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Cardio classes a hit

STANDARD PHOTO BY JODI GAUTHIER

A popular program in Roland is getting people moving in a cardio drumming class. Pictured left to right: Beth Bartley, Amber Klassen, Leslie Whitehead, Sherry Peirson, Heather Bartley, Carrie Hennan, Shelley Bartley, Evelyn Goodfellow, Tracy Vandermeulen, Lyndsy McFarlane, Colleen Hodgson, Shirley Maclaren, Bev Smart and Kim Coulombe. See story on pg. 7.

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Debate begins at 7:00 pm. Please Note - Conservative memberships will NOT be available for purchase at this forum. Questions from the public will be welcomed.



Carman Robotics team holds community event

By Ty Dilello

On April 12, the Carman Collegiate Robotics Team held a Carman Robot Games event for the community and its sponsors at the Carman Golf Course with the help of the Carman and Area Chamber of Commerce. The event was very well attended, and sponsors, students and spectators had a very enjoyable and interesting evening.

The Robotics Team members had a tournament at the Golf Course event, and Marshall Froese came out on top in the final match. Dean North from the Carman Golf and Curling Club won the sponsor's tournament using his pick of the high school robots.

"The Carman Robotics team isn't



always about winning, but it's about having fun and doing your best," said team member Marshall Froese.

The Robotics Team's sponsors that attended the Carman Robot Games include TR-S Truck Shop, Remax Valleyview Realty - Trish Middleton, Richardson Pioneer, Webmarkers, Syl's, Valley Fiber, Royal



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STANDARD PHOTOS SUBMITTED

The Carman Collegiate Robotics team held a Robot Games event for the community on April 12.

LePage Legacy Realty, Carman Golf Course, Peace Lily Therapeutics, Higher Ground Consulting, Walinga, and PKF Law Office.

The Robotics Team looks forward to building on its success for next year. Its future events include running an afternoon session for homeschool students at the Boyne Regional Library, and then we'll be off to Ecole Carman Elementary School in June to get the students there excited about STEM.

"My favourite part of the event was

probably talking with the sponsors," said team member Ryan Penner. "The robot battles are cool, but the event themselves are about coming together with the community, whether it's the Manitoba Robot Games, or our own Carman Robot Games. There's so much to learn from everybody there, and there are so many supportive companies from a variety of industries in our area that there's always more to find out."

Bookbinding retreat to give new life to old books

By Ty Dilello

Renowned book artist Debra Frances is hosting a CraftEd Bookbinding Retreat from June 2-6 at the Hollyhock Hill Studio, west of Miami. During this five-day retreat, participants will learn the bookbinding and woodworking skills necessary to create their unique logbook.

Hollyhock Hill Studio is a professional art/craft studio on a 29-acre woodlot just outside Miami. This studio is full of natural light and well-equipped to work in several different art mediums.

Winnipeg's Debra Frances is a bookbinder and book artist whose work falls between the traditional definition of art and craft. Her work has been exhibited across Canada and in the USA, and the Thomas Fisher Rare Book Library, the Bruce Peel Special Collection and the Bridwell Library Special Collection have recently acquired her artists' books.

Frances bound her first book in 2006. It was a simple artist's book for her school-aged daughter, and from there was immediately drawn into the world of bookbinding.

"Making this book caused me to look at books in a completely new light," said Debra Frances. "I was so compelled with how the compact form of the book can house so many wide-ranging ideas and how each part of the construction of a book could further express the intentions of its author."

At the upcoming retreat in Miami, participants will learn the bookbinding and woodworking skills necessary to create their unique log books. No bookbinding experience is needed as Frances will lead participants through the basics of bookbinding and guide them through the process of binding a book using the coptic method of binding. By the end of the first day, they will have created a sample book with flat wood covers to prepare them to transfer those skills to make their personal log book.

"Throughout the years that I spent practising and mastering historical bindings, I began to gain a sense of where I could experiment and change up the elements at play," said Frances. "One binding in particular, once mastered, lends itself easily to



adaptation and experimentation. This is the two-needle coptic method of binding a book and is the method I have used most in the artists' books I have created. We will also use the binding method to create logbooks together on the retreat."

Guests will arrive on Friday for a welcome dinner and introductions to each other and the space. Instruction will be daily from 10 am to 4 pm. Participants will have an abundance of time and space in a gorgeous setting to dive deep into exploration and creativity and explore the beautiful landscape surrounding Hollyhock Hill Studio. Guests will depart after breakfast with their unique log books in tow.

Frances has hosted two bookbinding retreats in the past on Malcolm Island, British Columbia and will be hosting another one in Telegraph Cove this upcoming fall.

"Retreats are my favourite setting in which to teach experimental bookbinding. Setting aside time from our busy schedules to be together with other creative individuals creates a rich environment that fosters creativity and a connection that allows for many ideas to flourish and take root. I am looking forward to this opportunity to share my log book-making techniques at Hollyhock Hill Studio."

The registration cost is \$920 per person, and the registration deadline is May 3. Registration costs for this retreat include dormitory-style accommodations at Hollyhock Hill Studio, all meals provided, complimentary coffee and tea, and all of the bookbinding materials.



STANDARD PHOTO BY DEBRA FRANCES

Renowned book artist Debra Frances is hosting a CraftEd Bookbinding Retreat from June 2-6 at the Hollyhock Hill Studio. During this five-day retreat, participants will learn the bookbinding and woodworking skills necessary to create their own unique logbook.

For more information, please contact Manitoba Craft Council Programme Coordinator Katrina Craig at mccprogramming@c2centreforcrafter.ca or 204-615-3951.

Roland Town Wide Garage Sale

By Ty Dilello

The Roland Town Wide Garage Sale will be held on June 17 from 8:30 a.m. to 5:30 p.m. It's an annual garage sale day where local families can support one another and pass items along that they don't use or need anymore.

"We've had scattered garage sales in previous years, but it was never the same person volunteering to organize it, and it was much less advertised," said organizer Janessa Davis.

Davis decided last year to take over organizing the garage sale and to really start setting something up officially as she put up posters all over Roland and in nearby towns to pro-



mote the garage sale. In 2022, they had about a dozen garage sales and a fantastic turnout that they hope to replicate once again in June.

"I see it as an opportunity to support one another in a rural town with lots of families," said Davis. "So please come out and check out the town-wide garage sale."

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

> Got news?

Ty Dilello
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COVID infections; province adding 70 surgical assistants

By Patricia Barrett

Sixty people were hospitalized with COVID during the first week of April, according to the provincial government's respiratory surveillance report for the period April 2-8 (reporting Week 14).

Eight of those people required intervention in the intensive care unit. There were 135 new hospitalizations, including 22 ICU admissions, reported the previous week.

There were 132 new COVID infections reported in Week 14. There were 274 new COVID infections reported the previous week. Provincial case data are underestimates of the true number of infections as the government restricts access to PCR testing. Rapid antigen tests aren't tracked.

Wastewater surveillance data for Winnipeg and Brandon up to March 30 show sustained COVID activity.

The province reported no deaths in Week 14, Week 13 and Week 11 (there was no surveillance report issued for Week 12, March 19-25).

Since March 18, Manitoba's COVID death toll has remained at 2,470, according to the federal government's COVID webpage. Canada's death toll now stands at 52,247 as of April 1.

The provincial government no longer lists in its surveillance reports the names of hospitals and personal care homes with COVID outbreaks.

There were four new cases of influenza A and one new case of influenza B reported in Week 14. There were also three new hospitalizations and zero deaths. There were six and three new cases, respectively, in Week 13, along with four hospitalizations and zero deaths reported.

There were 21 new cases of respiratory syncytial virus (RSV) in Week 14. The previous week's report showed 11 new cases.

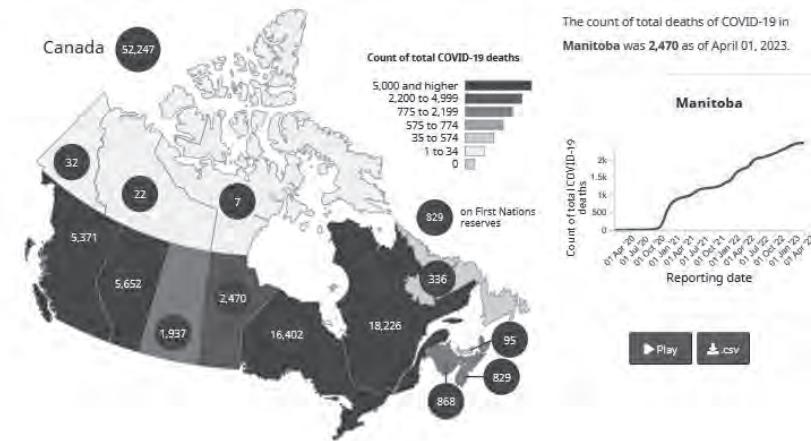
OTHER HEALTH NEWS:

There were three million new COVID infections and over 23,000 deaths reported worldwide between March 13 and April 9, according to the World Health Organization's epidemiologi-

National and regional trends

Figure 1. Count of total deaths of COVID-19, province/territory as of April 01, 2023 (Last data update April 12, 2023, 11 am ET)

Hover over or tap regions to see cases, deaths in Canada over time. Click the play button to animate the map. Map data is available in [csv](#) and [json](#) formats and a data dictionary is available [csv](#) format.



GOVERNMENT OF CANADA

Manitoba's COVID death toll has remained at 2,470 since March 18. The province reported no deaths in Week 14, Week 13 and Week 11 (there was no surveillance report issued for Week 12, March 19-25). Canada's COVID death toll was 52,247 as of April 1.

cal update published April 13.

Globally, the U.S. and Russia reported the highest numbers of new COVID cases over the 28-day period at 455,939 and 291,895 respectively. The U.S. and the U.K. reported the highest numbers of new COVID deaths at 5,571 and 2,708 respectively.

Canada had the third highest number of new COVID deaths (443 new deaths or 1.2 new deaths per 100 000) in the Americas region (North, Central and South America).

The WHO is tracking one variant of interest, XBB.1.5, and seven variants under monitoring, BA.2.75, CH.1.1, BQ.1, XBB, XBB.1.16, XBB.1.9.1 and XBF. Three of the VUMs, XBB, XBB.1.9.1 and XBB.1.19, are showing "increasing trends."

"A recent laboratory study on XBB.1.16 shows the variant to have an increased growth rate compared to XBB and XBB.1.5 respectively," states the report. "However, their immune evasion characteristics are similar."

XBB.1.16 has been reported in 29 countries.

India reported a surge in COVID

infections last week and believes XBB.1.16 is responsible as it is the dominant strain after circulating there for a few months. The country is restarting its manufacturing of the COVID vaccine, Covidshield, to provide additional boosters.

The province announced it's investing \$5 million to add 70 operating room assistants to support surgical care teams. Health minister Audrey Gordon said the initiative is part of the Diagnostic and Surgical Recovery Task Force's efforts to reduce waiting lists for procedures.

"Operating room assistants play an important supporting role in our operating rooms, freeing up time for nurses to focus on the delivery of safe and effective care of Manitoba patients," said Gordon in an April 11 news release. "These positions are designed to help facilitate increased surgical capacity in our province ..."

