

STANDARD PHOTO BY BECCA MYSKIW

Beau, 5, was one of the first people to enjoy the water sprinklers at Carman's splash pad this year in King's Park. She made good use of the empty park on Wednesday with her grandma, but it didn't stay empty for long. Temperatures soared to a scorching 36.9 degrees C. in Carman on Sunday, beating the 1911 record of 32.8 C, bringing lots of children out to cool off. The Splash Park is open daily from 10 a.m. to 8 p.m.

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New signage on pathways shows local wildlife, plants

By Becca Myskiw

The Carman Community Pathways just got a whole lot more "picturesque."

Four pathways committee members got together to add special signage to the 6 km trail. Jack McKinnon spent a good part of his life promoting aerial farm photography, so knowing how important pictures are, he started talking to pathways members about an idea he had.

So, Neil Strachan, Edwin Pritchard, and Brian Riach, along with McKinnon, started designing several signs to put along the Carman Community Pathways that would inform people of the live things they could see on their walkabout.





The Carman Community Pathways Committee is installing informative signs along the pathway with photos of what someone may see while walking.

Each sign has a photo (taken by Pritchard or Tracy Vandermeulen) depicting wildlife or greenery people can find along the Carman Community Pathways. Below each photo is a short write-up about the animal or plant with a fun fact. The local Hutterite colony made the sign frames and the four men installed them so they sit low enough that children can read them themselves.

The primary audience for the signs

bloomin' great!





STANDARD PHOTOS BY BECCA MYSKIW

Pathway committee members, left to right, Edwin Pritchard, Jack McKinnon, Neil Strachan, and Brian Riach carried out the project.

is children, said McKinnon.

"If you can hook their interest in nature instead of watching things on television that would be a good thing," he said. "It gets them out in nature."

The men started by installing six signs in the area of the pathway across from Carman Memorial Hospital. They wanted to start small and get the community's feedback before adorning the entire 6 km with signage.

"Tve had people say the school brought the kids here, and the kids would say, 'Oh I have to come back here to show mom,'" said Pritchard. "So, it's dragging out people." The first six signs show a raccoon, a deer, a fawn, a blue jay, a pileated woodpecker, and a sumac tree. The committee has 16 more frames to fill and another six signs ready to be installed. They said if they get a good response, they'll keep adding signs.

The signage project happened because of the Nine Lives Fashions donation from their jewelry program. With that money, the Carman Community Pathways Committee installed a fairy garden and now the signs.

The committee is hoping to get more members and diversify their age range. To join the group, contact Strachan at (204) 745-6283.



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Planting seeds for Boyne Tower residents; naturally feeling better

By Becca Myskiw

Residents at Boyne Towers are getting their hands dirty this summer while returning to gardening, gathering and getting outside.

Thanks to some volunteer work by the town's Handi Helpers, a group of retirees who enjoy helping with any project, they built two planter boxes for the towers. They were able to make them thanks to a Healthy Together Now grant Lois Froese, a support to seniors in group living worker, applied for.

The people in the towers obviously had a very difficult time in 2020 and 2021 because of all the restrictions and things like that," she said. "Their social interaction has been nonexistent for a while. I wanted to have something for them to do that wasn't sitting in the building, so that they could get out and enjoy nature."

The Boyne Towers received \$2,000 from the grant, which they put toward buying the planter boxes, including dirt, seeds, protection from

squirrels, and the upkeep of them. Froese said during the pandemic, towers residents couldn't go to the garden because they couldn't mingle with Boyne Lodge residents, so this is the first step back to normal living for them.

Residents have planted beans, carrots, beets, onions, and spinach. They can now walk out to the planters whenever they want, tend to them, and just enjoy them. When summer's over, the residents will also reap the benefits and take home the produce.

"They're getting exercise and fresh air," said Froese. "They get to see growth. A lot of residents have been farmers or gardeners, so watching plants grow is therapeutic for them. And they get to do it together and that's the best part."

The planter boxes are in the garden area, directly south and east of the towers

The next step with the grant money is to make bird houses to put up around the towers, where residents



STANDARD PHOTO BY BECCA MYSKIW

The Handi Helpers built two planter boxes for the Boyne Towers residents.

can see birds coming to them from common areas or their rooms. Froese said the Handi Helpers would build

the houses for them, and the residents would paint them. They plan to put the birdhouses up next spring.

CIB Yard of the Week competition judging starting

By Becca Myskiw

It's almost time for Carman yards to be recognized for their beauty.

Carman Dufferin Communities in Bloom is hosting a Yard of the Week contest this July, with a new winner announced weekly.

In the mid-1980s, a group of Carman residents recognized their neighbours who worked exceptionally hard to make a beautiful yard. The thenchamber of commerce sponsored their project, with four community members forming a judging committee.

Dorothy Lucking, Doreen Young, Maureen Penner, and Margaret Riddell spent hours and logged hundreds of miles throughout that summer to find the best-looking yards in town.

"We pretty much made up the rules as we went along," said Riddell. "At that time there was only one award per month, but there were so many fantastic yards that we ended up sectioning the town so we could recognize more properties."

Winners received a "Yard of the Month" sign to display on their lawn, were recognized in local print, and received a certificate. This project continued into the late 1990s, but when the judges tired out, there was no one to take their place, and the contest ended with them.

Now, almost 25 years since the last Yard of the Month sign went up, Car-



STANDARD PHOTO SUBMITTED

Carman Dufferin Communities in Bloom is hosting Yard of the Week this July.

man Dufferin Communities in Bloom is hosting a Yard of the Week contest as part of their participation in the Year of the Garden.

A volunteer committee from the group will do most of the judging in June. The town will be divided into four sections for this program as before so all corners of Carman can be recognized. The committee will choose four



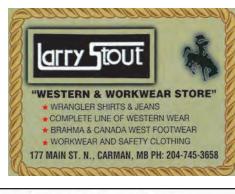
new Yards of the Week for each of the four weeks in July. Judges will only be looking at front yards. They will first consider eye appeal and the overall attractiveness of the front yard. Then they will look for well-maintained flowers with "distinctive colour and texture", trees, shrubs, grass, home maintenance, and general curb appeal.

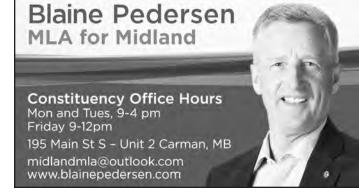
"The size of the property is not necessarily relevant," said a spokesperson for Carman Dufferin Communities in Bloom. "Even the smallest yards will be eligible."

