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Pumpkin is the spice of life

STANDARD PHOTO BY LANA MEIER

Pumpkin season is here and Neil and Dorothy Strachan are happy to share the abundance of their favourite fall gourds to either decorate, eat, carve or be spooky. The Strachans who live on the east side of Carman have the pumpkins for sale at the end of their driveway. Neil likes to keep himself busy after retiring from teaching and gardening is one of favourite pastimes.

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Evensong Shoppe open for business at new location



STANDARD PHOTOS BY LANA MEIER

Evensong Shoppe owners Tracey Falk and Michelle Weir were busy unpacking boxes last Friday at their new location at 40 1st Street SW. The duo are excited about their new building and the extra space. The gift store is now open for business and they will have lots of new items ready for Christmas. Weir and Falk, are also the new owners of Carman's consignment store, Nine Lives, which is now open at their new location under the name Evensong Closet.



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Cookie fundraiser



STANDARD PHOTO BY LANA MEIER

Suzy Keck, owner of Crazy Lady's Cafeteria and Take Out has teamed up with CIBC Run for the Cure and is selling cookies for the Canadian Cancer Society. Cookies are being sold for \$2.50 each or \$25 for a dozen and will be available until they are sold out or before the run on Oct. 1.

Carman Farmers Market wraps up another season



STANDARD PHOTOS BY LANA MEIER

The Carman Farmers Market wrapped up their season on a high note with musical entertainment provided by Don Swidinsky. The market was bustling with excitement while buyers visited with friends and picked up their last fresh produce and baking for the season. Pictured, clockwise from top left, Elaine's Baking who baked and sold 1600 tarts this summer, Fertile Farm from Haywood sell organic vegetables, musician Swidinsky, Vanessa Rook of Dufferin Market Gardens had a large assortment of fresh veggies, John Herd had corn and the cob and mother daughter duo from Quiet Mile Flower Co. Elsa and Lia Vanlaar had fresh flowers.



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'The Last Radio Show' performances raising funds for Eden Foundation

By Lorne Stelmach

The audience will be taken back in time when the musical theatre production *The Last Radio Show* comes to Morden this month.

The production at the Kenmor Theatre Sept. 29-30 is set in Morden in 1965 and centers around fictitious radio station CGMW, which is broke and preparing to go off the air.

It was created last year as a way to mark and celebrate the 100th anniversary of radio in Manitoba, so it has been a labour of love for Garry Moir, who has spent most of his life working in the field.

"I've worked in broadcasting for over 50 years, and a lot of the characters, I would say, they are just broad exaggerations of people I have worked with over the years," said Moir, who not only wrote the play but is part of the cast.

"We did it in Winnipeg last year and we sold out both of the productions that we did there," he noted. "One of our guests for that show was Jayme Giesbrecht, who was just going over to a role at the Eden Foundation, so this year the cast got together again and thought why don't we do it for the Eden Foundation and raise some money for mental health."

The play is the story of the very last live radio show performed by an elderly, dysfunctional staff, fretting about their future. However, on this final night, they must somehow pull it together to give listeners a tour of the golden days of broadcasting—and no one could have predicted what happens next.

In addition to being set in Morden, the production has plenty of local connections, as Moir grew up near Snowflake and attended high school in Crystal City while and his wife

and musical director and cast member Agatha was born and raised in the Altona and Winkler area. On top of that, Jayme Giesbrecht is also part of the program as a special guest.

Moir suggested there are a number of aspects to the show that draw people to it.

"There's a lot of really great music in there. That's one thing," he said. "The other thing is there aren't really a lot of productions that appeal to kind of a 50-plus audience. We had a lot of 50-plus people in our audience, but there were a lot of younger people who seemed to enjoy it as well. It kind of cut across the generations.

"I think another thing is it's one of those shows that has a little bit of everything. There's music, poetry; we put it all together and do the sound effects in the way they used to do in the golden days of radio. We just make them ourselves.

"It's just a show that has a whole lot of fun stuff in it," Moir continued. "It's a show that's minimalist. We have quite a nice set, but it's certainly small. It's not a big expensive production."

Another unique aspect of the production is the cast.

"The cast was almost exclusively seniors. This time, we've had to bring in one younger person because one of our original

cast members wasn't in good enough health to do it," Moir said. "Some of us are well into our 70s ... I think anybody who comes to see it, I think the audience will be quite surprised with the energy level and the kinds of things that a lot of these actors can do.

"You get to a certain age, it's pretty hard to find an acting part ... none of us make any money at it," he noted. "But most of us, in one way or another, have had some acting experience in the past ... we're not a bunch of rank

"I'VE WORKED IN BROADCASTING FOR OVER 50 YEARS, AND A LOT OF THE CHARACTERS, I WOULD SAY, THEY ARE JUST BROAD EXAGGERATIONS OF PEOPLE I HAVE WORKED WITH OVER THE YEARS."



SUPPLIED PHOTOS

The Last Radio Show takes the stage at the Kenmor Theatre Sept. 29-30 in support of mental health programming.

amateurs."

Proceeds from the production will go to the Eden Foundation to support mental health programs.

Show times are 7 p.m. both evenings. Tickets are \$25 and can be purchased in advance at www.candlewick.ca or at the door.

"We can't wait to come out to Morden," said Moir. "I know virtually all of the cast want to stay overnight in Morden because they're just looking forward to getting out of the city and hopefully just putting on a really good show for everybody."



What's *Your* story?

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The Carman-Dufferin Standard connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service?

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A young entrepreneur starting out?

Please share your story ideas with **Dennis Young** at denjohnyoung@gmail.com or **Lana Meier** at news@carmanstandard.ca or call 204-467-5836.

The Carman-Dufferin
STANDARD

Alzheimer Society marks World Alzheimer month

By Ashleigh Viveiros

Things are hopping at the south central regional office of the Alzheimer Society of Manitoba this fall.

Not only are there a few special events happening in conjunction with World Alzheimer's Month, but several returning programs are getting back into the swing of things after summer break, along with a few new ones as well.

"We want everyone to know that the Alzheimer's Society is the first link to a community of support, resources, and knowledge for families impacted by dementia," says regional coordinator Rebecca Atkinson, encouraging any family grappling with the disease to get in touch with her to learn more about what help is out there and to let her know what other forms of assistance they'd like to see.

Monthly care partner support groups are starting up in Altona (11:30 a.m. to 1 p.m. the third Monday of the month at The Gardens on Tenth), Morden (10 a.m. to noon the fourth Monday of the month at the Morden Active Living Centre), Carman (1-3 p.m. at the Carman Active Living Centre the last Wednesday of every month), and Emerson/Dominion City (alternating between the two communities the first Wednesday of the month at 10 a.m.).

It's a chance for caregivers to get together with others who understand what they're going through, Atkinson says, urging people to reach out to her at 204-325-5634 for more information about joining a group.

She notes there are also virtual support groups running provincially if the above times and locations don't work for you. And if there was enough interest for an evening in-person support group in the Pembina Valley, she'd be open to organizing that as well.

As far as events go, the Winkler Senior Centre/Buhler Active Living Centre is hosting a few livestreamed ones over the next few weeks.

On Wednesday, Sept. 20 from 2-3 p.m. is a family education webinar entitled "Navigating the Long-Term Care System." Register by calling 204-325-8964.

Then, on Thursday, Sept. 21 from 6-7:30 p.m., *What's New in Dementia Research? Ask the Expert!* will be livestreamed from Winnipeg to Winkler at the BALC. The presentation features researcher and neurologist Dr. Donald Weaver.

"He's apparently an excellent speaker," Atkinson says, noting he'll be fielding questions about the causes, risk factors, and treatments for dementia.

Atkinson will herself be speaking or fielding questions at a few other events this fall, including the Building Dementia-Friendly Communities presentation at the Crystal City Friendship Centre on Sept. 20 at 1:30 p.m. (register by calling 204-825-2443), the Home & Community Care Expo at the Morden Activity Centre Oct. 4 from 4-7 p.m., and the Understanding Dementia public information session in the Cedar Estates common room (350-4th St., Winkler) at 2 p.m. on Oct. 13 (no registration required).

Next month will also see the Care 4 U conference hosted in Winnipeg on Saturday, Oct. 28. The event is aimed at family and friends caring for people living with dementia and features presentations from a variety of healthcare and community professionals. Registration information is available at alzheimer.mb.ca.

Atkinson encourages anyone interested in attending the conference and potentially carpooling with others from this area to reach out to her.

Finally, on the programming front,



STANDARD FILE PHOTO

Rebecca Atkinson, south central regional coordinator for the Alzheimer Society of Manitoba, says there are lots of support programs and educational events coming up this fall across the Pembina Valley.

back for another eight-week session at The Gardens on Tenth in Altona starting Oct. 23 is Minds in Motion.

This program is designed for people living with early to moderate signs of dementia to attend with a family member or friend. Each session includes gentle chair fitness, engaging activities, and conversation.

"We're doing Altona in the fall and

then we're set up to run in Carman in winter and then Winkler in the spring," Atkinson notes. Contact her at 204-325-5634 to register.

She's also putting a call out for volunteers for programming across the region and for businesses who want to learn more about how they can become more dementia-friendly.

Alzheimer Society of Manitoba
Dementia Care & Brain Health

What's New in Dementia Research?

Ask the Expert!

