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STANDARD

VOLUME 2
EDITION 46

THURSDAY,
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Honouring our veterans

STANDARD PHOTO BY LORRAINE STEVENSON

Remembrance Day observers in Carman applaud local veterans as they exit following the ceremony, including Carm Colvin, 103, front left, now nearing his 104th birthday, and one of Manitoba's oldest Second World War veterans. In 2021 Mr. Colvin received the highest honour the nation of France bestows on a civilian or military personnel — Knight of the French National Order of the Legion of Honour.

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Back on Cue presents Death and Taxes play

Comedy murder mystery to hit the stage Nov. 25 and 26

By Autumn Fehr

Back on Cue returns to the theatre at the end of this month.

The theatre company had their first production in 2019 but hasn't done anything since COVID-19 hit.

After a few years of being away from the spotlight, the theatre company is back with a play that will keep you guessing, who done it?

Back on Cue's second production, "Death and Taxes" is a comedy/murder mystery play set in the small town of Hendricks.

The show is being put on by a cast of 9 and will take place in the Carman Collegiate Theatre on Friday, Nov. 25 and Saturday, Nov. 26, with both shows beginning at 7 p.m.

"We just want to re-group in the community and present some good, clean fun and have people come out and enjoy themselves," said Faye Harms, producer/director of the pro-

duction.

The play's plot is structured around the lifeless body of a stranger been found dead in someone's living room. It turns out he has been murdered, and any town members could have been responsible for the act.

Not only was a man murdered, but he was an employee of the IRS. Slowly it becomes apparent that the entire city council has seen the man, and each of them seems to be hiding something. It is up to the town council and folk to figure out who committed the crime.

This easy-to-stage intrigue is chock-full of small-town characters and hilarious dialogue.

The process of choosing a script that fits with the cast you have is a challenging one, said Harms.

"You have to be cognizant of the area you're in and what the people in this area would like compared to what they would not like. It takes some time to choose a script. There's a lot of reading, but that's the one that seemed to fit the bill for this year," she said.

According to Harms, she chose the play because it has a comedic factor.



STANDARD PHOTO BY SUSAN MOONEY

Back on Cue will be presenting their murder/mystery play, Death and Taxes on Nov. 25 and 26.

"The cast and people coming out just need to have some sort of release and need to have a good laugh," said Harms.

Years ago, Harms and some of the other cast members were part of a theatre company called On Cue that put on plays and dinner theatre performances in the past.

"Eventually, all of us involved became too busy, and we closed it. Back

on Cue is a re-invention of the wheel with some new people added to the group," said Harms.

Harms said they would like all tickets to be pre sold.

Tickets are \$20 each and can be purchased in advance at BSI, 59 Main St. S. Carman or by emailing faye.harms@bsimb.com.

Tickets can be purchased up until two days before the show.

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Chocolate moustache fundraiser underway for Boundary Trails Health Centre

Carman Collegiate supporting cancer patients

By Patricia Barrett

Students and staff at Carman Collegiate and members of the local community are fundraising for Boundary Trails Health Centre with the goal of raising \$5,000 to support patients undergoing cancer treatment.

Collegiate principal Mary Reimer, who was diagnosed with cancer this year and is currently undergoing treatment at the Winkler-based hospital, launched the fundraiser last month to support those battling cancer and to further develop the sense of altruism and community leadership within the student body.

Reimer is making thousands of chocolate moustache suckers in her kitchen, and the school and members of community have so far raised \$3,500 through their sale.

"It's become an entire school initiative to do what we can to work towards a hope and a cure for cancer. And our community had been absolutely phenomenal. I just had a lady pick up an order and she included an extra \$10. I've had parents email me and say they don't want the chocolate but want to donate money," said Reimer. "The generosity of our community is definitely coming through. I'm overwhelmed and humbled and so eternally grate-

Continued on page 5



STANDARD PHOTO BY LORRAINE STEVENSON

Carman Collegiate principal Mary Reimer (front in blue sweater) and her educational colleagues, along with students and the community, have raised \$3,500 so far to help support patients undergoing cancer treatment at Boundary Trails hospital in Winkler.






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Operation Christmas Child campaign underway in Carman

By Ty Dilello

Operation Christmas Child, the annual campaign to create shoebox gifts for overseas children in need, is underway in the Carman area. The depot for the Christmas Child shoebox gifts is once again at the Carman Pentecostal Assembly, with the deadline set for Sunday, Nov.20.

Red and green boxes are available, or a donor could use a similar-sized plastic container or shoebox.

The recommendation is to include a “wow” item, such as a doll, soccer ball and pump, or a stuffed animal. The box can then include other small fun toys, hygiene items and school supplies.

The list of items which can be included suggests things like baby powder and baby wipes, balloons, Bibles, chalk, deodorant, glue sticks, a compact mirror, play dough, sanitary napkins or tampons, scissors, sewing kits, a bar of soap, toys, wax crayons and winter clothing.

Items to avoid include all candy,

camouflage, Christmas crackers, decks of cards, dice, firecrackers, food, knives, liquids (like shampoo, conditioners or body wash), make-up, medicine, play money, perfume sticks, seeds, sea shells, toothpaste, or any war-related toys.

The drop-off centre is Carman Pentecostal Assembly. And items can be dropped off on Wednesday and Thursday from 9 a.m.-noon and 4-9 p.m. On Friday from 9 a.m. - 9 p.m., Saturday from 9 a.m. - 4 p.m., and Sunday from 9 a.m. - 1:30 p.m.

The organizing committee is asking not to leave shoeboxes unattended or left outside after the collection week hours.

Local Carman businesses that act as collection depots for those that can't make it to the Drop Off Centre hours at Carman Pentecostal are Toews Office & Printing Supply and Prices Rite. Empty shoeboxes are also available at Toews, Prices Rite and Carman Pentecostal.

A young girl from Roland, Jayda



STANDARD PHOTO BY OLIVIA HARDER

Jayda Harder held two lemonade stands this past summer and raised enough money to fill 10 Samaritan's Purse shoeboxes.

Harder, held two lemonade stands this past summer to raise money enough to fill 10 shoeboxes for the cause.

“She was so excited to go and buy stuff for kids who can't afford it, and we're so thankful that these kids will

learn the gospel message through these shoeboxes,” said Olivia Harder, mom of Jayda.

In 2021, Carman and Area communities filled 606 shoeboxes, and 17 shoeboxes were also filled online at <https://packabox.samaritanspurse.ca>.

When you donate to Samaritan's Purse Canada, your donation goes to over 100 countries all over the world that need the help this Christmas.

“A big thank you to everyone who fills a shoebox and to our volunteers who helped this season and with collection week,” said organizer Carolyn Koster, Carman and Area logistics and area coordinator. “You make our communities stronger while blessing others around the world.”

If you have any questions, contact Carolyn Koster at 204-750-2515 (call or text).

Co-hosted with MMJS Law Offices, hear from a farm management consultant, a tax specialist, and a lawyer about the importance of financial planning, communications, and business structure in setting up a succession plan.

For your convenience, we are hosting the sessions at two different times and locations on Wednesday, November 23, 2022:

Notre Dame de Lourdes

Time: 11:00 a.m. - 1:00 p.m. (lunch included)
Location: Club D'age D'or Notre Dame Inc.
172 Notre Dame Ave W, Notre Dame de Lourdes

St. Claude

Time: 7:00 - 8:30 p.m.
Location: St Claude Community Centre
57 MB-240, Saint Claude

Facilitator



MNP:
Lise Deleurne,
CPA, CA, Partner,
Business Advisor

Our speakers:



MNP:
Ian Jones, P. Ag, CCA,
Farm Management
Consultant, FMC Services



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CPA, CA, Partner,
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Chris Bowler, JD,
Partner

> CANCER FUNDRAISER, FROM PG. 3



STANDARD PHOTO SUBMITTED

Reimer is taking orders for \$2 chocolate moustache suckers to raise funds for Boundary Trails Cancer Care. .

ful.”

The students are also demonstrating a true “spirit of altruism” and “community-mindedness” by buying a sucker every day or paying more than the \$2 price, said Reimer.

Some of her friends, her mom and her sister have been periodically helping her make the tasty treats, she said, while providing moral support as she continues through treatment.

When she went for a chemotherapy session at Boundary Trails last week, Reimer said she brought along moustaches for the staff and the patients receiving care.

“The smiles and the genuine feelings of gratitude were rewarding,” she said. “Boundary Trails Cancer Care is a place where hope lives, and I attribute this culture to the empathy and sensitivity of the staff.”

Inspired by Movember, a fundraiser in which men are encouraged to grow moustaches to raise money to support cancer treatment and other health conditions, Reimer said she launched her inaugural moustache fundraiser last year to support a collegiate teacher who had received a cancer diagnosis. The school raised \$1,500 from about 1,000 suckers and the proceeds were donated to CancerCare Manitoba.

“So far to date, we have cleared about \$3,500 with this year’s fundraiser. Instead of donating it to CancerCare, we’re going to donate it to Boundary Trails, which is where the teacher received care and where I’m now getting my life-saving treatment,” said Reimer, who had a six-week recovery from surgery before starting chemotherapy.

In addition to the school and community members stepping up to support cancer patients, Reimer said the Carman Cougars hockey team is holding its annual cancer fundraising game on Nov. 21.

“We will be selling moustaches at the game as well as having a small auction,” said Reimer. “We’d love to see the community come out dressed in cougar blue and support our team and our cause.”

Reimer said there are moments in which she feels weakened by her cancer struggle, but that doesn’t diminish her commitment to leading the school while helping fundraise to support others undergoing a similar challenge.

“I can’t stress enough how proud I am of our school and of our students. They’ve been so empathetic and caring, and the response from the community – and from people on Facebook sending me messages, saying ‘Stay positive’ and ‘Stay strong’ – has reminded me of how limited cancer is and the things it can’t take away.”

The suckers are \$2 each and available in milk, dark or white chocolate, cookies and cream, Skor, candy cane, pistachio and mocha. To place orders, email Mary Reimer: mreimer@g.prsdmb.ca

First dump of snow



STANDARD PHOTO BY LORRAINE STEVENSON

Carman residents woke up under a heavy layer of snow on Remembrance Day, but this fast-working team of shovelers employed by Vintage Landscaping were on the job early clearing downtown sidewalks and other properties.

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Connecting people with disabilities to home care workers

By Patricia Barrett

People with disabilities and seniors now have the option of connecting to and selecting their own home care worker after Manitoba Possible (formerly called the Society for Manitobans with Disabilities) developed and launched a new self-care service a few weeks ago.

The service consists of a mobile-friendly website called Care Possible. It allows those with disabilities the freedom of managing their respite and home care services and provides an opportunity to expand the caregiver workforce by giving people an opportunity to consider support work.

Manitoba Possible's director of provincial services Lindsey Cooke said people who require a care worker in their home want the freedom of choosing them and managing their own care.

"Clients want to feel agency over their care and be the decision-maker of who they have in their home. Compassion, connection and personalized care is vital for seniors and persons with disabilities," said Cooke in a media release. "We're very proud to offer Care Possible as an alternative for Manitobans who want more control over their care plan."

Manitoba Possible is a non-profit organization that helps eliminate barriers to equal participation by offering a variety of programs and services to people with disabilities, including

deaf and hard of hearing services, employment preparation and recreation and leisure activities.

According to the media release, the Care Possible service has a number of features, including interactive maps, an ability to limit a search for a care worker by language, skills and availability, communication tools, scheduling, a secure online payment system and reviews of care providers. Service and payment records can be downloaded so that clients have a record. And care workers who join the service can set their own wages and work schedules.

Self- or family-managed home care expenses can be reimbursed by Manitoba Health. After an assessment by a regional health authority, a client will receive a care plan outlining service eligibility and a reimbursement budget.

Home care and respite workers who join Care Possible either complete an education program or learn caregiving on the job.

"Home Care Workers do not have to be licensed by the province. Some workers choose to complete a 20-week certification program while others learn through on-the-job experience," said Cooke by email. "Care for others, a kind, approachable attitude and being reliable and responsive are the most important qualifications. Many clients provide training on-the-job

that is unique to their specific needs."