Winners will be awarded a gift basket, a certificate of recognition, custom signage, and their photo in the Standard

There are no nominations for this. The volunteer judges

have been walklooking competition.





with permission.

ing around town, noting the best yards themselves. Communities in Bloom wants people to think of this as a showcase rather than a







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Volunteers wanted for Dufferin Historical Museum

The "story" of Carman is one which all of the residents of this town are busy writing. Some of you reading this may have spent a lifetime as a "co-author," while others are still learning what to write. However, with each addition to the story of Carman, we must take time to recognize our community's collective past. History shapes our understanding, challenges our perceptions, and teaches us valuable lessons for the future. Without it, the fabric which unites this vibrant community loosens. For that reason, the Dufferin Historical Museum is an integral part to our town. One of the most beautiful exhibits located there is the 8 foot tall wooden cathedral, built by George M. Strachan. It took Strachan 11 and-a-half years to make.

The final creation was completed in 1918 and consisted of 4,514 separate wooden pieces and displayed at the Brandon fair. The war section of the museum holds several artefacts from different wars, dating back as far as 1812. The most peculiar artifact is the "bulletproof" chest plate from the First World War, allegedly shot by a British tommy gun to prove its redundancy. Among the other war artefacts, the museum also holds a bullet shot during the infamous Battle of Gettysburg during the American Civil War. In the back of the museum, there are arrangements of different household artefacts. Flip through the poster boards to get an idea of what life was like in Carman during the late 19th to 20th centuries, or view the old confession box and other historic church exhibits. Some belonging to the older generations of Carman may remember the Boyne School, formally located a few miles east of town on highway 3. In 2015, the school was moved to the Museum and refurbished. The school is

now open to the public, and it is definitely worth a visit. The museum is open Wednesday – Saturday in June and will be open Tuesday – Sunday in July and August. Entrance to the school is included in the price of admission. The Museum is a beautiful spot to host local school trips, family trips, or solo visitors. Whether you are into agriculture, education, history buff, or anything in between, the Dufferin Historical Museum will have something that captures your curiosity.

Volunteers and members are the cornerstone that helps keep the museum alive. If you are interested in becoming a member or volunteering to sit at the museum on a Sunday afternoon, please contact the museum at 204-745-3597. By doing so, you take an active role in the preservation of Carman's story, and will gain a greater appreciation for the fantastic town we call home.

- Michael Riedstra

Government to expand staffing and training in personal care homes

Improving care and building better and safer lives for older Manitobans

Submitted by Manitoba government

More than \$16 million in new funding will be invested this year to expand staffing and training in personal care homes (PCHs), aligned with the Manitoba government's commitment to fulfill all recommendations of the Stevenson Review, Seniors and Long-Term Care Minister Scott Johnston and Health Minister Audrey Gordon announced last week.

"Our government will continue to make improvements and staffing investments in the short- and longterm to ensure older Manitobans are

supported and receive safe and person-centred services," said Johnston. "This investment will increase staffing within the personal care home sector provincewide and build on our government's commitment to implement all of the recommendations set out in the Stevenson Review."

This new funding will support the: recruitment and hiring of more than 350 health-care aides to increase the amount of daily direct care provided to residents;

- addition of 72 new positions for registered nurses and licensed practical nurses combined;

- establishment of medical leads to provide leadership and guidance to PCH medical services and infection prevention and control enhancements; and

- investment of \$1.5 million in tuition supports and direct care staff recruitment incentives to help build this workforce.

"Strengthening healthcare is the top priority for our government including the health and well-being of people living in personal care homes," said Gordon. "We are investing in staffing and training to improve care and building an environment to support better health outcomes and safer lives for older Manitobans."

This new funding is in addition to more than \$15 million announced in April 2022 to improve infection prevention and control in the long-term care sector, add housekeeping and allied health staff, and improve information and communication technology related to patient care and operations.

In April 2022, the province released

Continued on page 5



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CLASSIFIED ADMINISTRATOR

Corrie Sargent

Carman Chamber to host annual golf tournament Thursday

Chamber still accepting entries for July 9 parade

By Becca Myskiw

It was another week of technical difficulties for those attending the June 14 Carman and Community Chamber of Commerce via Zoom.

The chamber has been having its monthly meetings in-person in the lower level of the Memorial Hall and virtually for months, but unfortunately, the past two meetings have seen difficulties for those attending through their screens.

The chamber sent out an apology email for the technical difficulties last week, saying they'll be investing in a new "owl" this summer in preparation for those who wish to continue to join meetings remotely.

Lunch was once again available at the monthly meetings with things returning to normal following the government's restrictions of no in person meetings during the pandemic.

The June meeting focused on the busy summer of activities planned.

This week is the Carman and Community Chamber of Commerce annual golf tournament on June 23; Sunday is the Wheels Car Club car show in the park, and the Carman Country Fair is July 7 to 9, with the parade on July 9 at 10 a.m. Businesses are still welcome to enter their floats.

As mentioned in the May meeting, the Chamber is implementing a new membership platform, which they hope to have in place by the fall. The new platform will give members new benefits and allow a membership portal where they can add information and events about their businesses. In addition, the Chamber will switch to a new website with upgraded features with the platform.

Also discussed at the June meeting was the plan to host a Women in Business event Sept. 10 in Ryall Park to highlight the large community of past and current women entrepreneurs.

The Chamber is also considering buying a portable sign to advertise the downtown merchants, which they would place near the pool and campground during the summer months.

The next Chamber meeting will be Sept. 13, once the summer activities have wrapped up.

Filipino community celebrates independence

Staff

Close to 400 Filipinos from the Morden-Winkler area came together recently to commemorate the anniversary of their home country's independence from Spain.

The event featured Filipino food, dance, and songs at the Access Event Centre June 12 on the 124th anniversary of independence.

"With the help of several volunteers, I was motivated to push with what has been an idea of mine for a few years: to have our first independence day party in our community," said Jewel White, who was one of the organizers of the celebration. "I felt that our country's independence story must be shared to the community."

The Philippines was a Spanish colony for over 300 years, starting when explorer Ferdinand Magellan arrived in 1521 and claimed the islands for Spain, naming them in honour of King Philip II.

Many customs and traditions—religion, food, and even language—in the present day Philippines can be traced back to the centuries of Spanish influence that followed.

Filipino nationalists revolted against



SUPPLIED PHOTO BY ALDRICK LAGMAY

🖌 EFFICIENCY

MANITOBA

"I upgraded my furnace

A few hundred members of the local Filipino community gathered in Morden last week to mark the 124th anniversary of the Philippines independence from Spanish rule.

Spanish rule in the late 1890s, eventually earning their independence with the victory at the Battle of Manila Bay.

Revolutionary leader Emilio Aguinaldo declared the Philippines as independent on June 12, 1898, and this day is still celebrated by Filipinos around the world.

