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The Denim & Dust Barrel Racing Series is in full swing for the 2023 season. Tori Colosimo emerged as a shining star on July 4th's inaugural race held on July 4.

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# Denim & Dust Barrel Racing underway for 2023

## Barrel racing takes place every Tuesday in Carman

By Ty Dilello

The Denim & Dust Barrel Racing Series is in full swing for the 2023 season.

On July 4, Denim & Dust held its first race night of the year at the Dufferin Agricultural Society (DAS) Grandstand. Other race nights will be on Tuesdays in July and the first three Tuesdays in August until the finals, which are held on Aug 19 for the competitors who have qualified.

Barrel Racing is a speed event with the horse and rider combo making a cloverleaf pattern around three barrels. It usually comes down to a tenth of a second, sometimes between first and second place.

There is no admission to Denim & Dust events, as everyone is welcome to come out and cheer on the competition as competitors travel from all over the province to participate each

week.

"We always have a big group of local people to come to support our riders and watch on Tuesday evenings," said Carlene Reimer. "We like to make sure we always have a food vendor or vendors available on Tuesday evenings for competitors and spectators. We also have phenomenal support from local and surrounding businesses who keep this barrel series a top-notch series with added money and amazing prizes for the finals."

Carlene Reimer started the Denim & Dust Barrel Racing Series four years ago in Carman. She has about ten volunteers who dedicate themselves to the series every summer.

"It is a ton of work to put together a good series, but seeing everyone enjoy themselves and come out and compliment on how encouraging and fun the atmosphere is, whether you're just watching or competing, makes all the hard work worth it."

If you're interested in checking out the competition, check out Denim & Dust Barrel Racing each Tuesday evening in Carman at the DAS Grandstand.



STANDARD PHOTO BY CAREY LEE PHOTOGRAPHY

Rebecca Craig had strong showing on the first Denim & Dust barrel racing series.

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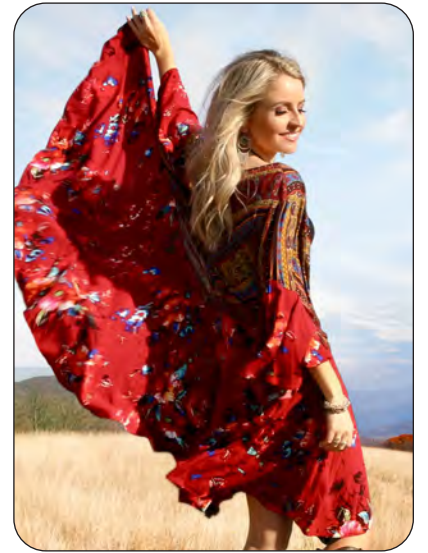
## One of Carman's finest yards



STANDARD PHOTO BY LEORA COLLINGRIDGE

Carman and Dufferin Communities in Bloom's July 8 Yard of the Week recognition goes to Betty Vandermeulen whose beautiful home and yard are located on 3rd St. SW. Betty's front yard is a kaleidoscope of colour. Every flower, shrub and imaginative ornamental creation in her lovely landscape is exceptionally well-tended. CIB volunteer Paula Learmond presented Betty with a hanging basket from Vanderveen's Greenhouses Ltd. and CIB's sign has been placed on Betty's front yard this week. Thrill your senses and have a look.

## Rosemary Siemens to perform in Austin July 30



STANDARD PHOTOS SUBMITTED

Rosemary Siemens (left) and The Sweet Sound Revival perform in Austin July 30. The concert also features special guest Kristen Bearfeld (right).

### By Voice staff

Rosemary Siemens is back in Manitoba this month to perform at the Manitoba Threshermen's Reunion and Stampede in Austin.

Rosemary & The Sweet Sound Re-

vival take the stage at the Grandstand Rodeo Grounds on Sunday, July 30 at 11:30 a.m.

"Rosemary Siemens has performed around the world but she also has a

Continued on page 8

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# Emotional support dog suffering from unknown health conditions

By Becca Myskiw

A local emotional support animal (ESA) is facing intense medical struggles, leaving her person more stressed than ever.

One-and-a-half-year-old Sky is Amy Sholdice's ESA. She's half Siberian husky, one quarter malamute, and one quarter Alaskan husky. Sholdice suffers from generalized anxiety disorder (GAD), major depressive disorder (MDD), and seasonal affective disorder (SAD), each causing an array of symptoms that make living day-to-day a struggle for her.

When Sholdice decided to get an ESA, it was the end of January 2022. She chose Sky because the husky temperament is perfect for needs — they're known to be extremely smart, friendly, loyal, and alert. As she's built for the cold, Sky can also accompany Sholdice outside in the winter when her SAD is at its worst.

"From the moment I brought her home, I began the training process," said Sholdice. "It was challenging, just as it is with training any puppy."

The difference? She had to train Sky as a pet and as a support animal. Sholdice started with the basic commands: sit, shake a paw, and potty training. She then taught Sky to respond to hand cues and finger snaps rather than words so she'd be able to communicate with her during severe anxiety attacks when she can't speak.

She trained Sky using positive reinforcement, rewarding her for speedy and correct responses.

"I'm very fortunate that Sky is naturally an empathetic dog," said Sholdice. "She has always been able to tell when I am having an anxiety attack or a depressive episode. It took some practice, but she caught on that at those times, she needed to remain calm and comfort me as best she could."

Sholdice said Sky's training is ongoing, the pair adapting to each other as they go. ESAs do not require specialized training like service dogs or therapy dogs, so Sky is entirely taught by Sholdice. She's trained to respond to certain alarms on Sholdice's phone, using them to communicate her medication times to Sky. If Sholdice doesn't respond to the alarm in a timely manner, Sky will bark and howl until she's taken her medications.

Sky provides Sholdice with deep pressure therapy, meaning she lays across her lap or rests her head on Sholdice's chest when needed. The weight and warmth of her body triggers a calming response in Sholdice's, helping to prevent her from hyperventilating, causing bodily harm to herself, and dissociating.

Sky also provides her with tractile stimulation, which simply means she always stays with Sholdice, allowing her to pet her to remain grounded. Her high energy levels encourage Sholdice to get regular physical activity too.

"Sky's presence helps redirect my focus from negative, racing, and/or anxious thoughts to focusing on the present moment," said Sholdice.

That decreases her risk of panic attacks and decreases her feelings of loneliness and social isolation. They're together as much as they can be but as ESAs don't have the same rights as service dogs, she can't go into public establishments with Sholdice.

One year after Sholdice brought Sky home, Sky had a seizure. She and her fiancé rushed Sky to the vet to make sure everything was OK. After an exam



PHOTO SUBMITTED

Sky is a one-and-a-half-year-old emotional support animal. She's currently battling seizures and autoimmune diseases. Sky is Amy Sholdice's EMA. She helps with her anxiety, depression, and SAD.

and a blood draw, the cause of Sky's seizure was unknown.

"At that time, we hoped it was a one-off," said Sholdice.

It wasn't.

On Feb. 2, Sky had another seizure. On Feb. 4, she had her third.

"After this, I knew it wasn't just a one-off but with no detectable reason for the seizures and after her appearing otherwise in great health, we watched and waited for the next one," said Sholdice.

That waiting was terrifying for Sholdice. After Sky's first seizure, she experienced severe anxiety. Her grand-mal seizures were scary to watch and caused Sholdice to panic.

"I was just in a state of shock the whole time," she said. "I barely remember the drive to the clinic."

Sholdice did research after Sky's first seizure so she could do everything to prevent another one from happening but to also be prepared if one did. She removed scents from their home, changed Sky's diet, and watched her as closely as she could to notice anything that could lead to an answer.

"Sky is my biggest support because of the hard work I put into training her, the least I could do for her was train myself to become her biggest support," she said.

Sky's seizures were lasting around 90 seconds and five to 30 minutes after one, she was back to normal.

She had three more seizures by March 13. That's when her vet decided it was time to try medication to reduce the frequency of Sky's seizures. She started phenobarbital treatment on March 28 and had another seizure on March 29.

Though they were hopeful the medication just hadn't kicked in yet, Sky had four more seizures between April 13 and May 9. On May 18, she got more bloodwork done and once again received perfect results.

"Our vet decided that perhaps increasing her phenobarbital dose might decrease the seizures, so we tried that but unfortunately Sky had another sei-

zure on May 28," said Sholdice.

Phenobarbital causes side effects when a dog starts on it and when their dosage is increased. When she first started it, she struggled with mild sedation, increased thirst and appetite, and urinary incontinence. After they increased her dosage for a third time, Sky was different. She was extremely lethargic, she wasn't eating, and she had no interest in any of her daily activities, including being there for Sholdice.

"This was not like Sky at all," she said. "She's usually super happy, playful, and overall, a joy to be around."

So, Sholdice told the vet something wasn't right. They decreased her dosage and the vet discovered Sky had a fever — so they ran more bloodwork.

"My fiancé and I waited for the results at the vet office with Sky curled up sleeping in my lap," said Sholdice.

The results showed Sky's platelet count, red blood cell, and white blood cell count were all low. She was diagnosed with Immune-Mediated Hemolytic Anemia and Immune-Mediated Thrombocytopenia, both conditions where the dog's body attacks those things.

"These results were difficult to digest at first," said Sholdice. "We left the vet clinic with an antibiotic and steroid that both had to be given twice a day alongside her phenobarbital dose."

On June 26, they went for another blood test to see if Sky was improving. Slowly, she was gaining more energy, but she still wasn't herself. Sholdice said she was attempting to comfort her, but Sky was still struggling with lethargy and lack of appetite.

The results showed her platelet count was increasing but her white and red blood cell counts were not. Their vet recommended stopping the evening steroid dose and three days later, they tested her blood again. Those results showed a stable platelet count and white blood cell count, but the red blood cell count had decreased again.

So, they restarted Sky's evening steroid dose and started her on a secondary seizure medication once her blood counts were stable.

They still have no answers as to how or why these issues started. Sholdice is hoping for answers in the coming weeks but for now, all she can do is care for Sky and get her back to her normal self.

"Finding the balance of focusing on Sky's health and my own health has been difficult, but her and I are a team," she said. "Our support for each other is unwavering. I believe everything happens for a reason and that Sky and I were meant to find one another."

Sholdice is nothing but grateful to the Carman Veterinary Clinic for prioritizing Sky's health and doing everything they can to figure this out.

Currently, Sky is dealing with the side effects from her new seizure medication, which includes drowsiness, slight incoordination, gastrointestinal issues, and increased thirst. Sholdice said she's drinking around eight litres of water a day, making her bathroom schedule a task of its own. These side effects should be temporary, though. Sholdice has hope Sky's health will be under control soon as she's improving every day, even having enough strength to attend the Elm Creek Truck and Tractor Pull on Canada Day.



# YFC Carman completes expansion project

By Ty Dilello

The Youth-For-Christ (YFC) Carman has recently completed the 4400-square-foot expansion to its current space.

The major project included renovations to the interior and exterior of the building, as the previous drop-in centre was gutted to make room for the expansion with new electrical and plumbing.

The new building includes many features, such as a 40x60 gym space for sports such as volleyball, basketball, and many more games. Other features include a large commercial kitchen, bathrooms, storage, office, etc.

Making the building completely accessible was also important, as there are now wheelchair ramps at the front and back, with plenty of accessibility features inside the building as well.

YFC Carman Director Tyler Friesen notes that the feedback from teens for the new building has been fantastic.

"It was important that everyone

would be able to use the space, feel like it was built for them, be comfortable in it and feel at home," said Tyler Friesen.

The community support to help build the new YFC Carman building has been outstanding. Over \$1.5 million has been raised towards the \$1.8 million project so far, with most coming through private donations from businesses and individuals.

With only around \$250,000 remaining to be raised to pay off the building, YFC Carman is still looking for donations. Please contact Tyler Friesen at tyler@yfcarman.com if you'd like to donate.

Now that the new YFC Carman building is up and running, the focus can now shift to planning the grand opening, which is tentatively scheduled for Sept. 27.

"We are fully functioning in the building with students, and that was our priority," said Friesen.



STANDARD PHOTO BY TYLER FRIESEN

The Youth-For-Christ (YFC) Carman has recently completed the 4000-square foot expansion to its current space, which includes a brand-new sports gym and large commercial kitchen.

# School division rejects attempt to ban books

By Ty Dilello

After an in-camera meeting following its recent board meeting, the Prairie Rose School Division (PRSD) has rejected the premise that any school library within the division contains any pornography. It also rejected the request for any books to be banned from its schools.

Prairie Rose School Division's Board of Trustees reviewed the five delegations that presented at the Board meeting that took place on June 19 at Carman Collegiate. In addition, the Board reviewed 68 written submissions that were received prior to the meeting and 43 written submissions that were received prior to June 26.

"Our meeting started at 5 p.m. on June 26 and went into in-camera soon after," said PRSD's Board of Trustees chair Elaine Owen. "We made the announcement and motion at approximately 8 p.m. The Board had a very detailed conversation leading up to making our announcement as we looked at all of the emails that were both for and opposing."

"The delegations never asked for any specific books to be banned, but they just asked for books with sexual content to be removed from the library. However, the school curriculum is provided by the government and any parent that doesn't want their child in

health class can opt out of it."

