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Quacking up

STANDARD PHOTO BY LORRAINE STEVENSON

Alex Harder and her daughter Elise, 2, were among the spectators watching 500 ducks "racing" down 1st Ave. NW to a watery finish line near Carman Community Hall July 12. Entrants paid \$5 per duck and the Carman and Dufferin Fire Department supplied the water to create a little river on the street. The event was a fundraiser for the Dufferin Historical Museum.

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Dale Toews to head up regional water co-op this fall

By Lorne Stelmach

The Pembina Valley Water Co-op (PVWC) has landed an experienced candidate to take on its lead role.

Dale Toews will be stepping away from his role as the chief administrative officer for the RM of Stanley to become CAO for the co-op starting Oct. 16.

"I have some level of familiarity with the PVWC already as Stanley is a part of the co-op. They have a very talented group of people there from operations, administration and engineering and a motivated board," Toews said last week. "I am very much looking forward to working with them to continue the important work of providing a safe and dependable supply of potable water to our growing region."

Toews takes on this new role with the pending retirement of current CAO Greg Archibald, who intends to step down at the end of the year.

Given the strategic importance of this position, the PVWC board engaged the services of Summit Search Group to assist in conducting an extensive search for the most suitable candidate.

Toews emerged in the end clearly as the best choice, said board chairper-

son and Rhineland Reeve Don Wiebe.

The PVWC cited Toews for having a strong background related to municipal administration and for having demonstrated strong leadership and project management skills, making him an excellent candidate for this role.

"We went through quite an extensive search," Wiebe said. "Dale came out on top, and we feel good about it. He's got a good reputation. He's had experience in the municipal world ... he's done some project management, so we think he is quite well suited for this job."

Besides the day-to-day operations, Toews will be overseeing the capital projects that are currently underway, such as the new reservoir at the Letellier plant, and he will be taking responsibility for the new projects that are slated to start toward the end of year.

The PVWC is owned by 14 member municipalities and provides potable water to about 60,000 people with three water plants at Morris, Letellier and Stephenfield, and it is a growing region and a potable supply of water is critical, as is having strong leadership, Wiebe observed.

"It's a key position ... to manage three water plants and serving 60,000 people ... and there are ongoing projects in the works, so it's a big job.

"There's so many prospects for industrial growth and immigration programs, so we're going to need water," said Wiebe. "We're quite excited to have him join us."

Toews noted it has been a privilege to serve the RM of Stanley for the past nearly 15 years.

"Stanley is a busy municipality, and while it has been a demanding role, it has also been extremely rewarding," he said. "What will I miss? No question, it is the people. There is a very capable staff team here, and council has been encouraging and supportive no matter the challenges.

"I really can't thank both the council and staff enough. Stanley is a strong organization in an incredible community."

"Dale has been a really good asset for the RM. He has a lot of passion for our community and the people ... this is a good opportunity for him," said Stanley Reeve Ike Friesen.

"We will still cross paths quite a bit because we very much rely on Pembina Valley Water Co-op for a lot of




SUPPLIED PHOTO

RM of Stanley CAO Dale Toews will step into a leadership role at the Pembina Valley Water Co-op this October.

our water," he added.

As for the municipality, it has already hired a firm to help recruit a new CAO, and they are hopeful that they can be far enough along in the process by the time Toews departs in fall.

"We'll see what we can do by then ... our staff is very prepared to handle things on their own for a bit. We have a very good staff."




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Everything was ducky for Museum's inaugural race

Staff

The Dufferin Historical Museum held a Duck Race as a fundraiser on July 12 at 7 p.m. on 1st Avenue N.W. in Carman. The race was held on the street with the assistance of the Carman Dufferin Fire Department who released water onto the street to form a stream of water for the ducks. Volunteers from the museum board walked alongside the ducks and ensured that the no duck got pushed out of the stream and left behind. The organizers chose 1st Avenue NW to hold the race on because there was lots of room for spectators.

There were 500 ducks sold for \$5 each and entered in the race. First prize was \$125 and was awarded to #143 Vic Rance, second \$63 to #359 Bruce Dracass and third \$25 to #203 Jennifer Steward. Irene Stevenson (museum president) and Karen Maxwell (museum past president) caught the winners as they went through the "gate".

The Dufferin Historical Museum volunteers would like to thank everyone who supported the fundraiser by buying ducks and cheering them on. After expenses were paid, the profit was \$1800 which will be added to the museum's renovation fund for the washroom and storage area.



The Carman Dufferin fire department created a river using the fire truck.

Vice president Lori Keith also expressed her thanks, "to the Carman Dufferin Fire Department for creating a "river" of water on the street, the Miami Fire Department for instructing, advising and allow us to use their "duck catcher", the Town of Carman for allowing us to use the street and providing barricades, and the Homestead Co-op for allowing us to sell ducks at their store on two separate occasions. We would also like to thank the residents of 1st Avenue NW. We hope that our race did not



STANDARD PHOTOS SUBMITTED

A large crowd took part in the first Dufferin Historical Museum duck race on July 12. Organizers raised \$1800 that will be used for the museum washroom and storage area renovation project.

inconvenience you."

Feedback received has encouraged the organizers to plan for next year and will be increasing the number of ducks from 500 to 1000 along with prizes from three to five.

The 2nd Annual Dufferin Historical

Museum Duck Race will be held on Wednesday, July 10, 2024 at 7 p.m. on 1st Avenue NW. Ducks will be sold earlier this year to make sure that everyone who wants a duck can have one. "It was a great "fun" raiser as well as a fundraiser," said Keith.

Teeing off in support of SCCR



STANDARD PHOTO SUBMITTED

The 26th annual Pritchard Memorial golf tournament raised \$50,746 for South Central Cancer Resource (SCCR). The memorial event took place at the Carman Golf and Curling Club with an online auction, 18 holes of golf, and a steak dinner. Accepting the donation on behalf of SCCR is Jack Pethybridge, far left, from Al Pritchard, Linda Pritchard, Bob Pritchard and Darren Pritchard.

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Economic growth action plan will create more jobs and build economy

By the Manitoba government

To build an economy that addresses today's challenges and seizes the opportunities ahead, Premier Heather Stefanson and Economic Development, Investment and Trade Minister Jeff Wharton announced today a new, long-term economic action plan for Manitoba, with targeted initiatives already underway to meet a shared vision for sustained growth, increased trade, a skilled workforce with good paying jobs, and continued progress toward economic reconciliation with Indigenous communities.