"Knowing our history will give the community a better understanding of our culture," said White. "It is also imperative for the younger generation to remember our history and that, regardless of where we are, we must give honor to the heroes who fought bravely so we can have the freedom we enjoy today."

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> MORE MONEY FOR PCHS, FROM PG. 4

the final report of the Stevenson Review, an independent external report following a serious COVID-19 outbreak at the Maples Long Term Care Home between Oct. 20, 2020, and Jan. 12, 2021. The government commissioned an external review led by Dr. Lynn Stevenson and accepted all of the report's 17 recommendations for action, reflecting four themes: resident safety,

staffing complements, infectious prevention and control, pandemic preparedness and communication with families and staff.

For more information or to read the Final Report of the Provincial Implementation Plan for the Stevenson Review , visit https://gov. mb.ca/seniors/maples_review. html.

6 The Carman-Dufferin Standard Thursday, June 23, 2022 Library kicking off summer reading program with BBQ

By Becca Myskiw

Beginning next week, and through August, the Boyne Regional Library is hosting an array of summer reading programs for both children and teens.

This year's event will be kickedoff with a barbecue and prizes to be won. Program registration starts on Tuesday, June 28, and from 5 p.m. to 7 p.m. the library staff will be hosting a barbecue funded by the Government of Canada with a grant in hounour of Queen Elizabeth II's Platinum Jubilee.

The event will be at Ryall Park with a free hot dog and dessert for schoolaged children and their families. After eating, people can go across the street to the library and register their children for the program. As the Boyne Regional Library's summer reading program is for students in Kindergarten to Grade 12, that's who's able to attend with family.

Lynsey Hannah, a staff clerk at the library, said they're also working on getting live entertainment for the barbecue, face painting, and activities for the children.

This year's summer reading program will work differently than it has in the past. Upon registering, students will get 10 prize tickets. There are 10 summer reading program prize baskets up for grabs this year, so participants can put their tickets in each basket, one of them, or some of them. There's a family fun prize basket, an outdoor one, a teen one, and more.

"We thought that was more fair to everyone," said Hannah.

There will also be weekly incentive prizes for those in the program throughout the summer. Boyne Regional Library's summer student, Angela Dyck, said those prizes would be available to the children doing specific challenges like reading a book by a Canadian author or trying a new genre.

"It makes it a little more interactive with the goal of expanding their reading," said Dyck.

The summer reading program is entirely free for those who participate in it. Along with the prizes, library staff has also made up a reading BINGO card for students with more challenges.

"[The program] keeps kids reading through the summer," said Hannah. "It's really important, from our perspective, to make sure kids are continuing with their reading. It helps with the transition back to school."



STANDARD PHOTO SUBMITTED

The Boyne Regional Library's summer reading program starts June 28 with a BBQ to kick it off. Staff clerk Lynsey Hannah, left, and summer student Angela Dyck are in charge of the program and are looking forward to meeting people from Carman and surrounding communities.

Anyone in the rural municipalities (RMs) of Dufferin and Grey can get a library membership this summer for free. As well, anyone residing in the RMs of Sperling, Roland, and Mac-

Donald can get their fees reimbursed by their RM.

The summer reading program's prize draw will be on Aug. 30 at 10 a.m.

Flashback.....Track Day



For decades Midland Carman Collegiate and Elementary would head down to King's Park and compete against neighboring towns or be divided into teams... Missiles, Rockets, Jets and Meteors. Bagged lunches, dust & dirt, points tallied and ribbons handed out. Some Mom's would make an appearance to cheer on the little ones.

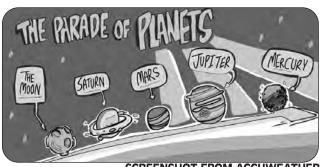


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Parade of Planets stretches over the prairies



SCREENSHOT FROM ACCUWEATHER one hour before sunrise.

By Emma Honeybun

There will be a full 'Parade of Planets' on June 24. Although the five main planets, Saturn, Mars, Jupiter, and Mercury, have been aligned throughout the month of June, the Moon will join in on Friday to create a full, perfect line of six planets in a row.

This will be the first time since 2004 that all of these planets will be aligned at one time. They allegedly will not return to this position for another 20 years once it's finished, according to AccuWeather.

All of the planets will be visible to the human eye, The Parade of Planets will be in full view this Friday without the need for extra help from a telescope.

The best time to see the parade is one hour before sunrise, if clouds or pollution don't obscure the view. Rural areas are more likely to get a better glimpse than those living in Winnipeg.

The moon will be a crescent, and the planets will be aligned from east to south.

The aligned planets without the addition of the moon are already visible, and have been all month.

Mark this as encouragement to get up extra early - again, an hour before sunrise — and witness the longest, farthest-reaching parade that is out there to watch for free.

Big Brothers Big Sisters reports on a challenging year

By Lorne Stelmach

While feeling the impact of the pandemic, Big Brothers Big Sisters of the Pembina Valley remains in a solid position as it now looks to move forward.

Following the organization's virtual annual meeting last Wednesday, executive director Jenelle Neufeld said she is excited and hopeful about what the year ahead will bring after the past year of challenges.

"It wasn't the greatest year that we've had, but, all things considered, we are happy with the position we are in right now," she said.

"We have come out the other side

with the unprecedented years behind Bowl for Kids, which is a fundraiser us, and we are excited for what the future holds," Neufeld said in her report to the board. "We look forward to the new year ahead, moving forward while getting back to a new sense of normalcy, which will reflect heavily in our programming as well as our fundraising."

The organization is coming out of the pandemic years in a good financial position. Although it recorded a deficit of about \$38,000 in the past fiscal year, it still maintains an accumulated surplus of over \$93,000.

It saw an impact on revenues particularly with not being able to hold its

that can bring in upwards of \$32,000 each year.

"That's kind of an irreplaceable fundraiser for us," said Neufeld, who noted they held, in its place, the Big Night In fundraiser where they partnered with Mulligans and raised about \$11,000.

"It was something that we could do within the restrictions at the time," she said. "It was a way for people to still support our organization."

There was also some impact on their

mentoring programs, especially in terms of the way they delivered them. "With our programming, it has been affected a little bit, but as a whole, we're still in a strong position with our casework numbers," said Neufeld.

"It was just a different dynamic because you have to anticipate that some people were still not going to be comfortable attending events ... it was a little bit of a learning curve.

"It was hard to keep the connections going," she continued. "We did tran-

Continued on page 8

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– Abbie Zamora **Conference Services Manager** Fort Garry Hotel, Spa and Conference Centre Winnipeg, Manitoba

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Headlining at the Morden Corn and Apple Festival this year is Snake Oil and Big Wreck (above). The festival runs Aug. 26-28.

