to Parliament.

"I will be a voice of advocacy for working people in the Portage-Lisgar riding," Tessier-Burch stresses. "I'm a voice that would very much take into consideration not just the more affluent people or the people who are fortunate not to have to worry about cost of living or affordable housing or access to equitable health care. I'm the person that will advocate for those people that don't have a voice ordinarily in those areas."

Agriculture is also something she feels passionately about supporting.

"It is such a huge part of our economy and the way of life of a lot of people here in the Portage Lisgar riding," she says. "I married into a farm family, so agriculture is very important to us."

"We are the breadbasket of Canada. We feed our nation. So it's really important that farmers be taken care of and that people aren't forced to sell family farms so that they can make ends meet. Giving up their inheritance of a family farm is something that my husband's family had to do, so it's something that's very important to me."

Tessier-Burch is excited to give voters "a progressive voice on the ballot."

"I think that's something that the people of Portage-Lisgar have slowly been missing when it comes to elections here," she says. "An NDP voice on the ballot, and someone that is living in the region and working in the region and is in touch with what the needs of the riding are."

Advance voting in Portage-Lisgar takes place June 9-12. Check your voter card for locations or head to elections.ca. Election day is Monday, June 19.

— Written by  
Ashleigh Viveiros/Voice

# Pembina Valley Physio celebrates 30th anniversary, new home

By Ashleigh Viveiros

The Pembina Valley Physiotherapy and Sports Injury Centre celebrated its new home and a milestone anniversary last week.

On May 31, the Winkler clinic marked 30 years in the community by cutting the ribbon on 583 Main St., which it renovated and moved into this past winter.

"When we purchased the clinic back in 2016, we thought we might need to expand services and modernize somewhat," said business manager Leah Klassen, who co-owns the clinic with physiotherapist Matthew Giesbrecht.

Their former location on South Railway Ave. had served them well but didn't have the room they needed to grow.

The new location is not only about 1,000 square feet larger but also gave them the chance to mold the space into exactly what they needed, Klassen said, adding three new treatment cubicles and two private treatment rooms.

"We really loved this space ... it allowed us to add a gym component to our clinic that was missing before, and also provided some accessibility for our patients," she said, pointing to the fact patients no longer have to climb stairs or a ramp to get into their

building, as was the case at the old site.

In addition to the gym, the extra room also meant the practice could begin offering custom brace fittings. They've partnered with Winnipeg's Diamond Athletics and Ossur on this venture.

It allows them to "provide a service to our area [so patients] don't have to necessarily go to Winnipeg anymore," Klassen said. "They don't have to wait for shipping and they don't have to travel."

Giesbrecht has been with the clinic since 1997 and says patient-focused care has long been a hallmark of the business.

"You try to serve the public as best you can and offer a service that can benefit them and enhance their quality of life. I think that's really what it comes down to, what we try to provide.

"It's not just about the condition that you're treating—it's about the relationships that you build and the sense of community you surround yourself with in this area. It's just a wonderful place to work."

Pembina Valley Physiotherapy has always been a trailblazer in the field, Klassen noted.

When it was founded by physiotherapist Cameron Schulz in 1993, it was



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

From left: Pembina Valley Physiotherapy owners Matthew Giesbrecht and Leah Klassen were joined by Mayor Henry Siemens and Winkler chamber executive director Tanya Chateaufeuf to cut the ribbon on their new space at 583 Main St. in Winkler.



The larger location allows the clinic to have more patient treatment spaces, including two private rooms.

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the first private physiotherapy clinic in southern Manitoba.

"When Cam graduated, he decided this was the area he wanted to put down roots and where he wanted to serve," Klassen said. "So to be able to honour that and then also bring that forward is incredibly satisfying. It is an honour to be able to carry on a legacy."