Care providers working with the service will be subject to a background check, said Cooke. Identity is first verified in three ways: by email, telephone number and physical address. Once verified, a child and adult abuse registry is checked, as well as a criminal record check.

Cooke said clients can pay for their home care services through a secure online payment gateway. They pay Care Possible then Care Possible pays the care providers. While credit cards are the easiest and fastest method of payment, Care Possible accepts bank transfers and payments via cheque.

A customer support team is also available for those needing help with the service, and loved ones can participate in the management of the care.

"While Care Possible is an online platform, we know that respite and home care services are all about connection and relationships. We have a customer support team ready to support both the care providers and clients using the platform," said Cooke. "Additionally, the platform has a 'Circles of Support' feature, that allows a loved one to seamlessly manage care on behalf of another individual."

For more information about the Care Possible service, visit CarePossible.ca or call (204) 975-3080.

Applications open for youth advisory council on climate

By the Manitoba government

Reaffirming its commitment to engage the next generation in the collective fight against climate change, the Manitoba government is inviting youth across the province to apply to the next cohort of the Youth Advisory Council on the Climate and Green Plan, Environment, Climate and Parks Minister Jeff Wharton announced Monday.

announced Monday.

"Young people have valuable ideas on mitigating climate change and our government recognizes the tremendous value of their forward-thinking perspectives," said Wharton. "On Youth and Future Generations Day at COP27 — the United Nations conference on climate change — the Manitoba government is pleased to announce applications are now open for the next cohort of the Youth Advisory Council."

Applications are open to Manitoba youth who:

- are between 15 and 29 years of age on Jan. 1, 2023;
- represent the diversity of Manitoba;

Continued on page 9

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Carman Dufferin Standard
Box 39, Stonewall, MB, R0C 2Z0

More Manitobans die from COVID; Canada's top doctor recommends masks

By Patricia Barrett

Twenty-four more Manitobans died from COVID in late October and early November, according to the provincial government's weekly COVID surveillance report for the period Oct. 30 to Nov. 5 (reporting Week 44).

Manitoba's death toll from the virus currently stands at 2,256.

There were 110 new hospital admissions for COVID in Week 44, including eight people who required intervention in the intensive care unit. The previous week had 116 hospital admissions with seven people requiring admission to the ICU.

The provincial government doesn't provide in its surveillance report the numbers of people with COVID in hospital and the ICU on any given day or week, making it difficult for the public to assess the virus's impact on the health-care system.

There were 341 new COVID infections confirmed by laboratory testing in Week 44. There were 411 reported the previous week.

Provincial data is an undercount of the true number of infections as the government restricts PCR testing and rapid antigen tests aren't tracked.

The provincial government stopped providing in its report the names of personal care homes and hospitals across the province experiencing COVID outbreaks.

Other health news:

-Canada's chief public health officer Dr. Theresa Tam advised Canadians last week to wear masks indoors to ease the pressure on hospitals, many of which are currently overwhelmed with admissions for COVID, respiratory syncytial virus (RSV) and influenza.

Dr. Tam said it's up to provincial/territorial governments to reinstate mandatory mask use.

Manitoba Premier Heather Stefanson said her government has no plans to reinstate a requirement to wear masks.

-The medical director of the Winnipeg Children's Hospital told media last week the hospital's emergency department is "in crisis" from a surge in the numbers of children needing treatment for respiratory infections. Without simple safeguards such as masks, a greater number of viruses have been allowed to circulate in the community.

Some hospitals in Ontario scaled back surgeries last weekend to deal with a surge of pediatric patients infected with COVID, influenza and RSV, and many doctors are calling for mandatory indoor masking.

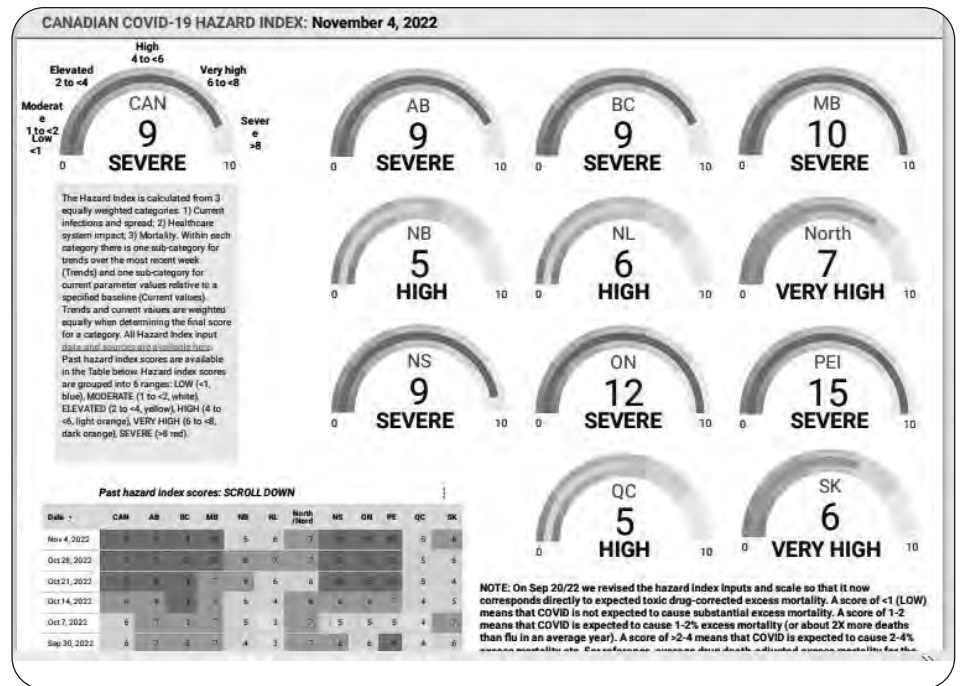
-The federally funded COVID-19 Resources Canada group, made up of health experts, scientists and data specialists, release a weekly update on the COVID situation across the country. Its Canadian COVID Hazard Index shows excess mortality from the virus and is compiled from data on COVID infections, deaths and health-care system impacts.

Manitoba's hazard scores since Sept. 23 have remained in the very high (6 to <8) to severe (>8) range. As of Nov. 4, it is currently at severe, with a score of 10. Canada, overall, has a severe risk of excess deaths from COVID with a score of 9.

-Canadian Medical Association (CMA) president, Dr. Alika Lafontaine, said in a news release last week that the "deterioration" of Canada's 13 provincial and territorial health-care systems continues, with health-care workers burning out at "accelerated" rates and patients suffering from delayed access to care.

Provincial and territorial health ministers met with their federal counterparts on Nov. 8 to discuss strategies to improve system failings.

"Despite health ministers leaving Vancouver this week without an agreement between the federal and provincial/territorial governments regarding funding and without the announcement of a commitment to collaborate on solutions to address



COVID-19 RESOURCES CANADA

Manitoba's hazard risk score, which corresponds to excess mortality from COVID, is currently at 10 or severe.

critical issues plaguing our health systems, the CMA and other health stakeholders will continue to advocate for actions that will stabilize health systems and ease the painful challenges that providers and patients are struggling with," said Dr. Lafontaine. "Unless we work through funding discussions toward common priorities and actionable solutions, burned out health care workers, delayed health services and overwhelmed emergency departments will continue to be a reality for providers and patients across Canada."

The federal government said in Nov. 8 statement it was disappointed by the outcome of the meeting and by a statement made by provincial and territorial premiers that "no progress" has been made regarding additional funding. Premiers want the federal government to increase its share of health funding from 22 per cent to 35 per cent.

The federal government has provided provinces and territories with "record federal investments," says the statement, including \$18.1 billion through the Canada Health Transfer program over the next five years.

"When it comes to the priorities

discussed at our meeting today, our health system is experiencing significant challenges and it's important that we work together to support better health care for Canadians," said federal health minister Jean-Yves Duclos and associate health minister Carolyn Bennett.

Past hazard index scores: SCROLL DOWN

Date	CAN	AB	BC	MB	NB	NL	North/Nord	NS	ON	PE	QC	SK
Nov 4, 2022	9	9	9	10	5	6	7	9	12	15	5	6
Oct 28, 2022	9	9	10	10	8	7	7	10	11	15	5	6
Oct 21, 2022	8	8	9	7	8	6	6	10	8	10	5	4
Oct 14, 2022	6	8	9	6	6	4	6	6	6	7	4	5
Oct 7, 2022	6	7	7	7	5	3	7	5	5	5	4	7
Sep 30, 2022	6	7	6	7	4	3	7	6	6	9	4	6
Sep 23, 2022	7	7	6	8	5	4	6	8	6	9	4	5

Manitoba's weekly hazard scores between Sept. 23 and Nov. 4 show a continuing risk of death from the virus.

Christmas Cheer Concert
Sunday, Dec. 4, 2:00 pm
 Carman United Church
 Silver Collection for Carman & District Christmas Cheer Board
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Commemorating our soldiers

By Lorraine Stevenson

"The debt of honour faces us, and that debt must be paid."

That's the final line in the poem by Lieutenant-Colonel The Reverend Canon Frederick George Scott and was read aloud during Carman's Remembrance Day service last week. Approximately 250 attended the ceremony, which, for the first time, included a slide presentation featuring the photos and details of the service of the 138 individuals whose names are on the Honour Rolls of Carman's Royal Canadian Legion Branch 18. The presentation was compiled by Sergeant-at-Arms Harley Shepherd and his spouse Heather Bartley. They retrieved the documents from internet sources, including the Canadian Virtual War Memorial, the Library and Archives Canada/Personnel Records of the First World War, the

Commonwealth War Graves Commission, and other sources. Many attending the service remarked afterward how seeing these photos and learning details of their lives was a powerful reminder of how very young these individuals were when they gave their lives in service to their country.



Laura Kehler plays the Last Post, which was followed by the customary two minutes of silence in Memory of the Fallen.



The hall crowd rises to their feet for the entrance of the Colour Party.



Grade 11 student Griffin Carnelley lays a wreath on behalf of his fellow students of Carman Collegiate.



Carman parent Heidi Russell and her three young children Rhett, Blake, and Hanna were among those attend the Remembrance Day service. Russell's spouse Tyler Russell, a councillor with the RM of Dufferin, was seated among local dignitaries and laid a wreath on behalf of the municipality.



Women with Carman Royal Canadian Legion Branch 18's Ladies Auxiliary proceed into the hall at the service's beginning.



A solemn crowd awaits the start of the November 11, 2022 ceremony at the Carman Community Hall.

Faouzia wrapping up Citizen World Tour

By Ty Dilello

Carman's most famous Musician Faouzia is wrapping up her Citizens World Tour. The 22-year-old singer, best known for her hit song "Tears Of Gold," has been performing in exotic locations such as Egypt, Dubai and Paris over the past few months.

Faouzia Ouhya was born in Casablanca, Morocco, and moved with her family at the age of one to Notre-Dame-de-Lourdes, before eventually settling in Carman.

Faouzia grew up listening to traditional Arabic tunes in her parents' minivan, and it should be noted that she speaks English, French and Arabic fluently. Early on in life, it was important in the family that she and her two sisters learn an instrument. And after pursuing the piano, Faouzia eventually took up the violin and guitar.

However, her impressive singing voice began winning her local talent competitions in Notre-Dame-de-Lourdes and Carman as young as eight years old. When she was a teenager, she started making YouTube videos, which secured her big wins at international competitions for her voice. This caught the attention of artist David Guetta who had Faouzia provide vocals for one of his tracks.

At 17 years old, Faouzia was signed to a United States booking agent in charge of big names such as Coldplay

and Ed Sheeran. She has since recorded songs with the likes of John Legend and Kelly Clarkson.

After graduating from Carman Collegiate, Faouzia began attending courses at the University of Manitoba, where she hopes to major in computer engineering.

The past few years have been a whirlwind for Faouzia as she has been rising steadily in fame and popularity with her music which is soaring her to new heights.

Faouzia can be described as a pop singer with R&B and synth-pop mixed in. Growing up, her music was based off of feeling and emotion, as her early songwriting was heavily inspired by the people that she was closest to. However, her newest songs have become more personal to her.