Prairie Rose School Division Board of Trustees stands by its Policy 18 - Respect for Human Diversity and Administrative Procedure 107 - Respect for Human Diversity and Sexual Orientation and Gender Identity. The Prairie Rose School Division Board of Trustees adopted and supports its new mission: "Every learner is provided the opportunity to reach their full potential in a safe, inclusive, educational environment, where they are invited, valued, supported, and celebrated." This includes raising awareness and learning as well as supporting and protecting everyone, including transgender and gender-diverse people.

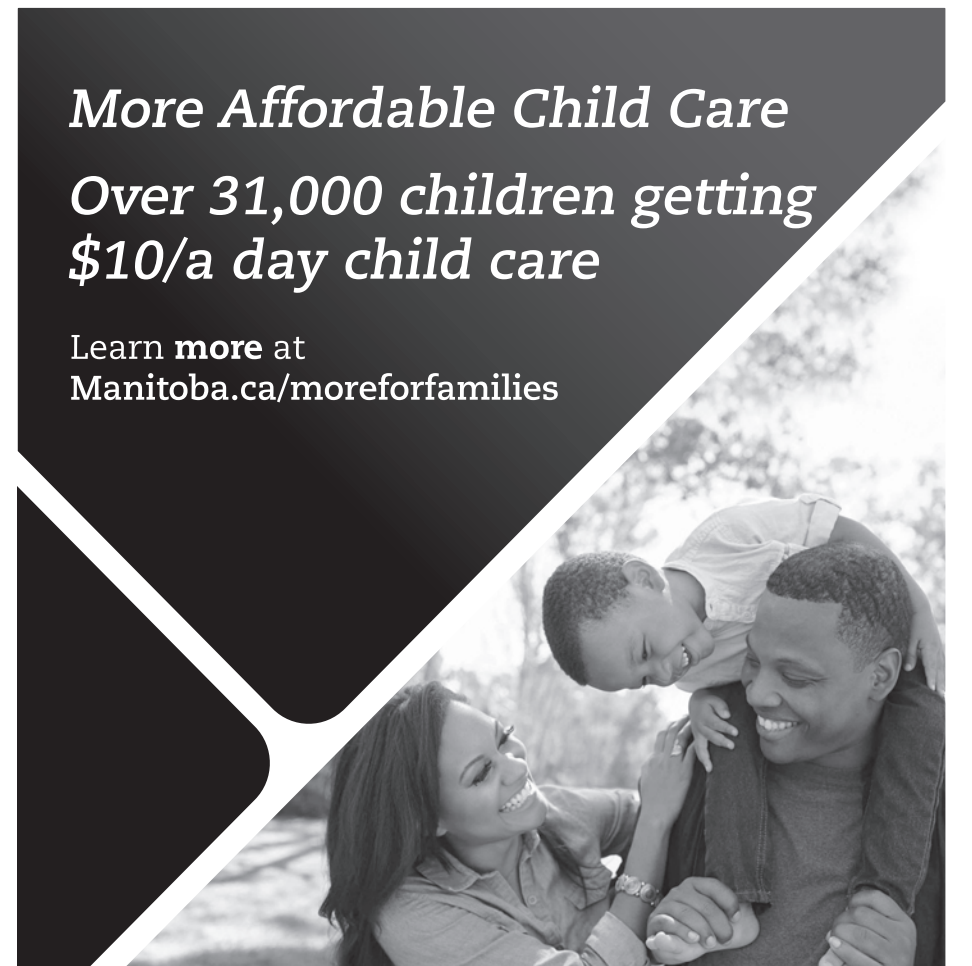
On June 26, the Prairie Rose School Division Board of Trustees rejected the premise that any school library within Prairie Rose School Division contains pornography and rejects all claims of contravention of Criminal Codes, Acts or Statutes. Such claims are without foundation, hurtful, and harmful. The Board of Trustees also rejected the request for particular books to be banned from the school libraries.

All school libraries within Prairie

Continued on page 2

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# getheard

EDITORIAL > VIEWPOINTS > LETTERS

Ty Dilello  
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## Action plan announced to protect water resources for generations to come

### Clean, protected water sources vital to economic growth, stronger communities

**Submitted by Manitoba government**

The Manitoba government is releasing its initial water strategy action plan—a focused guide to specific actions to ensure sustainability of the province's valuable water resources for current and future generations of Manitobans, Environment and Climate Minister Kevin Klein and Agriculture Minister Derek Johnson announced last week.

"As a province home to 100,000 lakes, the actions outlined in the initial water strategy action plan will guide a strong path forward to protect our precious freshwater and way of life in Manitoba," said Klein. "We are fortunate to live in a province with an abundance of the world's most valuable resource, and our government is committed to managing this resource responsibly and effectively."

In November 2022, the Manitoba government released a new comprehensive water management strategy. The first strategy of its kind in nearly 20 years will set the direction for Manitoba's water future, providing a framework to conserve and protect the environment, enhance resiliency, improve water quality and availability, and enhance engagement and Indigenous inclusion in water management while fostering economic development opportunities. The Manitoba government recognizes that additional direct and collaborative work with Indigenous Peoples in water management and stewardship is essential, alongside other key partners.

"Manitoba Association of Watersheds would like to commend the

Manitoba government for its efforts to work collaboratively with Manitoba communities in the development of the provincial water strategy and the water strategy action plan," said Garry Wasylowski, board chair, Manitoba Association of Watersheds. "The commitment from the Manitoba government to provide funds that directly support the excellent work of watershed districts will have a positive impact on watershed health and the province's resiliency to climate change."

The initial action plan builds on the water strategy framework, outlining new water-related projects, programming and initiatives that the Manitoba government will continue to advance over the next several years. The action plan identifies 72 actions, representing an investment of over \$990 million over the next five years including:

- \$763.5 million in capital investment in provincially owned water-related infrastructure through the Department of Transportation and Infrastructure's 2023 Multi-year Infrastructure Investment Strategy, which includes \$600 million for the Lake St. Martin channel;
- \$221 million for programming under the Sustainable Canadian Agricultural Partnership over the next five years, cost shared 60 per cent federally and 40 per cent provincially;
- \$4 million in enhanced resources for the Manitoba Water Services Board;
- \$1.64 million for enhanced drinking water safety; and
- \$1.47 million in new funding with-

in the Department of Environment and Climate for water strategy implementation, including \$600,000 for watershed districts.

"Our government inherited an environment where Lake Winnipeg was deemed the most polluted lake in Canada in 2013," said Johnson. "The previous approach was irresponsible. In contrast, this action plan allows agricultural producers to continue being good stewards of the land while playing an important role in Manitoba's overall economy."

In partnership with stakeholders and organizational experts, the Manitoba government's action plan will transform the water management strategy framework's focus areas and strategic objectives into concrete actions.

"Manitoba farmers fully endorse a collaborative provincial water management strategy and action plan involving all levels of government and the agricultural sector," said Jill Verwey, president, Keystone Agricultural Producers. "This plan will act as a guide as we move forward sustainably and take action to protect our water, while continuing to support the farming industry—a key driver of Manitoba's economy."

The document will be updated regularly to reflect work completed and to provide clarity on next steps and future initiatives, the ministers noted, adding that to increase transparency and accountability and to ensure continued collaboration, the Manitoba government will form a stakeholder advisory panel to help guide ongoing implementation of the water strategy and action plan.

To read the initial water action plan, visit [https://www.gov.mb.ca/sd/pubs/water/water\\_action\\_plan2023.pdf](https://www.gov.mb.ca/sd/pubs/water/water_action_plan2023.pdf).

## > SKY SUPPORT, FROM PG. 4

To follow along with Sky's health journey, follow her Facebook page "Sky's Health Updates". Sholdice is trying to bring awareness to ESAs

and canine epilepsy through it.

As Sky's healthcare is now costly for Sholdice and her fiancé, donations to help her receive the best care possible

can be sent to [skythehoosk@gmail.com](mailto:skythehoosk@gmail.com). Sholdice said she doesn't expect donations but any and everything will be greatly appreciated as they figure this out.

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# get informed

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## Flashback... Carman's 1975 Ladies fastball team

By Dennis Young

During league finals in 1975 Carman was up against Roland in a best of 3. They split the first 2 contests won 13-3 by Carman but Roland bounced back with a 16-11 victory game 2. During the final, Carman was scoreless until the bottom of the 4th when Bev Main singled and later scored. Score 78-1 Roland.

In the 6th Roxanne Magnuson & Main led off with singles followed by Shirley Ruiters triple to drive home 2 runs. But Roland pitcher Doreen Bartley struck out the next 3 batters then at their bat scored 5 runs on 4 errors to win 12-3.

At the games end Carrol Bruce was presented the Carman Co-op's highest batting average trophy (.574) and Bev Main team MVP from Cornie Ruiters of Western Propane.

Roland meanwhile advanced to the Pembina Valley Fastball Championships versus pennant winners the Lindal Ladies from Morden. Game 1 was 7-0 for Lindal and game 2 ended 10-1. Carman's Marion Vier (teaching in Morden) was the winning pitcher.



PHOTO SUBMITTED

The Carman's Ladies Fastball team lost in the semi-finals in 1975: Back row, left to right: Carrol Bruce, Bev Main, Alvin Anderson (coach), Linda Adamson, Marj Friesen, Alice Miller; front row, Marilyn North, Shirley Ruiters, Joan Hutton, Carole Anderson and Roxanne Magnuson.

## letter to the editor

Where is the evidence that exposing minors to sexually explicit material is effective in the practice of sex education?

I am a former professor and researcher of the Faculty of Medicine in University of Manitoba. I left the University of Manitoba in 2009 to work in the United States, Puerto Rico and Haiti as a Health Economist and a professor of research.

As a Manitoba resident, I have been following the debate on the recent adoption of the comprehensive sex education curriculum in k-12 schools in Manitoba. At no time before 2016 were sexually explicit books written and distributed to minors, for minors. I have written and spoken at Winnipeg City Council meetings to

convey the lack of evidence based research on the effectiveness and safety of exposing sexually explicit material to minors in the practice of sex education. I shared one of my speeches with the PRSD prior to the June 19 board meeting.

It would be balanced reporting to see someone write about the lack of experimental research to demonstrate the effectiveness of teaching with sexually explicit material and the lack of evidence of the safety of doing so. The reason for the absence of experimental research is:

1. It is prohibited by the Criminal Code of Canada (CCC) to expose children to child pornography - section 163.1. of the CCC.

2. Research ethics restrict research on children using sexually explicit material due to (1) and due to their age, the child's inability to understand the implications of engaging in research well enough to provide informed consent for experimentation.

In the absence of experimental research, we can turn to observational

research (see references below). In the case of observational research, there is an abundance of observational research that demonstrates the danger of exposing children to sexually explicit images indicating that the greater the degree of explicitness, the greater the harm and the less the healthy support of a parent or guardian in their lives, the greater the harm. Below are two links that provide lists of peer-reviewed publications in addition to some of the REFERENCES and excerpts provided at the end of this email:

Sexualization of children and young people: <https://xyonline.net/books/bibliography/25-sexuality/m-children-young-people-adolescence-and-sexuality/ii-sexualisation-children-and-young-people>

Pornography exposure among children and young people: <https://xyonline.net/books/bibliography/26-pornography/j-childrens-and-youths-exposure-pornography-and-other-sexual-media->

content

One last point: there have been a number of articles in the media that discuss the PRSD June 19 meeting and Board and Municipal council meetings throughout Manitoba that debate the practice of exposing minors to sexually explicit material in the name of literacy or sex education. Since the initial newspaper and media reports in September, recent reports have failed to offer anything new. The media reports misleadingly label the issue as "book-banning", without acknowledgment that all libraries have policies and limits, namely, they cannot have books that are illegal, obscene nor provide information on how to carry out terrorism, for example. So I suggest, for authenticity and accuracy, that future articles refrain from the hyperbolic framing of the legitimate debate, as a "book ban".

All the best to you on your future endeavors.

- Teresa Longobardi, PHD



# Eden's Community Friends Program is looking for volunteers

By Ashleigh Viveiros

A program that has been building bridges in the community for nearly 50 years is looking for volunteers.

Eden Health Care Services' Community Friends Program is hoping to regrow its volunteer roster now that the pandemic is behind us.

The upheaval of the past few years saw them lose a number of volunteers, but the need is as great as it ever was, shares Irma Klassen, Eden's coordinator of volunteers.

"The purpose of this program is to assist staff in helping clients of Eden programs cope with specific areas of socialization and/or adjustment to community living through a one-on-one relationship between a volunteer and an individual coping with mental health issues," she explains.

"These are people living in the community," Klassen says. "So a request will come from one of our community services workers at Pathways [which runs Eden's community-based mental health programs] or the housing program."

An Eden staff supervisor works with the client and the volunteer to come up with a game plan for what the client hopes to get out of the relationship.

"It really begins with establishing a friendship," Klassen says. "And then the staff supervisor will identify specific things this person maybe needs some help with, like navigating shopping or being introduced to the library. Sometimes it's just simply going out for coffee or getting together to do a puzzle, going to a hockey game.

