

VOLUME 3
EDITION 1

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Gliding along

STANDARD PHOTO BY LORRAINE STEVENSON

Members of the Waldner family from Lowe Farm set forth New Year's Day from the Pumpkin Creek Ski Club's warming shack to enjoy an afternoon cross-country-skiing together. The club's 20 kms of well-groomed trails make the ski club's facilities, located west of Roseisle along the Valley Road, a very popular site for skiers of all ages. Thanks to co-operative weather and the club's volunteers' diligent efforts maintaining the trails, conditions are excellent as 2023 begins.

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'Movember' moustache treats raise \$8K for BTHC

By Lorne Stelmach

A fundraiser spearheaded by Carman Collegiate principal Mary Reimer to support cancer services at Boundary Trails Health Centre exceeded expectations.

The hope had been to reach \$5,000 through the sale of chocolate moustache suckers, as inspired by the Movember movement, but Reimer recently was able to hand over a cheque for \$8,300 to the Boundary Trails Health Centre Foundation.

It is a cause that hit close to home for Reimer, who started the campaign a year earlier for one of her colleagues who had cancer. She is now dealing with her own cancer diagnosis.

"I found these little moustache molds, and since it was the month of Movember I made some chocolate suckers. At that point, we raised about \$1,500 for Cancer Care Manitoba," she noted of the initial effort.

"This year, our school was hit again with my own diagnosis, and so I started about mid-October and started making moustaches again ... I probably made close to 10,000 moustaches

... it was a busy month of November."

Reimer was floored by the widespread support for the campaign, which also spread across the region thanks in part to the involvement of the Carman Cougars.

"Because our hockey team kind of got on board with us, hockey teams around us got on board as well," she said, noting support came from other communities such as Altona and Portage. "I think it's become a little bit of a symbol in the area of communities coming together to do what they can to fight this disease that affects everyone."

BTHC Foundation executive director Shannon Samatte-Folkett was equally floored to receive the cheque.

"I'm speechless ... from chocolate moustaches, that's amazing. What a community. What a way to rally around and support," she said.

"This will go to the Boundary Trails cancer care department. I think they'll be very touched by this," Samatte-Folkett added. "I can't wait to work with the team to find out what kind of



STANDARD PHOTO BY LORNE STELMACH

Carman's Mary Reimer (right) presents BTHC Foundation executive director Shannon Samatte-Folkett with a donation of \$8,300 raised through the sale of homemade moustache treats in November in support of cancer care.

needs we need to meet upstairs.

"It means a lot to us ... this is an extra special gift."

Going through her own cancer journey now has of course reinforced the importance of community support like this for Reimer.

"As strange as it sounds, I look forward to the days that I get to come to the cancer ward. For a place that can

be very sombre ... there have been days that I have gone just a puddle and just crying and just very distraught," she said. "They're phenomenal, and they have a natural way of making sure that your cup is a little fuller when you leave than when you came in ... so it's the very least we can do."

BTHC 50/50 brings in over \$100,000



Carla Peters, left, was the lucky recipient of just under \$58,000 recently as the winner of the Boundary Trails Health Centre Foundation's 50/50 fundraising raffle. Presenting the cheque was executive director Shannon Samatte-Folkett, who was ecstatic to see the campaign smash its record by bringing in nearly \$116,000, with half going back to support the hospital. The jackpot has grown steadily every year since its first in 2019 when the pot reached over \$38,000. Last year, the total pot was over \$58,000

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Honouring Portage-Lisgar's Jubilee medallion winners

Just before the holidays, Portage-Lisgar MP Candice Bergen presented nearly four dozen constituents with Queen Elizabeth II Platinum Jubilee medallions.

The recipients were nominated because they have demonstrated the

qualities extolled by the late Queen Elizabeth II: public service, dedication, and sacrifice.

In this week's edition, we're shining a spotlight on these worthy honourees.



PHOTOS BY LANA MEIER/VOICE AND STEVE HIEBERT/PERSONAL EXPRESSIONS PHOTOGRAPHY

Medal a bittersweet honour for prenatal care advocate



By Lori Penner

A Gretna resident is being recognized for her successful volunteerism to positively affect change in prenatal care in Manitoba.

Jenna-Lee Catherine Luptak lost her second son Beau in January 2021 due to a liver disorder called Intrahepatic Cholestasis of

She has been engaged by the Manitoba Government Policy & Planning Secretariat to help develop program and infrastructure support for families experiencing the tragedy of an infant's death. She is driven to continue to be instrumental in saving the lives of Manitoba's precious resource—our children.

She is grateful for the recognition, but receives the Jubilee medallion with mixed emotions.

"I didn't anticipate it, and I wouldn't be doing the things I'm being honoured for if my son had not passed away."

Luptak and her husband Michael recently started a charity called A Beau.tiful Journey in honour of their late son and their journey together as a family of four.

"We started our charity to build awareness regarding ICP in our communities and to raise funds for the organizations who conduct vital ICP research and create educational materials for medical professionals

and the general population. We also aim to build bereavement services within our communities."

Luptak says their goal is to educate families about the risks involved with ICP, and to take symptoms such as the insatiable itch that accompanies it seriously.

"There is a lot of research going into ICP these days because they're finding that the incident rate is higher than what was previously reported," she says. "We've had many families come forward who have been impacted by this condition themselves. It's profound and powerful to have these connections, and heartbreaking to hear these stories."

Pregnancy (ICP) that she developed in the third trimester of her pregnancy.

Since then, Luptak has advocated for critical life-saving tests to be provided and has worked with Manitoba Health and Southern Health to inspire changes to high-risk pregnancy and bereavement care maps for medical professionals.

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More Manitobans die from COVID mid-December

By Patricia Barrett

A significant number of Manitobans succumbed to COVID in mid-December, and Canada's top doctor is urging Canadians to take precautions over the winter from several respiratory viruses currently circulating.

There were 26 more deaths from COVID, according to the provincial government's weekly respiratory surveillance report for the period Dec. 11 -17 (Week 50).

There were 50 new hospitalizations for COVID of which 12 people were admitted to the intensive care unit. There were 59 hospitalizations with 15 ICU admissions reported the previous week.

There were 158 new COVID infections reported in Week 50. Provincial data are an undercount as the government restricts PCR testing and rapid antigen tests aren't tracked. There were 154 new cases reported the previous week.

The government stopped providing in its surveillance reports the names of personal care homes and hospitals experiencing COVID outbreaks.

There has been a total of 2,331 deaths from COVID in Manitoba as of Dec. 17, according to the federal government's COVID webpage. Across Canada 48,948 people have died so far.

There were 294 new cases of influenza A and zero cases of influenza B reported in Week 50 in Manitoba, as well as 48 new hospitalisations and 15 more deaths. There were 231 influenza A cases reported the previous week. There has been a total of 2,206 cases of influenza A so far this season, with 478 hospitalizations and 37 deaths.

The number of respiratory syncytial virus (RSV) cases shot up in Week 50 with 120 new detections. There were 82 detections reported the previous week. The provincial government did not release a respiratory surveillance report on Dec. 30. Its next report is scheduled for Jan. 6.

Other health news:

-Canada's chief public health officer Dr. Theresa Tam said health care systems across the country continue to be "burdened" by the spread of respiratory viruses, and she urged people to

wear a well fitted and well constructed face mask in indoor public spaces or crowded settings over the holiday season.