Today they have clinics in Winkler, Morden, Altona, and Carman.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## First annual miami invitational scramble a success



By Ty Dilello

On May 29, Miami School hosted the first annual Invitational Scramble at the Miami Golf and Country Club. There were roughly 72 golfers in attendance from Northlands Parkway Collegiate, Garden Valley Collegiate, Carman Collegiate, Miami School and Morden Collegiate.

The golf tournament arose from joint planning between Miami School vice-principal Steve Doell and the Miami Golf and Country Club.

"The club is really looking to further the youth golf program in our area and thought this would be a great way to do this," said Doell. "For me, the Zone IV golf season in the fall is really short, and I thought it would be nice to supplement the season



with some golfing opportunities for schools in the springtime, too."

It was a great golf day for all that attended, as it was a nice sunny day outside. Miami School would like to thank Glenda Burnett of MNP for their sponsorship, and of course, the Miami Golf and Country Club for all their support in planning this event as they hope to make it a yearly tournament.

The winners of the first annual Miami Invitational Scramble were a Carman Collegiate team of Keira Krahn, India Young, Ryan Orchard, and Reid



STANDARD PHOTO BY STEVE DOELL

On May 29, Miami School hosted the first annual Invitational Scramble at the Miami Golf and Country Club, that featured roughly 72 student-golfers from across southern Manitoba. Pictured is the winning team from Carman Collegiate, left to right, Keira Krahn, India Young, Ryan Orchard and Reid North.

North, who won the best ball format with a scorching score of 55 (-15).

"I can definitely see this tournament becoming something sustainable over the next number of years and am excited to see it grow more in the future," said Doell. "You can really see

some bright and upcoming youth golfers in the Pembina Valley at these events, and it would be very cool to grow the game even more throughout the next number of years."

## Weekly softball and senior men's baseball recap

### Carman Cardinals are at home June 16

By Ty Dilello

The Manitoba Premier Softball League for junior women's players is in full swing for the 2023 season. The Central Energy team is made up of players from across Southern and Central Manitoba as they compete with the best young softball players in the province.

The U13 Central Energy team is currently in third place in their seven-team league with a record of 8-6. Last Saturday, they defeated Smitty's Terminators in both games of their doubleheader by scores of 13-4 and 13-9.

Central Energy's U15 team has jumped into first place in their eight-team league with a record of 10-4. Last weekend, they split a pair of games with the Manitoba Angels,

winning 13-4 and losing 3-1 in their doubleheader.

U17 Central Energy is currently in third place in the eight-team league with a record of 9-4. This past weekend, the U17 squad fell 8-2 to the Manitoba Angels.

The U19 Central Energy team is currently in third place in their league with a 2-4 record after consecutive 7-0 losses last week to the Westman Magic.

In other baseball news, the Carman Cardinals have begun their senior ball season in the Border Baseball League. The Cardinals currently sit in fourth place in the East Division with a record of 1-2-1 after losing 4-0 to the Altona Bisons on June 2.



STANDARD PHOTOS BY RICK HIEBERT

The Carman Cardinals senior baseball team fell 4-2 to the Altona Bisons on the evening of June 2 at Access Field in Altona. The Cardinals' second baseman Devin Citzel gets the out on second.

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# take a break > GAMES

## SUDOKU

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

### 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!

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### 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!

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

Sudoku Answer


Crossword Answer

# X CROSSWORD

## CLUES ACROSS

- Flat tableland with steep edges
- Where there's \_\_, there's fire
- Talked incessantly
- Skill
- Without shame
- Where teens spend their days (abbr.)
- Boxing's GOAT
- Used to anoint
- Cluster cups
- Footballer Newton
- They make up a forest
- Split pulses
- Self
- Post-office box
- Test for high schoolers
- Large, flightless bird
- Expectorated
- Falsehood
- Prickly, scrambling shrub
- French river
- Told on
- Hillside
- Peyton's little brother
- Soviet Socialist Republic
- Cathedral city in Cambridgeshire
- Witness
- Brews
- Yellowish-brown
- Arctic explorers, abbr.
- Mexican agave
- A type of "cast"
- Encourage
- Atomic #52
- Relating to position north of south of equator
- Gadget whose name you forget
- Another recording
- Small blisters
- Dark brown or black