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This event is supported in part by the Nathan Stall Endowment Fund

PHOTO SUBMITTED BY ALZHEIMER SOCIETY OF MANITOBA
 Researcher and neurologist Dr. Donald Weaver will be available to answer questions at the Alzheimer Society of Manitoba's annual research forum on Sept. 21.



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getheard

EDITORIAL > VIEWPOINTS > LETTERS

Ty Dilello
1-204-250-6322
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Voting opportunities for the 43rd general election

By Elections Manitoba

Manitoba voters have many convenient ways to vote in the upcoming provincial election.

Advance voting

Advance voting runs for eight days, from Saturday, Sept. 23 until Saturday, Sept. 30. During advance voting, Manitobans can vote at any one of 300 advance polling locations in the province. Hours are 8 a.m. to 8 p.m. Monday to Saturday and noon to 6 p.m. Sunday with some exceptions. All locations and hours can be found on Elections Manitoba's website.

There are over 300 advance voting locations throughout the province including every local election office. With advance polls at locations like The Forks, Health Sciences Centre and Richardson International Airport in Winnipeg, Thompson's City Centre Mall, Brandon Regional Health Centre, plus shopping centres and university campuses across the province, voters will have many convenient options for voting in advance.

Voting on election day

Voters can vote at any poll in their electoral division on election day, Oct. 3.

Voters can find their suggested election day and advance polling places



on their voter information card or on the Elections Manitoba website. All polling locations and hours are available at the Elections Manitoba website.

Absentee voting

Voters who will be away on election day and during advance voting can apply for absentee voting. Voters can apply online or at the local election office. The deadline to apply is Sept. 30 at 8 p.m. but voters are encouraged to apply early so they have enough time to receive and return their ballot.

Homebound voting

Those unable to go in person to a polling place due to a disability may apply to vote at home. Caregivers may also apply to vote at home. Applications are available online or from the local election office. Applications must be received at the local election office by 8 p.m. on Oct. 2.

Voting with assistance

In addition to homebound voting, Elections Manitoba provides several

services to assist voters:

- Voters may request a language or sign language interpreter. Voters should contact their local election office as early as possible to request this service.
- Polling places have braille ballot templates.
- Voters may bring someone 16 years or older to help them vote or ask a voting officer for help.
- Voters may use their own assistive devices, including smart phone apps, to vote.
- If a voter is unable to go inside the polling place because of a disability, voters can vote from their vehicle.

ID to vote

All voters require ID to vote, either one piece of government-issued photo ID with their address on it or two other pieces of ID. There are many options. A complete list of acceptable ID is available on the Elections Manitoba website.

Voters are encouraged to bring their voter information card, which can be used as one piece of ID.

Voters can find information about where to vote, ID requirements, accessible voting, local election office locations and more at www.elections-manitoba.ca.

Letters to the Editor:
letters@carmanstandard.ca

Letters to the editor

Banning books is not the answer

Public School libraries have a mandate to provide books that represent our diverse Canadian culture, are inclusive and accurate and unbiased in content.

Not all books though are in general circulation or are in all libraries in K-12 settings. When I was a Resource Teacher, a selection of topic sensitive library books resided in my or the school counselor's office. Topics such as death, eating disorders, gender issues for example, were available for students and parents as needed or re-

quested.

Not banned – just stored differently. Some of the books and materials in the Human Sexuality portions of the Physical Education/Health Education curriculum (that can be viewed online) were also kept separate as well. Parents have a choice at Grades 5 and 7 whether their child(ren) will participate in the school-based delivery of this curriculum or alternative-based delivery.

Not banned – just stored differently with parental control.

When my children were in Carman Collegiate in the early 2000's, there was a section of more adult books, mainly fiction with swearing or sex, that was in a closed area. When our

children were 16, we, as parents, could sign permission for them to access these books.

Again – not banned – just stored differently with parental control.

Last book example was when the Harry Potter series was first published. I taught Gr. 7 at that time and a group of parents wanted the books removed from the school library. That didn't happen, but those parents were encouraged to let their child(ren) know their family boundaries.

The kids I taught showed respect for their families wishes, at least in the classroom that year.

Not banned – parental input and respect.

Continued on page 9

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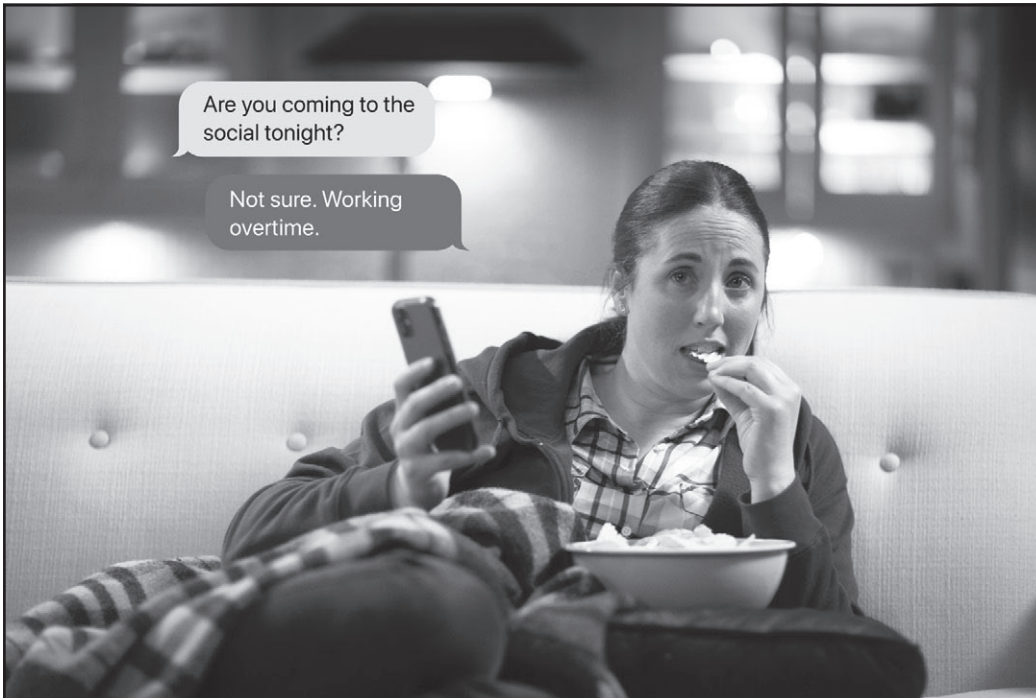
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PIWNIUK, Doyle	PC	Swanson, Judy
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To see candidates in all electoral divisions, visit our website.

Find out where to vote at [ElectionsMB.ca](https://electionsmb.ca).

REGISTERED PARTIES:

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- GPM** - Green Party of Manitoba
- KP** - Keystone Party
- MLP** - Manitoba Liberal Party
- NDP** - New Democratic Party of Manitoba
- PC** - The Progressive Conservative Party of Manitoba
- Ind.** - Independent

All voters need ID to vote. Either:

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- Two other pieces of ID, including your voter information card

For more information:

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[ElectionsMB.ca](https://electionsmb.ca)

Mystery writer behind new Morden Bound blog

A Torontonians musings on life in southern Manitoba

By Ty Dilello

There's a new blog in town that details life in southern Manitoba from an outsider's perspective. It's called "Morden Bound," and its description is "How I survived the safest town in the middle of nowhere."

The author of this new blog spoke to the *Standard* on condition of anonymity.

Born in Lithuania to Jewish-Belarusian parents, the blogger's family immigrated to Canada when she was a child, and Canada has been her home for more than three decades.

While she travels back and forth between Toronto and Morden, the small town has become her second home, and she plans to make a permanent move, she said.

"The experience recorded in my first post, 'Mordenites are not afraid of the dark,' was too funny to pass up," she said when asked what inspired her to create a blog.

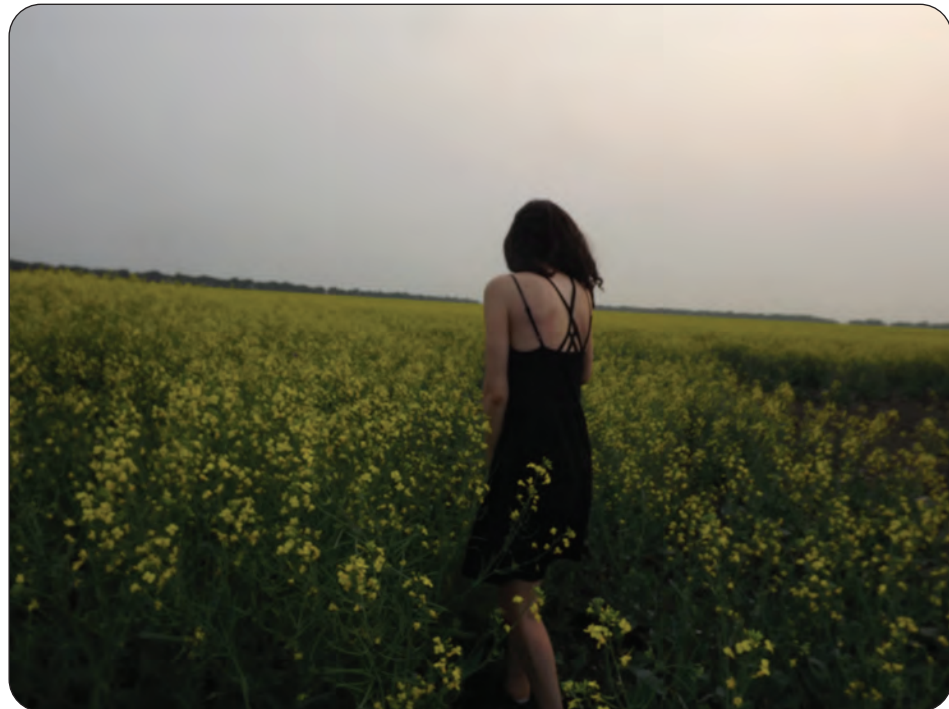
"We decided then and there (at around 2 a.m., safely indoors) that a Torontonian's view of living in Morden would be both unique and amusing."