Snake Oil, Big Wreck to headline Corn & Apple

By Lorne Stelmach

The Corn and Apple Festival will return this summer with two rockin' headline acts.

Friday night will feature the second festival appearance by rock tribute band Snake Oil while Saturday evening's stage lineup will be anchored by long running Toronto-based hard rock act Big Wreck.

Executive director Tim Hodge is happy to be able to be talking about the festival again post-pandemic.

"It's exciting ... first year back after a couple years off," he said. "It's really nice to be talking about our main stage entertainment again. We haven't been able to do that for a few years."

sition to virtual matches, so they were

AGM, FROM PG. 7

>

Big Wreck is a Canadian-American rock band formed by Ian Thornley and Brian Doherty in Boston in 1994. They disbanded in 2003, and Thornley pursued a solo career with his own band Thornley.

In 2010, Thornley and Doherty reunited for a cross-Canada tour. In 2012, under the name Big Wreck, the band released their third studio album, Albatross. They have since released the albums Ghosts in 2014. Grace Street in 2017, and But For the Sun in 2019.

Doherty passed away in 2019 after a battle with cancer, just before the band issued But for the Sun. The new lineup has since released a trio of EPs

meeting online, however they wanted to do it.

"If you're not able to see the per-

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that will be put together to make their seventh full-length album, Big Wreck

"They'll have a bunch of new stuff out there leading up to the festival," said Hodge. "They've been synonymous with Canadian rock now for three decades ... they've got a huge breadth of songs to play. We're really excited. We think they put on a solid rock show."

Snake Oil, meanwhile, is an act whose 2017 festival performance people are still talking about.

"They bring a fantastic show," Hodge said. "They are the group that I have heard about the most from fans of the festival."

son, though, it's harder to keep that connection going," she said, adding they also had their in-school matches transition to a traditional community-based match because it allowed a little more flexibility during a time when access to schools was limited.

Overall, the agency reported 19 mentored youth as of the annual meeting, with 15 on a waiting list.

Looking ahead, Neufeld noted they hope to start making in-roads into Carman, starting with a July 14 fundraising golf tournament there. They are also working to get some matches started in the community.

"We will need volunteers first in order to do that," she said.

Otherwise, one significant change for the organization sees Mark Bennett stepping aside as board chairperson. Rebecca Wiens is the new board chair. In his final report, Bennett recalled the reason he had originally joined the board.

"Jeremy Ward, who served as president in the early 2010s, told me that

Snake Oil will bring their Ikons Of Rock arena rock show to town, which can portray the music, the look, movements, and mannerisms of such classic acts as AC/DC, Aerosmith, Alice Cooper, Def Leppard, Evanescence, Heart, Kiss, Joan Jett, Ozzy Osbourne, Pat Benatar, Rob Zombie, Van Halen, Whitesnake, Journey, Queen, Motley Crüe, and more.

"They've got elaborate costumes and wardrobes, and they are a super high energy show," Hodge said.

The rest of the festival entertainment lineup is expected to be announced by sometime in July.

The 2022 Morden Corn and Apple Festival runs Aug. 26-28.

the reason he became involved was that he had learned that some children in need of our services had actually aged out of the program. That is to say, these children in need were on the waiting list for a match for so long that they had grown too old to qualify for the program.

"I know some of my fellow board members have heard me recount this story numerous times, but my hope in mentioning it yet again, in this context, is that the spirit, drive, purpose and vital importance behind what the agency is tasked with doing are embedded in the mindset of each of the members, donors and potential supporters that make our programs possible.

"Our mandate of ensuring that every child in need of a mentor in our region has a mentor remains unchanged," Bennett stressed. "Our focus for 2022/2023 remains unchanged. As an agency, we must continue to uncover mentors for youth in need of mentorship."

Winnipeg Folk Festival a 'quintessential Manitoba summer experience'

By Becca Myskiw

The most Manitoban event is back for 2022 with a lineup like no other.

The Winnipeg Folk Festival returns to Birds Hill Provincial Park in two weeks, meaning live music is back after two years. This year's lineup is one executive director, Lynne Skromeda, describes as the most diverse ever.

They have bands coming from all around the world with a gender balance, some that have never been to Canada, let alone Manitoba. They'll be playing seven different stages from July 7 to 10.

"I personally love singer-songwriters a lot," said Skromeda. "So, there's always new and interesting people to discover. I'm really excited about Japanese Breakfast...she's blown up over the past couple years and was set to come in 2020, so she finally can come now."

Japanese Breakfast also has a bestselling book out right now, which she'll be doing a reading from during her performance at the festival.



STANDARD PHOTO SUBMITTED Part of Japanese Breakfast's performance will be a reading from her bestselling book. Also playing this year is Winnipeg's Boy Golden, the Blind Boys of Alabama, Fontine, Shanley Spence, The Strumbellas, Portgul. The Man, and more.

This year's festival has partnered with a local brewing company for the first time, too. Little Brown Jug will be supplying the beer on a fully licensed park — also a new this year. Skromeda said spectators can now grab their drink and take it to their seats to enjoy.

Skromeda said each Winnipeg Folk Festival has its own one-of-a-kind elements, this year's obviously being that it's the first one back. One of the most satisfying things for Skormeda is when she's standing by the main stage, the band is playing, and the audience is standing and singing along.

"It just feels so amazing that our team has been able to pull something together where tens of thousands of people are having the best times of their lives," she said.

The festival wasn't the only thing to suffer during COVID-19, though. As CDs are virtually non-existent now, most artists weren't getting a paycheck for the last two years as they couldn't play shows. The Winnipeg Folk Festival is one of the first big events supporting these artists again.

"It's so important for them to not only have the opportunity to make money that way but have that satisfying emotional connection with people again," said Skromeda. "They can get back to doing work they love in the way they love. For us to be able to support that network, to be able to ensure these artists are able to get back to work and performing again, it's amazing. Without arts, there's no festival."



STANDARD PHOTO SUBMITTED Winnipeg Folk Festival has the most diverse lineup this year and is on from July 7 to 10 in Birds Hill Park. This year's event is 78 per cent sold out already. There are 75,000 tickets to be sold and Skromeda's confident they'll all be in the hands of music lovers. She said for anyone who hasn't been to the festival, this is one of the best years to try it — it's a "quintessential Manitoba summer experience", and a safe, outdoor one at that.

The Winnipeg Folk Festival will no longer require proof of vaccination for audience members to attend the 2022 Festival.

This decision was made after carefully considering feedback from the community, the size of the outdoor space, changes in public health orders and to be consistent with industry standards at live events in the province and across the country.