## CLUES DOWN

- Licensed for Wall Street

			1	2	3	4		5	6	7	8	9			
	10	11							12				13		
	14						15						16	17	
18						19			20			21			
22					23				24		25				
26					27				28		29		30		
			31	32					33		34				
35	36										37				
38					39				40						
41					42		43		44				45	46	47
48			49		50		51						52		
53					54		55						56		
57				58		59				60	61	62			
	63	64							65						
									67						

- "\_\_ and flow"
- A very large body of water
- Accumulate on the surface of
- Central cores of the stem
- Angry
- Ceramic jar
- Scraped a car
- \_\_ route
- Soviet labor camp system
- Strong hostilities
- Vitamin of the B complex
- Go quickly
- Toast
- A team's best pitcher
- A Philly culinary specialty
- Small child
- Unhappy
- Trims away
- Characterized by crying eyes
- Soft touch
- American spy organization
- A person's chest
- Came from behind to win
- Fall back
- Nellie \_\_, journalist
- Great places to kayak
- Suffer patiently
- Majestic bird
- Electroencephalograph
- Organic compound used as an antiseptic
- Objects connected to the web (abbr.)
- Ship as cargo
- The bill in a restaurant
- Upper-class young woman (abbr.)
- Judge in OJ Simpson trial
- One's grandmother
- Siberian river

# get inspired

> MEAL IDEAS



## Vegan Brownies

flaky sea salt, for garnish

To make prune puree: In blender, combine prunes and water. Pulse to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary.

Store puree in airtight container in fridge up to 4 weeks.

To make brownies: Preheat oven to 350 F. Line 9-by-9-inch baking pan with parchment paper then lightly grease with nonstick cooking spray.

Using double boiler, melt chocolate and olive oil. Whisk in sugar and prune puree; mix until dissolved.

Into large bowl, sift flour, baking powder and cocoa powder. Gently fold in chocolate and prune mixture then add vanilla.

Spread batter in prepared pan, sprinkle with flaky sea salt and bake 20-25 minutes, or until top starts to look dry and brownies are just beginning to pull away from sides of pan.

Cool in pan. Remove then cut brownies into 3-inch squares.

- Prep time: 10 minutes  
 Cook time: 25 minutes  
 Servings: 9  
**Prune Puree:**  
 16 ounces pitted California prunes  
 1/2 cup hot water  
**Brownies:**  
 nonstick cooking spray  
 6 ounces unsweetened chocolate  
 1/2 cup California extra-virgin olive oil  
 2 cups light brown sugar  
 10 ounces California prune puree  
 1 1/2 cups all-purpose flour  
 1 tablespoon baking powder  
 1/4 cup cocoa powder  
 2 teaspoons vanilla extract



## Chocolate Covered Prune Fudge Cake

to sift cocoa into saucepan. Stir with spatula until completely smooth. Remove from heat and set aside.

In bowl of food processor fitted with "S" blade, place prunes and syrup. Top with cooled butter mixture then process until smooth. Transfer to large mixing bowl, scraping all chocolate mixture from food processor with spatula.

In bowl of stand mixer fitted with whisk attachment, whip eggs and coconut sugar on high speed 7 minutes, or until tripled in volume.

Add one-third of egg mixture to bowl with chocolate mixture. Using spatula, gently fold together until completely combined. Add almond meal and remaining egg mixture to bowl and gently fold to combine.

Pour batter into prepared pan and bake 55 minutes, or until set. Once cooked through, transfer cake to cooling rack and cool completely in pan.

To make ganache: In top of double boiler, melt coconut milk and dark chocolate until completely smooth. Pour prepared ganache over cake. Serve immediately for molten fudge effect or allow to completely set.