As an English major with a background in literary analysis, she has been writing creatively all her life — mostly poetry and a personal blog full of dreams, anecdotes and travel writing.

She hopes to publish a new blog post once a week or biweekly, if circumstances allow.

"The fruit trees, and the cucumbers and the corn. And anything else that I can eat, including the abundance of potatoes that an East European will never fail to appreciate," she said, when asked what she loves most about southern Manitoba.

"In short, if you see someone in the bushes because she spotted a raspberry, (or more recently, in the apple tree near George's), that's me."



STANDARD PHOTO SUBMITTED

"Morden Bound" is a new blog aimed at sharing on mysterious authors musing on life in southern Manitoba from an outsider's perspective.

For those interested in checking out her musings, the mystery writer's blog can be viewed at <https://www.mordenbound.ca/>.

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Beautiful Boyne River to be celebrated on World Rivers Day

Ahoy Matey's! Our third annual World Rivers Day is on course for Sept. 23

By Ty Dilello

Boyne River Keepers and the Carman and Community Chamber of Commerce are presenting the third annual World Rivers Day celebration and derby on Sept. 23 from 11 a.m. to 4 p.m.

Once again, the Chamber has collaborated with the Boyne River Keepers and other community groups to host a fun, family-filled day of activities, with a focus on the beautiful Boyne

River.

Organizers are encouraging people to grab some pirate gear and come dressed as their favourite scallywag.

The Treasure Chest Market with local artisans and community groups will be from 1 p.m. to 4 p.m. at Ryall Park, where the Chamber partnered with local businesses to create a treasure hunt.

There will also be a Parade of Pirates Poker Derby on the water for \$10 per

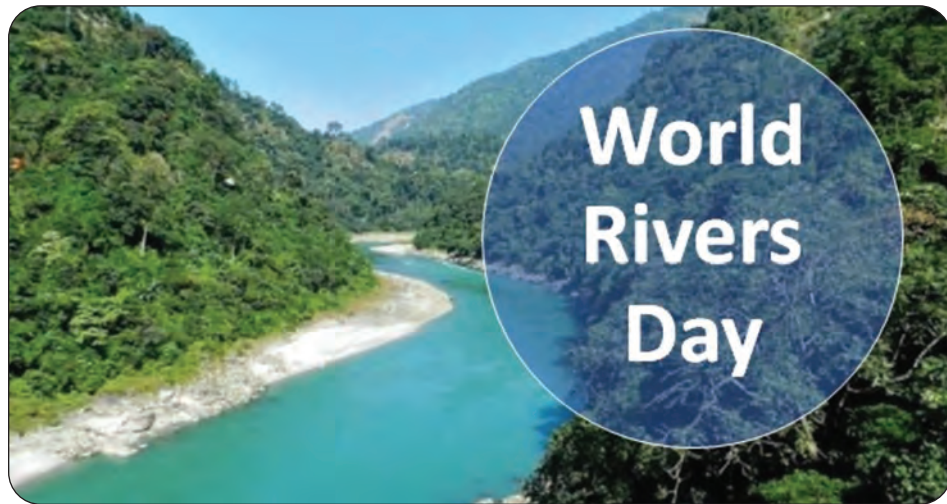
hand, where attendees will kayak or canoe to various stations to obtain cards.

After participants have completed the circuit, they will bring their hand to Ryall Park, where there will be entertainment, a market, booths of many community groups, games for the kids, Ol' Smokey's food cart, a treasure hunt through the business district, as sidewalk sales and music

by Gord Laschuk at Ryall Park's stage.

The registration and launch time is 11 a.m. to 12 p.m. at Trestle Bridge. All winners from events and prize draws will be announced at 4 p.m. at the Ryall Park stage.

For full details, location, and information, please go to www.boyneriverkeepers.ca or www.carmanchamber.ca.



STANDARD PHOTOS SUBMITTED

Boyne River Keepers and the Carman and Community Chamber of Commerce are presenting the third annual World Rivers Day celebration and derby on Sept. 23 from 11 a.m. to 4 p.m.



Costumes are encouraged. Show up in your finest mermaids, scallywags, damsels, scurvy dogs, buccaneers, scoundrels or pirate attire and come have some fun.

> BANNING BOOKS, FROM PG. 6

Things may have changed a bit since I retired six years ago, but not that much. School personnel work exceptionally hard to provide a safe learning space that respects all students.

The public school system by its very definition is inclusive ... Full stop. Banning books is not the answer!

As a parent, you always have the right to make decisions for your child(ren) based on your values. If you have an issue with a book, have that conversation and make a family plan.

As a parent, you do not have the right to make decisions for everyone else's children based on your beliefs and values.

Social media has sensationalized issues with sound bites of vitriol that give the impression that the answer is either black or white, yes or no, for or against, absolutely right or absolutely wrong. That is not reality. It certainly does not give space for common sense or a stepping back and taking a damn breath. Reality is many shades of grey. Reality allows for reason. Banning books is not the answer.

Truly, in my last 10 years as an educator and principal, I was far more concerned with online dangers to children and young adults.

More than once I had to deal with kids, as young as Grade 3, who had accessed a parent's porn sites and were sharing that at school. I also had to speak to Grade 5 and 6 kids about sexual assault, and they did not get those moves and info from any book.

Banning books is not the answer and public schools are not the enemy. Parents are always a child's front line and need to be responsible for talking to and monitoring their child(ren)'s reading and online activity. Teachers are responsible for providing a safe space, inclusive of all and trying to deliver the mandated curriculum outcomes.

Everyone please take a long deep breath and give each other grace.

- With respect, Deb Russell

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Your FARM



Saskatchewan farm paving the way in regenerative agriculture

By Becca Myskiw

A Saskatchewan farm will be the first in Canada to have regenerative certification.

Axten Farms by Minton, SK, has been rewriting the agriculture industry for a while now. What started as a family farm three generations ago, has become a sustainable powerhouse that's building for the future.

Derek Axten grew up on the family farm. After college, he returned home and took on the farm himself. After a frost in 2004 left the Axtens vulnerable, they realized they must find ways to eliminate risk and increase their resilience; the only question was how.

The search for a solution took the Axtens to South Dakota to find a new disc seeder that would help their crops to lose less moisture. While there, they learned about the South Dakota State University Research Farm, which Axten described as "the

birthplace" of regenerative agriculture.

Regenerative agriculture is a conservation approach to farming. In Axten's words, it's about putting the earth's resources first.

At the research farm, Axten and his wife, Tannis, went on a tour of the irrigation plots, seeing nothing they hadn't already seen before. However, it was there the couple first saw an irrigation system putting out two inches of water in nine minutes — and leaving the soil dry enough to not muddy their shoes.

"That was the TSN Turning Point," Axten said. "I was like, 'show me what to do.'"

The Axtens spent the next few years researching, travelling, and learning everything they could about regenerative agriculture. They started

Continued on page 11



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Derek Axten is a pioneer of regenerative farming in Canada. In 2007, he began the process of converting his multi-generational family farm near Minton, SK, into a sustainable operation.

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*Rick and Karen
Brandon, MB*

Your FARM



> REGENERATIVE, FROM PG. 10

with cover crops for crop diversity. Over a decade, Axten said they tried more than 15 crop combinations, and because of that, they now grow over 10 different grain crops along with various specialty peas, mustards and more.

"We were looking for a way to increase diversity and lower fertility," he said.

Their first cover crop didn't receive nitrogen when they fertilized — and he saw no difference between that crop and the ones that did receive it. Today, half of Axten Farms is nitrogen-free.

Years later, Axten bought his own seed cleaner so he could start separating and cleaning seed himself. This led him to start thinking about food instead of commodities and became the spark for advancements the farm has made today.

"It was like how far can we push this thing?" Axten said. "We started to explore ways to grow the crops with less, but still be successful and have good quality product."

After attending a conference where the speaker talked of microbiology management, Axten and Tannis found their new interest: managing the microbiology of their crops. They started by making large amounts of windrow thermal compost (organic composting material in long windrows) and then doing compost extracts in the place of fertility.

To get compost extracts, they first fill small bags with the compost, then hang them in a small brewer. The bags and the water each have bubblers that wash and massage the biology and the compounds out of the compost, and after 20 minutes, they can change the bags out with fresh material to extract. Once they have the compost extract, Tannis will look at the biology under her microscope and when she's happy with what she sees, they'll add minerals and biological foods to it, then put it in the seeder to add in-furrow.

Around the same time Axten Farms started making its own compost extract for fertility, it also started doing

sap analyses instead of soil analyses. A sap analysis takes a certain part of the plant from various spots in the field and squishes the juice out of it. The information from that tells Axten what his plants are taking in.

"It doesn't really matter what your soil test says because it doesn't correlate with the sap analysis," he said.

When Axten started this, no labs in North America did the analysis for him, so he was sending his samples to Australia. With the results he get from it, he'd plan next year's crops and fertility. Axten said it's all about balance. If the soil has certain deficiencies, he can subsidize that with micronutrients. The intervention only costs around \$4 per acre.