The 12-week paid micro-certification course will offer virtual classes and on-the-job clinical orientation. Oper-

Continued on page 5

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Flashback....1974 Corn Champ

By Dennis Young

The contest started in 1971, and was held by a Manitoba-based distillery (Seagrams) to encourage producers to increase the production of quality corn. It was very successful, and the competition would continue. Carman and district farmers dominated as top growers in the annual championship competition in 1974.

That particular year Lee Sandulak produced 114.14 bushels/acre to win the Championship Trophy and \$100 prize money. In addition, all growers participating received \$1 for each bushel produced above 73 bushels/acre. Other locals that year were Art Poppe placing second with 113.58 and Doug Stow third with 113.02 bushels/acre. In comparison, the winning entry of 300.3 was produced in 2021.

Agronomy Extension Specialist Morgan Cott at Manitoba Crop Alliance updates me on this competition: "You bet we still run it! Nowadays, the sponsor of the winning yield is now the seed company that wins. For example, the winning hybrid was a DEKALB hybrid last year, so they sponsored the prize money."

"Any corn farmer that is a member

in good standing of Manitoba Crop Alliance is welcome to enter. Typically, as they harvest, they find a yield bump in the field indicated by the yield monitor. The farmer contacts me he has an entry, leaves two rows side by side and a minimum of 50 feet. I go to that field and pick the cobs that are then stored in sacks. When all of the entries are collected, each entry is threshed, weighed and analyzed for test weight and moisture content. The yields are calculated based on that data and row spacing of each entry."

"Each year we present the results at the Crop Connect Conference banquet in Winnipeg (when 2022 will be announced). The top five yielders are presented a wall plaque with their entry information. Third place takes home \$300 plus wall plaque, and second place takes \$500 plus wall plaque, both donated by Manitoba Crop Alliance. In addition, first place yield takes home \$1,000 donated by the winning seed company, wall plaque and a nameplate on the trophy, which they also get to keep for the year. Don't forget the bragging rights as well!"

Some past local winners were over



PHOTO SUBMITTED

Eighteen year old Lee Sandulak proudly displays his Championship trophy won at the annual Corn Producers banquet held in Carman February 26 1974.

the years: Alan Kennedy, Dwight and Kelvin Smith, Dave Van Wyck, Harry McKnight, McKnight Farms and Rosebank Colony.

> HEALTH UPDATE, FROM PG. 4

ating room assistants' responsibilities will include decontaminating rooms, disinfecting equipment, preparing patients for surgery and getting instruments and equipment ready for procedures. They will not be trained to carry out the same responsibilities as nurses, states the release. The free training is being offered in exchange for a two-year return of service agreement.

The initial course started in January with 29 students who are expected to be deployed to Winnipeg hospitals and the Selkirk Regional Health Centre "in the coming months as part of a

pilot project," said Gordon.

Applicants must have health-care aide training and at least three years' experience working in an acute care setting.

-Health Canada issued a recall notice for the Great Pretenders Assorted Boutique Butterfly Jewel Necklace because of excess allowable limits of cadmium in the jewellery.

The gold-coloured necklace comes with assorted butterfly crystal pendants in blue, red and violet.

The agency asks that the jewellery is "immediately" taken away from children and returned to the place of pur-

chase for a refund.

"Cadmium is highly toxic, especially to children," states the alert. "A range of serious health effects have been associated with exposure to cadmium, including anemia, vomiting, diarrhea, serious brain injury, convulsions, coma, as well as effects related to the liver, kidneys, heart and immune system. In extreme cases there have been deaths."

As of April 6, the company received no reports of incidents or injuries in Canada.

Tell us what you think

The Carman Dufferin Standard welcomes letters to the editor on its coverage and local issues. Submissions are selected by the editor (including from comments posted to our social media pages) to provide a variety of opinions and voices, and all are subject to editing for accuracy, clarity and length, and to remove personal attacks. Letters may be emailed to: letters@carmanstandard.ca. The writer's full name, town and email or phone number must be included, but only the name and town will be published.

worship

with us > FAITH

"If Christ has not been raised, then empty is our preaching; empty, too is your faith." (1Cor 15:14)

For the next 50 days we will be joyfully celebrating the raising of Christ from the dead by the Father. We sing "Alleluia the Lord is Risen," for nothing is more important in the Christian faith than this truth.

C.S. Lewis wrote that there are only two realities when it comes to the resurrection of Christ. If the resurrection did indeed happen, then humanity is given the hope to face this life with joy and peace in our hearts even in the most difficult days. If the resurrection is not true, then we humans are the most pitiable of creatures and preachers had best go and get themselves an honest job! There is no in between.

The reality is that you and I live in a secular world where our current state of life is accepted to be all there is. For the believer, this world is good but it does not have the last word over creation or over us as humans. The believer knows that the resurrection means that our existence simply does not fade into oblivion; instead, we take all that is good in this world (love, mercy and compassion) and carry it into the next.

In the resurrection of Christ, God has been up to something greater than we could have every imagined. God's love for us has already conquered evil and through baptism has allowed us to become heirs of life that springs eternal. As a matter of fact, evil's time is now up! Death, where is your sting? Oh, death, where is your victory?

Very Rev. B.D. Schoonbaert

If your ministry would like to share a message please contact: news@carmanstandard.ca

get informed

NEWS > VIEWS > CARMAN > DUFFERIN > MIAMI > ROLAND > ELM CREEK > SURROUNDING AREAS

Busy year for Pembina Valley Pregnancy Centre

By Lorne Stelmach

The past year presented challenges for the Pembina Valley Pregnancy Care Centre with an increased need for its services.

In fact, the organization saw its numbers rise significantly in 2022 between all three of its offices in Winkler, Altona, and Morden. There were over 100 clients who came for help compared to just over 70 a year earlier, and new clients went up from over 30 to over 50.

There was also a noticeable increase in the requests for mom and baby items, likely due to pandemic supply chain disruptions over the past few years and rising inflation, executive director Linda Marek suggested following the agency's recent annual meeting.

"It was a good year in many ways ... but the challenges were with the community growing ... and there was a perfect storm for new moms, young families needing things, and they were just getting a little farther out of reach financially," she suggested.

"We noticed there was a much, much higher need for mother and baby items ... that was an area where we spent three times more than we had budgeted. We just didn't realize the extent of the need, so for this year, we've increased that part of our budget for sure."

The vast majority of their clients are women, though some men accessed supports as well. The ages range, and some are married and others single, but the commonality is they are all impacted by the possibility or reality of pregnancy, whether it's planned, unexpected, or complicated.

Most people came to the centre for pregnancy options information, prenatal/child birth education, parenting education and support, and baby items like diapers and formula.

"It doesn't matter what age you are, as there can be circumstances that create challenges and pressures in pregnancy," said Marek.

"If the relationship ends, or there is an adverse diagnosis during the pregnancy, finances are tight, your family might be pressuring you to make a decision or you have regrets about

your past experiences—women are facing a huge range of situations and are looking for help."

A program that they see as helping make a difference is Steps in HOPE, which was developed thanks to a grant from the Morden Area Foundation Power of the Purse program.

The service is a free and confidential support group for women impacted by miscarriage and stillbirth. It ran a session last fall and has another starting up this week..

"The sharing, emotions, insights and encouragement in the group was beautiful," shared Marek. "It's wonderful to see the warm connections, learning, and support that takes place."

Registration is still open, so you can call 204-325-7900, text 204-362-0797, or e-mail stepsinhope@gmail.com for details

Another Morden Area Foundation grant helped the organization get some larger items like car seats and cribs.

"It really does make a difference to a young mom or a family," said Marek.

Financially, the year ended with a small surplus mostly due to reduced spending, but Marek also credited community support.



STANDARD PHOTO SUBMITTED

The Pembina Valley Pregnancy Crisis Centre celebrated the completion of renovations at its Winkler offices last fall.

"The community was generous and those who gave were extra kind to us, which means so much with an unpredictable economy," she said. "Overall, fewer people made donations as compared to previous years, though we were able to live within our means while meeting community needs."

"We are so thankful for those folks who have found a way to support on a monthly or annual basis. This has made a huge difference coming out of these past few years."

Finally, in August 2022, the organization completed renovations at the new location in Winkler at 500 Main Street. Thanks to generous local businesses and a grant from the Winkler Community Foundation, the project was done on time and on budget.

"It has turned out to be a longer

term space for us. We weren't sure when we moved in if it would be short or long term," said Marek. "We needed a few renovations to make it more workable for what we needed in terms of confidentiality and a dedicated meeting space."

"We're a small organization, but we want to continue to meet the community's needs," she concluded. "We would like to grow our team ... so we will be looking for volunteers or potentially board members as well."

Next up for the organization is a drive-thru fundraising dinner Thursday, April 27 at the Pembina Threshermen's Museum from 11:30 a.m. to 1 p.m. and 4-6:30 p.m.. You can e-mail registerforthisevent@gmail.com or call 204-325-7900 to book tickets. Meal details are available at pvpc.com.

"We are deeply concerned that centres like ours have been falsely accused ..."

The Pembina Valley Pregnancy Care Centre has continued to closely follow the plans of the federal government around reviewing charitable status for all pregnancy centres for allegedly providing dishonest counselling.

Prime Minister Justin Trudeau sent a letter to Finance Minister Chrystia Freeland outlining her mandate for the Liberal Party's new term in government following their victory in the 2022 election.

Among the long list of upcoming objectives that Trudeau highlighted was a directive to "introduce amendments to the Income Tax Act to make anti-abortion organizations that provide dishonest counselling

to pregnant women about their rights and options ineligible for charitable status."

Linda Marek, executive director of the Pembina Valley Pregnancy Care Centre, responded as part of a news release following the organization's recent annual meeting.

"We agree that dishonest organizations should not benefit from charitable status, which is why we have always been and will always remain committed to honest, ethical and compassionate care for all clients," she said.

"Women come for help voluntarily, and they receive much needed support during a critical point in their life. Everyone receives compas-

sionate care, accurate information, and unequivocal respect regardless of their circumstances," Marek stressed.

"We are deeply concerned that centres like ours have been falsely accused with this proposed policy, and it is unclear what the government plans to do," she continued. "We hope that politicians of all parties see the value of pregnancy care centres who exist to help women facing pregnancy and parenting challenges."

"We remain committed to client care and meeting community needs despite these political shenanigans."

—Lorne Stelmach

Cardio drumming is the latest workout craze

By Ty Dilello

Cardio drumming is the newest fitness trend that will get you both smashing drum sticks against a workout ball, along with losing a little of your mid-section—potentially.

The intensity and power of drumming are not to be messed with, whether you've never held drum sticks in your life, just bought your first drum set, or are a professional. With each strike, there's precision, and with precision there's music.

Cardio Drumming is a growing trend, as it both combines creativity and fitness—and can be done by young and old alike. Drum-

mers rock out to upbeat tunes like while also getting an aerobic workout and burning calories.

It is a fun low-impact cardio exercise that anyone can do, and classes are being held weekly for it in Roland. The Roland Wellness Committee is currently running an eight-week program for free to anyone ages ten and up.