Vaccination requirements will remain in place for anyone working at the Festival, including artists, staff, board members, volunteers, media, backstage guests and vendors.

Tickets for the return of the Winnipeg Folk Fest on July 7-10 are on sale on line at winnipegfolkfestival.front-gatetickets.com or by phoning 1-888-512-SHOW (7469).



Pork – the thrill of the grill

You know it's summer when the tempting scent of the grill starts wafting through the neighbourhood. After a long winter, and rainy spring, Manitobans are firing up their barbecues and smokers, while welcoming friends and family back to their outdoor living spaces.

Pork is a high-quality protein that's rich in key vitamins and minerals. Lean, nutrient-rich pork offers Manitobans a natural and tasty option that provides excellent value for your grocery dollar. Because of our province's ability to produce pork on a large-scale, Manitobans have access to some of the most affordable protein in the world.

Whether it's a backyard gathering, a potluck cookout, or a balcony dinner for two, grilling season means opportunity to get adventurous with different cuts of meat. From tender chops and lean ground pork for juicy burgers to cubes for colourful kabobs, you'll put the thrill in your grill while using healthy and affordable, locally produced pork.

To learn more, visit manitobapork.com/food.

Winkler Harvest Festival announces stage lineup

By Ashleigh Viveiros

The Winkler Harvest Festival is going a little bit more country than usual this year.

Festival organizers announced the Friday and Saturday night headliners this week for the Aug. 12-14 celebration.

Anchoring the Friday evening show is Winnipeg band Petric featuring brothers Jason and Tom Petric and Jordan Day.

The group took the country music scene by storm back in 2015 with the release of their debut single Here Goes Everything, which cracked the top 20 on Canadian country radio. In the years since they've had numerous charting singles and top 20 hits and have accumulated over 15 million worldwide online streams.

"It's nice to highlight some Manitoba talent," said festival director Kathy Bueckert. "They are a little bit more on the country side than we usually see on a Friday night at the festival, but I do think that they'll appeal to a broad audience with their sound."

Opening for Petric are local band Link and the Moustaches and the Royal Canadian Air Force Band, which will both bring the classic rock sounds usually heard festival Friday.

"They do a bunch of fun covers," Bueckert said of the RCAF Band. "A lot of older rock style music."

For Saturday night on the main stage this year, the festival is welcoming not one but two headlining acts.

"We wanted to go big for our Saturday night, so we decided to go with co-headliners," Bueckert said. "Thanks to the generous sponsorship from Triple E we were able to make that happen."

Taking the stage that evening will be Jade Eagleson and Tenille Arts, both rising country music stars.



SUPPLIED PHOTOS

Above, Petric takes to the Winkler Harvest Festival's Friday night stage while Tenile Arts and Jade Eagleson co-headline, pictured below, the Saturday night entertainment.

Eagleson has been making a real name for himself on the international country music scene since the release of his debut self-titled album two years ago.

"We're thrilled to have him on his way up," Bueckert said. "We love to bring people in as they're building their careers and then a couple years down the road we can say, 'That guy played in Winkler.' It's a cool thing to be able to do."

Arts, meanwhile, has become a familiar face in Canadian country music since her self-titled debut album in 2016. Her latest album, Girl to Girl, was released last fall and her single "Back

Then, Right Now" is in radio rotation. Last year, Arts was inducted into the CMT Next Women of Country Class of 2021.

"I've been familiar with her music and so I was so excited that she was an option for us," Bueckert said. "I think they'll both put on a great show.

Opening for Eagleson and Arts will be homegrown country crooner Joe Wilson performing a blend of heartfelt originals and classic covers followed by country rockers the Johnson's Creek Band.

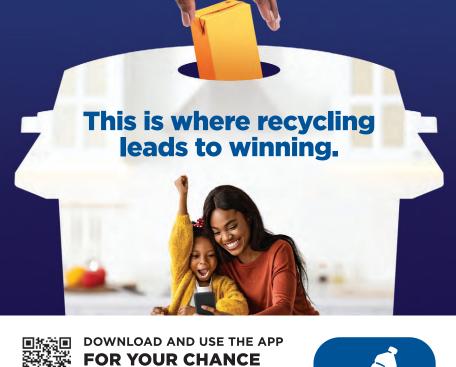
That just leaves Sunday, which traditionally features Christian music acts. Bueckert is still working on the details of who that headliner will be.

"Planning the first festival after the pandemic certainly comes with its challenges," Bueckert said. " Some of our music bookings have been a challenge in that way and so we're not ready to announcing our Sunday headliners just yet. But as soon as we can, we'll put that out there."

The festival has announced that opening Sunday night's stage entertainment will be comedian Matt Falk.

"With all of the division that has happened in the community the last couple of years, I just thought it was such a great opportunity to bring everybody together to laugh. It's so healing," Bueckert said.

Following Falk will be Christian music singer-songwriter Jordan St. Cyr.



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Carman Hits a Home Run...Hosts Pan Am Ball

By Dennis Young

Fifty-five years ago, from July 23– Aug. 6 Winnipeg hosted the 1967 Pan American Games, out bidding Caracas and Santiago. It would be the largest sporting event ever held on the North American Continent and was being played during our Canada's Centennial year. Twenty-nine nations would compete in 20 sports at the first Games held in Canada.

Baseball was one of them, and the teams vying for the gold would be from Cuba, Mexico, Puerto Rico, the United States and Canada. In addition, the Pan Am Games Society was accepting bids to host games outside of Winnipeg, and that's where Carman began to play ball!

After months of hard work, a committee consisting of Corp. Grant Russell as Chair, Carl Daly as Vice, Secretary Abe Loeppky and Bill Blight Treasurer presented an impressive brief to the Society and municipal, provincial and federal officials. They hit a home run and received confirmation in November 1966 that Carman would be hosting as many as 20 games.

Until then, there would be plenty to do, like bringing the diamond up to Pan Am standards estimated at \$5000 (\$44,000 today). Three thousand (3000) yards of Kentucky Blue grass sod was painstakingly laid over 387 man hours. Bleachers to seat an additional 1200 (making capacity 3800) were purchased and hauled from Manitou. A score board was erected/sponsored by Coca Cola, a new backstop and the dugouts enlarged/ rebuilt. The Westinghouse Company and Hydro offered to spot the lights and replace 50 bulbs for free.

Meanwhile, Team Canada too was busy. Tryouts were held in Saskatoon, Montreal, Moncton, Guelph and Brandon under the watchful eyes of head coach Gerry McKay and his assistant Carman's Gladwyn Scott. Following camp the selected players, including right-handed pitcher of Miami Glennis Scott, would assemble in Brandon for workouts.

