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STANDARD

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Summer learning

STANDARD PHOTO BY LORRAINE STEVENSON

Tenley Vandergugten proudly displays her new book prize won during one of the fun outdoor games held June 20 when Boyne Regional Library held a kick off event to mark the start of its popular Summer Reading Program. Tenley and her mom Chelsea were one of many family groups taking part in the indoor and outdoor fun at the library and adjacent Ryall Park.

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Carman Collegiate gets new playground game

By Ty Dilello

Carman Collegiate has a cool new game on the playground for students to play, and its name is Gaga Ball.

Gaga Ball is a fast-paced, high-energy sport played primarily by children in an octagonal pit. The more players, the better. It is dubbed a gentler version of dodgeball; the game is played with a soft foam ball and combines dodging, striking, running, and jumping while trying to hit opponents with a ball below the knees. Players need to keep moving to avoid getting hit by the ball.

Erin Pethybridge, a Grade 3/4 teacher at Elm Creek School, recently spearheaded a group to build a Gaga Ball structure at Carman Collegiate.

Pethybridge's daughter, that's in Grade 6, and her friends loved to play Gaga Ball at Carman Elementary as the school has one octagonal pit. However, when she started going to Carman Collegiate this year, they didn't have a Gaga Ball pit, and she and her friends missed out on some old fun.

"I know they enjoyed the Gaga Ball pit at their old school, so we thought it would be cool to get one at Carman

Collegiate so the kids would have something to do with their free time," said Pethybridge. "I started to talk to the parents who built the one at Elm Creek School, and they sent me the DIY builds on YouTube, cost of supplies, etc., so I had more of an idea, and that got the ball rolling."

From there, Pethybridge asked Carman Collegiate if they would be willing to have a Gaga Ball pit and if they would help fund it. However, she was turned down as the school could not help support it.

She ultimately asked the Carman Kinettes as they have funds that they give out for community projects. After submitting a formal letter asking for \$800 to build the octagonal pit, Carman Kinettes agreed to fund the whole amount.

"From there, the pit was built at Carman Collegiate," said Pethybridge. "And now the kids have been enjoying the game since it has been installed over the past few weeks."

Carman Kinettes also wanted Carman Elementary to get a new Gaga Ball pit, which is being installed on the south side of the playground.



STANDARD PHOTO BY BARBARA LEPP

Gaga Ball is a fast paced, high-energy sport that is played primarily by children in an octagonal pit. Here are some Elm Creek School students playing Gaga Ball at the school's octagonal pit.



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Smaller beekeeping operations feeling the sting

Manitoba
Commercial
Beekeepers receiving
\$7.5 Million to
rebuild their colonies

By Becca Myskiw

Manitoban commercial beekeepers will be able to start recovering from the recent years' losses thanks to the federal and provincial government.

On June 20, the Government of Canada and the Government of Manitoba announced \$7.5 million in support for commercial beekeepers. This is in response to the devastating losses beekeepers have recently faced due to drought, plant stress, wet springs, and disease.

Manitoba Beekeepers' Association chairperson, Ian Stepler, said the last two years had been a struggle for many if not all Manitoba beekeepers. The drought of 2021 brought extreme heat and smoke, which put a lot of stress on honeybee colonies and the plants they rely on for food. That led to malnutrition for the bees, which allowed the disease to take over them that fall. The following spring, five consecutive Colorado lows hit the already vulnerable colonies, killing many of them in the country.

In Manitoba, the average honeybee colony loss was 57 per cent compared



Bailey Gitzel has is a small beekeeper by Homewood, not eligible for the government support.



PHOTO SUBMITTED

Ian Stepler is a commercial beekeeper by Miami, eligible for government support to rebuild his beehives. The Canadian and Manitoban governments are giving \$7.5 million in support to commercial beekeepers in the province to help them rebuild after devastating losses.

riculture as a whole is feeling the effects of the honeybee losses.

Canada, getting replacement stock became harder and harder. Stepler

Because the losses were felt across

Continued on page 6

to the average loss rate of 30 per cent, but losses of 2021-22 ranged from 25 per cent to 90 per cent. Stepler suffered a 25 per cent loss last year, but this year, he's lost 50 per cent of his colonies. Out of his 1,500-colony business by Miami, he now has 750 to work with.

There are around 250 commercial beekeepers in Manitoba. Before the devastating losses as of late, they were producing 18 to 20 million pounds of honey annually and contributing enormously towards crop pollination, which comes out to a \$150 million contribution annually. This means ag-



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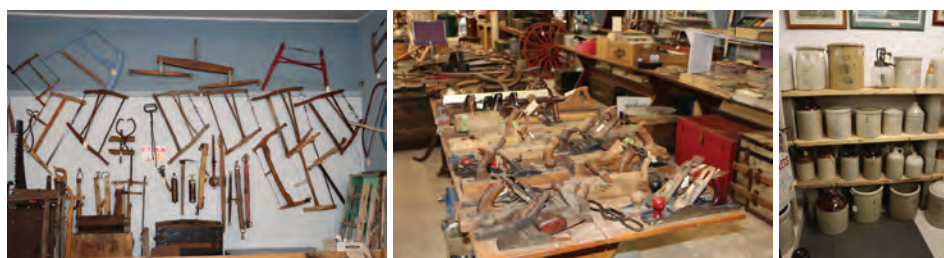
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Branden Leslie wins Portage-Lisgar seat

Conservatives earn 64% of the vote

By **Ashleigh Viveiros**

Conservative Party of Canada candidate Branden Leslie won the Portage-Lisgar election by a landslide Monday night.

At press time, Elections Canada's preliminary results (with one of the 248 polling stations still to report) had Leslie earning 64.9 per cent (20,215 votes) of the vote in the byelection to see who would replace Conservative Candice Bergen as the riding's representative on Parliament Hill.

The Portage la Prairie native's nearest competitor was Quebecer Max Bernier of the People's Party of Canada, who earned 5,349 votes (17.2 per cent).

Rounding out the results was Liberal candidate Kerry Smith (2,660 votes, 8.5 per cent), the New Democratic Party's Lisa Tessier-Burch (2,204 votes, 7.1 per cent), and Nicholas Gedder of the Green Party of Canada (699 votes, 2.2 per cent of the vote). Voter turnout was about 45 per cent of registered voters.

Reached by phone late Monday night, Leslie reflected on the responsibility that has been placed before him.

"It just fills me with such immense

pride to be chosen by voters to represent them and be a strong Conservative voice in Ottawa," he said. "And it's also extremely humbling, the great weight that has been placed upon me to represent our community's values, our needs.

"Tonight is a big night. It's a time to pause for victory. The real work begins tomorrow, and I am excited to get into the actual job fighting for our communities."

Leslie didn't plan to waste any time getting to work—he was slated to fly to Ottawa Wednesday to take part in the final Conservative caucus meeting before Parliament breaks for the summer.

"And then I'll be back here to start setting things up locally, making sure we have the constituent services continuing to run effectively, making sure that part of the MP office is consistent," he said. "Then I plan to reach out to RMs, councils, reeves, and city councils and just sit down with their agenda ... have them tell me what I need to know, because this ultimately is about taking our voice to Ottawa."

Leslie noted it's clear the Conservative message resonated with voters.



Portage-Lisgar MP Branden Leslie

"Overall, I'm very proud of the campaign we ran. We worked extremely hard. We took nothing for granted. We had a massive team of volunteers that knocked on over 30,000 doors across this riding in towns big and small to make sure that we got our common-sense Conservative message out.

"It was very clear that there was a high level of excitement for our leader Pierre Poilievre and a strong desire to fire [Liberal Prime Minister] Justin Trudeau."

Bernier plans to run again in Portage-Lisgar

By **Ashleigh Viveiros**

People's Party of Canada leader Maxime Bernier has promised he'll be back running for the Portage-Lisgar seat in two years.

Bernier lost his bid last week to be the riding's Member of Parliament, earning 17.2 per cent of the vote (5,352 votes)—a far cry from the 64.9 per cent (20,250 votes) Conservative Branden Leslie received to win the election.

It's also a drop in overall support for the PPC, who earned about 22 per cent of the vote in the 2021 federal election.

Nonetheless, Bernier said in a video

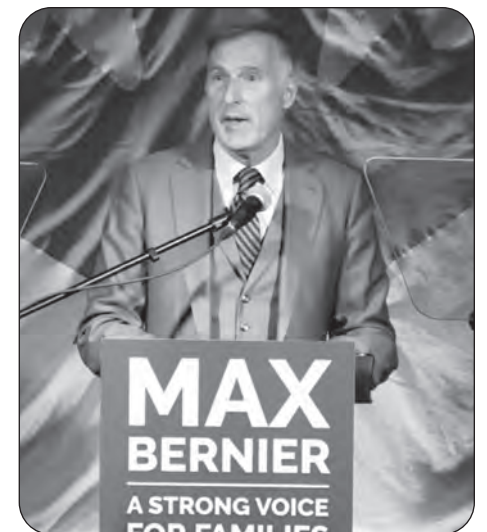
posted to his social media pages on election night that he's not going anywhere.

"I will be your PPC candidate in Portage-Lisgar at the next general election," he told supporters, who he thanked for their hard work over the past few months.

Bernier characterized the PPC campaign as a "common sense revolution" and noted it may take time for them to gain a foothold.