Cardio Drumming gets underway every Wednesday night from 7-8 p.m. at the Roland Community Hall. At the moment, they have 14 registered participants, two leaders (Jodi Gaultier and Carrie Hennan), and several people on the waitlist.

"We received grant funding

from the Roland Wellness Committee to purchase the equipment for the class," said Jodi Gaultier. "We are partnering with the RM of Roland for the facility use."

For people interested in joining the Cardio Drumming evenings, all you need is comfortable shoes, clothes and a water bottle. All other equipment is provided.

Limited spots are available, so please contact Jodi Gaultier at 204-750-3229 with your name and contact info. Drop-ins are welcome, space permitting.

"It has been a lot of fun to learn along with the participants," said Gaultier. "We hope to offer more of these programs in the future."



STANDARD PHOTO SUBMITTED

Jodi Gaultier and Carrie Hennan welcome others to join Cardio Drumming. In addition to raising your heart rate, cardio drumming helps improve balance, coordination and a sense of community with others.

Free events for Mental Health Awareness Week

By Ashleigh Viveiros

Eden Foundation is marking national Mental Health Awareness Week with five days of free community events.

The foundation takes over the Winkler Arts and Culture Centre nightly from 7-9 p.m. May 1-5.

"Every evening is something different," says foundation director of development Jayme Giesbrecht.

The Monday night topic is "Newcomer Stories in Immigrant Populations" featuring a presentation from the Pembina Valley Local Immigration Partnership and guest speakers Shepherd Chiwandire, Yevgeniya Tatarenko, and Zahid Zehri.

"We know we have a diverse, multicultural community," says Giesbrecht. "But we don't always get to hear those stories or the mental health struggles that comes with leaving your home country, getting settled in a whole new town and getting accustomed to the lifestyle here."

"An Evening with Eden Health Care Services" on Tuesday, May 2, will include presentations on mindfulness techniques from community mental health clinician Cheryl Dyck, music therapy from certified musical therapist Joel Klassen, and mental health insights from Recovery of Hope counsellor Andrea Dyck.

The Wednesday night event then takes a break from speakers for some hands-on fun with the Mental Health Rocks Paint Night.

"If you've gone for walks around town, you may already notice little painted rocks here and there," says Giesbrecht. "We want to paint our rocks with a mental health message, and then people can leave them

around town for others to see and hopefully be encouraged.

"Not to mention, painting itself can be a really good exercise for your mental health."

Thursday night will feature a presentation from author and certified life and health coach Anita Froese on "The Journey to Being Authentic."

"Anita is very open about the struggles that she has faced in her personal life and with her mental health and how she has overcome those," Giesbrecht says.

The week wraps up on Friday, May 5, with "Stories from Our Community."

"We are so looking forward to having Winkler Fire Chief Richard Paetzold out to share the struggles of being a firefighter when it comes to mental health," Giesbrecht says. "They're running towards danger when most of us are programmed to run away from it."

Also sharing his stories that evening will be local palliative care nurse Blake Derksen. With four nights packed full of personal stories and insights, Mental Health Awareness Week in Winkler is going to live up to this year's theme of *Get Real*.

"I think that all of these evenings will amplify that and help people to realize it's okay to say that you have struggled or are struggling," Giesbrecht says. "Because when we share our stories, that's when we can grow together and really support each other and learn empathy."

Each night is free to attend. Pre-registration is not required. Beverages will be available for purchase.

For more details, email foundation@edenhealthcare.ca or check out the various Eden social media pages.

Opportunity for Farmers: Annual Wetland Payments

The Manitoba government recognizes the valuable role farmers play in improving the environmental health of the agricultural landscape. Local Growing Outcomes in Watersheds (GROW) programs are administered by Manitoba's Watershed Districts to improve watershed resiliency and water quality. Local GROW committees work with farmers to develop projects that work for their operations.

Funding is available to conserve small, temporary wetlands on your farm. During years of average moisture, these wetlands can hold water for up to one month after spring melt or a heavy rain. In cultivated fields, these wetlands are often dry by seeding. Maintaining these wetlands on the landscape provides watershed benefits locally and downstream.

Farm the Best, Conserve the Rest

You may be eligible for an annual payment for temporary wetlands. Local watershed districts will work with you to identify wetlands that qualify. The program offers:

- ✓ annual incentive payments
- ✓ 10 year term agreements

Cultivation through the wetland can continue when conditions allow.

For more information on GROW or to connect with your local watershed district, visit www.manitobawatersheds.ca, and click on your area on the map, or call 204.945.0002.

Homestead Co-op officially eliminating all single-use plastic grocery bags

Staff

If you're planning on shopping for groceries at Homestead Co-op, you will have to remember to bring your reusable bags or totes with you.

As of Earth Day, April 22nd, Homestead Co-op is removing its plastic grocery bags at all of its locations including Food Stores, Home Centres and Gas Bars.

Homestead Co-op began this journey back in 2020 when they started encouraging reuse by charging 5 cents per plastic grocery bag. They have seen a 26.8 per cent reduction in plastic bags over those three years, diverting hundreds of thousands of bags from the landfill in that time.

Co-op is committed to ensuring the sustainability of their communities for generations to come.

"We believe it's critical to make decisions that are sustainable for ourselves and the communities we serve," according to a public announcement that Homestead Co-op released last week.

The Canadian Federal Government has also mandated that plastic checkout bags may no longer be imported or manufactured in Canada for sale after Dec. 20, 2022 and will no longer be available to be sold after Dec. 20, 2023. Homestead Co-op is simply taking steps ahead of these dates to make the necessary changes.

Because the plastic bag program is coming to an end on April 22nd or Earth Day 2023 at all Homestead Co-op locations, they want to encourage and support their members and customers in remembering reusable bags. Already available at many of their locations is a varied selection of reusable bags and containers. Watch for a promotion at our Food Stores, Gas Bars and Home Centres beginning on Earth Day to help support our customers and members in the transition away from plastic checkout bags.

Homestead Co-op introduced a plastic bag reduction program at Food Store locations in Carman, La Salle, Portage la Prairie and Treherne in 2020. This program was part of their commitment to sustainability by supporting members, and communities in reducing single-use plastic bag waste. As part of the program, they donated 3 cents for each reusable bag used by their customers. With your help, Homestead Co-op raised almost \$12,000 for eight local community groups through our reusable bag program.

Over the last year, they sold over 1.6 million bags.

FREQUENTLY ASKED QUESTIONS:

Q: Why not switch to paper bags as an eco-friendly alternative?

A: Paper bags are recyclable, but paper is very resource-heavy to produce. Manufacturing a paper bag takes about four times as much energy as



STANDARD PHOTO SUBMITTED

Homestead Co-op has reusable totes and bag options for sale in-store, including a reusable cloth bag available at the tills in case you forget to bring reusable bags on a visit. From left to right, Homestead Co-op's Carman Food Store Manager Justin Major, Antonia Pfeif (Grocery Clerk) and Reggie Stewart (Front End Manager).

it takes to produce a plastic bag, plus use harmful chemicals in production. Also, paper fibers become shorter and weaker each time the recycling process takes place, there is a limit to how many times paper can be recycled.

Studies have shown that, for a paper bag to neutralize its environmental impact compared to plastic, it would have to be used anywhere from three to 43 times. Since paper bags are the least durable of all the bagging options, it is unlikely that a person would get enough use out of any one bag to even-out the environmental impact. As the people at Green Action Centre say, it's better to focus on reduction as opposed to "better" disposables.

Q: I use the grocery bags I get at your stores to dispose of my pet's waste, and now I'll have to buy more plastic bags, so what is the point?

A: Taking a single-use plastic bag and turning it into a "double"-use plastic bag is still not an ideal option because the bag still ends up in the landfill and it takes hundreds of years to decompose.

There are some creative solutions, such as repurposing frozen fruit or vegetable bags, cereal bags or

bread bags. Corn-based compostable bags are also an option.

Q: Can we use reusable produce bags from home?

A: Yes. You can also find the Co-op brand for sale at our food stores.

Q: I see other single-use plastics and disposables at your food stores. What will you be doing next?

A: Federated Co-operatives Ltd. has signed on to the Canadian Plastics Pact (CPP) on behalf of the Co-operative Retailing System, which includes Homestead Co-op. By signing the Pact, the CRS is committing to four targets by 2025:

- Define problematic or unnecessary plastic packaging and create a strategy to eliminate
- 100% of plastic packaging to be reusable, recyclable or compostable
- 50% of packaging is recycled or composted
- 30% recycled content across all packaging

While these targets may seem ambitious, we are not starting from scratch. In 2019, a cross-commodity working group was formed to source alternative packaging options for the CRS.

Help those in need with drive for success clothing drive

By Ty Dilello

Carman Wellness Connections and Carman Collegiate, Elm Creek School and Miami School are looking for donations of gently used clothing to replenish the wardrobes of school-aged

students and young adults.

This upcoming multi-day event will invite individuals 12 years and up, school-aged and young adults, to replenish their wardrobes with gently used clothing and allow them to

Dress for Success as they enter the workforce.

The committee is seeking clothing donations to assist students 12+ and young adults. In addition, they have a particular goal of looking for do-

nations of business attire for young adults.

Prairie Rose School Division and Carman Wellness Connections' part-

Continued on page 10

Fish fry this week supports Well of Plenty Foundation

By Ashleigh Viveiros

A fundraiser taking place at the Pembina Threshermen's Museum this week will help families half a world away put food on the table.

The Well of Plenty Foundation hosts a Walleye Fish Fry at the heritage museum on Hwy. 3 on Thursday, April 20.

Pre-ordered lunches are available to be picked up at noon that day (lunch orders need to be in by Wednesday, April 19; call 204-362-4101 to book).

There's also a drive-thru supper option open without reservations from 4:30-7 p.m.

Both meals are by donation, with funds going to help the charity build community wells and provide irrigation drip kits and training in their use to families in Africa.

Morden's Harry Dalke is part of a group of local farmers who have taken up this cause.

The foundation was started by an old university friend of his, Doug Dueck, in 2019.

Dueck was in Malawi to hear his daughter and her husband preach when he was approached by a pastor

asking if there was any way Canadians could be mobilized to help feed the starving families in his community.

"God never intended anybody to starve, but that is the reality out there," Dalke says, sharing the struggles African farmers have to be sustainable in a climate plagued by a short rainy season and then drought for the rest of the year.

Well of Plenty was formed as a Christian ministry to help the people of Malawi create more sustainable food growing systems.

Over the last four years they've built wells in multiple villages and have provided supplies for drip irrigation systems to help families more reliably grow not just enough food to eat but also to sell as a means of supporting themselves.

"It's amazing how fast it's growing and how big a difference it's making in the lives of hundreds of people already out there," says Dalke, who got the chance to see the impact of the ministry firsthand during a trip to Malawi last fall.

Continued on page 14



SUPPLIED PHOTOS

Well of Plenty is raising funds to buy irrigation drop kits and train families in Malawi, Africa in their use. The charity has also been digging wells for community use (below).

Missoula Children's Theatre production returns to Carman

By Ty Dilello

The Missoula Children's Theatre will be coming to Carman this weekend as Ecole Carman Elementary School ACSL (Parent Council) will host its 12th annual Missoula Production.