-The World Health Organization said worldwide more than 3.7 million new cases of COVID were reported over the period Dec. 12-18, as well as over 10,400 new deaths, according to its weekly epidemiology update.

The region of the Americas (Canada, the U.S. and Central and South America) has the highest numbers of new deaths over the past reporting period. At the country level, Canada (250 deaths), the U.S. (2,658 deaths) and Brazil (1,133 deaths) have reported the highest numbers of new deaths. The region also has the highest number of cumulative deaths.

There have been more than 649 million cases of COVID and over 6.6 million deaths reported.

The WHO says omicron's BA.5 and descendant lineages continues to dominate globally. Six variants – BQ.1, BA.5 with mutations, BA.2.75, XBB, BA.4.6 and BA.2.30.2 – are being monitored.

letter to the editor

Letters to the Editor: letters@carmanstandard.ca

Laws need to change

The news from across the country and the violence is alarming. Police say that the eight teenage girls who murdered a vulnerable man in Toronto, met over social media. As information becomes public knowledge we must ask ourselves why and what happened in their lives that created the mindset to think violence was something they wanted to do, to target, hunting a vulnerable person. Is this the definition of second-degree murder?

From my perspective this cold-blooded calculated attack of a vulnerable person is exactly like the recent tactics of serial killer Jeremy Skibicki

in Winnipeg. He was also hunting for vulnerable people, Indigenous women at homeless shelters. What did the parents know about their own teenage children, what they were planning? This is not just a one time event, it is happening too often for leaders and government to act now.

There has to be serious consequences for this type of methodical cold-blooded murder including raising the ring leaders to adult court. The practice of hiding the identities of 'near adults' is out dated and a carry-over from a time when we had much less violent crime and serves little purpose in today's society. If the creators of social media are so skilled at using algorithms to detect patterns

for the purpose of profit then they should be able to create algorithms to protect the public from potential violent criminals who meet online, or threaten people on line such the Toronto condo mass murder. I ask, how much longer, how many more victims before laws catch up. The general public are feeling that the police and the courts can longer protect them. Both the gun man in Vancouver who killed Stephanie Foster and recently in Toronto (condo) both had multiple restraining orders against them. Our police need more resources and, our laws need to change to adapt to the new face of violence.

- Sherry Benson-Podolchuk
RCMP retired

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Grace Ketsman
(Swan Lake)

Ketsman is recognized as a kind and compassionate person who is always thinking of others. When she was in elementary school, she held a Koats for Kids drive. In middle school, she raised over \$1,000 for a Buddy Bench. And in high school, she was the co-president of the Social Justice Committee, which recently helped a Ukrainian family by holding a clothing sale, car wash, BBQ and pierogi sale. When one of her family members was diagnosed with cancer, she became a leader for the "Run for The Cure" in her area. Ketsman's strong leadership qualities are a blessing that will be with her throughout her life.



Robert Oldford
(Portage La Prairie)

Recognized for his contribution to veteran support and preservation of heritage through conservation and education as long-time president of Portage's Legion Branch #65. Oldford has been instrumental in helping to bring an understanding and respect of the Legion and its veterans. His volunteer work has also included 16 years at United Way Central Plains, including a term as president.



Frank Plett
(Rosenort)

Plett has demonstrated the true meaning of philanthropy with generous support to the St. Boniface Hospital and Research Foundation and of heart disease research and treatment in the past. He has served on the board of the Research Foundation for 10 years. The garden at the front of St. Boniface Hospital, Emily's Garden, is named for the Plett's granddaughter. Plett is also on the fundraising committee for the \$2.5 million Rosenort Fire Hall.



Wilma Shirriff
(Portage La Prairie)

Shirriff is described as being a young 83-year-old who is being recognized for her volunteerism. She taught school in Portage for 37 years, worked as a lay minister for decades, and served at Rossendale United for 20 years. Shirriff also volunteered a Lion's Manor, Douglas Campbell Lodge, and Portage la Prairie Hospital providing church services. This spring, Shirriff undertook the heavy load of conducting funerals and working closely with families during their time of grief. Every year she has a large garden and distributes vegetables to anyone who need them.



Blair Mason
(Somerset)

Inspired by his grandparents and father, the grassroots philosophy of giving to others has been evident throughout Mason's life. In 2021, he decided to join the Banatyne Legacy Circle for the HSC Foundation. During his spare time, he started the pioneer Mason Boote Museum near Somerset. A pillar in his church community, Mason is focused on living his best life through helping others, staying well, and setting an example for the community.



Renata Beaulieu, Ka
Kinew itagosit
(Portage la Prairie)

Recognized for her exceptional contributions to the preservation of culture and heritage through projects in education and advocacy for Treaty One in Portage la Prairie. She provided Indigenous language lessons for youth and was respected as a knowledge keeper. Beaulieu could also be seen volunteering at numerous events and Pow Wows. She passed away last July. Her daughter Jacinda Houlea accepted the award on her behalf.



June Letkeman
(Plum Coulee)

Letkeman has received a Recognition Award from the Manitoba Council on Aging. She has been the chair of the Plum Coulee Age Friendly committee, the Plum Fest Committee, and vice-chairperson for the Plum Coulee Elevator Museum. In 2018, Letkeman was the first female councillor for the Municipality of Rhineland and brought years of experience with her to the job, having previously served two terms as a councillor for the Town of Plum Coulee. She continues to serve on numerous community boards.



Kristopher Bowman
(Portage la Prairie)

Recognized as a veteran of the Canadian Armed Forces from 2000-2008 and remained a member of the supplemental reserve force until 2016. Post retirement, Bowman worked for Manitoba Corrections as a counselor at the Agassiz Youth Centre and was a member of their negotiation team for 9+ years. He has volunteered for over 10 years teaching Jiu-Jitsu at Portage Jiu-Jitsu and GMA'S Jiu-Jitsu and still finds time to support the Portage Royal Canadian Legion in volunteerism for various positions, including vice-president.



Yvette Souque (Portage
La Prairie)

Souque learned to volunteer from her parents. She has been active in refugee and immigrant work for over 60 years, beginning with the "Boat People" from Vietnam in 1979. She served as the executive director of the Calgary Immigrant Aid Society, the National Chair of the Canadian Refugee Association, and spent 24 years as a civil servant working in National Literacy. Her volunteer work has culminated in her 11-year service on the board of the Portage Learning and Literacy Centre, the last eight as its chair.



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Morden man, "I didn't expect any kind of acknowledgement"

By Lorne Stelmach

Rick Wiebe has been there for people in perhaps their most difficult times in life, and his years of compassion for others earned him recognition recently.

The Morden resident was honoured with the Queen's Platinum Jubilee award for his work through the family business, Wiebe Funeral Homes, as well as his involvement in the local music scene.

Wiebe was cited for his calm and sensitive demeanor in providing essential care to families through his work in the funeral profession.

Now 69, he took over the business from his father in 1971 and continued until he retired in 2014.

"The accolade for me, receiving it

because of my professional involvement in the funeral profession, is really tremendous," said Wiebe.

"To get acknowledged, even especially in the year of the Queen's death, is special too. My dad was such a monarchist; he loved the queen and thought she was a tremendous part of growing our nation.