With no funding for this team, many excellent players did not try out due to travel costs.

"Especially in Quebec and Ontario we lost a lot of talent due to that fact " Gladwyn confesses. "Now the National team is government funded but back then we were on our own."

Exhibition games would lead up to the action in Carman July 24th. Fans lined up at 5 o'clock for the 7:30 contest under the lights. Before a standing room only crowd of 6,548 (3x our population) Cuba was a 4-3 win-



ner over the U.S. in a back and forth match after 6 scoreless innings.

Carman also hosted: 3-2 Canada win over Puerto Rico, Mexico over Puerto Rico 9-5, Mexico over Canada 7-3, U.S. beating Puerto Rico 7-3 and then losing again to Cuba 6-5. Canada finished in last place but that did not take away the excitement of playing undefeated Cuba on August 2nd.

After 6 ½ innings, with Canada leading 7-5, the game held up due to rain. Once play resumed Canada added 3 in the 7th while Cuba could only muster 4. Winning pitcher Scott gave up 4 unearned runs and allowed 7 walks but the team banged out 13 hits (6 extra bases) on way to a 10-9 upset. Glennis helped his cause at the plate going 4 for 4.

"I think I drew the short end of the straw as I pitched both games vs a very talented Team Cuba lol. The 6-3 loss and that satisfying 10-9 win. It was Cuba's first loss in 12 years though" Glennis proudly tells me. Cuba would go on to lose to the U.S. in the final.

Extra Innings:

Carman was to host one of the final 3 but CBC would not televise out of Wpg.

In all 25,000 (of the 90,000 at ball games in Wpg & Portage) fans supported Carman Pan Am Games...well above the expectations of the Winnipeg committee.

Ticket prices, set by Wpg Pan Am, were \$2 reserve section, \$1 for rush seating in the grandstand.

Cuba personnel broadcasted all their games live back home.

After each game, all competing teams were treated to a supper at the Anglican Church basement. Ladies from the Anglican, Catholic and United Churches took turns preparing and serving.

The Carman Kinsmen Club ran a canteen throughout the Games and announced they sold ½ ton (500 kgs kids) of hot dogs!

Throughout the summer an estimated 50,000 people travelled through Carman between the Games, the Fair and Crusade for Christ rally.

When an exhibition game vs Winni-



STANDARD PHOTOS SUBMITTED

Beisbol fans pack the bleachers in the opening baseball game at Carman between Cuba and the USA. More than 6,000 fans jammed the ball park filling the bleachers, grandstand and standing room around the outfield fence. Cuba beat the American team.

peg All-Stars was cancelled on sameday notice and 100s of tickets sold, George Loeppky quickly arranged for the Centennial helicopter to land midfield and the Cross Canada Centennial Antique Auto Cavalcade to make a pit stop.

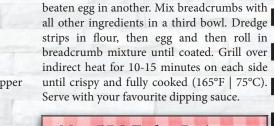
The Winnipeg Committee commended Carman on their vast promotional campaign, which they attributed to baseball being the best attended of all 20 sports.

The other Carman Pan Am Committee members (of what I could find documented) included Alex King, Harry McCullough, Bill Dickinson, Carm Colvin, Chip Hand, Howard Dunn, Joe Pethybridge, Lawrence Aubin, Frank McKinnon, Ken Draper and Howard Bennett.



1 Boneless, Skinless Turkey Breast
1/2 cup | 125 ml flour
2 eggs, *beaten*1 cup| 250 ml breadcrumbs
1 tbsp | 15 ml olive oil
1/2 tsp | 2.5 ml garlic powder
1 tbsp | 15 ml smoked paprika
1 tsp | 5 ml mustard powder
1/4 tsp | 1.25 ml each salt & ground pepper

lanitoba





Preheat bbq to high heat (400°F | 200°C). Cut

turkey breast into strips 3/4" thick x 4" long

(1.5 cm x 10 cm). Place flour in a bowl and

12 The Carman-Dufferin Standard Thursday, June 23, 2022

Wheels Car Show back after two years off

By Becca Myskiw

Cars from all eras are rolling into town this weekend for the annual Wheels Car Show.

The Wheels Car Club is returning to normal on June 26 at Kings Park from 1 to 4 p.m. with what used to be their annual car show. Everyone can come out for free to check out all the cars on display.

John Neustaedter is secretary of the local car club. He said they're a group of classic car enthusiasts who host one show yearly and cruise out to other shows throughout the summer together. The Wheels Car Club's 30 members meet monthly — and they're always looking for more. To get involved, contact Neustaedter at (204) 745-7387.

Each member in the club has at least one classic car; most have several. Neustaedter said they have everything from model Ts to brand new Corvettes, Camaros, and Porches. However, the most common era of car is 1960s.

He owns a '57 Chevy Belair, which he's had for almost 50 years. He said he'll likely also be bringing his Corvette to the Carman car show this Sunday.

"For most, cars are just a means of transportation but for me I guess I have an appreciation for all the vehicles," said Neustaedter.

Car shows allow like-minded people (car enthusiasts of all kinds) to get together, surrounded by the things they love, and talk about them. At the Wheels Car Show, there will also be six trophies — best GM, best Chrysler, best Ford, best truck, best other, and the people's choice award, as voted on by spectators.

Though the Wheels Car Club puts on the show, Neustaedter said you don't have to be a member to show a car. Pre-registration starts at 11 a.m. in the park; anyone with something to show can bring it for free.

"They can set it up and show off their baby," he said.

This car show usually gets around 100 to 130 cars, but Neustaedter expects more this year after a two-year car show hiatus.

The show is free for all, but there will be food for sale at the concession and a 50/50 draw. Proceeds from the 50/50 will go towards the Back Door Youth Centre to help get their construction project off the ground.



STANDARD PHOTO SUBMITTED The Wheels Car Show is this Sunday, June 26 from 1 p.m. to 4 p.m. in Kings Park.

Spontside > UPSIDE DOWN

Local athletes outstanding at MHSAA track and field provincials

By Becca Myskiw

There were several outstanding performances for Carman Collegiate runners at the MHSAA track and field provincials at the University of in the 1500m (4:25). Nathan Dyck

Manitoba.

Carman Collegiate's Nate Phillips finished first in the 3000-metre with a time of 9:42. He also placed third

What's *Your* story?

We want to hear from you.

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? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out? Please share your story ideas with Dennis Young at

denjohnyoung@gmail.com or Lana Meier a news@carmanstandard.ca or call 204-467-5836.



finished second 3000m in the (9:43:94) and the 1500m (4:23:53). The runner who finished third in the 3000m was 18 seconds behind the local duo.