- Prep time: 15 minutes  
 Cook time: 55 minutes  
 Yield: 1 cake (8 inches)  
**Cake:**  
 Coconut oil spray  
 14 tablespoons butter, chopped  
 2 teaspoons vanilla extract  
 3/4 cup cocoa powder  
 10 soft, pitted prunes, chopped small  
 1/3 cup maple syrup  
 6 eggs  
 1/2 cup coconut sugar  
 1 cup almond meal  
**Ganache:**  
 1 cup full-fat coconut milk  
 1 1/3 cups dark chocolate morsels  
 To make cake: Preheat oven to 300 F. Lightly spray bottom and sides of 8-inch springform pan with coconut oil spray. Place round piece of parchment paper in bottom of pan and lightly spray with coconut oil spray.  
 In small saucepan over low heat, place butter and vanilla. Use sieve

## Expert patient here to help!



Susie Schwartz

By Susie Schwartz

Here's one for people who care.

By now you know I am a proponent for feeling our feelings – happy ones or unhappy ones. We were built with emotions, and they will always be in us, fluctuating like blood sugars. Up and down. Down and up. Sometimes manageable, sometimes not. Why? Because life's like that. One moment we are zip-lining over Niagara Falls beside our husband, flying with glee, and the next moment our husband's cable snaps and tragedy ensues. (Yikes! That escalated quickly!)

When it comes to illness and hard times, people try to be encouraging by saying things like, 'Everything happens for a reason' or, 'Stay positive' or, 'It could always be worse, right?'

Honestly? By saying 'it could always be worse' makes it worse. Why? What's the problem?

Words matter.

When we are thrown these cliches, our struggle is immediately dismissed

and invalidated. First of all, will we ever make sense of why bad things happen to good people? Trying to find a reason for our pain is not only impossible, it's exhausting to the already exhausted. And 'God is in control' or, 'God needed another angel' after an innocent mother loses her daughter in a drunk-driving car accident paints God as a monster and induces an added layer of anger they could do without.

Second, commands like 'look at the bright side' not only feel like pressure, but the underlying message is, 'Change your emotions. They are unacceptable.' Sure, we can change our attitude, but our emotions are a natural response to circumstance that exist within us regardless of attitude.

I get it. I've said these things too in the name of compassion. We just want to help.

Which is why we need a reframe. Our language needs to change.

Maybe next time a friend is going through a hard time say, 'I don't understand why life can be so hard' or, 'I really hope things get better for you' or, 'Sometimes life doesn't make sense.'

And if you don't know what to say, say that.

Being at a loss for words says a lot.

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) where you can sign up for 'Convos with Carlos'. Her book, 'Help the Doctor Help You – 32 Secrets and Tips for Self-Advocacy to Get the Best from Your Appointments' is now available on Amazon!



## Chocolate Energy Balls

1 teaspoon vanilla extract

To make prune puree: In blender, combine prunes and water. Pulse to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary.

Store puree in airtight container in fridge up to 4 weeks.

To make energy balls: In mixing bowl, stir oats, coconut, nut butter, pecan meal, prune puree, cocoa powder and vanilla until completely combined.

Cover and chill in refrigerator 30 minutes. Once chilled, use small cookie scoop or measuring spoon to measure equal-sized amounts of mixture then form into balls by applying gentle pressure to dough using palms. Do not roll as balls will break apart.

Store covered in airtight container in refrigerator up to 1 week.

- Recipe courtesy of Meg van der Kruik on behalf of California Prunes  
 Prep time: 10 minutes  
 Cook time: 30 minutes  
 Yield: 24 pieces  
**Prune Puree:**  
 16 ounces pitted California prunes  
 1/2 cup hot water  
**Energy Balls:**  
 1 cup old-fashioned or gluten-free oats  
 2/3 cup toasted, unsweetened shredded coconut  
 1/2 cup creamy natural nut butter (peanut or almond)  
 1/2 cup pecan meal  
 1/2 cup prune puree  
 1/4 cup unsweetened cocoa powder