Paying homage to her Manitoba roots, Faouzia sang O Canada at the 2022 NHL All-Star Game in Las Vegas, with millions of people watching on television. And it was just released that 2022 is now her biggest year on Spotify, with over 170 million streams of her songs.

Faouzia is finishing her Citizens World Tour after several months of travelling around the globe. Her final concerts for the tour will be on Nov. 20 and Nov. 22 in Washington D.C. and Atlanta.



STANDARD PHOTO SUBMITTED

Faouzia, a singer who grew up in Carman is currently wrapping up her most recent world tour.

> COUNCIL ON CLIMATE, FROM PG. 6

- are knowledgeable about issues related to the Made-in-Manitoba Climate and Green Plan;
- demonstrate a proven interest in environmental issues and community engagement;
- are able to engage in respectful, open discussion and be tolerant of conflicting viewpoints; and
- are not employed by the Manitoba government.

The minister noted applications are due at midnight on Nov. 30. The new cohort is expected to be in place in January 2023. Members will serve a one-year term until January 2024.

The Youth Advisory Council receives its mandate from, and reports to the minister's Expert Advisory Council on the Climate and Green Plan. This independent group of experts has a mandate to provide advice and recommendations to the minister

on implementing the climate and green plan in such areas as climate mitigation and adaptation, low-carbon economy, transportation and energy.

The minister noted the youth council was first established in September 2019, adding the two past cohorts provided critical forward-thinking input into several key strategies and recommendations on Manitoba youth's perspective on climate change, as well as providing input into the Expert Advisory Council's recommendations on green transportation and a provincial water strategy.

For more information on the Made-in-Manitoba Climate and Green Plan and to apply for the Youth Advisory Council visit <https://manitoba.ca/climateandgreenplan/yac.html>.



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Businesses invited to strategic planning session on Nov. 21

By Ty Dilello

Community Futures Heartland is holding a Strategic Planning Session for anyone looking to improve their business on Nov. 21 in Portage la Prairie from 7-9 p.m.

Community Futures Heartland is dedicated to helping rural businesses succeed. They provide various business and community development services to the region, such as business planning assistance and repayable loans.

For their upcoming Strategic Planning Session, questions they want to ask include what the future looks like for your business. And is your “strategy” more of a “to-do” list that hasn’t gotten you anywhere?

Bring calm to your business brain and join Community Futures Heart-

land for a Strategic Planning Session with Homefield People and Strategy.

Registration is \$25 per person and includes light appetizers and refreshments.

At the session, attendees will learn the components of strategic thinking, explore strategic thinking tools, and how they can improve how we operate and make decisions.

They will learn to identify business challenges and problem-solve around them to impact the future of your business and learn practical ways to uncover opportunities. Finally, there will be a collaborative Q&A session with other participants to help uncover solutions to business challenges.

Please email penny@cfheartland.ca to register or call 204-239-0135.

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STANDARD PHOTO SUBMITTED

Community Futures Heartland is holding a Strategic Planning Session for anyone looking to improve their business on Nov. 21 in Portage la Prairie from 7-9 p.m.

Manitoba moves to end mandating overtime, adds 2,000 health-care professionals

By the Manitoba government

The Manitoba government is implementing a health human resource action plan moving to end mandating overtime by adding 2,000 health-care professionals with an investment of \$200 million to retain, train and recruit health-care staff across the province, Premier Heather Stefanson and Health Minister Audrey Gordon announced Thursday.

“Manitobans, and all Canadians, expect their leaders to come together to solve issues that matter most to them. We are listening and we are taking action,” said Stefanson. “While all jurisdictions are facing significant human health resources challenges, and while we continue to wait for the federal government to come to the table to increase its share of health funding, we are taking the necessary action here in Manitoba to strengthen our health system now and well into the future.”

The premier and minister stressed respect for Manitoba doctors, nurses, and allied health professionals and support staff has always been pivotal and will continue to be at the core of this action plan.

“Our government has met with all levels of the health-care system and our message is clear — we hear you and we are here for you,” said Gordon. “We will continue to work with all levels of health care from leadership to front-line workers to gather feedback and ideas to improve the

health-care system for those employed within it and for all Manitobans.”

The health human resource action plan is made up of three pillars: retain, train and recruit.

Retain:

This pillar will ensure those working in the system are supported and continue to provide safe, reliable and accessible services Manitobans have come to rely on including:

- weekend premium: an additional hourly premium for weekend hours worked as well as a new ‘weekend worker’ position for individuals who work straight weekends;
- wellness incentive: additional support for mental-health counselling;
- full-time incentive: additional compensation for nurses who occupy a full-time equivalent position;
- reimbursing licencing fees: reimbursement for health-care professionals employed within the Manitoba public system for their annual professional licencing fees;
- activate a joint nursing council with a focus on working conditions, work life, and recruitment and retention of nurses;
- provincial float pool: creation of a provincial float pool, which was agreed to under the 2021 Manitoba Nurses Union collective agreement;
- institutional safety officers: increasing the number of peace officers for large emergency departments across

Manitoba;

- establishing a centralized service, called Virtual Emergency Care and Transfer Resource Service (VECTRS), to support rural and northern physicians and other health-care providers to obtain specialist consultative advice, locate the most appropriate bed available in another hospital when needed, and co-ordinate inter-facility medical transportation to the most appropriate facility when required;
- practice stabilization support: financial support for increased personal protective equipment costs due to the pandemic;
- primary care hours: incentive for doctor’s offices to extend hours so patients can access primary care when more appropriate than an emergency department visit;
- community health clinic incentive: incentives for community clinics to extend hours;
- physician collaboration tool expansion: to improve patient care by allowing better rapid consultation with specialists and streamlining consultations;
- psychotherapy virtual care: expanding virtual care to group psychotherapy visits;
- reduce physician administration: establishing a joint task force to reduce administrative burden for physicians;
- remote location incentive: working to incentivize extremely remote sites;
- mental health supports: working

with health-care professions, their associations and representatives to provide mental health and burnout supports for physicians, nurses and allied health professionals;

- enhanced security for emergency departments: working to implement actions to promote staff safety;
- emergency department incentives: working to provide incentives for emergency departments.

Train:

This pillar will provide training for health-care staff at all levels as well as those entering the system including:

- Undergraduate Nurse Employee (UNE) program expansion: expanding current program to include returning nurses from retirement and internationally educated nurses;
- psychiatry career program: creating a resident retention program for psychiatry;
- psychology positions: increasing the number of publicly funded psychology positions;
- psychiatry positions: increasing the number of publicly funded psychiatry positions;
- increasing intake for nurse education: added an additional class intake at University of Manitoba college of nursing and added 400 seats across multiple training institutions; and
- increasing intake for doctor education: working to increase class intake positions for doctors.

Continued on page 12

Local teen finds success on the drag race circuit

By Lorne Stelmach

A local girl is making some noise on the race track, both literally and figuratively.

She may be just 13 years old, but Winkler's Skylar Klassen can now say she has already competed for a world drag racing championship.

She won a provincial junior title this year in Gimli, which earned her way to the world finals in Mississippi. Her father was there to share the experience.

"It's huge. We went there not even expecting to make it that far," noted Shawn Klassen. "We were just honoured to be able to be there at the event."

"Everyone who wins a track championship across North America gets to go to this race," the proud papa noted. "She won one round there ... the adrenaline when she won that and knew she would be moving on to the next round was incredible. I've never seen her that happy."

"I just like going fast," said the shy and reserved Skylar when asked what keeps her out on the track. She was more comfortable letting her dad do the talking about her family's involvement in the world of racing.

Racing is very much in the blood for the Klassens—Skylar has grown up with it, just as her father did.

"I grew up at the race track from when I was very young, and racing has always been a part of my life," Shawn said.

"For my kids, it was the same way ... Skylar was at her first race when she was just a couple months old, and there's not a summer that has gone by that she hasn't been at the race track."

"We have watched racing all over the place," said Shawn, noting they

regularly compete in Fargo, North Dakota and Brainerd, Minnesota. During the pandemic they raced in Gimli, which is where Skylar won the junior championship.

"It's a pretty big racing community around here. Even locally there's a lot of cars that are involved ... and I think there's a big following for drag racing," Shawn said.

A large part of the appeal of course is the adrenaline rush.

"Drag racing obviously is a quick race ... depending on the class and such, a race can be over in as little as seven or eight seconds. It's just a very different style of racing," said Shawn. "It's just the thrill of going fast ... and the competition."

"She's also made a lot of good friends at the race track," he added, noting Skylar is just in her environment there. "She's very comfortable at the race track."

There is a lot of work and preparation that goes into a successful

racing season.

"A lot of it is having the reaction time. As soon as the light's green, you want that car to be moving ... that's what will win or lose the race," Shawn said. "There's lots of fine tuning. A race is won or lost down to the thousandth of a second. It's getting the car to run very consistent."

"It's a single person sport, but it's also a team sport," he added, noting he and his dad work on the car, and Skylar's mother, grandmother and brother are usually there to cheer her on as well.

"It's a family activity every weekend ... we camp at the racetrack, so it's always a weekend event ... it's a great bonding weekend."

Shawn believes that there is a level

"IT'S HUGE. WE WENT THERE NOT EVEN EXPECTING TO MAKE IT THAT FAR,"



STANDARD PHOTOS SUBMITTED

Skylar Klassen competed in a world drag racing championship in Mississippi after winning a junior title in Gimli earlier this year (left).

of dedication that is also behind Skylar's success.

"She practices her reaction time a lot. She's got a special simulator in the house where she can sit down and practice that; she works on that a lot ... and her crew works on the car to make sure it is good to go."

"It is exciting then to see her race

... for her, it's cool to see her reaction when she wins a race."

Now the Klassen family will look ahead to next year and the possibilities.

"Next year, we're going to put a new motor on it, and she's going to go a little bit faster," Shawn said.

READ THE BOOK

I was a confident driver. At 9 ½ years old I was driving the neighbors Case 430 tractor picking up 6 bale stooks and within a couple of years was backing the tandem hay trailers down the narrow alleyway next to the barn. So, when it came to a drivers license at age 16, I was primed and ready. I had bought a Renault R10 and couldn't wait for the drivers test to get on with life. I had planned my day trip as soon as the test was over. The written was multiple choice and so with deductive reasoning I advanced with a PASS. Next was the drivers test in our families Ford Country Squire Station Wagon. Driving through the small town I was told to pull into that parking spot. I had never heard of parallel parking, so I nosed the car into the spot, jumping the right front tire onto the curb then plunking down back onto the road. The car was perfectly parked with both front and rear tires 6" from the curb. "YOU FAILED" said the instructor. I couldn't believe my ears. What would I tell me friends and my family that this day trip was off. I walked home rehearsing what I would say. "Why didn't you read the book" came the chorus of responses. It reminds me of a verse in the Bible that describes the shock of those thinking some form of good works would merit Eternal Life. In Matthew 7:23, Jesus says to these people "Depart from me, I never knew you!" They found out when it was too late that their good efforts didn't count. They failed to read the book, for the Bible doesn't mention a "good-deeds" scale that will be pulled out on judgment day, to weigh our good against the bad. There is nothing we can do which will tip the scale in our favour. The Bible is clear that when it comes to Salvation all the doing has been done, for Christ's death on the cross paid the debt of sin for all mankind. Salvation is "the Gift of God, which is Eternal Life through Jesus Christ our Lord" Romans 6:23b. We can never earn Salvation by being good enough. Ephesian 2:8,9 says "For by grace are ye saved through faith: and that not of yourselves: it is the gift of God: Not of works, lest any man should boast." So let me encourage you to read the Book. The Bible shows clearly how God has provided a way of Salvation for all mankind. When it comes to eternal life, you don't want to hear "You failed". Read John chapters 1-5. Read it many times and ask God to reveal himself to you. He promises that those who seek Him, will find Him. Jeremiah 29:13

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Genesis House marks Domestic Violence Awareness Month

Shelter hosting multiple donation drives, fundraising events, and outreach initiatives

By Ashleigh Viveiros

It's a busy month for Genesis House, the regional shelter for the victims of domestic violence.