"If you buy them in the right form, it's not an expensive thing to do," he said.

What's surprised Axten most since starting these practices is how everything seems to be crop-specific rather than field-specific. Because Axten Farms seeds over 10,000 acres a year, knowing what's in the crops before

they grow gives Axten more peace of mind.

At a conference in 2017, Axten listened to a presentation on regenerative becoming its own stream of farming, similar to organic farming.

"I went home thinking I'm pretty sure that lady is right," he said.

Because he already had a seed cleaner, his new interest became tangible, so Axten started planning a facility for packaging food products. He started moving ground on it in the summer of 2019 and by 2020, it was done. Axten soon started expanding the facility to add a packaging line and automated packaging for milling flour and the expansion project just finished.

Because of its advances and changes, Axten Farms will now be the first in Canada to have its regenerative certification.

"To us, regenerative means putting the soil first," Axten said. "If we put soil first everything else looks after itself."

A few other things Axten Farms

"WE STARTED TO EXPLORE WAYS TO GROW THE CROPS WITH LESS, BUT STILL BE SUCCESSFUL AND HAVE GOOD QUALITY PRODUCT."

Vanderveen Commodity Services Ltd.
Licensed Grain Brokers
Phone: 204-745-6444

does to help the earth is never driving outside of tire tracks on fields and using mechanical weed control on combines (another Australian invention).

Axten believes regenerative agriculture is the future of rural communities. He backs this up with the movie *One Hundred Thousand Beating Hearts*, which tells the story of an American farmer who started putting the earth's resources first, and by doing that, his poor, underpopulated community began to rebuild and thrive.

"You can sit back and watch your town die, or you can do something about it," said Axten. "We chose to do something about it."

Axten and Tannis will be speaking at Manitoba Forage & Grassland's Regen Ag Conference in Brandon this November. To learn more about that, go to www.mfga.net.

ONLINE ESTATE AUCTION FOR THE LATE DWAYNE DENNIS
SEPT 29, 2023 AT 5:00PM FARM AUCTION
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Lockport couple growing quality garlic for a decade

By Becca Myskiw

It was a decade ago when Wayne and Colleen Barylski started growing garlic.

After purchasing three hardneck varieties of garlic in 2013, the Barylskis were hooked. Wayne grew up on a mixed farm north of Arborg, and after living in Winnipeg for 26 years, the couple moved back to rural Manitoba, this time to Lockport.

"Having some acreage, I was inspired to start growing our own food," he said. "Homegrown vegetables were going to be a big part of our lives. We wanted to be self-sustained, where we grew our own vegetables. We have and continue to can and freeze for year-round consumption."

One day, Wayne looked into which specialty crops were in demand that they could grow and sell, and homegrown natural garlic came out as a result, being the second most sought after vegetable/spice product. That was also when Wayne learned garlic is not classified as a vegetable but as a spice.

"We tried growing the garlic from the local hardware stores and garden centers with little to no success," said Wayne. "(We) Found out later in my research these were soft neck garlic, grown only in the springtime."

So, they purchased some hardneck varieties and have since grown 19 varieties of garlic. Over the years, Wayne and Colleen have determined which varieties grow best in which soils and climate conditions — today, they grow nine varieties on their farm.

"I was eager to learn as much information as possible to be the best garlic producer I could be," said Wayne.

He read countless internet pages and numerous books and even took a workshop in B.C. five years ago to gain more knowledge on the spice.

"This quest for garlic wisdom allowed me to learn a lot of detailed information that helped us grow gar-



The Barylskis grow nine varieties of hardneck garlic on their farm.

lic to the best of our ability," he said. "Over the years, we gained valuable knowledge and experiences, and we now have the tools and know how to be a successful quality garlic producer."

One of the tricks the couple has learned in their 10 years of growing garlic is drip irrigation, which they say makes a huge difference in production as it ensures consistent moisture, which is critical to growing healthy garlic. They also use composted organic fertilizer amendments, keeping their gardens pesticide and herbicide free.

The Barylskis process and eat their garlic. Each garlic bulb they produce is organic and all-natural. They hand plant each seed, hand weed each plant, and hand harvest and process them.

"We believe in sustainable agriculture, which includes crop rotation and no harsh chemicals," said Wayne. "We believe garlic should be given the utmost care and, as a result, a better product free from damage or bruising. This ensures quality seed stock and culinary."

Where no garlic is planted for three years at Lockport Gardens, the Barylskis will plant green manure or a cover crop as organic fertilization to



STANDARD PHOTOS BY BRETT MITCHELL

Wayne and Colleen Barylski are garlic farmers in Lockport who believe in sustainable agriculture.

keep each piece of soil well-balanced even when not in use.

Each year, Lockport Gardens plants its garlic seeds (bulbils) to ensure they have a fresh, clean garlic stock. Wayne said that growing their plants from bulbils is rewarding and yields the cleanest planting stock available. The newly planted bulbils will take anywhere from three to five years to mature, depending on the variety.

The garlic is planted in October and harvested in July or August the following year. Because of the overwintering, Wayne and Colleen have to battle snowfall, extreme cold, spring melt, rain, pests, and animal traffic each year. When their crops grow in the winter, the couple peels garlic cloves in preparation for garlic powder.

Lockport Gardens' hardneck garlic also produces garlic scapes, which are curly-tipped, extremely tasty green shoots. They remove these from the plants in early summer as it allows the garlic bulbs to grow larger and fuller. Wayne said the scapes can be eaten raw, grilled, fried, or in pesto — either way, they harness the same health benefits as garlic cloves do.

"We chop them up and freeze for later cooking," he said. "They can be used in any dish you would otherwise use cloves or powder in."

Garlic is antifungal and antiviral. It's an immune booster, it reduces blood pressure, lowers bad cholesterol, improves brain function, promotes longevity, improves physical performance, detoxifies heavy metals, keeps your bones strong, fights fungal infections, and it combats allergies. These various health benefits are some of the main reasons Wayne wanted to grow garlic.

Getting to where they are today has been a labour of love for the Barylskis. They've had excellent and not-so-good growing years, but each of the past 10 years has shown that growing garlic is a very labour-intensive job with big rewards.

To learn more about Lockport Gardens or to purchase garlic or garlic powder, call or text Wayne at (204) 223-2372. Soon, they will also have a website where people can learn more about their garlic production. Keep checking www.lockportgardens.ca to see when the site goes live.



Rhythm Cycle Club holds open house during annual celebration

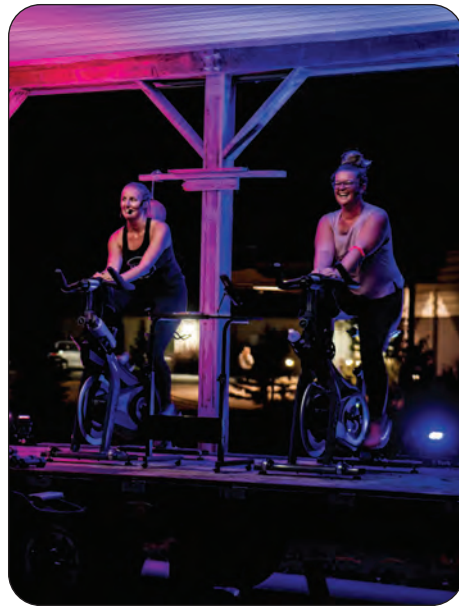
By Ty Dilello

The Rhythm Cycle Club in Notre Dame-de-Lourdes participated in the town's annual weekend celebration, Howdy Neighbour/Salut Voisin, on Sept. 8 with an open house and free outdoor classes.

"We hosted this at the Notre Dame Park Shelter, and it was a blast," said owner Maxine Carels. "The Notre Dame Splash Pad committee held a supper fundraiser and kid's activities at the shelter to coincide with some of our classes, which brought many people to the park shelter as we had a lot of spectators, which was great."

Carels noted the open house was a rousing success, as many new people in town and the surrounding area got to try out Rhythm for the first time.

"It was an exciting opportunity to demo what we offer in studio, barre fusion (a workout blending aspects of yoga, Pilates and dance) and indoor cycling (spin), to the wider public, as



An average 40 minute spin class can burn up to 60 calories, providing a fun alternative to running that is easy on joints.

well as take it to the outdoors for our regular participants," said Carels.



STANDARD PHOTOS SUBMITTED BY MAXINE CARELS

Barre fusion combines aspects of yoga, Pilates and dance to tone the body.

The club is located at 44 Rogers St. in Notre-Dame-de-Lourdes. Connect with the business on social media @rhythm.cycle.notredame or email them at rccnd@outlook.com for more information on the.

Carman Senior Resource: 30 years of helping seniors

By Dennis Young

In 1976, the Carman Friendship Centre opened in the former CN Station. Activities included cards, choir, teas and potluck lunches. Later, carpet bowling and shuffleboard were added and moved from the basement to be played at the arena. It wasn't until 1993 that Manitoba Health provided funding to start the Carman Resource Council that exists today.

Office space was made in the Friendship Centre that year for the newly formed volunteer council, which hired coordinator Nola Sylvester on March 1.

Sylvester was working as a volunteer when the one-year guaranteed grant was announced for a part-time staffing. She took a four-year gerontology course through the University of Manitoba that deals with the aging process to complement her gained experience.

"The addition of a resource coordinator would get rid of some of the frustrations felt by seniors when living alone. She will be responsible for determining and providing what resources are available and what are needed in our community," chairman Frank Arnett had said.