"Through sharing these activities, clients receive much-needed support

and encouragement to regain self-confidence and self-worth," she adds, noting volunteers serve as role models of someone living independently and coping well in life. "By connecting with a friend, opportunity is given for the client to return to a more fulfilling, normalized life that may result in building better relationships with others."

How often participants in the Community Friends Program meet is up to them.

"It really is something that depends on the client and the volunteer," Klassen says, noting the pair might get together once or twice a week or a few times a month—whatever works best for their respective schedules.

The program asks for a three to six-month time commitment from volunteers, though many successful matches have run for years. In other cases, a volunteer may be with a client for a time and then move on to another once the relationship has run its course.

Alvina Reimer has been involved with the program for 14 years. She began volunteering after retiring from her clerical job at Eden.

"I've had the same Community Friend for all these years," she says, noting in the early years they would go out together for coffee and walks regularly. These days Reimer more often visits her friend in her home.

"It's a connection. It breaks up her day or her week," Reimer says, noting she gets a lot out of the relationship as well just "knowing you've made a difference for somebody."

It gives you a different perspective on the impact mental illness can have on a person, she observes.



PHOTO BY ASHLEIGH VIVEIROS

Irma Klassen, Eden's coordinator of volunteers, is looking for people to take part in the Community Friends Program.

"That person that used to be well, that person is still there. It's just she's got an illness and sometimes you have to look for who is the person that's inside."

Fallon Tanguay was a Community Friends volunteer for four years pre-COVID and is hoping to get back into it again in the near future.

"The thing that I really liked about this particular volunteer opportunity was just the fact that you get to meet with one person individually one-on-one and really build a relationship, a deeper connection with person," she says, noting mental health is something she's always had an interest in. Tanguay also works at Eden Health Care Services.

"I think a huge part of mental health is getting out there and connecting," she says. "When we're struggling

with our mental health, that's one of the hardest things to do, but it's one of the best things we can do.

"I think it was mutually beneficial in that way: I was getting out and doing stuff with her and getting involved in our community, and then she was also able to get out into the community and have someone to chat with."

To learn more about the Community Friends Program, contact Klassen at 204-325-4525 ex. 3253 or email [iklassen@edenhealthcare.ca](mailto:iklassen@edenhealthcare.ca).

If this program doesn't suit you, Klassen notes they have many other ways of volunteering at Eden, including chapel accompanist, chapel leaders, volunteer drivers, the therapy dog program, providing entertainment or presentations for patients, and assisting with other activities at Eden.

## > BOOK BAN, FROM PG. 5

Rose School Division have age-appropriate texts that are only available to the age group or maturity level for which they are appropriate. Books containing material appropriate for mature students are kept segregated and, where necessary, secured locations. The Prairie Rose School Division Board of Trustees has full confidence in the professional judgment of its educators and librarians regarding access to material based on their knowledge of not only content, but also of the students they teach.

The Prairie Rose School Division Board of Trustees is committed to providing a

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This includes the belief that students have the right to access diverse perspectives and ideas in a safe environment, including books and resources, that allow people to see themselves as valued and respected.

"Our statement was pretty clear on how we felt about it and I think it was handled well," said Owen. "Our librarians are all trained, so the material is controlled. The books are secure."

## > MUSIC, FROM PG. 3

strong Manitoba connection—she is originally from Plum Coulee," said Ed Heppner of The Mobile Stage Co., which is presenting the show. "One day I was wondering if Rosemary and her band might be available for the Thresherman's Reunion. I got in touch with them and before long the arrangements had been made.

"They'll actually be flying out from Italy to play this show, so I hope everyone is ready to welcome them back to Manitoba. I know I am."

Rosemary & The Sweet Sound Revival is a six-piece instrumental bluegrass/country group that won album of the year at the Global Music Awards a few years ago. Their Austin show will feature a mix of country, gospel, hymns, and inspirational classics.

Siemens has performed at New York's Carnegie Hall and is the only solo violinist to play in the Sistine Chapel in Vatican City.

"I've written songs about my experiences

so that people will be inspired and connect to the stories. My goal is to touch, inspire and make people smile," says Siemens. "This show takes you on a journey from classical to bluegrass to gospel to down-home fiddle, to tear-jerking-inspirational stories perfect for any age."

The concert will also feature as special guest Grammy nominated Nashville artist Kristen Bearfeld.

Tickets to the show are available in Austin (Phil's Fine Foods and Norfolk Lumber) or online at <http://bit.ly/RosemarySiemens-July30>.

Adult tickets are \$35 each while kids age six to 12 are \$10 (both of which includes Sunday admission to the Manitoba Agricultural Museum grounds). Kids five and under are free.

The concert happens rain or shine. Rush seating starts at 11 a.m.



# Tractor Trek expected to reach \$1M milestone for Eden



STANDARD PHOTOS BY ASHLEIGH VIVEIROS

Forty-nine tractors set out from Winkler Saturday morning in the annual Eden Foundation Visit the Villages Tractor Trek. Donations were still being tallied at press time, but organizers expect with this year's amount the event will reach \$1 million raised over the past 16 years.

By Ashleigh Viveiros

Forty-nine vintage tractors hit the road Saturday in support of Eden Foundation and mental health programming.

The foundation's 16th annual Visit the Village Tractor Trek set out from Winkler that morning with participants parading through town in the first leg of a 46 km route that took them through Reinfeld, Blumengart Hutterite Colony, Gnadenthal, and Neuenberg.

"It was an extremely enjoyable day with lots of smiles and just a positive vibe, a positive attitude from all of the trekkers," said Jayme Giesbrecht, Eden Foundation director of development. "It was a great success in so many ways."

While the final tally of donations collected wasn't expected to be available until later this week, Giesbrecht is confident the event—which last year raised over \$92,000—has cracked a milestone.

"It's a significant year as this is the year that we surpass the \$1 million mark for the event in its totality," she says, sharing that the funds go to support Eden's myriad of programs in the communities it serves. "It all goes towards housing, employment services, and counselling programming, as well as to [projects at] the mental health care centre.

"I'm just so grateful for everyone involved," she adds. "To see the community support as we started and ended in Winkler, to see people come out in the villages to watch the tractors go by, and for our local business sponsors to make sure that we have the overhead funding so that all of the donors' money can go directly towards the cause is so valuable and important. It's a long day, but it's so fulfilling."

The Tractor Trek got its start back in 2007 as a special event to mark Eden's 40th anniversary. That first year saw,

fittingly, 40 tractors travel 40 kilometres and exceed the \$40,000 fundraising goal by over \$11,000.

To see the trek reach \$1 million is amazing, notes event founder Armin Ens, who has been the lead tractor driver for years.

"The fact that we've reached this milestone signifies that this is a very important and significant cause," he says. "We live in an incredibly generous community, and we have a very gracious God who has allowed all of this to happen."



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# Pilot Mound's Black Jack Stewart was Hall of Famer

By Ty Dilello

Pilot Mound's Black Jack Stewart was the name; throwing crushing body checks was his game. One of the top defensemen in the National Hockey League of the 1940s, Stewart won two Stanley Cups with the Detroit Red Wings in 1943 and 1950.

John Sherratt (Jack) Stewart was born in Pilot Mound on May 6, 1917. Growing up on his family wheat farm, Stewart learned how to play hockey on the local outdoor rinks in his hometown. He loved hockey, horses, and curling, in that order, and he also played some softball in the summer months. He moved to Portage La Prairie for high school in 1935 and attended Portage Collegiate Institute, playing for the school team as well as the Portage Terriers junior club.

Stewart starred for the Terriers for a couple of seasons before catching his big break. A Winnipeg businessman by the name of Gene Houghton thought highly of Stewart enough that he recommended him to his friend, James Norris Sr., the owner of the Detroit Red Wings. The Red Wings signed Stewart and assigned him to their minor league affiliate, the Pittsburgh Hornets of the International-American Hockey League (IAHL). After one and a half seasons with Pittsburgh, Detroit called up the 21-year-old Stewart to bolster their defence, and that's exactly what he did.

Stewart joined the Red Wings midway through the 1938-39 season. His

reputation for delivering huge hits quickly spread around the league, and soon enough, he became one of the more feared men in the league.

With Stewart manning the Red Wings blueline, the club got to both the 1941 and 1942 Stanley Cup finals but fell to the Boston Bruins and Toronto Maple Leafs, respectively. The 1942-43 campaign was possibly Stewart's best of his career. He was named to the NHL First All-Star Team and helped lead his team to the NHL regular season title. The Red Wings advanced to their third straight Stanley Cup final, and this time they were victorious as they swept the Boston Bruins in four games.

Stewart's hockey was interrupted by the Second World War just as he was getting into the prime of his career. He enlisted in 1943 and served as a Leading Aircraftman in the Royal Canadian Air Force. He played some hockey the next two years, albeit a lot more recreationally than he was used to with the Montreal and Winnipeg RCAF teams.

When the war ended, Stewart was discharged and quickly returned to the Red Wings lineup, where he picked up right where he left off, playing strong defensive hockey and leaving opposing players in his wake. He would win another Stanley Cup with Detroit in 1950.

"Others called him Black Jack, but we on the team used to call him Silent Jack," said Red Wings teammate Sid Abel. "He was a man of actions, not

words."

Stewart retired after twelve NHL seasons with 115 points in 565 games. He won two Stanley Cups (1943, 1950) and played in four All-Star games (1947, 1948, 1949, 1950) over the course of his career. He was named a First Team All-Star three times (1943, 1948, 1949) and a Second Team All-Star twice (1946, 1947).

In 1964, Stewart was honoured for his amazing career by being inducted into the Hockey Hall of Fame.

After leaving the game of hockey for good, Stewart turned his attention to another great love of his, which was harness racing. His father had built a track on the family farm while he was growing up and would hold a horse racing meet every year to entertain the people of Pilot Mound. Stewart would also follow his dad and help out when the elder Stewart worked as a race judge at various fairs across Manitoba. Black Jack got back into it once hockey was behind him, serving as a race-timer and as a judge with the Ontario Racing Commission for nearly thirty years.

Stewart always had his farm in Pilot Mound but mainly resided in Troy, Michigan. He eventually retired to Florida but had to return to Michigan when he was diagnosed with cancer and had to undergo various treatments.

Jack Stewart died in Troy on May 25, 1983, at the age of 66, after a lengthy battle with cancer. His body was promptly returned to Manitoba, and



PHOTO SUBMITTED

Pilot Mound's Black Jack Stewart won two Stanley Cups with the Detroit Red Wings in 1943 and 1950.

he was buried in his hometown of Pilot Mound. Black Jack is forever immortalized in Pilot Mound to this day, with the town's arena being named after him.

"He was one of the greatest defensemen of his era," recalled Montreal Canadiens legendary coach Dick Irvin. "He didn't have a great deal of colour, but he was a very sound player. The only rearguard who could be compared with him was Butch Bouchard when he was at his peak, and they were somewhat the same type. You had to respect Stewart. He was the kind of a player you like to have on your side."

## Government invest in rent assist and new disability income support

Submitted by Manitoba government

The Manitoba government is providing more than \$13 million in additional funding to index Rent Assist benefits for eligible low-income Manitobans, and is also indexing basic needs benefits for the first time for persons enrolled in the new Manitoba Supports for Persons with Disabilities income assistance program, Families Minister Rochelle Squires, minister responsible for accessibility, announced last month.

"The annual indexation of Rent Assist and basic needs benefits demonstrates our government's commitment to improving affordability for low-income individuals," Squires said. "We will continue to support vulnerable Manitobans who might otherwise become trapped in a cycle of poverty."

Under Manitoba's Rent Assist program, eligible households receiving Employment and Income Assistance or benefits through Manitoba Sup-

ports for Persons with Disabilities are provided shelter benefits as part of their monthly assistance. Low-income renters not receiving income assistance can also apply to receive benefits.

Effective tomorrow, Rent Assist benefits for families receiving income assistance will be indexed to ensure that maximum rates reflect 77 per cent of the median market rent. Rent Assist benefits for families not in receipt of income assistance will be indexed to 80 per cent of the median market rent.

Rent Assist rates are adjusted annually, as required by legislation, to align with Winnipeg's median market rental rate, which is established independently by the Canada Mortgage and Housing Corporation.

As of tomorrow, the Manitoba government is also increasing the basic needs benefits for eligible adult participants of Manitoba Supports for Persons with Disabilities, a new income assistance program for individ-

uals living with disabilities launched in April. Persons enrolled in the new program receive monthly benefits that include basic needs and shelter components, as well as other financial supports tailored to the needs of persons with severe and prolonged disabilities.

The minister noted that in addition to increased basic needs, amendments to the Disability Support Regulation now also include a formula for indexing these benefits to inflation on an annual basis, a commitment made when the program was first announced and the first of its kind in Manitoba.

Additionally, as part of the ongoing development of Manitoba Supports for Persons with Disabilities, the Department of Families is seeking, through an expression of interest, an agency or agencies to deliver community-based assistance to Manitobans across the province as part of a one-year Manitoba Supports Community

Helper pilot project.

Community helpers will identify and assist potentially vulnerable persons enrolled or seeking enrolment in Manitoba Supports for Persons with Disabilities to access services and programming offered by the Manitoba government and in the community. This service is intended to help them meet their financial needs, build support networks within their community, and achieve greater access and social inclusion, the minister added.