"I must admit the result is not the one we would have preferred," he

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Flashback - Carman grads Celebrating 50 years



STANDARD PHOTO SUBMITTED

Carman Collegiate's graduating class of 1973 class. Unfortunately, there is no reunion being planned. Graduates in alphabetical order: Deborah Doris Allen, Donna Marjorie Allen, Iris Ann Atkins, Edward Kirby Ball, Daisy Mae Berry, George Albert Bishop, Kim Dennis Blakeston, Lorelle Anne Blatz, David Peter Braun, Sandra Ruth Brown, Brenda Marion Burnett, Elaine Donna Clark, Edward William Cook, Brian George Dracass, Wenda Gail Driedger, John David Dyck, Judy Marilyn Dyck, Ronald Al'en Dyck, Sandra Marie Enns, Edith Elvira Fpp, Marilyn Joy Findlay, James Franklin Forster, Gregory Cameron Fraser, Betty Sharon Froese, Dale Anthony Funke, Gary Wayne Giesbrecht, Laura Lee Giesbrecht, Phyllis Doreen Giesbrecht, Jean Hazel Gudbranson, Shirley Joanne Halstead, Douglas Scott Hand, Dianne Cheryl Heaman, Donald Scott Hetherington, Janice Marilyn Howie, Eugene, Theodore Hyde, Margaret Lynn Janick, Cynthia Marie Kachor, Heather Iona Kerr, Heather Fay McEachern, Sandi Mae McEachern, Robert Duncan McGregor, Jackie Irene McInnes, Debra Margaret McIntosh, Fiona Jean Campbell Morrison, Dorothy Jane Peasgood, Joyce Marie Penner, Barbara Elizabeth Pfrimmer, Linda Ruth Reimer, Blaine Robert Rhymer, Kelly Jane Rothwell, Donald Brian Russell, Ronald Wayne Sanders, Marion Elizabeth Sessions, Karen Elaine Smith, Donald Ross Stevens, Robert Howard Stocks, Lenore Daun Sutton, Gerry John Van Dijk, James Blair Van Koughnet, Helen Mary Vier, Karen Grace Wadge, Ruthann Eileen Watson, Katherine Wieler, Linda Joy Witt, Vinetta Ada Yeo and Dennis John Young.

COVID-19 personal care home shelters being re-purposed

Submitted by the Manitoba

The Manitoba government is donating all of the external visitation shelters installed at personal care homes during the COVID-19 pandemic to First Nations, not-for-profit and co-operative organizations, and municipalities throughout the province to be repurposed to benefit communities, Consumer Protection and Government Services Minister James Teitsma announced earlier this month.

"We commissioned these visitation shelters during the pandemic so personal care home residents could spend quality time visiting with their families in secure, accessible spaces," said Teitsma. "Now that they are no longer required for this purpose, we are donating them for a range of other wonderful uses for the continued benefit of Manitobans."

The minister noted that 27 propo-

nents have been selected through an open expression of interest to receive the 104 shelters. Specifically, the Department of Consumer Protection and Government Services will donate 43 shelters to First Nations communities, 55 shelters to not-for-profit and community support organizations, and six shelters to municipalities.

The shelters will be repurposed for housing and accommodations, recreation and sports, animal care, vegetation, farming and other uses.

The proponents selected by the department for shelters include:

Assiniboine Park Conservancy, Bear Clan Patrol, Bloodvein River First Nation, Breidavik Nyja Island Historical Library and Resource Centre, Co-operative Geothermal Greenhouse Initiative, Dakota Tipi First Nation, K9 Advocates Manitoba;

Keepem Rollin, Long Plain First

Nation, Northlands Denesuline First Nation/Northco Management, Norway House Cree Nation, Oak Park Raiders Football Club Alumni Association, Portage la Prairie Community Revitalization Corporation, Rugby Manitoba, Rural Municipality of Argyle, Rural Municipality of Lac du Bonnet, Sandy Lake Drop-in Centre, SCORE Store, Shoal Lake Splash Park Community, St. James Optimist and St. James-Assiniboia Minor Baseball Association, Swan Valley Historical Society (Museum), The John Howard Society, Thunderhill Ski Club, Vita Food Bank, Wildlife Haven Rehabilitation Centre, Winnipeg Folk Festival and York Factory First Nation.

"The visitation shelters donated by the Manitoba government will provide the Assiniboine Park Zoo with a cost-effective, sustainable and flexible solution to ongoing infrastruc-

Financial support for post-secondary students announced

Submitted by Manitoba government

The Manitoba government is increasing the maximum benefit of the Manitoba Student Loan by \$60 to \$200 from \$140 per week of study as of Aug. 1 to better support students pursuing post-secondary education, Advanced Education and Training Minister Sarah Guillemard announced last Tuesday.

"Access to higher education is critical to growing our provincial workforce and this increase will help reduce financial barriers so more students can pursue post-secondary opportunities," said Guillemard. "As the cost of living continues to increase, our government remains committed to making life more affordable for Manitobans."

The minister noted the increase aligns with a recent federal government decision to raise the Canada Student Loan maximum to \$300 per week of study for the 2023-24 program year. The Manitoba maximum weekly loan amount was last increased in the 2005-06 program year and the increase will better align Manitoba with other jurisdictions, the minister said.

The Manitoba government also announced an increase in the Manitoba Bursary Fund as part of Budget 2023 through an additional \$1.4-million investment to support eligible students. The Manitoba Bursary Fund provides non-repayable, supplemental financial assistance to help lower-income students access post-secondary educational opportunities. The upfront grant provides up to \$2,000 to eligible students who apply to Manitoba Student Aid, and up to an additional \$1,500 as a top-up for eligible lower-income Indigenous students.

The minister noted the increases align with the Manitoba government's Skills, Talent and Knowledge Strategy, which is a shared vision among post-secondary partners, industry and government on the direction and actions needed to accelerate recovery, advance Manitoba's economy, and promote positive outcomes for individuals and businesses.

The minister added six out of 10 new jobs created by economic growth over the next five years will require post-secondary education.

For more information, visit www.manitoba.ca/aesi/sas.html.

letter to the editor

Letters to the Editor:
news@carmanstandard.ca

Manitobans need to drive health reform

Hardly a day goes by in Manitoba without health care being in the news – and much of the coverage is negative. While there are reports of good, even excellent, individual patient experiences, it is clear that urgent change is needed.

Our health care system in this province is indisputably struggling. And there is one problem at the heart of our myriad health system challenges: too many Manitobans are struggling to access primary care.

Primary care is the front door to the health care system. It's typically delivered by family doctors and nurse practitioners, sometimes with other health professionals.

Family doctors should be the first point of contact when you have a new health issue. Family doctors also manage chronic conditions like diabetes and high blood pressure, help keep you well with immunizations and cancer screening tests and coordinate care from other parts of the health system.

When people don't have access to primary care, when they don't have a family doctor and when the front door is closed, nothing works as it should; emergency departments become crowded, unnecessary medi-

cations may be prescribed, there are more missed or delayed diagnoses, and patients suffer the consequences.

We need to do better. But how?

For too long, our health care system reforms have been mainly informed by "experts" – health professionals, people in government, researchers and administrators. We need bold reform to address the crisis at hand, and that reform needs to be driven by the public's voice.

With this in mind, a team of researchers and clinicians launched OurCare, a national initiative to engage the public about the future of primary care.

To start, the team heard from more than 9,000 adults in Canada who responded to the OurCare national research survey about their experiences with primary care and what they want to see in a better primary care system.

The findings are alarming – and informative.

More than one in five people who responded to the OurCare survey reported not having a family doctor or nurse practitioner when they need care or advice about their health. Extrapolated to the population of Man-

itoba, that's almost 300,000 people who don't have access to a family doctor.

So, is the solution more family doctors?

Having more family doctors is an integral part of the solution, but we also need to rethink how family doctors work and how primary care is delivered. Primary care teams place family doctors, nurse practitioners and other health professionals together, to benefit patients. Done correctly primary care teams can improve a patient's health, joy at work for healthcare team members, and increase the capacity of family doctors to care for more patients.

The OurCare survey found that people in Canada were supportive of team-based primary care. Ninety per cent said they were comfortable getting support from another team member if their family doctor recommended it. Yet few people said they had access to team-based care.

The OurCare survey also asked people what they thought was most important regarding primary care. People wanted primary care that looked after all their health needs, provided timely access, and helped them navigate other parts of the health system. But the most important aspect was having a family doctor or nurse practitioner who knew

them as a person and considered all the factors that affected their health.

These patient priorities fit with what we know works. Many studies have shown that people get better care when they have an ongoing relationship with one family doctor who they continuously see for care.

The OurCare survey findings are just the start. In the next phase, OurCare will have deep dialogues with 36 Manitobans – volunteers who will be randomly selected to roughly match the province's demographics.

These members of the public will meet for 30 hours to learn about primary care from experts and then deliberate to come to a consensus on the key issues to address and related recommendations. They will release a report in the fall summarizing their vision for primary care in the province.

The status quo isn't working. We need to fix our primary care system and reforms need to be grounded in the public's viewpoints.