Along with those duties came public relations to broaden awareness, in house services such as laundry, meal prep, foot care, lawn and snow care and much more to enable seniors to live independently longer.

In conjunction with the Red Cross, the council established an equipment loan service, so wheelchairs, walkers, bath seats and more could be loaned for up to three months free of charge. Volunteers were another major component that filled the void for things like transportation in town or appointments out of town. They also visited or made phone calls on a regular basis.

"I know one such service this community needs

are a congregate meal program" Sylvester said at the time. "It provides not only a good nutritious meal, but a social gathering for those who wouldn't get out otherwise."

Talks began as far back as 1990, when it was discovered other towns were offering such. So, on June 22, 1994, the first meal program was served at Parkview Manor.

Margaret Penner, paid via grants, coordinated the meal prep along with an assistant and volunteers. The program, with a \$2200 grant for necessary equipment and supplies, provided noon meals every Monday, Wednesday & Friday for \$3.75 for people above 60-years-old.

"Meals on Wheels has been very good, but they still find themselves eating alone" Penner had said. "This way they can get out."

By 1996, it was evident the senior resources were a hit, and Sylvester needed help. That came from former schoolteacher Linda Drewlo, who was looking for a new challenge.

"Working with seniors and instituting new programs is still a form of teaching" Drewlo said at the time. "Nola will handle morning duties, while I handle the afternoons."

In 1997, the council assisted 320 seniors with various services that kept Sylvester, Drewlo and approximately 75 volunteers very busy.

Adding to the standard services Carman had come to expect and appreciate, the coordinators began providing health education, including presentations by the Canadian National Institute for the Blind, hearing loss specialists, prostate cancer information and experts in telemarketing scams. They also provided fun with teas, dinners, birthday parties and by celebrating the International Year of the Senior in '99.

The council celebrated its 10th anniversary in 2003.



PHOTOS SUBMITTED

Nola Sylvester and Linda Drewlo celebrate the 10th anniversary of Carman Senior Resource in 2003.

"We started with 10 pieces of equipment and now have over 200 available" Sylvester said at the celebration. "A lot of our services started with suggestions from people and volunteers in the community."

An appreciation evening was also held for the many volunteers in 2004, as part of the National Volunteer Week.

Talks regarding a new home began in 1991 but

Faith Mission hires its first executive director

By Ashleigh Viveiros

There's a new but familiar face at the helm of Faith Mission (Friedens-Bote) in Winkler.

The Christian ministry has hired a full-time executive director for the first time in its 29-year history, but Nathan Elias is by no means a stranger to the organization.

He's the son of Faith Mission founder Jake Elias. The younger Elias spent many hours growing up helping out with the ministry's work. As an adult, he's remained active as a volunteer and board member.

"I grew up in the mission. It started on our yard and I grew up being pretty involved," he says. "A lot of my early memories are of me and my grandpa cutting cardboard for the clothing bales."

Elias spent six months working on behalf of Faith Mission in Ukraine in 2004 and has returned there for shorter outreach trips a number of times in the years since.

"It instilled a desire in me to keep working with it and now, the last number of years, to take it a step further," he says.

Operating out of its location at 520 Circle K Drive, Faith Mission sends shipping containers full of donated used clothing, food, bicycles, and Christmas gift boxes to Ukraine to be distributed to families in need.

Jake Elias, who remains involved on the mission's board of directors, says the ministry has grown so much in recent years that the time seemed

right to hire someone to head things up full-time.

"It's just too much work for volunteers to handle," he says. "We've been talking about doing this for awhile and finally decided now was a good time to do it."

For Nathan Elias, jumping into a career in ministry is an exciting challenge and also an opportunity, he hopes, to bring the mission's work to new heights.

"There's many different avenues that we can expand," he says, noting his immediate focus over the next couple of months is to grow the gift box program for orphaned and needy kids in Ukraine from the 3,500 or so they sent last year.

"We're hoping to expand the gift boxes substantially, to get a lot more locally," Elias says, noting the mission's volunteers put together about 1,200 of last year's boxes themselves, with the rest coming in from the community. "It seems to have progressed fairly gradually the last number of years ... I think there's a lot more potential there."

Boxes and supply lists can be picked up from Faith Mission or Winkler's Dollar Tree. People are asked to fill them with things like socks, mittens, personal hygiene products (toothbrushes, washcloths, combs), school supplies, and small toys appropriate for both a boy or a girl age 4-9 or 10-16 years old. The mission adds an evangelical colouring book, religious tract, candy, and food to every box.

The deadline to return the filled boxes to Faith Mission is mid-November so they can be sent out with the last shipment of the year.

For some of the kids, these gift boxes are the only present they'll receive for Christmas.

"I've seen firsthand what our boxes can do out there," Elias says. "They're being used to spread the Gospel. Wherever they're handing out gift boxes, the children there are getting the true meaning of Christmas, the story behind it."

"It can have a very lasting impact on society, just starting with something as simple as a gift box."

Elias is also working on increasing what food they can send overseas.

"Since the war started we've sent a lot of funds to our sister organization in Germany and they've sent food from Germany into Ukraine," he says. "But some of the food, especially flour and sugar, we can buy a lot cheaper here."

Since they send shipping contain-

ers full of clothing overseas several times a year (they expect to have sent 12 by the end of 2023—several more than in past years), adding more non-perishable food is a possibility they're exploring.

"We're hoping to get a few different types of food going," Elias says. "Especially now, with winter coming up ... they're very concerned over there about what winter is going to bring because there just is nothing to eat. And then the fighting is just constant."

They're also looking to raise funds to send to Ukraine for the purchase of firewood in advance of winter, when prices go way up.

"The one thing we can do to make our dollar go further is if we buy firewood now, rather than waiting until it gets cold," Elias says, noting they pay nearly double for the same amount of wood come December.

You can learn more about Faith Mission's work and make a donation online at faithmission.ca. Or call 204-325-4086.

Flashback... 1964 name a lake contest



STANDARD PHOTO SUBMITTED

In this aerial view of Stephenfield Lake, looking west, the south beach is located immediately west of the spillway shown top lower left. The larger public beach, located on the north shore, is shown on the extreme right.

By Dennis Young

The first aerial view of a newly formed lake created by construction of the P.F.R.A. dam west of Carman was released in 1964. The lake is 2 1/2 miles long backing water as far west

as the Roseisle to St. Claude Road and storing 1400-acre feet.

The Civic Affairs Committee of Carman offered \$50 to the person with the winning name ... which it seems was not too difficult.

> SENIOR RESOURCE, FROM PG. 13

it took until 2005 for the council to move to the Active Living Centre where it is today.

Sylvester retired in 2009 and Drewlo in 2017, which led to a new coordinator after 21 years. Nancy McFarlane was looking for a career in change 2008 when hired as the coordinator for supports to seniors in group living for Boyne Towers. It did not take long to realize the rewards not only for the seniors but for herself too.

Nancy said in 2022 the senior resource assisted an average of 95 people per month, or 1140 annually. The original programs offered since 1993 remain, but many more have been added over the years to suit the needs of the community and area.

Recently, a community volunteer income tax program was in-

troduced to fill out forms free of charge; a pole walking group meets on Wednesdays to hike and enjoy a bagged lunch; and the popular noon congregate meals, started in 1994, are now offered Monday to Friday for dine in or take out at a cost of \$7.50 — the program averages 28 meals per day.

"Our aim is to not only improve the social well-being of seniors, but to also provide programs that motivate and encourage them to stay active in their homes." McFarlane said. "They've seen so much of life and their experiences are so interesting. Many of them have some great stories to tell."

With the past and present dedication of coordinators and volunteers, Carman Senior Resource will continue to accomplish their aims and so many more for our elderly.

Pembina Valley Kidney awareness walk Oct. 1

By Lorne Stelmach

Raising awareness around kidney disease is just as important as raising funds to Jackie Plett.

It has been the day-to-day reality for the Morden resident her whole life, so there is a strong personal motivation for her to be part of the upcoming Pembina Valley Kidney Walk.

"A lot of people don't even really know what kidney failure or kidney disease is and don't realize until it happens to them ... or even what dialysis is and what it means," Plett said in advance of the 10th annual Kidney Walk fundraiser being held in Morden Park on Sunday, Oct. 1 at 1 p.m. (same-day registration opens at noon).

Plett was just 10 months old when a form of kidney cancer required the removal of one of her kidneys and two-thirds of the other.

She was then diagnosed with kidney failure in 2013. At that time she had about 50 per cent function. She began dialysis in 2018 at the age of 32.

"Kidney disease actually runs in my family. My dad had it also," noted Plett. "All my life I've just had one third of a kidney ... and then add in having kidney disease in the family ... and I'm on dialysis now.

"I always knew that I had the one third of a kidney and I needed to be careful," she continued. "I always

knew I wasn't the same as every other kid ... when I had to go to the bathroom, it was always very important that I went when I had to go because that can cause damage ... just little things like that I always had to be careful."

Despite having that high level of awareness, it still hit her hard when she had to go on dialysis.

"It was very much an adjustment. I still took it actually as a big shock, even though I knew I had kidney failure prior to that," she said. "This is my life now. Three times a week ... four hours each time ... rain or snow-storm, I have to be there. It keeps me alive."

It poses a tremendous challenge to living a normal life, Plett observed.