"This pilot project will allow us to test and evaluate an important new service and ensure that we are effective in the help we provide," Squires noted. "It responds to the feedback we received from Manitobans who participated in public engagement sessions over the past three years, which revealed significant support for community-based navigation services and a more tailored approach in supporting the unique needs of Manitobans living with disabilities."



# 26th annual Pritchard Memorial golf tournament



Ed Balfour celebrates his shot to get onto the green for the second time of the day at the Pritchard Memorial golf tournament last Saturday.



STANDARD PHOTOS BY MATTHIEU MEIER

Kris Kopansky of Brazen Hall, Everett and his dad, Kobe Davies, Rhett Woods, Matthieu Meier, Scott Bohn, Brett Megarry, co-host The Start with Mackling, Megarry & McNabb on 68-CJOB enjoyed the round of golf in support of South Central Cancer.





# Carman Country Fair this weekend

By Ty Dilello

The Carman Country Fair is fast approaching, as the annual event will be held this weekend from July 13-15 at the Dufferin Agricultural Society (DAS) Fairgrounds.

The Fair will offer a wide range of activities to please everyone. They have everything from the 4-H livestock show and home displays to motorsports, delicious fair food, and free stage entertainment. There will be plenty of activities for the kids, including the midway rides, petting zoo, and agricultural demonstrations.

*Continued on next page*



The Carman Fair is coming to town July 13-15 with a little bit of everything including livestock shows, fair food, midway, dog shows, and fun for everyone.



## CARMAN FAIR HOURS

THURSDAY 10-3

FRIDAY 10-5

SATURDAY 10-3

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The Wondershow Midway will be open every day. On Thursday and Friday, it will start at 3 p.m., and on Saturday, it opens at noon.

The band, 'Unexpected End' will perform on the Grandstand on Friday (July 14) at 8 p.m.

'Unexpected End' is an Indie/Folk Rock band from Winkler, Morden and Plum Coulee. They formed in late 2018 and released their self-titled debut EP the following year. The band seeks to provide an atmosphere of peace while engaging their listeners through thought-provoking lyrics and storytelling. Utilizing a blend of ambient vocals and mindful guitar tones, their live performances have been labelled easy listening, family-friendly, and appealing to all audiences.

Musician Daniel Desorcy will perform on Saturday (July 15) at 9 p.m.

Daniel Desorcy is a French Metis singer-songwriter from La Broquerie. Greatly influenced by his father's love for the Bee Gees, Desorcy learned how to play guitar on his grandfather's

*Continued on Next Page*



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# CARMAN FAIR

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# Schedule of Events

## THURSDAY

### July 13, 2023 • July 13, 2023 • July 13, 2023

7:30 AM to 2 PM DAS Dining Hall Breakfast and Lunch  
 9 AM 4-H Beef Female Show/Showmanship Classes  
 10 AM to 10 PM Exhibit Hall – Arts, Crafts, and Handiworks  
 10 AM to 6 PM Agricultural Education Arena & Petting Zoo  
 10 AM to 8 PM Touch a Truck  
 12 PM to 1 PM Sponsor Appreciation Lunch  
 Tent  
 1 PM to 12 AM Rendezvous Brewery and Taproom  
 Hospitality Tent  
 Carman Fair Opening Ceremonies  
 1 PM Stage  
 1 PM 4-H Steer Show  
 1 PM to 3 PM Barn Tours  
 Booth  
 2 PM to 7 PM O'Brien Built RC Car Display & Demonstration  
 2 PM to 8 PM Prairie Exotics  
 3 PM Wondershows Midway Open  
 3 PM Heavy Horse Show –  
 Open Halter and Junior Classes  
 3 PM to 6 PM Face Painting  
 3 PM to 8 PM Country Street Market – Vendors & Food Trucks  
 4 PM to 6 PM Free Fries  
 5 PM Heavy Horse Farm Team Competition  
 5 PM Wrangler Relay Race  
 5 PM Island Breeze Manitoba  
 Stage  
 6 PM Heavy Horse Hitch Classes  
 7 PM Drum Café  
 9 PM Open Mic with Rendezvous

Carman Arena  
 ARK New Tech Arena 2  
 Carman Ford Exhibit Hall  
 Carman Arena – B side  
 Carman Arena – A side  
 Rendezvous Hospitality  
 Rendezvous  
 Hospitality Tent  
 Access Credit Union Main  
 ARK New Tech Arena 2  
 Arena 1 Announcer's  
 North of Exhibit Hall  
 Carman Arena  
 North of Carman Arena  
 ARK New Tech Arena  
 Carman Arena – B side  
 King's Park Road  
 Fry Tent North of  
 Exhibit Hall  
 ARK New Tech Arena 3  
 ARK New Tech Arena 1  
 Access Credit Union Main  
 ARK New Tech Arena 3  
 Access Credit Union  
 Main Stage  
 Rendezvous  
 Hospitality Tent

## FRIDAY

### July 14, 2023 • July 14, 2023

7:30 AM to 2 PM DAS Dining Hall Breakfast and Lunch  
 9 AM Manitoba Provincial Percheron Show  
 9 AM 4-H and Open Light Horse Show  
 9 AM 4-H Beef grooming Classes  
 10 AM to 10 PM Exhibit Hall – Arts, Crafts, and Handiworks  
 10:30 AM Open Junior Beef Show  
 10 AM to 6 PM Agricultural Education Arena & Petting Zoo  
 10 AM to 8 PM Touch a Truck  
 12 PM to 12 AM Rendezvous Brewery and Taproom  
 Hospitality Tent  
 12 PM to 8 PM Prairie Exotics  
 1 PM to 3 PM Barn Tours  
 2 PM Diamond Disc Dogs  
 2 PM Heavy Horse Chore Team – Local  
 2 PM to 7 PM O'Brien Built RC Car Display & Demonstration  
 2:30 PM Manitoba Provincial Percheron Show  
 Show Hitch Classes  
 3 PM Wondershows Midway Opens  
 3 PM to 6 PM Face Painting  
 3 PM to 8 PM Country Street Market – Vendors & Food Trucks  
 4 PM to 6 PM Free Fries  
 5 PM 4-H Light Horse Show Awards  
 6 PM Diamond Disc Dogs  
 6:30 PM 4-H Beef Show Awards  
 7 PM Double Talk  
 8 PM An Unexpected End  
 9 PM The Color  
 10 PM Janzen Chevrolet Drone Light Show

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# Events

## July 14, 2023 • July 14, 2023

Breakfast and Lunch	Carman Arena
Cherion Show	ARK New Tech Arena 3
Tractor Show	ARK New Tech Arena 1
Contests	ARK New Tech Arena 2
Arts, and Handiworks	Carman Ford Exhibit Hall
	ARK New Tech Arena 2
Ag Arena & Petting Zoo	Carman Arena - B side
	Carman Arena - A side
Rendezvous Taproom	Rendezvous Hospitality Tent
	Carman Arena
Ring 1 Announcer's Booth	Grandstands
Log Skid	ARK New Tech Arena 3
Play & Demonstration	North of Exhibit Hall
Cherion	ARK New Tech Arena
	Carman Arena
Opens	North of Carman Arena
	Carman Arena - B side
Vendors & Food Trucks	King's Park Road
	Fry Tent North of Exhibit Hall
Awards	ARK New Tech Arena 1
	Grandstands
	ARK New Tech Arena 2
	Access Credit Union
	Main Stage
	Access Credit Union
	Main Stage
	Access Credit Union
	Main Stage
Light Show	Grandstands

## SATURDAY

7 AM to 9 AM	Access Credit Union Free Pancake Breakfast	Ryal Park - Downtown Carman Carman Arena ARK New Tech Arena 1 See Parade Map
7:30 AM to 2 PM	DAS Dining Hall Breakfast and Lunch	
8:30 AM	Miniature Horse Open Show and Driving Class	
10 AM	Carman & Community Chamber of Commerce Parade	
10 AM to 2 PM	Cluck and Quack Poultry Fun Show	Carman Arena - B side
10 AM to 8 PM	Touch a Truck	Carman Arena - A side
10 AM to 8 PM	Country Street Market - Vendors & Food Trucks	King's Park Road
10 AM to 4 PM	Agricultural Education Arena & Petting Zoo	Carman Arena - B side
11 AM	Jackpot Yearling Heifer Show	ARK New Tech Arena 2
11:30 AM	Grandstand Admission Gates	
	Open for Demo Derby	
	Wondershows Midway	Grandstands North of Carman Arena Fry Tent North of Exhibit Hall
12 PM	Free Fries	Carman Ford Exhibit Hall Carman Ford Exhibit Hall Carman Arena Rendezvous Hospitality Tent
12 PM to 2 PM		
12 PM to 6 PM	Exhibit Hall - Arts, Crafts, and Handiworks	Carman Ford Exhibit Hall
12 PM to 6 PM	Artisan Tent	Carman Ford Exhibit Hall
12 PM to 8 PM	Prairie Exotics	Carman Arena
12 PM to 12 AM	Rendezvous Brewery and Taproom Hospitality Tent	Rendezvous Hospitality Tent
1 PM	Exhibit Hall Award Ceremonies	Carman Ford Exhibit Hall
1 PM	Demo Derby \$10 (16+) \$5 (13-15) 12 & under free	Grandstands (Ticket Required)
1 PM	Tractor Pull - Between Demo Derby Heats	Grandstands (Ticket Required)
1 PM	Pee Wee Cattle Show	ARK New Tech Arena 2
1 PM to 4 PM	Face Painter	Carman Arena - B side
1:15 PM	All Breeds Cattle Show	ARK New Tech Arena 2
2 PM	Heavy Horse Chore Team Gambler's Choice	ARK New Tech Arena 3
2 PM to 7 PM	O'Brien Built RC Car Display and Demonstration	North of Exhibit Hall
3 PM	Heavy Horse Hitch Classes	ARK new Tech Arena 3
3:30 PM	Best of Barns Cattle Show	ARK New Tech Arena 2
5 PM	Lulu and Tom Cat - Children's Entertainment	Access Credit Union Main Stage
7 PM	Brandi Vezina	Access Credit Union Main Stage
9 PM	Daniel Desorcy	Access Credit Union Main Stage
9 PM to 10 PM	Exhibit Hall Entries Pickup	Carman Ford Exhibit Hall
10 PM	Janzen Chevrolet Drone Show	Grandstands

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From Previous Page

old acoustic and was writing songs by the time he was age 7. Desorcy's soulful tenor voice and prolific writing skills have secured him a place in the local country music scene.

Other performances on display throughout the event include Lulu and the Tomcat, Brandi Vezina, The Color, Doubletalk, and much more.

Check out the website <https://carman-countryfair.ca/> for the full schedule of events.

The Dufferin Agricultural Society would like to thank its many sponsors, as without them, the Carman Country Fair wouldn't be what it is today. Every year the Fair gets bigger and better, so DAS is asking residents to support the sponsors as much as possible.



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# Wooden Gate Cider teams up with local charitable projects

By Lorne Stelmach

A charity initiative is not only good for business for a Pilot Mound company, but also giving back to communities across southern Manitoba.

Wooden Gate Cider offers the opportunity for individuals or organizations to collect and bring unused apples and other fruits to the company to earn money for charitable causes.

The idea has taken hold in the last few years with a number of organizations and communities getting involved, and it is very much a win-win situation for everyone.

"We're trying to get everywhere and anywhere in province where there's people willing to pick apples ... even organizations that are willing to host the drive to have people drop off apples and have us pick them up," said Wooden Gate's Clint Cavers.

The idea grew from when they first started making cider just for themselves about 20 years ago.

"We did it because there was an abundance of fruit that was just going to waste everywhere," Cavers said. "So when we decided to commercialize it ... we started selling four years ago ... we got asked actually by one of the community groups here in Pilot Mound whether or not they could pick apples for us.

"We thought it kind of fits with what we wanted to do. It was a way that we could gather more apples that we didn't have time to gather, and it was a way to give back to the community in the form of cash for community organizations that were struggling to fundraise.

"So we've just continued it every year, offering it

kind of across the province. There's different organizations in different communities," Cavers explained. "It's enabled us to collect more apples and apples that would go to waste and make connections in communities that we wouldn't have had otherwise and get some funds into community organizations at the same time."

Things were hampered a bit during COVID because people couldn't gather in groups, but Cavers said he has been encouraged by the response overall in recent years.

"We had a couple groups in Carman a couple years ago ... and we've got groups in Pilot Mound, Crystal City. We had a group in Boissevain," he noted.

Joining the list this year is the Genesis House shelter for the victims of domestic violence in Winkler.

"What struck me about it was the creativity behind the giving," noted executive director Ang Braun. "What a cool way of donating because it can engage all of the community, and it can ensure that things don't just go to waste. How awesome.

"There is simply no downside to this idea," she added. "As the summer carries on and people have extra, if they're willing to take it over there, it can turn into something good ... and people can identify that they saw this through Genesis House and ask that the money comes to us then."

Cavers noted he likes the variety of organizations and communities that are catching on to this idea.

"The skating club here in Pilot Mound over the last couple years has raised between \$5,000 and \$6,000 ... that's a group of youngsters and their parents going



SUPPLIED PHOTO

Got extra apples? Wooden Gate Cider will take them off your hands and donate funds to local charities.

out and picking apples.