The Opportunities for Economic Growth Action Plan capitalizes on Manitoba's competitive advantage as the geographic centre of North America, as well as the province's abundant clean energy, excellent transportation connections, renowned research networks, competitive business supports, and a young and skilled workforce.

The plan aligns government department initiatives to support Manitoba industries in filling more than 114,000 job openings over the next five years. It will focus on four key pillars of the economy: workforce skills and supply, critical business and trade infrastructure, emerging sector growth opportunities, and quality of life investments.

"Through this plan and vision, we are going to continue growing our economy with investments that create more good paying jobs and improve the quality of life for Manitobans throughout our province," Stefanson said. "This plan will revitalize our communities, build vibrant industries, and make Manitoba a safe and affordable place to live and work."

The blueprint for economic growth is the result of extensive engagement with over 65 economic development partners and stakeholders including the business and industry community, sector councils, post-secondary educational institutions, Indigenous-led organizations, and training and employment organizations.

It is a data-informed examination of private-sector performance, emerging growth areas and workforce needs

that provided new insights into current challenges and future opportunities. Stakeholder advice, experiences and insights shaped the plan and emphasized the need for action to create the conditions for economic prosperity.

"Manitoba has one of the most diverse and balanced economies in Canada," said Wharton. "It is an economy built by an enterprising and innovative private sector and supported by a network of partners that, together, are essential to the continued growth of our economy and workforce."

"Economic growth is one of our government's highest priorities and the successful start of initiatives under this action plan showcases our commitment to translating vision into action. We will continue to work in close partnership with all stakeholders to identify and invest in opportunities with the greatest potential for economic impact."

In support of the plan, the Manitoba government has already made several targeted investments as part of Budget 2023 to benefit and support industry and community growth throughout the province. These investments will:

- attract international talent, recruit workers, retain employees and bring back students from other jurisdictions after graduation;
- enhance the education system by developing career pathways for in-demand apprenticeship trades and early childhood educators starting in high school;
- expand markets for Manitoba goods and services, and strengthen the infrastructure to get those goods and services to market;
- incentivize employers to upskill their workforce and help certify internationally educated professionals in their profession;
- improve Manitoba's tax system to make the personal income and business tax environment more competitive with neighbouring jurisdictions, and allow businesses and workers to keep more of their income;
- revitalize downtown Winnipeg

through development and heritage preservation, and address homelessness through safe housing; and

- support the growth and vibrancy of Manitoba arts, culture, sport and tourism.

"Manitoba Transportation and Infrastructure's mission is to ensure safe, reliable and sustainable infrastructure for Manitobans," said Transportation and Infrastructure Minister Doyle Pivniuk. "Our government's vision and strategy is to build on our multimodal transportation hub and trade gateways, to create opportunities toward a more prosperous future for all those residing in Manitoba."

"Manitoba's diverse economy continues to enable a strong labour market and we are seeing an increase of international migration of skilled workers that will help strengthen not only Manitoba's population but also increase economic growth and opportunities across the province," said Labour and Immigration Minister Jon Reyes.

"Manitoba is a beautiful province to explore and always offers something new to discover whether you're a first-time visitor or you've lived here all your life," said Sport, Culture and Heritage Minister Obby Khan. "Manitoba's tourism sector is a vital contributor to our economy – employing tens of thousands of people and contributing hundreds of millions of dollars in provincial revenue as we welcome visitors to a myriad of activities, events and locations."

"Co-developing approaches to economic reconciliation with our Treaty partners remains a top priority of our government," said Indigenous Reconciliation and Northern Relations Minister Eileen Clarke. "Indigenous tourism in Manitoba must be Indigenous-led and with our support through this action plan, we can ensure this sector is being built upon a strong foundation of tradition and trust while creating more good jobs for Manitobans."

"Our environment and economy in Manitoba are inextricably linked and

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Winkler Meats announces \$53M expansion plans

By Ashleigh Viveiros

A major expansion project at Winkler Meats is going to more than double the number of jobs at the facility and significantly increase its processing power.

The federal and provincial governments on Monday announced a funding commitment of \$2.38 million from the Sustainable Canadian Agricultural Partnership Capital Infrastructure and Investments Program in support of the nearly \$52.8 million capital project.

The Manitoba government has also approved over \$7.8 million in loan financing and tax rebates.

The expansion is a joint venture between Winkler Meats and Johnsonville Sausage, which sources some of its live sow supply from Western Canada.

"Today's announcement of the Winkler Meats expansion was over two years in the making," noted Manitoba Agriculture Minister Derek Johnson. "Through an investment of \$52.8 million in this project, Winkler Meats is doubling the size of its facility and increasing its production capacity.

"The project will add 85 new jobs once completed and an additional 23 jobs in the following three years," he said. That brings the company's local

workforce to 155 full-time equivalent positions.

The minister noted the project is also working with Efficiency Manitoba on both energy and water savings in the design of the project, "thus reducing its environmental impact and increasing its long-term sustainability and operating efficiency."

The expansion will serve to significantly bolster the Canadian supply chain and will prevent millions of kilograms of live animals from needing to be exported to the United States for processing.

"Today, the majority of the Western Canadian sow herd is being transported as live animals to be processed in the United States," Johnson said. "The project creates more value here in Manitoba by processing the sows right here in Winkler. This creates new jobs, economic value, and supports growth of Manitoba communities."

It will also significantly reduce the greenhouse gases currently generated by having to ship animals out of province, Johnson noted.

Mayor Henry Siemens said the City has been working closely with Winkler Meats and Johnsonville on this undertaking to ensure the community has the capacity to help it succeed.

"When we were first approached by the Winkler Meats group to suggest that this might be a possibility, our immediate response was yes," he said. "And then we got to work answering all the questions and all the requirements that needed to be there. Through the dedicated hard work of our city staff, we were able to make that happen."

Winkler currently has both water and wastewater treatment expansion projects in the works. Siemens said those projects will be completed in time to allow for the increased needs this expansion will place on the community's infrastructure.

Through industrial services agreements, Winkler Meats will be making significant investments in the capital costs of those projects as well as their ongoing operation, the mayor noted.

"Every conversation we had with the group was how do we work together in partnership to move this forward more quickly?" Siemens said. "It was good to have people at the table who were interested in making it work, who are prepared to make a very significant investment into Winkler."