"I can't really have a Monday to Friday office job. I work night shift for Gateway, and that actually works out pretty good. A regular job full-time during the day wouldn't work."

She appreciates the resources and support provided by the Kidney Foundation.

"It makes a difference ... the Kidney Foundation gives back to us," she said, noting they get gift cards once or twice a year for perhaps up to \$200 that can go towards costs such as associated with gas, groceries, or medications.

Representatives of the Kidney Foun-



STANDARD FILE PHOTO

The Pembina Valley Kidney Walk sets out from Morden Park on Sunday, Oct. 1.

ation noted how many patients struggle to make ends meet. Not only is the cost of their basic needs on the rise, but they also face the burden of regular dialysis appointments, transportation, and costly medication.

Manitoba executive director Greg Unger said they've received a 41 per cent increase in requests for financial support in Manitoba over the past year.

"Our programs provide essential financial support as best we can to patients who need it most in our province, but none of it would be possible without the generosity of our donors," said Unger.

Participating in her fourth walk this year, Plett appreciates the support of the community.

"Lots of people donate, and a fair amount of people come out," said Plett, who last year raised \$1,300 and has a goal this year of \$1,400. "It feels very good just knowing there is that love and support out there.

"Come out and support the Kidney Walk and the Kidney Foundation. It's such a good cause, and it helps so many people."

For more information about the foundation and the walk, visit www.kidney.ca/manitoba.

Conciliation process begins on unnecessary MPI strike

Contingency plans continue to expand

Submitted by MPI

Manitoba Public Insurance (MPI) is optimistic that progress is being made toward ending the strike action initiated by the Manitoba Government and General Employees' Union (MGEU) now that the union has agreed to engage the services of a conciliator.

"This strike never needed to happen. We have been offering MGEU resolution of this dispute since August 22, the day we tabled an enhanced offer that has a global monetary value of up to 17 per cent for the average union salary," said Ward Keith, MPI Chairperson. "That deal came with an offer to proceed directly to arbitration on the matter of general wage increases, which were the sticking point for MGEU during negotiations. They have consistently refused that offer, instead choosing to take 1,700 of our employees to the picket lines for three weeks before agreeing to resume dis-

cussions with MPI."

A mutually agreed upon conciliator has been engaged and the conciliation process is expected to get underway early next week.

While MPI works to resolve the ongoing labour interruption, it continues to expand service delivery to Manitobans. Effective immediately, customers who have had a Class 1-6 or Air Brake knowledge test cancelled because of labour interruption or who already have a test booked with MPI can walk in to take their test without an appointment. Further details are available on MPI's website.

MPI has also been able to resume Class 5 road tests in over 20 communities across the province. Our strong and valued relationships with MPI-certified driver instructor partners is providing Manitobans with continued access to these tests. Customers waiting for a test are being contacted by MPI to schedule a time in their community.

MPI is continuing to explore options

to resume Class 1-4 road testing in Manitoba. Classes 1-4, which include ambulances, buses and commercial vehicles, require more in-depth training and testing procedures than Class 5 passenger vehicles and all of our planning will maintain all expected public safety considerations.

This work builds on MPI's existing contingency plans, which also address the sharp increase in hail claims MPI has experienced in 2023. To respond quickly to this demand, MPI has begun using new technology at its Physical Damage Centre to provide faster estimates. In the first two weeks, MPI has scheduled over 1,100 estimates, which will help more customers get their vehicles repaired sooner.

In addition:

- Customers with general inquiries or front-end service transactions, including licensing renewal and insurance payments can visit one of MPI's nearly 300 broker partners. Find a broker in your community using

MPI's Find a Service tool.

- The MPI Contact Centre is open for customers reporting personal injury claims, non-drivable collision claims, and total-theft claims.

- Customers reporting all other passenger vehicle (car, SUV and light duty truck) claims can expedite the process by filling out MPI's simplified claim reporting form. MPI will contact customers with a claim number they can take to an MPI-accredited repair shop for vehicle estimates and repairs.

"I am pleased by the work being done by MPI officials to maintain services for our customers during this challenging time," said Keith. "But Manitobans deserve more; they deserve full access to the services they rely on and that can only happen once MGEU agrees to end this unnecessary strike and bring our employees back to work. We want to find a quick and responsible resolution so we can get back to the important work of serving our customers."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Carman ball hockey hero brings home gold

Stewart Thiessen represents southern Manitoba on world stage

By Ty Dilello

Carman's Stewart Thiessen is a very accomplished ball hockey player, having recently won an international championship with Team Canada.

"The opportunity to represent Canada is truly an honour," he said of the tournament, which saw him compete against countries from around the world. "My defence partner and I were matched up against the top players on opposing teams. The responsibility of defending the best players in the world is something I take great pride in."

The 2023 International Street and Ball Hockey Federation World Masters Championships took place in Buffalo, N.Y., from Aug. 30 to Sept. 3. This was the second time Thiessen represented Canada, as last year he was on the squad that travelled to Prague, Czech Republic, and brought home a silver medal.

Team Canada — composed of players selected from across the country, including several former professional ice hockey players — was successful throughout this year's tournament, coming away with a gold medal after defeating USA in the finals by a 4-3 scoreline in a shootout.

Thiessen's strong defensive play earned him the title of most valuable player.

"There was an emphasis on strong character, and the group gelled very quickly. Winning gold with such a great group of players and staff is something I will always cherish," he said.

Before getting into ball hockey, Thiessen was a local ice hockey star.

He grew up in Carman and lived there until moving to Kelowna to play in the Western Hockey



Carman's Stewart Thiessen has won a gold medal for Canada in ball hockey after taking home the recent 2023 ISBHF World Masters Championships in Buffalo, N.Y.

League at 16-years-old. He joined the 2004 Kelowna Rockets team that went on to win the Memorial Cup as the champions of junior hockey in Canada.

"It was an amazing opportunity to experience the highest level of junior hockey," Thiessen said. "I played with multiple professional hockey players, including Shea Weber and Josh Gorges, who both played in the NHL for a long time. Kelowna was a beautiful city in British Columbia's interior, with great fans and a top-notch organization."

After junior hockey, Thiessen spent some years playing university hockey for the University of Manitoba Bisons. He transitioned to ball hockey in 2009 and was selected to play with Team Manitoba at the national championships.

The tournament return to Manitoba next August, and Thiessen will be playing and coaching with Team Manitoba at that event. He also hopes to participate in the next world championship, which takes place in 2025.

Female Hawks fall in Swift Current, male Hawks fare better in Souris

By Ashleigh Viveiros

The Pembina Valley Hawks U18 AAA ladies team had a challenging go of it at a pre-season tournament in Swift Current last weekend.

The Hawks found themselves on the losing side of matches against the U16 Team Saskatchewan White (7-4, goals scored by Jessica Anderson, Hayden Arkle, Emma Durand, and Abigail Brigg), U16 Team Saskatchewan Green (6-1, with Sophie Armit scoring for the Hawks), and the Innovation CU Wildcats (3-2, with goals

from Brigg and Casey O'Brien).

Pembina Valley next head to Portage for a tournament where they'll face the Eastman Selects, Weyburn Gold Wings, and Winnipeg Avros.

They then open the Manitoba Female Hockey League regular season at home against the Central Plains Capitals on Saturday, Sept. 30.

Meanwhile, the 18U AAA men's team returned from exhibition action in Souris with a 2-1 record to show for their efforts.

After falling 4-3 to the Eastman Selects Saturday afternoon (scoring for the Hawks was Cohen Pilkington with one and Acoyen Fehr with two), they bounced back with an 3-0 evening win against the Southwest AAA Cougars. Brett Lesage, Adrien McIntosh, and Haiden Friesen scored for the Hawks while Bryson Yaschyshen and Rylan Gates got the shutout in net, Yaschyshen making seven saves and Gates eight.

Victory was earned by a much wider

margin Sunday against the Yellowhead Chiefs. The lengthy list of goal-scorers included Kam Thomas with a hat trick and singles from Ragnar Gillis, Liam Goertzen, Lane Apperley, Tegan Fehr, and Acoyen Fehr.

The Hawks start their season in the Manitoba U18 AAA Hockey League Sept. 29 against Southwest in Morden and then play against Southwest in Souris the next night.

Twisters ready to rip: Pembina Valley junior hockey club seeks strong season

By Ty Dilello

The first pucks in the Manitoba Major Junior Hockey League season are about to drop, and Morris' Pembina Valley Twisters are shooting for a strong season.

Twisters head coach Braeden Beernaerts will be back behind the bench on Sept. 29, as the Twisters begin their season opener at home with an 8 p.m. start against the River East Royal Knights. The team will then travel to Winnipeg to take on the Raiders Jr. Hockey Club Sunday at 7:30 p.m.

"I really enjoy being in Morris and being a part of a great league such as the MMJHL," said Beernaerts, who has signed on for his second season with the club.

"The team is shaping up great as this year we have 19 returning players, with two returning goalies. We had 50 players signed up for camp and are slowly cutting down to what we would like for

when the season starts."

The head coach noted his team is seeking a top-four finish in the regular season standings and a solid playoff push.

Last week, the league held a preseason tournament at the East End Arena in Winnipeg. The Twisters went 2-1 in the tournament with wins over the Fort Garry Twins (6-2) and St. Boniface Riels (4-1) and a loss to the Stonewall Jets (3-1).

"The tournament went well as we got to see a lot of young talent work towards trying to make the team, as well as the chance to narrow down our team," Beernaerts said.