Missoula Children's Theatre is a touring theatre troupe that will take Carman's elementary students on a dramatic adventure for the week resulting in a live performance of Rumpelstiltskin on April 21 (7:30 p.m.) and April 22 (1 p.m.).

Tickets go on sale on April 18 at 10 a.m. for \$15 each with assigned seating. Text 204-750-3050 to purchase tickets. Phone calls will not be accepted.

"Missoula was started 12 years ago by the parent council, and as it is such an incredible experience for the kids," said Jodi Winkler of the Carman and Area Chamber of Commerce, "the committee has made it a priority to have it return every year."

The Missoula Children's Theatre is North America's largest touring children's theatre. They have been touring extensively for 35 years

from Montana to Japan and will visit nearly 1,300 communities this year with 47 Tour Actors/Directors teams.

The team will arrive in Carman this week with a set, lights, costumes, props and make-up. Basically, everything it takes to put on a play except the cast.

The Carman Elementary students from Kindergarten to Grade 5 can audition for a part on Monday. These auditions are nothing they can prepare for and instead are based on the student's attention and enthusiasm. After the audition, the students that have been cast in a part will rehearse every day after school from Tuesday to Friday to prepare for the two performances on Friday evening and Saturday afternoon.

Thanks to the generosity of sponsors, the Missoula team will come in and work with every student at Carman Elementary School throughout the week. The team will host workshops with all classes and offer students an opportunity to experience Missoula on a smaller scale.

"It is a great event, and thanks to

Rumpelstiltskin

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CHILDREN'S
THEATRE**

A PRODUCTION OF MCT, INC.

Conceived and Written by
Don Kukla

Music and Lyrics by
**Michael McGill
and Don Kukla**

the donations of generous sponsors, all of the proceeds from ticket sales will go back to the ACSL," said Winkler. "And the proceeds will be used to fund field trips for all of the stu-

dents at Ecole Carman Elementary School."

A Story for Every Mile paints a vivid picture of region's history

By Ashleigh Viveiros

A new history book packed full of photos and personal accounts paints a vivid picture of Southern Manitoba's storied past.

The Boundary Trail National Heritage Region (BTNHR) and the Pembina Manitou Archive (PMA) have spent the last several years working with author Ed Ledohowski on the creation of *A Story for Every Mile: An Illustrated History of the Boundary Trails National Heritage Region of Southern Manitoba*.

The book, which became available at locations across the region this spring, is 140 pages and filled with over 550 historical photographs and images depicting scenes stretching back to the 1850s, though the stories go back much, much further.

"It starts right with the ancient history of this region—the Ice Age and Lake Agassiz," says Al Thorleifson, BTNHR board member, PMA archivist, and book editor. "It talks about the history of the Aboriginal peoples in this region ... the story of Chief Yellow Quill and his promotion of the rights of the Aboriginal people in this district.

"It tells a lot of the story of the initial settlement of this area. Ed has found many of the memoirs and stories that were told by the first settlers who came here."

Through quotes and photos, the book shines a spotlight on the lives of the people who helped build our modern communities.

"The information is largely firsthand commentary by the people who actually lived it," Thorleifson says.

The book also details the introduc-

tion of the railroad, the various waves of immigrants and their impact on local demographics, and takes readers right through to the present day.

This project, started in 2014, was originally envisioned as a series of short educational booklets. But Ledohowski's research found such a treasure trove of material that it grew into a full-fledged book.

Many of the photos included have never been published before.

"Many of them have never been seen before because Ed found them in the strangest places," Thorleifson says. "There are collections that have never been actually archived. Photo collections, map collections, photos of historical documents."

It's those photos that really bring the stories to life.

"One of the things that I think is cool about this is there are so many photos that even little kids can look at the pictures and get a sense of things," Thorleifson says. "So many history books are just words. This is really good for young folks to get a sense of what it used to look like."

The preservation of history is a passion for Thorleifson, as is raising awareness of our region's roots.

"I don't think people can know where they're going until they know where they've come from. Whether we're born here or we come from away, we have to make sure the next generation doesn't lose an awareness of where their parents and ancestors came from. And once you're here, you're part of this history too."

Thorleifson notes this project was made possible thanks to financial support from the Manitoba Govern-



STANDARD PHOTO BY ASHLEIGH VIVEIROS

Al Thorleifson with the new *A Story for Every Mile* history book.

ment and the Boundary Trail Railway Company.

Copies of the book have been delivered free to municipalities, museums, and libraries across Southern Manitoba.

They're also available for sale for \$60 each at the Canadian Fossil Discovery Centre and the Pembina Hills Art Gal-

lery in Morden, the RM of Thompson office in Miami, the Municipality of Dufferin office in Carman, and the Boundary Trail Railway Company office in Manitou.

You can also contact Thorleifson via email to pembinamanitouarchive@gmail.com to arrange to purchase a copy.

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> CLOTHING DRIVE, FROM PG. 8

nership aims to help individuals wanting to secure employment. Hence their main focus is to "Dress for Success."

Carman Collegiate, Elm Creek and Miami School will be collecting donations at their offices by April 21.

This event will be occurring within Carman Collegiate. During Industrial Arts days, the students from ECS and Miami can look through donations. The event will also be open to all members of the public for a few evenings.

The Carman community extends an invitation to the surrounding community to join as well. Dates will be selected after donations have been collected, closer to Spring.

People are encouraged to bring donations to Carman, ECS and the Miami School offices for collection.

For more information, Carman Wellness Connections can be reached by email at carmanwellnessconnections@gmail.com.

Your FARM



Objectives for better beetle management

By Keith Gabert

Flea beetles are the pest of greatest economic risk to canola production, according to our 2022 Canola Council of Canada survey of canola growers. With more striped species, which emerge earlier in the spring and seem more tolerant of common seed treatments, and with spring weather conditions that challenge rapid crop emergence, flea beetle damage seems worse than ever.

Canola growers have two major objectives to reduce the risk:

OBJECTIVE A: RAPID CANOLA EMERGENCE

The ideal flea beetle buster is a canola crop that establishes quickly with five to eight plants per square foot. More plants mean more food for the flea beetles, which limits the damage per plant.

Scenarios that require multiple in-season foliar sprays are often the result of a slow-establishing, non-competitive crop. Many factors can cause this, including moisture, temperature, plant populations, seed treatment and overall flea beetle numbers.

Management steps to reduce the risk include:

- Seed shallow into warm, moist soil. Consider seeding cereals first as they can tolerate cooler spring soils. Seed canola after soils have warmed up and ideally just before or after a spring rain.
- Use an advanced seed treatment to improve flea beetle protection in high-risk areas. These include Buteo Start, Lumiderm, Fortenza and Fortenza Advanced.
- Use safe rates of seed-placed fertilizer. The recommendation is to use only phosphorus in the seed row at rates of 20 lb./ac. of actual phosphate. Higher rates of seed-placed fertilizer can add more stress, slow the pace



CANOLA COUNCIL OF CANADA

Two species of flea beetle—striped and crucifer—on the same canola plant. Striped species emerge earlier in the spring and seem more tolerant of common seed treatments.

of growth and reduce the stand.

OBJECTIVE B: EFFECTIVE FOLIAR SPRAYS

Fields under moisture stress may not meet objective "A". Flea beetles love dry conditions, crops don't. In that case, growers should set up for effective foliar insecticide.

What makes a spray effective?

First, apply it at the right time. Action thresholds for canola are when damage exceeds 25 per cent cotyledon or leaf area loss. However, in warm weather with actively feeding flea beetles and slow-growing crop, this threshold can be passed quickly. Growers will want to anticipate the speed at which damage is developing and proactively begin spraying before 25 per cent defoliation. In some cases, early spraying around headlands may be enough when damage is localized from flea beetles entering the field edge.

"Right time" is also when flea beetles are most active. Warm, dry and calm are good conditions for spraying. In rainy cool weather, flea beetles often take shelter in the soil and don't feed as much. In these conditions, insecticides, which all rely on contact with the flea beetle target, will have lower efficacy.

Second, consider the temperature effect on insecticide efficacy. On spray days with highs over 25°C, malathion and Sevin XLR may provide better results. On days with highs below 20°C, pyrethroids (Decis, Pounce, Perm-UP and others) will show better results. Pyrethroids have restrictions when temperatures exceed 25°C.

Third, achieve coverage. Flea beetle insecticides do most of their work through contact. Because young canola plants take up only a small percentage of the ground area and because flea beetles are small targets, effective contact requires adequate water (at least 10 gal/ac.) and medium nozzles. Check labels for specific nozzle recommendations. Low-drift nozzles, which are a good practice for some herbicides, produce a coarse spray droplet that may not provide efficient flea beetle contact. Without coverage, results may not be as good as hoped.

This is just a quick overview of the top points. Continue regular scouting for flea beetle damage until your crop is well established. For more on flea beetle management tips and how to make the spray decision, please see our agronomy-based articles in the Insects section at canolawatch.org/fundamentals.

*Keith Gabert, agronomy specialist and insect management lead for the Canola Council of Canada.
Email gabertk@canolacouncil.org.*



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Your FARM



Second water planning tool receives funding

By Lorne Stelmach

Farmers and others in the Pembina Valley watershed region will benefit this year from two new high-tech water planning tools.

The project partners see the development of new environmental hydrologic forecasting models as helping guide land management decisions and on-farm planning by farmers, watershed districts, and communities around water resources.

"The Pembina Valley Watershed District is excited by the possibilities of this new tool," said manager Ryan Sheffield. "We hope that producers can find value in the ability to make better predictions of hydrological conditions."

The watershed district worked in partnership with Swan Lake First Nation and the Manitoba Forage and Grassland Association on the \$35,000 project supported by the RBC Foun-

ation through RBC Tech for Nature.

Aquanty, a Canadian software company, worked on the development of the landscape simulation project HydroGeoSphere (HGS). The soon-to-be-completed model will simulate real-time water flows over, under and through the landscape of the Swan Lake region using climate and weather information to provide seven and 32-day forecasting for soil moisture, groundwater and surface water levels.

It will be similar to another forecasting tool recently made available for the overall Pembina Valley watershed district that was supported by funding of up to \$152,250 from Agriculture and Agri-Food Canada's AgriRisk Initiatives Research and Development stream via the Canadian Agricultural Partnership.

With the region in the midst of the spring melt, it's the perfect opportu-

nity to try these tools, suggested Sheffield.

"It's definitely an ideal time to have a look at it and check it out," he said. "This time of year, flowing water is at its most significant levels, and this tool is going to be providing some real time data for what's going on out there and predicting what's going to happen."

"Depending on soils and geology and topography and all these different factors that have been used to build these models, it creates variation across the landscape," he noted. "These models have taken all of that into consideration and enables people to make predictions as to how conditions are going to be in a certain location ... it varies across the landscape."

There will be webinar introductions to the forecasting model around the ability and progress on the forecasting tool. You can find more informa-

tion online at mfga.net.

"MFGA is very proud to be part of the team that brings this incredible water technology to the Pembina Valley Watershed District and Swan Lake First Nation," said chairperson Lawrence Knockaert.