With November being Domestic Violence Awareness Month, the shelter is doing everything it can to get its name out into the community, said community and resource development manager Kari Kauenhofen.

"Every November we try to bring as much awareness as we can," she said, noting that without a public storefront the shelter must rely on other ways to connect with people about the services they provide.

"All these events are incredibly important for us because they reach so many different individuals in our community," Kauenhofen said. "It could reach somebody that is experiencing domestic abuse and didn't know there are supports out there for them. It could reach somebody who wants to give and doesn't know how to reach us.

"And it also helps us to bring awareness and educate on healthy relationships," she continued, noting abuse isn't limited to physical or sexual violence but can also encompass emotional, financial, and even spiritual components. "The thought that, 'Well, I don't have any bruises' doesn't mean that you're not necessarily experiencing domestic abuse."

Statistically, 1 in 4 have women have experienced violence in a current or previous relationship, Kauenhofen noted.

HOW YOU CAN HELP

There are a lot of ways you can get involved and show your support for Genesis House this month.

For kids, the shelter is hosting an art contest, asking youth to send in a piece of art that answers the question: What does peace mean to you?

The winner will get to drop the puck at the Nov. 18 Peace Begins at Home game, where the Winkler Flyers will take on the Waywayseecappo Wolverines wearing special white jerseys to show their support for Genesis House. Shelter staff will be on hand at the game to answer questions about their work.

The winning art will also be on display on the shelter's greeting cards this holiday season.

To enter the contest, email a photo of your child's artwork to resource@genesis-house.ca along with your contact information. The deadline for submissions is Nov. 15.

Genesis House is also once again teaming up with the South Central Regional Library for the Power of PJs campaign.

SCRL's libraries in Winkler, Morden, Altona, Miami, and Manitou all have drop-off boxes set up to accept donations of pajamas, socks, and other comfy around-the-house clothes (sweat pants, leggings, warm socks, etc.) from now until the end of the month.

"Those pajamas that we get generally last us the whole year. It's incredible how many come in," Kauenhofen said, noting they welcome donations of clothing not just for women but also teens and younger kids, both male and female.

It's not unusual for women and their children to arrive at the shelter, fleeing a violent home situation, with little more than the clothes on their backs.

"We had one individual who came in who hadn't even had time to grab her shoes," Kauenhofen shared. "And a lot of the times they are not necessarily able to go back to get their stuff. So when they come in to us we want to be able to look after their basic needs: food, rest, and comfy clothes."

The shelter has certainly been a busy place this past year, providing safe haven to 64 women and 60 children for a total of 1,008 bed nights.

That's meant their five bedrooms have been full for much of the year, and there's no sign that the need is going to slow down anytime soon.

As a result, they've been going through supplies at a much faster rate than usual.

To that end, they'll be set up at the Fawn and Cub market at the Meridian Exhibition Centre in Winkler this weekend, Nov. 12-13, to accept donations to help fill their pantry shelves. They'll also be selling their holiday greeting cards there by donation.

Finally, Genesis House wraps up November with its biggest fundraising event of the year on Satur-



PHOTO BY ASHLEIGH VIVEIROS/VOICE
Kari Kauenhofen with the Power of the PJs donation boxes that are up at all South Central Regional Library branches to accept donations of pajamas and other comfy clothes for the Genesis House women's shelter.

day, Nov. 26: the "Unmasking" Domestic Violence Masquerade Gala.

Taking place at Mulligans restaurant in Winkler, the gala will include cocktails, a meal, and entertainment. Guests are encouraged to dress up in fancy clothes and perhaps a festive mask or theatrical hair.

"We have entertainment, food, and when else do you get a time to really dress up and have a good night while raising funds?" Kauenhofen said, adding that they'll have a silent auction and a few other fun surprises for guests.

There are still a few tickets available at \$140 each by contacting Kauenhofen at 204-362-0082 or resource@genesis-house.ca.

> HEALTHCARE UPDATE, FROM PG. 10

Recruit:

This pillar will recruit those who are currently qualified and wish to practise in Manitoba by reducing barriers and making it easier to do so through:

- nurse referral program: financial incentive for publicly funded nurses who refer a returning agency nurse;
- returning nurse program: financial incentive for returning nurses;
- tuition rebate: tuition incentive for nurses holding full-time positions;
- eligible retiree program: financial incentive for retired nurses to return

in a coaching, mentoring or support role for newer nurses;

- modernizing MOU with the Philippines: enabling recruitment from Philippines; and

- professional testing addressing testing costs and remedial training for returning, retired and international nurses.

These initiatives will be rolled out as they are finalized and are in addition to many initiatives and incentives that are already in effect to increase health human resource capacity across the province and therefore reducing the

requirement to mandate overtime, the premier noted.

"We are encouraged to see the Manitoba government adopting several of the recommendations we have submitted to recruit and retain more doctors," said Dr. Candace Bradshaw, president, Doctors Manitoba. "Our team is ready to work together with provincial officials to support the rapid implementation of these actions. This will mean physicians get more support and resources and, in turn, more patients can access the care they need."

The Manitoba government recognizes the significant contributions of allied health and support workers and that conversations related to recruitment and retention in these important areas of the health system will occur in the near future, the premier added.

The minister noted that this is only the beginning and collaboration with all levels of the health-care system and stakeholders will continue including ongoing work with Doctors Manitoba, Manitoba Nurses Union, health-care leadership and front-line workers.

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Photo: Liz Tran



Elm Creek students create Remembrance Day art



STANDARD PHOTOS SUBMITTED
Elm Creek School honoured Remembrance Day on Nov. 11 by having students make handmade portraits of poppies. Elm Creek students Scarlett Friesen and Jill Goff are shown standing in front of some of the Remembrance Day art.

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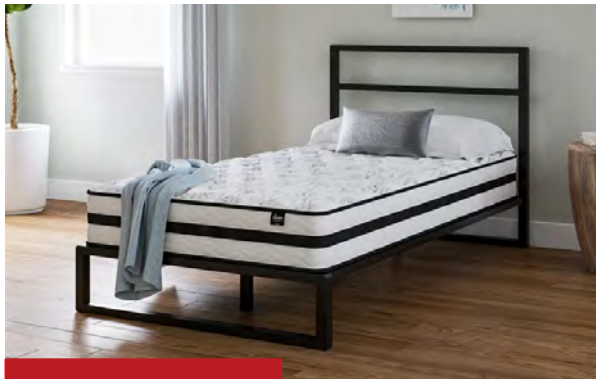
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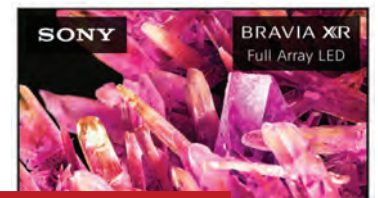


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Your FARM



Federal and industry investments advance local innovation farm

By Raegan Hedley

Manitoba is home to its first full-scale innovation farm in Grosse Isle thanks to an injection of federal and industry funding. On Oct. 20, the Enterprise Machine Intelligence and Learning Initiative (EMILI) announced approximately \$2.5 million in federal funding, in addition to \$6 million in industry investments from Farm Credit Canada, Enns Brothers Ltd, The Family of Jake Enns Ag Innovation Legacy Fund, John Deere Canada, Rutherford Farms and Access Credit Union. The total investment is over \$8 million.

“The projects we are undertaking represent a big investment in the future of digital agriculture,” says Jacqueline Keena, Managing Director at EMILI. “This will accelerate innovative technologies and provide people with the skills and training required for a sustainable and economically resilient digital agriculture industry for generations to come.”

Innovations Farms Powered by AgExpert is located on Rutherford Farms in Grosse Isle, a full-scale commercial seed farm that has been growing, processing and retailing seed for over 70 years.

“With the ability to place sensors and conduct testing across 5,500 acres – including 100 acres set aside to test and validate new hard and software technologies – this is the largest farm of its type in Canada,” says Keena.

EMILI approached Rick Rutherford, president of Rutherford Farms, three years ago about a project. The University of Winnipeg needed a place to do photo imaging on crops.

“They had a person come out and attach a GoPro to the tractor and go through a series of crops. The data was sent back to the University of Winnipeg, and they started building algorithms that could tell you what crop or weed it was,” says Rutherford. “This gives them the power to verify using nothing but a camera and an algorithm.”

“Companies looking to do advanced sensing could use these algorithms to determine what weeds are becoming present and apply chemicals as required, instead of blanketing the whole field.”

With support from the recent fund-



One of many weather stations on Innovation Farms Powered by AgExpert. Not only does this station collect weather data, but it can also detect things like pests using cameras.



STANDARD PHOTOS SUBMITTED

A Rutherford Farms employee doing passes across the field for the University of Winnipeg crop imaging project. The algorithms they are building are similar to those you'd find in an app that can identify different flowers from a photo.

“For some of the projects we get into, to have this data set is extremely interesting to researchers, and in some cases, commercial groups.”

Another exciting project on Innovation Farms Powered by AgExpert involves four advanced weather sta-

tions with cameras about 100 yards apart. Rutherford says they use remote sensing to determine if there are bugs in the field.

“They use cameras that are looking

Continued on page 22



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Incredible Creatures: Summit Disease: A behaviour modifying, grasshopper killing fungus

By John Gavloski

One of my more interesting insect encounters this summer was witnessing a canola field where lots of dead grasshoppers were at the tops of the plants with their legs grabbing tightly around the stems. The corpses of the grasshoppers were so thick that in some areas of the field everywhere you looked the field seemed covered with them, and at times there were dead grasshoppers clinging to other dead grasshoppers. This phenomenon is called summit disease and caused by a fungal pathogen specific to grasshoppers. It occurs when grasshopper populations are high and the right environmental conditions are present. This article explores this pathogen, and how it alters grasshopper behaviour to help it spread.

Summit Symptoms

Summit disease is caused by a naturally-occurring fungal pathogen called *Entomophaga grylli*. The genus name *Entomophaga* describes the focus of these fungi: "entomo" refers to insects and "phaga" means "to eat". Different species of *Entomophaga* are pathogens of aphids, grasshopper and moths. Grasshoppers infected with *Entomophaga grylli* exhibit a peculiar behavior of climbing to the top of the plant canopy and firmly holding the plant before they die, giving the name

summit disease to this infection. This ensures widespread dispersal of the fungal spores.

Grasshoppers become infected from spores, which stick to the bodies as they seek food. These spores germinate and penetrate the insect cuticle. The fungus then multiplies in the blood and grows on internal organs.

Disease symptoms normally do not appear until the disease is in its advanced stages. Prior to death there may be a general restlessness, feeding may stop, and coordination may be reduced. Infected individuals tend to climb upwards on vegetation just before death and die with their heads pointing upward and with their legs wrapped tightly around the plant. At about the time the grasshopper dies, its body is full of several million resting spores.

Following death there may be a swelling of the abdomen to almost twice its original size. The grasshopper body becomes soft and pulpy and is easily broken up if disturbed. At this time the abdomen often curls upwards and forwards to the extent that it almost touches the thorax (middle segment in insects). About one hour after death there may appear a white, furry growth covering the insect's body. The corpse remains attached to the plants for several days until their bodies dry out and fall apart after having been digested and consumed by

the fungus. As the grasshopper disintegrates, millions of fungal spores are spread on the ground, germinate, and produce more sticky spores, thus spreading the disease.

Different Summits for Different Grasshoppers

Not all species of grasshoppers are equally susceptible to *Entomophaga grylli*, and different groups of this species of fungus, called pathotypes, are known. One of these pathotypes infects grasshoppers belonging to a group called the band-winged grasshoppers. Another specifically infects grasshoppers belonging to a genus of grasshoppers called *Melanoplus*, which includes many of our pest species of grasshoppers. A third pathotype was introduced from Australia into North America and infects both groups of grasshoppers. The pathotype that infects *Melanoplus* species only has one cycle of summit disease per year. The other two pathotypes can have multiple summit disease cycles per year. With all pathotypes, overwintering resting spores are produced at the end of the season.