In preseason action this past weekend, the Twisters defeated the Ft.Garry/Ft.Rouge Twins 4-1 Friday and then 5-2 Sunday night.

Pembina Valley will travel to Stonewall to take on the Jets Friday to close out its preseason schedule. Puck drop is 8 p.m.



STANDARD PHOTO BY LANA MEIER

The Pembina Valley Twisters had a strong showing at an MMJHL preseason tournament last weekend, logging a 2-1 record in Winnipeg's East End Arena.

take a break > GAMES

SUDOKU

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

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!

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

Sudoku Answer

S	K	A	E	T	U	S	D	E	E	T					
S	I	Z	A	N	Y	T	L	I	T	V	E	R	N	O	G
E	F	E	N	K	H	T	R	E	D	N	O	U	G		
L	G	E	L	A	S	L	A	S	L	A	S	L	A	S	L
L	A	R	E	A	R	E	A	R	E	A	R	E	A	R	E
L	A	V	A	T	E	L	I	N	A	V	A	T	E	L	I
L	A	V	A	T	E	L	I	N	A	V	A	T	E	L	I
C	P	A	V	E	L	A	V	E	L	A	V	E	L	A	V
C	P	A	V	E	L	A	V	E	L	A	V	E	L	A	V
D	E	B	T	O	B	E	S	I	D	E	S				
S	B	T	A	V	T	O	C								
N	O	E	P	A	V	E	S	H	V	D	V	S			
A	V	D	G	N	I	L	I	G	S	G	N	A	H	T	
A	V	I	N	A	V	A	H	I	T	A	V	A	H	I	
A	V	I	N	A	V	A	H	I	T	A	V	A	H	I	
T	X	T	S	A	R	M	S	A	R	M	S	A	R	M	S

Crossword Answer

CROSSWORD

- CLUES ACROSS**
- Type of cat
 - Weaponry
 - Western Christian Church service
 - Significant eruption of pustules
 - Baltic nation
 - Start of American holiday season
 - Unhappy
 - Maintains possession of
 - Metrical foot of one long and three short syllables
 - Mountain pass
 - Vestments
 - Type of dish
 - Escaped quickly
 - Zoroastrian concept of holy fire
 - Wings
 - Political action committee
 - Touches lightly
 - Stood back from
 - Philippine Island
 - Popular winter activity
 - Type of amine
 - Small freshwater duck
 - Filled with love
 - Without (French)
 - Vetch
 - Swiss river
 - Describes a sound
 - Sign language
 - Hair product
 - Have surgery
 - Quality of being imaginary
 - Far-right German party
 - Drove
 - Former French coin of low value
 - Hard, durable timbers

- CLUES DOWN**
- Body art
 - Middle East military title
 - Actor Pitt

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			

- Container
- Speak incessantly
- Relating to algae
- Jacob __, journalist
- Rock TV channel
- Boat's cargo
- Most wise
- Within
- Chinese industrial city
- Scotland's longest river
- Not capable
- Footwear
- Savings account
- Capable
- Vaccine developer
- Tax collector
- Fencing swords
- Native religion in China
- Promotional materials
- A shot in a film production
- Afflict in mind or body
- A passage with access only at one end
- Breathing devices
- Employ for wages
- Kids' TV channel (abbr.)
- Popular Boston song
- Made amends
- Selling at specially reduced prices
- Atomic #18
- With fireplace residue
- Unleavened cornbread
- Draw out
- Southwestern Alaska island
- Where the Pyramids are
- People of Nigeria
- Smaller quantity
- Destroy the inside of
- City
- Chivalrous figure (abbr.)
- No (Scottish)

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PUBLIC NOTICE REGARDING AUDITOR'S REPORT
Pursuant to Section 194 of *The Municipal Act*, notice is given that the financial statements and auditor's report for the Town of Carman for the year 2022 are available for inspection by any person at the Town of Carman office during regular office hours or on the Town's website www.carmanmanitoba.ca.
Dated at the Town of Carman, this 13th day of September 2023.
Susan Stein CMMA, CLGED
Chief Administrative Officer
Town of Carman

WHY SHOULD YOU CARE ABOUT ELECTION 2023?
The provincial general election is scheduled to take place on October 3, 2023. There are several issues before Manitobans this election year; however, education must be a key priority. PRSD & MSBA are encouraging voters to learn more about the reasons why, whether you have children in the school system or not, you should care about Election 2023.

TOP FIVE QUESTIONS FOR LOCAL, MLA CANDIDATES
Education must be a key priority during the 2023 election. You know the facts on the current situation faced in our schools. Asking local candidates about their own, as well as their party's future plans for public education, will certainly help you to best evaluate who deserves your vote. Alternatively, these questions can serve as valuable guideposts when reading the campaign statements and announcements made by political parties before the upcoming Provincial Election. Here are our suggestions for five powerful questions you can ask, to help inform your vote:

"If elected to office..."

1. What are your own, as well as your party's plans to support education in the years ahead and does this plan speak to the next four years only, or to the next generation too?
2. Does your party recognize that schools alone cannot address the complex needs of all students and if so, how will you and your party come alongside of schools to respond to poverty reduction, as well as to promote greater accessibility, inclusion and well-being for our students?
3. Based on a recent survey[1], are you aware that a clear majority of Manitobans support increased "teacher salaries and benefits", "providing more funding for schools", and "added resources and supports for children and families" as their top priority for improving our schools, and does this also reflect your own, as well as your party's priorities for improving our schools?
4. Does your party have plans to address the current investment gap when it comes to school programs and services, with funding for maintaining school buildings themselves?
5. Which features of Manitoba's education system will stay the same, which aspects will change, and why?

[1] 51 per cent. Cited from Probe Research, December, 2021 Omnibus Survey. "Views on Manitoba's Education System."
For more information, visit: <https://www.mbschoolboards.ca/provincial-general-election-2023/>

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OBITUARY



Auke Bergsma

On September 8, 2023, the Lord took home Auke Bergsma, our loving husband, father, grandfather, and great-grandfather at the age of 86.

He leaves behind his dear wife Wilma, and 11 children: Anne (Larry) Hillmer, Len (Teresa) Bergsma, Andrew (Trudy) Bergsma, Ed (Michelle) Bergsma, Alice (Ed) Hoogerdyk, Celia (Bob) Friesen, John (Shannon) Bergsma, Ken (Francine) Bergsma, Betty (Jud) Boeve, Nelena (Mark) Geusebroek, Brad (Sophia) Bergsma and 55 grandchildren, and 47 great-grandchildren.

He was predeceased by his first wife Nellie, an infant daughter, and three great-grandchildren.

Dad was born on May 31, 1937 in Assen, the Netherlands. He lived in the Netherlands with his family until 1949 when they immigrated to Canada; first to Houston, B.C. and then to Carman

in 1956.

Dad married Neeltje Veenendaal in 1960 and the Lord blessed them with nine children. The Lord called home Mom (Nellie) in 1979. God provided for and blessed Dad and our family by bringing Mom (Wilma) into our family in 1981. He blessed their marriage with two more children.

God's work and love was displayed through all of Dad's life. The Lord provided for our family and allowed Dad to experience God's hand in all things. Through working the soil, and watching the crops grow, caring for his animals, and planting and reaping his garden he found joy in the creation that God had made.

In their retirement, Dad and Mom enjoyed many years together living in Carman; exploring nature, touring the countryside, spending time with their family both near and far. They were also very involved with the lives of their friends and church family. In the last couple of years Dad was often seen around Carman on his scooter: running errands, making visits, or alongside Mom walking the Carman trails. God carried him through all the difficult times and still allowed him life and joy here.

As we remember Dad, we praise our Heavenly Father for His steadfast love and faithfulness.

Thank you, Dr. Atchison and staff at CMH for your love and care for Dad.

Funeral service was held on Thursday, September 14, 2023 at the Canadian Reformed Church of Carman East. Interment will be held in the Greenwood Cemetery, Carman.

In lieu of flowers memorial donations may be made to Carman Palliative Care.

Doyle's Funeral Home
in care of arrangements

OBITUARY



William (Bill) Goertzen

William (Bill) Goertzen was born on July 22, 1927 to George and Helen Goertzen of Plum Coulee, Manitoba. He was raised on a farm in Homewood, along with his siblings, Helen, Elsie, George and Bert. He received his education in Hopeland School. After Grade 6, Bill was required to quit school to work on the farm, a farm that Randy, his son, still operates to this day. He attended Winker Bible Institute in 1944 and 1945.

Bill accepted Christ as his Savior when he was 17 years old at a prayer meeting. He was baptized in 1950 in the Elm Creek MB Church.

Bill started farming in Homewood as early as 1947 at the age of 20, renting land close to the family farm and eventually making this his homestead. When Bill and his parents moved to Winnipeg in 1954, Bill farmed in summer and in winter trucking asphalt on #2

Highway and later driving a moving truck for Canada Messenger.

He married the love of his life, Mary Sawatzky, of Winnipeg on April 14, 1962. They have two daughters Wanda and Valerie and one son, Randy, and predeceased by a stillborn son in 1970.

In addition to grain farming, Bill also supplemented their income with hog farming from 1970 to 1981.

In 1973 at the age of 46, Bill received his pilot's licence and then two years later received his night endorsed licence. He flew for a total of 20 years, flying west to Abbotsford, BC, east to St. Catherine's ON and numerous flights to Oshkosh, Wisconsin and finally to Churchill in 1992.