It's an exciting step into the future for Winkler Meats, shared president Jeff Senebald

"Since the 1960s, Winkler Meats has



STANDARD PHOTO ASHLEIGH VIVEIROS
Manitoba Ag Minister Derek Johnson on Monday announced \$2.38 million in funding from the provincial and federal governments in support of a major expansion at Winkler Meats.

grown substantially, sharing our passion for farmer's sausage and serving others," he said. "The announcement today is an expansion of doubling down on our future in the province of Manitoba.

"It will be the premier sow harvesting facility in Canada," Senebald continued. "It will create new jobs as well

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> WINKLER MEATS, FROM PG. 5



PHOTO BY ASHLEIGH VIVEIROS

From left: Minister of Transportation and Infrastructure Doyle Pivniuk, Minister of Economic Development and Trade Jeff Wharton, Winkler Meats president Jeff Senebald, Johnsonville Holdings CEO Michael Stayer Suprick, Winkler Mayor Henry Siemens, and Agriculture Minister Derek Johnson at the announcement Monday.

as support local economic growth and export sales.”

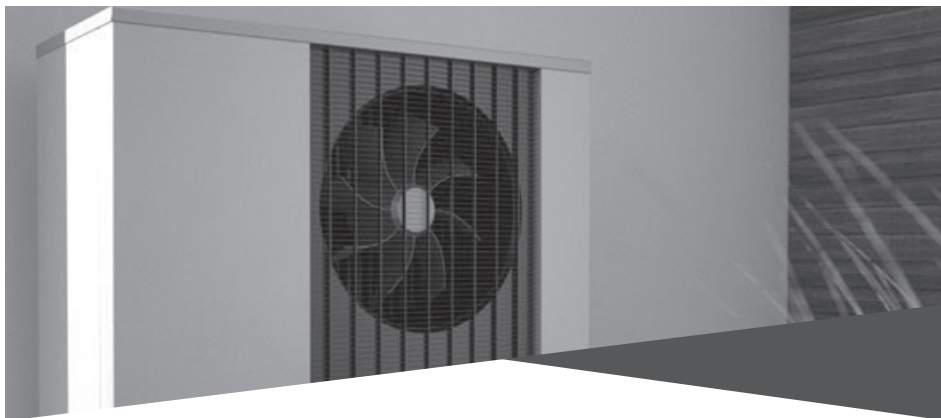
Senebald said they intend to fill the new positions with local candidates first, but, given that our area is currently experiencing a labour shortage, they are prepared to look internationally for skilled workers and are confident they will find them. The company has worked with the Provincial Nominee Program successfully in the past, he said, noting they have their sights set on recruiting most likely

from the Philippines.

He noted the company is also in talks with local developers to ensure there is housing available for any workers it brings to the community in the years ahead.

“It’s likely to be a challenge, but we think we’ve got a lot of plans in place to take that on,” Senebald said.

Michael Stayer Suprick, CEO of Johnsonville Holdings, noted how impressed he was at the support this project has received locally.



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“The government just stepped in, both Winkler and Manitoba, and really made things happen so fast,” he said. “I’m still amazed today at how quickly we were able to get wastewater and water and the government on our side to make things move forward.”

Winkler, Manitoba is the perfect location for a project like this, added Sene-

bald.

“The sow herd is here,” he said. “There are about 338,000 sows right here in Manitoba, and our neighboring Saskatchewan is probably about 120,000 sows. So location-wise what we’re doing really made sense in Manitoba.”

Carman’s Yard of the Week



STANDARD PHOTO BY LEORA COLLINGRIDGE

Communities in Bloom’s July 21 Yard of the Week is awarded to Deanna and Wilf Mutchter for their beautiful property on 1st St. SE. This corner lot is pristine, showcasing not only flowers, trees and lawn but also a vegetable garden. Wilf and Deanna bought their property in 1999 and their separate responsibilities for maintaining it are very well defined. Wilf plants the vegetables and tends the lawn. Deanna plants and cares for the beautiful flower beds. CIB volunteers Paula Learmond and Leora Collingridge presented the Mutchers with a hanging basket from Vanderveen’s last Friday afternoon. The YOTW lawn sign was created by Melissa Emerson-Froebe.

> ECONOMIC GROWTH, FROM PG. 4

through critical investments into water and wastewater infrastructure, we continue to be good stewards of both,” said Environment and Climate Minister Kevin Klein. “By prioritizing the protection of precious freshwater resources in this comprehensive plan, we can ensure we are preserving the prosperity and way of life in Manitoba for generations to come.”

Supporting the pillars of the Opportunities for Economic Growth Action Plan and investments to date is a commitment to maintaining Manitoba’s prudent financial plan-

ning, strong governance and management, and improved forward planning, as recently affirmed by global credit rating agency Moody’s Investor Services.

The plan will evolve and adapt to changing economic conditions and priorities. An interactive website has been developed so Manitobans can learn more about each of the actions and monitor the plan’s progress.

To view the Opportunities for Economic Growth Action Plan, visit <https://manitoba.ca/jec/oegp/>.

Local company cutting the ribbon on Green Opportunities

By Lorne Stelmach

Jake Penner has now been involved in the solid waste industry for three decades, but a nagging thought that came to him early on has led him to change course.

As of Jan. 31, Penner Waste sold their hauling and container services and their Morden office location to Municipal Waste Management, but they continue to operate at their Winkler area location, now dubbed Green Opportunities.

They are now focusing on recycling and processing of material including organic yard waste, construction and demolition waste, commercial, residential, industrial and institutional waste and post-consumer organics and agricultural by-products as well as retail sales of landscaping mulch, organic compost, soil and bio fuel sales.

"The way we are doing things can't be sustainable. We have to look at that and say where did we go wrong? How can we turn this all back and turn it into a sustainable solution?" Penner said last Wednesday as they held a re-opening celebration.

He traced it back to when he first started working in a landfill at age 18 and advanced in the solid waste industry.

"I always looked at the materials that were entering the stream and started saying why aren't we doing something with this? Why has this become landfill material?"

He increasingly came to feel it was unacceptable, so he thought, "I've got to get on the other side of the fence and see if I can make an impact on what we do at the landfill."

"Our goal now here at Green Opportunities is to starve the landfills," said Penner. "The products that we manufacture here from organic waste is everything from compostable to landscaping materials such as mulch ... and worm casting is one of the big ones we're doing this year. That's a whole new stream that we're taking on ... it's literally organic fertilizer; it's like a worm poo, and it works amazing."