"I've always loved my involvement in the funeral profession," continued Wiebe, who sold the company to employees upon his retirement. "The compassion needed for the people we were dealing with was so important ... that's what I really enjoyed about being in the profession ... people still come up to me and thank me at times, and that's really amazing. I appreciate it."

Wiebe added that he certainly would have never expected any special recognition.

"I didn't expect any kind of acknowledgement from being in the funeral profession," he said. "But to receive the medal from Candice [Bergen, Portage-Lisgar MP] was nice because she is a personal friend as well. For her to be able to present this to me was special."

Wiebe was also cited for his contributions to the music scene in southern Manitoba, including not only performing widely himself but also supporting fellow musicians.

Music has always been important to him, and he appreciates being able to play with and encourage other talented local musicians.



"I always had the liberty to be able to express myself with music, and I've appreciated that," he said. "I could always do that as well as my profession."



Cornell Pashe
(Dakota Tipi)

Recognized for his contribution to the Portage-Lisgar riding as an Indigenous coordinator bringing awareness for reconciliation, helping set up the Urban Indigenous COVID Clinic in Portage, along with his endless devotion and dedication to bringing all people together.



Mike Siemens
(Oak Bluff)

Recognized as being a devoted firefighter for over 40 years. Most recently he volunteered for eight and a half years as the fire chief for the MacDonald Volunteer Fire Department. He also volunteered at the Oak Bluff Bible Church for over 12 years as the finance chairperson and was an Oak Bluff Recreation Club volunteer for over 12 years while coaching hockey in the RM of MacDonald.



Cheryl Stock
(Elie)

Recognized as being a volunteer who has also created numerous clubs and committees around Elie. She created a thriving community club, helped feed needy families from the community Thrift Store, organized free winter fun days, and in the summer created a thriving green space. Stock's imagination and drive have no limits.



Gordon Atamanchuk
(St. Francois Xavier)

In 1985, Atamanchuk started a small hardwood flooring installation business. This business has grown to include gym, school, and rec. centre floors. His contributions can be seen in the community he supports. In 1953, Atamanchuk received the Coronation of the Queen Certificate and he will be proud to pass this on to his 11-year-old grandson who is learning best leadership qualities.



Robert Jones
(Portage la Prairie)

Recognized for his exceptional efforts towards heritage teachings and preservation of the CP Train Station. He serves as a volunteer for Portage la Prairie Heritage. Jones' efforts and volunteerism are greatly appreciated and noticed in the community.



John Knott
(Portage La Prairie)

Knott has volunteered at the Prairie Alliance Church in a variety of capacities for over 30 years. He has also been an active community patrol volunteer with the Portage Bear Clan, the Portage Soup Kitchen as a server, Meals on Wheels as a delivery driver, and the Herman Prior Centre, the local activity centre for seniors, as a volunteer in the kitchen and as an event server.



Angela Roulette
(Portage La Prairie)

Recognized for her heritage and reconciliation efforts, helping preserve cultural heritage of the Indigenous through her teachings and awareness. Roulette's work with the youth, government office, agencies and neighboring communities is exceptional.



Dave Koroscil
(Portage La Prairie)

Koroscil has been noted as an unsung hero as the president of the Portage Terriers and a Portage Exhibition board member, in addition to his dedicated support and volunteerism is response to the pandemic and all it encompassed. Koroscil's participation, leadership, and motivator skills are greatly appreciated in his community.



Sandra Duchak
(Portage la Prairie)

Recognized for her overwhelming contribution toward her community through volunteerism of over 42 years with the Gainsborough 4H Club. Duchak's countless hours of working with youth for the development and opportunity to step outside their comfort zones through Head, Heart, Health, and Hands were not unnoticed.

Jubilee medals a sweet surprise for Altona couple



Roberta Christianson (High Bluff)

Recognized for her exceptional contributions as an advocate and volunteer for cultural diversity, visual, literary, and arts. Christianson serves as chair of the Manitoba Arts Council.



Odile Thibert (Cartier)

Recognized in being instrumental as a published author in researching Métis and early settlers from the St Francois Xavier parish, along with her own excerpts of her personal life in Western Manitoba.

By Lori Penner

An Altona couple was surprised to learn they were both recipients of the Queen's Platinum Jubilee Medal.

Guy and Colleen Mullen have been integral advocates in their community for many years, but for two different causes.

Colleen was recognized for being a champion for mental health in Altona and Rhineland. She has been working on youth suicide prevention for the RHA and organized the first teen mental health workshops in the area.

She has served on many committees with Southern Health and the Mood Disorders Association of Manitoba. She was also on the board of directors for the Canadian Mental Health Association.

Colleen has been promoting awareness of mental health issues and helping people for the last decade or more. Along with undertaking ongoing training and working to raise awareness, she has also made herself avail-

able, developing relationships with people and advocating for them.

She prefers to stay out of the limelight, but says she is grateful for the recognition.

"I do feel very honoured. But I have my own personal reasons for doing the mental health promotion that I do. Even if I can prevent one person from dying by suicide, my work will be done."

Guy, meanwhile, has been a huge supporter of his community for most of his life.

He has been an enthusiastic member of the Altona Elks for over 25 years, at a provincial and national level. He was instrumental in fundraising for the Altona Elks Playland, which is in constant use by the little ones who visit the Millennium Exhibition Centre in Altona.

He has supported patients for 37 years as a medical technologist in the diagnostic unit at the Altona Health Centre. He has also supported ongoing education for

the diagnostic group in the area.

Guy has served on the South-Central Regional Library board and the United Church board for a number of years, coached minor baseball and hockey, and was also the president of the Pembina Valley Academy for continuing education, as well as rural director for the Cardiology Society.

Guy was recognized for his forward thinking and his ongoing commitment to make his community a better place to live.

"I was completely shocked to receive this award. I had no idea," he said. "It was a humbling experience, because we were in very impressive company, with people who put their heart and soul into helping people."

"For me, it's always just been a labour of love. Being there for the people of my community and beyond is just something I need to do. Any recognition is appreciated, but my reward comes from knowing that I helped somebody."

CONGRATULATIONS!

Queen's
Platinum
Jubilee
Medallion
recipients!



Driedger honoured for a lifetime of community involvement



By Autumn Fehr

For Joan Driedger, volunteering and serving the community have always been close to her heart.

Growing up on a farm south of Miami, she remembers her parents always being highly involved with the community.

When her parents died, she was teaching in Miami, and she and her husband picked up the torch and ran with it.

"My parents were very involved in volunteering, so we were just carrying on what they did," said Driedger.

Over the years, Driedger has volunteered throughout the community, including working at the curling rink and in the kitchen. She also collects for the Kidney Foundation and the Heart Foundation, to name a few.

In 2007, she joined the Miami Railway Station Museum as a volunteer.

"When the opportunity came along to volunteer at the museum, I thought, well, this is something I can do because it's mostly open in the summertime, and I got into the history of it," said Driedger.

The Miami Railway Station is a National Historic Site and a municipal heritage site. It was initially a former railway station built in Miami by the Northern Pacific and Manitoba Railway Company in 1889 and was an active station until the 1970s.

Driedger soon became more and more involved in fundraising, getting volunteers to help, and organizing behind-the-scenes at the museum.