"The ability to work with our partners and within the Royal Bank Tech for Nature on Aquanty's hydrologic forecasting tool now for the Swan Lake sub-watershed is really exciting. We look forward to promoting the project and helping all stakeholders get up to speed on the forecasting tool in the near future."

"Supporting new ideas, technologies and partnerships to solve pressing environmental challenges is how we bring RBC Tech for Nature to life," said Mark Beckles, vice-president of social impact and innovation for RBC. "This multifaceted forecasting tool for land managers will help them deal with the challenges of managing their lands, waters and productivity."

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Approx. 377 acres RM of Coldwell

NW 07-19-4W Roll #71300, 177 acres, adjoining quarter 160 acres NE 7-19-4W, Roll #71200. Total 260 cultivated acres, 110 hrs of drainage work done in the last two years. Has a deep well for water supply and electricity for spraying.

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2093 Ferndale Road, this is 3 mile south from Jct. Hwy 2 and 424 at Springstein turn off, Ph. 204-735-2478, ALL ITEMS SELL AS IS WHERE IS NO WARRANTY OF ANY KIND. Live in person auction with online bidding available beginning at 11 am. Jim and Celine are selling their beautiful acreage minutes from the perimeter at Oak Bluff and are down sizing.

This auction has some excellent yard equipment, tools and very good household furniture and appliances.

This will be a live on site auction with hot dogs and all.



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DAVE ENNS COLLECTOR TRACTORS ONLINE AUCTION JUNE 02, 2023 AT 6:00PM



From the lights in Carman go 6 miles North on #13 to 305. Then go East on 305 for 2 miles. Then go 1 mile South. From Elm Creek go 6 miles South on #13 for 6 miles to 305. Then go East on 305 for 2 miles. Then go 1 mile South. 4 Massey 4 cyl Minneapolis U. 1938 John Deere D. Last year of unstyled Case VAC. Farmall H wide front. Farmall Super C. Farmall M wide front. International W4. International WD6 with loader Farmall A. SC Case. John Deere A. All tractors are running! 1997 GMC 1/2 ton. Ext cab. Running last year, not this year. 1970 Ford 3/4 ton 300 6 cyl. Auto trans. Not running. Project. 1931 Ford Model A engine only. Electric start. Runs well. Valve grinding machine. Valve seat grinding machine



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Extended Interswitching brings competition for grain transportation

By Western Grain Elevator Assoc.

Canada's grain shippers applaud the Government of Canada's announcement in Budget 2023 to bring back Extended Interswitching. This measure gives shippers who are physically located on a single rail line the ability to automatically seek competing service from the next closest railway within a certain distance at a guaranteed rate.

The Western Grain Elevator Association (WGEA) has long advocated to make Extended Interswitching a permanent measure in Canada's regulatory framework.

"Extended Interswitching is one of the only policy tools that has histori-

cally created competitive options for shipper business," said the WGEA's Executive Director Wade Sobkowich. He added, "it offers an alternative service provider for single-served shippers which balances negotiations in a way that encourages better service or pricing for the benefit of entire supply chains."

Canada had Extended Interswitching in place from 2014 to 2017. During that time Extended Interswitching did not cause major operational challenges and economic hardship on carriers. Instead, shippers experienced options for shipping product to its final destination which benefitted

the western Canadian grain industry including grain farmers.

The intent of Extended Interswitching has always been to give all shippers the opportunity to have at least one other competitive shipping option. For that to happen in the grain sector, the Extended Interswitching distance will need to be 500km to allow for the Peace River and Carrot River growing regions to participate.

"Extended Interswitching, provided it's at the right distance and automatically available, is a very important start to the government's response to the Supply Chain Task Force's report," noted Sobkowich. "We look

forward to providing the grain sector's input to the full response, especially those further measures that address the imbalance in the business relationship with shippers, such as automatic demurrage penalties associated with railcar supply and service level performance."

The WGEA is an association of grain businesses operating in Canada which collectively handle in excess of 95% of western Canada's bulk grain exports. Its members account for approximately one fifth of bulk railway revenue in Canada and pay annual total freight of over one billion dollars.



> SHARE, FROM PG. 9

He was joined by fellow farmers and foundation supporters Ben Friesen and John Dyck, who, along with Dalke, are members of the local SHARE (Sharing Hope with Agriculture Resources of the Earth) group that grow crops to donate to the Canadian Foodgrains Bank each year.

The Well of Plenty initiative resonated with SHARE's members, Dalke says, and they've led the charge to raise funds for it locally.

It costs \$500 to put together an irrigation drip kit and put participants through a training course on how to use it.

"They learn all about it in the church's demonstration garden—how to use the drip lines, the filters," Dalke explains.

The technology has been a huge success.

"Their families only need about a third of what they're growing," Dalke explains. "Every week they seed something and after three months they start harvesting. So it's a rotation, and they're able to sell the extra to buy other things they need."

Thus far the program has run in five communities, but Moses Chirusha, the Congolese man who heads things up for the foundation in Malawi, has dreams to expand into many more, including in other African countries.

"He's a real go-getter," Dalke says, noting Chirusha has helped the farmers form a co-op to sell their excess produce to local hotels in tourist areas, helping the project as a whole become more sustainable.

But outside funds are still needed to keep it growing, and that's why Canadian donors are so vital. Dalke has been spreading the word about the foundation's work in the hopes of drumming up further support so they can get more families through the program.

He notes that while they are a Christian ministry that works with churches in Malawi, this program is offered to all.

"It's not closed to non-Christians—it's open to everybody," he says, stressing they share God's love not by simply feeding families but by helping them learn how to feed themselves. "That's the beauty of it."

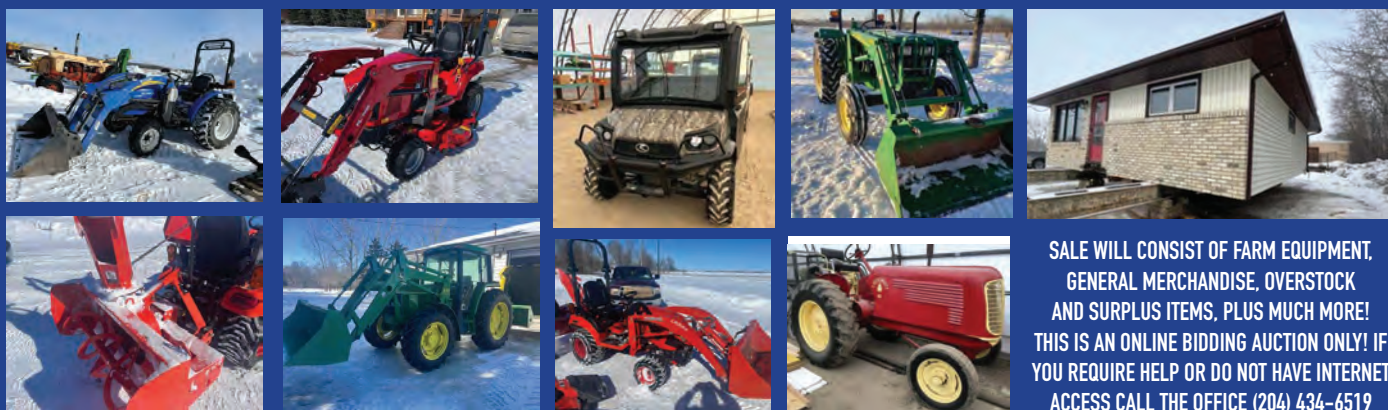
To learn more about Well of Plenty or to make a donation, contact Dalke at 204-362-4101 or hbdalke@gmail.com or head to wellofplenty.com.



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Earth DAY

Protect our Species



Meaningful fun ways to celebrate Earth Day

Earth Day is a celebration of the planet that people, plants and animals call home. First celebrated in 1970, Earth Day was established to demonstrate support for environmental protection, and events are held each year on April 22. It is now coordinated globally by the Earth Day Network and celebrated in more than 193 countries.

People may wonder what they can do at a local level to make Earth Day a larger part of their lives. Here are just a few great ways to embrace Earth Day.

- Make it a point to bike or walk to school or work. If conditions are prohibitive, carpool to cut down on traffic. The fewer cars on the road, the less emissions in the air.

- Recycle e-waste in your home. E-waste is considered outdated electronic appliances that are no longer used. The Environmental Protection Agency suggests e-waste is the fastest growing waste stream in the world.

- Invest in a reusable coffee cup or water bottle. This can reduce the amount of trash that ultimately ends up in the environment.

- Connect with nature by turning off electronics for the day and getting outside. Head to a park or nature trail and immerse yourself in the great outdoors.

- Do something as simple as switching paper statements and bills to e-bills and online invoices. This

reduces reliance on trees for new sources of paper.

- Grow some edibles in your home garden or even on a windowsill. This is a fun, eco-friendly way to control the foods you consume at home and a great way to save money as well.

- Reusing and recycling does not just pertain to water bottles and aluminum cans. Find out ways to repurpose or share items with others so they get more mileage. Also, make use of sharing services like an online community sharing marketplace.

- Volunteer your time at an organization that has an environmental focus. Or suggest a task with an eco-friendly slant, like picking up trash from a beach, to a local community group or club.



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TO DATE THIS YEAR WITH THE HELP OF MANITOBANS, MWM ENVIRONMENTAL HAS DIVERTED 126.605 TONNES OF COMPOST AND 687.185 TONNES OF RECYCLING.

To help celebrate Earth Day, here are a few Recycling Do's and Don'ts:

Do Recycle:

- Any plastic container with a recycling triangle on the bottom with the numbers 1,2,4,5,7 (includes bottles, pails, tubs & jugs)
- Drink cans & bottles, juice boxes
- All paper products including cardboard boxes, newspapers magazines

Don't Recycle:

- Products containing multiple material types packaged together, like most coffee pods or toys containing both plastic and metal
- Takeout containers or pizza boxes with food remnants
- Household hazardous waste containers



MWM ENVIRONMENTAL

(204) 822-0327



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Spurs end successful debut volleyball season

Staff

The Carman Spurs volleyball team finished in fifth-place in Dauphin over the weekend to conclude their inaugural season. Despite going winless prior to the tournament, they achieved all their goals of honing technical skills and forming better strategic understanding. The achievements of the players and coaches is a testament to their hard work and dedication, something coach Rempel was evidently proud of.

"I'm incredibly thankful and proud that the team remained committed and confident throughout," said Rempel.

The Spurs were placed third in the pool during round robin play, but lost the first playoff game to the eventual runners up. Fortunately, they managed to get revenge against the Vipers from Dauphin, coming away with a 2-0 victory and enabling them to take part in the 5th/6th place match against Providence College Junior Pilots. The contest was incredibly tight-fought, with the Spurs losing the initial game yet eventually pushing ahead to clinch 5th place after back-to-back victories.

The team celebrated the completion of their first year with an Awards Windup where each individual was commended for their growth and contribution to the squad. The team would also like to extend our appreciation to our parental figures, patrons and sponsors - without your backing, these strides and development wouldn't be as significant. All the players are looking



STANDARD PHOTO BY LYNN REMPEL

Back row, left to right: Coach Rempel, Lennox Dunn-Larsen, Sophia Cox, Kamisha Scott, Madeline Bergen, Shelby Nicolajsen, Coach Laurhys Bergen; Front row, Presley Wolfe, Amelia Wytinck, Madison Froese, Emma Friesen and Josie Crampton.

ahead to representing their schools later this year and returning to play with the Spurs once more during next winter.