A big motivation for Penner came when he recently read how New Zealand is now only putting one per cent of material into the solid waste stream. Canada, in comparison, is not anywhere close to that number.

"We're probably only capturing about one per cent out of the waste stream ... so how did we go wrong ... Canada is one of the leaders in waste production," said Penner.

"When you look at the solid waste

stream, you've got between 30 and 40 per cent of the solid waste stream is actually food waste. Food waste is one of the most damaging in green ways to landfills ... that's what produces the methane at landfills ... if they send it to us, they reduce their impact by more than 50 per cent on producing methane. That's the differ-

ence, and that is huge."

"Anything that we take here, we try to make it what we consider a renewable resource ... we can recapture that stuff and retail it back into the marketplace," said his wife Barb, who very much shares Penner's passion. "Ev-

Continued on page 9

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EFFICIENCY MANITOBA

Annual Carman Garden Tour a blooming success

By Becca Myskiw

Last weekend, the Carman Garden Club hosted their annual Garden Tour, bringing numerous people to gaze at the town's beauty.

The Carman Garden Tour typically happens on the third Saturday of July each year, but they moved it this year to avoid conflicting events.

Charlene Veenendaal of the Carman Garden a club said the tour is a way the gardeners of Carman can share their passion with like-minded people. While it invites locals to tour their own town, the Garden Tour also brings in people from Winkler, Winnipeg, and beyond.

"We say a garden is a work of art and everyone has a different appreciation for that," she said.

The tour had seven stops this year, each garden chosen by garden club members or suggested by neighbours. The tour typically features private homes so people can have a chance to see gardens they wouldn't otherwise see.

This year, the tour also had Golden Prairie Arts Council (GPAC) as a stop on the tour so people could look at their gardens behind the building and view the art inside. The tour also highlights local gems as stops for people, one being the Boyne Side Pocket Park, another being the Boyne River Keepers group.

These were the other gardens featured on this year's tour:

Les and Agnes Vanderveen (a "peaceful and picturesque place to enjoy a morning tea or an evening barbecue.")

Bob and Martha Pauls (a "land where things are always evolving and dreams become reality.")

Heather Wilton (a glorious farmyard with diverse plants and animals.)

Lani and Edward Pritchard (an urban yard with peonies and lilies as their favourites.)

Ron and Debbie Vanderzwaag (a micro-climate perfect for an array of plants.)

Bernie Townsend and Kathleen Anderson (a challenging space made stunning.)

The day starts at Ryall Park, where garden club members give self-guided tour booklets and a small vendor market is set up. People were able to pre-order lunch from Bell Aura Bed & Breakfast for the day as well.

Veenendaal said the tour is a good way for gardening enthusiasts to see how other gardeners use their spaces.

"You can see how they've used a certain plant

or if you have a shade space, you can learn how other people use their

shade space," she said. "The same with a hot, dry space."

Some gardeners incorporate art into their gardens or other things that aren't typically in gardens. The Carman Garden Club tries to showcase the spaces that are the most creative.

"It's really up to the person that's viewing what they like," said Veenendaal. "It's just appreciating what somebody's done and how they've used the space."

Money from the tickets for the tour goes back into the garden club for their junior gardening program and for their community initiatives. The club donates time and resources to various local organizations and they host gardening presentations for the community to attend for free.

Veenendaal said this year's tour went very well, bringing in lots of new faces to see the town.



STANDARD PHOTOS BY CHARLENE VEENENDAAL

Don serenaded gardeners alike as they made their way around Carman, taking in seven gardens unlike one another. This year's Garden Tour was a success, with the perfect weather and timing to see lilies in full bloom.



> GREEN OPPORTUNITIES, FROM PG. 7

everything that we sell here has been recycled and given sometimes a second full circle of life.”

Jake emphasized the idea of this contributing to the idea of a circular economy.

“When people send their material to us, they know that it’s going to stay back in the economy rather than stay in the landfill ... we’re turning into a product that the end-user can use again,” he said, citing the example of a pallet that becomes mulch which goes into flower beds and which a few years later can come back to

them again and go into compost perhaps and be re-used yet again.

“Those vegetables are going to have a higher nutritional content than what you’re buying in the stores. A lot of people don’t realize how beneficial it is to their food source,” added Barb. “Your vegetables that you’re growing at home with the compost that you brought to our facility is going back into your garden, back into your diet. So that’s full circle.”

“And our compost is being monitored every single day. We test it for the right temperature; we have a



STANDARD PHOTOS BY LORNE STELMACH

Green Opportunities near Winkler is focusing on keeping as much waste out of the local landfill as possible for reuse in a myriad of ways.

guideline that we follow, and we meet and exceed that guideline. That’s very important,” added Jake.

He noted there are a number of community partnerships contributing to their success ranging from homeowners and contractors to the City of Winkler and Town of Altona.

“We are a very unique company and probably one of its kind in the province,” he suggested. “We do everything here, and we constantly look

at new streams that are entering the market ... how can we keep that out of the landfill, and what can we produce as another usable product. That’s something we constantly have on our mind.

“We’ve been growing steady since we started ... and when you have a passion for it and you believe in it, I think that’s important as well ... and maybe we can get to that one per cent.”

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Miniature Horse Club still active after 30 years

By Kathy Harness

Thirty years ago at the Carman Country Fair, the newly formed Manitoba Miniature Horse Club held its first annual club show. There were eighteen miniature horses competing in thirteen halter and driving classes.

This year the MMHC returned to Carman for its 30th Anniversary show with forty-nine horses and twenty exhibitors for a total 187 entries in the forty-three classes offered. By the end of the year the club was initially formed there were 25 member families who owned miniature horses. There are now over 55 families/individuals who belong to the club. Miniature horse shows are now held at fourteen summer fairs with two new shows being added this year at Portage Ex and Virden. As well, two Sanctioned shows for the American Miniature Horse Registry are held in Manitoba each year, with club members going on to compete at the National Miniature Horse Show in Tulsa Oklahoma.

Throughout the years people have joined the club as new members, left for different pursuits, and rejoined the club to participate in the various activities. Rod and Heather Hart of Meadowind Miniatures from Carman were there at the first meeting and show and have remained active in the club over the thirty years. They were busy showing again at the 30th anniversary show.