Phillips and Dyck were two of 10 junior varsity students at the school who competed in track and field this year. They both ran the 800m, 1500m, 3000m, and a medley. The



Carman's junior varsity boys' medley relay team, left to right, Nate Phillips, Griffin Carnelley, Alex Lemky and Nathan Dyck.

JV boys medley is a 400m run, two 200m runs, and an 800m run. Each

13 The Carman-Dufferin Standard Thursday, June 23, 2022

> CARMAN TRACK STARS, FROM PG. 12

person has a leg of the race. Phillips ran 400m, the two other teammates ran 200m each, while Dyck ran 800m.

The boys qualified for provincials after competeing at the MHSAA Zone IV track and field meet in Winkler at the end of May. Vipond said they did great — Phillips placed first in the three individual events, Dyck placed second in all, and their medley team also finished at the top.

Athletes who finish in the top three of their event or meet provincial qualifying standards is eligible to move onto provincials. So, onto provincials, the pair went.

Dyck is in Grade 10. He started running in elementary school to be with his friends, but he loved the sport. So now, he trains with Lyle Myers and runs twice daily during the week, once with a longer distance on Saturdays, and he takes Sundays off.

So, when it came to Zones and then provincials, Dyck wasn't running to

win — he was running for fun. He and Phillips ran next to each other in the 800, 1,500, and 3,000, challenging each other and having a good time while they went around the track.

"It's really incredible," said Dyck. "It's hard to comprehend how lucky I am to have the opportunities I've had."

Vipond said both boys are dedicated to their sport, which shows in their results. Though they had a late start to the season with weather delays, the Carman Collegiate track and field team did really well.

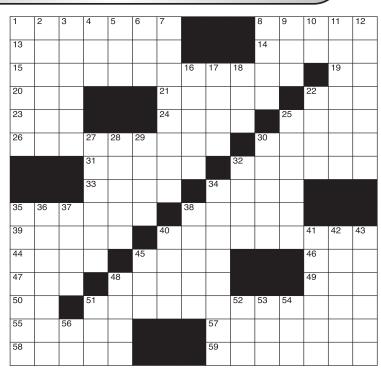
"I feel like so many things over the pandemic got lost so now as we've been able to gather together," she said. "It's a way of bringing the school together."

Coach Kelly Vipond said they had zero varsity athletes for track and field and have seen a huge reduction in high school athletes overall following the pandemic.



Nathan Dyck, left, finished second in the 1500m race, while Nate Phillips, right, finished third at the MHSAA track and field provincials at the University of Manitoba earlier this month.

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- 30. Gives whippings
- 32. Type of tie
- 34. Make more concentrated

- 35. Die
- 36. Part of a winter hat

- 40. U.S. president
- 45. Type of gibbon
- 48. American actor Lukas
- 51. Partner to cheese
- 53. Political action committee

- 37. Young men's club
- 38. Bathrooms need it

- 42. Take into custody

- 54. To and

- 41. American novelist

- 52. Some are covert
- 56. Atomic #28

Classifieds

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RURAL MUNICIPALITY OF GREY NOTICE OF REGISTRATION OF PROSPECTIVE **CANDIDATE FOR GENERAL MUNICIPAL ELECTION**

Please be advised that a general municipal election will be held on October 26, 2022. Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations:

- For the office of head of council: Between May 1, 2022 and September 20, 2022
- For the office of councillor: Between June 30, 2022 and September 20, 2022 at the Rural Municipality of Grey office, 27 Church Avenue East Elm Creek, MB between

8:30 a.m. and 4:30 p.m.

To obtain a registration form contact the SEO at the email or telephone number listed below: Kim Arnal, S.E.O. 204-436-2014

info@rmofgrey.ca Dated at Elm Creek on June 13, 2022. Kim Arnal

Senior Election Official Rural Municipality of Grev



PUBLIC NOTICE Additions to the Voters List and/or Personal Security **Protection Requests TOWN OF CARMAN**

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

• Any person who is eligible to vote in municipal elections in the Local Authority of the Town of Carman can have his or her name added to the Voters List or have any information about the voter on the Voters List corrected.

• Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. That person may only vote by Sealed Envelope Ballot and cannot vote

in person at the regular or advance voting places. To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, or mail to: Cheryl Young SEO

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SANDY BEACH LODGE is seeking fishing guides for the 2022 season. Sandy Beach Lodge is a fly in fishing resort located in the Red Lake area of N.W. Ontario. Requirements are a common knowledge of fishing Walleye, Pike and Lake Trout. Also, be able to fillet fish and operate a 30-40 hp tiller boat. Room and board and meals are included. Contact us anytime about wage details etc. Visit our website www.sandybeachlodge.com. Call Wade @807 727 2480 email. info@sandybeachlodge.com

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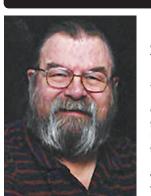
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OBITUARY Vernon Blaine Henry

On January 16, 2022, after a short battle with lung and brain cancer, Vernon Blaine Henry passed away peacefully at Boundary Trails Health Centre, R.M. of Stanley, Manitoba.

Vern was predeceased by his first wife Joanne Gail Henry in 1992 and his second wife Reta Sharon Henry in 2016.

He is survived by his daughter Kirstin; son Kristofer; stepdaughters Lorena (Kevin), Sherralee (Martin), Allison (Alan); grandchildren Tyler, Colton, Austin, Adam (Meagan), Jillian, Brennan (Taylor), Jennae (Gage), Brooklynn, Launa, Logan; and great-grandchildren Blu and Harper.

A memorial service will be held at Grace Community Church on July 9th at 1:00 p.m., with a light lunch following the service. At 4:00 p.m. the interment will be located at Sanford Cemetery. All who knew Vern and would like to attend are welcome.

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Words cannot express how grateful we are for all the love, kindness and support our family has received during this sad time. To Harold, the service was beautiful, thank you, The family of

Holly Neufeld

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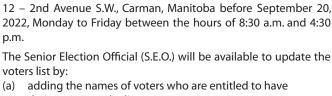
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revised at:

adding the names of voters who are entitled to have (a) their names on the list;

NOTICE OF VOTERS LIST / PERSONAL

SECURITY PROTECTION

The Rural Municipality of Dufferin

- deleting the names of persons who are not entitled to (b) have their names on the list; and making such other correction of errors to the list (c)
- as required.

VOTER ELIGIBILITY:

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

1) a Canadian citizen and at least 18 years of age on election day; and

2) a resident of the local authority for at least six months prior to election day, OR a registered owner of land in the municipality for at least six months prior to election day.