Flyers hand out awards



PHOTO BY RYAN SAWATZKY/WINKLER FLYERS

The Winkler Flyers gathered last week to celebrate the end of the season with their annual awards banquet. Taking home honours were Carter Dittmer (Scholastic Player of the Year), Dalton Andrew (Most Improved Player), Malachi Klassen (Community Commitment Award), Aidan Comeau (Unsung Hero Award), Kyle Crewe (Leadership & Perseverance Award), Trent Sambrook (Top Defenseman & MVP Award), Zach Nicolas (Rookie of the Year), and Mike Svenson and Trent Penner (Top Forwards)

What's *Your* story?

We want to hear from you.

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

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

A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

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

The Carman-Dufferin
STANDARD

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

McFadden second oldest player to win Calder Memorial Trophy

By Ty Dilello

With the National Hockey League's Stanley Cup playoffs just around the corner, it's worth taking a peek at the career of Carman's Jimmy McFadden. McFadden was one of the finest players to ever come out of these parts.

McFadden tore up the National Hockey League as a strong-skating scoring centremen of the Detroit Red Wings and Chicago Blackhawks in the 1940s and 1950s. A prolific scorer, McFadden was always near the top of his team's scoring leaders throughout his eight-season NHL career.

Jimmy McFadden was born in 1918 in Belfast, Northern Ireland. He immigrated to Canada with his family at the age of 10 and settled in the Opawaka District (near Darlingford). That was when his father brought the family from Northern Ireland on something called the Veteran's Land Act.

"Moving my mother and six kids over here and starting up wasn't easy," McFadden recalled in Bill Boyd's 2000 book *Hockey Towns*. "He got a quarter-section, and we started with a few horses, that's what you farmed with in those days, and some cows, some pigs. They had some hard years. During the Depression, we just had what was on the farm. Some people had nothing. I remember driving a hay wagon, two horses, when I was only eleven. That was man's work."

McFadden received his first pair of skates at the age of 11, and from that time on, you couldn't keep him off the ice. He was always skating, and that's likely why he was able to get so good at the game of hockey in quick fashion.

"I was crazy about hockey," said McFadden. "I'd walk three miles to listen to a game on the radio. I must have been crazy about hockey."

McFadden's first venture into higher echelons of hockey went poorly, but not because of his late start at skating.

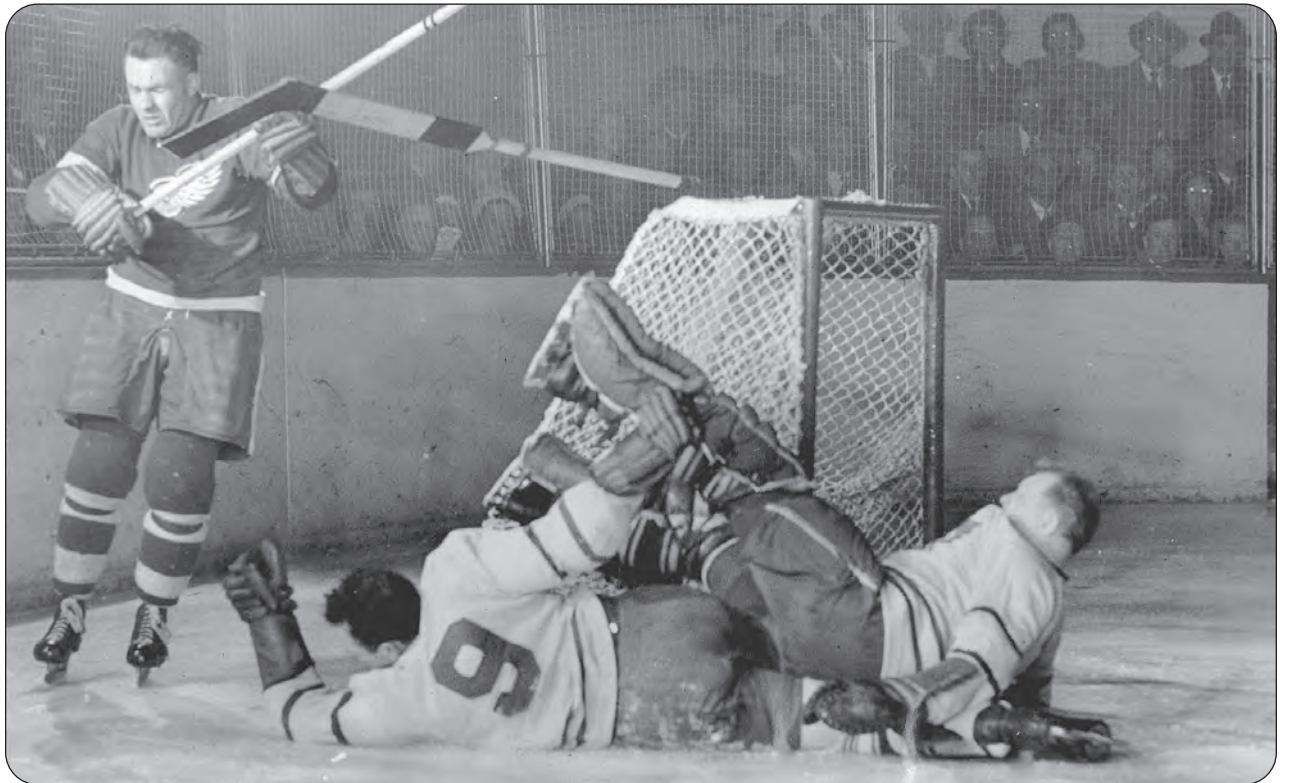
"I tried out for Portage in the Manitoba Junior Hockey League. I made the team, but coming from Northern Ireland I didn't have a birth certificate, so I couldn't prove my age."

He then returned to Carman and played for the intermediate Carman Beavers, and they won a provincial championship. While playing for the Carman Beavers in 1939, he was discovered by the Montreal Canadiens and spent time in their organization before joining the armed forces in World War II.

Because of the war, McFadden had a late start in the NHL. He didn't play his first game until the 1947-48 season when he was twenty-eight. However, that season he won the Calder Memorial Trophy as rookie of the year with the Detroit Red Wings for scoring 48 points in 60 games.

"Because of my years in the army, I never even thought I'd make the NHL. I was twenty-eight when I went up and was getting old. So in that way, I was lucky. But it wasn't all luck. I guess I had to be pretty good, too."

At twenty-eight, he's the second-oldest players ever to win the award. Ironically, 43 years later, an-



STANDARD PHOTOS SUBMITTED

McFadden of Carman won a Stanley Cup and a Calder Memorial Trophy over a strong eight-year National Hockey League career in the 1940s and 1950s.

other Carman native by the name of Ed Belfour also won the Calder Memorial Trophy.

"It was great to win the Calder," said McFadden. "You got \$1,000 for winning, and the club matched that. That was a lot of money. The salaries then were nothing compared to these days. The most I ever made, counting bonuses, was \$15,000 in one year."

In 1950, McFadden reached the sport's pinnacle when he won a Stanley Cup with the Detroit Red Wings.

Over eight strong years in the NHL, McFadden scored a hundred goals and another ten in the playoffs. He played at about five-foot-eight but was sturdy, and his opponents always said he was hard to knock off his skates. People who saw him play say he was a magnificent skater.

McFadden married Mildred Johnston of Carman in 1951 and settled back to Opawaka District after his playing career ended where he farmed and drove the school bus for many years. He also coached senior hockey for the likes of Carman and Miami.

The McFaddens later retired to Carman in 1985, where they lived out their remaining years.

A Manitoba Sports Hall of Fame member, the late Gladwyn Scott, who played for the Miami Rockets when McFadden was the Rockets' playing-coach and spoke highly of the legendary McFadden.

"Jimmy was an outstanding player for years after he left the NHL," said Gladwyn Scott. "He made a big impact in the south-eastern league around Morden, Altona, Winkler, Pilot Mound, and Portage. He was one of the most dominant hockey players in Manitoba in the late '50s and '60s. Nobody could catch him once he had a stride on them. And he had a very good shot, very quick getting it away."

"As a coach, he'd have us on the ice for an hour and a half every night. We were in mid-season shape before the season began. He



Jimmy McFadden

was strict: no smoking, no drinking. It was all business, and we would pack the rinks. Miami was a small town, but we'd take on Brandon and Selkirk, and we'd come within a goal of representing the province. Most of this was due to Jimmy."

Jimmy McFadden passed away on August 28, 2002, at the age of 84.

get inspired

> MEAL IDEAS



Hawaiian Huli Huli Chicken

pieces)
8 wooden skewers (6 inches each), soaked in water

To make sauce: Combine ketchup, soy sauce, honey, orange juice, garlic and ginger; mix well. Separate into two bowls and set aside.

Preheat grill to medium-high heat. Pre-heat oven to 350 F.

Alternately thread three chicken cubes and three pineapple chunks on each skewer.

Grill skewers 3-5 minutes on each side. Brush or spoon sauce from one bowl onto chicken and pineapple every other minute. Discard remaining sauce from first bowl.

To prevent chicken from drying out, finish cooking to minimum internal temperature of 165 F in oven. Using clean brush or spoon, coat with sauce from remaining bowl before serving.

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

Prep time: 10 minutes

Cook time: 30 minutes

Servings: 4

Sauce:

2 tablespoons ketchup

2 tablespoons light soy sauce

2 tablespoons honey

2 teaspoons orange juice

1 teaspoon garlic (about 1 clove), minced

1 teaspoon ginger, minced

12 ounces boneless, skinless chicken breast (about 2 large breasts), cut into 1-inch cubes (about 24 cubes)

1 cup fresh pineapple, diced (about 24



Grilled Maine Lobster Tacos

pepper, to taste
8 small flour tortillas
pico de gallo

1 lime, cut into wedges for serving

To make vinegar slaw: In small saucepan over medium heat, heat apple cider vinegar, celery seeds, sugar and water; stir until sugar dissolves. In large bowl, pour mixture over cabbage; cover and refrigerate.

To make cilantro lime crema: In blender, blend sour cream, cilantro, mayonnaise, lime juice, lime zest and garlic. Season with salt and pepper, to taste; refrigerate.

To make lobster tacos: Preheat grill to medium-high heat.

Brush grill grates with oil to prevent sticking. Using kitchen shears, cut lobster shells in half lengthwise. Place skewer through meat to prevent curling during cooking.

Brush lobster meat with melted butter and season with salt and pepper.

Grill lobster tails meat side down 5 minutes then flip.

Brush meat again with butter and cook 5 minutes, or until opaque throughout. Cook to 140 F internal temperature.

Remove meat from shells and cut into bite-sized chunks or leave whole, if desired.

Place tortillas on grill 30-60 seconds per side, or until warmed and slightly brown.

Add drained slaw to tortillas. Top with lobster meat, pico de gallo and cilantro sauce. Serve with lime wedges.