Summit disease can help control grasshoppers under warm, humid conditions. It is capable of causing high mortality in grasshopper populations, but these outbreaks of the disease are usually sporadic and lo-



PHOTO SUBMITTED

Grasshoppers infected with summit disease.

calized and generally occur late in the season after economic damage from grasshoppers has occurred. Regardless, the reduced grasshoppers, and reduced grasshopper egg laying caused by summit disease can be an important component reducing high populations of grasshoppers.

You may wonder, could this fungal pathogen of grasshoppers be mass produced and used as a biological insecticide. Unfortunately, it cannot be mass produced, and it is weather-dependent. But nature has its way of regulating outbreaks of grasshoppers and other animals when populations get too high.

Flashback.....40-1st Street SW

By Dennis Young

By Dennis Young

What is unconfirmed was the year that an original two-story building was built on this site in 1896. The top floor was, however, Carman's first hall, the Victoria. It was used for town meetings, theatre productions and the first picture show. Then in 1904, Richard Hart operated a clothing store on the main floor.

Frank Harris moved here from Ontario in 1897 and opened a men's wear at 16 1st Avenue SW (now Rose's Salon). In 1924 his nephew Frank C. Harris (Mayor from '46-81) came from Deloraine, took over the business and moved it to this address.

In April '46, an explosion behind the adjoining Humphries Drug Store destroyed his building. He rebuilt as a single-storey, and with post WW2 affecting the supply chain, he rented 1/3 of the store to Hardy's (Margaret) Dress Shop.



In 1958 Roy Dunbar married Margaret Harris, and the following year began his association with Harris Clothes Shop, eventually taking full ownership by 1964. In 1982, after 21



years, he sold to Shirley Thevenot, who moved her Women's World business from 16 4th Avenue SW (now empty lot beside the Breakaway).

Fast forward to 2010 when Shirley retired, selling to Marge and Dale Warkentin, who moved their 16 1st

Avenue SW (did you notice that's the same location the 1st Frank Harris's store?) consignment operation in and continues today.

> INNOVATION FARM, FROM PG. 19

from two different angles to determine if things like flea beetles are present in canola crops, right down to how many," says Rutherford. "When you start loading in the weather data on things like ground moisture and relative humidity...all of a sudden, you have a much more vibrant and robust scouting of the field."

Rutherford says technology like this would never replace an agronomist; it would just add tools to their toolkit and help with early detection.

"If you look at what it costs for people to walk the fields and observe, or have an agronomist look at the fields...there could be a huge benefit for farms."

EMILI Board Chair and Enns Brothers President & CEO Ray Bouchard says, "we intend to use this space to develop real-world digital ag solutions that will give Canadian producers the edge in a quickly changing industry."

Innovations Farms Powered by AgExpert is an innovation incubator and proving ground for academic partners and commercial companies. Start-ups might begin on 100 acres, but Rutherford says the goal is commercialization, which means it has to work on several thousand acres.

"It's not about proving the technology on small or medium-sized plots, and that's it...the idea of this is being able to take tech to a commercial farm to see if it delivers a return on investment," says Rutherford. "We may be able to put a stamp of approval on certain things, and we may not."

"Hopefully, there are some success stories we can share with our customers, but the big picture is creating success stories that will be shared with the ag industry and across Western Canada," says Rutherford.

In addition to funding Innovation Farms powered by AgExpert, EMILI is planning to develop an agriculture innovation platform to collect and share results globally, increasing opportunities for collaboration and knowledge sharing.

Holiday Hoopla shop local event Dec. 8

By Ty Dilello

The second annual Holiday Hoopla shopping event by the Carman Chamber of Commerce will take place this year on Dec 8.

The Chamber of Commerce hopes all downtown businesses will be open late into the evening so everyone can enjoy local shopping.

For this year's Holiday Hoopla, a Chamber Buck Giveaway will happen for every purchase made at any local Chamber of Commerce business on Dec. 8 between noon and 9 p.m.

For every purchase, that customer will be

eligible to enter a free draw to win \$1,000 in Chamber Bucks!

"Last year's event was a great success, and I hope we can build on the excitement," said Jodi Winkler of the Carman Chamber of Commerce.

The Chamber would also like to run its "Keep The Cheer Here" Chamber Buck Giveaway during December again this year. The Chamber of Commerce is asking businesses to sponsor Chamber Bucks in increments of \$100.

More details on this will be released in the coming week.

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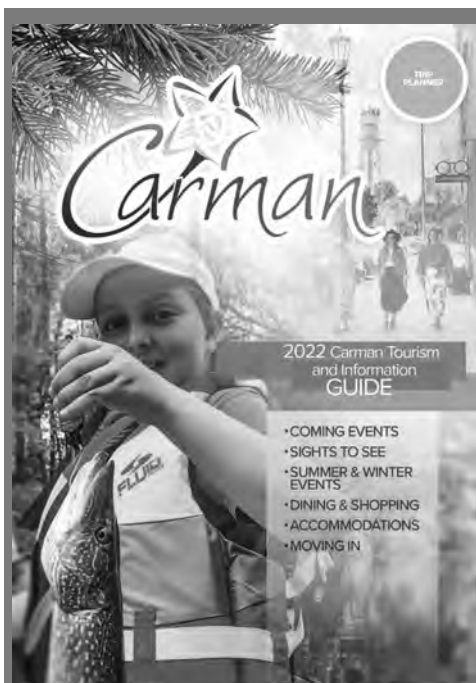
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The second annual Holiday Hoopla shopping event put on by the Carman Chamber of Commerce will take place this year on Dec. 8.



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> MEAL IDEAS



Gourmet Grilled Cheese with Pickled Beets

To make caramelized onions: In Dutch oven over medium-high heat, melt butter and olive oil. Add onion and cook, stirring occasionally, 5 minutes then reduce heat to medium.

Cook until onions are caramelized and rich, deep golden brown, about 25 minutes, stirring often. Turn heat to medium-low or add water if onions are dry or start to scorch before caramelizing.

Add sugar, balsamic vinegar, salt, pepper and red pepper flakes; cook 1 minute. Onions should be jammy and darkly caramelized when done. Remove to plate to cool.

To make sandwiches: Spread out bread slices on flat surface. Spread thin layer of mayonnaise on one side of each bread slice.

Turn four bread slices over and spread goat cheese on plain side. Top goat cheese with gruyere, even layer of beets, caramelized onions and arugula. Top with remaining bread, mayo side out. Secure with toothpicks, if desired.

In large skillet over medium-low heat, melt 1 tablespoon butter with 1 tablespoon olive oil. Add two sandwiches, cover and grill until bottom of bread is toasted, about 5-7 minutes, and cheese starts melting, checking often. Flip and cook, uncovered, until cheese is melted and bottom of bread is toasted.

Repeat with remaining sandwiches.

Recipe courtesy of "Carlsbad Cravings"
Prep time: 60 minutes

- Caramelized Onions:
3 tablespoons butter
3 tablespoons olive oil
3 large yellow onions, halved, sliced 1/4-inch thick
1-2 tablespoons water (optional)
1 tablespoon brown sugar
1 tablespoon balsamic vinegar
1/8 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon red pepper flakes
Sandwiches:
8 large sourdough slices, 1/2-inch thick
1/3 cup mayonnaise
4 ounces fresh goat cheese, at room temperature
8 ounces shredded gruyere cheese, at room temperature
1 jar Aunt Nellie's Sliced Pickled Beets (about 32 beets)
2 cups baby arugula
2 tablespoons butter, divided
2 tablespoons olive oil, divided



3-Bean Tortellini Minestrone

1 medium zucchini, diced
1 can (28 ounces) diced tomatoes, undrained

1 Parmesan rind (optional)
6 cups low-sodium vegetable broth
9-10 ounces refrigerated cheese tortellini

2 cups baby spinach
jarred pesto, for serving (optional)
Drain and rinse bean salad; set aside.

In large pot over medium heat, heat olive oil. Add onions, garlic and 1 pinch salt; saute until translucent, 3-4 minutes. Stir in Italian seasoning and 1/4 teaspoon black pepper. Cook until fragrant, about 1 minute. Add carrots, celery and zucchini with remaining pinch salt. Cook, stirring occasionally, until vegetables are crisp tender, 5-7 minutes.

Stir in tomatoes. Add Parmesan rind, if desired. Cook about 10 minutes until most tomato juice evaporates. Pour in vegetable broth. Bring to boil. Add tortellini; cook 2 minutes, or just until tender. Stir in bean salad and spinach. Cook 2-3 minutes to heat through.

Season with additional salt and black pepper, to taste. Serve garnished with pesto, if desired.

- Recipe courtesy of "Joy of Eating"
Prep time: 20 minutes
Cook time: 25 minutes
1 can (15 ounces) READ 3-Bean Salad
1/2 cup extra-virgin olive oil
1/2 medium yellow onion, diced
3 peeled garlic cloves, minced
2 pinches salt, plus additional to taste, divided
1 teaspoon Italian seasoning
1/4 teaspoon black pepper, plus additional to taste, divided
3 small carrots, trimmed, peeled and diced
2 celery stalks, trimmed and diced

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

I'm probably stating the obvious here, but it is not Easter time. No, this is the time of year when we both run around frantically in a consumerism frenzy while also relishing time with family over board games and Christmas baking. If you are a patient struggling with symptoms and investigations and treatments, it can be added stress trying to keep up with gift buying and all the festivities of the season. So here's a thought...

If you are too sick or fatigued to shop, don't.

Whaaaaa?

Yes I give you full permission. Opt out of the gift giving (and receiving if needed) altogether. Guilt-free.

By saying to your friends and family things like, 'I simply feel too sick to do it all this year, so I'm trying to save my energy to make my family Christmas gatherings. It would mean the world to be able to celebrate together.' Or,

'Due to my poor health, I've decided to give a donation to (pick a meaningful charity) in honour of my family and friends.' Or simply, 'I just can't do it this year. Maybe next year will be better.'

Now, obviously if you have kids, you're gonna want to make their Christmas special, so lean into your spouse or ex or a sister or someone who loves you to help with this. Maybe they could follow a list and do the shopping for you? Even help you wrap and label them?

Honestly, if people don't care to help or they get their nose out of joint with the opt-out (Is that even possible? Does a nose have joints? Hmmm...) then the relationship might be based on the wrong thing, yes?

Setting limits on what you will do in this season is hard. But saying 'I can't' or simply 'No' are a needed form of self-care sometimes. (More often than we admit?) That's right, self-care is much more complicated than a bath-bombed bath with candles.

And to everyone who is celebrating the holidays this year, I send you the warmest of wishes. May this time be un-frantic, filled with love and joy and compassion for one another. And if you can, offer a helping hand to someone you know is struggling with their health. They may just not listen to me and not ask.

Merry Christmas and Happy Holidays.

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



Brussels Sprouts and Ham Rice Gratin

1/3 cup breadcrumbs
2 tablespoons butter, melted
Preheat oven to 450 F. Prepare rice according to package directions.

In large bowl, toss Brussels sprouts, ham, garlic, olive oil, 1/4 teaspoon salt and 1/4 teaspoon pepper. Place on parchment paper-lined baking tray and roast 12-15 minutes, or until caramelized. Decrease oven temperature to 425 F.

In large bowl, toss rice, Brussels sprouts mixture, cream, chives, Dijon mustard, remaining salt and remaining pepper. Stir in cheddar and 1/3 cup Parmesan cheese. Transfer mixture to greased, 2-quart baking dish.

In small bowl, stir breadcrumbs, remaining Parmesan and melted butter. Sprinkle over rice mixture.

Bake 12-15 minutes, or until golden brown and bubbling.

- Prep time: 20 minutes
Cook time: 25 minutes
Servings: 4
1 bag Success White Rice
1/2 pound Brussels sprouts, trimmed and halved
1/3 cup diced ham
1 clove garlic, minced
1 tablespoon olive oil
3/4 teaspoon salt, divided
3/4 teaspoon black pepper, divided
1 cup heavy cream
2 tablespoons finely chopped fresh chives
2 tablespoons Dijon mustard
1 cup shredded sharp cheddar cheese
1/2 cup grated Parmesan cheese, divided

Regenerative ag methods take root at St. Laurent farm

By Jennifer McFee

Changes are cropping up at a St. Laurent farm that's in the early stages of implementing environmentally sustainable farming strategies.