"We've had people drop off apples for organizations and wanting us to pay organizations that haven't even really been a part of it."

Anyone interested in learning more can head online to [louisemb.com/m/wooden-gate-cider](http://louisemb.com/m/wooden-gate-cider) for details.

"We would like more people to sign up," Cavers said. "If it's successful enough, we're probably going to set up collection days for those organizations in their towns."



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# Don Woods honoured with Queen Elizabeth Platinum Jubilee medal

By Becca Myskiw

Elm Creek community member Don Woods received the Queen Elizabeth Platinum Jubilee Medal during a Canada Day celebration.

Woods was unable to attend the ceremonies for the medals due to health issues. Because he has poor circulation in his lower extremities, Woods had to have both legs amputated and ended up having his second one done during the ceremony last November. The amputations combined with COVID-19 had him in the hospital for a total of 14 months.

Then-MLA Blaine Pedersen made a presentation to Woods in person, but Barb Lepp, Alice Miller, and Val Esau were determined to give him the ceremony he deserves. They're who nominated him in the first place through MP Candice Bergen's office and through Pedersen's office.

They wanted the community to be able to honour Woods publicly, so they made it happen.

During the Canada Day celebrations in Elm Creek, over 100 people filled the community hall to bear witness to Woods' Queen Elizabeth Platinum Jubilee Medal presentation. Miller added a part to the ceremony where Woods's unwavering commitment to the community throughout his life was noticed. She had people from the past add ribbons to a dowel to represent the number of years Woods contributed to a community organization or event. Each foot of ribbon represented one year of "service." About 35 people presented ribbons for Woods.

Clark and Bill Sisson added a ribbon 23 feet long to represent Woods cutting the Scotswood Links Golf Course

grass for 23 years. The Elm Creek Curling Club added a ribbon 30 feet long for his 30 years of coaching there.

Woods is perhaps best known for teaching at Elm Creek School (ECS) for almost 40 years. He was the only teacher invited to ECS's Classes of 1968, 1969, 1970 and 1971 reunion last year, being known as a great teacher passionate about his job.

At the ceremony, Lepp, Miller, and Esau said if you're lucky, everyone will have a person in their life who makes an impact.

"That person is someone we look up to, someone we strive to be like, someone we model, perhaps our hero," they said. "For many who have gone to school in Elm Creek, that person has been Don Woods. He has been a community volunteer, a fundraiser, and many more positions that you will hear about shortly."

Here are just a few of Woods's positions within the community over the years:

- Fast pitch coaching: two years
- Minor hockey involvement: 10 years
- Fire Department volunteering: 10 years
- Building the curling rink: seven years
- Making curling ice and maintaining it: 37 years
- Coaching school sports: 25 years

"I believe I can say that he has been THAT person to many of you in many aspects of life in Elm Creek," the women said. "It has been said that a leader is someone who shows up . . . Don Woods, we want to thank you for showing up in so many aspects of our



STANDARD PHOTO SUBMITTED

Don Woods was recognized with a Queen Elizabeth Platinum Jubilee Medal for his continued commitment to make Elm Creek a better place.

lives in Elm Creek."

At the ceremony, Woods also got the chance to share the history of Elm Creek. An active member of it for years with an excellent memory, one of his favourite things to do is telling current residents about that past.

There's a Facebook page dedicated to Woods — it's a place where people can share memories of and thank yous to him. It was started last year when

he was in the hospital to keep him from feeling too lonely and so everyone could pass on their well wishes.

One person wrote in the comments of a post, "A super nice, unbelievable teacher (way back to teaching me). A hero in every way! Every day!"

Another wrote, "Congratulations, Mr. Woods. You were one of my favourite teachers and most of my siblings agree with me."

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# Off to the races

Racing fans filled the stands at the Dead Horse Creek Speedway west of Morden last weekend for the inaugural Watermelon Cup. The Friday and Saturday evening races featured Dead Horse Stocks, Wisconsin Midwest Mods, Wisconsin Modifieds, and a Wisconsin Late Model demonstration/exhibition. Below, left: Driver James Wall in the winner's circle. The next race day is the King of the Corn event Aug. 25-26. Head to [deadhorsecreekspeedway.ca](http://deadhorsecreekspeedway.ca) for details.

PHOTOS BY RICK HIEBERT



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# get inspired

> MEAL IDEAS



## Ham, Cheese and Zucchini Breakfast Cups

1/2 teaspoon salt  
1/4 teaspoon black pepper  
Prepare quinoa according to package directions. Preheat oven to 350 F.

Prep time: 15 minutes  
Cook time: 25 minutes  
Servings: 12  
1 bag Success Tri-Color Quinoa  
nonstick cooking spray  
1 cup shredded cheddar cheese  
1 cup shredded zucchini  
1/2 cup diced ham  
2 eggs  
1/4 cup egg white  
1/4 cup sliced green onion

Coat 12-cup muffin tin with nonstick cooking spray.

In large bowl, combine shredded cheddar cheese, shredded zucchini, diced ham, eggs, egg white, sliced green onion, salt and black pepper. Mix well. Spoon batter into prepared muffin tin.

Bake 25 minutes. Cool 5 minutes then remove to wire rack to cool completely.



## Pancakes with Blueberry Vanilla Sauce

dium saucepan. Add water, stirring to dissolve. Stir in blueberries and sugar. Bring to boil over medium-high heat. Boil 1-2 minutes, or until sauce thickens slightly. Remove from heat. Stir in vanilla. Cover to keep warm. Set aside.

To make pancakes: In medium bowl, stir oats, sorghum flour, brown sugar, baking powder and cinnamon.

In small bowl, whisk milk, applesauce, egg and oil. Stir into flour mixture until batter is just moistened and no flour is visible without overmixing.

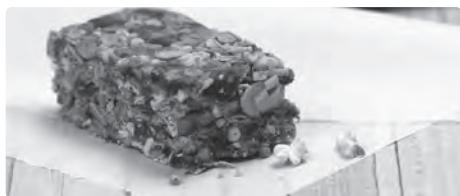
Heat nonstick griddle over medium heat. Test temperature by sprinkling drops of water on griddle. Griddle is ready when water evaporates quickly.

Pour 1/4 cup batter for each pancake on griddle. Cook 2-3 minutes, or until tiny bubbles appear on surface and bottoms are golden brown. Flip pancakes. Cook 1-2 minutes, or until cooked through and golden brown on bottoms. The USDA recommends cooking egg dishes to 160 F.

Transfer pancakes to plates. Spoon sauce over pancakes. Top each serving with 2 tablespoons yogurt.

Recipe courtesy of the American Heart Association and Sorghum Checkoff  
Servings: 4 (2 pancakes, 1/4 cup sauce and 2 tablespoons yogurt per serving)

Sauce:  
2 teaspoons cornstarch  
1/3 cup water  
1 cup blueberries  
1 tablespoon sugar  
1 1/2 teaspoons vanilla extract  
Pancakes:  
1/2 cup quick-cooking rolled oats  
1/2 cup whole grain sorghum flour  
1 1/2 tablespoons firmly packed light brown sugar  
1 1/2 teaspoons baking powder  
1/2 teaspoon ground cinnamon  
1/2 cup fat-free milk  
1/2 cup unsweetened applesauce  
1 large egg  
1 tablespoon canola or corn oil  
Topping:  
1/2 cup fat-free plain Greek yogurt  
To make sauce: Put cornstarch in me-



## Date Nut Granola Bars

1/4 cup uncooked whole-grain sorghum  
1/4 cup honey  
1/4 cup low-sodium peanut butter  
1 teaspoon vanilla extract  
1/8 teaspoon salt  
Preheat oven to 350 F.

Line bottom and sides of 8-inch square baking pan with plastic wrap or parchment paper. Lightly spray with nonstick cooking spray.

On large baking sheet, spread oats, almonds and pistachios in single layer. Bake 10-15 minutes, or until lightly brown, stirring occasionally. Let cool

Recipe courtesy of the American Heart Association and Sorghum Checkoff  
Servings: 12 (1 bar per serving)

Nonstick cooking spray  
1 1/2 cups rolled oats  
1/4 cup almond slices or whole almonds, coarsely chopped  
1/4 cup shelled pistachios, coarsely chopped  
1 cup pitted dates  
1/2 cup unsweetened dried cranberries

## Take control of your cortisol (stress) levels

By Fitness & Nutrition Expert Julie Germaine Coram

Poor cortisol gets a bad rap, but the truth is that it is an essential hormone that affects each organ and tissue in the human body. While it can be problematic and lead to increased belly fat when unbalanced, we need cortisol in healthy quantities to:

- Help control sleep-wake cycle
- Regulate blood pressure and blood sugar
- Suppress inflammation
- Aid in controlling your body's use of macronutrients (aka metabolism)
- Regulate your body's stress response

How can you make sure that cortisol is released at the correct time during the day, and what can be done to manage chronic elevated cortisol levels? Read on, my friend.

The first thing we want to pay attention to is our sleep behaviours:

- Your body can be affected by blue light emitted from your devices, so turn on night shift if it's after dark. This alters your screen to display warmer colours, filtering out blue light.
- Go to sleep by 10 p.m. most nights, and avoid evening snacks at least three hours before bedtime. This helps with melatonin and HGH production, which helps us get better quality rest.

Black out your bedroom completely. This can be achieved by removing night lights, putting up thick window coverings to block street lights, and ensuring electronics with power indicators are facing walls or moved to an entirely different area of your home.

Next, consider how we start each morning:

- If you live in the country, try leaving your blinds open so the sun wakes you up.
- Spend up to ten minutes in direct sunlight as soon as possible every day. If it's cold out, this can be accomplished in a window. Avoid wearing



Fitness and Nutrition expert  
Julie Germaine Coram

sunglasses during this time.

- Try a cold morning shower, by cranking the tap to icy for the final few minutes of your usual cleanse. Bonus: this is excellent for hair and skin!

- Keep up your morning coffee habit.
- Give intermittent fasting a go, ideally for 12-16 hours overnight.

Your diet and activity level is important as well, when it comes to maintaining healthy hormone levels. Avoid sodium-rich foods, processed items (especially those high in sugars), and reduce alcohol to avoid developing chronically elevated cortisol levels. You can try increasing your vitamin C intake to fix an existing condition, and exercising regularly with both stress training and cardiovascular activity will have a noticeable effect on your overall stress, and there help regulate cortisol in your body.

Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. Coach Julie has helped tens of thousands of men and women improve their health since 2005. Visit [juliegermaine.com](http://juliegermaine.com) or [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

slightly.

In food processor or blender, process dates and cranberries 1-1 1/2 minutes, or until chopped and clumpy. Transfer to large bowl.

Put 2 tablespoons sorghum in silicone microwaveable bowl or clean, brown paper bag. If using microwaveable bowl, cover with lid. If using paper bag, roll shut and place on microwaveable dinner plate with fold facing down. Microwave on high 2 minutes, or until there are more than 10 seconds between pops. Repeat with remaining sorghum, microwaving 1 1/2 minutes, or until more than 10 seconds between pops.

Stir popped sorghum, oats, almonds and pistachios into date mixture.

In small saucepan over low heat, heat honey and peanut butter 5 minutes, or until peanut butter is smooth and mixture is warmed, stirring occasionally. Remove from heat. Stir in vanilla and salt.

Pour peanut butter mixture over date mixture, stirring to break into small clumps. Transfer half to baking pan. Using bottom of drinking glass or fingers lightly sprayed with nonstick cooking spray, press down firmly to flatten and pack tightly so clumps adhere to each other. Repeat with remaining half. Freeze, covered, about 1 hour, to firm.

Place cutting board over pan. Turn pan over. Discard plastic wrap. Using knife, cut into 12 bars. Refrigerate leftovers in airtight container up to 1 week.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Carman's Ryan Orchard happy with his strong junior career finish

By Joshua Frey-Sam

An unrelenting tug-of-war with Mother Nature pulled junior golfers in every direction for three days at Teulon Golf and Country Club, but Jeri Lafleche stayed the course about as well as anyone in the field.

The Clear Lake teen navigated a tough Teulon track to a plus-12 runner-up finish in the Manitoba Junior Women's Golf Championship last week. Lafleche, 16, fired a rock-solid three-over par 75 in her final round to finish with a three-day total of 228, seven strokes back of winner Swan River's Crystal Zamzow.

"I definitely had a lot of fun," said Lafleche, adding she's stronger now than she was at the same time last year and able to hit the ball further. "I think, for the most part, I played well. I definitely left some out there but, overall, I played ok and I can't be too disappointed in myself."

Heavy wind toyed with players for much of the week, with gusts reaching as high as 45 km/h. Lafleche managed the conditions well, though, finishing as one of two players with three rounds in the 70s. Zamzow was the other.

"As much as you think you got used to it the day before, it changes daily and it can definitely affect some of the pin locations and how to you certain holes," Lafleche said. "Other than that, it was warm, so the wind was the only factor."

Lafleche held a five-stroke lead after firing a 74 in the first round, then sat two shots back of the leading Zamzow to begin the final round. Despite the



Clear Lake's Jeri Lafleche finished seven strokes behind Swan River's Crystal Zamzow.

junior title being well within reach, Lafleche said she didn't put pressure on herself to win.