NON-RESIDENT VOTERS QUALIFIED IN MORE THAN ONE WARD: In accordance with Section 25(2) of The Municipal Councils and School Boards Elections Act, any non-resident voter who owns property in more than one ward is responsible to notify the S.E.O in writing, not later than 4:30 p.m. on September 20, 2022 of the ward in which he/she desires to vote. Failing the foregoing, the voter's name will be placed on the list as the S.E.O. may select.

APPLICATION FOR PERSONAL SECURITY PROTECTION:

A voter may apply in writing to the S.E.O. (at the address / fax number below) no later than 4:30 September 20, 2022 to have his/her name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or email and must include your name, address and include proof of identity.

All changes to the voters list must be completed on or before September 20, 2022.

Dated at Carman in the Province of Manitoba, on June 23rd, 2022.

Sharla Murray, CMMA Senior Election Official Rural Municipality of Dufferin 12 - 2nd Ave S.W., Box 100, Carman, MB ROG 0J0 Phone: (204) 745-2301 Email: cao@rmofdufferin.com





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NOW or MCNA at





- Prep time: 10 minutes Cook time: 10 minutes
- Servings: 4
- 2 bags Success Tri-Color Quinoa
- 2 tablespoons olive oil
- 4 white-fleshed fish fillets (5-6 ounces each)
- 1 teaspoon Cajun seasoning
- 1/2 teaspoon salt
- 3/4 cup plain Greek yogurt
- 1 tablespoon lime zest
- 1 teaspoon lime juice
- 1/4 teaspoon ground cumin



Prep time: 20 minutes Cook time: 25 minutes Servings: 4 1 bag Success Tri-Color Quinoa nonstick cooking spray 1 pound extra-lean ground beef 1 egg

- 1/4 cup grated carrot 1/4 cup finely chopped onion
- 2 tablespoons ketchup
- 2 garlic cloves, minced
- 1 tablespoon soy sauce
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon dried oregano leaves
- 1/4 teaspoon dried thyme leaves
- 1 1/2 cups marinara sauce
- 1/2 cup shredded mozzarella cheese
- 2 tablespoons chopped parsley



Prep time: 5 minutes Freeze time: 3-4 hours Yield: 8 small ice pops 1/2 cup coconut cream 3/4 cup mashed and cooked sweetpotato

Baja Fish Taco Bowls

4 cups packed baby kale

1 ripe avocado, halved, pitted, peeled and thinly sliced

Prepare quinoa according to package directions.

In large skillet over medium heat, heat oil. Season fish with Cajun seasoning and salt. Cook 2-3 minutes per side, or until fish is lightly browned and starts to flake. Set aside.

In small bowl, stir yogurt, lime zest, lime juice and cumin.

In medium bowl, toss quinoa with kale. Divide between four bowls. Top each with fish, sliced avocado and dollop of yogurt and lime crema.

Substitutions: Use taco seasoning or chili powder in place of Cajun seasoning. Use arugula or baby spinach instead of kale.

Beef and Quinoa Meatballs

Prepare quinoa according to package directions.

Preheat oven to 400 F. Coat large baking dish with nonstick cooking spray; set aside.

In large bowl, mix quinoa, ground beef, egg, carrot, onion, ketchup, garlic, soy sauce, salt, pepper, oregano and thyme.

Form mixture into walnut-sized meatballs and arrange on prepared baking sheet.

Bake approximately 20 minutes, or until cooked through and golden brown.

Spoon marinara sauce over top then sprinkle with cheese; bake 5 minutes, or until sauce is hot and cheese is melted.

Remove from oven and sprinkle with parsley.

in half and placing meatballs on bottom halves. Cover with top halves of rolls and serve.

Pina Colada Sweetpotato Ice Pops

3/4 cup diced pineapple tablespoons honey

2 tablespoon lime juice

coconut flakes (optional)

In food processor or high-speed blender, mix coconut cream, sweetpotato, pineapple, honey and lime juice. Transfer batter to freezer molds.

Place in freezer 3-4 hours. Top with coconut flakes, if desired.

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

I listen to a lot of music. I also write it. I started playing piano at the age of 5; it's always been in me. In my 30's, my health took a massive blow when my ophthalmologist diagnosed me with stage 4 Diabetic Retinopathy. I was going blind. That's when I became dependent on music to save me. Since I play by ear, I realized blindness could not stop me from listening or playing. And I began to write.

Music is therapy.

Just think - even if you are not a music lover, I bet there is a song or two that you have connected with. Maybe it was an awkward first dance that brings you tingles as the memory floods back. Or perhaps you had just received really hard news and 'My Friends' by Oh Wonder starts playing and boom, you felt understood. (I think my neighbours know this song well!)

Music has the power to inspire (Think: exercise playlist); the power to find our sorrow deep within and release it through our tears; the



Recipe adapted from becomingness. com

- 11/4 cup fresh pineapple, diced
- 1 1/4 cup fresh mango, diced
- 2 tomatoes 1/2 red onion, diced
- 1 jalapeno, finely chopped 1 tablespoon coriander

power to make us tap our fingers or jump up and dance with our 8-yearold nephew. Then we might remember our nephew has cancer and we put on another happy song to lift our spirits. Or a sad, sad song to process our despair.

Sitting at the piano and letting notes and words flow out of me has helped me process the grief of loved ones and the loss of health. (Although it's not quite that easy. A lot of crafting goes into a song before it's done.) It has contributed to celebrations of sisterhood, friendship and anniversaries as well. I've been in therapy for situational depression and pain control, and music is another effective method for managing these things – both writing and listening.

I don't know. Maybe people out there don't find music meaningful, but that doesn't compute in my brain. If that's you, you can ignore this whole column and watch for the next one in about six weeks. Otherwise, I highly recommend making multiple mood playlists to get you through the good times and bad.

And if you have health issues or know someone who does, my upcoming single 'It's Lonely Here' (Susie Bird) about sickness might resonate. It comes out July 8th. (Check the July 14th issue of the Stonewall/ Teulon Tribune to read more about the song and how it came to be.)

I'm thankful surgery has saved my sight thus far. Still, music has saved me from so much more.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on FB @medicalmissstress, Instagram @ susie.suschwa, and lesshealthstress.com

Citrus, Mango and **Pineapple** Salsa

2 tablespoons lime juice 1 tablespoon lemon juice sea salt, to taste fresh cracked pepper, to taste tortilla chips, for serving

In large bowl, combine pineapple, mango, tomato, onion, jalapeno, coriander, lime juice, lemon juice and salt and pepper, to taste. With rubber spatula, mix all ingredients together.

Taste and season with additional salt and pepper, if desired.

Serve with tortilla chips.

Tip: Make sliders by slicing dinner rolls