It's time we hear directly from Manitobans and co-create a future that works for everyone. Your voice matters. Help us by joining the Manitoba OurCare Priorities Panel, visit OurCare.ca

- Alan Katz, Amanda Condon and Tara Kiran (all family physicians)

> BEEKEEPERS, FROM PG. 3

was bringing in packages from overseas and from beekeepers in B.C., but it still wasn't anywhere close enough to replace everything he lost.

"It's just a huge spectrum of hardship," said Stepler. "It was going to take four years for producers to recover from those losses."

Luckily, that should no longer be the case.

Of the 115,000 colonies in the province, 95 per cent of them (almost 110,000) belong to commercial beekeepers. The province sees commercial beekeepers as anyone with 50 or more colonies. Those registered with the government can apply for the program to purchase replacement stock.

"Beekeepers and healthy bee populations play a vital role in the sustainable production of many high-value agricultural crops," said Marie-Claude Bibeau, Minister of Agriculture and Agri-Food. "With support to help overcome this unique sector challenge and recover unexpected colony losses, beekeepers will be better equipped for future growing seasons."

To be eligible for the Canada-Manitoba Bee Morality Assistance Program, commercial beekeepers registered with the province must meet the following criteria and finish their applications by Aug. 31, 2023:

- Be 18 years or older when applying and not be funded by the government or an institution
- Have a valid Manitoba Beekeeper Registration Number as of Nov. 1, 2021
- Have owned and prepared fifty (50) or more colonies for the 2021-2022 winter
- Have owned eligible inventory and experienced extraordinary losses between Nov. 1, 2021 and May 21, 2022
- Report farm income and expenses for income tax purposes
- Be liable to pay income tax in Manitoba (or is specifically exempted but is a permanent resident in Canada)

The \$7.5 million is shared between the two governments, with the Province of Manitoba giving \$3 million.

Beekeepers can apply under the Sustainable Canadian Agricultural Partnership and AgriRecovery.

"This financial aid from the government is quite welcome to our industry," said Stepler. "It's going to allow beekeepers to reach out further to access replacement stock to fill boxes."

He said with the government's financial help, a four-year recovery might now look like a three-year recovery.

"This should help beekeepers fully recover by next year," he said.

Stepler noted the attention from the provincial and federal governments helps everyone in the agriculture industry. It will allow beekeepers to get back on their feet and let the bees get back into the fields.

Not all beekeepers in the province get the leg up, though. Bailey Gitzel has 35 honeybee colonies by Home-wood — just 15 short of being eligible for the program. By the time summer 2022 came, she was down to three.

"It was devastating," said Gitzel. "It was a long winter. The girls just didn't have enough life left in them to make it through."

She split the two strongest hives last

year and got five honeybee colonies for the year. This year, she still has those five, which is reassuring, but it's still not 35.

Gitzel has tried to get replacement stock but even with their scarcity, they've nearly tripled in price from when she started beekeeping over a decade ago. So, she's buying honey by the barrel from commercial beekeepers to meet her customers' needs. Before the losses, she was also selling her honey at markets all year. This year, she's registered to do just one.

"It's great to see the government helping out Manitoba beekeepers after these devastating losses," said Gitzel. "Manitoba honey is top notch, and we need to get our overall hive numbers back up but unfortunately I don't qualify for this funding."

Her small operation is struggling the same as everyone else with the difference being she doesn't qualify for government funding. In other words, Gitzel must rebuild her honeybee operation with her out-of-pocket money.

"It almost feels like we're getting forgotten about," she said. "We're a part of the beekeeping community too."

“It shapes every part of how we live our lives”

Historian talks myths and facts of Canada’s colonialism

By Lorne Stelmach

The return of the Diversitas speaker series last week featured a talk by Dr. Shelisa Klassen, who hoped to give people a better understanding of the history and reality of settlement in Manitoba.

The June 20 presentation entitled *Violence, Race and Settler Colonialism in Late 19th Century Manitoba* touched on the impact of settlement on Indigenous populations and how it connects to issues that are still very much in the public consciousness.

She challenged the myth that the land was empty and that settlement in Canada was a peaceful process.

“I think it shapes every part of how we live our lives every day,” Klassen noted while addressing the audience at the 500 Stephen Community Centre.

“Whether we are aware of it or not, I think a lot of us have sort of been brought up with this myth of peaceful Canadian settlement, of land that was just here. We just took it and we improved it,” she said. “That I think shapes everything about how we go about our lives with the assumption the land I have is mine.

“I think that’s a huge privilege that I think most of us just get to walk around with because we don’t recognize the history. Knowing that history, I think, hopefully should give us a little more gratitude and hopefully a little more understanding.

Klassen’s presentation revolved around settler colonialism, which she explained as the process by which people from one society intended to permanently occupy Indigenous lands and create the systems and institutions that would uphold their own claim to that land while eliminating all challenges to it.

It is a level of domination that did not happen accidentally or by coincidence.

“It involved creating systems of race and race-based violence to ensure that land and power ended up in our hands,” Klassen said. “It is a violent process, and it often, but not always, results in the elimination of people from power, if not altogether.”

Klassen highlighted a number of newspaper accounts from the time that reflect what she termed as a reign of terror that included Métis women

being assaulted and the perpetrators avoiding any real punishment.

There were numerous examples throughout the period of Indigenous people and their interests being put aside and ignored, she continued.

“First Nations and Metis people wanted to be part of the new agricultural economy of Manitoba, but they did not fit into the vision of Manitoba as a white, English-speaking settler state,” Klassen said. “So despite the promises of the Manitoba Act and treaties, their access to agriculture was denied.

“The racial power dynamics were not yet set in stone ... colonialism doesn’t just fall from the sky fully formed; it has to be developed and enforced,” she continued. “Control of the settler state was still being developed, but the state could exert control in some areas, like Winnipeg, but not in all areas.”

Eventually, Louis Riel and the Métis were violently deposed, an act that was further cemented when the military showed up and occupied Fort Garry.

“It’s essentially a coup. But when settlers do it it’s just called government,” Klassen said.

Klassen went on to talk about the desire to remove the Métis before settlers—including the Mennonites—arrived in Manitoba, and she observed how there was this colonial violence “which the Mennonites entered into. Perhaps not as direct actors but certainly as strategic tools in establishing colonialism in Manitoba.

“Mennonites are always seen as people who are allies in the fight to hold land in the face of challenges to sovereignty,” she continued. “Mennonites were not repressed in the same way because the government was never concerned that Mennonites were going to hand over their land to the Métis and First Nations.

“There certainly was the idea that Mennonites should be assimilating faster than they are ... but that is always quickly followed up by, ‘But they’re good farmers,’” Klassen said. “The arrival of the Mennonites, which began in 1874, transformed rural Manitoba. They quickly became a significant demographic and economic power, especially of course in this region.”

Mennonites also quickly became more prosperous, and Klassen suggested other settlers then basically became jealous and it came to be a source of conflict with other settlers.

“There’s a lot of law breaking happening here,” said Klassen, who sug-

gested the pacifism of the Mennonites however was held up as the reason to increase law enforcement and the militia forces, and that of course was largely targeted at the Métis and Indigenous people.

Klassen also did offer a more hopeful message as part of her presentation.

“I would hope we would walk through society more like that ... how I think it functionally works is that most people, because they are so removed from the violence, get to just walk around believing everything is just fine,” she said.

“It doesn’t have to be this way. There’s a lot of intentional choices that were made by early settlers, by early governments, to make

things this way, which means they can be unmade.”



PHOTO SUBMITTED

Dr. Shelisa Klassen spoke on colonialism in Manitoba at last week’s Diversitas presentation.

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Manitoba girls go Farming For Love on Canadian TV

CTV airs Farming for Love Sundays at 7 p.m.

By Becca Myskiw

Two Manitoban girls recently went Farming For Love for all of Canada to see.

CTV's new dating show, Farming For Love, aired this month, and there was more than just one familiar face.

Five young Canadian farmers, all from different farming specialties, meet prospective partners and choose if they wish to pursue a romance. Over time, eliminations occur, with the aim of finding the ultimate partner.

Bailey Gitzel from Carman and Amanda Bodner from Winnipeg were selected to be daters on the show's inaugural season.

"I'm a farmer's daughter and I'm really big into Canadian agriculture so I thought it would be a unique opportunity," said Gitzel. "I didn't actually think I'd get the call to go on."

But she did. The show's production team said there was a great response to the casting call for season one. After the last few years, they said, living in a rural, idyllic landscape appeals to

people.

Farming For Love first cast the farmers, then launched their profiles online. From there, people from across the country applied as daters for the farmer of their choice, and the show's team acted as matchmakers, casting those they thought would be suitable for their farmers.

Gitzel and Bodner travelled to B.C. last fall to film the show and give love a chance. Neither made it to happily ever after, but that's not what they remember from the experience.

Gitzel landed in B.C. ready to open herself up to Farmer Doug, a dairy farmer from Chemainus. On her 15-minute date with him, she and Doug bonded over shared experiences — he lived in Manitoba for a while and has chickens.

"It went by in a flash," she said. "I was a bit nervous. I was putting myself out of my comfort zone, but overall, it was a really cool experience."

Gitzel said dating on national television was nerve-racking and seeing the filming process was an eye-opening experience. Though that first date with Farmer Doug was all she got, she enjoyed everything about being on the show.



STANDARD PHOTOS SUBMITTED

Carman's Bailey Gitzel, left, and Amanda Bodner, were both selected as a prospective partners for five young Canadian farmers, all from different farming specialties, for the premiere showing of Farming for Love.