"I didn't have a great round day two, so kind of knowing that I have no pressure at this point because I'm not the one at the head of the pack, and then trying to shoot a little better on the front (nine holes) and trying to keep it together for a full 18," she said. "But not paying attention too much to the leaderboard because you can't control what other people do so it was fun."

"As much as you go in thinking that you really want to win, you have to focus on your game because you still have 18 holes to play."

A runner-up finished only further cemented Lafleche's place at the Canadian junior girls championship at Hampton Golf Club in Hampton, N.B. from July 23-27, which she qualified for after finishing sixth at the NextGen Prairie championship in June.

"It's a lot of fun. I've been before and it's a tournament that is a little more competitive than the rest because there's a cut, it's four days,



STANDARD PHOTOS BY GOLF MANITOBA

Carman's Ryan Orchard has qualified for the Canadian junior boy's championship later this month after his runner-up finish at the Manitoba Junior Men's Golf Championship in Teulon last week.

against all the top juniors in Canada. So to be able to go back this year will be a lot of fun," she said.

The winner of the national championship will earn an exemption into the 2024 Canadian women's amateur championship and the 2024 U.S. girls' junior championship. But first, Lafleche has her sights on defending her crown at the Manitoba women's amateur, which begins Monday at Pine Ridge Golf Club.

"There's definitely some stuff that I'm going to try to work on coming up for the women's (amateur) but I hit some of my goals and that's what matters," she said.

Carman's Ryan Orchard was the most consistent player of the week en route to his runner-up finish on the junior men's side.

Indeed, it was a major improvement from his showing at the 2022 junior championship, which saw him finish 22nd. This time around, the 18-year-old strung together rounds of 75, 75 and 73 to a seven-over par finish, eight strokes behind Thai phenom Teerawut Boonseor.

"It was fun. It was my last one, too, so I wanted to play good," said Orchard. "After last year, I was pretty disappointed so coming back and finishing second, that feels pretty good."

"I improved a lot. In 2021 I played

really well. And then last year, I fell into a hole and couldn't really climb out of it. I put a lot of work in this spring to improve everything and the work has paid off, so far."

Though he didn't come home with the trophy, Orchard couldn't help but crack a smile after finding out he qualified for the Canadian junior boy's championship later this month. It's the first time he will compete on the national stage.

"I wanted to get to nationals and I did it, so I'll take it as a positive, even though I didn't win. But getting to nationals was big," he said.

"It feels good, knowing that all my hard work is slowly paying off and that there's still more time to come. Got lots of time left."

Orchard finished his junior career with three top-20 finishes (two top-10) at the provincial championship. Now he'll look forward to teeing it up at the men's amateur every year, which he'll compete in from July 20-22 at Oak Island as a tune-up for the national event.

Other participants during the week included Carman's Keira Krahn and India Young, who finished fifth and sixth, respectively, among junior women. Meanwhile, Carman's Reid North earned a 29th place finish among the junior men.

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The Carman-Dufferin  
**STANDARD**



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Sanford's Sotheran drafted by NHL Philadelphia Flyers

By Ty Dilello

Sanford's Carter Sotheran was recently drafted by the Philadelphia Flyers in the fifth round of the 2023 NHL Entry Draft. Sotheran, who's family comes from the Carman/Homewood area, became one of just three Manitobans selected at the draft in Nashville, which was held on June 28-29.

For the second day of the NHL draft, a party was held for Sotheran and fifty of his closest family members and friends inside the local Sanford Arena to watch Sportsnet's coverage of the NHL Draft.

The party at Sanford Arena erupted when the Philadelphia Flyers nabbed Sotheran with the 135th overall selection in the fifth round.

"He is a big body. He is another guy that got better and better. He has got some rawness to him, but he is big, long, and rangy. He can defend and started to add some dimensions to his game in the second half," said Brent Flahr, Assistant General Manager of the Philadelphia Flyers.

After being drafted, Sotheran headed to Philadelphia last week, where he participated in the team's development camp with other Flyers prospects.

The 6-foot-3, 203-pound right-handed defenseman has worked his entire life for this moment. After growing up playing in the MacDonald Minor Hockey system, Sotheran spent four seasons from 2018 to 2022 playing U15 AAA and U18 AAA hockey with the Pembina Valley Hawks.

Sotheran then joined the Western Hockey League's Portland Winterhawks for this past 2022-23 season and had a wonderful campaign as he scored 23 points as a top-flight defenseman. He was the only Winterhawks player to play in all 68 regular-season games this season and was in the lineup for all nine playoff games.

He did it all despite being diagnosed at the start of the year with Wolff-Parkinson-White syndrome, a condition which causes the heart to beat abnor-



STANDARD PHOTOS SUBMITTED

Sanford's Carter Sotheran was recently drafted by the Philadelphia Flyers in the fifth round of the 2023 NHL Entry Draft. A little bit of foresight as a 10-year-old, Sotheran is pictured with former Flyers star player Scott Hartnell.

mally fast at times, caused by an extra electrical connection in the heart.

Sotheran plans to get surgery right away so that the condition doesn't become a concern when he begins to play professional hockey.

For now, Sotheran will return to the junior hockey ranks next season as he plans to rejoin the WHL's Portland Winterhawks for another run at the WHL championship.

## Central Energy Roundup

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 in second place in their league with a record of 16-8. On July 8, Central Energy won both games of a doubleheader (4-1 and 7-4) against the Smitty's Terminators to wrap up their regular season.

The U15 Central Energy squad is now in third place in their eight-team league

with a record of 16-10. Central Energy has a doubleheader on July 13 at home against the Manitoba Thunder.

The U17 Central Energy team is currently in third place in their eight-team league with a record of 15-9. Central Energy had a very busy week as they played six games in three days. They won three times and lost three times.

The U19 Central Energy team is currently in second place in their league with a 10-6 record. The Central Energy squad will now spend the summer competing in tournaments, before finishing up their league matches in September.

## Cardinals earn win

By Ty Dilello

The Carman Cardinals of the Border Baseball League are back in the win column after a massive 5-0 win over the Morden Mud Hens on July 7. Going into this week, the Cardinals remain in fourth place in the league's East Division with a record of 3-8-1.

On July 4, the Carman Cardinals got blitzed at home by the Winkler Whips by a 7-1 scoreline. The Cardinals are back in action this week to close out their regular season with a home game on July 14 against the Pilot Mound Pilots. The first pitch is slated to be thrown at 7:00 PM.



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with an **EMPLOYMENT/CAREERS AD** in  
The Carman-Dufferin **STANDARD**  
Call 467-5836

**WANTED**

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

**WANTED**

Wanted old advertising: Dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, Tire signs, Coke, Pepsi etc. Call 306-221-5908.

**HEALTH**

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



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**Monday, Wednesday, Friday –  
1:00 p.m. to 4:00 p.m.  
Tuesday & Thursday - CLOSED  
Saturday -  
11:00 a.m. to 4:00 p.m.**

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**CARMAN FARMERS market**  
Open Every Friday until Sept 15th  
4 – 6:30 p.m.

This week we will be located just east of the pool in King's Park.  
All goods locally produced  
Home Grown Home Baked  
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Contact Joyce 204-626-3310  
or Edith 204-745-3077



**Prairie Rose School Division  
ANNUAL PUBLIC NOTICE  
ADDITIONS TO THE VOTERS LIST AND/OR PERSONAL SECURITY PROTECTION REQUESTS**

Notice is hereby given that a copy of the VOTERS LIST may be revised at: **45 Main St. S., Carman, MB** between the hours of 8:00 a.m. and 4:00 p.m. Monday - Thursday  
At this time the Senior Election Official (S.E.O) will be available to update the voters list by:

1. adding the names of voters who are entitled to have their names on the list;
2. deleting the names of persons who are not entitled to have their names on the list;
3. making such other corrections of errors to the list as required.

**VOTER ELIGIBILITY:**

A person is eligible to have his or her name added to the Voters List if they are:

1. A Canadian citizen at least 18 years of age on election day; and
2. A resident of the School Division for at least 6 months prior to election day, OR  
a registered owner of land in the municipality for at least six months prior to election day.

**APPLICATION FOR PERSONAL SECURITY PROTECTION:**

A voter may apply in writing to the S.E.O. (at the address/fax below) no later than August 10, 2023, to have their name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail, or fax, and must include your name, address, and include proof of identity.

**All changes to the voters list must be completed on or before August 10, 2023.**

Dated at Carman in the Province of Manitoba, on July 13, 2023.  
Prairie Rose School Division  
Rhonda Smith  
Senior Election Official (S.E.O.)  
Box 1510, 45 Main Street South, Carman, MB R0G 0J0  
Phone: 204-745-2003 or Fax: 204-745-3699  
A By-election for Ward 2 (Roland/Homewood/Sperling) takes place on September 14, 2023.

**Reporter/Photographer  
Wanted**

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

**Qualifications:**

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

**Please forward your resumé along with three writing and photography samples to:**

Lana Meier  
Email: news@stonewallteulontribune.ca

The Carman-Dufferin **STANDARD**



**Prairie Rose School Division  
PUBLIC NOTICE  
NOTICE OF NOMINATIONS  
WARD 2 – Roland/Homewood/Sperling**

Ward 2 - Roland/Homewood/Sperling - One Trustee to be elected.

Please visit our website for a ward map at www.prsdmb.ca. School trustee by-election for Ward 2 is set for September 14, 2023.

**NOTICE OF NOMINATION IS HEREBY GIVEN** that on the following days:

August 3, 7, 8, 9, and 10th, 2023, between the hours of 8:00 a.m. to noon and 1:00 p.m. to 4:00 p.m. at the following location: School Division Office, 45 Main Street. South, Carman, MB., the Senior Elections Officer will receive nominations for the office of School Trustee for Ward 2 of the aforesaid Division.

**The nomination deadline is August 10, 2023**, at 4:00 p.m. Nominations cannot be accepted after this day and time.

Candidates seeking election for School Trustee must obtain on their Nomination Form a minimum of 25 signatures of voters or not less than 1% of the voters of the ward (whichever is the lesser). Voters who have signed the candidate's nomination form, must have their name on the Prairie Rose School Division Voters List for Ward 2 (Roland/Homewood/Sperling).

Completed nominations must be submitted in person at the above location on the dates and hours specified. Candidates must bring in the original nomination form with acceptable signatures. Please phone 204-745-2003 for an appointment to submit your nomination prior to coming in person.

Nomination forms and more information can be found at www.prsdmb.ca under the "Board" menu or contact Prairie Rose School Division by phone at (204) 745-2003 or email at prsd@prsdmb.ca



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The Carman-Dufferin  
**STANDARD**

**NOTICES**

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**NOTICES**

**SUMMER HIRING? SOMETHING FOR SALE? HAVING AN EVENT?** Book your Blanket Classified Ads NOW in the 32 Weekly Manitoba Community Newspapers to have your messaging seen all over the province! Call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. [www.mcna.com](http://www.mcna.com)

**Used Hotel Furniture For Sale**

(Renovation - Four Points By Sheraton Wpg.)

Entire Guest Room Contents/ Furniture Packages \$1000. Back Bar display \$1500. All woodwork Espresso. Faux Leather Brown arm chairs \$40. Chandeliers \$60 each.