Total time: 25 minutes

Servings: 8

Vinegar Slaw:

2/3 cup apple cider vinegar

1 teaspoon celery seeds

2/3 cup white sugar

1 cup water

1/2 small head green cabbage, shredded or cut thinly (approximately 8 cups)

Cilantro Lime Crema:

1/2 cup sour cream

fresh cilantro leaves, chopped

1/2 cup mayonnaise

4 teaspoons fresh lime juice

1 lime, zest only, minced

1/2 teaspoon minced garlic

kosher salt, plus additional to taste, divided

freshly ground black pepper, to taste

Lobster Tacos:

Extra-virgin olive oil

4 large (4-6 ounces each) Maine Lobster tails, defrosted

4 tablespoons unsalted butter, melted salt, to taste

The healing power of laughter



Certainly there are times when there is nothing to laugh about, but we must not stay in that space for too long. Finding laughter means allowing ourselves to move into a lighter space, if only for a short while. Sometimes simply trying to bring a laugh or smile to another person is all it takes to shift our own energy. It is easy to forget how to be playful. The seriousness of life can make us lose that child-like innocence, but it need not be lost for good.

I was talking with a client recently about the importance of laughter. We were commenting on the health benefits, and I remembered the story of how Norman Cousins healed himself by watching funny movies. He had a serious illness, and rather than sitting around brooding about it, he decided it would be better to be positive and to laugh. So he watched old Groucho Marx movies and laughed a lot. His condition improved markedly.

It occurred to me that if laughter can do good things for the physical body, then it can also do good things for relationships and families. In the body, laughter relieves stress and likely produces endorphins, which make us feel good. In a relationship, laughter also relieves stress, and produces good feelings, which strengthen the relationship.

In families, the same thing applies. Shared laughter creates a warmth between people and, like a magnetic attraction, makes us want to be together. There is a lot of nonverbal bonding that occurs when two or more people share a laugh. Affectionate teasing is like a compliment, because we only do it with people we like. I think of laughter as the emotional equivalent of sunshine. Days without sun can be dreary, as can days without laughter. No matter what the burdens, if my clients can still laugh, I know they will be okay.

If we have no laughter in our lives, then we are at some risk emotionally, and probably even physically.

At first it might take outside stimulation to bring the laughter back, be it a funny movie, or doing something that you normally don't do, like going sledding, or playing a game. It might require a conscious effort to find something humorous each day, that you can share with others. Perhaps playing some (harmless) practical jokes will get you going, and show others that you are open to playfulness.

A smile is a magical thing. Have you noticed how the face of a stranger is transformed when they see you smiling at them. If your smile can have that effect on a stranger, think how much it does for those you live and work with. So if you have lost your smile, or forgotten how to laugh, it might be time to do something about that. Our children model our behavior, so if we are serious all the time, they may be too. Even if there is pain and struggle in our lives, a little laughter can make it more bearable. We don't have to wait for something that will make us laugh. We just have to see the humor that is already there, or create a little of our own.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration.



5-Minute Dark Chocolate Cereal Bars

4 ounces dark chocolate, melted

Heat saucepan over low heat. Add butter, marshmallows and peanut butter; stir to combine. Add cereal; mix until coated.

Line 9-by-13-inch pan with parchment paper. Add cereal mixture to pan.

In bowl, mix milk chocolate and dark chocolate. Drizzle chocolate over cereal mixture; spread evenly then allow to cool.

Cut into bars and serve.

Recipe adapted from ScrummyLane.com

4 tablespoons butter

10 ounces marshmallows

1/2 cup peanut butter

6 cups cereal

4 ounces milk chocolate, melted

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UPCOMING EVENTS

Cluck & Quack Poultry Club Auction. Poultry & small animals auction on Saturday, May 6, 12 noon. Springfield Curling Club in Dugald, MB. For further vendor information contact Danica Mutcher, email danimonica@hotmail.com or phone/text 1-204-770-3857.

LAKESIDE FLIGHT ACADEMY

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Carman, Manitoba R0G 0J0

PROPERTY

SW ¼ 29-20-2 EPM
Being Approx. 159.33 Acres

Section 6-21-2 EPM
Being Approx. 654 Acres

SW ¼ 32-20-2 EPM
Exc Sly 1320 feet perp
Being Approx. 82 Acres

SE ¼ 32-20-2 EPM
Being Approx. 162 Acres

NE ¼ 30-20-2 EPM
Being Approx. 155.89 Acres

NW ¼ 29-20-2 EPM
Being Approx. 162 Acres

NE ¼ 29-20-2 EPM
Being Approx. 162 Acres

CONDITIONS OF TENDER

1. Interested parties must rely on their own inspection and knowledge of the property.
2. Tenders may be placed and accepted on one or any number or all parcels of land.
3. Tenders must be received on or before 2:30 pm on April 28, 2023.
4. Tenders must be accompanied by a **\$10,000.00** cheque payable to **MMJS LLP** in Trust as a deposit. Deposit cheques accompanying unacceptable bids will be returned.
5. Highest or any tender not necessarily accepted.

TERMS AND CONDITIONS OF SALE

1. The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
2. In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing which shall be **June 1, 2023**, or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the accepted tender is not paid within the set time limit the deposit may be forfeited as liquidated damages and not as a penalty.
3. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
4. Successful bidder will be responsible for real property taxes commencing January 1, 2023.
5. The purchaser shall be responsible for payment of GST or shall self-assess for GST.

For further information contact
Scott W. Johnston at:
Ph: 204-745-2546
Fax: 204-745-3963
email: scott@mmjlaw.com

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RURAL MUNICIPALITY OF GREY PUBLIC NOTICE REGARDING THE 2023 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162 (2) of The Municipal Act that the Council of the Rural Municipality of Grey intends to present its financial plan for the fiscal year 2023 at a public hearing in the:

R.M of Grey Council Chambers
27 Church Avenue East, Elm Creek, Manitoba
Thursday April 27, 2023 at 7:00 p.m.

Council will hear any person who wishes to make a representation, ask questions or register an objection to the financial plan, as provided.

Copies of the financial plan will be available for review and may be examined by any person during the regular office hours of the Municipal Office at 27 Church Avenue East, Elm Creek, Manitoba.

Kim Arnal
Chief Administrative Officer
R.M. of Grey

Please notify our office if you require special accommodation because of a disability or medical need.

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PEMBINA VALLEY
WATER COOPERATIVE INC.

Pembina Valley Water Cooperative is seeking applicants for the fulltime (40 hrs/week) position of Water Treatment Plant Operator in Morris MB. The Morris plant is one of three regional plants inside the Pembina Valley Water Coop, located 55 km south of Winnipeg on highway 75. Pembina Valley Water Coop is Manitoba's 3rd largest water utility, producing potable water for 14 municipalities in south central Manitoba. Three water plants feed a network of over 9,000 square kilometers.

What we have to offer:

- Excellent benefits package offered by the municipal government program
- Competitive industry wage (\$22.00 to start, with no previous industry experience)
- Certified Level 1-3 wage range from \$24.00-\$34.00 (Provincial certification program based)
- Company matched retirement savings program (starts at 8% match) through MEBP
- Strong support for internal training
- An environment geared towards learning
- 2 weeks holidays to start, 3 weeks after 3 years
- Strong safety focus

Position Description:

In this position you will perform day-to-day activities, consisting of the monitoring and control of the water treatment process. Performance of day-to-day maintenance, process checks, troubleshooting, laboratory analysis, administration, and duties with respect to reservoirs and pumping stations. Collect, record, and analyze data daily, perform necessary adjustments to optimize the process performance. When Certification is obtained, applicant will be scheduled into a rotation that will consist of working alone on the weekend and some holidays. During this time, they will be expected to be on call and responsible for the process after hours. All on call and after-hours work will be compensated.

Qualifications:

- Valid driver's licence
- A good team player and positive attitude
- Good communications skills
- Good mechanical aptitude
- Willingness to learn and further education
- Ability to work at heights, in confined spaces and in inclement weather conditions
- Computer competency. Emphasis on Microsoft Word and Excel. Scada familiarity an asset
- Any trade experience or post secondary education is an asset
- Flexibility to work some weekends and holidays
- Comfortable handling chemicals

Training will be provided to obtain water plant operator certification.

Interested applicants should forward their resume to water@pvwc.ca by 4 pm, April 28th, 2023, or call 204-324-1931 for more information.

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PEMBINA VALLEY
WATER COOPERATIVE INC.

Water Treatment Plant Operator Position – Stephenfield, MB

Pembina Valley Water Cooperative is seeking applicants for the fulltime (40 hrs/week) position of Water Treatment Plant Operator in Stephenfield MB. The Stephenfield plant is one of three regional plants inside the Pembina Valley Water Coop, located 20 km west of Carman on highway 245. Pembina Valley Water Coop is Manitoba's 3rd largest water utility, producing potable water for 14 municipalities in south central Manitoba. Three water plants feed a network of over 9000 square kms.

What we have to offer:

- Excellent benefits package offered by the municipal government program
- Competitive industry wage (\$22.00 to start, with no previous industry experience)
- Certified Level 1-3 wage range from \$24.00-\$34.00 (Provincial certification program based)
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- Flexibility to work some weekends and holidays
- Comfortable handling chemicals

Training will be provided to obtain water plant operator certification.

Interested applicants should forward their resume to water@pvwc.ca by 4pm, April 28th, 2023, or call 204-324-1931 for more information.



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by April 19

Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
Email: news@stonewallteulontribune.ca

The Carman-Dufferin
STANDARD

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Carman Sonatrice Singers Concert

on Thurs., April 27 & Fri., April 28 at Carman United Church at 7:30 pm
Adults \$15.00 - under 17 - \$6.00
Tickets available from any member The Carman Active Living Center Benefits Drugstore or call 745 2106
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Carman Farmers Market AGM

Monday, April 24th
7:00 pm

Memorial Hall Basement
All welcome to attend

For more info call
Edith 204-745-3077 or
Joyce 204-626-3310

Golden Prairie Arts Council

Notice of Annual General Meeting Wednesday April 26

38 Centre Ave. W.
Membership Sale:
6:30- 7:00 p.m. Meeting: 7 p.m.
Public Welcome!

CARMAN GUN SHOW

Date:
April 22, 2023

Time:
9AM to 3PM

Place:
Carman Hall
\$7 ADMISSION

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| P | V | E | N | W | D | E | S | R | E |
| A | I | D | A | V | G | V | L | E | B |
| E | L | V | S | M | C | V | U | G | V |
| B | A | L | E | S | C | A | N | D | E |
| R | S | A | B | E | R | D | D | E | R |
| S | S | O | G | A | V | B | B | D | D |
| D | L | E | B | A | G | B | C | F | O |
| D | V | L | A | B | A | B | A | V | T |
| A | V | A | G | U | B | B | W | B | O |
| W | B | M | B | U | N | T | A | E | A |
| H | C | V | L | C | R | I | S | A | T |
| K | I | S | B | E | H | S | L | V | A |
| N | O | A | M | S | R | A | F | E | E |
| A | B | A | B | S | C | U | R | E | S |