"Initially it was disappointing," she said. "But I know it wasn't meant to be. Now I can look at the humour of it. Not everyone has the chance to be rejected on national TV."

Bodner made it past the first episode with Farmer Dave and got to go to his farm on episode two, where she and the other daters watched him shear sheep.

"When you're standing in front of him and he's calling out names, it's a very nerve-racking experience," she said. "And when your name gets called, it feels really good."

Bodner worked on a farm in Australia for a few months, but other than that, she hasn't had many farm-related experiences. Seeing sheep being sheared was really cool, she said, and felt personal.

Bodner's run on the show ended after that day on the farm.

"I didn't really get to connect with Dave on a deep level, unfortunately," she said. "But I felt like he was a great person... someone that I could have seen myself being with, but at the end of the day, that spark just didn't fly."

She was disappointed not to be chosen to go on, but she could see him forming connections with the other daters and understood his decision.

After the women were sent home, they had to keep the secret of what they'd just experienced until the cast for the show was revealed in May. Both of their immediate families knew but to the rest of the world, they

had been on a trip (Bodner) or taking a class (Gitzel).

"Of course, I wanted to share it, but I knew that wasn't possible and that's what I signed up for," said Gitzel.

Bodner, on the other hand, liked keeping the secret.

"You want it to be a good reveal, so it was fun to be part of that," she said. "It was so exciting."

Once the news did come out, the reactions from each daters' communities was overwhelming — so much so that Gitzel's work put up a sign outside their building telling everyone to watch her on the show.

Both Gitzel and Bodner said having the experiences they did helped them learn a lot about themselves, and Gitzel said she has a newfound confidence. Their advice? Do it. Put yourself out there and go out of your comfort zone.

Farming For Love is based on the hit show The Farmer Wants A Wife, which has been made in more than 35 countries across the globe.

"Farmers are extremely busy people that work almost 24/7, 365 days a year and often live in rural communities," said the show's production team. "If you're not already matched up, it can be hard to meet new people, so this show brings love to the farm."

People can watch Farming For Love live on CTV every Sunday at 7 p.m. Casting is open for season two at www.ctv.ca/farmingforlovecasting.

"OF COURSE, I WANTED TO SHARE IT, BUT I KNEW THAT WASN'T POSSIBLE AND THAT'S WHAT I SIGNED UP FOR,"



is pleased to welcome **Dr. Curtis Thompson, MD, CCFP** to our primary health care team which includes:

- | | | |
|----------------------------------|------------------------------------|----------------------------|
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| Dr. S. Vermeulen, MB, ChB | Dr. K. Roberts, MD, CCFP | |



Dr Curtis Thompson completed his medical training in Cuba and then practiced family medicine in his home country of Jamaica. He came to Canada in 2013 and worked as a Clinical Assistant in Calgary. He moved with his wife and three sons to Winnipeg in 2019 and completed the International Medical Graduate Program at U of Manitoba in 2020. Upon completion of the IMG program, he began his medical practice in Morris and Emerson and also provided medical services on a First Nation Community. He started working full time in Carman on May 15, 2023.

Dr. Thompson is looking forward to meeting patients and providing medical services to help make services more accessible for all Manitobans. He enjoys small rural communities and has already found Carman to be welcoming and friendly.

Dr. Curtis Thompson will be providing primary care services to patients in the clinic as well as inpatient and Emergency Department coverage at Carman Memorial Hospital. Dr. Thompson is open to accepting new patients at the clinic at this time.

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YFC Carman opens doors to new building

By Ty Dilello

The brand-new YFC Carman building is officially open to kids and teens in the local area.

On June 20, the new Youth for Christ (YFC) building in Carman was opened to students for the first time as it hosted Grade 4 and 5 students for its after-school drop-in. There were just over 30 students and seven leaders.

"Mouths were hanging open as they walked in and saw the space for the first time," said Director of YFC Carman, Tyler Friesen.

YFC Carman then opened for the first time to its Grade 6-12 students the following day as it served as the

finish line to "The Amazing Race" game that the YFC had set up in town.

Thirty students and 12 leaders raced in and around Carman solving clues to take them to six different destinations where they completed tasks and challenges before getting the clue for their next destination.

The group finished the race, enjoyed a snack and a God talk in the new building, and spent the end of the night exploring the new space at YFC Carman.

"Thanks to the eight volunteers who ran stations for us," said Friesen, "and a huge thank you to Cheryl Bartley, who put together the race and clues for us."



STANDARD PHOTO BY TYLER FRIESEN

Grade 6-12 students got to experience the new YFC Carman building for the first time with a version of The Amazing Race that ended at the new building.

Outstanding students awarded with Manitoba Canola Growers scholarships



Zoe Pritchard of Carman

Submitted by MCGA

The Manitoba Canola Growers Association (MCGA) are pleased to announce the 2023 high school scholarship winners. Five \$1,000 scholarships have been awarded to deserving students from across Manitoba. This year's winners are:

- Alexis (Lexi) McLean, Oak River Lexi is enrolled in the Faculty of Agriculture (majoring in plant biotechnology) at University of Manitoba
- Elle Labossiere of Dunrea. Elle is enrolled in the Faculty of Science at Brandon University
- Rudy Bond of Kenton. Ruby will continue her education

at Olds College of Agriculture and Technology

- Simon Krahn of Rivers. Simon is enrolled in the Faculty of Science at Brandon University
- Zoe Pritchard of Carman. Zoe is enrolled in the Faculty of Science at University of Manitoba

The \$1,000 scholarships are available to students who are from a farm that is a member of the Manitoba Canola Growers Association and are planning to attend post-secondary education in any field within two years of graduating.

Students submit their applications, which are judged by an independent panel, based on academic standing, their personal canola connection, references, essay submission and school and community involvement.

"We received a record number of applications this year and our judges commented on the high quality of the submissions," says Chuck Fossay, President of MCGA. "There were some truly impressive students who have committed a lot of time to their studies as well as their communities. We are honoured to recognize these young individuals and provide them with a scholarship that will fuel their future success."

Congratulations to this year's winners! Manitoba Canola Growers wish you the best of luck as you pursue your chosen careers.

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Steppler starts up Little Nugget Speech Therapy

By Ty Dilello

Miami's Sarah Steppler has recently started Little Nugget Speech Therapy and has begun taking on clients.

Steppler has been a Speech-Language Pathologist for 19 years. She has worked across Southern Manitoba through preschool services at Boundary Trails Health Centre and Borderland and Garden Valley School Divisions.

Steppler, who lives near Miami with her husband and two children, first had the idea for Little Nugget Speech Therapy this past year and is happy to see it come to fruition.

"I have always dreamed of running my own practice one day, and once I put some thought into this plan, I decided it would be a good direction to take my own career," said Sarah Steppler.

Steppler knows firsthand why private speech therapy is needed in rural Manitoba after working in the preschool setting and in K-12 schools for the last 19 years.

"The waitlists aren't getting any shorter, cases are becoming more well-identified, and Speech-Language Pathologists are in high demand," said Steppler. "I have heard

from parents that the wait for a preschool assessment is lengthy. I had also been approached in the last few years by friends and moms if I knew anyone doing private speech therapy in the area. It really tugged at my heartstrings, because I had that little thought in the back of my mind about opening a private practice."

Steppler is already taking bookings for July. She has made three days a week available at this time, running from 9:30 a.m. to 4 p.m. for the summer. Currently, you can access her availability on the website: www.littlenuggetspeechtherapy.ca. Interested clients can email Steppler at littlenuggetspeechtherapy@gmail.com to set up initial appointments or consultations.

In the fall, she will offer preschool screenings, but there will be more information on the website in August or September.

"I can also offer online support through video sessions if the case is suitable for online therapy and distance is a factor. My preference currently is to work with preschool children with speech sound disorders, school-aged children with speech



STANDARD PHOTO BY SARAH STEPPLER

Sarah Steppler has recently started up Little Nugget Speech Therapy and has begun to take on clients at her office at 47 3rd Street in Miami.

sound disorders, as well as preschool language development. I'm also available for consult appointments, so if parents have concerns about their children's speech and language skills,

I can meet with them, answer any questions they have and then make a decision for that family as to what a good fit would be moving forward."



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Flashback... 1970 Carman track team



PHOTO SUBMITTED

The Cougars track team enjoyed moderate success in 1970 at the Saskatoon Indoor Championships. Nancy Coates (80 metres) and Diane Heaman (300 metres) both made it to the semi-finals. Coates also placed 4th out of 35 in shot put and Diane ran her best 800 in 2:32 to finish 9th out of 27 runners. Pictured, left to right, back: Margaret Lynne Janick, Diane Heaman, Nancy Coates front: Barbara Lepp, Roxanne Magnuson, Patty Bullen. Missing from the photo Carol Smith and Judy Hirst.

Deadhorse speedway to host Watermelon Cup

By Lorne Stelmach

Car racing returns to Morden-Winkler next weekend with the first event at the newly christened Deadhorse Creek Speedway.

Organizers with the Valley Motorsports Association believe interest has been building since they formed earlier this year and took over the former ALH Motor Speedway just west of Morden.

The 2023 racing season kicks off with the Watermelon Cup July 7-8 followed by the King of the Corn race Aug. 25-26.