Since the formation of the club, members have met annually at a spring and fall general meeting as well as various functions throughout the year. Each spring the club provides a display at the Royal Manitoba Winter Fair where they do demonstrations to highlight the versatility of the breed. Clinics are held to provide instruction at various levels of competence --- from beginner to advanced. Throughout the summer and fall individuals get together to go on afternoon drives and to have fun with their horses. In mid-July, some members take participate in the Milk Run



Presley Dinwoodie of Portage la Prairie shows off her ribbon.



Chantelle Parvais of St Claude in the youth driving class.

--- a series of five fairs/shows held in Oak River, Strathclair, Shoal Lake, Hamiota and Harding over five consecutive days. A trail drive is often planned for the fall. In November of each year, following the Annual Meeting, an Awards Banquet and program honours the members who have worked so hard throughout the year to bring their horses out to shows, parades and care home/school visits. Various opportunities are provided for members to showcase their horses and for interested enthusiasts to get to know this wonderful breed better.

One of the reasons the club has been so successful is that there has always been an emphasis on the youth and those who are beginners. There is a camaraderie that develops among the members, and everyone steps up to help one another.



STANDARD PHOTOS BY KATHY HARNESS

Bonnie and Evelie Munro (front) and Ottalie and Melanie Munro (back) of Portage la Prairie.



Carman's Trish Aubin in the Driving class.



Rebecca Penner of St Genevieve driving a team.



Gwen Schubert of West St. Paul in the Hunter class.



Marissa Nickel of Vita in the roadster class.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Local ringette player receives bursary

By Ty Dilello

La Salle's Taryn Baertseon has received a bursary from Ringette Manitoba for the upcoming 2023-24 school year.

Baertseon has been a long-time force on the ringette ice around central Manitoba ever since she started playing at the age of five.

"My mom grew up playing ringette and encouraged both my sister and me to play for a few years as we learned how to skate, and then let us choose if we wanted to switch to hockey or not," said Baertseon. "And we both fell in love with the game and stuck with it."

Baertseon grew up playing for the

MacDonald Wildfire ringette team. She has played on three different AA teams over the past seven years in the Wild, Angels and Magic.

"I played for the U19AA Magic this past season, and it was a great year to finish off my AA career as I got to play with a lot of the friends I've made over the years of playing AA," said Baertseon.

After graduating from Sanford Collegiate in 2022, Baertseon attended the University of Manitoba this past year and completed the first year towards her Bachelor of Science degree.

It was recently announced that Baertseon would be receiving a bursary from Ringette Manitoba to help with

her University of Manitoba tuition for the upcoming school year.

"The ringette community is so big, yet so small, in a way that everyone knows everyone. Ringette Manitoba is so supportive of its athletes and academics, hence why they advertise for these Scholarships and Bursaries. The bursary I received this year was for \$500, and I am thrilled and honoured to be selected from the list of applicants in the selection process."

Although she's in University, Baertseon has no signs of slowing down in ringette, as she will continue playing next season.

"Due to me aging out this year, I sadly am not eligible to return to AA



STANDARD PHOTO SUBMITTED

Taryn Baertseon, 2022 Sanford Collegiate graduate received a bursary from Ringette Manitoba for the upcoming 2023-24 school year.

ringette. I do plan to play for an Open Elite team with a group of the girls that I have been playing with for the past seven years."

Central Energy weekly premier softball 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 18-10. Central Energy wrapped up their regular sea-

son with a pair of wins (6-2 and 6-0) over the Manitoba Thunder on July 13.

The U17 Central Energy team is currently in second place in their eight-team league with a record of 16-10. On July 9, Central Energy split a double header on the road against the Winnipeg Lightning to wrap up their regular season, winning 10-2 and los-

ing 20-13.

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.

Donations in need for local golfer heading to nationals

By Ty Dilello

Carman's Ryan Orchard is off to the Junior Golf Nationals next month in North Bay, Ontario, and is looking for financial support to help with the trip.

To pursue his dream, Orchard, a recent Carman Collegiate graduate must forego his part-time job at the golf course for approximately two weeks at roughly \$1,200. At Nationals, he will pay his lodgings \$1,400, meals \$300, and his \$600 roundtrip driving costs to North Bay. His out-of-pocket money will be approximately \$3,500.

It is understood that the Manitoba Golf Association will provide him \$1,300 to cover all his expenses and that the Carman Golf and Curling Club will subsidize him with \$500. This will present Orchard with a deficit of around \$2,000 to pursue his dream, while representing the Carman Golf and Country Club at the highest level of junior golf competition in the country.

Carman Golf and Curling Club member Paul Deschenes has been helping Orchard fundraise for his upcoming tournament and trying to get the word out to the masses.

"As far as I am concerned, Ryan is representing all of us in Dufferin at a national level and requires our full support," said Deschenes.

Deschenes notes how much of a standup person Orchard is and that he deserves any potential financial support for his golf endeavours.

"Ryan is just a nice young man who my wife and I got to know every time we were met an impossible task," said Deschenes. "We just called Ryan, and he would clean our eaves, shovel an exit path for us in the winter, etc. He was totally dependable no matter the task as we are both in our mid-eighties and our ability to do get things done has greatly diminished."

Deschenes never realized until this year that he was a superstar golfer until Orchard won the recent Carman Men's Open.

"Ryan's performance at the club level and provincially made me realize his potential, and I decided to help him a little in whatever way I could."

Contributions can be made for Orchard's trip to Nationals by either mailing or dropping them off at the Carman Golf and Curling Club.



STANDARD PHOTO SUBMITTED

Carman's Ryan Orchard is off to the Junior Golf Nationals and is looking for financial support to help cover the cost of the trip.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Heppner to represent Manitoba at Women's baseball Nationals

By Ty Dilello

Baseball Manitoba announced the final rosters for its 2023 Provincial Teams on July 19. These teams are made up of the top baseball athletes and coaches from around the province.

Winkler's Katie Heppner was one of the players named to the Manitoba provincial Senior Woman's team. The team will train and compete throughout the summer in preparation for the Women's Invitational Championships held from July 27-30 in Halifax, Nova Scotia.

A multi-sport athlete, Heppner spent the winter playing professional hockey in Switzerland for Neuchâtel Hockey Academy.

"The season in Switzerland was pretty good as there was lots of good competition against many players who are on the national teams and have been to multiple Olympics, so that was exciting to play against them," said Katie Heppner. "Living there was awesome, the food was amazing, travelling was so easy to get around, the views from everywhere you went were stunning, and you get to experience the life of a pro hockey player."