Later, she became the agency's treasurer, playing a vital role in applying for and securing numerous grants for the museum to keep it thriving in the community.

"The more I got into the history of it, the more excited I got about the possibilities and making this a place that draws people to Miami and enjoying the rest of Miami," she said. "I thought this was a good way of giving back to my community."

Some projects Driedger has been a part of at the museum include adding tracks on the south side of the property and restoring a motor car and a gang car for display.

New freight shed doors, a new door into the waiting room, and the complete restoration of a 1914 wooden caboose were all also made possible by grants that Driedger applied for.

In the last couple of years, they tore down a local farmer's bins and used the wood to build a train shed. They've also updated the inside of the museum, adding new exhibits, such as a model railway, and some panels in the waiting room. All made possible by Driedger's direction.

"It's been quite a job to go out and get ties, rails, and all the materials that we needed and getting grants from the province and the municipality, who have been excellent," she said.

The museum board continues to find ways to make the space more accessible as well.

They have added a ramp so those with accessibility issues can enter the building more smoothly. This year they also added a virtual tour of the areas where people who can't get upstairs into the caboose or train shed can still enjoy the museum the same way.

A significant project they will be working on this spring is moving an underground fallout reporting station to the museum to add to the exhibit and enhance the community's experience.

In the future, they would also like to build a water tower to replace the one that used to be there.

Fifteen years since she first got involved, Driedger is still very much dedicated to improving the museum, adding new facets for the community to enjoy.

"I want to make the museum a star attraction. I want to make it so people will come to Miami and appreciate the history and all the things that Miami has to offer," said Driedger, who today serves as the museum's board chair.

Receiving the Queen Elizabeth II Platinum Jubilee Medallion was quite an honour for Driedger.

"I was humbled and honoured to win this medallion alongside the calibre of individuals receiving awards in the community, as I didn't think it was much that I do."



Donald Woods (Elm Creek)

Recognized for the commitment and outstanding contributions to Elm Creek. For over 37 years Don was a volunteer curling rink icemaker, a hunter safety instructor for 15 years, a volunteer firefighter, and 20 years volunteering as the groundskeeper at the golf course. In retirement he continues to support the youth by tutoring several students to advance their grades in physics. His wife Helen accepted the award on his behalf.



Gil Collet (Notre Dame de Lourdes)

Collet is a successful business leader, mentor, innovator, and promoter of the Francophonie in the community of Notre Dame de Lourdes. A 25-year school trustee who employed hundreds in his community, he has aided in keeping the French language alive while also mentoring many throughout his career.



The Queen's Platinum Jubilee Medallion recipients are the backbone of our society.

Their positive influences on the growth and vibrancy of our communities are an example of the true essence of servitude. I thank each one of you.

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MP | PORTAGE—LISGAR

Aviation specialist honoured with Queen Elizabeth II Platinum Jubilee medal

By Autumn Fehr

The world of aviation consumed Carman's Robert Diemert from a very young age.

"I had aviation in the blood," he said.

Growing up during the Second World War meant building many model airplanes, and he knew all the aircraft models by age three or four. His bedroom was filled with them.

During the war years, you couldn't buy them, so Diemert would build them out of scribbles that you could cut out and glue together.

The farm where Diemert grew up was around a lot of air activity, fuelling his passion and curiosity.

"Airplanes were flying around our farm all over the place," he recalled.

Before he knew it, his passion for aviation would open up many doors, contributing to significant advancements in aviation worldwide.

In 1956, at age 17, Diemert solved the problem of high-altitude flying for the U.S. Airforce.

In school, he invented a new type of jet engine for airplanes. He wrote a letter to The Pentagon and said, "Why don't you guys build your engines like this?"

It wasn't long before they invited him to share his expertise in person.

"The whole room stopped; you could hear a pin drop," recalled Diemert of the meeting. "They were all engineers, so as soon as I said it, they knew I was right."

He didn't know it, but at the time, the U.S. was working on the U-2, and they were having trouble

with the engine spinning out because they were flying at 80,000 feet and there wasn't enough oxygen up there for the engine.

They were trying to outfly the Soviet Union at the time, but this issue was standing in their way.

The information Diemert gave them that morning allowed them to do that, which made him responsible for the Russian overflights.

Diemert's Hawker Hurricane was the world's first warbird restoration. The warbirds are a worldwide, multi-billion-dollar industry that employs hundreds of thousands of people, and that all started in Carman.

Diemert flew it across the ocean and piloted it in the 1969 movie *The Battle of Britain*, directed by Guy Hamilton, who also directed four James Bond films.

Diemert was the only one who knew how to fly a Hurricane, which made him crucial to the film's completion.

"They had to take two months off to train their pilots to fly Spitfires. It took them that long to train their pilots to catch up to me," he said.

For six months, flying about 600 hours in his fighter plane, he flew all over Belgium, France, Holland, and up and down the English Channel.

At that time, Diemert had the only privately-owned Hurricane in the world.

He also restored the first Pearl Harbour Japanese Zero fighter aircraft, which is now on display in Florida and at Pearl Harbour, with his name on it.

In recent years, Diemert has shifted his work to designing an advanced Wing-in-Ground (WIG)



aircraft, which requires 25 per cent less fuel than a plane.

"We have many problems delivering food to our North because it's so remote and expensive to fly it in, and the WIG would be a much cheaper way of doing it," said Diemert.

For his many history-making achievements in aviation, Diemert was selected as a Queen Elizabeth II Platinum Jubilee Medallion recipient.



Ken Minty (Carman)

Recognized as a life-long "Red Surge," Minty got involved with the force right out of high school and was stationed in Morden, Carman, and around Canada for over 35 years. A longtime member of the Carman Royal Canadian Legion, Minty is the president of Legion #18.

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From the Council & Staff



RURAL MUNICIPALITY OF
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Grey

"It's just something I've always done," said Winkler's Gail Deere



By Ashleigh Viveiros

Giving back has always been a way of life for Gail Deere.

"It's just something I've always done," the Winkler resident and Queen's Platinum Jubilee Medallion recipient said last month, reached for an interview, fittingly, during a break from digging out her neighbours after a heavy snowfall.

"We're the youngest of the seniors on our street, so we do six driveways," she shared.

Deere's community involve-

ments over the years have included volunteering at the Central Station Community Centre and the Morden Friendship Centre, visiting with residents in the Buhler Active Living Centre, and handing out corn at Morden's Corn and Apple Festival even before she called the area home (she moved here from Winnipeg over a decade ago but was involved at the festival for decades before that).

During the pandemic, her usual service efforts on hold thanks to public health restrictions, Deere set out to find other ways of putting a smile on people's faces.

"When it first got started I did a lot of walking, so I'd just knock on windows and ring doorbells and wave and just say, 'I hope you're doing okay. Happy COVID!' Just trying to make people laugh."

She made the rounds in both Winkler and Morden with her physically-distanced greetings, and then set her sights on bringing some cheer to the personal care homes in both communities as well.

"I cut out little hearts and wrote on them, 'You're loved' and 'Have a great day' or whatever and then I went around them and stuck them on all the windows of the rooms at Salem Home and I did

the same thing at Tabor Home."

Many residents in Morden-Winkler those early pandemic days returned to their parked cars to find anonymous notes on the windshield encouraging them to "Have a good day" or "Stay happy."