"People seem to be really looking forward to it. There's a lot of excitement and the racers are excited," suggested president Chris Unrau. "We've made some changes to the track that they are looking forward to as well, and we've put together a fabulous payout structure for the drivers for winning."

"We're expecting a pretty big car count ... my target would be 80 to 100 cars, and I think it's quite achievable."

The former ALH track offered week-

ly races during the summer from 2009-2019 but never reopened after pandemic restrictions eased, and the loss has been keenly felt by racing fans and drivers.

"It had been built up well ... and we have heard from a number of people who were disappointed it didn't reopen after COVID," said Unrau. "A lot of people still have their cars and are getting them tuned up and getting ready to come back out to the speedway."

The Watermelon Cup and King of the Corn will have races starting nightly at 7 p.m. Practice dates for drivers are on July 6 and Aug. 24.

Classes will include Deadhorse stocks (pure stocks, street stocks, super trucks, IMCA hobby stocks), Wisconsin midwest mods, Wisconsin A mods, late model demonstration for the Watermelon Cup and Late models for the King of Corn.

Racing will of course be the focus of the day, but both weekends will also include other activities for the whole family: food truck concessions, live



DEADHORSECREEKSPPEEDWAY.CA

The Watermelon Cup takes place at the Deadhorse Creek Speedway July 7-8.

entertainment, beer gardens, a candy toss and bouncy castle for the kids, fireworks, pit-party cookouts, and more.

Both events will serve as fundraisers in support of the Boundary Trails Health Centre expansion project, so Unrau is hopeful they will attract a large crowd, with the facility having capacity for about 1,500 people.

"We really want to engage the public ... and we want to engage the volun-

teers; we're still looking for help," he noted.

"The business community has really been supporting us with sponsorships," Unrau added. "Now we just need to get some of the finishing touches done to the facility ... we're set up for a couple really good events this summer."

You can find more information online at deadhorsecreekspeedway.ca.

> BERNIER SAYS, FROM PG. 11

said. "But don't forget: this riding has been a Conservative stronghold for many years."

"We reached out to thousands of people and built a larger support base in this riding," he continued. "We gained hundreds of new members. We recruited and trained many new volunteers. Our ideas are better known and better understood."

"When the general election comes, we will be better prepared than

ever before, because I can tell you already we are not going anywhere, and I'm not going anywhere. I will be with you to do that fight in 2025."

"It takes time to convince Canadians that we need a drastic change of course to reverse years of bad Liberal policies and weak Conservative opposition," Bernier said. "But we are here for the long run and we believe we will win."

"We will keep promoting our prin-

ciples and policies, and convincing more people, until we get PPC MPs in the House of Commons."

The party, which was founded by

Bernier, a former Conservative MP, has not successfully had one of its candidates elected to office since its creation in 2018.



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Banning of books topic of PRSD meeting

By Ty Dilello

On June 19, the Prairie Rose School Division (PRSD) held a board meeting in the Carman Collegiate theatre to discuss banning certain books related to the 2SLGBTQIA+ community.

One of the five delegations that spoke presented a petition to remove the non-fiction *This Book is Gay* by Juno Dawson from Carman Collegiate's grade 7-12 school library shelves.

The meeting's agenda also included four other delegations who spoke against book bans and the submission of 67 written requests, which ranged from school staff, teacher organizations, parents and residents in town and the surrounding area.

The theatre was packed with roughly 150 people when the meeting began, with security guards posted by the exits. It was a divided theatre, with protesters on both sides of the argument bringing signs and other items to show their support.

Two women stood at the back with signs attached to wooden crosses, with one reading, "Protect children not porn." Others in attendance distributed small rainbow flags, and one person sat with a pride flag wrapped around their shoulders.

Elm Creek School teacher Lisa Carlson was one of the delegations that spoke at the meeting against banning books. Having been a teacher at the school for the past 23 years, Carlson told the board that she has seen several students harm themselves due to their identity struggles.

"As an educator, it is very frightening to see what is happening in the United States currently with all the book banning's," said Carlson. "I wanted my voice, as well as the voice of my fellow colleagues in PRSD, to be heard because we don't want book banning's to happen here in PRSD. We want to be able to offer a wide variety of diverse books so students can see themselves in the books they are reading, but also learn about others' lives through literature."

Carlson would like to see teachers and librarians still able to offer each student diverse books that are age-appropriate. Most importantly, she wants to support all her students by keeping books with diverse experiences in her classroom.

"I also hope that parents and the schools continue to work together to find reading material that is best suited to their child and their needs," said Carlson.

University of Manitoba Education student Charlotte Poitras attended the meeting virtually as she went to elementary and high school in the PRSD.

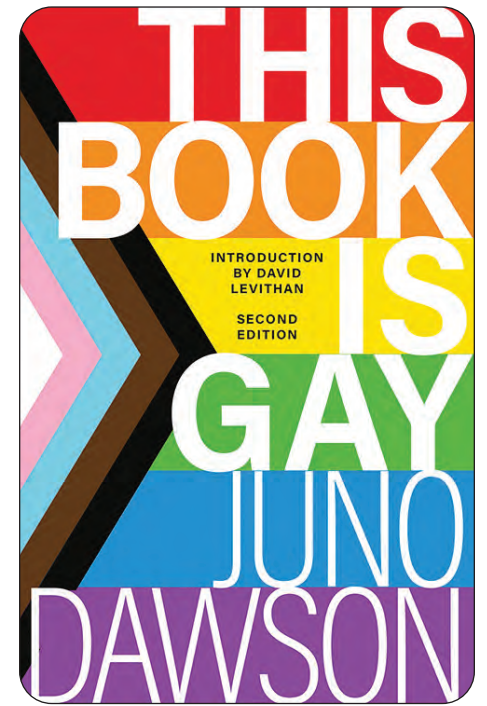
"I would also like to teach in the school division after graduating, which is why it was so important for me to be there and support as well as I am in the 2SLGBTQIA+ community," said Charlotte Poitras.

Poitras notes that although the meeting was respectful for the most part, a few people joined the Google Meet platforms to watch the stream and started saying profanities.

"There was one person who shouted, 'LGBT people must die.' This was not addressed because I assumed the board and the audience could not hear it," said Poitras.

The PRSD board, which officially received the information on the matters of the meeting for the first time on June 19, plans to discuss the topic at its upcoming June 26 meeting.

"The meeting on Monday night went well for the most part," said PRSD board chair Elaine Owen. "As per our policy and procedures, the trustees will meet on June 26 to deliberate and provide a statement after the meeting."



STANDARD PHOTO SUBMITTED

On June 19, the Prairie Rose School Division (PRSD) held a board meeting in the Carman Collegiate theatre to discuss the banning of certain books that relate to the 2SLGBTQIA+ community. One of the books in question is "This Book Is Gay" by Juno Dawson.

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Boyne Regional Library kicks off summer reading program

By Ty Dilello

The Boyne Regional Library's Summer Reading Program has begun and is in full swing. The Summer Reading Program kicked off June 20 at Ryall Park. Many indoor and outdoor activities were planned for the day to encourage local youth to start reading over the summer.

"We want to thank everyone who attended and the many volunteers that made the event possible," said Lynsey Hannah of the Boyne Regional Library. "We had My Gym Gymnastics Centre there with activity stations and obstacle courses. We had storytime, face painting, crafts, games, prizes, and more. We estimate that about 250 people attended despite the hot day. We did have some of the festival inside the library, and snacks and a beverage were provided."

The Summer Reading Program encourages children and teenagers to read throughout the summer months.

This can help promote lifelong reading habits and maintain their literacy skills over the summer.

The theme for this summer reading program is "Reading Helps Us Grow." The more we read, the more we grow. We grow our vocabulary, communication, knowledge, empathy, and comprehension. Like an acorn grows into an oak tree and babies grow into teenagers, literacy skills also grow.

And this summer, Boyne Regional Library wants to celebrate reading growth with the community.

The Children's Summer Reading Program is open to school-aged children from kindergarten to grade 12. Every child registered for the program will receive ten ballots to enter to win ten grand prizes. Access Credit Union generously sponsors the prizes.

The grand prize will take place on Aug. 22. To gain additional ballots, children and teens can participate in weekly challenges to grow their reading.

"THE THEME FOR THIS SUMMER READING PROGRAM IS 'READING HELPS US GROW.' THE MORE WE READ, THE MORE WE GROW."

"The weekly challenges will be posted at the library, on our website, and on our social media accounts," said Hannah. "We are also offering an extra challenge that runs throughout the summer. This challenge is for children and teens to complete an age-appropriate book review to enter them into a draw to win four one-hour horse riding lessons at Payacres

Equestrian Centre. This draw will be on Aug. 22 as well. Book review templates and tips can be found at the library when you visit."

This year, adults, parents, and grandparents can also participate in the Summer Reading Program. Every adult checking out any readable material can obtain a ballot and enter to win the adult prize basket Tim Hortons donated.



Sarah Becker and daughters Cheyenne and Scout were among the many families visiting Boyne Regional Library last Tuesday to sign up for the Summer Reading Program. Indoor and outdoor fun activities at Ryall Park June 20 were also part of the afternoon kick off for the popular reading program enjoyed by both children and adults.



Holly Kehler takes her turn in a game of Connect 4 played with brother Charlie at Ryall Park.