Jonique Farms, located on Provincial Road 415, is embarking on the regenerative farming method and is in the process of becoming organic-certified with Ecocert Canada. In partnership with West Interlake Watershed Conservation District, Jonique Farms Ltd. is involved in a soil health project with cover crops on the farm's 200 acres.

"Regenerative farming is the method of no tillage, no use of chemicals, no synthetic fertilizer use," said Joel Combot, who runs the farm with his wife Monique.

"A blend of cover crops and cash crops is seeded in the terminated crop."

These regenerative practices blanket the ground with the terminated cover crop, which creates a type of armour to protect the soil from hot, dry temperatures.

At the same time, this method helps to suppress weeds, retain moisture and host beneficial insects.

"The different plant species sown feed the soil biology and exchange nutrients, nourishing each other in the soil — and this is the natural fertilizer. When the blended crop is ripe, it is harvested with combines," he said.

"There may be two, three, four or more species harvested for seed and grain all in a mix. Then the blended seeds and grains are segregated and cleaned at the farmyard with seed cleaners. There could be legume, grass forage seeds, cereal and oil seed that could be harvested at once and all marketable in different ways."

On Nov. 1, the 200-acre farm welcomed people for a field tour to learn about regenerative farming. Michael



This ring is used to measure water infiltration.

Thiele and Blain Hjertaas of UnderstandingAG were the guest speakers at the event, which included attendance from the new St. Laurent council.

"The concern is that Lake Manitoba is only three miles from our farm. With Lake Winnipeg, they're always talking about phosphates and nitrogen in the lake, which is a problem," Combot said.

"We used to farm in the conventional way doing heavy tillage and using synthetic fertilizers and herbicides. After so many years of trying to produce grain, it's very harsh on our land. It's not sustainable for our land to take that kind of punishment."

During the tour, Combot explained that when bush is cleared to make space for fields, the soil is not compacted so it's more like peat moss.

"Our soils here are kind of sand-based and not very deep. Eventually, after so many years, that nice, beautiful organic soil loses carbon and turns more sandy. After each heavy rain, we can see the black dirt has eroded and then beach sand was basically left over."

In the west Interlake, erosion is a problem due to low-lying areas and high ridges, he added.

"When the land is under cultivation openly, water erosion and wind erosion is a problem because the soil is very light," he said. "It's not like what I call the Red River gumbo, where it's heavy clay and they've got about three feet of topsoil."

Last year, Jonique Farms also faced difficulties due to an influx of grasshoppers and crickets.

"They basically



PHOTOS SUBMITTED

Joel Combot of Jonique Farms explains the equipment to the group gathered for a Nov. 1 field tour.



The attendees watched over a soil water filtration test. The rate for an average Manitoba crop land is one inch per hour, but the filtration was much quicker at Jonique Farms Ltd., where the water soaked in at a rate of one inch in 2 1/2 minutes. This means the soil water erosion is much better controlled by doing regenerative farming.

ate all of the nice soil cover that we had. The grasshoppers did so much damage that the soil was exposed. In the high temperatures and drought, the soil life will cook out," he said. "Also, where the ground is bare, Mother Nature will take care of that by seeding something of her own, which is weeds. That's what happened here."

Nonetheless, Combot persevered with his plan to implement regenerative agriculture methods.

"It was quite wet in spring and a big part of summer, so I had no choice but to wait to seed fall rye, hairy vetch and tillage radishes at the end of August because that was the only time that we could get in the field because it was still wet," he said.

"Then we got caught with frost not too long after. Tillage radishes don't

like frost so they petered out, but at least we've got two species that want to grow, along with sweet clover that I seeded last year."

With regenerative farming, multiple crops are all harvested at the same time.

"It's all a blend. The reason we use different plant species is because the plants will seed and fertilize themselves naturally in the soil. If you blend in forage legumes such as sweet clover and alfalfa with grass crops like wheat, oats or barley, those legumes will feed those grass crops in the soil," he said.

"Soil is all such a complex thing that the microbes will do the work by carrying the natural plant nutrients to each plant. They're basically feeding each other. Regenerative ag is all very interesting."

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The Carman-Dufferin
STANDARD

Johnston represents Manitoba at 4-H seminar in Toronto

By Ty Dilello

Carman Collegiate Grade 12 student Kiera Johnston was one of ten Manitobans who was chosen to travel to Toronto from Nov. 2-6 for the 4-H Canada Members Forum. Over four days, they met fellow 4-Hers from across Canada and participated in several activities, including seminars, tours around Toronto and the Toronto Royal Fair.

Johnston started in 4-H eight years ago and had heard about it through different community members who have also been involved in the past. So with that, she decided to try it out.

For over 100 years, 4-H has been one of the most highly respected youth organizations in Canada. They are an organization of 23,000 youth members aged 6 to 25 and 8,700 volunteers in 1,800 clubs across Canada.

"I went to my first meeting and really enjoyed it," said Johnston. "It was nice to meet some new people who were also interested in agriculture, and I haven't looked back since. It's been a good time and I've met lots of unique people across Canada. I've attended meetings and served on the board of my local 4-H club and volunteered lots in the community, which has been really good."

Johnston's local 4-H club meets every two weeks or so. They try to do five to ten volunteer and fundraising activities throughout the year.

Johnston said the forum was an impactful, engaging, and fun-filled conference.

"I heard about it through one of the

people of 4-H Canada who had sent out an email to senior members about the trip to Toronto, and I decided I would apply. I filled out an application and sent it in, and I found out a few weeks later that I was selected to go. It was really exciting to go to such a neat opportunity and represent my province."

Johnston was in Toronto at the 4-H Members Forum seminar from Nov 2-6. Through experiential learning, workshops, and interactive activities, delegates developed a deeper awareness, knowledge, and understanding of what it means to positively impact the environment and lead healthy lives.

"4-H Canada did a really great job of organizing everything as there were 3-4 speakers talking each day for four days. We also had some outings in Toronto, going to Campfire Circle, which is designed for kids that are undergoing cancer treatments, so that was a unique experience. We also went to the Toronto Royal Fair, and we had a banquet on the last night and had a great guest speaker there who talked about mental health. I also had the opportunity to ride the subways, trains and streetcars, which was unique because we don't have that in Manitoba and certainly not in Carman!"

Johnston, graduating from Carman Collegiate next June, hopes to be still involved in agriculture and 4-H in the coming years.

"I'm not totally sure what that will look like as I go off to university in the



STANDARD PHOTO SUBMITTED

Carman Collegiate Grade 12 student, Kiera Johnston, was one of ten 4-Hers from Manitoba chosen to travel to Toronto from Nov. 2-6 to participate in the 4-H Canada Members Forum.



Kiera Johnston is second from the right.

fall. But I do want to stay involved because it's a great opportunity to be involved with such a great community of people that are also interested in agriculture and the community."

Criminal Record/Vulnerable Sector Check process changes at local detachments

Staff

The Pembina Valley Area RCMP detachments are making some changes to their Criminal Record/Vulnerable Sector Check (CR/VS) process.

Effectively immediately:

- Applications will be accepted at the Carman, Morden, and Manitou detachments on Wednesdays only.

- Identification must be verified in person and payment completed prior to applications being processed.

- Forms are available by email if a request is submitted to DMorden@rcmp-grc.gc.ca.

- Fee for a basic CR/VS check is \$50, payable only in exact cash.

- Volunteers may have the fee waived if the organization will provide a letter for the applicant. This letter must be on the organization's letterhead, dated, have the applicant identified, and be signed by the organization. Letters with blank lines for dates/names will not be accepted.

- Results for the CR/VS applications will be ready for pick up within two weeks from the date payment is received and may be mailed out if requested at time of application.

If you have any questions, contact your respective detachment: Carman RCMP at 204-745-6760 (open 8:30 a.m. to 4 p.m.), Morden RCMP at 204-822-4476 (open 9 a.m. to 4:30 p.m.), or Manitou RCMP at 204-242-2017 (open 10 a.m. to 2:30 p.m.)

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Tough week for female Hawks

By Lorne Stelmach

It was a tough week for the female U18 Pembina Valley Hawks.

They dropped a pair of games on the weekend in falling 2-0 to Yellowhead Saturday and then 4-3 to Westman Sunday. Earlier in the week, the second in a pair of exhibition games with Balmoral Hall saw the Blazers win handily by an 8-1 count.

The Hawks remain mired in seventh place in the eight team league at 3-9-1 for seven points, which is five up on last place Central Plains and one and two behind Interlake and Eastman.

Shots on goal were even at 31 apiece against Yellowhead, but the Hawks could not get anything past Chiefs' netminder Clair Merckx. Kaylee Franz took the loss in net for the Hawks with 29 saves.

Three unanswered Westman goals in the second period did in the Hawks Sunday against the Wildcats, who are tied for first place with the Winnipeg Ice at 10-2-0 for 20 points.

Caitlin Anderson, Emma Durand and Erica Fijala on a powerplay scored for Pembina Valley, while Kasia Rakowski made 31 saves Westman holding a 35-24 edge in shots on goal.

Durand opened scoring for the Hawks against Balmoral Hall, but it was all the Blazers the rest of the way with four goals in each of the last two periods. Franz had a busy night in goal for the Hawks with 39 saves.

Pembina Valley hits the road this weekend first to take on Interlake in Stonewall then to have a rematch with Yellowhead in Shoal Lake.



STANDARD PHOTO BY RICK HIEBERT

Pembina Valley's Kaylee Franz makes a stick save against a shot from the Blazers' Morgan Smith.

Flyers crush Wpg. Freeze, fall to Dauphin Kings

By Ashleigh Viveiros

It was a tale of two very different games last weekend for the Winkler Flyers.

On Friday, the Flyers ran roughshod over the Winnipeg Freeze, coming home from the road game with an 8-0 victory.

Daniel Isaak got Winkler on the board with an unanswered goal a few minutes into the first, but it was the second period when the floodgates really opened up.

The middle frame, in which Winkler outshot Winnipeg 22-6, saw goals come in from Nicolas McKee, Zach Nicolas, Conner Jensen, Mike Svenson, Brody Beauchemin, Carter Dittmer, and Kyle Crewe.

Winnipeg pulled things together somewhat in the third, managing to match their opponents shot for shot at 8-8. And while they failed to score on any of those shots, they also managed to keep Winkler from adding to their tally.

Overall, the Flyers outshot the Freeze 47-15. Malachi Klassen got the win in net for Winkler.

The Kings proved to be a much tougher nut to crack two nights later in Dauphin.

Winkler was down 2-1 after 20 minutes, with Sambrook scoring what was the tying goal in the 14th minute, only to have Dauphin pull ahead with a short-handed marker with 32 seconds left on the clock.

Cole Mackenzie tied it up again midway through the second period. A stalemate ensued and lasted all the way until the final buzzer.

Overtime was required for a decision and it was the Kings who broke the deadlock with a goal nearly five minutes in.

Aidan Comeau made 16 saves in net for the Flyers as they outshot the Kings 26-19.

With that, Winkler is in third place in the MJHL East Division standings with a record of 13-5-3-1 for 30 points. They trail the Portage Terriers and the Steinbach Pistons in first and second place by two points.

Coming up this week, Winkler hosts Wayway-seecappo Friday night and then travels for a rematch against the Wolverines Saturday night.

Beavers in tough this season

By Ty Dilello

It's been a slow start to the 2022-23 season for the Carman Beavers senior team. Playing in the revamped and now ten-team South Eastern Manitoba Hockey League (SEMHL), the Beavers currently sit tied in last place with a record of one win and four losses.

The Beavers were defeated 5-4 by the Winkler Royals on Nov. 8 and 7-3 by the Portage Islanders on Nov. 12.

It was a chippy back-and-forth affair with Portage on Saturday night, with lots of goals and penalties. The Beavers were in the thick of the fight after two periods, only trailing 4-2. But in the final period, Portage pulled away with a couple of early goals. The game ended 7-3 in favour of the Islanders.

Carman's goals on the evening were scored by Quade Froese, Ben Dalke and A.J. Nychuk.