"Just little things like that," Deere said, quick to downplay her efforts. "It really wasn't anything major ... I just wanted to spread some joy."

"I was trying to, as everyone else was, to make the best of this, certainly not thinking it was going to last as long as it has. But I thought, 'Let's make the best of this. Let's have some fun with it.' So I did a whole bunch of silly things."

Deere shared that she was frankly floored to be singled out for these simple acts of kindness and nominated for the Jubilee award.

"It's very humbling, especially when you think about how there's so many other people that do so many things for others," she said. "It makes me want to cry."

"I do this because I want to. I feel it's a calling from God, for me. And I figure my reward's going to be in heaven, but I think He figured I needed a perk up this last while, and it was like, 'I'll just give you a little teeny reward here on Earth.'"



Katherine Corbel Ile des Chenes

Recognized for her outstanding contributions and community support through programs such as the Smile Cookie, which helped fund the splash park, and donations to many other events such as Love Morris and DEKALB Super Spiel. She and her husband Keith introduced the Tim Hortons Timbits Soccer program with 60 children receiving jerseys, shorts, socks, and a soccer ball. And when a new employee's life was cut short by a vehicle collision, she fundraised to send her home to her final resting place in India.

ADDITIONAL HONOUREES (NO PHOTO AVAILABLE)

• Pedro Bedard (St. Francois Xavier)—Recognized as a fire medic who has advanced first-aid training. He took five weeks of unpaid leave to travel to Ukraine in April to help the people there. He was nominated by his son, Varian, who says, "He's also a great dad."

• Hank Boschmann (Winkler)—Recognized for community service efforts. Further details were not made available.

• Debra Enns (Altona)—Recognized for her volunteerism in provincial and federal elections. She also served as the chairperson of the Boundary Trails Health Centre Foundation and was a member of the Red River College Board of Governance.

• Blair Geisel (Portage la Prairie)—Recognized

for his exceptional contribution to enhancing mental and physical well-being to the youth in Portage as president of the Portage Junk Yard Dogs Cycling Club. Geisel has been instrumental for the development and fundraising of the activity park project.

• Colleen Kyle (Morden)—Recognized for her community service. Further details were not made available.

• Callum Morrison (Altona)—Recognized as investing an incredible amount of time and energy in the Altona area. He has been very active the response to the Ukraine crisis. He organized a fundraiser for MCC's Ukraine emergency response and raised over \$18,000. He also has been instru-

mental in volunteering for Regional Connections and the Conversation Café.

• Lynn Rempel (Morris)—Rempel is the former president and chief executive officer of Rempel Insurance Brokers and has given generously through the Dale and Lynn Rempel Foundation. She has volunteered at the Care Closet Thrift Store and with the parade committee for the Morris Stampede.

• Brain Watt (Morris)—Recognized for being the best neighbour you could ask for. At 92 years young, he still continues to clear neighbourhood driveways of snow with his snowplow. He continues to help others even though he now uses a walker.

Congratulations

To all the Queen's Platinum Jubilee Medallion recipients!



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"We're all in this together," Dr. David Goerz



By Lorne Stelmach

Dr. David Goerz firmly believes that you get as much out of being part of a community as what you put into it.

The Morden resident, who is known for the Care Dental Group, likes to quote Winston Churchill, who is attributed as having once said, "We make a living by what we get

but we make a life by what we give."

"It's wonderful to be part of the community," said Goerz, who was among the recipients recently presented with the Queen's Platinum Jubilee Medallion by Portage-Lisgar MP Candace Bergen in commemoration of the 70th anniversary of the late queen's accession to the throne.

"We're all in this together, and if you can do it together with other people and paddle in the same direction, you get to the destination so much faster," said Goerz.

Goerz has a varied record of community service, from having been involved with the former Kinsmen Club in Morden to serving on the boards of the Winkler Flyers and the Minnewasta Golf and

Country Club.

"I've always thought the golf course is one of the pillars of our community in terms of community and recreation," said Goerz, who reflected on the terrible loss of the fire that destroyed the clubhouse but also presented the opportunity to move forward with something new. "I know people have moved to this community because of the golf course in their retirement years."

Goerz of course is well-known for his dental practice, but his community involvement has been as important if not even more so to him over the years.

"I was very humbled to receive the award," he said. "The resounding message I heard [at the presentation]

was that everyone was humbled ... and everyone I talked to said they didn't do it for an award, giving back to the community.

"It was never done for a pat on the back ... it's just giving back," he continued. "I think of the queen, and we've now lost her, but her life was a legacy of giving back to the community.

"It was a wonderful recognition for sure," said Goerz, who hopes the stories of the selected recipients will perhaps encourage people to either step up or keep doing what they are doing in their communities.

"I think maybe, at the end of the day, an award like this can be used to encourage people," he said. "It's good to give back a little bit ... get out



Candace Derksen (Altona)

Derksen's voice could be heard over the airwaves during the pandemic and her stories could be seen online. She delivered stories of hope and promise. Through those uplifting stories and reports of residents we experienced encouraging accounts of people who were unsung heroes in their own rights that were trying to help ease the impacts from the pandemic.



Rose Carriere (Portage la Prairie)

Recognized for her commitment to the community. She has made outstanding contributions with her volunteerism, participation, and leadership with the Portage la Prairie Citizens on Patrol Program. Carriere has been instrumental in keeping people safe by helping to report, educate, and be vigilant about crime, road related initiatives, and general awareness in the riding.



Pat Schmitke (Morris)

Recognized through his various volunteer contribution of time and funds in the Morris area. Owner of Bigway Grocers, Schmitke has contributed numerous food and supplies to various charities and fundraisers. He is the owner of the Pembina Valley Twisters and past president of the Valley Agricultural Society that hosts the annual Manitoba Stampede and Exhibition.

"Caring for others is one of the most important things in my life"



By Ashleigh Viveiros

Former Winkler mayor Martin Harder was recognized for a lifetime of community service as a recipient of the Queen Elizabeth II Platinum Jubilee medallion this fall.

In addition to 16 years at the head of Winkler city council (a role that wrapped up in October with his retirement from politics), Harder has been a deacon and lay minister with his church, a regular volunteer at the Central Station weekly community meal program, an annual volunteer with the Winkler Christmas Cheer Board hamper distribution campaign, and has had a leadership role in countless community projects, including the creation of Bethel Heritage Park, the Buhler Active Living Centre, and Eleanor's Reading Nook at the Winkler Centennial Library.

"My connection with Winkler goes pretty deep," Harder says, sharing how his life was saved as an infant by medical staff at Bethel Hospital.

When he found himself making Winkler his home later in life, he felt called to get involved as much as possible in projects that contributed to the betterment of the community.

"Very quickly I started getting involved—through the chamber of commerce, through the Harvest Festival," Harder says, recalling his early years of lending a hand wherever he could.

Looking back at the lengthy list of projects he assisted in bringing to fruition, three really stand out as being points of pride for Harder.

"Buhler Active Living Centre, Bethel Heritage Park, and the Meridian Exhibition Centre," he says, noting all three of those undertakings were passions of his apart from his role as mayor.

The heritage park, located on the former Bethel Hospital site downtown, was top of mind for him as he pondered throwing his hat in the ring for council for the first time.