STANDARD PHOTO BY LYNSEY HANNAH

The Boyne Regional Library has kicked off its Summer Reading Program that is aimed that keeping children reading over the summer months.

Free summer reading program membership is provided for the Town of Carman, RM of Dufferin, and RM of Grey residents. Sperling, Roland, and MacDonald residents may be reimbursed for their membership from their municipalities.

The Boyne Regional Library would like to thank Access Credit Union for

sponsoring the summer reading program prizes. And thank the following for their generous donations to the program: Syl's Drive Inn, Greenland Equipment Ltd., Blue Crescent Hotel, Evensong, Chicken Chef, Payacres Equestrian Center, Tim Horton's, Toews Printing, and Whitehorse.

Winkler athlete runs his 45th Manitoba Marathon

By Lorne Stelmach

A Winklerite is among a select group of people who can say they have taken part in every Manitoba Marathon to date.

The marathon held June 16 in Winnipeg marked another milestone for Dwight Suderman, who ran his first one 45 years ago and has not missed a single race since, other than when it was not held in 2020 due to the pandemic.

"It's been a nice ride. I've always enjoyed it ... it's a well run race," said Suderman, who nevertheless would have never imagined going 45 years in a row and counting. "I've always just wanted to do the Manitoba Marathon every year. It's just part of my makeup ... and I guess I don't want to break my streak now."

Now 66, Suderman estimated that he has done perhaps about 16 full marathons and maybe 25 half marathons over the years, with the remainder being shorter options such as the 10k race.

He always participated in sports growing up but not specifically running as much. Then he was at the University of Manitoba in 1979 when he heard about a marathon being started up.

"It intrigued me, and I think within a couple days I thought maybe I should try it."

It obviously was tough at first; Suderman recalls some pain in his feet that first year.

"I didn't have too much trouble with injuries in the first few years, being young," he said. "I know I wasn't trained for that because I had to stop numerous times to walk ... I thought, 'This is a lot more difficult than I thought.'"

He finished that first marathon in 3 hours and 37 minutes.

"I would love to run a 3:37 now. There's just no way I can do that," Suderman said. "The times got better. I think in 1980 I ran a 3:12. In 1981 and '82 I was still learning about running. I went out too fast. I ended up walking some of the last quarter of the



SUPPLIED PHOTO

Dwight Suderman points at his name on the list of 1979 competitors in the Manitoba Marathon. He's taken part in every single one since then.

race."

In 1983 then he had what he said still stands as his best time ever at 2:55.

"I started more conservatively, and that was my best one."

Suderman obviously then got hooked on running and has carried on with it even through various injuries.

"It was something I could do reasonably well and something I didn't mind training for," he said. "It wasn't a usual sport ... it was more unique ... and obviously it was good for my health."

"I would think I'm in better shape than the average person," Suderman said, adding it became a lifestyle for him. "It doesn't seem like a chore for me to get out there and run. It's just something that I enjoy doing still."

His love for doing marathons now has taken him all over the place for races.

"I've done the Greece marathon. I did the original path from Marathon back to Athens ... at that time, I was struggling with one of my injuries," he recalled.

Others have ranged from Chicago in 1984 to Mississippi in 1980 when he happened to be there doing volunteer work. Locally, the Treherne race is one that he has also enjoyed, though Minneapolis is at the top of the list, with 18 races there to date.

"I'm still hoping to run the New York and Boston marathons. Those are bucket list races I would still like to do ... but I would need to run really pretty well to qualify," said Suderman.

He now would like to at least reach 50 years in a row, and he hopes to have at least one more full marathon in him.

"Those are hard to train for now at this age. I used to be able to train for a full marathon in under three months, but now it would be easily four to five that I would need to train for a full marathon."

2023 Manitoba's Credit Unions Scholar Athlete Awards

Submitted by MHSAA

The Manitoba High Schools Athletic Association, with support from Manitoba's Credit Unions, is pleased to announce the winners of the 2022-23 Manitoba's Credit Unions High School Scholar Athlete Awards.

These \$1,000 scholarships are awarded to four graduating high school student athletes who maintained a minimum 85 per cent average and competed in at least two interscholastic sports.

Other criteria included school, community, volunteer, and citizenship activities.

The presentation took place at a ceremony hosted by Her Honour, the Honourable Anita R. Neville, P.C., O.M., Lieutenant Governor of Manitoba at Government House. Awards were presented by the Lieutenant Governor, MHSAA Executive Director Chad Falk, and Tim Klassen of Manitoba's Credit Unions.

The 43 students nominated this year included Alexandra Attazada Van Dijk – Kelvin High School, Adra Barnet – St. Mary's Academy,

Kara Bartel – Rosenort School, Noah Bergen – Northlands Parkway Collegiate, Euan Bohm – St. John's-Ravenscourt School, Reese Bolack – Treherne Collegiate, Fiona Brown – Oak Park High School, Kaden Buhler – Collège Béliveau, Lancedric Catipon – Daniel McIntyre Collegiate, Desiree Chartrand – Teulon Collegiate, Elijah De La Mothe – Sturgeon Heights Collegiate, Kaylee de Rocquigny – St. Claude School Complex, Ryan DeGroot – Vincent Massey High School, Kaila Dennie – Maples Collegiate, Chayse Dube – Linden Christian School, Stacey Dunning – McCreary School, Dylan Fonseca – Daniel McIntyre Collegiate, Alexandria Haip – Collège Béliveau, Kierra Hickman – Ashern Central School, Emilie Jashyn – Morris School, Cassidy Johnson – Elkhorn School, Lena Klassen – Westgate Mennonite Collegiate, Samuel Koncz – William Morton Collegiate, Brandon Lyon – Major Pratt School, Leiva Mann – Miles Macdonell Collegiate, Jack McFeters – St. Paul's High School, Mathieu Methot – Oak Park High School, Joseph Michaw – Grant

Park High School, Mika Morand – College Jeanne-Sauvé, Lexi Niemczyk – Edward Schreyer School, Rebekah Peacock – Prairie Mountain High School, Hannah Puff – University of Winnipeg Collegiate, Kieran Regehr Reddy – Kelvin High School, Kieran Reid – Nellie McClung Collegiate, Grady Ross – Treherne Collegiate, Carter Sagel – Westgate Mennonite Collegiate, Bethany Sanders – Nellie McClung Collegiate, Jerome Sanderson – Frontier Mosakahiken School, Mia Sawatsky – W.C. Miller Collegiate, Marla Teves – Shaftesbury High School, Trinity Turner – Neepawa Area Collegiate, Alex VanDeynze – Portage Collegiate, and Gianna Watt – Hapnot Collegiate

The four student-athletes awarded \$1,000 scholarships were Fiona Brown of École Secondaire Oak Park High School, Mika Morand of College Jeanne-Sauvé, Kieran Reid of Nellie McClung Collegiate, and Mia Sawatsky of W.C. Miller Collegiate.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Pembina Valley wins 18 medals at the Manitoba 55+ Games

Staff

The 40th annual Manitoba 55+ Games presented by PlayNow.com celebrated 40 years of the games in Portage la Prairie from June 20-22. Approximately 990 athletes from all across Manitoba enjoyed three fun-filled days of friendly competition, including 55 from the Pembina Valley region.

Athletes participated in everything from cribbage, pickleball, golf to bowling and slo-pitch; and brought home a total 18 medals.

Congratulations to all who participated and all the finalists.

The Active Aging in Manitoba (AAIM) has been coordinating the 55+ Games since 2012. This is Manitoba Liquor & Lotteries 15th year as Games title sponsor. This was Portage's 2nd time hosting the MB 55+ Games.

According to Lois Dudgeon, the PV Games representative, the Portage group deserve a gold medal for their friendly hospitality.

Opening Ceremonies were held Tuesday morning including a Parade of Athletes - Pembina Valley participants were lead in by cribbage player Kathy Forness and golfer Andre Dacquay. Local dignitaries welcomed the participants. It was also announced

that the 2024 MB 55+ Games will be held in Brandon. The president of AAIM declared, "Let the Games Begin!"

The highlight of the Games is always the Wednesday evening Athletes Banquet & Dance; participants danced the night away to the music of Home Grown.

By all accounts, a fun time was had by all who participated in the 55+ Games.

These Games were these athletes 2023 Olympics!!

For more information on "Team Pembina Valley", contact: Lois Dudgeon, PV Games Rep via return email or 204-822-6207 or any of the participants. Also visit www.activeagingmb.ca

PEMBINA VALLEY FINALISTS

Total: 18 medals - 5-gold, 8-silver and 5-bronze.

Golf 18 Hole - bronze - Andre Dacquay, Notre Dame

Pickleball - silver - Lois Dudgeon and Len Victor, Morden

Bowling Singles - silver - David Dyck, Morden

5-Pin Bowling - gold - David Dyck, Randy McFarlane, Jacquie Russell, Laurie Wiebe, Bob Wilson, Carman, Morden, Sperling



The Pretenders Bowling team medalled in both singles and team bowling. They won the gold medal in 5-Pin bowling, left to right, Bob Wilson, Laurie Wiebe, Randy McFarlane, Jacquie Russell and David Dyck. Dyck also won silver in singles.