Rocky Van de Velde was in goal for the Beavers and stopped 36 shots on the evening. Former Beavers netminder Steve Christie got the win for the Islanders.

Despite the lousy record, Carman forward Tanner Mole is leading the entire SEMHL in points with 11. Teammate Fraser Mirrlees is close behind with 10 points on the season, and Ben Dalke has nine points.

The Carman Beavers are back in action on Nov. 17 at home against the Altona Maroons (7:30 p.m.). They then play on the road on Nov. 20 against the Ste. Anne Aces (3:15 p.m.).

THE S.E.M.H.L. SCHEDULE

**CARMAN BEAVERS
AT STE. ANNE ACES**

**SUNDAY,
NOV. 20TH
3:15 PM**



Check semhl.net for the full schedule!

Local hockey player had fantastic professional career

By Ty Dilello

St. Lupicin's Ray Brunel was a strong professional hockey player of the 1960s that for one reason or another, slipped through the cracks and never became an NHL player.

Brunel was born in the tiny hamlet of St. Lupicin on Sept. 28, 1936. After moving to the St. Boniface area of Winnipeg in 1941, Brunel began playing hockey and becoming a young phenom on the ice.

During his years in junior hockey with the MJHL's St. Boniface Canadiens, Brunel was a prolific scorer and set many records. In his third and final year of junior (1956-57), Brunel had a Gretzky-like campaign when he scored 105 points in 30 games. He became the first player in league history to score 100 points in a season, which earned him the league's MVP that season as its highest scorer.

Brunel seemed destined for a long career in the National Hockey League, but for some reason, it never turned out that way. In fact, he never even got to play one NHL game. What's even crazier is that the Montreal Canadiens, Chicago Black Hawks, Toronto Maple Leafs and New York Rangers all held Brunel's rights at one time or another.

Sadly, Brunel played in the Original Six era, where there were only six teams in the National Hockey League.

Thus, making the big league was extremely difficult as there weren't many jobs available. So many skilled players like Brunel, who never got their break, were forced to toil in the minor leagues for their entire careers.

On the contrary, Brunel did go on to have a long and distinguished minor league professional hockey career, playing from 1956 to 1970. In that time, he played in 842 professional games and scored 272 goals and 420 assists for 692 career points.

Brunel was well-travelled throughout his hockey career as he played for many teams all across North America. The teams that he played for are as follows: Winnipeg Warriors, Cincinnati Mohawks, Edmonton Flyers, Quebec Aces, Pittsburgh Hornets, Spokane Comets, Cleveland Barons, Baltimore Clippers, Vancouver Canucks, Omaha Knights, Buffalo Bisons, Omaha Knights and Fort Wayne Komets.

The highlight of his career came when he was a member of the 1964 Cleveland Barons, who were the AHL's Calder Cup champions.

After his hockey days were over, Brunel worked at Labatt's Brewery until his retirement. He played some senior hockey on the side in the 1970s for the Morden Bombers of the SEMHL.

He remained active and physically fit his entire life and was well-known



STANDARD PHOTO SUBMITTED

St. Lupicin's Ray Brunel was a strong professional hockey player of the 1960s that for one reason or another slipped through the cracks and never became an NHL player.

for his physical prowess and exceptional sports skills. His passion for sports continued whether it was on the ice with the Old Timers hockey, on the golf course at St. Boniface, on the baseball field or on the racquetball courts at St. Boniface College.

In 1997, Brunel was inducted into the Manitoba Hockey Hall of Fame. He passed away in Winnipeg in 2010 at the age of 73.

Cougars searching for a win

By Ty Dilello

The Carman Cougars are having a rough start to their 2022-23 campaign. The Cougars head into this week with a record of one win and five losses, which puts them in eighth place in the nine-team league.

Most recently, the Cougars lost 6-0 to the Morden Thunder on Nov. 9. The Cougars were outshot 46-17.

The Cougars would have lost by more had it not been for the strong play of goaltender Maysen Mazurat who stood on his head and made 40 saves. The Grade 11 student from St. Claude boasts an incredible 4.44 goals against average and .918 save percentage through six games.

Jack Bausman, Logan Cramer, Alex Lemky and Owen Rey are leading the Cougars in points so far this season with three apiece. Ryan Orchard and Ethan Wilde both lead the team in goals with two.

The Cougars will try to turn things around in their next game on Nov 16 against the W.C Miller Aces. The game is at home in Carman and will commence at 7 pm. They also play a few nights later on Nov 18 on the road (8 pm) against the Morden Thunder.

Hacault earns Baseball Hall of Fame induction

By Ty Dilello

Holland's Patti Hacault has earned an induction into the 2023 Manitoba Baseball Hall of Fame class for a lifetime of achievements in the sport.

"Being inducted into the Manitoba Baseball Hall of Fame was something I had never envisioned would happen to me," said Hacault. "I am more of a background sort of person. I like to make snowballs and have someone else throw them. I am humbled to be included in this impressive group of individuals."

Hacault was born in Brandon in 1947. From a young age, her family established ski resorts in Manitoba and North Dakota.

She was a competitive alpine ski racer and a freelance artist who exhibited and sold art throughout Canada. Through it all, Hacault has always had a passion for baseball. Over the past few decades, she has coached many teams in Holland, Treherne, and Pembina Hills.

"It has been quite a journey starting twenty years ago with the gutsy amalgamation of the Tiger Hills and

Turtle Mountain leagues into the Pembina Hills League. Our goal was to provide the 'next level' of baseball for our players, and I believe we did accomplish that."

Since 2002, she has held numerous executive positions in the Pembina Hills Minor Baseball league. For twelve years, she has also been a member of Baseball Manitoba's Girls Committee.

Past inductees Rod Leduchowski and Blaine Fortin say that without Patti Hacault, there would be no girls' baseball in Manitoba. In 2011, she was selected Baseball Manitoba's Volunteer of the Year and Sport Manitoba's Volunteer of the Year. In 2017, she was inducted into Baseball Manitoba's Honour Society.

"The Manitoba Girls program over the past decade has been history in the making," said Hacault. "We were successful for three reasons. The girls loved the game. They were dedicated and worked hard to improve their skill set. The ever-popular 'Friendly Team Toba' made a positive impact on the National stage with their

friendly demeanour, sportsmanship, and competitive enthusiasm. This program has great, if not the best, coaches in Manitoba. Finally, the staff of the Manitoba Baseball Association has been a mainstay in their support of the program over the years."

The Manitoba Baseball Hall of Fame will host its 25th induction banquet on the evening of June 3 at the Access Events Centre in Morden. Eight individuals and four teams will be inducted. Other inductees include Corey Billaney of Boissevain, Jeff Bouchard of Winnipeg, Junior Brake of Boissevain, Keith Carriere of Winnipeg, Laurie Langrell of Warren/Winnipeg, Thomas Smith of Steinbach, Todd Smith of Hamiota.

The four teams being inducted are the Minnedosa Mavericks 2006-2015, the Reston Rockets 2009-2013, the Hamiota Juvenile Royals 1966, and the Norwood Community Club Juvenile/Junior Baseball Team 1953-1956.

Tickets for the banquet are available through the Manitoba Baseball Hall of Fame website (www.mbhof.ca). Follow the links to the 2023 banquet.

New administrator at Manitoba Baseball Hall of Fame

By Ty Dilello

The Manitoba Baseball Hall of Fame (MBHOF) is pleased to announce that Jim Mutcheson will be the new administrator/manager at its museum in Morden.

"Jim Mutcheson will be a welcomed addition to the Manitoba Baseball Hall of Fame and Museum Clubhouse. Jim's call-up to the Big Leagues began this October under the tutelage of long-time Manager Joe Wiwchar. Jim's interest, commitment, and service to the community and province will no doubt serve him well in his rookie season in the dugout at the helm of the Manitoba Baseball Hall of Fame and Museum," said Lane Curry, Local Morden Committee Member.

Mutcheson has an extensive repertoire on the sporting stage and experience related to the administrator/manager position. He played junior and senior baseball as well as umpired baseball and refereed hockey. Mutcheson has also been a mainstay for many years of local, regional, provincial, and national executive volunteer roles for Hockey Manitoba and Hockey Canada.

Mutcheson has extensive experience volunteering, leading, and managing people throughout his 44-year career and sports across Manitoba.

He first decided to submit his name to the new Executive Director of the Baseball Hall of Fame after being approached by Joe Wiwchar.

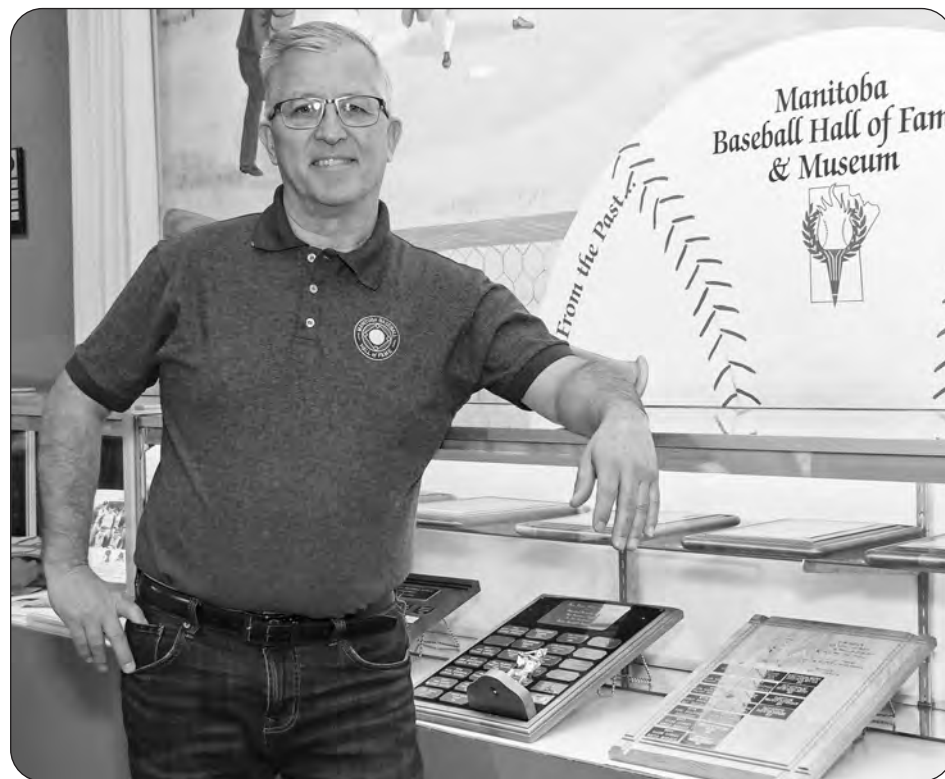
"Joe Wiwchar approached me during an induction ceremony for our city's sports volunteers," said Mutcheson. "He asked if I would be interested in taking over his position at the Baseball Hall of Fame Museum. It was like a golden opportunity was asked of me. I was looking for something to occupy my time in retirement, and this seemed like a no-brainer to apply for this position."

Mutcheson was intrigued by the position and opportunities that could be expanded.

"I have always liked a challenge. The chance to follow in my dad's footsteps, as this was one of his passions through the years. To be involved in something like this to promote as a tourist attraction for the City of Morden and the province of Manitoba is an awesome opportunity."

His immediate goals are to get a sense of the operation and deal with any general improvements.

"Firstly, would be to get an overall picture of the daily operations of the Baseball Hall of Fame and work towards making general improvements with the guidance of the board of directors. Joe has agreed to mentor



STANDARD PHOTO SUBMITTED

Jim Mutcheson will be a welcomed addition to the Manitoba Baseball Hall of Fame and Museum lineup card as he steps up to the plate for the Administrator / Manager position for the Baseball Hall of Fame Museum.

me through the introductory phase, which will make the transition a lot easier."

The Manitoba Baseball Hall of Fame

is located at 111C Gilmour St in Morden and is open daily from 9 am to 4:30 p.m.

Male Hawks on three game win streak

By Lorne Stelmach

It was a busy week for the male U18 Pembina Valley Hawks, but they came out of it with a three game win streak.