For more info call Tom at 204-275-0055 or email: [tmanos@shawcable.com](mailto:tmanos@shawcable.com)

See photos on: [www.facebook.com/fourpointswinnipegssouth](http://www.facebook.com/fourpointswinnipegssouth)

# take a break > GAMES

## SUDOKU

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

**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!

**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!

Level: Intermediate

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**RURAL MUNICIPALITY OF DUFFERIN  
ANNUAL PUBLIC NOTICE  
ADDITIONS TO THE VOTERS LIST AND/OR  
PERSONAL SECURITY PROTECTION REQUESTS**

In accordance with Section 36 of The Municipal Councils and School Boards Election Act (MCSBEA), the Rural Municipality of Dufferin Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Rural Municipality of Dufferin can have his or her name added to the Voters List, or have any information about the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. That person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by email, fax or mail to:

**Rural Municipality of Dufferin  
12-2nd Ave S.W.  
Box 100, Carman, MB R0G 0J0  
Email: [cao@rmofdufferin.com](mailto:cao@rmofdufferin.com) Phone: 745-2301 or Fax: 745-6348**

**Sharla Murray, CMMMA  
Senior Election Official**



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on Sale Day July 19th  
Call 204-900-6036 for more information.**

**Equipment/Lot #**

2020 Compactor Lot# 6343 • 2020 JCB 3CX ECO Lot# 3736 • 2015 Bucket Lot# 6345 • 2004 Volvo Lot# 4180 • 2016 Bobcat A770 Lot#6158 • 2019 Bobcat A770 Lot#6484 • 2018 Hyundai Lot# 6856 • 2001 BWS Lot# 2528 • 2007 Ford F550 XLT SD Lot#2771 • 2009 Gravhaul Lot# 2847 • 1998 Kenworth C500 Lot# 9581 • 2003 Scona Lot# 2793 • 1999 Ford F800 Lot# 5497 • 2002 Case 580SM Lot#6347 • 1990 Henderson Lot#6351 • 2011 CASE IH 9120 Lot#3927 • 1042 CASE IH Header 2003 PRE AT Serial # CCC0009749 • 1042 CASE IH Header 2003 Lot#6394 Serial # CCC0009752 • 1042 Case IH Header 2001 Lot#6398 Serial# JJC0310367 • 1999 Case IH 2388 Lot#6399 • 2001 Case IH 2388 Lot#6395 • 1994 Case IH 1688 Lot# 6392 • 1996 Hesston 6600 Lot# 4062 • CASE IH 4900 Lot# 8388 • Case IH 3900DH Lot#8408 • EZEE-ON 8500 Lot# 8204 • Farm King 7x31 Lot# 8560 • 1996 GMC 3500 Lot# 8634 • Highline 6600 Lot# 8495 • John Deere 610 Lot# 8448 • 1994 MACK CH613 Lot#8555 • New Holland Haybine 479 Lot# 8519 • 1999 New Holland TV140 Lot# 8600 • 2012 Ram 4500HD Lot# 8657 • SAKUNDIAK HD10-1600 Lot# 8551 • 1986 Versatile 2100 Lot# 8386 • 1978 Versatile 835 Lot# 8499 • 2014 Dodge Journey Lot#4676 • 2009 H&H Trailers Lot#4002 • 2007 Chevy Silverado 3500HD Lot# 4555 • 2005 SWS Lot# 9689 • 2005 John Deere F525 Lot#4713 • 2000 GMC Sierra 1500 Lot# 4720 • 1999 Pontiac Grand Am SE Lot# 3712 • 1998 Leroi Q185DKE Lot#9695 • 1997 Trail King Lot#4735 • 1994 House of Tools RF-40HC Lot# 4248 • 1979 International 1854S Lot#9697 • 1979 Sofia C11MB Universal Lathe Lot#4733 • 1974 Sirco PA-20 Lot # 4725 • 1959 TOS VR2 Lot# 4313 • Unknown Power System Lot# 3748 • Massey Ferguson 165 Lot#9083 • Deere 450 Lot#4150 • Carolina Industrial 55 Ton Press Lot# 4204 • Terra-Jet 453E Lot#4562 • ESAB DCEMAG Lot# 4581 • Busy Bee Tools Rexcut Lot#4585 • Dresser TD20E Lot# 4436 • Miller Bobcat 250NT Lot# 4462 • KEW 16A2V-66 Lot#4639 • 1200 Gal Gas Tank Lot# 4499 • 2002 CASE IH 2388 Lot# 7470 • 2003 CASE IH 2015 Lot# 6769 • Firestone Tires 800/65R32 Lot# 6718 • 2018 John Deere 615P Lot#6615 • 2006 New Holland SP 275 Lot# 7218 • 2009 Elmers S7-90 Lot# 6715 • 2020 John Deere 615P Lot#4740 • 2017 John Deere 615P Lot# 6616 • 2018 John Deere 615P Lot# 7933 • 2017 John Deere 615P Lot# 7932 • 2006 New Holland 1431 Lot# 6622 • Cattlelac 410 Lot# 3752 • 1970 16ft Trailer PRE AT Dave White • 2012 New Holland L230 Lot#5018 • 1988 International Trans Star 8300 Lot#5931 • 2000 Volvo VNL64T300 Lot# 5932 • 1989 Devilbiss SDO55582 Lot# 9011 • 2000 Sanborn NA Lot# 9013 • 2009 Ditch Witch SK650 Lot# 6458 • 2005 CASE IH WDX 1202 PRE AT • 2010 Lode King Lot# 7777 • 2023 Germanic R20-2800 Lot# 3659 • 2022 JCB 245XR Lot# 11180 • 2018 John Deere 560R Lot#5368 • 2013 New Holland CR8090 Lot# 7773 • 2012 John Deere X540 Lot#3330 • 2012 John Deere 42 Lot#3349 • 2012 Snow Blower John Deere Lot#3355 • 2018 Just common sense combcut 9001 Lot# 3071 • 2011 McCormick XTX165 Lot#9847 • 2017 Norseman techniplant FL6 Lot#2730 • 2019 Orkel Dens-X Lot# 2646 • Tri-Steel PBF-18D Lot# 9618 • 2020 SeaCan Lot# 4687 • 2012 Massey Ferguson 2856A Lot# 10147 • 2012 Case IH 2020 Lot# 2785 • 1994 Premier 2900 Lot# 2838 • John Deere 925 Lot# 2846 • 2001 CLAAS Jaguar 870 Lot#6270 • 2016 CLAAS Jaguar 960 Lot#4463 • 1996 Ford 9500 Lot#6348 • 2017 Horstline HD1000 Lot# 3996 • 2014 Mac Don FD75D Lot# 9615 • 2020 Hammer/Breaker Lot# 6342



## Rural Municipality of Grey

### Chief Financial Officer (CFO) Position

The Rural Municipality of Grey is seeking applications for the position of Chief Financial Officer (CFO). This is a permanent full-time position (35 hours/week).

Reporting to the Chief Administrative Officer, the CFO directs the overall operation of the financial matters for the municipality. This includes, but is not limited to, the overall financial related elements of the municipality such as bank accounts, deposits, transfers, investments, general ledger, journal entries, payroll, payables, receivables, financial reporting, audits, budgets, maintain and analyze the capital asset records in accordance with the Public Sector Accounting Board Standards for Tangible Capital Assets, maintaining files and records for same, supervision and direction of office staff when required and assisting the general public when required.

**Qualifications:**

- Preference will be given to candidates with an accounting designation (CGA, CMA, CA) or a business degree majoring in accounting.
- A minimum of five years related experience.
- Municipal or related accounting/financial/auditing experience would be an asset.
- Have or willing to obtain the CMMA (Certificate in Manitoba Municipal Administration) designation.
- Thorough knowledge of financial planning.
- Strong working knowledge of computerized accounting systems.
- Advanced skills in all Microsoft Office applications (Excel, PowerPoint, Word), email and internet.
- Excellent communications skills (written and oral).
- Excellent analytical, organizational and problem-solving skills.
- Ability to prioritize work to meet deadlines.
- Ability to work in a small office environment.
- Ability to work well with the general public.

The Rural Municipality of Grey offers a competitive salary with a comprehensive benefits package.

**This position will remain open until a suitable candidate is found.**

Please submit your resume including references and salary expectations in confidence to:

**Kim Arnal, C.A.O.  
R.M. of Grey  
Box 99, 27 Church Avenue East  
Elm Creek, MB R0G 0N0**

**Phone: 436-2014 Fax: 436-2543 E-mail: [kim@rmofgrey.ca](mailto:kim@rmofgrey.ca)**

We thank all who apply and advise that only those selected for further consideration will be contacted.

Applicants may request reasonable accommodation related to the application and interview process.



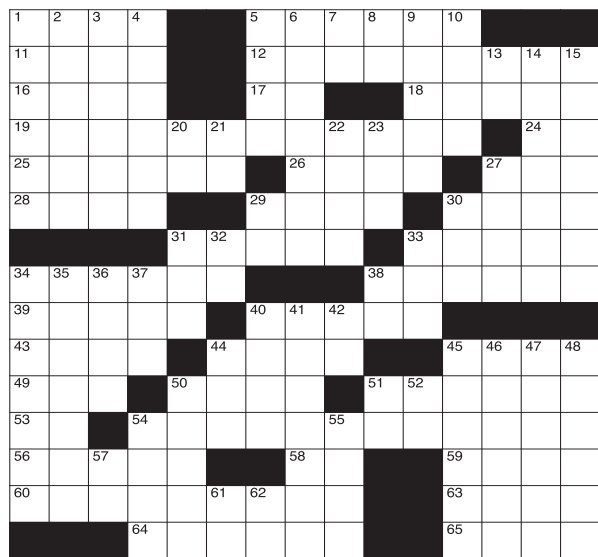
# CROSSWORD

**CLUES ACROSS**

- 1. Database management system
- 5. Medical procedures
- 11. \_\_\_ Clapton, musician
- 12. Defender
- 16. Exert oneself
- 17. Indicates position
- 18. Prevents river overflow
- 19. Atrocities
- 24. Mister
- 25. Ends
- 26. Slope or tilt
- 27. Taxi
- 28. The very ends
- 29. Actor Sean
- 30. Japanese persimmon
- 31. Sours
- 33. Beneficiary
- 34. Baseball official
- 38. Muddy, boggy ground
- 39. Not worldly
- 40. Actress Lathan
- 43. Soil
- 44. \_\_\_-Cola
- 45. Asleep
- 49. \_\_\_ Angeles
- 50. Give birth to a child
- 51. Beach shelter
- 53. Commercial
- 54. Taste property
- 56. Local jurisdictions
- 58. It cools your home
- 59. Dismounted from a horse
- 60. Charge with a crime
- 63. Close in
- 64. Spoke
- 65. Famed garden

**CLUES DOWN**

- 1. Draw a scene
- 2. Its sultan is famous
- 3. Unlucky accident
- 4. A way to ski
- 5. Abba \_\_\_, Israeli politician
- 6. Saw



- 7. "Westworld" actor Harris
- 8. Belonging to me
- 9. Shoelace tube
- 10. Takes to court
- 13. Early multimedia
- 14. In a way, produces
- 15. Bowlers
- 20. Of I
- 21. Equally
- 22. Gets some sun
- 23. A place to stay
- 27. Town in Galilee
- 29. Aronofsky film
- 30. Klingon character, "Star Trek"
- 31. Equal to 100 square meters
- 32. Atomic #58
- 33. Arrived extinct
- 34. Loosen grip
- 35. A distinctive odor that is unpleasant
- 36. Membranes
- 37. Some is poisonous
- 38. Partner to Pa
- 40. Small brown gray rail
- 41. A salt or ester of acetic acid
- 42. Sodium
- 44. Military official (abbr.)
- 45. Lighted
- 46. Took off
- 47. All
- 48. Ohio city
- 50. More abject
- 51. A radio band
- 52. Controversial tech product (abbr.)
- 54. Monetary unit
- 55. Passed with flying colors
- 57. A way to win a boxing match
- 61. The Golden State
- 62. Home of the Longhorns

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**Todd**  
250-864-3521



**Camp Wannakumbac 75th Anniversary Family Camp August 4-7, 2023**

Everyone invited especially current & alumni campers, counsellors, staff, families & supporters for all or part of weekend. Enjoy decade reunions, campfires, beef pit BBQ & dance. Info on fees, detailed program & registration at:

[www.campwannakumbac.com](http://www.campwannakumbac.com) or Ph: 204 848-2380

Email: [info@wannakumbac.com](mailto:info@wannakumbac.com)

Registration Deadline July 21, 2023



**BECAUSE WE CARE... ABOUT OUR CUSTOMERS, EMPLOYEES AND THE COMMUNITIES WE LIVE IN**

**Insurance Broker – Carman, MB**

Hours of operation are Monday to Friday (8:30am to 5:30pm) and Saturday Rotation (9:00am to 3:00pm)

Our Carman Branch is seeking a licensed Insurance Broker, someone who is looking for a new challenge and opportunity! Our Insurance Brokers are brand ambassadors who possess a high level of skill to provide top tier insurance experience for those who live and work in our surrounding communities. As part of our team, a BSI insurance broker is responsible for counselling and assessing risk in Autopac, Personal Lines, Commercial and Farm policies. With our strong knowledge of insurance markets, products, and pricing with support from our teams, we match a client's risk needs with the correct product. We want our brokers to use a high level of risk assessment skills to provide insurance solutions off all kinds to deliver an exceptional customer service that meets our Company Core Values:

C – **Communication** | Community A – **Ambition** | Passion R – **Respect** | Teamwork E – **Ethics** | Integrity

Candidates require an aptitude for learning; excellent communication and interpersonal skills in speaking and writing; a commitment to problem-solving; a professional demeanor and a high level of personal integrity. Entry level candidates will be considered for this position, but you must be committed to achieving a Level 1 Brokers License and ready to pursue Level 2 after. If you already have a license that is great, and we'll help you get to the next level. BSI is prepared to offer financial incentives beyond base salary for ideal candidates.

Previous insurance experience and post secondary education in business are not necessary but beneficial. We are willing to train the right individual with a genuine interest in becoming an insurance professional.

BSI offers competitive wages, a great working environment, training & development, profit sharing bonuses, health benefits, matched RRSP/DPSP plan, annual performance increases and a day off on your birthday.

If you are looking for an exciting new opportunity working with an exceptional team, please email your resume: [careers@bsimb.com](mailto:careers@bsimb.com). Please reply by July 21, 2023.

We thank all applicants, however, only those under consideration will be contacted.

**UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING**

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

**CARMAN-DUFFERIN BY-LAW NO. 24-2023 BEING AN AMENDMENT TO THE CARMAN- DUFFERIN PLANNING DISTRICT ZONING BY-LAW NO. 4-2014, AS AMENDED.**

HEARING LOCATION: Memorial Hall  
12 2nd Ave SW, Carman MB  
Council Chambers

DATE & TIME: **August 9, 2023**  
**8:00 AM**

GENERAL INTENT: To re-zone the portions of land shaded in red on the attached map:

FROM: "RS" Residential Single Family  
TO: "RM" Residential Multi Family

AREA: Being All of Lot 2, Plan 69701  
MLTO  
Part of the NE 1/4 24-6-5W



FOR INFORMATION CONTACT: Kim MacLellan, Coordinator of Planning Service  
Carman-Dufferin Planning District  
Box 160  
Carman, MB R0G 0J0  
Phone (204) 745-2509  
Email: [kim@cdgplanning.com](mailto:kim@cdgplanning.com)



A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours. Monday to Friday. Copies may be made, and extracts taken therefrom, upon request.