Golf 18 Hole - bronze - Lawrence Dyck, Roland

Pickleball - bronze - Kathleen Friese and Peter Hildebrand, Morden

Pickleball - silver - Dave Goertzen, Winkler

Pickleball - gold - Peter Hildebrand and Len Victor, Morden

Cribbage - silver - Albert Janzen and

Jerry Kelner, Morden

Bowling - Singles - gold - Randy McFarlane, Carman

Horseshoes - gold - Mary Anne Plett, Winkler

Horseshoes - bronze - Agnes Thiesen, Winkler

Pickleball - silver - Lorne Warkentine and Tim Wiebe, Stanley.

Rosenort selected as the winner of a 2023 Blue Jays Youth Baseball Clinic

Staff

The Blue Jays Baseball Academy will be traveling to Manitoba from July 4-7, hosting a number of youth baseball related events that include instructional clinics, a girls' clinic, Rally Cap clinic, Canadian Futures Showcase tryout and a Challenger Baseball Game.

The Blue Jays Baseball Academy will be hosting a one day, four-hour Instructional Clinics for beginner baseball players aged 8-13.

On July 5, the clinic will be held at the Rotary Republic Park in Portage la Prairie.

The next day, it will be held at the Selkirk Recreation Centre.

The clinics, which will begin at 10 a.m. and wrap up at 2 p.m., will cost \$89 (plus HST).

To register, visit <https://www.mlb.com/bluejays/community/baseball-academy/academy-week/winnipeg>.

A one-day, three-hour girls' clinic for kids aged 7-15 will take place July 4 from 9 a.m. to noon at Shaw Park in Winnipeg.

This event resembles an Instructional Clinic, with a focus on welcoming those who identify as a girl.

Cost is \$49 (plus HST).

To register, visit <https://www.mlb.com/bluejays/community/baseball-academy/academy-week/winnipeg>.

The Blue Jays Baseball Academy will also be hosting a Showcase tryout on July 4 at 2 p.m. at Shaw Park.

The goal is to provide a showcase opportunity for the best amateur baseball players born in Canada, with draft and college eligibility.

It acts to centralize the best Canadian baseball players, with the in-

tention of exposing them to as many MLB scouts and college recruiters as possible.

In September, a national amateur baseball showcase will be held at Rogers Centre in Toronto, hosted by the Blue Jays Baseball Academy.

The tryout, open to players aged 14-19 as of Sept. 1, 2023, will cost \$110 (plus HST).

To register, visit <https://www.mlb.com/bluejays/community/baseball-academy/academy-week/winnipeg>.

The Blue Jays Baseball Academy will also be hosting a Challenger Baseball Game on July 5 at 2:30 p.m. in Portage la Prairie.

To register for this event, please contact your local challenger league or email baseball.academy@bluejays.com. There is no cost to attend this event.



Lastly, as part of the 2022 #RallyCapsOn contest, Rosenort Minor Baseball was selected as the winner of a 2023 Blue Jays Youth Baseball Clinic for their association which will take place on July 7 from 10 a.m. to noon.

It will be a free baseball clinic for Rosenort Rally Cap players.

To register for the clinic, please reach out to Rosenort Minor Baseball.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Orchard wins Carman Men's Open

By Ty Dilello

On June 18, Ryan Orchard was victorious at the 2023 Carman Golf and Curling Club Men's Open after shooting a 68.

Orchard has been golfing since he was four years old after getting into the sport through his parents, who both play the game. Orchard, graduating this week from Grade 12 at Carman Collegiate, did not expect to win the Men's Open, despite being the 2022 junior men's club champion at the course.

"It felt like any other round I play

with my dad," said Ryan Orchard. "But I knew if I played well and kept the ball in play, I could shoot a lower number."

At this time, Orchard is undecided about attending university after graduating. For now, he will continue to play in golf tournaments around Manitoba as he hones his craft.

The Men's Open event went well, with 105 players participating. Rounding out the Top 5 results were Bruce North (68), Fred Zaplitny (72), Sam Sullivan (73), and Dustin Last (74).



STANDARD PHOTO BY CARMAN GOLF AND CURLING CLUB

On June 18, Ryan Orchard was victorious at the 2023 Carman Golf and Curling Club Men's Open after shooting a 68.

Central Energy weekly roundup

By Ty Dilello

The Manitoba Premier Softball League for junior women's players is in full swing for the 2023 season. The Central Energy team is made up of players from across Southern and Central Manitoba as they compete with the best young softball players in the province.

The U13 Central Energy team is in third place in their league with a record of 12-8. Most recently on June 24, the U13 team won both games of a doubleheader at home against the Manitoba Angels. They won the first game 11-4 and the second game by an 18-4 count.

The U15 Central Energy squad is

now in third place in their eight-team league with a record of 14-10. On June 24, the U15 squad split a doubleheader with Smitty's Terminators, winning 2-1 and losing by a 6-5 score.

The U17 Central Energy team is currently in fourth place in their eight-team league with a record of 11-5. Central Energy was victorious on June 22 with a close 7-6 victory over the Manitoba Angels.

The U19 Central Energy team is currently in second place in their league with a 10-6 record. The Central Energy squad will now spend the summer competing in tournaments, before finishing up their league matches in September.

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The Carman-Dufferin
STANDARD

Provincial bound



STANDARD PHOTO SUBMITTED

The Carman U15 Cardinals won the bronze medals in the Tiger Hills League tournament this past weekend. The team battled back from a sixth place finish in the league standings and are now off to provincials. Pictured, left to right, coaches Pat Crampton, Jason Wolfe and manager Tasha Worms; back row, Madeline Bergen, Bryn Reimer, Carly Sotheran, Shelby Nicolajsen, Laila Miller, Payton Isfeld; front row, Presley Wolfe, Allie McCullough, Taytum Worms, Tekoa Bartlett and Frisk Abrahms. Missing from the photo is Josie Crampton.

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SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

S	E	C	A	T	V	C		S	M	V	R	T				
T	N	V	T	S	N	I		S	E	D	E	P				
N	O	I	T	A	V	T	S	I	G	E	R	K	M			
E	L	A	N				S	E	T	V	M	U	N	E	T	
C	N	V					V	T	V							
S	A	M	A	S	R	O	N	V	P	D	E	I	R	T		
			S	E	T	O	S		S	E		V	A	B	A	V
E																
V	A	R	E													
S	M	V														
U	N															
O	I															
P																
M																
E																
S																
E																

Crossword Answer

CROSSWORD

CLUES ACROSS

- Excited movements
- Soap opera actress Patsy
- Unknowing
- Dangerous mosquitos
- Exaggerated and sensationalized
- Military policeman
- Touch softly
- Wrap
- A story of one's life
- Midway between east and southeast
- Toward the mouth or oral region
- A list of dishes available at a restaurant
- Changes the meaning of
- Semitic Sun god
- Sneaker parts
- Capital of Zimbabwe
- Breezed through
- Partner to pedi
- Becomes less intense
- Bottoms
- Tested
- Vistas
- Take care of
- Traditional rhythmic pattern
- S. African political party
- Cologne
- Men
- The Science Guy
- Gospel author (abbr.)
- Act of signing up
- Human feet
- A very short time
- Streetcars
- Cuplike cavities

CLUES DOWN

- A type of pool
- Malaise

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				

- Seasoned
- A pair
- Young male
- Make a mistake
- Experienced
- It often accompanies injury
- Old world, new
- Commercial
- Course of lectures
- Promote
- Female horses
- Greek mythological figure
- Small amount
- Orthodox church altar
- Actress Tomei
- Excited
- Looked directly at
- Popular cold desserts
- More reasonable
- Disk above the head of a

- saint
- Devoted to the extreme
- Make an effort
- It's in the surf
- Member of aboriginal people of Japan
- Discounts
- Cliff in Hawaii
- Extremely wild person
- All persons
- Aromas
- Popular kids' game
- A difficult situation
- Popular Georgia rockers
- It's in all living cells
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OBITUARY



Georgette Durand (née Deurbrouck)

Mrs. Georgette Durand of Notre Dame de Lourdes, MB passed away peacefully at the Notre Dame Foyer on Wednesday, May 31, 2023 at the age of 81 years.

She leaves to mourn her passing her loving husband Gabriel Durand; five children, Claude (Wendy) Durand, Angéla Durand, Michel (Louise) Durand, Laurent (Patricia) Durand and Marc (Joanne) Durand; 11 grandchildren, Matt, Regan, Melissa (James), Marina (Russell), Eliette, Marie, Daniel, Claire, Jocelyne, Brett and Emma; two great-granddaughters, Sophie and Sara. She also leaves to mourn her sister Anita Bibault (Rudy Robitaille); her in-laws, Val Durand, Lucienne Philippe and Suzanne Durand; and numerous nieces and nephews, relatives and friends.

She was predeceased by her parents, Ernest Deurbrouck and Augustine (née Julien); her parents-in-law, Auguste Durand and Irène (née Fouasse); her in-laws, Albert Durand, Emile Philippe, Maurice Durand, Raymond† (Thérèse†) Durand, and Clémence (Jean) Mao.

Georgette was born on January 1st, 1942 in Notre Dame de Lourdes. She was raised on a farm in Rathwell, the oldest of two girls. On September 23, 1961 she married Gabriel in Notre Dame de Lourdes. It is on the Durand family farm that she and Gabriel raised their five children.