After dropping a 6-3 decision to first place Brandon last Wednesday, the Hawks welcomed last place Norman for a doubleheader which saw Pembina Valley win both by 5-1 and 4-2 scores Friday and Saturday.

On Sunday afternoon, Southwest came to take on the Hawks, who skated away with a 6-4 victory.

Brandon connected for three power-play goals as the Wheat Kings broke open a 2-2 game after one period with three second period markers.

Marek Miller, Liam Goertzen, and Ty Love scored for the Hawks while Bryson Yaschyshyn made 40 saves with Brandon holding a 46-24 edge in shots on goal.

The Northstars were even with the Hawks at one apiece through 40 minutes in game one, but Pembina Valley put it away with four unanswered third period goals.

Cohen Pilkington had a hat trick with the other goals coming from

Love, Prime Paniyuk, and Kam Thomas. Shots on goal were 37-20 for the Hawks, with Raiden LeGall getting the win in net with 19 saves.

In game two, the Hawks took a 2-0 first period lead before the Northstars tied it up at 2-2 after 40 minutes.

Sebastian Hicks scored twice with the Hawks also getting goals from Goertzen and Miller, and Yaschyshyn made 18 saves with Pembina Valley outshooting Norman 45-20.

The Hawks bolted to a 4-0 first period lead on Southwest then survived a push that saw the Cougars score three in the second period.

Hicks scored twice with other goals coming from Miller, Love, Goertzen and Carter Campbell, and LeGall made 33 saves with the Hawks holding a 40-37 edge in shots on goal.

The Hawks are holding down fourth place at 11-4-2 for 24 points and are three up on Yellowhead and two behind the Winnipeg Thrashers.

Pembina Valley has a home and home doubleheader this weekend with ninth place Eastman starting Friday in Beausejour then Saturday in Morden.

Sports flashback.....Zone champs



STANDARD PHOTO SUBMITTED

1967 Miami girls Zone 4 basketball champs - front row, left to right: Bev Spenst, Myrna Follett, Gail Irwin, Judy Nordquist (co-captain), Maureen Crampton, Barbara Lowery; back row, Lorne McMillan (manager), Hilda Nickel, Pam Webber, Sally Dorval, Janette Knox, Barbara Spencer (co-captain), Glennis Scott (coach). Missing from the photo Leona DeVuyst.

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FARM LAND FOR SALE BY TENDER

Sealed tenders in writing for the purchase of the property described below will be received by:

McCulloch Mooney Johnston Selby Law Office
14 Main St. S., Carman MB R0G 0J0

PROPERTY FOR SALE

Parcel I: SW ¼ 23-7-5 WPM (approximately 155.26 acres)
Parcel II: NW ¼ 23-7-5 WPM (approximately 161.03 acres)

CONDITIONS OF TENDER:

- Interested parties must rely on their own inspection and knowledge of the property.
- Tenders must be delivered to **McCulloch Mooney Johnston Selby (Carman Office)**, 14 Main Street S., Carman, Manitoba by 12:00 p.m., December 2, 2022.
Please mark on front of envelope "Tender".
- Tenders must be accompanied by a \$20,000.00 deposit cheque payable to McCulloch Mooney Johnston Selby LLP. Deposit cheques accompanying unacceptable bids will be returned.
- The highest or any tender will not necessarily be accepted.
- Tenders may be for either or both parcels.
- Any questions pertaining to the property should be directed to Harley Shepherd at (204) 745-2546 or email at harley@mmjlaw.com

TERMS AND CONDITIONS OF SALE:

- The bidder whose tender is accepted will be required to complete an Agreement covering the terms and conditions of the sale.
- Possession and closing date will be January 1, 2023.
- The successful bidder will be responsible for all realty taxes following January 1, 2023 (the adjustment date).
- In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the purchase price is not paid by the possession date or under such acceptable conditions, the deposit paid shall be forfeited as liquidated damages and not as a penalty.
- The Purchaser shall be responsible for payment of GST or shall self-assess for GST.

For further information contact Harley Shepherd at:
McCulloch Mooney Johnston Selby LLP
Box 1670, 14 Main Street S.
Carman, Manitoba R0G 0J0

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Sealed, written tenders for rental of property in the RM of Dufferin will be received by:



Sharla Murray, CMMA, Chief Administrative Officer,
RM of Dufferin, Box 100, 12 - 2nd Ave SW,
Carman, MB R0G 0J0

For the following legally described property:

The westerly 1400 feet of the southerly 1400 feet of the SW ¼ of 32-6-4 WPM, Roll Number 55800, being approximately 28 acres

CONDITIONS OF TENDER

- Interested parties must rely on their own inspection and knowledge of the property.
- Tenders must be received on or before 4:30 pm on November 30th, 2022.
- Highest or any tender not necessarily accepted. The Vendors are not obligated to rent any of the farmland, or to accept any Tender.
- The purchaser(s) shall be responsible for payment of GST on the rent.

TERMS AND CONDITIONS OF RENT

- The bidder(s) whose tender is accepted will be required to complete an agreement covering terms and conditions of rent.
- Rental to commence on January 1st, 2023 and end on December 31st, 2026.

For Further information contact Sharla Murray at:
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**NOTICE IN RESPECT OF AN AMALGAMATION
TO MEMBERS OF ACCESS CREDIT UNION LIMITED
(the "Credit Union")**

TO: ALL MEMBERS OF THE CREDIT UNION

TAKE NOTICE THAT the Board of Directors of the Credit Union have, in accordance with the Act, resolved at its October 28, 2022 meeting to approve the Amalgamation Agreement and unchanged Articles and Bylaws for a proposed amalgamation of the Credit Union with Carpathia Credit Union Limited ("Carpathia"). Carpathia's members will have the opportunity to vote on this proposed amalgamation at a Special Meeting called by its Board of Directors. Access' members will not have the opportunity to vote on this proposed amalgamation because the assets of Access, as valued at the end of its most recent fiscal year, represent 90% or more of the total assets of the proposed amalgamated credit union.

Questions from members regarding the amalgamation resolution can be submitted to Myrna Wiebe, Corporate Secretary at myrna.wiebe@accesscu.ca.

BOARD-APPROVED SPECIAL RESOLUTION

The following Special Resolution was approved by the Board of Directors of Access on October 28, 2022:

"WHEREAS the Board of Directors of the Credit Union has recommended that the Credit Union amalgamate with Carpathia Credit Union Limited ("Carpathia") in accordance with the provisions of the Amalgamation Agreement made between the Credit Union and Carpathia, dated October 28, 2022 (the "Amalgamation Agreement");

AND WHEREAS it is in the Credit Union's best interests to enter into the Amalgamation Agreement and to amalgamate with Carpathia on the terms and conditions set out therein;

NOW THEREFORE BE IT RESOLVED AS A SPECIAL RESOLUTION OF THE CREDIT UNION THAT:

1. The execution of the Amalgamation Agreement by the Credit Union be and it is hereby ratified and confirmed;
2. The amalgamation of the Credit Union with Carpathia on the terms and conditions set out in the Amalgamation Agreement be and it is hereby approved."

SUMMARY OF THE AMALGAMATION AGREEMENT

An Amalgamation Agreement, dated October 28, 2022, has been approved by the Boards of Directors of the Credit Union and Carpathia. The agreement provides for the amalgamation of the Credit Union and Carpathia into one credit union, to be effective on July 1, 2023. The credit union resulting from the amalgamation will be called Access Credit Union Limited and will have its registered office in the Rural Municipality of Stanley, Manitoba.

Following amalgamation, all members of the Credit Union and Carpathia will be members of the amalgamated credit union and all deposits and shares of or loans owing to either of the predecessor credit unions will be deposits or shares of or loans owing to the amalgamated credit union. The common shares and surplus shares of each of the Credit Union and Carpathia will become the common shares and surplus shares of the amalgamated credit union on a one for one basis.

RIGHT OF DISSENT

TAKE FURTHER NOTICE THAT, under the provisions of Section 127 of *The Credit Unions and Caisses Populaires Act*, members have the right to dissent to the proposed amalgamation. To dissent, a written objection to the amalgamation must be submitted to the Registrar (Financial Institutions Regulation Branch) within 15 days following this notice.

DATED this 17th day of November 2022
ACCESS CREDIT UNION LIMITED
By Order of the Board of Directors

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Sincere thanks to the many friends, family and neighbours for their acts of kindness and sympathy.

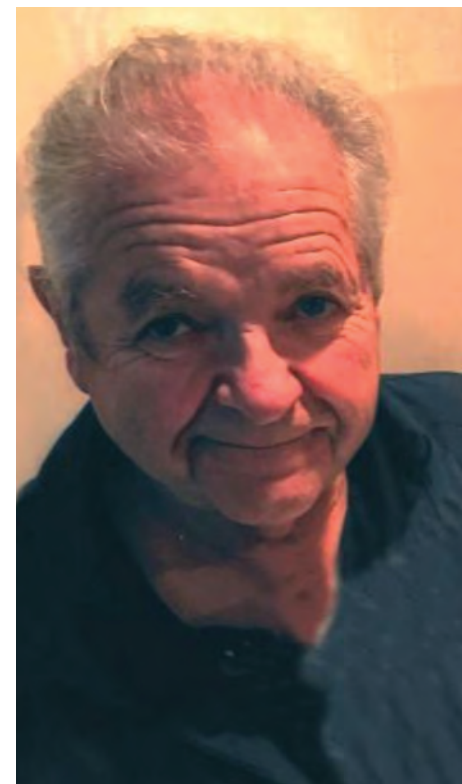
We appreciate the excellent care of Stan Charette by The Boyne Lodge in Carman, MB. We also thank Jamieson's Funeral Home for their professional and compassionate care. Special thanks to my bus driving friend, Elsie who fed us so well. Special thanks to Miami Variety for their generous luncheon for our gathering.

-Gloria Charette and Family

CARD OF THANKS

Carman Legion Ladies Auxiliary would like to thank everyone for coming to our Remembrance Day Tea. Winners of the cash were - Miguel Talbot (\$200), Ray Pritchard (\$100), Marlene Rose (\$50).

IN MEMORIAM



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WHAT ARE CROHN'S AND COLITIS?

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Inflammatory bowel disease (IBD) describes a group of conditions, the two main forms of which are Crohn's disease and ulcerative colitis. IBD also includes indeterminate colitis.

Crohn's disease and ulcerative colitis are diseases that inflame the lining of the GI (gastrointestinal) tract and disrupt your body's ability to digest food, absorb nutrition, and eliminate waste in a healthy manner. These are lifelong disease and people can experience acute periods of active symptoms (active disease or flare), and other times when their symptoms are absent (remission).

Signs and symptoms can include abdominal pain and cramping; severe diarrhea; rectal bleeding; blood in stool; weight loss and diminished appetite.

The exact cause of Crohn's disease and ulcerative colitis remains unknown, and as a result, there is no cure for these diseases. Causes and risk factors of Crohn's and colitis include genetics, the environment, and microbiome.

WHAT IS CROHN'S DISEASE

Crohn's disease is named after the doctor who first described it in 1932 (also known as 'Crohn disease'). Inflammation from Crohn's can strike anywhere in the gastrointestinal (GI) tract, from mouth to anus, but is usually located in the lower part of the small bowel and the upper colon.

Patches of inflammation are spread out between healthy portions of the gut, and can penetrate the intestinal layers from inner to outer lining.

Crohn's can also affect the mesentery, which is the

network of tissue that holds the small bowel to the abdomen and contains the main intestinal blood vessels and lymph glands.

Crohn's disease can be controlled with medication and reduce the chance of a disease relapse. In severe cases, surgery of the small or large intestine may be required to manage the disease.

WHAT IS ULCERATIVE COLITIS

Ulcerative colitis is more localized in nature than Crohn's disease. Typically, the disease affects the colon (large intestine) including the rectum and anus, and only invades (inflames) the inner lining of bowel tissue. It almost always starts at the rectum, extending upwards in a continuous manner through the colon.

Colitis can be controlled with medication and in severe cases can even be treated through the surgical removal of the entire large intestine.

Indeterminate colitis is a term used when it is unclear if the inflammation is due to Crohn's disease or ulcerative colitis.



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