Heppner has now shifted her focus to baseball this summer, as she has

strictly been playing with Team Manitoba and training with them. This is Heppner's tenth year with the provincial team for baseball, so she has lots of experience as the team gears up for the Nationals.

"Because we come from all over the province, we haven't gotten together as much as we would like, and we don't really have teams to play against. We actually haven't played a game against other teams," said Heppner. "When we do get together, it's usually a few hours for practice because we have so much information and technical skills to go over."

Back in Winnipeg now for this upcoming winter, Heppner is exploring her hockey options as she will be going to Red River College for two years as a student in the medical radiologic technology program to become an x-ray technician.

"I'm not sure where I'll be playing yet as there's not a whole lot of hockey options in Winnipeg after University, but I'll probably end up playing in a senior league."

Other southern/central Manitoba baseball players who made their respectful provincial teams include Gavin Buhler (13U), Crosby Mateychuk (13U), Hudson Nikkel (15U), Ryker Wiens (15U), Kirsten Giesbrecht



STANDARD PHOTO SUBMITTED

Winkler's Katie Heppner was recently named to the Provincial Baseball Team for the tenth year.

(16U), Haiden Friesen (16U), Jackson Friesen (16U), Rhett Peters (16U), Logan Lesser (16U), Ty Magarrell (17U) and Graham Thiessen (17U).

Central Cardinals' season ends with losses

By Ty Dilello

The Carman Cardinals of the Border Baseball League wrapped up their 2023 ball season after consecutive playoff losses to the Morden Mud Hens.

In the first round of the playoffs, Carman met up with the top-seeded Morden squad in a best-of-three series. In Game 1 on the road on July 20, Carman blew a 3-2 lead in the final inning to fall 4-3.

The Cardinals returned home for Game 2 on July 23, but they couldn't muster up the same amount of offense as the opposition as Morden won 16-6.

The Mud Hens will now advance to take on the winner of the Altona Bisons/Winkler Whips series in the East Division final of the Border Baseball League playoffs.



STANDARD PHOTO BY RICK HIEBERT

Mudhens Manny Lantigua tags out Cardinals Doug Whitehead at second base.

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Cont. on next col.

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RURAL MUNICIPALITY OF DUFFERIN PUBLIC NOTICE REGARDING THE AUDITOR'S REPORT

Pursuant to Section 194 of *The Municipal Act*, notice is given that the Consolidated Financial Statements for the year ended December 31, 2022, for the Rural Municipality of Dufferin are available for inspection by any person during the regular office hours of the Rural Municipality of Dufferin office at 12-2nd Ave SW, Carman or on our website at www.carmanmanitoba.ca. Dated at the Rural Municipality of Dufferin this 30th day of June, A.D. 2023.

Sharla Murray, CMMA
Chief Administrative Officer
Rural Municipality of Dufferin



TOWN OF CARMAN PUBLIC NOTICE

Town of Carman staff will be flushing fire hydrants commencing August 14, 2023, until the end of September. Some cloudiness to your water may occur, however the quality of the water will NOT be affected.

If you have any questions, please call the Town of Carman office at 204-745-2443 or the Water Treatment Plant at 204-745-2481.



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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 persons who wish to make them in respect to the following matter:

**APPLICATION FOR CONDITIONAL USE
under the RM of Grey Zoning By-Law #05-03 or
Village of St. Claude Zoning By-Law No. 375-04 as amended.**

HEARING LOCATION: Haywood Community Hall
39 St. Augustine Street Haywood, MB

DATE & TIME: August 17, 2023; 7:00 PM

APPLICATION: 06CU22G

OWNER: Harmen & Jeltje Van Kammen

APPLICANT: Combcroft Inc.

PROPOSAL: To expand an existing dairy operation by increasing the number of mature cows (lactating and dry) from 255 (510 Animal Units) to 400 (800 Animal Units).

AREA AFFECTED: NW 11-08-06-W
43161 Road 32W
RM of Grey

FOR INFORMATION CONTACT: Kim MacLellan
Coordinator of Planning Services
Carman Dufferin Grey Planning District
204-745-2509

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.

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REQUEST FOR PROPOSAL ("RFP")

The Government of Manitoba, as represented by the Minister of Consumer Protection and Government Services, seeks to select qualified Contractor(s) to provide building cleaning services (including all labour and equipment) within the facilities located in the micro zones of Manitoba. This solicitation is in collaboration with several Public Sector Organizations: Government of Manitoba, Manitoba Liquor and Lotteries and Shared Health/ Prairie Health.

Bidders may submit bid(s) to one or more of the locations listed below to:

Arborg, Ashern, Birtle, Boissevain, Carman, Cranberry Portage, Flin Flon, Gimli, Kirkella, Manitou, Navin, Riverton, Rosser, Shoal Lake, Souris, Southport, Starbuck, Steinbach, Grosse Isle, Caroll, Winkler, Stonewall, The Pas, Virden.

INSTRUCTIONS

Bidders interested to participate in this solicitation must send an email requesting a copy of the tender documents to:

Email: procurement.modernization@gov.mb.ca

Subject Title: RFP #29491 - Provision of Building Cleaning Services within the Micro Zones of Manitoba

Bids must be received no later than August 7, 2023 at 4:00 PM (local time)

The receipt or opening of any bid is not acceptance; acceptance of any bid may only be made in writing by the Government of Manitoba; there is no obligation by the Government of Manitoba to accept the lowest or any bid.



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NOTICE TO CREDITORS

IN THE MATTER of the ESTATE of WILLIAM ROBERT HILL, late of the Town of Carman, in Manitoba, deceased.

All claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at 309 Stephen Street, Morden, Manitoba, R6M 1V1, within thirty (30) days of the date of this publication.

DATED at the City of Morden, in Manitoba this 18th day of July, 2023.