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Dylan and Marley are two
- Evergreen genus
- College in Rome
- Prevents from seeing
- Cycles/second
- Mischievous child
- Less common
- Honorably retired
- Midway between south and southeast
- A confusion of voices and other sounds
- Bony fish genus
- Type of pear
- Egyptian cross
- Satisfies
- Founder of Babism
- Bar bill
- Chicago ballplayer
- Performer
- Hairpiece
- Partner to flowed
- Aircraft formation
- Oil group
- Where to put groceries
- Speak incessantly
- Popular color
- A place to sleep
- Make fun of
- Former CIA
- Salts
- Bleated
- Never sleeps
- Sword
- Water (Spanish)
- Cyprinids
- "Dark Knight" actor Christian
- Fictional demon
- Old World lizard
- The content of cognition
- Makes a mistake
- A way to make wet
- Tide
- One-liner

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|---|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 |
| 14 | | | | | 15 | | | | | | 16 | | | |
| 17 | | | | | 18 | | | | | | 19 | | | |
| 20 | | | | 21 | | 22 | | | | 23 | | | | |
| | | | 24 | | 25 | | | | 26 | | | | | |
| 27 | 28 | 29 | | 30 | | | 31 | | | | 32 | 33 | 34 | |
| 35 | | | 36 | | | 37 | | | | 38 | | | | |
| 39 | | | | | 40 | | | | 41 | | | | | |
| 42 | | | | | 43 | | | | 44 | | | | | |
| 45 | | | | 46 | | | 47 | | | | 48 | | | |
| | | | 49 | | | | 50 | | | | 51 | | | |
| 52 | 53 | 54 | | | | 55 | | | | 56 | | 57 | 58 | 59 |
| 60 | | | | | | 61 | | | 62 | | 63 | | | |
| 64 | | | | | | 65 | | | | | 66 | | | |
| 67 | | | | | | 68 | | | | | 69 | | | |

- You have 3 per day
- Goes into
- College athletic organization
- Wet, muddy ground
- Talk
- Witty conversation
- Gurus
- "French Price of ___ Air"
- Sports equipment
- Try to get
- Flower cluster
- Sea dwellers
- Palmlike subtropical plant
- Polio vaccine developer
- Baseball's Ruth
- Gelatinous substance
- Hungarian violinist Leopold
- Offered
- Ancient Greek City
- A way to derive
- Touch lightly
- Witnessed

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- Knowledge of and experience in the construction industry including the ability to read construction drawings and specifications.
 - The ability to understand all aspects of the project scope.
 - The ability to coordinate multiple scopes of work with sub-trades on a construction site to ensure productivity.
 - Successfully supervised a construction workforce.
 - Journeyman Certificate or Experience is preferred.
 - Ability to demonstrate conflict resolution skills, problem solving abilities, and professional judgment.
 - Communicates with the project manager/project coordinator in all aspects of the project to ensure final project completion that is on time and on budget.
 - Effectively communicates with all sub-trades on site to ensure that performance, productivity, quality, and safety requirements are being met.
 - Basic computer skills
- Successful candidate will need to have the flexibility to be away from home during the week but home on weekends for the duration of the project.

This position is a full-time opportunity with competitive wages and benefits package. Resumes should be forwarded to lennon@lclconstruction.net Applications forms can be found on www.lclconstruction.net



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E.F. Moon is a well-established Heavy Construction Company founded in 1962 and located in Portage la Prairie, MB.

We are currently seeking experienced, goal oriented individuals for employment in a number of areas: **Class 1 & 3 Drivers, Foremen, Skilled Laborers, Sewer & Water Personnel, Directional Drill Personnel, Excavator, Dozer, Grader, Rock Truck, Loader, Vac Truck and Packer Operators.**

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If you are interested in joining a well-established and growing company with room for advancement, please visit us at 1200 Lorne Ave. E. in Portage la Prairie, MB to fill out an application, apply online at www.efmoon.ca or email a resume to jackie@efmoon.ca



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www.mcna.com

**NOTICE BY THE MUNICIPAL BOARD OF MANITOBA
NOTICE OF PROPOSAL TO ANNEX CERTAIN LANDS FROM
THE RURAL MUNICIPALITY OF DUFFERIN
TO THE TOWN OF CARMAN
(BOARD FILE NO. 22E2-0002)**

Pursuant to Section 22(2) of The Municipal Act, The Municipal Board of Manitoba gives notice that it has received from the Rural Municipality of Dufferin and the Town of Carman a proposal to annex certain lands from the Rural Municipality of Dufferin to the Town of Carman.

The lands proposed for annexing are described as follows:
Lot 11; Plan 1000-C (approximately 2.8 acres)
as shown on the maps below:



Unless objections are filed with The Municipal Board on or before May 8, 2023, by at least 25 persons who would be voters of the affected Municipalities, the Board may make its recommendation respecting the proposal to the Minister of Manitoba Municipal Relations with or without holding a public hearing.

Any objection should be filed with The Municipal Board, 1144 - 363 Broadway, Winnipeg, Manitoba R3C 3N9, Attention: Erin Wills, Secretary of the Board.

A copy of the proposal is available for public viewing at the Municipal Offices and at The Municipal Board Office. Dated at Carman, Manitoba, this 14 day of April, 2023.

Erin Wills
Secretary/Chief Administrative Officer
The Municipal Board
1144 - 363 Broadway
Winnipeg, MB R3C 3N9

Judy Duthie
Interim Chief Administrative Officer
Town of Carman
12-2nd Avenue SW
Carman, MB ROG OJO

Sharla Murray
Chief Administrative Officer
Rural Municipality of Dufferin
12-2nd Avenue SW
Carman, MB ROG OJO

Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication Please Call 204-467-5836

Announcements Classifieds

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Notice of

ANNUAL MEETING HOMESTEAD CONSUMERS CO-OP LTD.

THURSDAY, MAY 11, 2023
7:00 P.M.

This year's AGM will be held online via Webex.
To register, email your name and member number to
AGM@homestead.crs
by 5:00 pm on May 8, 2023.

AGENDA ITEMS:

- Annual report of the Board & Management to the membership
- Presentation of the audited financial statements
- Appointment of auditors
- Election of Directors
- Bylaw Amendment: Bylaw Change Proposal- 3.19: Remuneration

CURRENT BYLAW STATES:

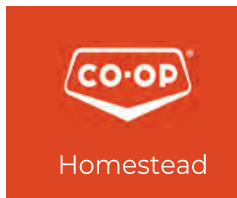
3.19 Remuneration:

A Director shall be paid at a rate of equal to 1/2 of the rate paid to Federated Co-operatives Limited delegates as determined at their annual meetings. The Directors shall also be entitled to be reimbursed for travelling and other expenses properly incurred by them in attending meetings of the Board or any committee thereof.

PROPOSED BYLAW:

3.19 Remuneration:

Homestead Co-op Board of Directors remuneration will be set at 50% of the Federated Co-operatives Limited Director per diem rate. Homestead Co-op Directors will also be entitled to reimbursement for any travel and/or other expenses properly incurred to them in attending meetings and/or events.



PART TIME RECEPTION

Greenland Equipment Ltd. has a **term position for a part-time receptionist** to work from April-October:

Monday - Friday: 3pm - 6pm
Saturdays: 8am - 5pm
Long weekend Mondays: 8am - 5pm
Coverage of vacation time

Duties will include greeting customers, answering phones and directing calls, taking payments, filing and general office duties.

Applications will be accepted in confidence.

Please apply to

Carly Cox, Controller

ccox@greenlandequipment.com

204-745-2054



RURAL MUNICIPALITY OF MACDONALD UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF HEARING

The Council of the RM of Macdonald under the authority of *The Planning Act* will hold a PUBLIC HEARING at the location, date and time listed below:
RM of Macdonald Municipal Office, 161 Mandan Drive, Sanford, MB
Tuesday, May 9, 2023 at 10:00 AM

Representations will be received from any persons who wish to make them regarding the proposed Conditional Use per Section 114 of The Planning Act.

| | |
|----------------------|---|
| APPLICATION: | Conditional Use No. 76/22 Technical Review Committee Report TRC 12-096 |
| PROPOSAL: | To expand the current poultry operation from 38,000 layers (315 Animal Units) to 69,000 layers (573 Animal Units). This will involve demolition and construction of one building and the continued use of an existing building. |
| AREA: | Pt. SE 24-7-2 WPM |
| AFFECTED: | 6123 Road 39NW – Southwest of Brunkild |
| APPLICANT: | Kees Boekhorst |
| OWNER: | Boekhorst Poultry Ltd. |
| REQUIREMENTS: | In accordance with the RM of Macdonald Zoning By-Law livestock operations in the "AG" Agricultural General Zone with greater than 10 animal units require Conditional Use approval. Livestock operations with greater than 300 Animal Units require an assessment by the Technical Review Committee (Province of Manitoba). |

Additional Information:

To review the Livestock Technical Review Report for this application prepared by the Province's Livestock Technical Review Committee, please visit: www.gov.mb.ca/mr/livestock/trc-12-096.html
A copy of the above-noted proposal and supporting material may be inspected at the RM of Macdonald office located at 161 Mandan Drive, Sanford, Manitoba between 8:30 AM and 4:30 PM, Monday through Friday. Copies may be made and extracts taken therefrom, upon request. For further information, please contact: Daryl Hrehirchuk, CMMA, Chief Administrative Officer. Telephone: 204.736.2255.

Note: Property Owners are responsible for notifying lessee(s)

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Your Wedding

Did You Know?

The timing of when a couple cuts the wedding cake can have a specific meaning. Long ago, the cake was usually cut at the very end of the reception and would signal to the guests that it was the end of the festivities. Today, cutting the cake is an unspoken signal that represents that the formal wedding is nearing a close, and guests who

would like to leave can do so without worry of being rude. Many couples will cut the cake right after dinner as a courtesy to older guests who may want to get started on their trips home. This affords them the chance to make an earlier exit, rather than staying through the dancing that could extend into the wee hours of the night or missing

the cake entirely. Cutting the cake mid-reception also serves another practical purpose for couples who are paying a photographer by the hour. Photographers typically go home after the cake-cutting, so a mid-reception cutting can save couples a substantial amount of money.



The tradition behind bridal veils

Though couples can plan wedding ceremonies and receptions how they see fit, many weddings are steeped in tradition, some of which may be more subtle than others. One longstanding wedding tradition revolves around a bride's attire. Historians differ regarding the origins of the bridal veil, but some trace this tradition all the way back to Ancient Greece. Others suggest bridal veils were first popularized within the Roman Empire by people who believed that the veil protected the bride from evil spirits as she walked down the aisle. Traditions surrounding bridal veils even differ within various faiths, so the veil may signify one thing at a Jewish wedding and something entirely different at a Christian ceremony. Veils also have long been seen by some as symbolic of purity. Despite their long-held position in wedding lore and tradition, veils are no longer seen as a must-have. Nor are brides who choose to wear a veil beholden to having it cover their face as they walk down the aisle. In fact, many modern brides now flip their veils over their head as they walk down the aisle en route to saying, "I do." Regardless of how brides who opt for veils choose to wear them, there's no denying the enduring popularity of this tradition.

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