"I remember initially back in '06 getting involved in trying to persuade people that we needed the park where it is

right now," Harder says. "I am a firm believer that as people living in a community you need something more than bricks and mortar and businesses and politics—you need a place to be able to call home, a place to be able to unique, a place to just be. Bethel Heritage Park meant that for me."

Harder was later a major champion of the Buhler Active Living Centre project, which sought to provide a space for seniors to age in place in the community with assisted living services.

"I thought how was it possible that a community like Winkler could not provide services to those seniors who needed a little bit of help?" Harder says, lauding the community for pulling together to make the facility a reality by providing the needed financial support.

Getting hands on with these and other initiatives has been profoundly rewarding for Harder.

"When I look back at my community involvement, it has always been driven by a sense of need, of meeting needs in the community," he says. "It's a sense of caring for others, I think, that is one of the most important things in my life."

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sports & recreation

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Ski Birch Cross Country Club's upcoming events

By Ty Dilello

Shortly before Christmas, the Ski Birch Cross Country Ski Club, near Roseisle, hosted the Canada Winter Games selection race for the Cross Country Ski Association of Manitoba.

Skiers from across the province competed for the right to represent Manitoba at the upcoming 2023 Canada Winter Games in Prince Edward Island.

"The venue was excellent," said Karin McSherry, executive director of the Cross Country Ski Association of Manitoba. "The trails were expertly groomed, and the snow conditions were fast. Athletes raced well and had a good time at the event. The driving conditions were somewhat tricky due to the pouring rain on the highway, but crews were out sanding, and everyone arrived home safe!"

The Canada Games Selection Race is not the only event the Ski Birch Cross Country Ski Club will host this year. On Jan. 7, the club will be hosting its fourth-annual Birchkin Pumpski. This is a partnership between Ski Birch and the neighbouring ski club, Pumpkin Creek.

For this event, the clubs groom a kilometre of ski tracks that connect the two trail networks. The total distance, from the Ski Birch Chalet, to the



STANDARD PHOTOS SUBMITTED

Shortly before Christmas, the Ski Birch Cross Country Ski Club near Roseisle hosted the Canada Winter Games selection race for the Cross Country Ski Association of Manitoba

Pumpkin Creek Clubhouse and back is 15 kilometres.

On Jan. 14, Ski Birch will also be hosting a Manitoba Cup skate skiing race, where the best skiers from around the province will test their skills on the hills of the Manitoba Escarpment.

For those unaware, Ski Birch is located 35 kilometres southwest of Carman. The area is situated at the foot of the Herman beaches along the Dar-

lingford Moraine, which offers a wide range of gully and valley terrain that provide exceptional outdoor scenery.

Ski Birch has 10 km of classic skiing trails and 10 km of skate skiing trails. The club has also developed snowshoe and fat-bike routes. It was voted one of the top-five cross-country ski trails in Manitoba by the Cross Country Ski Club Facebook group, which has over 2,000 members. There are

bathrooms and a warm-up room in the Chalet.

Ski Birch has a long legacy of winter recreational fun; many may remember that it used to be a downhill ski venue.

Club Membership is available by visiting skibirch.wordpress.com, but drop-ins are also welcome, with trail fees of \$5 per individual and \$10/per family.

Cougars move up in high school hockey rankings

By Ty Dilello

The Carman Cougars high school boys hockey team head into 2023 on a high note.

The Cougars defeated the GVC Zodiacs 5-3 on Dec. 21 moving them into sixth place out of the nine teams in the Zone 4 Hockey League teams with a 5-9-0 record.

"We were able to head into the holiday break on a positive note,"

said Cougars' head coach Michael Heatherington. "We had our 'school game' in Winkler against the GVC Zodiacs. Every year, we have a school game at home or on the road where we invite both teams' schools to come and watch the game during school hours to boost the atmosphere. We were fortunate enough to leave with a 5-3 win."

Ryan Orchard led the way for the Cougars with two goals, while Josh Hiebert, Ethan Wilde and Jack Bausman had the team's other goals. Maysen Mazurat made 27 saves in goal for the win.

A few days before that on Dec. 19, the Cougars

lost a close game, 4-2, against the PCI Trojans.

"We made huge improvements from the first time we played the top-ranked Portage to the second time. We lost 9-1 in our first meeting and lost 4-2 in our second meeting. In the 4-2 loss, we had the lead until there was five minutes left in the second period. Overall, it was a much better game for us, and it let us know that we can compete with those top teams. That being said, we need to bring our best game and not take any shifts off."

Dawson Gitzel and Orchard scored for the Cougars, while Zander Cox stopped 38 shots in goal.

"I was very proud of how the boys played and handled their emotions. There were some tense moments and some situations that weren't going our way, but we were able to keep our emotions in check and focus on getting the win, something I think we

would have had a harder time doing at the start of the season. Overall, it was a really fun game, and it was awesome hearing our school cheer on the boys as they battled for a big win.

Orchard currently leads the Cougars in points on the season with 24 points, including 18 goals. Following him are Hiebert with 18 points, and Gitzel has 13 points. Mazurat continues to perform well in the net as he boasts a 5-5-0 record with a 3.67 goals against average and a .912 save percentage.

Coach Heatherington hopes that the Christmas holidays will give his team a much-needed rest as they gear up for the second half of the season.

"The break will give us some time for much-needed rest, recovery, and time to reset for the second half of the season. We're looking forward to improving and hopefully making some noise come playoffs."

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All applicants are thanked for your interest in this position; however only those chosen for an interview will be contacted.

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Qualifications:

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The Carman-Dufferin
STANDARD

Dufferin Agricultural Society

Position: Secretary/Manager

Hours: Part time - including some evenings and weekends

Job Description: Managing and coordinating ongoing business of the Dufferin Agricultural Society as required and as described by the Executive Committee.

Duties Include: Assisting Committees organizing and co-ordinating events for Dufferin Agricultural Society. Creating meeting agendas, preparation and distribution of minutes, community liaison, grant applications, vendor contracts, website maintenance, social media and other duties as required.

Qualifications: Previous administration experience an advantage, proficiency in Microsoft Office, Quick Books and/or Sage accounting systems is an advantage.

Must be able to work from a home office during the winter and spring months. An office on the Dufferin Agricultural Society grounds is available for use during summer months.

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HEARING: R.M. of Thompson
Council Chambers

LOCATION: 530 NORTON AVENUE MIAMI, MB

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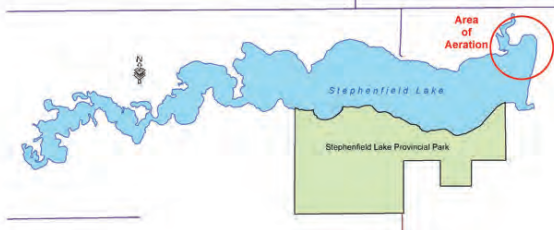
A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday 8:30 a.m. to 4:30 p.m. Copies may be made, and extracts taken there from.

Caution

There are aeration systems in use on Stephenfield Lake. The area around the aeration sites may have

Open Water & Thin Ice.

Please use caution while travelling on the lake.



For questions, call the Pembina Valley Water Coop. office at: 204-324-1931.