McCULLOCH MOONEY JOHNSTON SELBY LLP
Attention: HARLEY SHEPHERD
Solicitors for the executors



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NOTICE OF CLOSING AND CONVEYING A PUBLIC ROAD

TAKE NOTICE that the Rural Municipality of Grey intends to enact a By-Law pursuant to Section 290 of **The Municipal Act** to close and convey a portion of a Public Road, which is located within the Rural Municipality of Grey and legally described as follows:

A portion of D. Bruneau Rd. 45.1N in the SW 22-8-7 WPM and convey same to the adjacent property owner

AND FURTHER TAKE NOTICE that the Council of the Rural Municipality of Grey intends to consider and enact a By-Law to close and convey that portion of the said Public Road at its meeting and public hearing to be held on **Wednesday, August 16, 2023 at 11:00 a.m.**

AND FURTHER TAKE NOTICE that anyone who claims that his land will be prejudicially affected by the enactment of this By-Law and who applies to make a representation, ask questions or register an objection, may appear before Council at the public hearing and be heard.

Copies of the above road closing and supporting material may be inspected by any person between 8:30 a.m. and 4:30 p.m., Monday to Friday, at the Municipal Office, 27 Church Avenue East, Elm Creek, Manitoba, R0G 0N0, Phone: 204-436-2014. Copies may be made and extracts taken therefrom

Dated the 14th day of July, 2023.

Kim Arnal, CMMA
Chief Administrative Officer
Rural Municipality of Grey

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Melinda (Millie) Bell

It is with great sadness that we announce that Melinda (Millie) Bell born February 14, 1934 passed away peacefully with family by her side on July 15, 2023 at the Carman Memorial Hospital at the age of 89.

Left to mourn Millie are her children Darlene (Mike) Fardy, Blake (Tamera) Bell, Rob (Janet) Bell, grandchildren Jamie, Regan (Devon), Matthew (Kristine), Courtney, Tyler, great grandchildren Cole, Roczen, Landon and Parker. Also remembered by her brother and sister-in-law Jack and Mary Hill, sisters-in-law Doreen Hill, Ruth Wold and numerous nieces and nephews.

Millie was predeceased by her beloved husband Hugh of 52 years, her parents Tom and Rose Hill, Hugh's parents Peter and Lillian Bell, sisters Betty (Adelard) Barthelette, Barbara McCulloch, brothers Bob Hill, Bill (Edna) Hill, sisters-in-law Alice (Allie)

McTavish, Mabel (Sterling) Amos, Edith Bell, brothers-in-law Bob (Helen) Bell and Hermann Wold. Millie was born in Winnipeg, MB. After she completed her schooling she moved to Calgary for a short time and then in 1958 moved to Winnipeg where she worked as a Switch Board Operator at MTS. In 1959 Millie met her life partner Hugh and were married on April 2, 1960. After their wedding Millie moved to Roland where her and Dad farmed and raised their family until retirement then moved to Carman.

Millie was very involved with both Myrtle and Roland communities and was a long time 4-H leader with the Myrtle 4-H club. Mom enjoyed knitting, sewing and many other crafts. She especially loved making special quilts for each of her children, grandchildren and great grandchildren. In her spare time she loved going to Bingo and especially enjoyed calling bingo at Monday afternoon bingo at Meadowood Estates. She also enjoyed watching sporting events of her children and grandchildren.

Mom, you will always be deeply loved, sadly missed and always remembered as a devoted wife, mother, grandmother, great grandmother and friend. We will wrap ourselves tighter in our quilts and forever cherish the memories.

The family would like to thank the staff at Carman Memorial Hospital for their wonderful and compassionate care that mom received.

Cremation has taken place.

In respecting Mom's wishes there will be no formal funeral. A private immediate family gathering will be held at a later time.

In lieu of flowers, donations may be made to the Carman Memorial Hospital Palliative Care, Box 610, Carman MB. R0G 0J0.

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	7				2			1
					8			2
				5		6		4

Fun By The
Numbers

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

Level: Intermediate

Here's How It Works:

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

Sudoku Answer

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

Crossword Answer

S	E	S	I	N	A	V	O	D	E	L	M	O	S
S	E	W	I	L	S	E	L	E	V	S	O	R	
V	A	L	S	E	I	B	R	R	O	D	I	N	Y
O	E	H	V	V	H	R	R	O	I	R	I	L	
O	E	S	L	V	H	O	N	O	J	A			
E	R	V	D	V	W	L	V	S	L	Y	O		
S	E	D	V	H					S	O	V	E	
E	N	E	O	I	N				N	E	T	E	
I	O	T	V	R	W	D	V	C	W	E	R		
V	I	E	S	V	S	N	E	W	S	A	W	E	
T	I	L	E	D	I	V	I	S	E	N	V		
O	W	S	V	W	O	N	V	T	E	R	O	D	
H	E	O	V	H	R	V	E	S	O	O	N		
S	E	T	I	L					S	V	A	X	E

CLUES ACROSS

1. Bonus materials
 7. Formal names
 13. Free from restraints
 14. One who scrapes away
 16. Type of device
 17. Skin cancers
 19. The Show Me State
 20. Plate glasses
 22. Red-brown sea bream
 23. Small (Fr.)
 25. Flightless Australian birds
 26. High IQ group
 28. Stiff structures
 29. Revolutions per minute
 30. Where a bachelor lives
 31. Licensed for Wall Street
 33. A place to park
 34. Energy, style and enthusiasm
 36. An important creed in Catholic Church
 38. 18-year astronomical period
 40. Furies
 41. Removes from the record
 43. Noted child psychiatrist
 44. Feline
 45. High schoolers' test
 47. Not happy
 48. They ___
 51. On top
 53. Precious stones unit of weight
 55. Moved quickly
 56. Seagulls
 58. A seed with hooks or teeth
 59. Partner to "oohed"
 60. Exclamation of surprise
 61. Most unpleasant
 64. Organization help service members
 65. Type of cockatoo
 67. Humorous criticisms
 69. Went through and organized
- ### CLUES DOWN
1. Settle in tents
 2. Big
 3. Books
 4. Masses of eggs in fish
 5. Language

	1	2	3	4	5	6		7	8	9	10	11	12	
13								14						15
16			17					18						19
20		21				22			23		24			
25					26				27		28			
29				30					31		32		33	
		34	35						36		37			
38	39										40			
41					42				43					
44				45		46		47				48	49	50
51			52		53		54				55			
56				57		58				59				
60				61		62				63				64
65		66							67				68	
									70					

6. Not standing
7. Chinese philosophy
8. Computer giant
9. A device to catch
10. Emits coherent radiation
11. Actor O'Neill
12. Smallest interval in western music
13. Not lower
15. Revolves
18. Leavened bread
21. Number above the line in a fraction
24. Cable
26. Adult male
27. Airborne (abbr.)
30. Bullfighting maneuvers
32. Broadcast
35. ___ Angeles
37. Vehicle
38. Not religious
39. North American peoples
42. A baglike structure
43. Body art (slang)
46. Picked for a role
47. Actress Tomei
49. Former hoopster "Big Country"
50. Icelandic poems
52. More pleasant
54. It can add flavor to meat
55. Self-immolation by fire rituals
57. Expression of annoyance
59. ___ Spumante (Italian wine)
62. Consumed
63. Body part
66. Thus
68. In reply (abbr.)

get inspired

> MEAL IDEAS



Ribeye Steak, Grape Tomato and Mushroom Kebabs

stems and mince leaves.