Bill took his family on many vacations to Detroit Lakes and Delta Beach in the early years. Florida and Mexico were special vacations including the grandchildren. Bill and Mary enjoyed many adventures together, one of the highlights was traveling to Israel in 1991.

It was time to move to a house in Carman in 2002 where they enjoyed small town life over 18 years. During this time, they decided to transfer their membership to Friends Community Church. Bill's strong work ethic continued even in his later years where he continued to "supervise" his son's farming operation as his health and abilities allowed until his "retirement" at the age of 91. In 2020 they moved to 5th Ave apartments.

Bill will be dearly missed by his wife, Mary; two daughters: Wanda Enns (Harold), Valerie Wiens (Art) and one son, Randy Goertzen. Nine grandchildren: Joshua, Jocelyn (Matt), Aaron (Kassandra) Enns. Sarah, Carley (Brett), Jayme Wiens. Noah, Riley, Liam Goertzen. Four great-grandchildren: Mason, Bentley, Logan and Sophia. Bill will be sadly missed by one sister, Elsie and one brother, Bert, their families and many relatives and friends.

Thank you to Dr. Kruk and the compassionate staff at the Carman Hospital during the past few weeks of his hospital stay.

Funeral Service: Tuesday, September 26, 2023 at 11:00 a.m. at Friends Community Church, Carman, Manitoba.

Donations may be made to International Children's Haven (Chilliwack, BC) or Missionary Aviation Fellowship (MAF Canada) Guelph, ON.

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

OBITUARY



Roxanne Swennen (née Collette)

Peacefully at the Notre Dame Health Centre on Tuesday, September 12, 2023, Roxanne "Roxxie" Claire Collette Swennen passed away at the age of 41 years.

She leaves to mourn her husband of 18 years, Joel Swennen; her parents, Gilbert and Louise Collette; her sister Julie (Vance) De Santis; her brother Chris (Rachel) Collette; her parents-in-law, Jean and Suzanne Swennen; her sister-in-law Jeannine Swennen; her brother-in-law Jonathan (Jennifer) Swennen, along with her nieces and nephews, Samuel, Sydney, Miracle (Nathan), Curtis, Elliot, Sahara, Catainya, Denver and Benton. Also mourning her passing are her Godmother Claire Sabourin, Joel's grandfather Henri Swennen, and numerous aunts, uncles, cousins and friends. She will be sadly missed by her family, many friends and especially her dog Debbie and her cat Kitty.

Roxanne is predeceased by her eldest sister Julie Louise Collette in 1975.

A short girl with a big laugh, Roxxie tried her best to look at the positive in every situation. Some days it worked, other days not so much. But like she would say "I just have to ride the wave".

A Private Funeral Service will be held at Adam's Funeral Home.

The service will be available to view via Live Streaming on Saturday, September 23, 2023 at 4:00 p.m. If you would like your name to appear in the guestbook please email your name to office@afh.ca

To view the service details and leave condolences, please visit www.afh.ca
Memorial donations can be made to a charity of choice.

Adam's Funeral Home of
Notre Dame de Lourdes, Manitoba
in care of arrangements
Phone 204-248-2201

OBITUARY



Garry Charles McAulay

Words can't describe the life of Garry or capture the profound sadness of his passing.

Garry passed away peacefully with his loving family by his side on August 24, 2023, at the Carman Memorial Hospital at the age of 73 after a courageous battle with pancreatic cancer. Born in Winnipegosis, he was the youngest son of Donald and Mary McAulay and a brother to Allan McAulay. The family moved to Belmont, MB in 1958, and in 1968 Garry joined the Royal Bank in Brandon, MB. His lifelong career in banking took him and his family to many towns and cities throughout Manitoba and Ontario. Although relocating can be difficult his family understood, accepted and supported his occupation and with each move new friendships were made which are still cherished today.

On October 21, 1972 Garry married Helen Ruth Myers and together they have enjoyed 50 years of love and devotion together.

Garry was always community minded and spent many years involved with local Chamber of Commerce and associations of Kinsmen Clubs as well as being appointed by Manitoba Health to the Central Health Region's Advisory Board.

After retirement Garry took up woodworking. He made many beautiful and useful items from bunk beds and night tables for the grandchildren to trivets and banana hangers for all! Another post retirement passion was music. Garry loved to share his voice and with his wife and fellow bandmates he was able to enjoy many musical gigs throughout the years.

When Garry became ill, he was asked what meant the most to him and his answer was, family, time at the lake, music and friends.

Garry will be lovingly remembered by his wife Ruth, son Jeff (Charity) Paige and Parker, son Mike (Leah) Olivia, Liam and Ewan and all of his extended family and special lifelong friends.

We would like to thank the doctors, nurses and all hospital staff involved with caring for Garry. We'd also like to thank our friends near and far and the wonderful people of our community for all the calls, food, and loving support you have given us throughout this journey. Thank you for your kindness.

A celebration of life will be held at the Carman Active Living Centre on Friday, September 22 at 4:00 p.m.

Whenever there was a storm, you were my shelter.

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in care of arrangements

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get inspired

> MEAL IDEAS



Grilled Chicken Salad with Goat Cheese, Fresh Blueberries and Pecans

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 blueberries (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 pep-

per 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 mixed greens. 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.



Strawberry Oatmeal Smoothie

- 14 frozen strawberries
- 1 cup soy milk
- 1 1/2 teaspoon sugar
- 1/2 teaspoon vanilla extract

Use blender to grind up oats. Add soy milk, strawberries, banana, vanilla extract and sugar then blend until smooth. Pour and serve.

- 1/2 cup rolled oats
- 1 banana



Peanut Butter Ice Cream Sandwiches

chopped peanuts, for topping (optional)

mini chocolate chips, for topping (optional)

toasted coconut, for topping (optional)

On 12 cookies, top sides down, spread layer of peanut butter. Add one scoop of ice cream to each. Create sandwiches by topping with remaining cookies.

Roll edges of ice cream in chopped peanuts, mini chocolate chips or toasted coconut, if desired. Place on baking sheet in freezer and freeze until firm.

Serve slightly frozen.

- Recipe courtesy of Peanut Butter Lovers and the Georgia Peanut Commission
- Yield: 12
- 24 fresh baked chocolate chip cookies (about 3 inches in diameter), cooled
- 1 1/2 cups creamy or crunchy peanut butter
- 1 1/2 quarts vanilla ice cream, slightly softened

Blending families



them to become an issue between the two of you. Try not to make inappropriate generalizations about your relationship based on what is happening in the negotiating process. If she's bending over backwards to work out an agreement with him, don't jump to the conclusion that her ex is more important than you are.

Discuss with your partner your role in relation to his/her children. Find out if he wants the two of you equally involved in the care and discipline of his children, or if he prefers you to act in a supportive role. For the sake of your partner and the children, it is best to move into a parenting role gradually, building the trust of all as you go. Try not to attribute selfish motives to other parties, for you will only upset yourself more. Assume that others are acting in accordance with what they need and may be so caught up in their own emotions that they aren't even thinking of yours.

This is different than if they were consciously trying to make things difficult for you. Ideally, in time, all parties will be able to look at blended family issues in terms of what is fair and equitable, and also what is in the best interests of the child. If there are ongoing troublesome issues that keep coming up, it may be wise to seek counseling.

Often there are simple solutions that just have not occurred to those directly involved. Remember too, how quickly the children will be grown and gone, and try to keep things in perspective.

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In past columns I dealt with strategies for making life easier for children in blended families. This time we will look at some of the issues faced by adults.

If both parents re-marry, there are now four parents instead of the traditional two. Each of the four likely has a different idea as to how life should be managed. This can create conflict not only between the two sets of parents, but also within each pair.

It is important, firstly, to acknowledge that this is an incredibly complex situation, and secondly, that there will need to be a lot of compromise. If you are a stepparent, the most loving thing that you can do is to find out what your partner really needs in relation to his/her children, and support that. If she gives in too often to her ex-husband, just to keep the peace for the sake of the children, that's her decision. Only if this directly creates difficulty for you should you pressure her about her choice. If decisions need to be made about the children, it is best to leave those to the natural parents to work out, again intervening only if something directly affects you in a negative way.

It can be hard enough for two parents to come to agreement, much less three or four. Be sensitive to the difficulties that arise when your partner feels caught between you and an ex. Avoid allowing an issue between

BLT Lobster Roll

Recipe courtesy of the Werner family of Island Lobster Co. on behalf of the Maine Lobster Marketing Collaborative

Yield: 1 roll

3 slices bacon

1/4 pound fresh lobster meat (or meat from 1-pound lobster)

1 tablespoon butter

1 brioche bun, halved

1 tablespoon mayonnaise

3 tomato slices

1 large leaf romaine lettuce or butter lettuce

Preheat oven to 400 F. Line baking sheet with parchment paper and arrange bacon slices on top. Cook 10-15

minutes, or until desired crispiness.

Prepare large pot with 2 inches of salted water and bring to rolling boil. Add lobster and steam 12 minutes. Halfway through, lift lid carefully and shift lobster to cook evenly.

Break down lobster and remove meat from shell, yielding about 4 ounces of cooked meat. Chop meat into bite-size pieces.

In large skillet or griddle over medium heat, warm butter to coat pan.

Place both pieces of bun cut sides down on pan and cook about 30 seconds until golden. Remove buns from pan and set aside.

In bowl, toss chopped lobster meat with mayonnaise and set aside.

Assemble cooked bacon, tomato, lettuce and lobster mix on toasted bun.