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Announcements Classifieds

The Carman-Dufferin
STANDARD

OBITUARY



Wendell Reimer

He was raised on a farm near Barnsley alongside his brothers: Terry and Gord, and sister Tracy.

Wendell attended the former Tracy School until grade four, and then Elm Creek School up to grade 10.

After this, he dropped out to pursue his life-long passion of farming and raising cattle.

When he was about 25 years old, Wendell left home and moved to a farm at Ridgeville, where he continued to grow his herd of registered horned Hereford cattle – a lifelong endeavour.

He was also a skilled horseman, and during this period of his life entered team roping events across southern Manitoba. He would continue to raise and train horses throughout his entire life.

Wendell moved back home briefly before settling down on a farmyard in between St. Claude and Haywood, which was little

more than a field of grass when he arrived in the mid '80s.

He had officially established Bar None Cattle in 1973, but also raised horses, dogs, and pigs at different times along the way.

Wendell met Loriane Dheilly in 1992, and the two got married the following year. The couple had two children together: Will (Billy) was born in 1994, and Sierra arrived in 1996. Wendell's children were his pride and joy, and of all his endeavours, fatherhood was most important to him.

Through the cattle business, and a network of coffee shops, Wendell made friends far and wide. His work and life were inseparable, and he continued to raise cattle until illness forced him into an 'early' retirement at age 70.

Wendell passed away at Carman Hospital with family by his side on December 18, 2022 following a lengthy battle with cancer.

He was predeceased by his parents Will and Hilda, and leaves to mourn his children, siblings, and a long list of nieces, nephews, cousins, aunts, uncles, and friends.

Funeral service was held on December 21, 2022 at the Carman Pentecostal Church. Burial took place in the Elm Creek Cemetery.

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

OBITUARY



Corinne Elizabeth Richardson

It is with deep sorrow, broken hearts, and much love that we mourn the passing of Corinne Elizabeth Richardson at the age of 72. She passed away peacefully in Carman Hospital on December 20th surrounded by her loving family.

Corinne lived a good portion of her life in Darlingford before retiring to Carman. Corinne celebrated her 55th wedding anniversary with her beloved husband, Marvin, on December 2nd. Corinne took up golf in her retirement years and looked forward to her golf outings. We're not sure what she liked more, the golf or the golf outfits?! She spent most of her time golfing with Marvin but loved it when the rest of her family could join in. Her daughter Cindy (Jeff) and her son Trevor (Florena) and their grandchildren Kyla (Ian), Brady (Nicole) and Alysia (Yohan) would also join in on the golf festivities. Corinne would be beaming when her great

grandchildren Braxton, Azayla and Liv would join them on the course! When this happened, it was more about entertaining and feeding them snacks rather than golfing! Corinne and Marvin were seldom a part, some would say they were joined at the hip! They spent almost every winter of their retirement travelling south for the winter. They would pack their trailer up and head for Texas where they made so many amazing memories and met so many great friends. They would always have friends from Manitoba go down for a visit. Corinne loved camping and enjoyed many boat rides on the pontoon at Pelican Lake. When she was on the pontoon the dance parties began and many joined in, even the great grandkids! She loved music and she loved to dance! Corinne had a zest for life and would light up a room when she walked in! If you were a close friend of Corinne and Marvin, you were considered family.

Corinne will be dearly missed and always remembered.

Corinne specifically wrote out her wishes and did not want a funeral. (NO FUNERAL!) was written to be exact! She wants us to celebrate her life so that's what we are going to do for her! She made a list of music she wants played and she said, "People better dance!" So, bring your dancing shoes and join us in a Celebration of Life on January 10, 2023 at 2 p.m. in the Brunkild Hall. Please bring your best Corinne story!

Memorial donations can be made to CancerCare Manitoba at cancercare.mb.ca or Carman Memorial Hospital Palliative Care. Thank you in advance for your generosity.

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take a break

> GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

A	R	T				P	E	S
T	O	N				E	D	E
E	I	V	O			I	O	I
N	V	I				V	S	E
I	B	A	D			N	E	A
N	O	T	E	T		S	N	V
						O	R	C
						E	B	E
						N	V	T
						H	V	D
						S	E	S
						C	R	A
						N	I	D
						H	S	T
						E	I	M
						A	E	B
						A	V	A

Crossword Answer



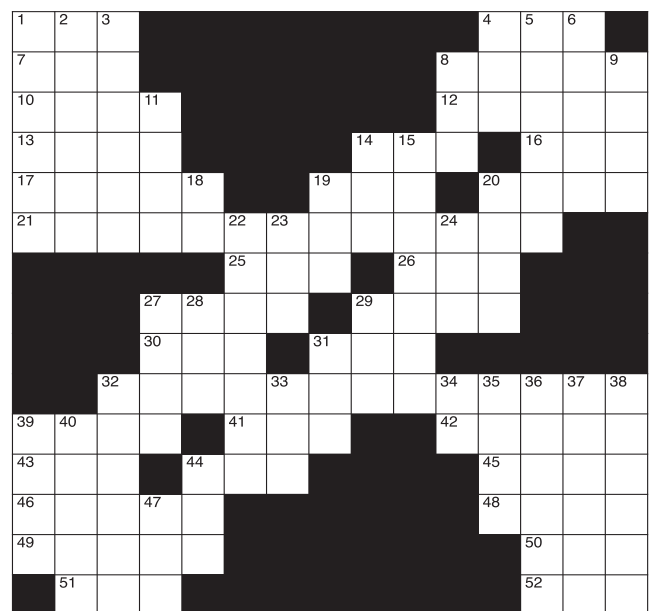
CROSSWORD

CLUES ACROSS

- Basics
- Swiss river
- Constrictor snake
- Building occupied by monks
- Discount
- Deal a blow to
- Relating to the ear
- Thyrotropin
- Loud, unpleasant noise
- Large intestines
- Move with a curving trajectory
- Witnesses
- You need both to live
- Dash
- Network
- Dig
- C. European river
- Supplement with difficulty
- Corporate executive
- Carroll O'Connor's onscreen wife
- No variation
- Airborne (abbr.)
- "Heidi" author
- Affirmative
- Pie ___ mode
- W. Asian country
- Grotesque or bizarre
- Delicacy (archaic)
- Textile
- Denial
- Electronic data processing
- Attempt

CLUES DOWN

- Engulf
- Waterside hotel



- Printed cotton fabric
- Defensive nuclear weapon
- One who follows the rules
- Lace up once more
- Fire byproduct
- Hankering
- Outer
- One-time aerospace firm
- Seafood
- Commercial
- Epoxy hardener (abbr.)
- Samoa monetary unit
- Type of gland
- Arrest
- Check
- Past participle of be
- Alias
- A major division of

- geological time
- Kids programming channel (abbr.)
- Joked
- Helps little firms
- Roman numeral 50
- Impressive in size or scope
- Domineering leader
- A person who delivers a speech
- One after 89
- Young hawk
- The scene of any event or action
- A team's best pitcher
- Integrated data processing

get inspired

> MEAL IDEAS



Turkey and Beef Meatballs with Whole-Wheat Spaghetti

Recipe courtesy of the National Heart, Lung, and Blood Institute

Prep time: 20 minutes

Cook time: 20 minutes

Servings: 4

3 quarts water

8 ounces dry whole-wheat spaghetti

2 cups chunky tomato sauce

4 teaspoons grated Parmesan cheese

1 tablespoon fresh basil, rinsed, dried and chopped

Turkey Meatballs:

6 ounces 99% lean ground turkey

1/4 cup whole-wheat breadcrumbs

2 tablespoons fat-free evaporated milk

1 tablespoon grated Parmesan cheese

1/2 tablespoon fresh chives, rinsed, dried and chopped

1/2 tablespoon fresh parsley, rinsed, dried and chopped

Beef Meatballs:

6 ounces 93% lean ground beef

1/4 cup whole-wheat breadcrumbs

2 tablespoons fat-free evaporated milk

1 tablespoon grated Parmesan cheese

1/2 tablespoon fresh chives, rinsed, dried and chopped

1/2 tablespoon fresh parsley, rinsed, dried and chopped

Preheat oven to 400 F.