# Announcements Classifieds

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**CARD OF THANKS**

Pat Lewis - The family of Pat Lewis would like to thank everyone for their love, kindness and support with the passing of our loved one. We are grateful for the cards, phone calls, donations and to all those who attended the service. Thank you to the caring staff at the Boyne Lodge and Carman Hospital, Mark and staff at Doyle's Funeral Home, Rev. Harold Kenyon, and the United Church ladies for the lovely lunch.

-The Pat Lewis family

**CARD OF THANKS**

Thank you to all my family for planning my 80th birthday celebration on June 24, 2023. It was great to celebrate with relatives and friends throughout the day. Thank you to the caterers, Tracy and Brian Bernard for a Wonderful Meal. Thanks to those who enclosed gift certificates in cards. All will be appreciated. Feels great to be 80!!

-Shirley Snider

**CARD OF THANKS**

A HUGE thank you to all that made Roseisle's Canada Day another successful event. Special thanks to our sponsors: Government of Canada, Simplot, Richardson Pioneer, Greenland Equipment Ltd., Kroekers, Martens Build-It, Roseisle Store, Frank and Jeremy Peters and to all our volunteers. Special thanks to the Campbell family for igniting the fireworks display.

Winner of the 50/50 draw was Cindy McDonald, Roseisle.

We look forward to seeing you all again next year.

-Roseisle Planning Committee



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**Estate & Moving**  
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**Ray Caron Construction**  
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**OBITUARY**



**Gordon Brent Russell**  
September 12, 1957- June 29, 2023

It is with great sadness our family announces the passing of Husband, Dad, Brother, Grampa "Brampa", and Uncle, Gordon Brent Russell.

Gordon was a proud truck owner/operator and began his career with Arnold Bros. in the 1970's.

A private interment at the Sperling Cemetery will be held on July 7th, with a Celebration of Life following at 3 p.m. for all who wish to attend.

As an expression of sympathy, if friends so wish, donations may be made in Gordon's memory to the Sperling Fund c/o Carman Area Foundation.

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

**OBITUARY**

**Lillian Katherine Trumbala**

Lillian Trumbala passed away on Tuesday, July 4, 2023 at the Boyne Lodge, in Carman, Manitoba at the age of 96 years.

Lillian was predeceased by her parents David and Katherine Trumbala, her brother Gerald and her sisters Evelyn, Mary, nephew Joseph, her niece Brenda and great-nephew Kenneth.

She leaves to cherish her memory three nieces Nadine (Jerome), Catherine (Ian), Margaret (Roy) and one nephew David (Norma); as well as several great-nieces and nephews.

The family would like to thank the kind and caring staff at Boyne Lodge Personal Care Home for the wonderful care provided to Lillian.

A private family graveside service will be held from the Carman Catholic Cemetery.

If friends so desire in lieu of flowers donations can be made to the Boyne Valley Hostel Corporation, Box 1644, Carman MB ROG OJO.

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

**OBITUARY**

**Lyle McKay**



Lyle McKay passed away peacefully with family by his side on June 29, 2023 at the Neepawa District Hospital at the age of 80.

Lyle was born in Carman Memorial Hospital on December 11, 1942, the sixth of seven children to James and Hazel McKay.

He was raised on the family farm at Elm Creek, Manitoba where he attended school, was active in 4-H and sports.

Lyle came to Glenella District in 1965 to farm where he met Barbara Mossa who he married on October 14, 1967, at the Glenella United Church. Lyle and Barbara continued to grow the farm where they raised their four boys Howard, Mervin, Ian and Darren.

As the family grew so did the farm. Lyle had a passion for raising animals and over the years pigs, chickens, horses and cattle grazed the land.

Family and friends were very important to Lyle. Being born a cattleman, his love of the Charolais breed was almost equally important to him. He may have been guilty of checking on the cows before the boys once or twice.

He was a part of the Canadian Charolais Association for 40+ years, sat on the board of the Douglas Bull Test Station and proudly raised a strong herd with impressive, sought after genetics. Retirement was not a word in Lyle's vocabulary but unfortunately his health forced him to slow down and delegate more to the boys in recent years.

Lyle is predeceased by his parents James and Hazel McKay, sisters Dorothy and Frances, brother Gordon "Buddy" (Irene), his father-in-law and mother-in-law Bill and Hettie Mossa, his brothers-in-law Ron and Bill and his sister-in-law Eleanor (Ken, Bob).

Left to mourn are his wife Barbara and their four sons Howard (Kay), Mervin, Ian (Ruth), Darren (Jody), grandchildren James (Jenna), Christopher (Rebecca), Matthew, Katelyn (Sam), Ava, Wayne, and Cyver, sisters Irene and Hazel, brother Don (Dorothy), brothers-in-law Conrad and Barry and many nieces, nephews, cousins, and friends.

Funeral Service for Lyle will be held on Saturday July 22, 2023 at 2pm at the Glenella Hall, in Glenella, Mb.

Donations in Lyle's memory may be made to: Neepawa District Palliative Care Service, Box 1240, Neepawa, Manitoba, R0J 1H0; Neepawa Hospital-Chemo Clinic, Box 1240, Neepawa, Manitoba, R0J 1H0.

Clarke's Funeral Home  
Gladstone/MacGregor  
in care of arrangements

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**OBITUARY**

In loving memory of  
**Barry Frank Gosnell**



Barry passed away in his 78th year on July 3, 2023 at Boundary Trails Health Centre.

He is lovingly remembered by his wife of almost 52 years Terry (nee McDougall), his children Teryl (Dusty) Moore and Dustin (Brandy) and his cherished grandchildren Evan, Ryan, Reese and Carter. Barry will also be greatly missed by his sisters and brothers Shirley (Bill) Vail, David (Linda), Lois, Keith and Myrna as well as his nieces and nephews, great nieces and nephews, cousins and the many, many close friends he made over the years where he worked, volunteered, and played.

Barry was born August 2, 1945 in Crystal City, MB to Charles and Margaret. He was the third child in a family of six and grew up on the family farm near Purves. He attended the one-room

Eton School for his elementary years and finished his education at Crystal City High School. He always said he enjoyed the social aspects of school and playing sports with his friends at recess. After high school he attended what is now Red River College and was trained to install telecommunications hardware, which led to an eight-year career with Northern Electric before returning to the farm in 1974. He spoke so fondly of the great friendships he made during those younger years and kept contact with many of those friends throughout his life. It was during his time with Northern Electric that he met Terry, while posted in Virden, MB. They decided very quickly they wanted to spend the rest of their lives together and were married on July 24, 1971. Barry and Terry spent 33 years on the family farm, where they raised their two children and many beloved pets. They enjoyed farming and the lifestyle it provided, but Barry was often searching for ways to make things more interesting - growing forages for seed and export, selling seed, raising animals, and building a hog barn. Some of these ventures provided fodder for humorous stories to share around the campfire.

This quest for interesting challenges also led Barry to become involved as a board member with the local Co-op. He remained on that board for 45 years as the organization evolved through many amalgamations. His involvement on the local board eventually motivated him to become nominated for and elected to the board of Federated Co-op. This was a very rewarding and challenging 15 years to which he devoted many hours and was a part of the strengthening of the co-op system in western Canada and in developing countries around the world. The Canadian Co-operative Association awarded him with the Global Cooperator Award in 2007 for his involvement in the co-operative movement on an international level. In 2012, he was also honoured to receive the Distinguished Co-operator Award from the Manitoba Co-operative Association, awarded to those who have made significant contributions to the development and success of the co-operative community. What he appreciated most was the close friendships made along the journey of his involvement with the Co-op.

Barry was a kind and involved father, grandfather and uncle. He always made time to play a game of catch, build a backyard skating rink, take kids (and pets) for tractor rides, teach 4-H woodworking, and coach hockey. Barry loved to go camping with his family and friends and made sure to fit in a few trips each summer between seeding and harvest when still farming, and between golf games in later years. He was an avid sports fan and cheered on his beloved Habs, the Bombers, Canada's golfers and most importantly his children and grandchildren. Barry liked to tinker in his organized workshop and had a passion for woodworking, a creative talent he passed along to Dustin. No wood scrap went to waste and many friends and family will have a Barry Gosnell original creation to cherish.

Barry and Terry farmed their last crop in 2005 and retired to the community of Carman in 2007, a community carefully chosen so Barry could continue his tenure on the Co-op Board. The community and people of Carman welcomed them with open arms. Barry's interest in community and generosity led him to become involved on the board of the Carman Area Foundation, eventually to serve in the role of Chair. His time with the Foundation was another very rewarding experience, during which he made another new group of close friends.

Barry always loved music, attending many festivals and concerts, but had never been able to make music. He encouraged his children and grandchildren to take lessons and celebrated their performances. Perhaps his most rewarding experience was learning to play the ukulele at 72 years old. The Boyne River Ukulele Group welcomed him on board, and he enjoyed making and recording music with them over the past few years.

Barry had an excellent sense of humour and an amazing memory for stories, jokes, trivia and history. During COVID he sent a series of handwritten messages by email to his grandchildren recounting humorous and heartwarming stories from his life experiences. He was also a committed secret-pal and pen-pal letter writer for Carman school children.

Friends and family always mattered most to Barry. He didn't just want to know your name, he wanted to know your story. Everyone who has been in his life knows he was unwaveringly kind, truly listened to you and always remembered a name. We admire him for how positive he stayed and how hard he fought to remain such a huge part of our lives during times of illness over these past 14 years.

Barry's family would like to thank the paramedics and Boundary Trails Health Centre nursing and medical staff for the compassionate care during his stay.

Cremation has taken place. A Celebration of Barry's life will take place on Friday, July 28th at 11:00 a.m. at Carman United Church with a time of fellowship to follow.

Donations in Remembrance may be made to the Carman Area Foundation or a charity of choice.

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

Sudoku Answer

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# Glioblastoma Awareness Day

## Join Us on July 19

On the fifth annual Glioblastoma Awareness Day, July 19, 2023, we shine a light on glioblastoma (GBM), the most common, complex, treatment-resistant, and deadliest type of brain cancer. National Brain Tumor Society spearheaded this annual event in 2019 to support survivors and their loved ones, to remember those who are no longer with us, and to honor leaders working toward a cure and better quality of life for those living with this devastating disease.

The incidence of glioblastoma (GB), also known as glioblastoma multiforme, is 4 per 100,000 people in Canada according to the Brain Tumour Registry of Canada\*. GB accounts for 12-15% of all intracranial tumours and 50-60% of astrocytic tumours. GBMs increase in frequency with age and affect more men than women.

GBs may manifest at any age, but mostly affect adults with a peak incidence between 45 and 75 years of age. Only 3% of childhood brain tumours are glioblastomas.

### Tumour Characteristics

- GB is the most common and most aggressive malignant primary brain tumour. These tumours contain various cell types, the most common being astrocytes.
- Most of these tumours occur in the cerebral hemispheres but can develop less commonly in other parts of the brain such as the cer-

ebellum, brainstem or spinal cord. The cells of these tumours grow quickly, are not well defined, and can spread throughout the brain.

- Can develop directly or evolve from a lower grade glioma (secondary GB).

- Less common in children.

### Common symptoms include, but are not necessarily limited to:

- Headache: The most common symptom, it's caused by an increased pressure in the brain
- Weakness in the arms or legs
- Decreased sensation
- Nausea and/or vomiting
- Unsteadiness
- Seizure
- Progressive memory decline
- Personality deficit
- Decreased level of consciousness

The kind of symptoms produced depends highly on the location of the tumour, more so than on its pathological properties. The tumour can start producing symptoms quickly, but occasionally is an asymptomatic condition until it reaches a larger size.

### Treatment/Standard of Care

It is very difficult to treat glioblastoma due to several factors:

- The tumour cells are very resistant to conventional therapies
- The brain is susceptible to damage due to conventional therapy
- The brain has a very limited capacity to repair itself

- Many drugs cannot cross the blood-brain barrier to act on the tumour.

### Surgery

The first treatment step is surgery to remove as much tumour as possible. Surgery is almost always followed by radiation. Glioblastoma's capacity to extensively invade and infiltrate normal surrounding brain tissue makes complete resection impossible. The goal of surgery is to de-bulk — a surgical procedure with the goal of decreasing the mass effect of a tumour by removing dead tissue or a portion of the tumour. However, improvements in neuro-imaging have helped make better distinctions between tumour types and between tumour and normal tissue.

### Radiation

After surgery, radiation therapy is used to treat any residual visible tumour on imaging and any microscopic tumour cells in the surrounding region in an attempt to prevent recurrence.

### Chemotherapy

Chemotherapy is often given at the same time as radiation, and often given alone after the combination of chemotherapy and radiotherapy is completed. In children, chemotherapy may be used to delay the need for radiotherapy.

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