In large bowl, whisk minced garlic, half the minced parsley (reserve remainder for garnish), olive oil, vinegar, Dijon mustard, salt and pepper.

Cut steak into cubes; transfer to marinade bowl and toss to coat.

Wash tomatoes, mushrooms and green pepper. Halve mushrooms. Add tomatoes, mushrooms and green pepper to marinade. Peel onion and cut into chunks; add to marinade. Toss beef and vegetables until well coated.

Heat grill pan, outdoor grill or skillet to medium-high heat.

Thread steak and vegetables onto six skewers.

Cook kebabs in batches until steak is browned and vegetables are tender, 3-5 minutes per side. Transfer to plate and repeat with remaining kebabs.

To serve, plate kebabs and sprinkle with remaining minced parsley.

Photo courtesy of Getty Images (kebabs)

Recipe courtesy of Safeway and Albertsons

Total time: 30 minutes

2 cloves garlic

1/2 small bunch Italian (flat-leaf) parsley

1/4 cup O Organics extra-virgin olive oil

1/8 cup red wine vinegar

2 teaspoons O Organics Dijon mustard

1/2 teaspoon salt

1/2 teaspoon black pepper

3/4 pound O Organics ribeye steak

1/2 pint O Organics grape tomatoes

1/4 pound O Organics white mushrooms

green pepper, sliced (optional)

1/2 medium red onion

6 skewers

Peel and mince garlic. Wash and dry parsley. Shave leaves off stems; discard



Grilled Chicken Salad with Goat Cheese, Fresh Blueberries and Pecans

berries (or desired berry)

1/4 cup O Organics pecan halves

3 tablespoons O Organics olive oil

1 tablespoon O Organics balsamic vinegar

1/2 log (4 ounces) O Organics goat cheese

Pat chicken dry with paper towels and place on cutting board. Cut chicken in half horizontally to form thin cutlets. Season with salt and pepper on both sides.

Preheat grill pan, outdoor grill or skillet to medium-high heat.

Once pan is hot, coat with oil. Add chicken to pan and grill, turning once, until cooked through, 3-4 minutes per side.

Wash and dry spring mix. Place in medium bowl.

Wash and dry blueberries. Add to bowl with mixed greens. Using clean cutting board, roughly chop pecans. Add to bowl.

Transfer cooked chicken to cutting board and cut into thin strips.

In bowl, mix olive oil and balsamic vinegar to create dressing.

Add chicken and dressing to salad bowl; toss to combine.

To serve, divide salad between plates or bowls and crumble goat cheese over top.

Recipe courtesy of Safeway and Albertsons

Total time: 20 minutes

3/4 pound boneless, skinless O Organics chicken breasts

1/4 teaspoon salt

1/8 teaspoon black pepper

2 teaspoons O Organics extra-virgin olive oil

1 package (5 ounces) O Organics spring mix

1 package (6 ounces) O Organics blue-

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Susie Schwartz

By Susie Schwartz

Are you a complainer? Come on. Be honest.

I'll go first. Yup! Sometimes I find pleasure (or at least relief) in ranting about how my six-foot-frame must be invisible because not one but three people cut in front of me in the queue at the garden centre. Or when I give flowers to a friend going through a hard time, they don't even thank me. I mean, really?! (Okay, I know. That's me being ridiculous.) Or when I've just had infection after infection, my back goes dodgy too, and I've had enough, and Don gets an earful. (That one's valid, right?)

For complaining at the doctor's office, there is a right and not-so-right way to do it.

First, I recommend not complaining about the cost of parking to your doctor. (Yikes, Susie! Really?) The parking lot costs are below their pay grade. And I do not wish to set a 'whining about inconsequential things' tone when I'm hoping for a diagnosis for my back pain.

Sometimes, though, we need to complain formally. Maybe a test you discussed didn't get ordered, and

a misdiagnosis ensued. Or perhaps the front staff continually treats you like a 'problem' and not someone needing medical help.

If you need to complain, I have a few thoughts on how to get the desired result:

- Give time between the incident and the complaint so your emotions can settle.

- Talk to your spouse or friend about how to word your complaint. The verbal processing will help you solidify what you want and how to say it.

- Try to stay calm even while being firm. Even though we've been wronged, being respectful is our responsibility.

- Be sure to speak to the right people.

As you'll read in my book listed below, I had to make an appointment with my GP and the office manager to get the desired results I speak of. And guess what? I got those results: apologies and all.

It might seem like I'm overthinking and over-advising for a simple complaint. Maybe. But remember, your doctor is not only a human who has feelings and problems and makes mistakes like the best of us but is also a key person to getting the best medical result possible. Expert patients (that's us!) are not into burning bridges.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalm-iss_stress and at www.lesshealthstress.com, where you can sign up for 'Convos with Carlos'. Her book, 'Help the Doctor Help You - 32 Secrets and Tips for Self-Advocacy to Get the Best from Your Appointments' is now available on Amazon!



Recipe courtesy of Safeway and Albertsons

Total time: 10 minutes

Yield: 3 cups

1 banana

1/2 package (6 ounces) O Organics blackberries

1/2 lime

2 cups O Organics frozen mixed berries

1 cup plain O Organics Greek yogurt

Mixed Berry-Lime Smoothie Bowl with Banana and Granola

4 fluid ounces O Organics whole milk

1/8 cup O Organics honey

1/4 teaspoon ground cinnamon

2/3 cup O Organics granola of choice

Wash and dry banana and blackberries.

Peel and thinly slice banana; set aside.

Zest and juice lime into blender. Add frozen mixed berries, yogurt, milk, honey and cinnamon. Blend on high speed until smooth, 1-2 minutes.

To serve, divide smoothie between bowls and top with banana, blackberries and granola.