She had many hobbies and passions. She loved her big garden and flowers. Hummingbirds were one of her favorites and she would go to great lengths to protect them. She was a terrific artist, especially painting. She loved to dance with Gabriel and they would attend many square and old time dances in the area. She loved genealogy and wrote the Deurbrouck family history book. She was always available to help out in the community and was a member of the Church Decor Committee for over 20 years.

Family was most important to Georgette. She took on a variety of jobs to help keep everyone and everything organized for her children and Gabriel. Some of these extra jobs included being the manager of many hockey teams and being the ultimate Hockey Mom. She was a huge help on the farm as the "Seed Boss".

Georgette's generous spirit reached beyond her immediate family as well. She was always ready to feed a houseful, no matter what time anyone dropped in. One of the most notable celebrations was always News Year's Day, Georgette's birthday. The family home was always packed to celebrate her birthday, a tradition that continues to this very day.

Funeral Service was held at the Notre Dame Roman Catholic Church on Saturday, June 3, 2023. Memorial Service at 1:30, Funeral Mass at 2 p.m. followed by cremation and burial at the Notre Dame Parish Cemetery at a later date.

The service is available to be viewed online at www.afh.ca

The family of Georgette Durand would like to thank all who attended her funeral. The outpouring of support in the form of food, flowers, cards and condolences is greatly appreciated and will not be forgotten. Thank you to Tharsile Foidart for prayers and l'abbé Francis K. Adzakor for the thoughtful funeral service. Thank you to Adam's Funeral Home for their professional care through this difficult time. An extra special thank you to the staff of the Foyer for their special care of Georgette, (our mom and grand-mère). – Gabriel and family

Memorial donations can be made to the Alzheimer Society or to the Notre Dame Foyer Health Foundation.

To view the service details and leave condolences, please visit www.afh.ca

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

OBITUARY



Robert (Bob) Jacob Tjaden

The family of Robert (Bob) Jacob Tjaden is sad to report that he passed away on June 13, 2023 at the age of 88 in Salmon Arm, British Columbia.

Bob was born in 1934 in Sperling, Manitoba, and is predeceased by his parents Anna and John Tjaden, and his brothers Jim and Ken and sister Helen Stewart. Surviving Bob is his sister Mona Bilton and her kids and his brother Bill and his kids.

Bob pursued a medical degree at the University of Manitoba where he met and married his wife Marguerite. After graduating in 1962, Bob continued his studies at McGill University, graduating in diagnostic radiology in 1969 and continuing his career as a diagnostic radiologist in British Columbia, primarily in Kelowna from 1970 until he retired to return to his roots by taking up egg farming for over 20 years in Armstrong, British Columbia, on the

family farm, with Marguerite and Joanne and Joanne's son Joshua. Sadly, Joanne passed away last year but Bob is survived by Josh and his partner Lindsay. Bob is also survived by his wife Marguerite Tjaden, his daughter Janice and her partner George and their children Krista and Sarah, and by his son Ted Tjaden and his wife Reiko and their daughter Hannah along with many nieces and nephews and extended family in British Columbia and Manitoba.

Bob was a firm believer in education and was proud of the many achievements of his children and grandchildren.

In respecting his last wishes, Bob was cremated with only a small funeral service in Salmon Arm with immediate family. Plans are underway for a possible celebration of life event later this summer in Kelowna and over the Labour Day weekend in Carman and Sperling, Manitoba.

As an expression of sympathy those who wish to do so are invited to send donations in his memory to the charity of their choice. To leave an online message of condolence, visit www.bowersfuneralservice.com.



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> MEAL IDEAS



Peanut Butter and Jelly Popcorn

In large bowl, stir popcorn and jam until evenly coated. Transfer to parchment paper-lined baking sheet.

In small heatproof bowl over small saucepan of barely simmering water, add white chocolate chips and peanut butter. Cook, stirring occasionally, 3-5 minutes, or until smooth and melted.

Drizzle peanut butter mixture over popcorn mixture. Sprinkle with strawberries and cranberries.

Refrigerate 10 minutes, or until peanut butter mixture is set; break into pieces to serve. Store in airtight container in refrigerator up to 1 week.

- Servings: 4-6
 8 cups popcorn
 2 tablespoons raspberry jam
 1/2 cup white chocolate chips
 3 tablespoons smooth natural peanut butter
 1/4 cup freeze-dried strawberries
 1/4 cup dried cranberries



Graham Cracker Picnic Mix

- Yield: About 12 cups
 1/4 cup vegetable oil
 1/4 cup sugar
 5-6 drops pink neon liquid food color or

desired color

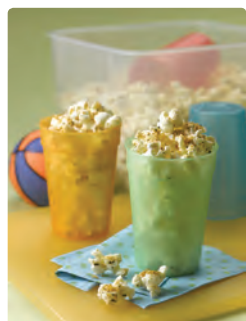
- 1/2 cup unpopped popcorn kernels
 1 package mini pastel marshmallows
 1 cup bear-shaped graham crackers
 1 package white fudge-covered pretzels
 1 cup mini cookies

In large pot over medium heat, stir oil, sugar and food coloring.

Stir in popcorn kernels; cover. Cook until popcorn begins to pop. Shake pot over heat until popping slows.

Remove pan from heat and pour popcorn into large bowl.

Add marshmallows, graham crackers, pretzels and cookies then toss lightly.



Grab and Go Pizza Popcorn

- Yield: 6 quarts
 6 quarts popped popcorn
 olive oil cooking spray

- 1 cup grated Parmesan cheese
 2 teaspoons garlic salt
 2 teaspoons paprika
 1 tablespoon Italian seasoning

Place popcorn in large, sealable plastic container or 2 1/2-gallon plastic sealable bag.

Spray popcorn lightly with cooking spray.

Sprinkle cheese, garlic salt, paprika and Italian seasoning over popcorn and shake to distribute evenly.

To serve, scoop popcorn into reusable plastic cups.



Minty Green Popcorn Clusters

candies

Place popcorn in large mixing bowl.

In saucepan over medium heat, melt marshmallows, butter and salt, stirring occasionally, until smooth. Remove from heat; stir in food coloring and peppermint extract.

Toss marshmallow mixture with popcorn; cool 2-3 minutes, or until cool enough to handle. Toss with chocolate candies.

Shape 3 tablespoons of popcorn mixture into small cluster; repeat with remaining popcorn mixture. Place on wax paper-lined baking sheet; cool completely.

- Yield: 32 clusters
 12 cups unsalted, unbuttered, popped popcorn
 4 cups mini marshmallows
 2 tablespoons butter or light olive oil
 1/2 teaspoon salt
 1 tablespoon green food coloring
 1/4 teaspoon peppermint extract
 1 cup green candy-coated chocolate

Ask the Money Lady

Dear Money Lady, my concern is with my financial advisor and the volatility he has had me in for years. I am now 79 and wonder if this should be changed. My investments are mainly in equities: TFSA 83%, RRIF 72%, and US RRIF 99%. I have questioned him before and have done well over the years. I feel I need another opinion. Thanks, Sue

Dear Sue – you are right, it is too high for someone in their 70's, it may even be too high for someone in their 50's.

I agree with your advisor, to take advantage of market growth you must be invested in securities and equities, however I don't agree that your advisor should have the above percentages in equities at your age. This is far too risky, especially now. The problems arise when we have downturn market swings, and you are still withdrawing funds from your portfolio. The cyclical trends that helped build your portfolio, now can cause severe damage when assets are cashed-in for retirement income. In fact, if the down turns are deep enough, it can cut your retirement portfolio in half. A retiree should expect to endure between 3 to 5 downward swings to the equity markets during a typical 25-year retirement. This is why most retirees trim down their exposure to the equity market as they age. If you are heavily invested in securities, you will need to have enough time to wait for the recovery without taking out funds when the market goes down. The question is: can you reframe from routine withdrawals when you have a depressed portfolio? Remember, you need all securities to stay in the portfolio to take advantage of the recovery. This is why it is better to use fewer volatile investments as you age and to lessen the exposure to securities. Here are 5 tips to consider when investing in retirement.

1. Set up withdrawals from money market funds only. Do not choose fluctuating investments such as equity funds, income trust funds, balanced funds or even bond funds.

2. Distributions from mutual funds, income trusts, dividends and interest payments from bonds should accumulate in a money market fund instead of being rein-



Christine Ibbotson

vested.

3. Avoid rebalancing your portfolio too often. Frequent rebalancing causes significant damage to your portfolio. TIP: If your withdrawal rate is 5% or less, it is better to rebalance once every four years (preferably at the end of the US presidential election year).

4. Discuss withdrawal rates with your advisor and what you will need to do if your portfolio suffers a 10%, 20%, or even 40% loss. Make sure you understand the products you are in to determine not just their potential, but also their risk. Consider RRB-Real Return Bonds (fixed assets with inflation protection), or high interest ETF saving accounts, (Exchange Traded Funds), check out: evolveetfs.com.

5. Indexation and management costs will increase over time and will put pressure on the portfolio to have increased gains to break even. Determine how the advisor/firm are paid and make sure it's worth it.

When it comes to securing your finances, try not to spend too much during the early years of retirement. You want to preserve capital and live more modestly. Do not take on any large renovations, big ticket purchases, or unnecessary expenditures that eat away at your base capital. And – make sure you do not retire with debt.

*Good Luck & Best Wishes,
 ATML - Christine Ibbotson*

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