In 4-quart saucepan over high heat, bring water to boil.

Add pasta and cook according to package directions. Drain and set aside.

To make turkey meatballs: In bowl, combine ground turkey, breadcrumbs, evaporated milk, Parmesan cheese, chives and parsley; mix well. Measure 1 1/2 tablespoons turkey mixture and roll into ball using hands. Place meatball on nonstick baking sheet. Repeat until eight turkey meatballs are made.

To make beef meatballs: In separate bowl, combine ground beef, breadcrumbs, evaporated milk, Parmesan cheese, chives and parsley; mix well. Measure 1 1/2 tablespoons beef mixture and roll into ball using hands. Place meatball on nonstick baking sheet. Repeat until eight beef meatballs are made.

Bake meatballs 10 minutes until minimum internal temperature of 165 F is reached.

Warm sauce, if necessary.

To serve: Serve four meatballs with 3/4 cup pasta, 1/2 cup sauce, 1 teaspoon Parmesan cheese and 1 pinch basil per portion.



Creamy Mushroom Pasta Nests

17 1/2 ounces whole-wheat spaghetti

1 teaspoon red pepper flakes

3 1/2 ounces Violife Just Like Parmesan Wedge, grated

To make marinade: Whisk olive oil, hoisin sauce, sesame oil, garlic chili paste, sesame seeds and harissa paste. Set aside.

To make breadcrumbs: In frying pan, heat plant butter. Add breadcrumbs, rosemary and garlic; saute 3-5 minutes until golden. Remove from heat and set aside.

To make pasta: Saute mushrooms in olive oil 5-7 minutes until golden. Add spinach, 2-3 minutes, and pour over marinade. Add cream cheese and whisk until creamy.

Boil pasta according to package instructions. Sieve and reserve 1/2 cup pasta water, adding to pasta sauce. Whisk constantly until combined.

Using tongs, make small nests in pasta, place on plates and pour creamy mushroom sauce on top.

Sprinkle with breadcrumbs, red pepper flakes and grated Parmesan.

Prep time: 30 minutes

Cook time: 20 minutes

Servings: 4

Marinade:

2 tablespoons olive oil

3 1/2 ounces hoisin sauce

2 tablespoons sesame oil

1 tablespoon garlic chili paste

2 tablespoons black and white sesame seeds

1 teaspoon harissa paste

Breadcrumbs:

1 tablespoon Violife Plant Butter

1/2 cup panko breadcrumbs

1 tablespoon fresh rosemary

1 teaspoon dried garlic

Pasta:

17 1/2 ounces mushrooms, roughly sliced

2 tablespoons olive oil

10 1/2 ounces fresh spinach

1 package Violife Just Like Cream Cheese Original

The five most nutritious winter veggies

By Health Expert Julie Germaine Coram

Does what you eat change throughout the seasons? Perhaps you enjoy soothing, hearty squash and potato soups in winter, but crave fresh salads come spring? Or what's better than warm, fresh summer strawberries, or a tasty spiced pumpkin latté on a beautiful fall day?

Seasonal eating is very healthy for you, too! This can also be considered 'eating local', which supports your community and benefits your body since the produce is very recently harvested. As soon as fruits and vegetables are collected, they begin to lose nutrients. This means that something transported across seas arrives on your plate with less nutritional value than it had originally. You are also paying more for these travelled items. To have the best options to eat seasonally in the winter, you should plan in the summer. Preserving items in their peak brings wonderful flavour to your table all winter!

The base of your winter meals should be late fall produce, my five favs listed below:

1. Cauliflower – I love the versatility of this vegetable! It can be mashed, blended into 'rice', or coated as vegetarian hot wings! Eating cauliflower will slow signs of aging, improve memory, reduce blood pressure, and even suppress cancer cells.

2. Cabbage – An absolute powerhouse and excellent source of fibre, cabbage is low in calories but provides vitamin C, vitamin K, antioxidants and more while supporting a healthy digestive system and promoting heart health.

3. Beets – This vegetable actually provides the cells in our body with the energy they need to effectively do their job. They also reduce inflammation and boost athletic performance!

4. Carrots – You'll be seeing better and looking great by incorporating carrots daily. In addition to vi-



Health and Wellness Fitness expert
Julie Germaine Coram

sion and skin benefits, the high fibre content is fantastic to support healthy bones.

5. Fennel – This bulb was first brought to my attention for its ability to increase milk production in nursing mothers. The high potassium, vitamin C and A, and B vitamins makes it a great choice for everyone. Unique compounds also allow this veggie to boast antiviral properties.

Embrace seasonal eating into the rhythm of your life!

Coach Julie Germaine Coram is a NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion, Miss Fitness Manitoba, and just a super fit Manitoban mom! She has helped tens of thousands of men and women improve their health since 2005. Check out her services at www.juliegermaine.com or book a FREE diet and fitness consultation directly with her by visiting this link: www.calendly.com/juliegermaine

Pomegranate Cheesecake

Prep time: 5 hours, 30 minutes

Servings: 6 individual cheesecakes

Crust:

10 1/2 ounces vegan gingerbread biscuits

6 ounces plant-based butter

1/4 teaspoon salt

Cheesecake:

0.07 ounces agar-agar

3 1/2 ounces canned coconut milk

2 packages Violife Just Like Cream Cheese Original

2 tablespoons maple syrup

1 tablespoon lemon juice

1 teaspoon vanilla essence

Pomegranate Syrup:

10 fluid ounces pomegranate juice, divided

3 tablespoons cornstarch

pomegranate seeds, for garnish

To make crust: In blender, blitz gingerbread biscuits until they form powder. Add butter and salt; blitz again until combined.

Place in six individual greased tart tins and smooth over base with back of spoon. Refrigerate to set.

To make cheesecake: In small pot over low heat, dissolve agar-agar in coconut milk, whisking constantly. Once boiling, remove from heat and set aside.

In large bowl, mix cream cheese, maple syrup, lemon juice and vanilla essence; slowly pour over warm coconut milk, whisking until combined and creamy. Divide evenly among tart tins and refrigerate 4 hours.

To make pomegranate syrup: In small bowl, combine 3 fluid ounces pomegranate juice with cornstarch. In small pot, boil remaining pomegranate juice 5 minutes. Pour in cornstarch and pomegranate mixture; whisk 5 minutes until syrup forms. Cool.

When cheesecakes have set, remove from tins and serve on plates. Pour pomegranate syrup on top and garnish with pomegranate seeds.